

HUMANITY

NEWS

TOWARDS THE FRIENDSHIP OF CITIZENRY



Mayor Lani M. Revilla
Bacoor, Cavite

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DTI, CARD RENEW P3 PARTNERSHIP WITH ADDITIONAL P100M FOR MSME MICROFINANCING

MAKATI - The Department of Trade and Industry (DTI) renewed its partnership with the Center for Agriculture and Rural Development (CARD), Inc., an NGO that provides microfinancing loans.

Through a Memorandum of Understanding signed last 16 December, CARD committed an additional P100 M of its funds for Pondo sa Pagbabago at Pag-asenso (P3) program. This brings CARD's total revolving fund for the P3 program since the partnership began in

2017 to P300 M pesos, which it will lend out to other beneficiaries to widen the reach of the P3 program to more micro borrowers.

P3 is DTI's program that provides low-interest, no collateral loans for existing micro, small, and medium enterprises (MSMEs). The program, managed by Small Business Corporation (SB Corp), is a response to President Rodrigo Duterte's directive to combat 5-6 loans. Through P3, entrepreneurs can borrow amounts from P5,000 to

P200,000 from CARD and other accredited credit delivery partners. Trade Secretary Ramon Lopez said that DTI benefits from the partnership since CARD supplements the P3.5 B P3 allocation from the government with their

own funds. CARD is also one of the biggest microfinance institutions in the Philippines, with 7 M borrowers nationwide. Founder and Chairman Emeritus Dr. Jaime Aristotle Alip reported that CARD disbursed P 600 M in P3

loans to around 56,000 borrowers since 2017. He also said that CARD targets to increase its P3 allocation to P100 M every year to reach 100,000 entrepreneurs.

Signing the agreement are (from L to R:) SB Corp President

Luna Cacanando, DTI Undersecretary Blesila Lantayona, DTI Secretary Ramon Lopez, CARD Founder Dr. Jaime Aristotle Alip, CARD Inc President Flordeliza Sarmiento and Executive Director Jocelyn Dequito.

(dti.gov.ph)



GEARING FOR A PRODUCTIVE 2020



Heads and representatives from different offices in the provincial government of Cavite convened for the Top Management Review held at The Bayleaf Hotel in the City of General Trias on December 9, 2019 to inform all concerned offices/department on the accomplishments of projects and the results of the PGC-QMS Internal Audit which gears for a productive 2020.. The gathering also served as a venue to monitor the performances of each offices and their clients satisfaction. Capacity Development Plan and Strategic Performances Management Systems were also discussed. Likewise, Governor Jonvic Remulla echoed the PGCs plan to transfer the provincial capitol building in a 47,000 square meter lot and the aspiration to implement the proper water system management in the new building including the use of recycled water to help in preserving ecological balance as part of the advocacy on environment protection and solid waste and water management in the province. PICAD

RECOGNIZING THE PARTNER AGENCIES FOR ARBOR DAY 2019



In recognition for the valuable assistance and active participation of the partner agencies in the conduct of the Arbor Day celebration in different cities and municipalities

in the province, the Provincial Government - Environment and Natural Resources Office (PGENRO) led by Ms. Anabelle L. Cayabyab awarded the certificate

of participation to the local government units, academe, private stakeholders, provincial offices and departments and other organizations who have exerted their efforts in order to partake in planting trees and help conserve the ecological balance of the environment. On December 18, 2019, PGENRO head Ms. Cayabyab has echoed their gratefulness to the people who have been their ally in environmental protection and behind the success of the tree planting activities along the streambanks and contributed in the rehabilitation of the Ylang-Ylang River and Pasong Camachile River watershed. PGENRO has facilitated various tree planting activities held on July 31, 2019 at Barangay Calubcob and Luksuhin, August 22 in Barangay Alapan II-B in the City of Imus, September 27 in Barangay Navarro in the City of General Trias, October 25 in Barangay Iba in the municipality of Silang, and November 22 in Barangay Pasong Camachile II in the City of General Trias. More than 5000 seedlings comprised of Kawayan, Langka, Atis, Duhat, Caballero, Guyabano, Atimoya, Suha, and Irok were planted during the

tree planting activity with environmental volunteers from the academe, the Bureau of Fire Protection, Cavite Provincial Police Office, ARESKOM, representatives from national agencies, private stakeholders, and employees from the local and provincial government. Also present during the awarding were Provincial Administrator for Community Affairs Alvin Mojica, DENR-PENRO Reynaldo Belen, city and municipal



TAGUMPAY NG BANSA

1. Maraming dahilan tagumpay ng bansa, Una ay mataas na antas sa gawa, Ikalawa naman ang produktong likha, Marami ang benta sa malayong lupa.
2. Ikatlo'y mataas na impok sa bangko, Ang impok ng tao, gamit sa negosyo, Ikaapat naman ayos na gobyerno, Ikalima'y laki nitong bansang ito.
3. Ikaanim nito ay ang edukasyon, Nitong mamamayang masikap sa gayon, Ikapito nito'y likas-yamang ampon, Ikawalo naman ay ang populasyon.
4. Unang pinapansin ay kayang ibigay Nitong isang lupang bansa ang palagay, Kung ilan ang taong mabibigyang suhay, Dapat sa una pa malinaw nang tunay.
5. Sabi ni Han Fei Tzu kung ang populasyon Ay hindi mapigil sa paglago niyon, Darating ang antas tayo'y magtutuan, Ng higit na lakas na ani'y paurong.
6. Kaya kahit anong sikap at pag-impok, Kung sobra ang tao sa kayang makupkop, Ang ugat ng Puno bagaman masinop, Ang epekto'y kulang sa tao niyang sakop.
7. Itong bansa natin kayang magpakain Ang lahat ng tao sa ating lupain, Kung ang digma natin ay ating alisin, Magkasundo tayo sa tamang layunin,
8. Lupang Pilipinas may sapat pang lupa, Magsikap lang tayo sa pag-aalaga, Magsinop lang tayo, magtipid, gumawa May tagumpay tayong tulad sa pasasa.

environment and natural resources officers, members of the academe, representatives from various organizations in the province and some environmental enthusiasts. PICAD

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Attention Silangueños! We would like to invite our local suppliers to join and support the upcoming Sumilang Events Fair happening on January 23-24 at the Patio of Nuestra Señora de Cadelaria Church. This is not just to promote our local suppliers but also to showcase what Silang can offer to potential customers. #silangcavite

PhilHealth sets new contribution schedule; assures immediate eligibility to benefits

The Philippine Health Insurance Corporation (PhilHealth) has released a new contribution schedule for its Direct Contributors in accordance to the Universal Health Care Law of 2019 and its implementing rules and regulations.

Direct contributors refer to those who are gainfully employed and bound by an employer-employee relationship. In addition, Kasambahays, self-earning individuals, practicing professionals and Overseas Filipino Workers belong to this membership category as well.

In its PhilHealth Circular No. 2019-0009 published on November 23, 2019, premium rate for Direct Contributors shall still be at 2.75% of

their monthly basic salary with an adjusted ceiling of P50,000. In 2020, PhilHealth will increase the rate to 3% and henceforth adjusted to increments of 0.5% every year until it reaches the 5% limit in 2025 as provided for by law. Income floor is fixed at P10,000 during the 5-year period, while salary ceiling will gradually increase by P10,000 each year until it reaches P100,000 in 2025.

For those earning below the salary floor of P10,000, contributions are computed using the minimum threshold; while those who earn the set ceilings/limits shall pay premiums based on the set ceiling. This policy shall also apply to seafarers.

On the other hand, premiums of self-paying

members, professional practitioners, and land-based OFWs are computed straight based on their monthly earnings and paid in whole by the member. To ensure accuracy in computation, PhilHealth will require submission of financial records such as latest income tax return received by the Bureau of Internal Revenue, duly-notarized affidavit of income declaration, or overseas employment contract as proof of income. Otherwise, contribution will be based on the highest computed rate.

Pursuant to Republic Act 10631 or the Kasambahay Law, employers shall borne the premiums of their domestic helpers in full, except when monthly

salary exceeds P5,000 where Kasambahays shall then be deducted of their equal share in the monthly contribution. In cases of 'employed' Persons with Disability (PWDs) listed in the Department of Health's PWD registry, their contributions shall be equally divided between their employers and the National Government for their personal share.

The new premium schedule takes effect on December 7, 2019 or 15 days after the publication of its Circular 2019-0009. Its application for employed members will be for the applicable month of December 2019 (which is payable on January 2020). Meanwhile, the rest of Direct Contributors

Year	Premium Rate	Income Floor	Income Ceiling
2019	2.75%	P10,000.00	P50,000.00
2020	3.00%	P10,000.00	P60,000.00
2021	3.50%	P10,000.00	P70,000.00
2022	4.00%	P10,000.00	P80,000.00
2023	4.50%	P10,000.00	P90,000.00
2024	5.00%	P10,000.00	P100,000.00
2025	5.00%	P10,000.00	P100,000.00

may still avail of the existing rate of P2,400/year (or P3,600/year for those earning P25,000 or more per month) for a maximum of three years until December 6, 2019 only. Starting December 7, 2019, the new rate shall apply to all Direct Contributory members using the following schedule(see the table):

The state agency said that the new schedule will help ensure sustainability of the National Health Insurance Fund, guaranteeing that all Filipinos are able to avail of outpatient benefit packages that are currently being finalized, as well as immediate eligibility to benefits

(cont. P.5)

NEGOSYO SERBISYO SA BARANGAY IN AMADEO



To promote awareness and encourage the locals to engage in small business, the Department of Trade and Industry headed by OIC-Provincial Director Revelyn Cortez in partnership with the Department of Science and Technology (DOST) and the Provincial Cooperative, Livelihood and Entrepreneurial Development (PCLEDO) Office facilitated business orientations for the five (5) barangays in the municipality of Amadeo to initiate programs and business assistance services during the Negosyo Serbisyo sa Barangay held on December 17, 2019 at Talon Elementary School Covered Court in Barangay Talon. A total of 400 participants from Barangays Talon, Loma, Buho, Maitim and Salaban were enlightened with the lined-up projects, services and assistance offered to them by the partner agencies to launch their own business. Likewise, Mayor Redel John Dionisio warmly welcomed and thanked the team for their effort in presenting their programs and echoed his commitment to inspire the locals to become an effective entrepreneur. Intermediate pads and rice were also distributed during the event. PICAD



Pagbati Mula kina:

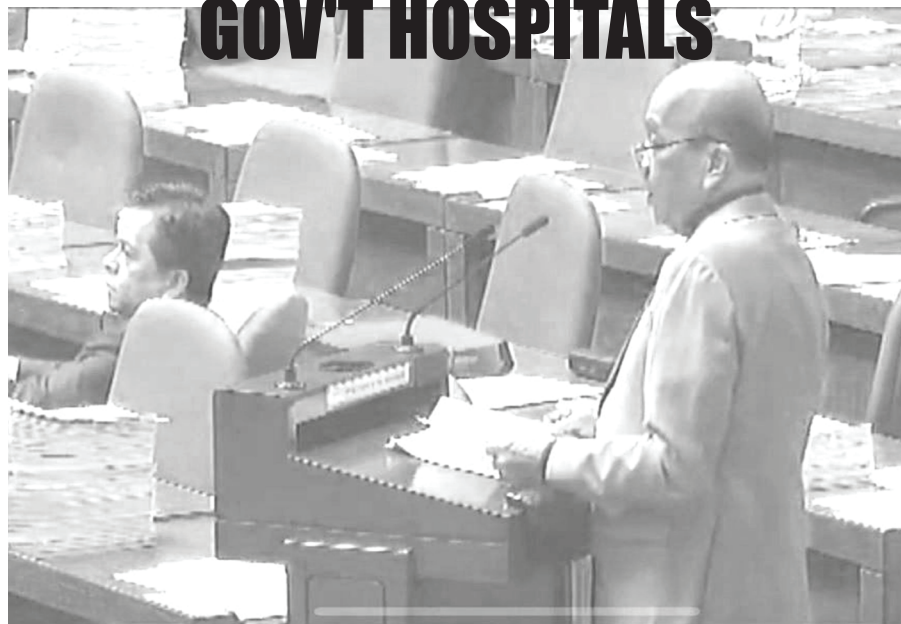


Cong. Alex "AA" Advincula
3rd District of Cavite



Vice Mayor Ony Cantimbuhan
Imus City, Cavite

CONG. PIDI WANTS DOH TO BE DELEGATED THE AUTHORITY TO INCREASE BED CAPACITY OF GOV'T HOSPITALS



During the regular session of 18th Congress last December 16, 2019, Cong. Pidi Barzaga sponsored the approval of the committee report of House Bill No. 5673 — An Act Authorizing the

Department of Health (DOH) to Set and Approve the Bed Capacity and Service Capability of All doh-retained Hospitals — in substitution of House Bills numbered 1365, 1492, 1502, 1902, 2004,

3022, and 4651.

Under the present set-up, DOH can only increase the bed capacity of DOH-retained hospitals and upgrade their service capability through legislation. This

LET THERE BE LIGHT!

By
ENG'R. VER CAMPAÑA BAUTISTA
F & A.M. Luis Olimpo Ferrer Lodge 366

BINAKAYAN - Ang Binakayan ay mula sa salitang-ugat na “Bakay” na ang kahulugan ay palihim na pagsunod upang sumalakay. Ito ay isang nayon ng Kawit.

practice tends to delay the process of improving the capacity and capability of DOH hospitals and limit the access of Filipinos to quality and responsive medical and health services.

In his sponsorship

speech, Cong. Pidi emphasized that approval of said bill will aid in addressing the present 1:1,142 ratio of general hospital beds to the population and decrease the current 121% average bed occupancy rate in

the country. After all, government hospitals have to be further equipped to complement the implementation of the Universal Health Care Act. Without any objections, the committee report of the bill was approved.



Caviteño OFs and OFWs Celebrate Balikbayan Day

Cavite Provincial Government through the initiative of Provincial Social Welfare and Development Office and Cavite Migration and Development Office spearheaded the celebration of Cavite Balikbayan Day in observance of the International Migrants Day on December 18, 2019 at the Provincial Gymnasium, Trece Martires City. Hundreds of Overseas Filipinos, Overseas Filipino Workers and their respective families attended the affair.

Provincial

Administration for Community Affairs Alvin Mojica officially opened the program by welcoming the guests and participants of the event. He stressed that the provincial government under the leadership of Governor Juanito Victor Remulla will continuously provide assistance and services to Caviteños especially to the OFWs.

Several topics of interest to OFs were discussed. Ms. Aileen Constantino Peñas, Executive Director of Atikha, Inc. talked about the migration and development regional



situation. According to the data, CaLaBaRZon has the biggest share of OFWs in the country with 17.9% of OFWs coming from the region. She

also tackled the GEAR UP (Go Earn Achieve Return Uplift Philippines) Reintegration Preparedness Program that focuses on bringing home OFWs and providing them with sustainable jobs and businesses through social and economic programs such as facilitation of savings, investments and engaging in entrepreneurial activities. Likewise, Ms. Rozelle Carrera, Administrative Officer III of the Commission on Filipinos Overseas discussed the Balikbayan - overseas Filipinos' one stop online portal for diaspora

engagement. Mr. Rommel Ramallosa, Supervisor of Pag-ibig Fund - Dasmariñas Branch, explained the Modified Pag-ibig 2 Program and encouraged OFs to save and invest under the MP2 Program. Furthermore, a former OFW, Mr. Roel Pamintuan shared the hardships and trials they went through after leaving the country and returning home as well as their story of success as entrepreneur.

Participants were entertained by the cultural dance presentations performed by the senior citizens from the municipalities of Carmona, Mendez

and Naic and the cities of Bacoor and Imus. Municipality of Mendez Carmona and City of Bacoor got the second and third spot, respectively.

Moreover, certificate of recognition was awarded to the municipalities of Carmona and Gen. Emilio Aguinaldo as well as to Kaysuyo OFW Association of Alfonso, Daine I and II OFW Association and Agus-os OFW Association of Indang for their efforts and initiatives in promoting programs on migration and development in their localities. PICAD



Mayor Nonong Ricafrente
Rosario, Cavite

ROSARIO,
BAYANG
TAHIMIK,
MASAYAAT
MAUNLAD

ChriSMiles 2019 at SM City Calamba



Rae Anne Maranan, SM City Calamba Mall Manager during the gift giving activity




Beneficiaries and employees actively participated during the exciting parlor games.

During this season of gift giving, SM City Calamba Administration employees brings cheers to the members of the community through various Christmas activities.

SM City Calamba's Human Resources Manager Cynthia Marie Nebrao said that the event is dubbed as ChriSMiles, since it aims to bring smiles to the chosen charities. This year's beneficiaries are the children from Women Crisis and Therapy Center and Children Shelter of Hope. A short program filled with parlor games and gift-giving activities delighted the kids and the employees.

SM City Calamba Administration employees volunteered their time and resources to make sure that these kids have a wonderful holiday season they deserve. ChriSMiles is a volunteerism activity across all SM Supermalls. Karen Christine H. Tiqui



CAVITE HIGHLIGHTS

By:
Yna Palparan Bautista

The execution of the three secular priests Gomez, Burgos and Zamora inflamed the feelings of the people of Cavite. The enlightenment blossoming in Europe made Filipino students in Spain to join Freemasonry. Rizal wrote "Noli and Fili". The people of Cavite joined the Katipunan and formed the Magdalo and Magdiwang factions.

LAUNCHING OF "BYAHENG MASAYA LANG" VLOG

The Municipal Government of Carmona, through its Municipal Information, Tourism, Culture and Arts Office (MITCAO), launched the first episode of their first ever local government unit (LGU) vlog entitled "Byaheng Masaya Lang", patterned after its battlecry acronym BML or Bayan Muna Lagi, on December 18, 2019 in their official social media accounts.

The first episode of "Byaheng Masaya Lang" was shot during the Christmas Lighting ceremony of the municipality held on November 15, 2019 where they featured the locals enjoying the Christmas lights presented at the municipal plaza. The video also contained short but fun-filled in-

terviews with the citizens of Carmona regarding Christmas-related questions, songs, and events.

"Nawa ang liwanag na ibinibigay ng ating mga ilaw ay magpaliwanag din ng ating damdamin at isipan tungo sa mas matibay na pagmamahalan, pagtutungan, at pagkakaisa," said Atty. Roy M. Loyola, the Municipal Mayor of Carmona, in an interview when asked about his thoughts during the event.

"At wag nating kalilimutan ang tunay na diwa ng kapaskuhan - ang pagmamahalan, pagbibigayan, pag-uunawaan, pag-galang sa isa't isa," he added.

Fifth District of Cavite Representative Dr. Dahlia A. Loyola also

shared her sentiments regarding the Christmas Lighting ceremony. "Napakasaya. Napakataba ng aking puso. Punung-puno ng liwanag, punung-puno ng mga kumukutitap na

bituin ang ating kapaligiran...Tunay ngang sa isang sambayanang nagkakaisa, walang imposible," she expressed.

MITCAO invites everyone to watch the first

episode of Carmona's vlog, "Byaheng Masaya Lang", and get a glimpse of the happy atmosphere in the municipality.

For inquiries, anyone may reach Ms. Char-

maine B. Distor, the Municipal Information, Tourism, Culture and Arts Officer-in-charge (MITCAO), at mitcaocarmona@gmail.com or (046) 430-2820.

FUN RUN FOR A CAUSE



The Personal Protection Division led by Mr. Alexander Villanueva has organized a charitable event entitled "Fun Run For A Cause" in which the participants have raced ranging from three, five and seven kilometers from Trece Martires City to the entry point in the municipality of Naic on December 14, 2019. The event was initiated for the benefit of the abandoned special children from Bukal ng Kapayapaan in line with the spirits of gift giving for the Christmas season. PICAD

EDITORIAL

Lahat ng mga bansang maunlad ay may mga mamamayang may taglay na edukasyon na kalimitan ay tapos ng high school at may mataas ding porsiyento na tapos sa kolehiyo. Tayo sana ay nasa ganito nang kalagayan nguni't ang populasyon natin ay napakalaki kung ikukumpara sa maliit nating kalupaan. Ang ating impok ay di gaanong mataas na bahagdan kaya ang lokal na puhunan na makukuha sa bangko ay maliit.

Kailangang patibayin natin ang ating edukasyon at ang ugali sa pag-iimpok kung nais nating makasunod tayo sa ibang mga bansang umuunlad.

PhilHealth sets new contribution schedule... (from p. 3)

during confinement.

"Starting November 22, 2019 until such time that a new set of guidelines are issued, all Filipinos including those without the qualifying contributions shall be allowed to avail of the PhilHealth benefits," PhilHealth President and CEO Ricardo C. Morales

announced.

While no one will be denied of PhilHealth coverage due to non-payment of premiums, Morales also clarified that members lacking contributions shall be billed for the unpaid premiums with interests (compounded monthly) and penalties of at least 3%

a month for employers, sea-based OFWs, and Kasambahays. On the other hand, self-earning members, professionals and land-based migrant workers shall incur a maximum interest of 1.5% for every month of missed payment. Interests, however, shall only be applied effective

applicable month of January 2020.

PhilHealth assured that the adjustments in contributions are sanctioned by law and essential in sustaining and enhancing its benefits and services to its 108 million-strong members and beneficiaries here and abroad. ###



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HK Smoked Bangus w/ Garlic Rice	P155.00	Pancit Canton	P115.00	Lohan Vegetables	P190.00	Hot & Sour Soup	P135.00
HK Gong Hiong w/ Garlic Rice	P130.00	Crispy Fried Noodles (All Meat)	P130.00	Sweet & Sour Fish Fillet	P240.00	Solo Serving	P60.00
DIMSUM		Crispy Fried Noodles (Seafood)	P130.00	Sweet & Sour Pork	P220.00	COMBO MEAL	
Mantao	P 30.00	Birthday Noodles	P135.00	Beef w/ Ampalaya	P230.00	Sweet & Sour Fish Fillet	P229.00
Buchi	P 69.00	Hofan Noodles	P150.00	Beef Brisket Hot Pot	P320.00	Pork Asado	P229.00
Giant Pork Siomai	P175.00	RICE		Beef w/ Broccoli	P320.00	Spring Roll	P229.00
Giant Hakao	P195.00	SOLO	REGULAR	Lechon Macau	P300.00	Sweet & Sour Pork	P229.00
Asado Siopao	P 79.00	Yangchow Fried Rice	P80.00	Canton Special	P275.00	Salt & Pepper Squid	P249.00
Bola Bola Siopao	P 89.00	HK Golden Fried Rice	P100.00	RICE TOPPINGS			
Chicken Feet	P 95.00	Salted-Fish Fried Rice	P105.00	Squid Tausi	P105.00	Black Gulaman	P 50.00
Pork Siomai	P 85.00	Pineapple Fried Rice	P115.00	Sze Chuan Squid	P105.00	Black Gulaman w/ Lychee	P 55.00
Japanese Siomai	P 89.00	HOUSE SPECIAL		Fish Fillet Tausi & Beancurd	P150.00	Almond Jelly w/ Lychee	P 55.00
Baencurd Roll	P 89.00	(Good for 2 to 3 persons)		Pork Asado Rice	P150.00	Halo Halo	P 65.00
Shark's Fin Dumpling	P 80.00	Seaweed & Century Egg	P220.00	Chopsuey	P145.00	Halo Halo w/ Ice Cream	P 79.00
Spring Roll	P 95.00	Pork Asado Roastin	P320.00	Soy Chicken	P195.00	Egg Yolk Pao	P 85.00
Kutchay Dumpling	P 85.00	Assorted Cold Cuts	P320.00	Sweet & Sour Fish Fillet	P135.00	Almond Jelly Ala Dode	P 70.00
Chicken Pao	P 85.00	Soy Chicken (whole)	P490.00	Pork Asado & Soy Chicken	P145.00	Leche Plan	P 29.00
MAMI		Soy Chicken (half)	P270.00	Sweet & Sour Pork	P145.00	BEVERAGE	
Wanton	P 90.00	HK Fried Chicken (whole)	P430.00	Beef Brisket	P155.00	Instant Coffee	P 40.00
Soy Chicken	P 95.00	HK Fried Chicken (half)	P220.00	Spareribs Tausi	P140.00	Brewed Coffee	P 45.00
Pork Asado	P105.00	Salt & Pepper Fried Chicken (whole)	P490.00	Chicken Feet & Spareribs	P145.00	Iced Tea	P 45.00
Beef Brisket	P105.00	Salt & Pepper Fried Chicken (half)	P260.00	Salt & Pepper Squid w/ Egg Rice	P160.00	Pineapple	P 45.00
Beef Brisket w/ Wanton	P110.00	Patatim	P490.00	Rice		Red Tea	P 45.00
CONGEE		Steam White Chicken (whole)	P530.00	HK Fried Chicken w/ Egg Rice	P160.00	Mango Smoothie	P 85.00
Bola - Bola	P 85.00	Steam White Chicken (half)	P260.00	Lechon Macau w/ Egg Rice	P160.00	Milk Tea	P 69.00
Fish Fillet	P 85.00			Steamed White Chicken w/ Egg Rice	P195.00	Banana Smoothie	P 75.00
Pork Asado	P 95.00						
Chicken	P 95.00						
Pork & Century Egg Special	P 95.00						
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Century Egg	P 60.00						
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NGO bares plans to boost aid activities in vulnerable communities



Photo shows a display of Adventist Development and Relief Agency's various assistance projects during the first annual banquet for a cause at Hotel Dominique in Tagaytay City on December 10, 2019. (PNA)

TAGAYTAY CITY, Cavite -- A non-government organization (NGO) announced its plans to implement more projects that will assist and improve the social development of families and individuals frequently affected by disasters particularly those living in the vulnerable communities in the country.

In a banquet for a cause event at Hotel Dominique here on December 10, Adventist Development and Relief Agency (ADRA) country director Tom Pignon said ADRA will work closely with its partner, Humanity and Inclusion, in the provinces of Benguet and Kalinga to strengthen the resilience of high-risk communities through "Empower" project.

"We will work with the communities to give them a voice and be involved in decisions on disaster and climate risk governance that directly affect them," Pignon said in his speech during the event dubbed as "Youmanity".

"Not only will these communities be better prepared for disaster, but when the next one

comes; they will be able to recover from the impact far more quickly," he added.

Pignon said Empower is a disaster risk reduction project to be funded by the European Union as well as financial contributions from supporters around the world of ADRA, a global humanitarian organization of the Seventh-day Adventist.

He said another project called RISE or Responsible Investment and Share Empowerment will also be initially implemented in Mindanao and the Visayas and will also be expanded into Luzon "as the project progresses".

"Over the next year years, ADRA will be providing access to small loans for low-income individuals, farmers, micro-entrepreneurs and women to improve and grow their livelihoods," Pignon said.

He said ADRA will also build the management capacity of the entrepreneurs and farmers and ultimately establish a microfinance institution that will ensure the sustainability of the program even beyond

the three-year project.

ADRA will also conduct business education, financial management, and better livelihood practices training for farmers and entrepreneurs, and will establish business innovation and incubation laboratories with higher education institutions.

The ADRA official said Empower and RISE will build on the success of REAP (Restoring, Empowering and Protecting Livelihood) project which was used to help millions of people affected by super typhoon Yolanda in November 2013.

Pignon took the opportunity to thank the generous ADRA supporters who responded to the call for help for victims of a series of earthquakes that recently hit Central and Eastern Mindanao.

"There are now more than 350,000 people affected that are still in need of assistance," he said.

"You only have to look back on the past two months to see how your generosity has enabled thousands of families affected by disaster to be helped with LifeSaver kits," he added. (PNA)

Health Benefits...

KAALAMAN TUNGKOL SA BANABA BILANG HALAMANG GAMOT

Scientific name: *Lagerstroemia speciosa* (L.) Pers.; *Lagerstroemia reginae* Roxb.; *Munchausia speciosa* (L.)

Common name: Banaba (Tagalog), Queen's Flower o Pride of India (Ingles)

Ang banaba ay isang namumulaklak na puno na kilala sa maraming lugar sa Pilipinas. Ang bulaklak ay kulay lila at bumubuka nang malapad. Ito ay may bunga na mala mala-ubas ngunit kulay tsokolate. Karaniwan itong tumutubo sa isla ng Luzon, pati na sa Mindanao at Palawan. Dahil nga sa kakayanan nitong makagamot ng ilang mga karamdaman, kalimitan ding mabibili ang banaba na nakahanda bilang inuming tsaat tableta.



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

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

Ayon sa mga pag-aaral, may mataas na lebel ng tannin sa bunga, dahon at balat ng kahoy (bark) ng banaba.

Nakuhanan din ang halamang ito ng phenolic compounds, flavonoids, at saponins. Bukod pa dito, mayroon ding corosolic acid, ellagitannin Lagerstroemin, at gallotannins sa halaman ng banaba.

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:

Bunga. Ang hinog na bunga ng banaba ay kadalasang pinapatuyo bago ilaga upang makuha ang taglay nitong gamot.

Dahon. Ang dahon na maaaring bata pa o yung magulang na ay pinakukuluan din at ipinaiinom sa may sakit.

Bulaklak. Pinakukuluan din ang bulaklak ng banaba upang maipainom ang pinaglagaan sa may sakit.

Balat ng kahoy (bark). Ang balat ng kahoy ay nilalaga rin ngunit hindi ito kasing epektibo ng pinaglagaan ng dahon at bunga.

Ugat. Pinapakuluan din ang ugat at pinaiinom sa may sakit.

ANO ANG MGA SAKIT NA MAAARING MAGAMOT NG BANABA?

1. **Diabetes.** Ang pangunahing sakit na pinaniniwalaang nagagamot ng halamang banaba ay ang diabetes. Epektibo sa pagpapanatiling balanse ng lebel ng asukal sa dugo ang pag-inom ng pinaglagaan ng bulaklak, dahon at bunga ng banaba.

2. **Hirap sa pag-ih.** Ang pinaglagaan ng ugat at dahon ng banaba ay may epektong diuretic sa mga taong hirap sa pag-ih.

3. **Pagtatae.** Ang pinaglagaan naman ng balat ng kahoy ng banaba ay pinaniniwalaang makagamot sa pagtatae o diarrhea.

4. **Obesity o sobrang timbang.** Mahusay din daw ang regular na pag-inom ng pinaglagaan ng halaman ng banaba sa pagpapanatili ng balanse at tamang timbang.

5. **Altapresyon.** May ilang naniniwala din na nakakababa ng presyon ng dugo ang pag-inom ng pinaglagaan ng banaba.

6. **Pamamaga at implamasyon.** Sinasabi rin na ang katas na nakukuha sa dahon ng banaba ay may bisa sa pagpapahupa ng pamamaga at implamasyon sa katawan.

7. **Impeksyon ng bacteria sa katawan.** May ilang pag-aaral na ang pinaglagaan ng bunga ng banaba ay makatutulong sa pagpuksa ng impeksyon ng bacteria sa katawan.

Cavite PCPC Launches the First Milk Feeding Program in Trece Martires City

In accordance with Republic Act No. 11037 or the Masustansiyang Pagkain Para sa Batang Pilipino Act – a law on the establishment of a national feeding program for undernourished children in public day care centers, kindergarten and elementary schools, the Cavite Provincial Council for the Protection of Children launched the first Milk Feeding Program in the City of Trece Martires on December 16, 2019 at Sunshine Ville Child Development Center, Barangay Cabuco.

Program in Trece Martires City

Selected as pilot LGU of the newest program, Trece Martires City is one of the LGUs with high number of undernourished children due to the transfer of residences of former informal settlers from other cities. The PCPC aims to assist the Child Development Center (CDC) with high incidence of undernourished children by providing the Milk Feeding Program. With the target 100 beneficiaries from Sunshine Ville 1 & 2, the program will benefit the vulnerable group of children aged 2-4 years old.

Mayor Gemma Lubigan in her short message thanked the provincial government and the PCPC for selecting the City in the program launching. She urged the parents to give their full support to the program to improve the nutritional status of their children. Likewise, Ms. Nora de los Santos, City Social Welfare and Development Officer reminded the parents to avoid giving their children artificial



drinks. The City government provided playpen, educational materials, building blocks and rubber mats during the launching. On the other hand, Ms. Brendalyn Salazar, Social Welfare Officer IV of the PSWDO gave a brief orientation of the program from identifying a CDC with high prevalence of underweight children, initial weighing, deworming and monthly reweighing to monitor and evaluate the progress weight of the child. Aside from the supplementary feeding, mothers' class sessions will also be conducted among the guardians and mothers of the recipients. The 120-day MFP will start on January 6, 2020. Also present in the event were City Councilors, Provincial and City Social Welfare and Development staff, and parents of the children beneficiaries. PICAD



Pamaskong handog para sa ating mga minamahal na PWD mula kina Cong. Jon-Jon Ferrer, Mayor Ony Ferrer, Vice Mayor Morit Sisosn at Sangguniang Panglungsod Members.

DO YOU KNOW ?

Water is composed of two atoms of hydrogen and one atom of oxygen. Hydrogen is flammable and oxygen supports combustion. Their union creates a very valuable molecule.

(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.