

HUMANITY NEWS

TOWARDS THE FRIENDSHIP OF CITIZENRY

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Vice Mayor Ony Cantimbuhan
Imus City, Cavite

DTI LAUNCHES EMPOWER PH PLATFORM FOR PROTECTIVE WEAR ACQUISITION



L to R, Trade Secretary Ramon Lopez, UNDP Philippines Resident Representative Dr. Selva Ramachandran, UNDP Philippines Deputy Resident Representative Enrico Gaveglia, DTI Undersecretary for Competitiveness and Innovation Group Rafaelita Aldaba

MANILA – with the United Department of Trade and Industry (DTI), in partnership with the United Nations Development Programme (UNDP) in the Philippines, inaugurated the Enhanced Manufacturing of Protective Wear and Equipment for COVID-19 Response in the Philippines (or EMPOWER PH) project, a collaborative online platform that will connect various stakeholders and manufacturers to facilitate and accelerate the production and distribution of personal protective equipment

(cont. P.5)

BOTIKA ON WHEELS GOES TO TANZA



For the whole month of November provincial government of Cavite's Botika on Wheels rolled in 41 barangays of the municipality of Tanza. The program aimed to deliver medicine and other supply for children and elderlies right at their doorsteps. A total of 3, 685 senior citizens were given free maintenance medicines and vitamins while the children received insect repellent lotion for dengue prevention. The BOW team were accompanied by Mayor Yuri Pacumio, 7th District Board Members Ping Remulla and Lito Langit together with Tanza SB Members in roaming around the municipality. To date, the program has visited a total of 356 barangays serving a total of 25, 602 senior citizens and 31, 256 children beneficiaries.(PICAD)





Binabati ni Cong. Alex "AA" Advincula ang mga opisyal ng Pallas Athena Classique Homeowners Association sa ginanap na oath taking ceremony nila noong Dec. 5, 2020. Ito po ay sinaksihan nila Konsi Adrian Jay "AJ" Advincula, dating mayor Homer Saquilayan, Atty. Wency Lara, Igi Revilla, Shernan Jaro, Kap. Mark Villanueva at ABC Pres. AJ Sapitan - Liga Ng Mga Barangay. Ayon sa facebook post ni Cong. AA" Nawa'y manatili po kayong tapat sa mga sinumpaang niyong tungkulin at ipagpatuloy ang inyong taos pusong paglingkod at pagtugon sa inyong komunidad. Maasahan niyo po ang patuloy na suporta mula sa akin at sa aking grupo. Muli, congratulations po."

MAKATANG KABITENYO
DLSU-DASMARINAS AWARDEE
MAKATANG KABITENYO 1999
F&M LINCOLN LODGE # 34
DOCTOR OF HUMANITIES (HONORIS CAUSA)
DR. AURELIO PAREDES BAUTISTA

Ang Paghihiwalay

- 1) Sa unang pagmasid ang paghihiwalay,
Mahirap danasin sa taglay na buhay,
Laluna't nagsama nang napakatagal,
At mga damdamin kay tagal nag-ugnay.
- 2) May dalawang puso na nagmamahalan,
Subali't humadlang ang mga magulang,
Kahit anong gawin ng magkasintahan,
Mayroong balakid, marami ang hadlang.
- 3) Sa huli'y dumating ang paghihiwalay,
Naghiwalay itong dakilang magmahal,
Sa pagitan nila ay malayong lugar,
At ang kalungkutang malalim na hukay.
- 4) Dito umiikot ang isang nobela,
Malungkot na dulo ay isang trahedya,
Kung nangyaring lungkot ay naging
maganda,
Kapag nagkabuklod ay istoryang gloria.
- 5) Ang paghihiwalay bahagi ng buhay,
Walang nagsasama nang napakatagal,
Tayo'y saglit lamang sa sandaigdigang,
At pag nagkaugnay ay panandalian.
- 6) Isang tuldok lamang ang buhay ng tao,
Sa maraming tuldok sa danas ng mundo,
Tayo'y hihiwalay sa ayaw at gusto,
Pagsapit ng ating itinakdang tiyempo.
- 7) Sa paghihiwalay kung di makaiwas,
Ano ang marapat gawin sa pagbagtas?
Hindi ba marapat tayo'y maging tapat,
Habang kasama pa kasuyo sa pugad?
- 8) Sa ano't anuman panahon lilipas,
At paghihiwalay ay tiyak lalabas,
Kung hindi makontrol ang lahat sa pugad,
Hayaang Maykapal magtakda ng palad.

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Pagbabalik trabaho ng mga manggagawa, senyales ng economic recovery sa Cavite

Mas marami ng mga manggagawa ang nag-ulat pabalik sa mga pabrika sa lalawigan ng Cavite,

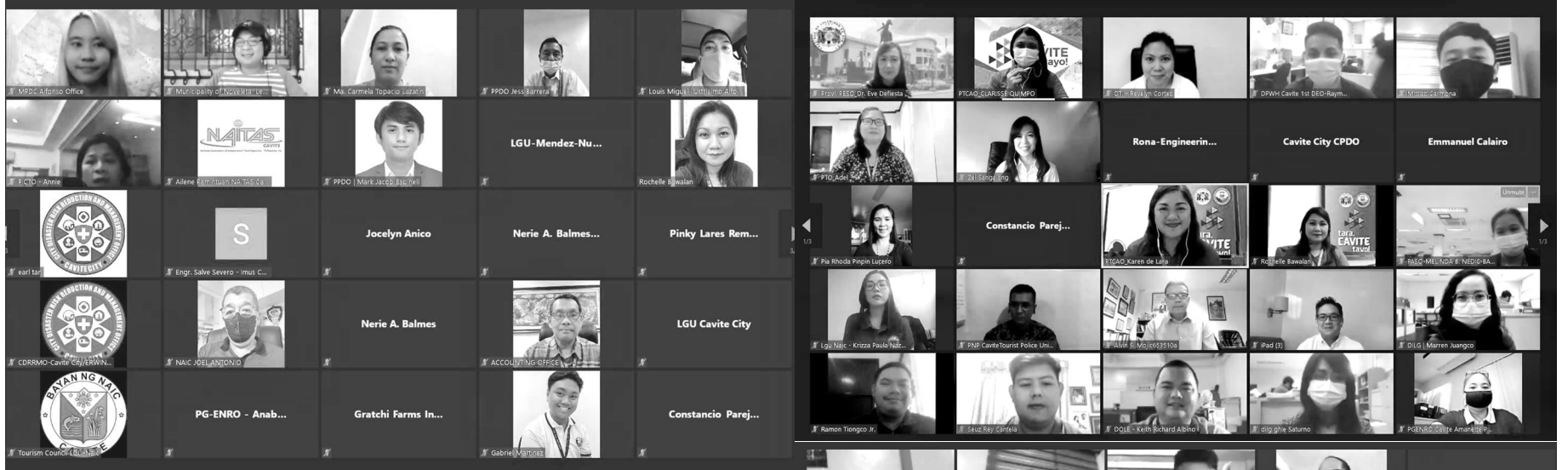
na isang palatandaan na ang economic zone sa probinsya ay unti-unti

(cont. P.4)



Pinangunahan ni Mayor Emmanuel Maliksi ang distribusyon ng medical assistance sa mga indigent Imuseños sa tulong ng City Social Welfare and Development Office and City Treasurer's Office.

Cavite holds Economic Forum: Tourism Crisis Management Planning Consultation Workshop



With the need for synchronized actions and responses for economic recovery, tourism officers, planning coordinators, disaster risk reduction officers, and tourism stakeholders in Cavite convened virtually on November 26, 2020, being guided with COVID-19 Updates and Programs of the PGC Economic Response Cluster, as well as with tourism recovery planning tools for the formulation of the local tourism crisis management plan.

The first part of the one-day online workshop aimed at encouraging key players in developing a logical framework as input to the crafting of the provincial tourism crisis management plan was facilitated by a resource person from the Department of Tourism, Planning and Standards Division. Mr. Ramon Tiongco, Jr., a Tourism Operations Officer with expertise on planning and information management system presented some planning tools and tasked participants to identify programs, projects and activities needed to achieve thematic outcomes or goals for tourism recovery and rehabilitation.

Among the thematic outcomes or goals include securing livelihood and adequate social services to protect visitors and tourism workers; sustaining business operations to ensure business survival; building a more sustainable and resilient tourism industry through appropriate

infrastructure and policy, and restoring the industry's confidence by enhanced marketing and product development.

During the mini-workshop, participants assessed the risks and recommended some projects and activities that seem to have greater impact on recovery and resiliency such as financial assistance, loan programs, technical and skills trainings, business opportunity plans, and establishment of tourist information centers, quarantine facility and tourism hotline.

Additional information and updates that helped participants to further assess the situation were provided by Provincial Epidemiology and Surveillance Unit Representative Dr. Nelson Soriano, Department of Trade and Industry OIC-Provincial Director Revelyn Cortez, Department of the Interior and Local Government Provincial Director Lionel Dalope, and Provincial Tourism Officer Rozelle Sangalang.

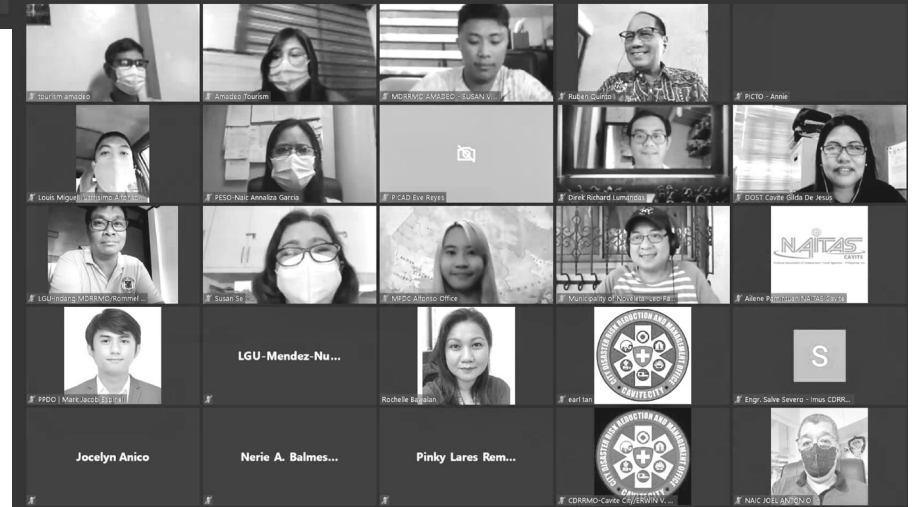
Dr. Soriano underscored the importance of maintaining a healthy business operation and having a workplace coordinator for safety, while PD Dalope highlighted the salient features of the IATF guidelines for tourism businesses. Moreover, PD Cortez presented DTI online training programs and webinars that can help MSMEs and small tourism businesses recover. She added that

micro, small and medium tourism businesses can also benefit from the Small Business Corporation (SB Corp) loan assistance program.

Data on the impact of the Taal Volcano eruption and COVID-19 pandemic to the tourism industry in Cavite were discussed by Ms. Sangalang. Statistics gathered from the 2020 Tourism Impact Assessment Survey conducted by the Provincial Tourism and Cultural Affairs Office in the middle of the year showed how tourist arrivals dropped during the same period from last year and how tourism businesses and workers suffered income loss.

Based on the reports and the regional assessment of the Department of Tourism, there's really the urgency to build public-private partnership and linkages for crisis response and recovery management; to develop guidelines and measures to promptly respond to any crisis situation and minimize the impacts to the tourists and the destinations, thus the crafting of a Tourism Crisis Management Plan for the province.

More than 60 participants coming from attached government agencies and representatives from different tourism sectors were welcomed by Provincial Administrator for Community Affairs Alvin Mojica on behalf of Governor Jonvic Remulla, who seeks a stronger public-private partnership towards business



resiliency, especially for the hospitality and service industry.

Meanwhile, Sangguniang Panlalawigan Chairperson for Committee on Tourism, Culture, Arts and Public Information, Board Member Jeffrey Asistio, expressed his support to regain tourists' confidence and help rebuild the image of Cavite tourism. Aside from appropriate

legislations, BM Asistio shared that he will soon launch his vlog featuring the unique culture and tourist attractions in the province through his Facebook page, Jeff Asistio-Official, as a form of content marketing to help Cavite tourism bounce back.

Concluding the online activity is Provincial Disaster Risk Reduction and Management Officer Eloisa Rozul who imparted

the key components to a sound crisis management plan, which include knowing the risks and its impacts, plotting concrete activities, communicating with stakeholders and implementing the response plan. These are important takeaways to restore travel confidence and adapt to the new normal to ensure business survival. (Rochelle D. Bawalan, Tourism Operations Officer II)

Pagbati Mula kina:



Coun. Vince Amposta
Imus City, Cavite



Coun. Exequiel 'Totie' Ropeta
Imus City, Cavite



Mayor Nonong Ricafrente
Rosario, Cavite

**ROSARIO,
BAYANG
TAHIMIK,
MASAYAAT
MAUNLAD**



**LET THERE
BE LIGHT!**

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

MARAGONDON - Ang Maragondon at Madagundong ay iisa at galing sa ingay ng tubig sa ilog na malakas ang agos.

ANDANAR LEADS 1ST TV BROADCAST OF STATE-OF-THE-ART MINDANAO MEDIA HUB IN DAVAO CITY



DAVAO CITY - Nearly three years since its construction, the Mindanao Media Hub (MMH) is finally ready to serve Mindanaoans, expanding further the reach of government media in regions across the island.

During the ceremonial opening here on Saturday, Presidential Communications Operations Office (PCOO) Secretary Martin Andanar said that the "state-of-the-art" facility will provide an opportunity to develop the countryside.

Part of the official

opening of the MMH was the airing of its first TV broadcast which featured the regular 11 a.m. Laging Handa Public Briefing with Secretary Andanar as host here while PCOO Undersecretary Rocky Ignacio as co-host from the People's Television (PTV) headquarters in Quezon City.

Secretary Andanar was joined live in the studio by Senator Christopher "Bong" Go and Department of Budget and Management (DBM) Secretary Wendel Avisado.

"The Mindanao Media Hub will now

serve as the government's main broadcast hub for regions 10 to 13 and the Bangsamoro Autonomous Region in Muslim Mindanao (BARMM), to expand our areas of coverage and help deliver truthful news and information tailored for the region and its people," he said in his message.

"Not only that, this facility will also help contribute to regional development, as well as serve as the training ground for the wave of next-generation media practitioners and professionals for our country," he added.

The P700-million facility houses the PCOO's satellite office in Davao, and its attached agencies such as PTV, Radyo Pilipinas, Philippine News Agency (PNA), and Philippine Information Agency (PIA).

Secretary Andanar also reiterated plans to expand government media this time to reach out Filipinos in the Visayas, through the construction of a Visayas Media Hub by 2022.



"May the success of the Mindanao Media Hub contribute and serve as a pilot initiative for us to establish the Visayas Media Hub, so that we can work towards our goal of having all three major islands covered by the government's news, information, and communications agencies," he said.

"The realization of this goal will go a long way to promote civic engagement and awareness among all Filipinos on relevant national issues and inform them of the government's services and programs," he added.

Meanwhile, Senator Go expressed support for the said project, and assured the public that Filipinos in the Visayas will not be left behind on this bid for development.

"Marami pong mga munisipyo...probinsya na hindi po naabot ng signal, lalung-lalo na ho sa panahong ito na hindi po nakakalabas ng bahay ang ating mga kababayan. Malaking tulong po ito [There are

many municipalities and provinces where the signal can't reach, especially now that the people are not able to go out of their house. This Mindanao Media Hub is a big help]," Senator Go said.

Aside from the media hubs, PCOO is also eyeing to build the Government Strategic Communications Academy in Manolo Fortich, Bukidnon. Although its construction was already set for this year, its fund was

reprogrammed to augment the COVID-19 response budget of the country.

The said training facility will help address the lack of communications paradigm among government offices by providing an avenue for information officers to be trained and be introduced to more communications technologies that will help them deliver information more efficiently and effectively.###

Pagbabalik trabaho... (from p. 2)

nang nakakabangon mula sa epekto ng pandemya.


Sa ulat ng Inquirer, bagaman mas marami na ang nagbalik trabaho may isang kumpanya na manufacturer ng electronic parts ang tuluyang nagsara matapos mawalan ng foreign investors, ayon kay Norma Tañag, manager of the Cavite Economic Zone. Hindi rin niya pinangalanan ang naturang kumpanya.

Ayon sa Philippine Economic Zone

Authority, nasa 251 mula sa 293 kumpanya na sa lugar ang "fully operational" hanggang nitong Lunes.

Ang bilang na ito ay mayroong 74,806, mula sa kabuuang 81,012 na manggagawa ang nakabalik na sa kanilang mga normal na trabaho.

Paliwanag ni Tañag, ang mga natitirang mga kumpanya na hindi kasama sa bilang ay nananatili sa 20 hanggang 30 porsyentong operasyon.



HUMANITY TRIVIA
(IT TELLS THE DATES OF INVENTION, PLACES OF PLANT ORIGIN AND CURES OF DISEASE)

ENGR. VIR CAMPAÑA BAUTISTA
(TWIN BROTHER OF VER)

Electric generator - 1831
Refrigerator - 1834
Coffee - Africa
Cotton - America
Kangkong - toxemia

INDANG SK FEDERATION PRESIDENT KEANN FERAER AT MGA KASAMAHANG SK SA CAVITE NAGHATID NG RELIEF GOODS SA LALAWIGAN NG ISABELA



Wika nga ng Pambansang Bayani na si Dr. Jose Rizal, "Nasa Kabataan Ang Pag-Asa ng Bayan" kaya naman inorganisa ni Sangguniang Bayan (SB) Member na si Konsehal

Keann Feraer na Pangulo ng Pederasyong ng SK sa Indang kasama ang iba pa niyang kapwa SK Federation President ng ibang bayan sa Cavite ang paghahatid ng mga relief goods sa lalawigan ng

Isabela kamakailan.

Kasama ang iba pang kapwa SK President na sina Hon. Nathaniel Nuarin ng Gen. Mariano Alvarez, Hon. Reieniel Ferrer ng Gen. Trias, Hon. Kevin Esguera ng



Mendez, Hon. Antonette Bernal ng Trece Martires City at Hon. Alister Mojica ng Magallanes ay namahagi sila ng mga relief goods noong Nobyembre 22 - 23, 2020 sa Brgy. Nag Campegan, Cauyan City, Brgy. Salucong, Reina Mercedes at Brgy. Binarsang, Reina Mercedes sa lalawigan ng Isabela.

Ang mga relief goods ay galing sa pinagsamasamang tulong mula sa inisyatiba ng iba't-ibang SK Chairman sa bawat bayan ganoon din mula sa

iba pang non-government organizations at religious group. Samantala ay malugod naman silang tinanggap nina Hon. Dax Binag na SK Federation Provincial President ng Isabela, SK Chairman ng Cauyan City na si Hon. Charlene Quintos at SK Chairman ng Reina Mercedes na si Hon. Marilyn Alindayu.

Kahanga-hanga ang makabuluhang proyektong ito ng ilang aktibong Pangulo ng Sangguniang Kabataan (SK) sa lalawigan ng

Cavite na ang pagkalinga at pagtulong ay hindi lamang naka sentro sa kanilang bayang nasasakupan kundi maging sa ibang bayan o lalawigan na nangangailangan at nasalanta ng mga bagyong nagdaan. Salamat sa inyo at Mabuhay kayo Hon. Keann Feraer ng Indang at mga kapwa kasamahang SK Federation President sa lalawigan ng Cavite.

(Ulat ni Rex Avilla Del Rosario)

Photos//Ctto//Ty: Hon. Keann Feraer

DTI...

(PPE) in the country.

DTI Secretary Ramon Lopez said, "EMPOWER PH ensures business continuity and effective delivery of COVID-19 critical goods and services, which are among DTI's top priorities during the pandemic."

"The platform also complements the various initiatives of the national government to implement the necessary policies and programs to respond to the crisis, including the Community Face Mask Project and the Manufacturing Repurposing Program," Sec. Lopez added.

Several months into the pandemic DTI and UNDP Philippines began working together to establish EMPOWER PH to help PPE manufacturers and suppliers— as well as buyers and consumers— to post, find, and connect with the network, and to access relevant information and resources for product quality assurance.

The initiative is in line with the Philippine

government's agenda in managing COVID-19 and with UNDP's global offer on COVID-19 response. It will also support Micro, Small, and Medium Enterprises (MSMEs) that are helping the country in producing COVID-related medical equipment and supplies.

In his message, UNDP Philippines Resident Representative Dr. Selva Ramachandran echoed Sec. Lopez's message and further highlighted that "while the pandemic has adversely affected the business sector, especially the MSMEs, it has also presented an opportunity for the country to develop a local PPE manufacturing industry that could reduce the country's reliance on imported PPE, thereby making it better positioned to respond to the next pandemic."

EMPOWER PH addresses the need for protective clothing for both medical-use and non-medical use. The initiative likewise supports the economic

recovery of garment factories, MSMEs, social enterprises, and the informal economy.

"We look forward to seeing businesses in the wearable industry – especially our MSMEs – take advantage of the platform and its features. We are grateful for the partnership with UNDP Philippines and we will continue to work together with our partners and stakeholders to build the local PPE industry and ensure that the country is well prepared for future global crises and pandemics," said DTI Undersecretary Rafaelita Aldaba.

Through EMPOWER PH, information and resources on PPE production are made accessible to all. The platform also presents renewed livelihood opportunities to micro, small, and medium enterprises that were badly hit by the pandemic, and facilitates the effective movement of the protective wear supply chain.

"Platforms should

(from p. 1)

be frictionless and EMPOWER PH is by design a work in progress. We ask all — the private sectors, manufacturers, suppliers, and consumers — to join the platform and experience it. As an innovation drive, we at UNDP believe that it has to be democratized," said UNDP Philippines Deputy Resident Representative Enrico Gaveglia.

With the platform live on the web for all to access, businesses in the wearable industry can participate in the enhanced production of protective wear, whether or not it is their first time. Consumers can browse through a variety of protective wear, from community face masks to personal protective equipment, made by different manufacturers or suppliers.

With personal protective equipment and community face coverings becoming a part of everyday wear, EMPOWER PH provides free and extensive access to all. EMPOWER PH can be accessed at: <http://empower.dti.gov.ph/>

EMPOWER PH Partners


UNDP is the leading United Nations organization fighting to end the injustice of poverty, inequality, and climate change. Working with our broad network of experts and partners in 170 countries, we help nations to build integrated, lasting solutions for people and the planet.

Learn more at ph.undp.org or follow at @UNDPPH.

DTI, as a member of the Inter-Agency Task Force on Emerging Infectious Diseases ("IATF-EID"), mobilizes its various units, attached agencies, and regional and foreign offices to ensure uninterrupted

service delivery to our stakeholders and to find ways to contribute to the Philippines' effort to beat COVID-19. DTI collaborates with the private sector to locally produce critical medical supplies, mobilizing the garments and textiles industry to mass-produce medical-use PPEs for health workers and encouraging local manufacturers to repurpose some of their capacity to produce medical supplies and equipment to ensure adequate and sustainable supply.

For more information on the EMPOWER PH platform, email empower.dti@gmail.com. (dti.ph.com)



CAVITE HIGHLIGHTS

By:
Yna Palparan Bautista

Barter trade was existing in Cavite during the pre-Spanish period in Halang which in the archaic language meant "Barter". There is now a Halang in Imus, Amadeo and Naic as a reminder of the distant past.

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

COVID-19 UPDATES & MEASURES
by the Municipal Government of *Carmona*



Carmona LGU holds blood donation activity. The Local Government of Carmona, through the Municipal Health Office (MHO) held its annual voluntary blood activity on December 4, 2020 at the Carmona Community Center, Barangay Cabilang Baybay. Municipal Mayor Roy Loyola, Vice Mayor Cesar Ines Jr., and members of the Sangguniang Bayan went to the event to personally express their gratitude and appreciation to the blood donors. The activity followed minimum public health standards.



Carmona LGU distributes mobile phones, sim cards, and face shields to parents. The Municipal Government of Carmona, along with the Office of the Representative of the Fifth District of Cavite, distributed cellular phones, sim cards, and face shields to 22 parents in Barangay Bancal on December 4, 2020, who have little means to purchase gadgets. This aims to improve their communication with their children's teachers amid the implementation of the Distance Learning Program.



Carmona LGU conducts Ceremonial Nativity Lighting. On December 4, 2020, the Municipal Government of Carmona held a Ceremonial Nativity Lighting through Facebook Live, an alternative to the local government's annual Christmas lighting celebration. Despite the COVID-19 Pandemic, the LGU wants to rekindle the spirit of Christmas and bring hope and joy to the community.



Carmona Mayor Roy Loyola conducts Civil Wedding ceremonies. Municipal Mayor Roy Loyola officiated a civil wedding on December 7, 2020 at the Municipal Penthouse for couples in Carmona who have marriage licenses that are about to expire. The ceremony followed the minimum public health standards.

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HK Longanisa w/ Garlic Rice	P200.00	Pancit Bihon	P110.00	Fish Fillet Tausi & Beancurd	P240.00	Pumpkin Soup	P125.00		
HK Beef Tapa w/ Garlic Rice	P220.00	Miki Bihon	P110.00	Chopsuey	P190.00	Crab Meat Corn Soup	P160.00		
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		
		Crispy Fried Noodles (Seafood)	P130.00	Sweet & Sour Pork	P220.00	COMBO MEAL			
		Birthday Noodles	P135.00	Beef w/ Ampalaya	P230.00	Sweet & Sour Fish Fillet	P229.00		
		Hofan Noodles	P150.00	Beef Brisket Hot Pot	P320.00	Pork Asado	P229.00		
		RICE		Beef w/ Broccoli	P320.00	Spring Roll	P229.00		
		SOLO	REGULAR	Lechon Macau	P300.00	Sweet & Sour Pork	P229.00		
		Yangchow Fried Rice	P80.00	Canton Special	P275.00	Salt & Pepper Squid	P249.00		
		HK Golden Fried Rice	P100.00	RICE TOPPINGS				HK Emperor Chicken	P309.00
		Salted-Fish Fried Rice	P105.00	Squid Tausi	P105.00	Macau	P309.00		
		Pineapple Fried Rice	P115.00	Sze Chuan Squid	P105.00	DESSERT			
		HOUSE SPECIAL (Good for 2 to 3 persons)		Fish Fillet Tausi & Beancurd	P150.00	Black Gulaman	P 50.00		
		Seaweed & Century Egg	P220.00	Pork Asado Rice	P150.00	Black Gulaman w/ Lychee	P 55.00		
		Pork Asado Roastin	P320.00	Chopsuey	P145.00	Almond Jelly w/ Lychee	P 55.00		
		Assorted Cold Cuts	P320.00	Soy Chicken	P195.00	Halo Halo	P 65.00		
		Soy Chicken (whole)	P490.00	Sweet & Sour Fish Fillet	P135.00	Halo Halo w/ Ice Cream	P 79.00		
		Soy Chicken (half)	P270.00	Pork Asado & Soy Chicken	P145.00	Egg Yolk Pao	P 85.00		
		HK Fried Chicken (whole)	P430.00	Sweet & Sour Pork	P145.00	Almond Jelly Ala Dode	P 70.00		
		HK Fried Chicken (half)	P220.00	Beef Brisket	P155.00	Leche Plan	P 29.00		
		Salt & Pepper Fried Chicken (whole)	P490.00	Spareribs Tausi	P140.00	BEVERAGE			
		Salt & Pepper Fried Chicken (half)	P260.00	Chicken Feet & Spareribs	P145.00	Instant Coffee	P 40.00		
		Patatim	P490.00	Salt & Pepper Squid w/ Egg Rice	P160.00	Brewed Coffee	P 45.00		
		Steam White Chicken (whole)	P530.00	HK Fried Chicken w/ Egg rice	P160.00	Iced Tea	P 45.00		
		Steam White Chicken (half)	P260.00	Lechon Macau w/ Egg Rice	P160.00	Pineapple	P 45.00		
				Steamed White Chicken w/ Egg Rice	P195.00	Red Tea	P 45.00		
						Mango Smoothie	P 85.00		
						Milk Tea	P 69.00		
						Banana Smoothie	P 75.00		
						Mineral Water	P 25.00		
						Soda in Can	P 70.00		
						Bottomless Iced Tea	P 90.00		
						*Price are subjected to change without prior notice Price INCLUSIVE of 12% VAT.			

Celebrating 100 Million Watsons Members Worldwide

KAREN CHRISTINE H. TIQUI



Watsons has reached a phenomenal milestone of 100 million loyalty members worldwide, inspiring them to do good and feel great.



Rozanah, the 100-millionth member signed up last October at the Pavilion Watsons store in Malaysia.

Watsons, the flagship health and beauty brand of A.S. Watson Group has reached a phenomenal milestone of 100 million loyalty members worldwide. This is a strong global community of 100 million beauty and wellness enthusiasts, and Watsons is dedicated to introduce a healthier and more sustainable lifestyle. By staying connected to the members, Watsons strives to inspire them to do good, feel great together as a powerful movement.

Having grown rapidly since its launch in 2008, it is now available in 14 markets and is no. 1 in brand loyalty program across Asia. To further cement its position, Watsons launched the Elite VIP Members program with more perks

and rewards for its most loyal customers in 2018. By 2019, Watsons One Pass[®] was launched to allow members enjoy shopping benefits at Watsons stores globally.

Malina Ngai, CEO of A.S. Watson (Asia and Europe), says, "Today, Watsons reached a major milestone of connecting 100 million beauty and wellness lovers in Asia. We're now growing at roughly one million new members every quarter. This isn't just a big milestone for us; it's also an important one for all our members who form a community that inspires each other to look and feel good inside and outside."

She adds that, "the COVID-19 pandemic has created stronger bonds between us and

our members and we have been able to stay in touch and share relevant contents during this challenging time. We want to thank every one of you, our 100 million members, for making this milestone happen. Our mission as a community is to Look Good and Do Good for ourselves, the people we love and society."

Support the brand that cares about you and continues to inspire everyone to look good and feel great. Never miss out on superb perks and discounts with your Watsons Card and Watsons Elite. Head on to your nearest Watsons branch, shop online at www.watsons.com.ph or try Watsons' Call & Delivery to get your orders within 24 hours.

Health Benefits...

Kaalaman tungkol sa Abukado bilang halamang gamot

Ang abukado ay isang karaniwang halaman na tumutubo sa mga bansang nasa rehiyong tropiko partikular sa kontinenteng Timog Amerika. Ngunit ito ay karaniwan na ring makikitang tumutubo sa Pilipinas. Ito ay pinakakilala dahil sa bunga nitong mabilog at pahaba na kulay lila kung hinog na may laman na kulay berde at nakakain. Kilalang-kilala rin ang bilugan na buto nito na nasa loob ng bunga.



Scientific name: Persea gratissima Gaertn., Persea americana Mill.,

Laurus perseae Linn.

Common name: Abukado (Tagalog), Avocado (Ingles)

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:

Balat ng kahoy (bark). Ang balat ng kahoy ay kadalasang pinapakuluan at iniinom nang parang tsaa. Maaari din itong dikedikin at ihalo sa langis bago ipahid sa balat.

Bunga. Maraming gamit ang maaaring gawin sa bunga ng abukado. Ang laman nito ay maaaring kainin lamang o kaya ay durugin at gamitin bilang pampahid sa mga sugat at mga karamdaman sa balat.

Buto. Ang buto ay kadalasang dinidikdik, tinatadtad, at iniinom ang katas upang ipanggamot sa mga kondisyong nararanasan. Maaari ding itong gamitin bilang pampahid sa sugat at mga karamdaman sa balat. Maaari ding gamitin ang pinakuluang buto bilang pangmumog.

Dahon. Ang dahon ay madalas ding pinakukuluan at iniinom na parang tsaa.

Ano ang mga sustansya at kemikal na maaaring makuha sa abukado?

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

Ang bunga ng abukado ay may taglay na langis at protina.

Ang dahon ay mayroon ding langis, methyl-chavicol, d-d-pinene, at paraffin. May taglay din itong isorhamnetin, luteolin, rutin, quercetin at apigenin.

Ang buto ng abukado ay mayaman sa saponins, tannins, flavonoids at alkaloids

Ano ang mga sakit na maaaring magamot ng Abukado?

Ayon sa mga pag-aaral at nakagawian ng ilan, ang ilan sa mga sakit na maaaring malunasan sa pamamagitan ng paggamit sa halamang abukado, ay ang sumusunod:

1. **Pagkokombulsyon.** May ilang mga pag-aaral na nagsasabing makatutulong ang katas ng dahon ng abukado bilang pangontra sa pagkokombulsyon at pangininginig ng mga kalamnan sa mga bata.

2. **Pagbaba ng asukal sa katawan (hypoglycemia).** Ang katas ng dahon ng abukado ay maaari ring makatulong sa pagkontrol ng lebel ng asukal sa katawan.

3. **Altapresyon.** Ang mga katas ng dahon at buto ng abukado ay maaaring inumin upang pabagsakin ang mataas na presyon ng dugo.

4. **Mga tumor.** Ang pagkakaroon ng mga tumor sa katawan ay maaari rin daw mapaliit o mabawasan sa tulong ng mga substansya na makukuha sa hilaw na bunga ng abukado.

5. **Impeksyon ng bacteria.** Ang ilang mga sakit na dulot ng impeksyon ng bacteria sa katawan, gaya ng tuberculosis, ay maaaring mapagaling ng tuloy-tuloy na pag-inom ng katas ng dahon ng abukado.

6. **Impeksyon ng fungi.** Ang mga katas din ng dahon at balat ng kahoy ng abukado ay ginagamit na gamot laban sa ilang mga sakit na dulot ng impeksyon ng fungi. Maaari itong inumin o kaya ay ipahid mismo sa bahagi na apektado ng sakit.

7. **Mga sugat.** Ang kangis na nakukuha mula sa bunga ng abukado ay maaaring ipahid sa sugat upang mas mapabilis ang paghilom nito. Tumutulog din ang langis ng abukado para maiwasan ang pamamaga ng sugat.

8. **Ulcer sa sikmura.** Pinapababa ng pag-inom ng katas ng dahon ng abukado ang produksyon ng mga asido at likido sa sikmura upang mas mapabilis ang paghilom ng ulcer dito.

9. **Pananakit ng ngipin.** Maaaring gamitin ang katas ng buto upang ipangmumog nang mawala ang pananakit ng ngipin. Maaari ring isiksik ang maliit na piraso ng buto sa butas sa ngipin upang mabawasan ang pananakit.

10. **Sakit sa atay at bato.** Ang katas ng dahon ay sinasabing may mabuting epekto sa paggaling ng mga karamdaman na nakaaapekto sa laman ng atay at bato.

DA CALABARZON namahagi ng 1,900 sako ng fertilizer sa mga magsasaka sa Silang

Namahagi ng 1,900 sako ng fertilizer ang Department of Agriculture (DA) CALABARZON sa mga magsasaka na apektado

ng pagsabog ng Bulkang Taal noong Enero 2020 sa bayan ng Silang kamakailan. Ayon sa DA CALABARZON, ang

ipinamahaging mga sako ng fertilizer ay kinabibilangan ng 1,000 muriate of potash at 900 sako naman ng organic fertilizer.

"Ang interbensyong ito ay bahagi ng Quick Response Fund ng regional office para sa mga magsasakang lubhang naapektuhan matapos

ang pagsabog ng Bulkang Taal halos mag-iisang taon na," ayon pa sa DA CALABARZON.

Bunga nito, nagpahayag ng pagpapasalamat si Silang municipal agriculturist Adelia V. Poblete sa DA CALABARZON lalong-lalo na kay Regional Director Arnel V. de Mesa sa patuloy na suporta sa mga magsasakang naapektuhan ng pagsabog ng Bulkang Taal.

"Nakatakdang tumanggap pa kami ng

karagdagang sako ng muriate of potash at organic fertilizers mula sa DA upang maipamigay sa mga magsasaka at farmers associations sa Silang," sabi ni Poblete.

Sinabi ng DA CALABARZON na patuloy ang pamamahagi ng nabanggit na fertilizer, makipag-ugnayan lamang ang mga magsasakang benepisyaryo sa Silang Municipal Agriculture Office upang mabigyan ng tulong. (PIA-Cavite at ulat mula sa DA-4A RAFIS)

Ayon sa facebook post ni Bacoor Mayor Lani Revilla, "Ikinagagalak kong ibalita sa inyo na sa gitna ng mga kaguluhang nagaganap ngayon, nakatanggap tayo ng pagkilala mula sa iba't ibang tanggapan ukol sa ating serbisyo. Ang mga parangal na ito ay tunay na nakakataba ng puso lalo na't walang tigil ang ating mga frontliners at kawani ng pamahalaang lungsod sa pagbigay serbisyo sa ating mamamayan. Nakatanggap ng parangal ang Farmers Information and Technology Services Center ng Lungsod ng Bacoor ng parangal mula sa Techno Gabay Program Summit 2020 at ang Bacoor Homeowners Association Council mula sa Department of Human Settlements and Urban Development. Ang inyong pamahalaang lungsod naman ay kinilala rin ng Department of Human Settlements and Urban Development at ng National Nutrition Council. Maraming salamat po sa pagkilala sa aming patuloy na serbisyo para sa Bacoor, sa Bacooreño, at sa kapwa Pilipino!"



Belated Happy Birthday

Cong. Luis "Jon-jon" Ferrer

Cavite 6th District
 December 11, 2020

Greetings from Humanity News
 Management and staff...



DO YOU KNOW ?

During the Second World War, soldiers who lacked antibiotics licked their wounds to hasten the healing.

(Shared by Fellowship with Humanity)

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.



GROCERY PACKAGE PARA SA BAWAT TAHANAN SA GENERAL TRIAS, PATULUY NA IPINAMIMIGAY.

Sa isang Facebook post, ibinahagi ni General Trias Mayor Ony Ferrer ang isinasagawang pamamahagi ng kanilang lokal na pamahalaan ng mga grocery package para sa bawat kabahayan sa kanilang lungsod.

Ayon sa kaniyang post, "Patuloy ang pamamahagi ng Pamahalaang Lungsod ng General Trias ng Grocery Package sa bawat tahananang Gentriseño."

Tinatayang nasa 140,000 ang inaasahang makatanggap ng pamaskong ito ng kanilang LGU kaya't puspusan ang kanilang pagsasaayos at pamamahagi.

"Intayin po lamang ang pagdating nito sa inyong lugar. Stay Safe Gentriseños," saad ni Ferrer.