HUMANITY NEWS
TOWARDS THE FRIENDSHIP OF CITIZENRY
Vol. VII No.47 October 23-29, 2023 P 10.00 ISSN No.: 2672-3034

Arnel 'Ony' Cantimbuhan
Board Member 3rd District Cavite

DSWD: Food stamp pilot implementation to go full blast by December

story on pg.2

Pamamahagi ng LIBRENG SCHOOL SUPPLIES ng Pamahalaang Lungsod ng General Trias sa mga Gentriseño public school students. Let's Join Forces for Quality Education!

SMC, gov't forge biggest CSR collaboration to clean up, rehabilitate Luzon rivers

Three years after it launched its landmark river cleanup and flood mitigation initiative--which has led to the removal of over 3 million metric tons of silt and solid wastes from the Pasig, Tullahan, and San Juan Rivers--San Miguel Corporation (SMC) is setting its sights on a more ambitious goal: cleaning up and rehabilitating three major river systems as well as other tributaries and waterways throughout Metro Manila, Pampanga, Cavite, and Bulacan.

Dubbed as "SMC's Adopt-A-River program", this initiative is possibly the country's biggest and most impactful corporate social responsibility (CSR)

(cont. P.5)

Mega Jobs Fair sa Trece Martires City, naging matagumpay

TRECE MARTIRES CITY | Hired on the spot (HOTS) ang 57 jobseekers na nakilahok sa Mega Jobs Fair na inilunsad ng pamahalaang lungsod ngayong buwan.

(cont. P.4)

TULOY-TULOY ANG SERBISYO PARA SA MGA IMUSEÑO!

P.4

ADVERTISE WITH US! Contact Number: 094075029643 E-mail Address: humanitynews@yahoo.com

Ginanap ang isang Peace Covenant Signing na naglalayong gawing ligtas, payapa at patas ang darating na Barangay at Sangguniang Kabataan Election.

Pinangunahan ito ng ating butihing Mayor Voltaire Ricafrente kasama ang COMELEC Election Officer, Mr. Glicerio R. Alarkon, III, MLGOO Ms. Evelyn Alvarez, PMAJ Sandie Caparroso at mga kinatawan ng mga Religious Group sa ating bayan.

Sa kanyang mensahe, hinikayat ni Mayor Voltaire ang lahat ng mga kumakandidato na gawin ang lahat upang mapanatili ang isang maayos at payapang halalan. (Municipality of Rosario Cavite)

DSWD: Food stamp pilot implementation to go full blast by December...

(from p. 1)

MANILA – The Department of Social Welfare and Development (DSWD) is set to conduct the full-scale pilot implementation of the WALANG GUTOM 2027: Food Stamp Program (FSP) by December of this year, according to a senior official of the agency.

DSWD Undersecretary for Innovations Eduardo Punay made the announcement at the 3rd Nutrition Education Session and 4th Redemption Day of pilot beneficiaries at the Torres Covered Court in Barangay 154, Tondo, Manila on Wednesday.

"Right now, we are doing the pilot implementation. Three thousand families sa loob ng limang pilot sites ang target (in five pilot sites are our target), and we will go full blast on the pilot implementation come December," Punay said during an interview with the media.

He added that with President Ferdinand R. Marcos Jr.'s issuance of Executive Order No. 44, which establishes the FSP as a flagship program of the current administration, the implementation of the program will be assured of funding to help more food poor families in 2024.

"Secondly, and very important, is yung (the) participation ng other agencies because through the EO, DSWD is assured of support from other agencies," Punay said.

The FSP provides food augmentation to food poor families, including pregnant and nursing mothers like Jennifer Suarez, a housewife and mother of two.

"Malaking tulong po kasi hindi po sapat yung kinikita ng asawa ko sa pang araw-araw po namin lalo na nag-gagatas, diaper pa yung mga anak ko (The program is a big help because my husband's income is not enough for our daily needs, especially since my children are still on milk and need diapers)," Suarez said.

Jennifer said she also appreciates the knowledge she gained from attending Nutrition Education Sessions.

Attendance to the monthly Nutrition Education Sessions is one of the conditions for FSP beneficiaries in order for them to regularly receive their monthly food credit of PHP3,000.

"Natututunan po namin kung paano mag-budget ng kakainin po sa araw-araw, kung paano po maging masustansya yung kakainin po namin sa araw-araw (We learned how to budget our daily meals and how to make them more nutritious)," the young mother said.

Alongside the nutrition education sessions venue is a Kadiwa pop-up store where beneficiaries can buy cheap and nutritious local agriculture and food products.

"Nagpapasalamat po ako sa bumubuo ng programa, sa DSWD po dahil isa po ako sa napili na maging benepisyaryo ng Food Stamp Program. Malaking tulong po ito sa amin sa pang araw-araw po naming pangangailangan (I thank the program proponents, the DSWD for choosing me as one of the beneficiaries of the FSP. This is a big help to us in our daily needs)," Suarez said. The FSP provides a holistic approach to address involuntary hunger by providing its beneficiaries with access to monetary-based assistance and also encourages them to become more productive citizens since they will be required to participate in capacity building and training to improve their employable skills. (PNA)

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

HUMANITY NEWS
TOWARDS THE FRIENDSHIP OF CITIZENRY

Main Office:
667 Bayan Luma 5 Imus City, Cavite
Contact Number:
09497849109/09075029643
E-mail Address:
humanitynews@yahoo.com

our website:
www.humanitynewsph.com

AURELIO P. BAUTISTA
PUBLISHER/EDITOR-IN-CHIEF

LEXTER LUMAS BAGAPORO
BUSINESS MANAGER

VER C. BAUTISTA
EXECUTIVE OFFICER

KRISTEL. LUMAS
LAY-OUT ARTIST

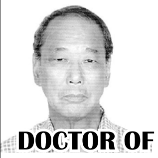
ANTHONY LUMAS
ACCOUNT EXECUTIVE

All Rights Reserved: No part of this publication may be copied or reproduced or transmitted nor translated in any form for commercial purpose without prior written permission from the publisher and its writers/ columnist.

Note: All news articles by the writers are entirely their own and do not reflect the opinion of the Publisher, Management and Editor of this Publication.

MEMBER:
PRIME ALLIANCE OF PUBLISHERS, EDITORS, & REPORTERS of the Philippines Inc.
PAPER.Ph EST 2019

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



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

PAGPILI SA PAG-IBIG

1. Dahil sa pag-ibig ay may natutuwa,
Dahil sa pag-ibig ay may lumuluha,
Bakit kaya gayon isa ang Lumikha,
Pero iba-iba bigay na biyaya?

2. Mayroong umibig nang dahil sa ganda,
At naging masaya noon sa umpisa,
Bakit nagkagayon, leron, leron sinta?
Nabali ang sanga, luluha lang pala.

3. Dahil ang kasuyo'y paruparong bukid,
Kaya ang ugali'y pagdapo ang ibig,
Sa mga bulaklak ito'y lumalapit,
At may mga bulong na ibig mang-akit.

4. Kapag ang babae'y nagkulang sa aral,
Madaling bolahin sa mumunting dasal,
Ang babae namang sa aral nagpagal,
Dahil sa talino, lalaki'y supalpal.

5. Kaya ang payo ko sa isang dalaga,
Mag-aral sa kilos at huwag magpabola,
At hindi rin naman supalpal ang pasya,
Bagkus magmabuti saka makisama.

6. Pag may napusuan na isang binata,
Marapat dalaga'y mag-isip magnasa
Na makilala niya ang amang dakila,
Pagka't siya'y modelo nitong kanyang bata.

7. Pag ama'y maayos sa kanyang asawa,
Natural masaya ang naturang ina,
Kapag babaero't lasenggo ang ama,
Marapat dalaga'y pag-iwas ang pasya.

8. Gayon din ang dapat gawin ng binata,
Alamin ang ina nitong kanyang mutya,
Pag ina'y maayos, ituloy ang tuwa,
Pag- iwas ang gawin pag ina'y saliwa.

BAGONG PNP VEHICLES, INAASAHANG MAKAKATULONG SA PAGPAPANATILI NG PEACE AND ORDER SA CALABARZON

Asahan na ang mas mabilis na pag-responde at pagbibigay-serbisyo ng mga kapulisan sa rehiyon ng Calabarzon sa tulong ng mga bagong sasakyan ng Police Regional Office 4A.

Ayon kay PRO IV-A Regional Director PBGEN Paul Kenneth T. Lucas, mahalaga ang mga bagong sasakyan para sa kanila dahil ito ay magbibigay ng karagdagang tulong upang makapagserbisyo at maprotektahan ang komunidad sa Calabarzon.

Kabilang sa mga tumanggap ng bagong sasakyan ay ang Regional Mobile Force Battalion IV-A at 2nd Provincial Mobile Force Company ng Laguna Police Provincial Office na nakatanggap ng bagong Mitsubishi Estrada patrol cars.

30 units naman ng Toyota Hilux patrol jeeps ang nai-turn over sa mga police stations ng Cabuyao, San Pablo, Calamba City, at Lumban Municipal Police Station mula Laguna Police Provincial Office; Atimonan, Guinayangan, Quezon Municipal Stations at Tayabas City Police Station sa Quezon Police Provincial Office at Antipolo City Police Station sa Rizal.

Sinaksihan ni Commission on Elections (COMELEC) Region IV-A Regional Election Officer Atty. Monalisa C. Mamukid, mga panauhin mula sa Nationwide Multi-Sectoral Peace Assembly para sa Barangay at Sangguniang Kabataan Elections (BSKE), at mga kapulisan ng PRO4A ang isinagawang turnover ceremony. | via Police Regional Office 4A,pia cavite)

ONWARD FORWARD GEN. TRIAS CITY

CONG. ONY FERRER

Malalim na ang gabi ngunit sinalubong padin ng ating masipag na Vice Mayor Jun Dualan ang mga pasyente galing Pampanga na naging benepisyaryo ng "Alagang Nanay Health Care Program ng Pampanga" sa kanilang naging pag-uwe bandang alas onse ng gabi.

May iniinda mang sakit dala ng naging operasyon ngunit masasayang ngiti at pasasalamat padin ang pasalubong ng mga pamilya at kamag-anak kila Mayor Raffy Dualan, Vice Mayor Jun Dualan at Dra. Carolina Matel sa naging tulong at suporta nito sa kanila. Patuloy na magsisikap ang Pamahalaang Bayan ng Naic upang matugunan ang mga pangangailangan ng ating mga Naicqueños higit sa serbisyong medikal.(Municipality of Naic)

Pagbati Mula kina:

Cong. Adrian Jay 'AJ' Advincula
3rd District of Cavite

VICE-MAYOR HOMER SAQUILAYAN
Imus City, Cavite

FAMOUS PERSONALITIES

BY

NICO & NIELSEN BAUTISTA

FERDINAND MAGELLAN - *Siya ay isang Portuguese na naglingkod sa Hari ng Spain upang tuklasin ang panibagong ruta sa dagat patungo sa Silangan, gamit ang di pa alam na ruta mula sa Kanluran. Napatay siya sa Mactan noong 1521.*

LET THERE BE LIGHT!

By

Eng'r. VEr Campaña Bautista

F & A.M. Luis Olimpo Ferrer Lodge 366

BANCAAN - Ito ay lugar sa Naic na gawaan ng bangka noong araw.

TULOY-TULOY ANG SERBISYO PARA SA MGA IMUSEÑO!... (from p. 1)

Ngayong araw, masaya po akong ibalita na nakapagbigay po muli tayo ng tulong pinansyal sa mahigit 900 na indibidwal sa ilalim ng Assistance to Individuals in Crisis Situation Program ng DSWD.

Lubos po akong nagpapasalamat kay Senator Alan Peter Cayetano at Senator Pia Cayetano sa pagbibigay ng mabilis na aksyon at solusyon para sa ating distrito.

Katuwang po si Mayor Alex Advincula, makakaasa po kayo na patuloy lang ang ating pagbibigay ng serbisyong tiyak na makatutulong sa ating mga minamahal na Imuseño.

P147-M JACKPOT PRIZE SA SUPER LOTTO 6/49, NASUNGKIT NG MANANAYA SA SILANG

Inanunsyo ng Philippine Charity Sweepstakes Office (PCSO) na isang mananaya mula sa Silang, Cavite ang maswerteng nanalo ng jackpot prize sa Super Lotto 6/49 draw nitong nagdaang Linggo, Oktubre 15.

Napanalunan ng lucky bettor ang premyong nagkakahalaga ng P147,354,716.40 matapos mahulaan ang winning numbers na 47-35-02-13-38-17.Congratulations! (go cavite)

CAVITE HIGHLIGHTS

By:
Yna Palparan Bautista

Eduardo Camerino

- May mga author na nagsabi na siya ay si Casimiro, Camerino. Siya ay tinawag na tulisan ng mga Prayle at ipinahuhuli. Noong magkaroon ng liberalisasyon sa Espanya ay ginawaran siya ng pardon at ginawang pinuno ng batalyon ng Guias de la Provincia de Cavite. Nang maubos na ang mga tulisang kanyang tinugis ay idinawit siya sa Cavite Mutiny of 1872. Siya ay pinatay sa garrote o bigti.

Mega Jobs Fair... (from p. 1)

Sa pangunguna ng Public Employment Services Office (PESO) Trece Martires City, mahigit 500 aplikante ang nakilahok sa nasabing programa.

Bukod sa mga aplikanteng agarang na-hire, nakatakda ring mag exam at sumalang sa final interview ang iba pang jobseekers na nakiisa sa job fair.

Ayon kay Mayor Gemma Lubigan, sunod-sunod na job fair pa ang maaaring asahan ng kanyang mga kababayan bilang bahagi ng programang pangkabuhayan ng pamahalaang lungsod. **| via Mayor Gemma Buendia Lubigan ,Pia Cavite)**

ENGR. VIR CAMPAÑA BAUTISTA (TWIN BROTHER OF VER)

HUMANITY TRIVIA

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

Harvester - 1858

Lock -1865

Macadamia - Australia

Royal palm - Cuba

Olive - Southern Europe

Pine - Europe

Loquat - hemorrhage

SMC, gov't forge biggest CSR...

(from p. 1)

effort in collaboration with the national and local governments.

The initiative has gained broad-based support from various stakeholders, including national, provincial and city governments, whose localities stand to benefit from the massive undertaking.

Department of Environment and Natural Resources (DENR) Secretary Ma. Antonia Yulo-Loyzaga and Department of Public Works and Highways (DPWH) Secretary Manual Bonoan led national government support for the program at the formal signing of the memoranda of agreement. Also present at the signing and joining the effort were Cavite Gov. Juanito Victor Remulla, Pampanga Gov. Dennis Pineda, and Navotas City Mayor John Ray Tiangco.

"This initiative is unlike anything we have seen before. It is perhaps the most extensive environmental effort involving both government and the private sector. In one decisive move, we are cleaning up many major rivers and waterways. We are doing this as a public service, at no cost to the government or taxpayers," SMC President and CEO Ramon S. Ang said.

He added that: " It is important to understand that cleaning up rivers is not a quick fix. It is a very important step in the river restoration process. It paves the way for polluted waterways to heal."

SMC began its river advocacy three years ago spending over P3 billion and removing over three million metric tons of oil and waste from Pasig River, Tullahan River and San Juan River.

The massive initiative covers the following rivers:

- River systems in Bulacan including the Meycauayan, Maycapiz-Taliptip, and Mailad Rivers, the Bambang Creek, Marilao River, Sta. Maria River, Guiguinto River, Pamarawan River, Labangon-Angat River, Malolos River, and Hagonoy River.
- Pampanga River
- Maragondon River and other related tributaries in Cavite
- Waterways in Navotas City, including Muzon River, Batasan River, and the Navotas River
- San Pedro River in Laguna
- San Juan River

DENR Secretary Yulo-Loyzaga lauded the company for its continuous efforts to clean up major river systems and the expansion of the program, aligned with government's environmental objectives.

"This partnership enables DENR to achieve three main mandates by investing and allowing water to flow and impound it correctly where it is needed. Most of all, we are able to fulfill a new role assigned to us by our President when he created the Water Resources Management Office... We are very grateful to San Miguel Corporation for its kind and generous support to our government activities," Loyzaga said.

For his part, DPWH Secretary Bonoan said: "We commend SMC for taking this noble initiative, for using your own resources and manpower to rehabilitate rivers that will benefit numerous communities and residents of various provinces. The initiative not only reflects commitment to environment stewardship, but also signifies dedication to preserving our rivers that have suffered the brunt of pollution and neglect and human activities."

The local government partners also extolled the efforts of SMC to clean up waterways in their areas.

"What they plan to do is solve the problem in Noveleta, Rosario, General Trias, and Imus, which comprise maybe 10% of the land area, but 90% of flooding. With JICA and San Miguel, we expect to solve flooding in Cavite 100%," said Cavite Governor Remulla.

"What affects Bulacan affects Navotas, affects Manila, affects Cavite," Remulla continued. "(Ramon Ang) brings us together to realize there is hope for this country if we act together."

For his part, Governor Pineda said: "Noong nakaraang kalamidad, talaga pong namorublema kami kung paano bibigyang solusyon ang baha sa probinsya. Kaya nagpapasalamat po ang mga Kapampangan kay boss Ramon Ang at sa SMC… Alam ko po na ang gagastusin ninyo dito bilyon, pero wala po kayong inaasahan na kapalit. Hindi po namin makakalimutan itong tulong na binigay niyo."

Navotas City Mayor Tiangco, who lauded SMC's cleanup of the Tullahan River in support of the rehabilitation of Manila Bay, said: Our ultimate goal is to restore the waters surrounding Navotas to a classification fit for fishing, aquaculture, and other recreational water activities. Hence, we fully support San Miguel Corporation's Adopt-A-River program and its noble endeavor to clean up and rejuvenate bodies of water."

Ang said that while the expanded project already covers the major rivers and waterways that significantly contribute to flooding, the initiative may still be expanded as needed, should government request the coverage of more rivers.

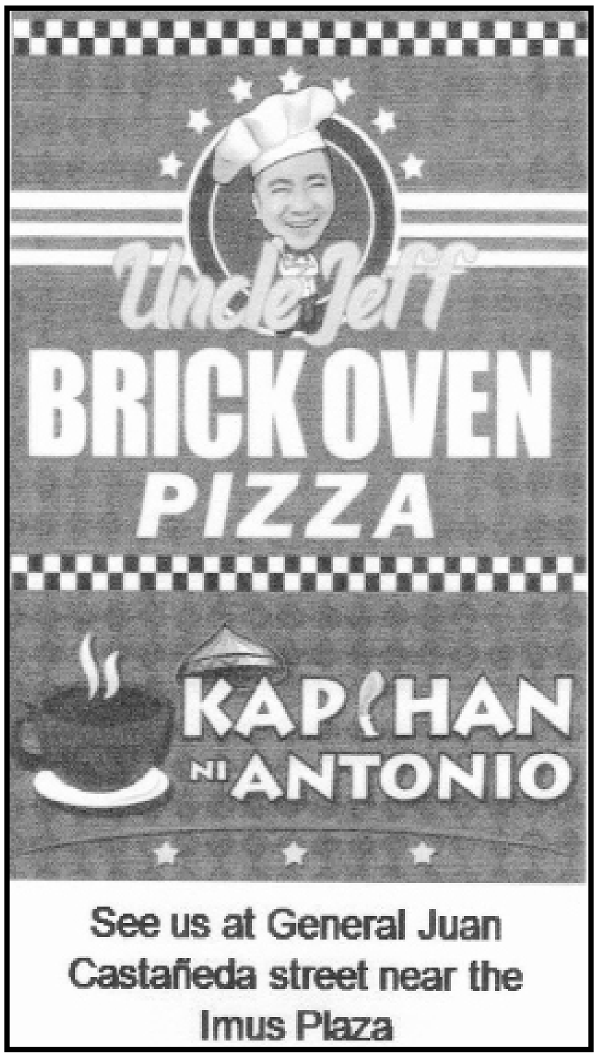
He added that SMC has already started conducting bathymetric studies on the rivers, to determine problem areas that have become shallow due to decades of accumulated silt and garbage. DENR and the company will then develop the appropriate dredging plans.

Over the last three years, as it implemented its ambitious P3-billion cleanup effort for the Pasig River, Tullahan River, and San Juan River, SMC has acquired various specialized heavy equipment that enable it to conduct river cleanup efforts in various conditions more efficiently.

Ang said that its cleanup personnel have also gained significant experience and skill in conducting cleanups efficiently and according to government standards.

SMC's efforts have been credited with lesser incidences of flooding throughout Metro Manila, despite the yearly succession of typhoons, as the removal of millions of tons of solid wastes have deepened and widened once shallow and heavily polluted rivers.

This has complemented the government's continuing flood mitigation efforts, including the putting of pumping stations in critical areas.

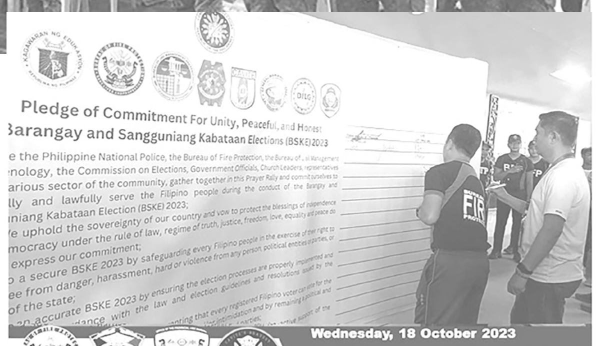


IMUS CITY PREPARES FOR BSKE 2023

More than 3,000 candidates in 97 barangays in this city gathered at the Imus City Grandstand today, October 18, for the covenant signing for the peaceful Barangay and Sangguniang Kabataan Elections (BSKE) slated on October 30. Imus City PNP Officer in Charge, Police Lt. Col.Jack Echman Angog, encouraged all candidates to follow all the rules of the comelec and hoped for the peaceful election. (pia cavite)

HUMANITY NEWS
TOWARDS THE FRIENDSHIP OF CITIZENRY
VOL.VII NO.47

BFP GMA PARTICIPATED IN INTER FAITH RALLY, UNITY WALK AND PEACE COVENANT



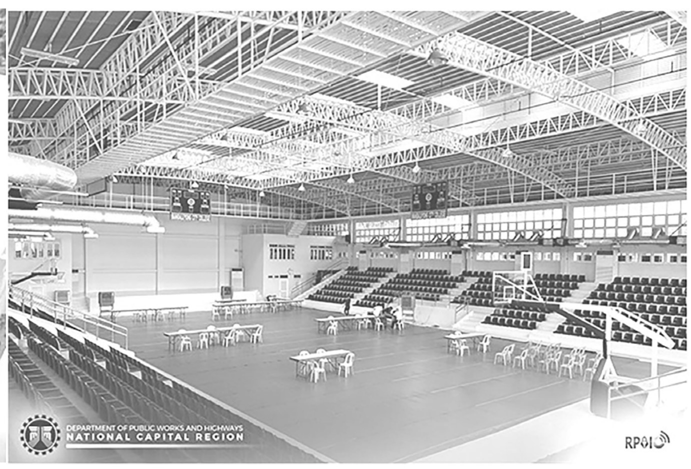
The Bureau of Fire Protection Municipality of General Mariano Alvarez Station under the leadership of FCINSP ALLEN RYAN M DE GUZMAN, Municipal Fire Marshal together with its Personnel with the EARIST and NCST OJT's participated in the simultaneous Unity Walk, Inter-Faith Rally, Signing of Peace Covenant and Integrity Pledge of the aspiring candidates for the upcoming Barangay and Sangguniang Kabataan Election on October 30, 2023.

This event aim to create an atmosphere of unity, respect, goal of achieving an Orderly, Safe and Secure, Accurate and Fair Synchronized BSK Election. **(Bfpphoto/ Renante Arjay Jarobel/ Marjorie Mahusay)**

BFP TAYTAY INSPECT BUILDINGS AFFECTED BY RECENT EARTHQUAKE

The Bureau of Fire Protection Taytay Municipal Fire Station under the direct supervision of FSINSP JUANITO R LUNA, Municipal Fire Marshal, and personnel of this station initiated the conduct of Inspection of Taytay Municipal hall as well as the nearby buildings which was affected by the recent Earthquake in order to check and scrutinize the integrity of the establishments. **(Bfpphoto/Renante Arjay Jarobel/ Marjorie Mahusay)**

DPWH MM1DEO DELIVERS NEW STATE OF THE ART SCHOOL COLLEGES BUILDINGS IN MANDALUYONG CITY



The Department of Public Works and Highways Metro Manila I District Engineering Office under the leadership of Engr. ARISTOTLE B RAMOS, District Engineer and Engr. LAMBERTO C DE LEON, Assistant District Engineer together with its Personnel and Secction Chiefs delivered recently the state of the art facilities to the Students and staff of the Mandaluyong City College now enjoy three modernized buildings at Barangay Addition Hills, Mandaluyong City.

DE Ramos said, it was funded under GAA FY 2019-2022, the 10,428-square meter multi-purpose building is composed of three main buildings, the Administrative Building, the Gymnasium, and the Academic building. The collective facilities housed in this constructed facility include a class-leading academic environment for both faculty and students, offices, laboratories, a library, toilets, CCTV, internet, paging system, basketball boards and rings, scoreboards and sound system, a main stage, dugouts, wood flooring, and classrooms for the information technologists, chemists, architects, and engineers in the future.

He added, that the DPWH-NCR ever committed to providing nation-building infrastructure and the ensures to deliver of world-class facilities that will serve as the catalyst of progress and positive change to the future leaders from the proud city of Mandaluyong. **(Dpwhpiophoto/ Renante Arjay Jarobel/ Marjorie Mahusay)**

DTI-Laguna, Center for Competencies Enhancement and Development Conduct Seminar on How to Start a Business

Calamba City — The Department of Trade and Industry – Laguna Provincial Office, in collaboration with the Center for Competencies Enhancement and Development, Inc. (CCED), organized a seminar entitled "How to Start a Business" in the City of Calamba, Laguna. The event took place on October 13, 2023, at the 3rd Floor Kristine Business Center, Calamba City Hall, Brgy. II (Pob), Calamba City, Laguna.

The seminar was able to provide the participants guidance and insights on how to start a business. The audience included graduates from different qualifications, specifically in Food and Beverage Services and Events Management Services under the Technical Education and Skills Development Authority. Thru the seminar, technical-vocational graduates were assisted in broadening their knowledge and perspectives about starting and managing their own businesses to improve their economic status. Mr. Lord Ricardo D. Amansec, the Vice President for Marketing at CCED, acted as the moderator. The program began with an invocation led by Ms. Neilfre P. Siega, a representative from Siega Training Center. Ms. Lored D. Amansec, the President of CCED, delivered a warm welcome and introduced the resource speakers for the seminar.

Business Counsellor Wyndelyn Fama, from Negosyo Center Calamba City, discussed the crucial aspects of setting up a business. Her presentation focused on the qualities and skills necessary for entrepreneurs when starting and managing a business. She emphasized the significance of choosing the right location for a business, highlighting its role in determining a business's success. Additionally, Fama stressed the importance and advantages of registering a business, including enhanced reputation and prestige, access to debt financing, improved public perception and brand credibility, and crucial legal protection.

Toward the end of the event, certificates of appreciation were presented to acknowledge and thank the participants. CCED President then awarded these certificates to the participants. To conclude the program, CCED Vice President for Marketing delivered a distinguished closing speech, summarizing the key takeaways from the seminar and expressing gratitude to all participants and speakers.

Overall, this seminar was able to equip the participants with the knowledge and skills needed to embark on their entrepreneurial journeys and improve their economic prospects. (WMFama, DTI-Laguna)

DISTRIBUTION OF HONORARIUM...

(from p. 8)

significant initiative in collaboration with the City Social Welfare and Development Office.

The highlight of the ceremony was the Distribution of Honorarium to Two Hundred Sixty-One (261) Pantawid Parent Leaders. This program aimed to recognize and appreciate the vital role played by these dedicated individuals in their respective communities.

Led by the City Social Welfare and Development Office, headed by Ms. Liliane DR. Ugalde, the distribution of honorariums was a gesture of gratitude for the tireless efforts and commitment of the Pantawid Parent Leaders. These individuals have been instrumental in implementing various initiatives and programs that have significantly contributed to the welfare and development of their communities.

The honorariums provided a tangible token of appreciation for the Pantawid Parent Leaders' hard work and dedication. The City Government recognizes the importance of empowering community leaders and acknowledges their invaluable contributions to the overall progress and well-being of Bacoor City.

This distribution of honorariums serves as a testament to the City Government's commitment to recognizing and supporting the efforts of community leaders who play a vital role in promoting social welfare and development. It also serves as an inspiration for other individuals to actively engage in community initiatives and contribute to the betterment of society.

The City Government of Bacoor, Mayor Strike B. Revilla, Vice Mayor Rowena Bautista-Mendiola, and the members of the Sangguniang Panlungsod, express their heartfelt appreciation to the Pantawid Parent Leaders for their outstanding dedication and commitment. They hope that this gesture of recognition and support will further motivate the leaders to continue their remarkable work in building a stronger and more vibrant Bacoor City.

Health Benefits...

Kaalaman tungkol sa Rambutan bilang halamang gamot

Scientific name: Nephelium lappaceum Linn.; Nephelium glabrum Cambess.; Nephelium chryseum Blum. Common name: Rambutan (Tagalog); Hairy Lychee, Ramboutanier (Ingles)

Ang rambutan ay kilalang puno na karaniwang nakikitang nakatanim sa mabababang lugar sa Pilipinas. Ang bunga nito ay may mapula at mala-buhok na balat, matamis na laman, at malaking buto sa gitna. Ang mga dahon ay may pangkaraniwang itsura, at ang bulaklak ay kumpol-kumpol, maputi ay mahalimuyak. Orihinal itong nagmula sa mga lugar sa Timog Silangang Asya kung saan kabilangang Pilipinas.

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

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

Ang buto ng rambutan ay may taglay na oleic acid, arachin, stearin at olein. Mayroon pa itong protein at carbohydrates

Ang laman ng bunga ay makukuhanan ng saccharose, dextrose, at levulose. Mayroon din itong Vitamin C.

Ang mga tangkay ay may taglay na saponin

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:

Ugat. Maaaring ilaga ang ugat at ipainom sa taong dumadanas ng karamdaman.

Bunga. Karaniwan namang kinakain lamang ang bunga, kinakatasan o kaya ay nilalaga at iniinom ang pinaglagaan

Dahon. Madalas dinidikdik ang dahon at ginagamit na pantapal sa ilang kondisyon sa balat.

Balat ng kahoy. Maaari din gamitin ang balat ng kahoy ng puno para sa panggagamot sa pamamagitan ng paglalaga at pag-inom sa pinaglagaan.

Ano ang mga sakit at kondisyon na maaaring matulungan ng Rambutan?

Image Source: drfarrahcancercenter.com

Lagnat. Ang pinaglagaan ng ugat ng rambutan ay mabisa para sa pagpapababa ng mataas na lagnat. Makatutulong din ang pagkain sa laman ng bunga ng rambutan para sa pagpapababa ng lagnat.

Pagtatae. Ang pinaglagaan naman ng bunga ng rambutan ay makatutulong para maibsan ang pagtatae.

Free radicals. Ang balat ng bunga ng rambutan ay may taglay na antioxidant na may kakayanang labanan ang mga free radicals na nagpapatanda sa katawan ng tao.

Diabetes. Ang buto ng rambutan ay maaari ding ihalo sa tubig at saka inumin upang matulungan ang kondisyon ng diabetes.

Main Office: 667 Bayan Luma 5 Imus City, Cavite
Contact Number: 09497849109/09127800960
E-mail Address:
humanitynews@yahoo.com
our website:
www.humanitynewsph.com
HUMANITY NEWS
Annex Office: 24 Sayas St. Sabutan, Silang, Cavite
VOL.VII NO.47

HUMANITY NEWS
TOWARDS THE FRIENDSHIP OF CITIZENRY
Vol. VII No.47 October 23-29 , 2023 P 10.00

DISTRIBUTION OF HONORARIUM TO PANTAWID PARENT LEADERS: RECOGNIZING COMMUNITY LEADERS!

Today, October 16, 2023, an important event took place during the Flag Raising Ceremony in Bacoor City. The City Government of Bacoor, under the leadership of Mayor Strike B. Revilla together with Vice Mayor Rowena Bautista-Mendiola and members of the Sangguniang Panlungsod organized a

(cont. P.7)

SENATOR IMEE MARCOS DISTRIBUTION OF AICS IN DASMARIÑAS CITY, CAVITE

Senator Imee Marcos will lead the distribution of AICS facilitated by DSWD with 4th Congressman ELPIDIO "PIDI" BARZAGA & KIKO BARZAGA City Councilor of Dasmariñas City last October 18. 2023

Among the benefits to be distributed include food assistance worth P5,000 to be given to 681 beneficiaries, 281 beneficiaries of educational assistance worth Php5,000.00, and 119 beneficiaries of medical assistance to receive Php10,000.00. MARGIE BAUTISTA

BFP BACOOR CITY PARTICIPATED IN THE 3RD CITY PEACE AND ORDER AND ANTI DRUG ABUSE COUNCIL MEETING

The Bureau of Fire Protection Bacoor City Fire Station under the leadership of FCINSP ALEXANDER DALE Q BAENA, City Fire Marshal attended the 3rd quarter City peace and order council and Anti-drug abuse council joint meeting for the presentation of BFP Bacoor City Fire Station 3rd quarter accomplishment report at Strike Multipurpose Hall. The aim of the council is to achieve drug-free communities through supply reductionefforts involving aggressive law enforcement and prosecution with strong adherence to the rule of law andobservance of human rights, coupled with comprehensive demand reduction initiatives and supported by strong international ties and cooperation towards a drug-free Philippines.

In behalf of the BFP it will strengthenits capacity towards modernization in achieving a dynamic goal of five minutes repond to fire incidents. Massive fire prevention campaign and education will mold the mind of the community to protect their love ones and property. Oplan Ligtas Pamayanan and regular fire fighting seminars will be a number one tool to combat destructive fires. (Bfpphoto/Renante Arjay Jarobel/Marjorie Mahusay)

SEE YOU AT GEN. E. TOPACIO ST. NEAR THE TOPACIO COMPOUND IMUS, CITY

DO YOU KNOW ?

Hamilton Watch Company introduced the first Electronic Watch in 1956.

(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.