

DepEd Calabarzon launches Learning Resources Expo 2022

TAGAYTAY CITY, Cavite (PIA) — The Department of Education (DepEd) Region IV-A underscored the importance of observing copyright laws in producing learning resources as it launched the Calabarzon Learning Resource Expo (LRE) last November 23 to 24.

Public school librarians and Curriculum Implementation Division chiefs of the DepEd Region IV-A kicked off the two-day Workshop on the Quality Assurance of SDO Contextualized Learning Resources Used for Learning Recovery as part of the DepEd's bid to upgrade the Learning Resources that will fit the needs and culture of students.

Learning resources are devices and materials produced that help to make teaching and learning more



interesting and effective.

The 23 Schools Division Offices (SDOs) in Calabarzon presented their Contextualized Learning

Resources that highlighted their best practices in adapting blended modalities in delivering quality education to students at the height of the Covid-19 pan-

demic.

Curriculum and Learning Materials Division (CLMD) chief, Job

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TOUCH OF LIFE: DISASTER TRAINING AND EQUIPMENT ASSISTANCE PROGRAM NI SENATOR FRANCIS N. TOLENTINO AT NG DILG

Dinaluhan ng Lokal na Pamahalaan ng Carmona, sa pamamagitan ng Municipal Disaster Risk Reduction and Management Office (MDRRMO), ang Touch Of Life: Disaster Training And Equipment Assistance Program ni Senator Francis N. Tolentino sa pakikipagtulungan ng Department of the Interior and Local Government.



Isa ang Bayan ng Carmona sa mapalad na makakatanggap ng mga disaster tools at equipment tulad ng manual rescue tools, disaster tents, power station with solar panel, at portable generator.

Maraming salamat Senator Tolentino at DILG sa handog na ito. Malaki ang maitutulong ng mga gamit na ito sa ating mga kababayan lalo sa panahon ng sakuna.

Cavite community groups trained in urban gardening technologies

TRECE MARTIRES, Cavite (PIA) – Three community groups from the cities of Imus, Dasmariñas, and the municipality of General Emilio Aguinaldo were provided with training on Urban Gardening Technologies by the Department of Agriculture (DA) – Agriculture Training Institute (ATI) –

The three-day training was held at the DA-ATI 4A Compound here with lead facilitator OIC TCS II/Center Director Rolando Maningas, Ph.D. formally commencing the event.

In his opening message, Director Maningas emphasized the importance of building community-based urban gardens to help address food security in the region and the entire country.

Ferdinand R. Marcos, Jr.'s directive to intensify food security programs to increase the participants' capacity and knowledge in various urban



The training was in response to President Ferdinand R. Marcos, Jr.'s directive to intensify food security programs to increase the participants' capacity and knowledge in various urban gardening technologies that

SEE PAGE 6....

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ASIA'S MOST OUTSTANDING AND INFLUENTIAL MAYOR OF THE YEAR 2022

Ginawaran ng parangal at pagkilala ng Asia Pacific Luminare Awards sa larangan ng Public Service si Mayor Kevin Anarna bilang Asia's Most Outstanding and Influential Mayor of the Year 2022 na ginanap ngayong gabi sa Okada Manila.

Ilan rin sa mga nakasama ng alkalde ay mula sa iba't ibang haligi at larangan ng industriya ng showbiz at politics tulad na lamang ni Mayor Isko Moreno, Tito Sotto (Eat Bulaga) Baron Geisler, Ciara Sotto, Sanya Lopez, Dingdong Dantes, Marian Rivera, Lyka



Gairanod, Brenda Mage at iba pa.

Congratulations muli, Mayor Kevin! Ang inyong tagumpay sa lahat ng bagay ay tagumpay ng bawat Silangueño.

Berdeng Mga Pagkain (Green Foods)

Payo ni Doc Willie Ong

Ang mga berdeng gulay at prutas ay kadalasang mainam sa ating tiyan, bituka at makatutulong sa pag-iwas sa kanser, tulad ng colon cancer. Ang mga berdeng gulay din ay nagpapababa ng kolesterol at timbang.

Ang gulay tulad ng repolyo, pechay, kangkong, broccoli, spinach at malunggay ay napakahalaga sa katawan. Sagana ito sa bitamina at minerals. Ang mga berdeng gulay ay may taglay na "chlorophyll", at iba pang sangkap tulad ng fiber, lutein, potassium, calcium, folate, calcium at vitamins A, B at C. Dahil dito, ang gulay ay makatutulong sa sakit sa puso, diabetes, sakit sa tiyan at pag-iwas sa kanser.

Kung gusto ninyong pumayat, kumain ng maraming gulay. Madali itong makabusog at mababa lang sa calories. Para maging mas masustansya ang gulay, puwede itong dagdagan ng bawang, sibuyas at kamatis. Heto ang ilang halimbawa:

1. Broccoli at Cauliflower - Napakasustansya ng gulay na broccoli at cauliflower. Ayon sa US Department of Agriculture, ang broccoli ay mas mayaman sa vitamin C kumpara sa orange. Magkasing-dami ang calcium ng broccoli at isang basong gatas. Ang mga sanga ng broccoli ay may 3 doble ng fiber kumpara sa isang pirasong wheat bread. Ang broccoli ay may kemikal na sulforaphane na makatutulong sa pag-iwas sa breast cancer. Ayon sa World Cancer Research Fund, may 206 na pagsisiyasat ang nagsasabi na ang broccoli at cauliflower ay pangontra sa kanser sa bibig, lalamunan, suso, tiyan, бага, lapay (pancreas) at bituka.

May taglay na folic acid ang broccoli na kailangan ng bata sa sinapupunan. Mayroon din itong calcium na makatutulong sa pag-iwas sa osteoporosis. Ang isang tasa ng broccoli o cauliflower ay may taglay lamang na 46 calories. Kung gusto ninyong pumayat, kumain ng maraming gulay para mabusog agad.

2. Abokado - Ang abokado ay mayaman sa masustansyang "mono-unsaturated fats." Ito ay makatutulong sa pag-iwas sa sakit sa puso at stroke. Ang abokado ay may sangkap na potassium, vitamin B6 at vitamin E. May tulong ito sa pagpapakinis ng balat. At dahil madaling kainin at tunawin ang abokado, mainam itong ipakain sa mga maysakit at may edad.

Government workers may taas-sahod sa 2023

MANILA, Philippines — Tiniyak ng Department of Budget and Management na magkakaroon ng panibagong pagtaas sa sahod ng mga government employees sa susunod na taon.

Tugon ito ng DBM sa mga panawagan ng ilang unyon mula sa public sector na itaas ang minimum salary ng mga kawani ng gobyerno sa P33,000 kada buwan.

"The last tranche of the modification of the salary schedule for civilian personnel pursuant to Republic Act (RA) No. 11466 or the Salary Standardization Law (SSL) 5 will be implemented in 2023. Hence, government employees concerned will have another salary adjustment by next year," anang DBM.

Ang RA 11466, na nilagdaan ni dating Pangulong Rodrigo Duterte, ay nagbibigay sa mga civilian-government employees ng isa pang round ng pagtaas ng suweldo na hinati-hati mula 2020 hanggang 2023.

Nilinaw din ng DBM na ang karagdagang pagtaas



EDITORIAL - Land of inequality

The yawning income gap in the country has been evident for a long time; the rich keep getting richer and the poor, poorer. A World Bank study released yesterday validated this observation, as it stressed that reducing inequality is critical to becoming a middle-class society free of poverty.

While poverty has been reduced from 49.2 percent in 1985 to 16.7 percent in 2018, the World Bank study showed that the Philippines has one of the highest rates of income inequality in East Asia. "The top one percent of earners together capture 17 percent of national income, with only 14 percent shared by the bottom 50 percent," the World Bank reported.

The COVID pandemic aggravated the problem. Unemployment surged and economic growth was derailed. The World Bank said the pandemic partly reversed gains achieved over several decades in cutting poverty and narrowing inequality. It noted that the poor have yet to fully recover from the economic burdens arising from the pandemic, and now spiraling food prices are aggravating hunger.

"The report says that inequality starts even before birth and is perpetuated over the life cycle. It starts with maternal nutrition and

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health during pregnancy. Differences continue into childhood, where disparities in access to health care, proper nutrition, safe drinking water, sanitation, and quality education determine the extent to which a child's human capital develops," the World Bank declared.

To reduce inequality, the World Bank is calling for policies that boost employment and rural development, improve access to and quality of education as well as strengthen social protection.

Last year as the pandemic continued to rage, the World Bank noted that the national poverty rate surged to 18.1 percent despite government ayuda or cash dole-outs and other forms of assistance. Scars from the pandemic can be healed, the WB said, by pushing greater vaccine booster uptake, overcoming the learning loss after two years of remote learning, taming inflation, and strengthening social assistance and unemployment insurance programs for the informal sector.

For a vibrant recovery from the pandemic, the World Bank highlights the importance of reskilling of workers, encouraging entrepreneurship, increasing women's participation in the workforce as well as boosting agricultural productivity.

Equal opportunities must also be promoted, the World Bank said, through heightened access to quality health care, education and housing, with special emphasis on reaching underdeveloped regions and "people disadvantaged... because of the circumstances of their birth."

Many of these suggestions have been discussed by various administrations over the years, but this is a society where the tiny elite thrives on the status quo that keeps the majority undereducated and impoverished or borderline poor. Whether a new administration headed by a member of the elite will make a difference remains to be seen.



pamamagitan ng legislative measure.

"Once House Bills or Senate Bills are filed, the DBM is providing comments, inputs, or recommendations on the same," anang ahensiya.

FamilyMart

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Meta launches parental supervision tools

MANILA, Philippines — Technology company Meta has launched new Instagram tools and resources in the Philippines to support the well-being of young people and help keep them safe online.

Meta, which also owns Facebook, announced this week that users in the Philippines may now access the Family Center, a hub where parents and guardians can access materials and resources to help young people build positive online habits.

Through the Family Center, parents and guardians can now set up new tools, available in English and Filipino, to oversee the Instagram accounts of young people in their family.

“We want young people to have an experience that is both fun and safe when using our apps, and we want to support their parents to assist them in doing this. Our intention is for these tools and resources to strike the right balance between young people’s desire for autonomy online, whilst allowing for some involvement from parents and caregivers to help ensure their teen is having a safe experience online,” said Clare Amador, Philippine public policy head at Meta.

“We are grateful for the inputs of safety experts, our partners, parents and young people whose feed-

back has been instrumental in helping us design all of our age-appropriate experiences. Keeping young people safe online is one of our most important responsibilities, and we remain committed to continuing our investment in new tools, products and resources,” she added.

The Family Center may be accessed via the Instagram app. It includes articles, videos and tips on a range of topics to help parents and guardians start a conversation with teens about social media.

It also includes video tutorials on how to set up and use the new supervision tools on the photo and video-sharing platform.

The new supervision tools allow parents and guardians to manage a minor’s time spent on Instagram, keep



track of new connections and get notified of reports.

“Parents and guardians can send invitations on Instagram to young people in their family to initiate Supervision tools and vice-versa,” said Meta.

According to the technology company, the Family Center and Parental Supervision tools were launched after extensive consultation with experts, parents, guardians and young people from around the world.

Ahead of the launch, Meta convened roundtables with experts from the government, academe and non-profit organizations in the Philippines, including the Department of Information and Communications Technology and the Council for the Welfare of Children.

Also consulted were the Stairway Foundation, Plan International Philippines, UNICEF Philippines, Save the Children Philippines, Youth for Mental Health Coalition, Unang Hakbang Foundation, Society of Adolescent Medicine of the Philippines and the De La Salle University Social Development Research Center.

Discussion at the roundtables focused on three core areas: how to empower teens to make healthy decisions for self-supervision, how to build trusted networks of support and how to support families to create boundaries for

safe use together.

DepEd hotline

On Thursday, Vice President and Education Secretary Sara Duterte led the launch of the department’s Learner Rights and Protection Office and TeleSafe Contact Center Helpline.

The helpline, Duterte said, will allow the DepEd to receive child protection complaints from students through landline, e-mail and messages through the agency’s Facebook page.

“When I assumed my role as the DepEd Secretary in June this year, not only did I have to think of solutions to the problems that had hounded the department for years, but I also had to deal with disturbing and painful stories about learners being victims of sexual abuse,” she said.

“Some do not understand my position with regard to professionalism. But truly, if you are a teacher, you have no business drinking alcohol with your students. And if you are a teacher and you are attracted to a student you are drinking with, that is preliminary to what you want to do to the child,” she added.

Several groups have opposed Duterte’s recent professionalism policy, which prohibits teachers from maintaining relationships with students outside the classroom, including on social media.

GUHIT NG KAPALARAN

SAGITTARIUS: (Nob. 23-Dis. 21) Kailangan i-let go ang kawalan ng kumpiyansa sa isang situwasyon. Pairalin ang feel good mood para maging magaan at masaya ang buong araw. Kung loaded sa trabaho, magpa-hinga kahit saglit lang. Lucky numbers at color for the day ang 45, 21, 52, 33, 11 at emerald green.

CAPRICORN: (Dis. 22-Ene. 19) Lasapin ang pleasant surprise na mangyayari ngayon. Humanda sa pagdaloy ng pagpapalang nakalaan sa’yo. Lucky numbers at color for the day ang 25, 32, 51, 11, 42 at lilac violet.

AQUARIUS: (Ene. 20-Peb. 18) Mapapa-take two ka sa masarap na handaan. Reminder lang na huwag panay mamantika. I-ngatan ang health. Lucky numbers at color for the day ang 53, 45, 22, 15, 35 at sun yellow.

PISCES: (Peb. 19-Mar. 20) Mag-focus ka sa dapat gawin, huwag pansinin ang mga hadlang na makaka-distract sa’yo. Stay focus! Lucky numbers at color for the day ang 52, 25, 11, 31, 45 at ruby red.

ARIES: (Mar. 21-Abr. 19) Isaisip at isapuso ang lahat ng gagawin at sikapin na maibigay dito ang iyong kakayahan. Lucky numbers at color for the day ang 25, 46, 11, 33, 55 at mango orange.

TAURUS: (Abr. 20-May. 20) Darating ang inaasahan. Ikatutuwa mo ang pagtanggap ng balik-bayan box. Huwag masyado sa chocolates. Lucky numbers at color for the day ang 32, 23, 13, 45, 55 at ice blue.

GEMINI: (May. 21-Hun. 21) Ang practice ng meditation ang magpapa-lakas sa iyong kutob. Isagawa ang mga plano. Lucky numbers at color for the day ang 33, 52, 25, 41, 11 at ivory white.

CANCER: (Hun. 22-Hul. 22) Sa iyong kalusugan, isipin ang pinakamakakabuti. Huwag ipilit ang bawal. Disi-plina ang pairalin. Lucky numbers at color for the day ang 42, 11, 51, 31, 25 at jade green.

LEO: (Hul. 23-Ago. 22) Tigilan ang tsismis na nakakahawa rin dahil sadyang dudumugin ng kapwa na mahilig sa tsismis. Tantanan na! Lucky numbers at color for the day ang 32, 23, 51, 42, 12 at ultra violet.

VIRGO: (Ago. 23-Set.23) Mag-focus sa masaya. Dito matutupad ang iyong assignment. Increasing ang income mo. Lucky numbers at color for the day ang 35, 43, 13, 53, 25 at dollar green.

LIBRA: (Set. 24-Okt. 23) Lalago ang iyong negosyo. Alagaan mo ito para marami ka pang matulungan. Lucky numbers at color for the day ang 45, 33, 26, 52, 11 at crimson red.

SCORPIO: (Okt. 24-Nob. 22) Hanapin ang distan-cing sa problema para makahinga ka sa stress. Mag-meditate. Lucky numbers at color for the day ang 55, 23, 11, 45, 33 at cloud white.

Cavite farm’s “unli.....

ing farm that currently provides livelihood to eight employees and ten farmers to date. According to Nico, Fresca Farm grows lettuce in a natural way to ensure that they are fresh and safe from any harmful chemicals. Aside from producing a variety of vegetables, they also let their visitors try harvesting the crops themselves.

To deal with their lettuce oversupply problem in 2019, they thought of establishing a “samgyup” place since samgyeopsal, was gaining popularity at that time. Pork belly is barbecued and served with fresh vegetables, such as lettuce. “It all started as a simple samgyup sa bahay (samgyeopsal at home) gathering with friends and the idea suddenly clicked. Since we are experiencing difficulty in selling our lettuce [which] sometimes lead[s] to oversup-

ply, why not put up a restaurant on our farm instead? From that idea, we started offering a one-of-a-kind samgyupsal experience where you can pick your own lettuce, fresh from the farm and enjoy it with our [F]ilipino-[K]orean fusion of unique side dishes, Nico said.

Their “Samgyump sa Farm” restaurant is situated inside their farm, where customers can enjoy fresh air and revel in the view of surrounding greenery while enjoying their meal. They have huts, tables, and open-air dining areas in the middle of their lettuce fields, an experience mostly enjoyed by those coming from busy city centers. According to Nico, their place also caters to a lot of company events, birthdays, and christenings.

Nico also shared that at first, they really had no idea how to run a samgyup

Cavite farm's "unli samgyup" proves that innovation unlocks unlimited opportunities

Being one of the towns adjacent to Tagaytay City, the town of Amadeo in Cavite also experiences a relatively cool climate suitable for growing a variety of crops – and eating samgyeopsal, a Korean grilled pork belly cuisine. This one-of-a-kind dining experience offered by Fresca Farm entices a lot of customers daily, on top of their variety of freshly harvested vegetables, of course.

Jerry Buenaventura, the owner of Fresca Farm, was originally into furniture and the junk shop business before he ventured into farming. His family business used to sell scrap metals, plastics, and made-to-order furniture made from scrap wood. Though busy with their shop in Amadeo, Cavite, he always had time to pursue his hobby of backyard farming. He has loved planting vegetables ever since he was young.

In 2015, after their junk shop and furniture business suffered several losses, the family decided to pursue farming instead. Besides, Jerry was already

combination of the words Fres, to denote "fresh", and "Ca", to denote "Cavite". "My father always say[s] that FRESCA means FRESH FROM CAVITE," he said.



deeply acquainted with planting vegetables by then. They decided to let go of the previous business and rented a 500-square-meter lot in Amadeo, Cavite to establish Fresca Farm. According to Nico Buenaventura, Jerry's son, the name of the farm is a

Though the family started with the planting of commonly grown vegetables, such as eggplant, radish, and tomatoes, a friend's suggestion that they grow high-value crops further expanded their agricultural endeavor into a thriving business. SEE PAGE 11....

'DEAFusion: Bridging the Gap' to empower deaf community

TRECE MARTIRES, CAVITE (PIA) – The Cavite Provincial Government through the Provincial Persons with Disability Affairs Office (PPDAO) initiated the conduct of an Exploratory Meeting in collaboration with the Cavite Officers Federation of the Deaf on November 16 held at the Conference Room of the new Municipal Building of Kawit town,

The meeting with the theme "DEAFusion: Bridging the Gap" was formally opened by Engineer Rey Victor Santos on behalf of Mayor Angelo Aguinaldo.

Engineer Santos welcomed the program participants as he gave words of encouragement to all persons with special needs and pledged support to programs that will benefit the welfare of this sector of society.

During the program, sign language interpreters Ms. Beatriz Go and Ms. Josephine Barbin assisted the participants in introducing themselves and conveying information using sign language.

A heart-warming and inspiring film entitled "Trio" was shown, a story of an alcohol-dependent mother with her deaf teen-



age son, and her 7-year-old daughter. The film revolved around the challenges faced by the family as each character dealt with issues of motherhood, bullying, truth and acceptance.

Meanwhile, a focus group discussion gave way for the deaf participants to share their past struggles as well as their present dilemmas and future challenges.

These struggles were met by representatives from partner agencies with iden-

tified recommendations, and suggestions in terms of access to education, employment, livelihood, health services, and information and communication technology.

These partner agencies are the Department of Labor and Employment (DOLE), Public Employment Services Office (PESO), Provincial Cooperative Livelihood and Entrepreneurial Development Office (PCLEDO), Technical Education and Skills Development Authority (TESDA), Philippine Youth Sports Development Office (PYSDO), Provincial Health Office (PHO), De- SEE PAGE 6....

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Diokno lauds landmark project on 'nature-based' climate solutions

Finance Secretary Benjamin Diokno thanked and commended the United Nations Development Programme (UNDP) and the Government of Canada for the launch of a new project that would provide the Philippines with gender-responsive and nature-based solutions for climate-resilient technologies and initiatives.

"A growing body of evidence shows that climate change impacts... disproportionately affect the poorest, the women and girls, and the most marginalized groups. Clearly, there is a need for a just transition to resilient and low emission development that sustains nature and ecosystems and protects the rights of all who are affected and at risk," said Secretary Diokno in a pre-recorded message for the launch of 'Accelerating Green and Climate Finance in the Philippines: Nature-Based Solutions'.

Secretary Diokno called the project launch a milestone in the country's sustainability journey and national climate agenda.

The Philippines bears the brunt of the ill effects of climate change. The country's high exposure to climate risks has pushed the government to boldly and swiftly take action.

The Department of Finance and Bangko Sentral ng Pilipinas have built a sustainable finance ecosystem to synergize public and private investments in green projects. This roadmap sets the guiding principles that will create the environment for greener policies in the Philippines.



Meanwhile, the government's Sustainable Finance Framework seeks to ensure transparency in the use of proceeds, as well as the expected environmental and social impact of eligible green and social projects, in keeping with international best practices.

Secretary Diokno noted global estimates that suggest that insufficient action on climate change could cost the global economy USD 178 trillion by 2070, or almost double the current global gross domestic product.

He emphasized the need for stakeholders to now move from negotiations and planning to implementation and action on the ground.

"I eagerly look forward to seeing how this Project will contribute to the accelerated attainment of our NDC targets and the Philippines Biodiversity Strategy and Action Plan, and how it will improve the resilience and environmental security of Filipino women and vulnerable communities," said Secretary Diokno.

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