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# TRAINING ON MUSHROOM PRODUCTION AND PROCESSING CONDUCTED BY DOST CAVITE

**To provide and impart knowledge in successful mushroom farming and processing, DOST Cavite in partnership with Best Life is Serving Society Farm (BLISS Farm) conducted a two-day training on Mushroom Production and Processing at 4JG Mushroom Farm, Pajo, Alfonso Cavite, on Wednesday and Thursday.**

Beneficiaries of the training were workers of the Bukid Kabataan Center, Caritas Manila Inc., and the BLISS Farm. As they strive to start a mushroom business, the participants learned technical information on mushroom processing and gained hands-on experience through the activity.

Resource speakers are overseas workers and best friends, Jessie Salazar and Josie Ramos, BLISS Farm Manager and Owner, respectively.

The seminar covered discussions on the phases of mushroom cultivation, preparation of fruiting bags and mushroom processing. The speakers also shared some challenges in the production and different aspects

of starting and maintaining a mushroom business.

Practical workshops on harvesting and sorting of mushrooms were also undertaken on the second day of the training, where the participants were guided on the proper handling and harvesting of fresh mushrooms.

One of the participant, Mr. Jazzner De Dios of Caritas Manila Inc. was thankful to the DOST Cavite headed by Provincial Director Ms. Gilda S. De Jesus for the kind assistance. "The training on mushroom production were deeply understood. The information shared with us is clear and practical. Making the process less complicated. The Trainor and staffs were dynamic and very much welcoming" said Mr. De Dios.

# Taal eruption survivors to operate community hollow blocks production enterprise

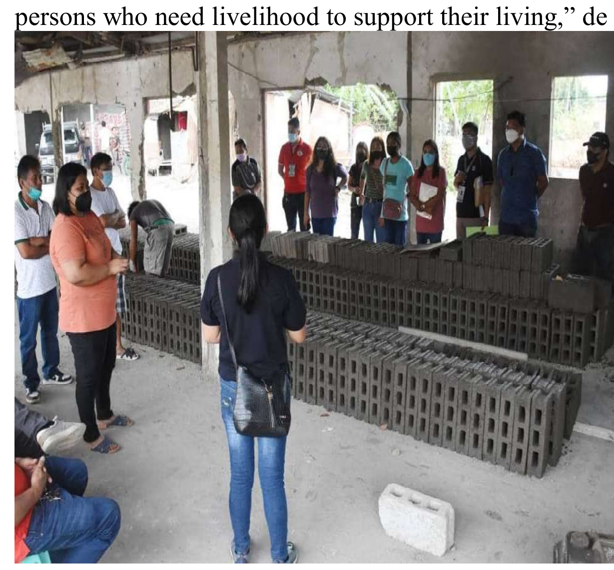
Survivors of Taal eruption in 2020 from the municipalities of Agoncillo, Laurel, and San Nicolas are set to operate a community hollow blocks production enterprise supported by the Department of Science and Technology (DOST) Cavite, Laguna, Batangas, Rizal, and Quezon (Calabarzon) this month.

In a taped report, DOST Secretary Fortunato "Boy" de la Peña said the DOST-Calabarzon, through its Provincial Science and Technology Center (PSTC) in Batangas tied up with the local government units (LGUs) of these three municipalities.

De la Peña added that the deployment of equipment and other necessary tools for production was already completed on Feb. 2.

"The establishment of these community hollow blocks production enterprises aims to help rebuild the socio-economic state of these three affected municipalities," he noted.

"The establishment of hollow block production enterprise surfaced as one of the potentially viable enterprises to help the people recover as such could impact and support families which homes were reduced to bubble and to persons who need livelihood to support their living," de la



Peña added.

Technology transfer training on the use of equipment and production process is expected to take place in February.

DOST-Calabarzon said the assistance already extended to LGUs were training on layered maps generation using Geographical Information System mapping, enhance nutribun feeding program, and water testing.

# Lalaki, umani ng papuri sa netizens matapos iligtas ang mga alagang aso mula sa sunog sa Cavite City

Naalala nyo ba ang larawang ito?

Hinangaan ng maraming netizen online ang naging pagsagip ni Tatay Jonjon Ramos sa kanyang mga alagang aso mula sa malaking sunog na naganap sa Cavite City noong Pebrero 12, 2022.

Aniya, wala umanong katumbas na bagay ang buhay ng mga alaga nyang sina sina Sky, Kambal, Virus at Hook kaya't hindi siya nagdalawang isip na sagipin ang mga ito.

Naantig naman ang mga puso ng nakakita sa kaniyang larawan dahilan upang maitampok ang kanilang kwento sa Animal Kingdom Foundation. Nakatanggap sina Tatay Jonjon at kaniyang mga alaga ng relief goods at dog food.

Tatanggap din siya ng parangal mula sa AKF dahil sa naging pagmamahal at pagmamalasakit sa mga hayop.

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# Tips sa baradong ilong at may sipon

DOC WILLIE - Dr. Willie T. Ong

NAKAKAINIS ang may baradong ilong. Hirap kang humi-nga at matulog. Tumutulo ang iyong sipon at nagbabago ang iyong boses. Ang kadahilanan ng baradong ilong ay ang pamamaga ng ugat sa iyong sinuses (sa loob ng ilong). Naiirita ang mga ugat dahil sa mikrobyo o allergy.

Heto ang aking payo para malunasan ito:

1. Uminom ng 8-12 basong tubig sa isang araw. Puwede ring uminom ng sopas, tsa at juices.

2. Maligo sa shower gamit ang mainit na tubig. Isara ang pinto sa banyo para makulob ang usok na manggaga-ling sa mainit na shower (parang sauna). Ang steam o usok ay may water vapor na nagpapalabnaw ng plema.

3. Subukan ang steam inhalation. Magpakulo ng 2 litrong tubig (8 baso) sa isang kaldero. Kapag kumulo na, pala-mi-gin ng 10 minuto at isalin ang tubig sa isang plastic na palanggana. Ilapit ang iyong mukha ng 6 inches sa mainit na tubig. Itaklob ang tuwalya sa ulo habang nakatapat sa palanggana. Ito'y para makulob ang init at malanghap mo ang usok na nanggagaling sa tubig. Puwede kang mag-steam inhalation ng 3 o 4 beses sa maghapon.

4. May tulong ang saline spray na nabibili sa botika (mga P100 ang halaga). Isa itong botelya na ipinapasok sa ilong at ini-spray. Sa ganitong paraan, mapapalabnaw at matutunaw ang plema sa ilong.

5. Gumamit ng warm compress. Ilubog ang tuwalya sa mainit na tubig at pigain ito. Ilagay ang mainit na tuwalya sa bandang ilong at noo. Ang warm compress ay nakababawas ng kirot at pamamaga ng sinus.

6. May mga nabibiling gamot para sa sipon (decongestants) pero hindi ito puwedeng inumin nang pang-mata-galan. Minsan, nakakaapekto rin itong mga gamot sa iyong blood pressure.

7. Kung may allergy, umiwas sa mga bagay na nakaka-allergy sa iyo. Linisin ang kuwarto at linisin ang mga gamit, kama, sofa at rug. Labhan maigi ang unan, kumot, tuwalya at damit. Ang mga balahibo mula sa alagang hayop at stuffed toys ay nakaka-allergy din. Kung matindi ang allergy, puwedeng uminom ng gamot sa allergy ng paminsan-minsan.

# EDITORIAL

## Pekeng gamut sa mga tindahan

NOONG nakaraang Disyembre 2021, mahaba ang pila ng mga tao sa mga botika para bumili ng gamot sa ubo, sipon, lagnat at sakit ng ulo. Sa biglang pagdagsa ng mga tao, naubos ang mga gamot gaya ng paracetamol at ibuprofen. Nagkaroon ng pagpa-panic sapagkat biglang tumaas ang bilang ng mga nagkaroon ng COVID. Umabot sa mahigit 30,000 ang kaso. Nagbigay ng takot ang Omicron variant sapagkat sabi ng health experts, mas mabilis kumalat kaysa Delta variant na nanalasa noong Agosto 2021.

Ang pagkakagulo ng mga tao sa pagbili ng gamot ang sinamantala ng online sellers. Maraming nag-post na nagbebenta sila ng gamot online. Hindi na kailangang pumila sa drugstores at mas mura pa raw. Pati sa mga sari-sari stores ay nagkaroon na rin ng mga tindang gamot para sa ubo, sipon, sakit ng ulo at lagnat.

Hindi lang mga gamot ang binenta online kundi pati gamot sa COVID at mga test kits. Maraming nadakip dahil sa pagbebenta ng mga pekeng gamot sa COVID at test kits. Pinakamarami naman ang nahuli na nagbebenta ng paracetamol at pati anti-biotic. Kahun-kahon ng mga pekeng gamot ang nakumpiska na lantarang binibenta sa mga gilid-gilid ng kalsada.

Kakatwa naman na ngayon lamang kumilos ang Food and Drug Administration (FDA) sa mga kumakalat na gamot. Disyembre pa nagkaroon ng mga bentahan ng "gamot" pero ngayon lang kumikilos. Ayon sa FDA, 371 online posts na nagbebenta ng mga gamot ang kanilang inalis dahil sa paglabag sa batas. Bukod sa online posts, 78 tindahan ng gamot ang kanilang pinasara. Ayon sa FDA, mula pa raw 2020 ay sinimulan na nilang alisin ang may 2,202 links sa drug productsa na ibinebenta sa Facebook at online selling platforms Lazada at Shopee.

Ayon din sa FDA, posibleng ang mga tinitindang gamot sa mga maliliit na tindahan o sari-sari stores ay mga peke. Kaya nirerekomenda nila na hindi na makasama ang mga ordinaryong gamot na binebenta sa mga tindahan. Hindi raw kasi nababantayan ang mga gamot na binebenta.

Nagkalat ang mga pekeng gamot ngayon kaya nararapat lamang na huwag nang payagang makapagtinda ng gamot sa sari-sari store. Dapat sa lehitimong botika na lamang.

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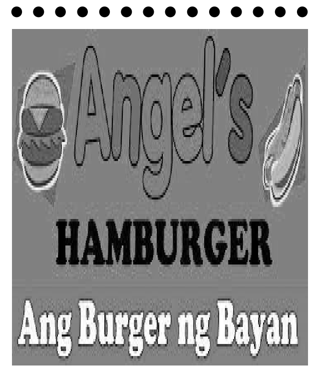


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## DOST IFWD PH GAINS GROUND ON ITS FIRST YEAR RUN IN CALABARZON

The Department of Science and Technology – CALABARZON (DOST-CALABARZON) received praise for its outstanding implementation of the DOST Innovations for Filipinos Working Distantly from the Philippines (iFWD PH) Program. Launched only in 2021, the iFWD PH produced 51 Phase 1 graduates, nine Phase 2 business proposals under review and evaluation, and three approved and funded projects in the CALABARZON region.

"[Sa ating mga] partners, pinaka-positive ang feedback [ng mga OFWs] sa DOST na iFWD PH. Kasi [pakiramdam] nila nabigyan talaga sila ng guidance—nabibisita sila, ine-encourage sila," Executive Director Estrella Mai Dizon-Añonuevo of the Atikha Overseas Workers and Communities Initiative, Inc. summarized during the evaluation and monitoring of BalikaBayanihan initiatives.

In response to the call for "Bayanihan Para sa Balik Kabayan" (BalikaBayanihan) — a nationwide campaign to aid OFWs repatriated as a result of the global pandemic, the DOST initiated the iFWD PH. As leaders of science, technology, and innovation, the DOST pioneered the Program to provide OFWs and their families with opportunities to establish their own technology-based enterprise. iFWD PH has two phases: Phase 1 or the Capacity Building Phase, and Phase 2 or the Innovation Funding (iFunding) Phase, in which Phase 1 completers may secure a 250,000-peso iFund support at no interest rate for their business needs. In April 2021, the DOST-CALABARZON kicked off the iFWD PH in the region with a virtual gathering to welcome OFWs in their technopreneurship journey.

iFWD PH completers during the closing ceremonies of the BalikaBayanihan Start and Improve Your Business (Batch 3), July 2021.

Atikha, a non-government organization that offers social and economic assistance to OFWs and their families, became the partner of the DOST-CALABARZON in the Capacity Building Phase of the iFWD PH. They organized a 6-week training titled "Start and Improve Your Business" (SIYB) to equip OFWs with essential skills in business planning and development. Phase 1 graduates were then assisted by a mix of mentors and consultants from the DOST-CALABARZON, Atikha, and Asian Institute of Management Alumni Association to craft a business plan and secure funding from the iFunding Phase of the iFWD PH.

To date, one project from Laguna and two projects from Batangas received their respective iFund, namely: upgrading of products and services of the Laguna-based ICT-enterprise, Cogito Solutions, Inc.; technology updating of Jett Steelworks Fabricated Metals Facturing Production Facility in Batangas; and technology upgrading of Gara Garments Manufacturing, also in Batangas. Nine other project proposals are undergoing revision, review, and approval for their iFunding application.

If you are an OFW interested in making your dream techno-enterprise come to life, email ifwd@ro4a.dost.gov.ph or visit https://ifwdph.dost.gov.ph. Together, let's move CALABARZON forward.

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Nagsagawa ng Cacao Harvest Festival ang Samahan sa Industriya ng Cacao na Pangkabuhayan ng Sariaya (SICAP-Sariaya) upang ipakita ang magandang dulot ng mga interbensyong binigay ng Department of Agriculture IV-CALABARZON (DA-4A) sa kanilang samahan.

Ang SICAP-Sariaya, na binubuo ng 52 cacao growers, ay isa sa mga benepisyaryo ng Technology Demonstration Program sa ilalim ng High Value Crops Development Program (HVCDP) na naglalayong palakasin ang produksyon ng cacao sa pamamagitan ng pabibigay ng libreng pagsasanay tungkol sa mga modernong teknolohiya sa pagtatanim at suporta sa produksyon.

Ayon sa HVCDP, ang SICAP-Sariaya ay nakatanggap ng Php3,822,790.29 halaga ng interbensyon mula sa DA-4A noong 2020-2021, at may nakalaan pang Php423,500 halaga ng suporta sa produksyon para sa 2022.

Ilan sa mga ito ay cacao grinder, winnower, roaster, huller, seedlings, fertilizer, pruning shears, mini chainsaw, cacao processing facility, at iba pa.

Binati ni OIC-Field Operations Division (FOD) Chief at HVCDP Coordinator, Engr. Redelliza A. Gruezo, ang

pamunuan ng SICAP-Sariaya dahil sa angking galing, kasipagan, at kagustuhan nitong patuloy na paunlarin ang industriya ng cacao sa rehiyon.

"Kami po ay natutuwa dahil kitang-kita po natin na hindi nasasayang ang mga interbensyong ibinibigay ng Kagawaran sa SICAP-Sariaya," aniya.

Ayon kay G. Florencio A. Flores, presidente ng SICAP-Sariaya, dahil sa mga interbensyon ng DA-4A sa samahan, nakatulong ito sa pag-produce ng halos 12,000 kilograms ng wet cacao beans noong 2021. At ngayong taon ay inaasahan itong tumaas ng 15,600 kilograms.

"Kami po ay nagpapasalamat sa DA-4A dahil hindi nila kami pinapabayaan, bagkus ay patuloy kaming ginagabayan at sinusuportahan mula produksyon at ngayon ay nagpa-process na din po kami," ani G. Flores.

Nakiisa din sa harvest festival sina DA-4A Quezon Agricultural Programs Coordinator Officer Rolando P. Cuasay, OIC-FOD Asst. Chief Fidel L. Libao, PLGU-Quezon Acting Provincial Agriculturist Leonellie G. Dimalaluan, at iba pang kawani ng DA-4A.

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## GUHIT NG KAPALARAN

PISCES: (Peb. 19-Mar. 20) Angmuntingsuliraninsaminamahal ay hindidapatpatagalin. Hanapanngsolusyon.Isanglihimanghindiinaasahangmatutuklasan. Kung may pinagdaraanan, malalampasan. Lucky numbers at color for the day ang 11, 29, 39, 41 at Oak Brown.

ARIES: (Mar. 21-Abr. 19) Taglayinangkahinahunan at pang-unawadahilmagigingmalapitinkangmgapikon at mainitinangulo. Lucky numbers at color for the day ang 9, 14, 32, 33 at Pink.

TAURUS: (Abr. 20-May. 20) Matataposangmgagawain. Isangtawagngiyongmahalanglalongmakapagpapasiglasaiyo. Happy ka. Lucky numbers at color for the day ang 20, 25, 33, 34 at Green.

GEMINI: (May.21-Hun. 21)Magingatdahilmabigatangtimbangngpagkakamali. Angmgapagkakamalingnagawa ay malamangmaulit. Lucky numbers at color for the day ang 15, 30, 40, 41 at Neon Green.

CANCER: (Hun. 22-Hul. 22) Angpaglilibang ay magdudulotngkaligayahan, iwasananglabisnagastos. Magplanosagustongsimulan. Lucky numbers at color for the day ang 22, 39, 40, 42 at Aqua Blue.

LEO: (Hul. 23-Ago. 22) Madalingpakitunguhanangmgakamag-anak o mgakaibigan. Mapagtitibayangrelasyonsatahanan at kaibigan. Lucky numbers at color for the day ang 13, 22, 35, 39 at Brown.

VIRGO: (Ago. 23-Set.23) Magandaang palatandaansapag-ibig. Kung isang Aries angmakikilala, magkakatuluyan. Lucky numbers at color for the day ang 11, 22, 33, 40 at Jade Green.

LIBRA: (Set. 24-Okt. 23) Magkakaroonngbagongaloksatrabaho. Pagisipanmunangmabuti.Huwagmagpadalos-dalos. Lucky numbers at color for the day ang 17, 26, 30, 42 at Electric Blue.

SCORPIO: (Okt. 24-Nob. 22) Tanggapinkungnagkamali. Mahalagaangmagtiyaga.Naglalandasangprospe-rity. Lucky numbers at color for the day ang 2, 17, 23, 40 at Orange.

SAGITTARIUS: (Nob. 23-Dis. 21) Taglayangkasiglahanpero may maiisip pa rinnamakapagpapatulalasa'yo. Iwasanna magingmainitinangulo. Lucky numbers at color for the day ang 18, 27, 36, 40 at Bold Yellow.

CAPRICORN: (Dis. 22-Ene. 19) Taglayangpambihirangtalasngisipnamagagamitsapagsasaliksik. Makakatawagngpansinsakausap. Lucky numbers at color for the day ang 8, 24, 34, 38 at Jade Green.

AQUARIUS: (Ene. 20-Peb. 18) Iwasanangmgatsismosa at pakialameraparahindimasangkotsagulo. Bigyanhalagaangkalusugan. Lucky numbers at color for the day ang 6, 19, 25, 37 at Sky Blue.

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# DOH logs lowest Covid-19 cases this year at 1,923

MANILA – The country on Saturday posted a total of 1,923 new coronavirus disease 2019 (Covid-19) cases, the lowest single-day tally for 2022.

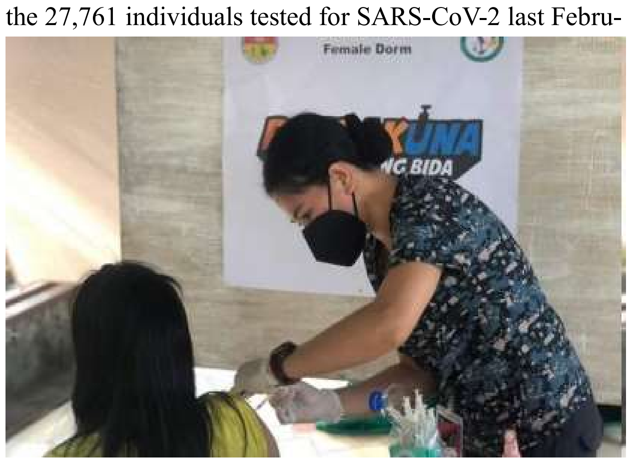
This is the lowest number of daily infections since December 30, 2021 with 1,623 new cases recorded.

The tally is also the sixth straight day with cases below 3,000 and the first time the number was less than 2,000.

In its latest case bulletin, the Department of Health (DOH) said there are now 62,533 active cases while there are 3,532,608 who recuperated with the addition of 5,158 recoveries.

At least 57,104 of the active infections are undergoing treatment as mild cases, 851 are asymptomatic, higher than the 79 logged from the previous day. The Covid-19 death toll totals 55,607.

The country's positivity rate is 7.9 percent based on the 27,761 individuals tested for SARS-CoV-2 last February 17.




Nationwide, coronavirus patients fill at least 29 percent of the 3,800 intensive care unit beds; 26 percent of 20,600 isolation beds; and 20 percent of 14,700 ward beds dedicated for pandemic response.

In Metro Manila, 26 percent of the 1,200 ICU beds are occupied, including 25 percent of the 4,600 isolation beds, and 25 percent of the 4,200 ward beds for Covid-19 patients.

## INTENSIFYING PAFES AND RSBSA IMPLEMENTATION FOR A PROSPOROUS AND EMPOWERED CALABARZON AGRI-SECTOR

The Department of Agriculture IV-CALABARZON (DA-4A) continues to uplift the agricultural sector by embracing the DA's 18 key strategies that aim to have a food-secure and resilient Philippines with empowered and prosperous farmers and fisherfolk.

Through the CALABARZON Regional Development Council Sectoral Committee on Economic Development (RDC-SCED), DA Assistant Secretary for Operations and DA-4A Regional Executive Director Engr. Arnel V. de Mesa presented the overview and status of the Province-led Agriculture and Fisheries Extension System (PAFES) and Registry System for Basic Sectors in Agriculture (RSBSA).

The PAFES and RSBSA are two of the strategies targeted to bring extension services to the grassroots level and help the agency in formulating and executing agricultural programs and policies.

PAFES aims to strengthen the collaboration between DA, local government units, academe, and private sector. In CALABARZON, Batangas province was established as one of the pilot areas to implement a Collaborative Provincial Agriculture and Fisheries Extension Program (CPAFEP) and deliver strategic agri-fishery interventions.

By having a co-planning, co-management, and co-investment with the different sectors, PAFES helps the Provincial Local Government Units (PLGUs) to have a sustainable co-financing arrangement; increased rural income and livelihood; strong research and extension linkages; and improving the institutional capabilities of Agricultural Extension Workers.

To strengthen the PAFES in the region, rapid appraisal; partnership and linkages; Provincial Agri-Fishery Center establishment; and mainstreaming/institutionalization of support services in agriculture and fisheries in the grassroots are being implemented.

PAFES through forging of MOA; Issuance of executive order by the provincial governor; approval by the Sangguniang Panlalawigan; and mapping out of CPAFEP will also be established in Cavite, Laguna, Rizal, and Quezon as non-pilot provinces of the region.

RSBSA on the other hand aims to be a reliable source of data information to be utilized as basis on the distribution of interventions and agricultural programs.

In CALABARZON, as of February 2, 2022, out of 222,653 RSBSA forms received, 190,235 or 85.4% of farmers were already encoded in the DA Farmers and Fisherfolk Registration System.