

## Capacitating coop leaders as future entrepreneurs

The Provincial Cooperative, Livelihood and Entrepreneurial Development Office continues the conduct of i-Create Coop, a Ladderized Training for Cooperatives (LTC) on January 23-24, 2020 at the Cavite Cooperative Development Center, Trece Martires City, Cavite. The training aims to identify potential entrepreneurs and provide them with comprehensive support to enhance their entrepreneurial skills and competencies to establish and operate a profitable competitive business on a sustainable basis. In their third session, Dr. Aldrin P. Antivola, Business Efficiency Advisor/Organization Therapist provided the participants the second part of Entrepreneurial Skills Development which includes Operational Management, HR Management, Communication Skills, Financial Management, Cash Flow Management and Legal inputs. Meanwhile, session four about Strategic Business Plan covered the topics Strategic Business Planning (Workshop/Writeshop) and Endorsement and Partnering with Business Coaches/Hands-on Entrepreneurs and Accountants for Preparation of their Pro-Forma Financial Statements. Succeeding lessons will be covered until the last day of the training on February 18, 2020 for the 30 participants from 15 cooperatives. --- Rebecca Patricio



## Nutrition status of evacuees in Cavite, a main priority of the health office

Cavite Provincial Health Office called for a meeting of the provincial nutrition cluster and all the city/municipal nutrition action officers in Cavite on January 23, 2020 at the Cavite Collaboration Center for Public Health, Trece Martires City to assess the situation particularly the nutrition status of the evacuees affected by the Taal Volcano Eruption in evacuation centers and those fostered by relatives in order to synchronize the actions of the national, the regional, provincial down to the city and municipal nutrition councils

rooms, clean water facility and the likes. He also noted several cases observed during surveillance like hypertension, diabetes and respiratory health problems and continuously monitoring to provide the necessary interventions.

Dr. Nelson Soriano, head of the Provincial Epidemiology Surveillance Unit reported the immediate response conducted by the Provincial Health Office through rapid health assessment and needs analysis in evacuation sites and in communities where evacuees are fostered by their relatives. They have provided Vitamin A supplementation and immunization among children aged 0 – 59 months, deworming, onsite health checkup, conducted medical and dental missions, anti-dengue misting, among others. Dr. Soriano stressed some vital provisions that need to be established in



evacuation areas including breastfeeding area, isolation room and quarantine area to prevent any possible transmission of communicable disease, availability of onsite medical services for early diagnosis and treatment of medical conditions, couple's room, adequate comfort

Nutrition action officers of the different cities and municipalities also reported on the situation of evacuees in their localities and the actions that have been undertaken by the LGUs. Aside from the health and nutri (see page 7)

## MEDICAL MISSION FOR INDANG RESIDENTS

Continuously providing the health care needs of the people, the Provincial Government through the OPG-Extension Office and the Provincial Health Office conducted another medical mission at Barangay Guyam Munti in the municipality of Indang on January 22, 2020. Ninety-five children, 88 adults and 10 senior citizens



received free consultation performed by medical professionals from General Emilio Aguinaldo Memorial Hospital. Free prescribed medicines and vitamins were also given to the patients. Punong Barangay Marcelino Roderno Cruzada and his constituents expressed their gratefulness to Gov. Jonvic Remulla through the medical mission team for granting their health care needs. -- Rebecca Patricio



*Pilipinas Angat Lahat. In celebration of its 15th year anniversary, Go Negosyo successfully launched its first leg of Mentor ME On Wheels for this year! PA Joey Concepcion, Robina Gokongwei-Pe, Faraday Go, Michael G. Tan, Henry Lim Bon Liong, Myrna Yao, Bing Limjoco, George Barcelon, Winston Uy, Cecilio Pedro, Rey Lapid, among hundreds of mentors and industry leaders joined forces last Jan. 27, to bring free negosyo mentorship to over 1,000 micro, small and aspiring entrepreneurs at Robinsons Place Manila Midtown Atrium.*



## Palakasin ang immune system

DOC WILLIE -  
Dr. Willie T. Ong



Kung anu-anong sakit ang naglalabasan ngayon, may swine flu, bird flu, SARS at itong tinatawag na coronavirus. Sa ganitong sitwasyon, ang tanging panlaban natin ay ang ating immune system. Ito 'yung resistensiya at lakas ng ating katawan. Kapag malakas ang katawan, walang epekto ang virus at mikrobyo.

Paano palakasin ang katawan? Sundin ang mga payong ito:

- Matulog ng 7-8 oras bawat gabi. Kung kaya mong matulog ng mas mahaba ay okay din. Sa pamamagitan ng tulog, naghihilom ang organo ng ating katawan. Kung hindi ka makatulog, mahiga na lang at ipahinga ang isip. Lalakas ka na rin.

- Relaks lang sa pagtatrabaho at sa gawaing bahay. Puwede mo naman gawing mas magaan ang iyong trabaho. Huwag gaanong mag-isip at maging aburido. Maging mas mapasensiya. Gawin mo lang ang kayang magagawa. Hindi kailangang magmadali palagi.

- Kumain ng masustansyang pagkain. Ito talaga ang panlaban natin sa mga sakit. Ang pagkain ng berdeng gulay, sari-saring prutas (saging, mansanas, dalandan) at isda ay nagpapalakas ng katawan.

- Kumain sa tamang oras. Huwag magpakagutom. Kumain ng agahan. Ito ang pinakamahilagang pagkain sa buong araw. Ang sabi nga ay "Kumain ng breakfast na parang isang hari. Tanghalian na parang isang prinsiphe. At hapunan na parang pulubi." Subukang mag-meryenda ng prutas tulad ng isang saging o mansanas.

- Uminom ng 8-12 basong tubig. Ang tamang pag-inom ng tubig ay mga isang basong tubig bawat 2 oras. Huwag hayaang matuyo o ma-dehydrate ang iyong katawan. Panatilihin maputi at malinaw ang kulay ng iyong ihi. Ito ang palatandaan na sapat ang tubig sa iyong katawan. Paggising sa umaga, ugaliin uminom ng isang basong tubig.

- Puwedeng uminom ng multivitamins. Kahit anong bitamina ay makatutulong sa iyo. Mas mura ang mga vitamins sa generics na botika. Halos P2 ang isang tableta.

- Maging positibo ang pananaw. Magdasal sa umaga at pasalamatang Diyos sa mga biyayang ibinigay Niya sa atin. Isiping magiging maganda ang iyong araw at siguradong susuwertehin ka sa araw na ito.

- At siyempre, kailangan ding kumunsulta sa doktor. Kung mayroon kang sakit gaya ng diabetes, altapresyon, at iba pa, kailangang magpatingin sa doktor para mabigyan ng tamang gamot at nang gumaling at lumakas ang katawan.

- Good luck po!

### STOP WHAT YOU ARE DOING AND LET US PRAY!!! (just 2 minutes)

Almighty Father creator of Heaven and earth and everything in between, we humbly come before You with thanks giving in our hearts, asking for Your never ending mercy. We lift Your name on high,

above any name that has ever existed, our Father and creator, we ask You to bless, protect and to pour Your supernatural favor upon us, our children, spouses and friends.

God we ask You today for divine intervention in our lives, we ask for Your touch in all areas of our

lives, be it a new job, promotion, freedom from debt,

rebuilding of our relationships with our spouses and friends.

We pray for world peace, for Your divine intervention on US and IRAN.

We pray for immediate cure of illnesses, especially with the Novel Coronavirus epidemic on Wuhan, China, and with those being diagnosed and treated on some parts of the world right now.

We pray for relief and reinstatement of those affected by natural calamities all over the world. Father any situation You touch,

Zenaida Ancheta Encarnacion



We pray for protection during the storm and for those who feel unloved and unworthy.

"Jesus, You are my strength, I love You, I need You, heal me and heal my family."

Let's pray together: Today Lord, thank you for the wonderful day.

For food, for another day of work and especially for one more day of life.

Lord, bless my friends and enemies because they need You.

Lord, bless the person who has just prayed with me, fulfill his/her dreams, give him/her victories that are necessary to him/her, Lord bless us a grateful hearts always, in the name of our Lord Jesus Christ. Amen!

Pass this prayer very quickly, as much as you can, and in moments, many people will be praying with you. May God bless you and your family.

Amen. ??????

Copy and paste if you'd like to join in! ??

## Sayang si Kobe

Isa sa pinakahinangaang manlalaro sa National Basketball Association (NBA) si Kobe Bryant. Nagluksa ang mga fans sa iba't ibang panig ng mundo dahil sa maaga niyang pagpanaw sa edad na 41. Hindi lingid sa ating lahat na nag-crash ang sinasakyang helicopter ni Bryant kasama ang kanyang 13 anyos na anak. Napakasakit man sa maraming tagahanga pero wala nang isasakit pa ito sa kanyang mga naulilang pamilya.

Isang taon pa lamang nagretiro si Kobe sa paglalaro ng basketball sa NBA at pinagtutuunan na lamang ang pamilya at abala rin ito sa pagtulong sa mga mahihirap. Sa edad na 17 nag-umpisang maglaro ng basketball, sa nakitang talent ay agad itong napansin ng NBA kaya naglaro na siya sa Los Angeles Lakers ang nag-iisang team na kanyang nilaruan.

Dito sa ating bansa, tinagurian tayong basketball fanatics kaya may kanya-kanya rin tayong paboritong manlalaro sa NBA at isa na riyon si Kobe, sa katunayan maraming fans dito sa ating bansa ang nagpakita ng iba't ibang klaseng pakikidalamhati sa pagpanaw ng kanilang idolong si Kobe.

Siguro nasa pito o walong beses dinalaw ni Kobe ang Pilipinas kaya ganoon na lamang ang pagkagililw ng ating mga kababayan sa kanya lalo pa at ito'y kanyang mismong nakasalamuha.

Sa pagpanaw ni Kobe, magagandang alaala ang kanyang iniwan sa mundo ng basketball. Iba't ibang papuri ang ating naririnig at nababasa tungkol sa ating idolo. Dito natin makikita kung gaano kabuting manlalaro si Kobe dahil halos buong mundo ang nagluksa animo sila ang namatayan ng isang kapamilya. Talagang ang buhay ay masasabi kong weder-weder lang.

**EDITOR'S NOTE:** All comments and opinions submitted by our contributing writers and herein published shall remain as personal opinion of our column writers. Viewliner shall not be held liable to any legal issues related to any commentaries that may appear herein.

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**GUHIT NG KAPALARAN**

**AQUARIUS:** (Ene. 20-Peb. 18) Iwasan ang maglasing baka sa hospital ang gising. Mag-practice ng yoga meditation upang mas maging malusog. Disiplinahin din ang pagkain, tantanan ang taba at mamantika. Piliin ang tubig kaysa softdrinks. Lucky numbers at color for the day ang 1, 9, 11, 19 at neon green.

**PISCES:** (Peb. 19-Mar. 20) Meron kang choice sa pagharap ng problema. Ang oracion meditation ang magpapakalma ng kalooban at magdudulot ng malinaw na kaisipan. Dito mo maaakit ang solusyon para makakawala sa ina't ibang gusot ng buhay. Lucky numbers at color for the day ang 19, 22, 35, 41 at hot pink.

**ARIES:** (Mar. 21-Abr. 19) Ang katotohanan ang magpapalaya sa'yo lalo na sa utang na babayaran mo. Hindi sugal ang solusyon kundi ang tapat na pagsisikap at tiyaga. Subukan ang oracion meditation. Lucky numbers at color for the day ang 9, 15, 31, 44 at garnet red.

**TAURUS:** (Abr. 20-May. 20) Kung ano ang laman ng kalooban, 'yun din ang lalabas sa iyong gawa. Ano man ang napi-ling landas, aakitin ang swerte kung sasanayin ang sarili na purihin ang ina at tataglayin ang positibong isip, pagsasalita at paggawa. Lucky numbers at color for the day ang 11, 13, 29, 41 at tangerine.

**GEMINI:** (May.21-Hun. 21) Mula sa Maykapal ang lahat ng mabubuting bagay. Ang katuparan ng matagal nang hinahangad ay samahan ng tuluy-tuloy na paggawa para magkaroon ng linaw ang landas ng tagumpay. Lucky numbers at color for the day ang 5, 17, 33, 39 at pearl white.

**CANCER:** (Hun. 22-Hul. 22) Kumunsulta sa psychic bago magdesisyon sa isang negosyo na dapat simulan. Paha-lagahan ang kalusugan dahil balewala ang tatamasahing yaman kung nasa banig ka ng karamdaman. Lucky numbers at color for the day ang 1, 29, 33, 47 at beige.

**LEO:** (Hul. 23-Ago. 22) Purihin ang ina ganun din ang kapwa para maangkin ang masiglang swerte. Magagawang makontrol ang iritasyon sa kausap kung sisikapin na maging mahinahon sa lahat ng pagkakataon. Lucky numbers at color for the day ang 9, 19, 22, 29 at bottle green.

**VIRGO:** (Ago. 23-Set.23) Personality disorder ang sign ng selos.Kung ganito ang nararanasan mo, lalo kung nabubugbog ka dahil dito, huwag ng patagalin ang kalbaryo, mag-report na sa barangay at iligtas ang sariling buhay bago pa mahuli ang lahat. Lucky numbers at color for the day ang 3, 19, 35, 44 at lavender.

**LIBRA:** (Set. 24-Okt. 23) Isang kaibigan ang masasalubong at umaatikabong kwentuhan na ang kasunod. Kung masyadong mahinhin ang kilos at pagsasalita, huwag magtaka kung mapagkalamang bading. Hindi kasi tugma 'yun sa machong kagaya mo. Lucky numbers at color for the day ang 15, 29, 37, 44 at carnation red.

**SCORPIO:** (Okt. 24-Nob. 22) Kumunsulta sa psychic para matamo ang gabay sa problemang hindi mo mawari. Ang paninira sa'yo ay senyales na nasa hilera ka ng mabungang prutas, kaya gusto kang pukulin. Lucky numbers at color for the day ang 15, 35, 39, 49 at peach.

**SAGITTARIUS:** (Nob. 23-Dis. 21) Magiging masaya dahil magkakaroon ka ng financial freedom. Maaakit mo ang isang business opportunity na tuluy-tuloy ang daloy ng income. Higit na pagpapala ang hatid ng mabuting gawa. Lucky numbers at color for the day ang 9, 11, 35, 44 at pink.

**CAPRICORN:** (Dis. 22-Ene. 19) Ang paglalaro sa casino ay hindi investment, hindi rin ito relaxation. Kumunoy ito na unti-unting maglulubog sa'yo hanggang sa hindi ka na makagulapay. Kaya tantanan ang sugal. Lucky numbers at color for the day ang 19, 31, 33, 44 at purple.

**Magtiwala sa Phivolcs**

Medyo kalmado na ang Taal Volcano at marami ang bumabatikos kay Director Renato Solidum ng Philippine Institute of Volcanology and Seismology (PHIVOLCS) dahil hindi pa nagbababa ng alert level at maraming residente ang nananatili sa evacuations centers at hindi pa maka-balik sa kani-kanilang bahay na nasa danger zones. Ayon sa Phivolcs, nagbubuga pa rin na usok at sulphur dioxide ang bulkan kaya kahit sa paningin ng tao ay kumakalma na ito, hindi pa panahong alisin ang alert level.

Ang katuwiran ng Phivolcs, ang pagpapatuloy ng mga earthquake episodes sa paligid ng Taal ay indikasyon na may namumuong kumukulong magma sa loob ng bulkan. Ibig sabihin, mayroon pang tsansa na magkaroon ng pag-sabog na magsasapanganib sa mga residente.

May mga kolumnista na kinukuwestyon ang Phivolcs at maging ang mga netizens ay kasama rin sa pagtuligsa sa ahensya. Para sa akin, kaya mayroong Phivolcs ay upang magkaroon ng isang mapagkakatiwalaang awtoridad na pagbabatayan sa mga aksyon gagawin sa panahon ng kalamidad. Kung hindi natin paniniwalaan ang mga desis-yon nito, eh buwagin na lang ang ahensyang iyan. Naka-ka-lungkot pero mayroong mga taong hindi naman aral sa volcanology ay mas marunong pa sa Phivolcs.

Sabagay, marami ang naiinip sa pagbabalik ng normal- na sitwasyon sa Batangas, lalo na sa Tagaytay City na

pabo--ritong patunguhan ng mga turista. Kapag nagtutungo sa Tagaytay ang marami, dalawang pagkain lang ang pinipita, bukod sa preskong hangin at magandang tanawin: Ang bulalo at tawilis na pawang mga specialty na isini-silbi sa mga roadside restaurants na dinarayo ng mga lokal at da-yu--hang turista. Ngunit dahil sa pagsabog ng Taal Volcano na nasa paanan ng Tagaytay, malamang ay apektado ang produksyon ng mga ito.

Kaya nga magaan ang buhay ng mga residente rito dahil mayroon silang pinagkakakitahan na sa pagsabog ng bulkan ay naglahong parang bula. Nga-yong tahimik na ang kalagayan ng bulkan, may mga establisimiyento na sa Tagaytay at ibang bayan sa Batangas ang sibasabing nagbukas na ng kanilang negosyo. Business as usual, wika nga.

Pero ano ba ang mas importante, ibalik ang business as usual situation o ang buhay ng maraming mama-mayang puwedeng mapahamak kung tama ang prediksyon ng Phivolcs?

**Maribeth De Villa Marticio?MGA ORASYON AT PREDIKSYON. DAGDAG KAALAMAN ISPIRITWAL.**

**LEAVE WHAT YOU ARE DOING AND LET US PRAY For Miracle Financial prayers !! (just 1 minutes)**

Dear God, I stand in front of you now to ask for a financial blessing to help me in my life. My faith keeps me going I know that you will provide what I need and what the people I love need. I don't want a big amount of money. I don't want to ask you for unnecessary things or extra comfort ... Lord, thank you for your greatness. Thank you that when I am weak, you are strong. Lord, the Devil is scheming and I know he desires to keep me from spending time with you. Don't let him win! Give me a measure of your strength so that I might not give into discouragement, deception and doubt! Help me honor you in all my ways. In Jesus' Name, Amen.

Lord, help me let go of my fear of failure. I know Satan wants to use my fears to hold me back from living boldly for You. Forgive me for not living in faith, and help me from this moment on to live with bold confidence in You. Lord, help me not compare myself to others around me. I pray instead that I can keep my eye on You and live a life that proclaims Your excellence. In Jesus' Name I pray, Amen.

God is going to shift things around for you today and let things work in your favor.

**Nutrition status .....**

tional status assessment, they also help setup mother and baby-friendly spaces, advocated breastfeeding and information dissemination on the ban of infant formula for donations, prepositioned supplies of ready to use supplementary food and continuously monitors the nutrition status especially of children and pregnant or lactating mothers.

Cluster members from the International Institute for Rural Reconstruction Ms. Kirstein Itliong and Ms. Camille Valdemoro explored the possibility of setting up community kitchen in evacuation areas and set-

ting up of Mother-Baby-friendly and Mother-Baby spaces in partnership with their organization and other donors that may be tapped.

Ms. Carina Santiago, Regional Nutrition Cluster Head summed up the agreements that were made during the meeting including the provision of nutrition supplements and nutrition services, daily submission of reports to the province, relaying of needs to the regional office for linkage and provision and information campaign on EO 51 on the ban of infant formula for donation through the Department of Education.

- Provincial Information and Community Affairs



# Bacoor District Hospital isa ng Level III hospital

Mas makasisiguro ang mga Bacooreno at ating mga kababayan sa mga karatig bayan ng mas magandang serbisyo mula sa Southern Tagalog Regional Hospital, ang dating Bacoor District Hospital. Matagumpay na naitulak nina Mayor Lani Mercado Revilla at Congressman Strike B. Revilla ang pagpasa ng Republic Act 11233 na masayang nilagdaan ni Pangulo Rodrigo R. Duterte para sa pag-upgrade ng Bacoor District Hospital sa isang Level III hospital, ang highest category ng ospital sa bansa na makapagdudulot ng mas maraming serbisyo.

Matatandaang si Senator Ramon Revilla Sr. ang nagdonate ng bahagi ng lupang kinatatayuan ng ospital, at si Senator Ramon "Bong" Revilla Jr. ang naglaan ng pondo para sa pagpapatayo nito.

Naganap na ang inaabangan ng marami sa

pormal na pamamahala ng Department of Health sa Southern Tagalog Regional Hospital. Sa ilalim ng DOH, magiging 100-bed hospital ang STRH na tutugon sa pangangailangan ng mga taga-Calabarzon.



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## Fire Safety Education for Children in evacuation centers

The Bureau of Fire Protection-Trece Martires City in partnership with the Provincial Government of Cavite brought the House of Berong, an interactive fire safety education platform, on tour teaching about fire hazards and basic emergency response among chil-



dren in evacuation sites in Alfonso on January 24, 2020. It provided not just timely fire safety information but also a form of psycho-social support for the young in the aftermath of Taal volcano eruption.

Led by SINSP. Alma Cassandra Gardose, the team of firefighters from BFP-TMC setup the House of Berong in coordination with BFP-Alfonso and the local government and taught the children some basic first aid lessons during emergency, the common fire hazards at home, safety tips, how to extinguish fire from burning pan while cooking, and the proper way to respond in case of fire by

crawling down below the smoke. They also had the chance to experience being little firefighters for a day as the team from BFP demonstrated the use of firehose and let them try using the equipment firsthand.

First stop of the fire safety caravan was at Matagbak Elementary School followed by Marahan Elementary School both in the town of Alfonso. The team from BFP-TMC are also targeting to visit evacuation centers in other LGUs to conduct more education campaign for children.

- Provincial Information and Community Affairs Department

## DENR mulls setting up wildlife rescue centers near Taal

MANILA -- The Department of Environment and Natural Resources (DENR) is planning to put up wildlife rescue centers at its satellite offices in Batangas and nearby provinces to facilitate rescue and rehabilitation of wildlife species fleeing Taal Volcano.

"We want to bring these centers closer to people who have saved or will rescue wild animals that migrated to communities to escape Taal Volcano's wrath, so they no longer have to travel to Manila to turn over the species," DENR Undersecretary and Deputy Spokesperson Benny Antiporda said.

Antiporda issued the

statement after receiving a rescued baby Luzon scops owl (*Otus longicornis*) at the DENR Wildlife Rescue Center in Quezon City, which is being managed by the Biodiversity Management Bureau (BMB).

The baby owl, which was named "Tala," was rescued by members of the Regional Mobile Force Battalion of the National Capital

Region Police Office while patrolling along the Talisay-Tanauan Road in Batangas City last January 22.

Antiporda lamented that nestlings and other young wildlife species are the most at risk during volcanic eruption since they are unable to fly and travel long distances.

"That's why putting up rescue centers at strategic DENR field offices near Taal is a must," he said.

By setting up rescue centers near areas affected by the Taal Volcano erup-

tion, Antiporda said the DENR could immediately respond to citizens in custody of rescued wildlife.

He also assured that the DENR is available 24/7 to respond to animal rescue situations through its hotlines and social media accounts.

"The public can reach us through our Facebook and Twitter accounts. They can also call us at pupuntahan po namin sila at ready po ang DENR 24/7," Antiporda said.