

Urban vertical gardening to boost TMC's food security

T R E C E MARTIRES CITY, Cavite (PIA) – The City Government here concluded the three-day training seminar for the Urban Vertical Gardening Project on November 20, 2020.

The project is one of the sustainable projects of the LGU in partnership with the City Agriculture Office and the Local Housing Office under the Resettlement Government Assistance Fund (RGAF) that is expected to boost the

food security of the city. Vertical gardening is one of the types of urban gardening that the city government is encouraging its residents to learn, with limited space for planting, it would help address the threat to food production and ensure proper nutrition of the community during health crisis.

Residents of Sunshine Ville, Southville 2 Phase 3, and Golden Horizon participated in the training.

During the last day of the training, Mayor Gemma Lubigan led the distribution of garden tools and free seedlings which would help



them start their own vegetable garden in their homes.

"I encourage all of you to use the information and additional skills imparted to you during the training, and with these tools and seedlings you would be able to

grow your own garden and benefit from it especially during calamities and pandemic," the Mayor said.

Meanwhile, RGAF is DILG's financial assistance extended to cities with resettlement plans for informal

Bacoor flag raising ceremony

Inilunsad ng pamahalaang lungsod ang Bacoor One Stop Shop. Sabi ni Mayor Lani Mercado Revilla, "Ito ang isang programang pinakahihintay ng marami sa ating mga kababayan. Sa pamamagitan ng pagsasagawa ng mga transaksyon online, magiging madali, mabilis, at ligtas ang pagkuha ng permits at pagbayad ng buwis para sa ating mga kababayan. Bukod pa diyan, mapapaigting pa natin ang pagpapasatupad ng social distancing protocol sa City Hall."

Sa ilalim ng BOSS, maari nang magsagawa ng Online Application para sa business permits at building permits. Mayroon na ding Online Appointment para sa real property tax, business permits, at building permits.

Inaayos na rin ang pagpapasatupad ng Online Payment sa pamamagitan ng Landbank. Antabayanan ang announcement ukol dito.

Panauhing pandangal natin kanina ang Executive Director ng Bureau of Local Government Finance ng Department of Finance na si Niño Alvina sa flag raising ceremony na pinangunahan ng City Treasurers Office.



BEST MAYORS OF THE YEAR: MAYOR DINO CHUA OF NOVELETA

BEST MAYORS OF THE YEAR



Sa ginanap na ASIA LEADERS AWARDS 2020, Kinilala ang ating mga kababayang kabitenyo bilang isa sa mga mahuhusay na Mayor, sina Mayor Randy Salamat ng Alfonso Cavite at Mayor Dino Chua ng Noveleta Cavite. Kasama nilang pinarangalan si Mayor Isko Moreno ng lungsod ng Maynila at Mayor Vico Sotto ng Lungsod ng Pasig.

Saludo ang buong Cavite lalong lalo na ang mga taga Unang Distrito sa inyo! Mabuhay!

Photo from: CaviteConnect

CALLING ALL ISKOLARS NG BAYAN NG SILANG!

Bukas na po ang ating distribusyon ng Scholarship Grant. Magkita-kita po tayo sa CvSU-Silang Gymnasium 1 P.M. onwards.

Huwag kalimutan dalhin ang **1 kilo soft plastics** at kopya ng **registration enrollment form**.

Kitakits! **SILANG**



SSS studying ways to implement 2nd tranche of pension hike

By Joann Villanueva

MANILA – The Social Security System (SSS) is not closing the possibility of implementing the second half of the PHP2,000 pension increase, but this is being studied carefully since contributions have dropped during the pandemic, the pension fund's top official said Wednesday.

During the public briefing program aired over PTV 4, SSS president and chief executive officer Aurora Cruz Ignacio said a lot of SSS members were not able to pay their contributions, which was attributed to job losses and movement restrictions.

"We are studying this (implementation of the second tranche of pension hike) because under the law, SSS funds should be actuarially sound before we implement it," she said in Filipinos.

Only PHP1,000 additional increase in SSS pensions was implemented in 2019 out of the total PHP2,000 hike.

The estate pension fund for private workers deferred the implementation of the second half this year after weighing its impact on the agency's ac-

tuarial life.

Ignacio said the contribution increase they implemented last year is a "big help" in boosting SSS' funds but the agency has to extend several benefits to its members such as calamity loans and unemployment benefit packages due to the pandemic.

"We are now managing our funds because contributions are declining. We want to cover them (pensioners) that's why we extended the contribution payments to collect these," she added.

Ignacio said SSS members have until Nov. 30 to pay unpaid contributions on account of the movement restrictions implemented by the government to help address the rising coronavirus disease 2019 (Covid-19) infections.

She said members who will pay before the extended contribution payment deadline will not be slapped with penalty on their dues.

"We will not also record gaps in your contribution unlike before. This time, we allowed that gap but you need to pay your contribution until Nov. 30," she added. (PNA)

Eye health at risk during pandemic, warns expert

ANKARA – Increased use of digital devices during the coronavirus disease 2019 (Covid-19) pandemic could affect eye health adversely, a Turkish eye doctor warned on Wednesday.

Prof. Atilla Bayer told Anadolu Agency that as online education has replaced face-to-face education in most countries because of coronavirus, both adults and children should be aware of the risk of myopia as a result of increased usage of smart phones, tablets and computers.

Arguing that the use of smart devices for a long time adversely affects blinking reflex, he said: "The duration that eye remains open increases, and consequently dryness, known as xerophthalmia, occurs. Symptoms such as redness, watering, sense of burning are more common in dry environments."

Synthetic tears can provide relief in case of dryness in eyes, he added.

Bayer said that with the decrease in blinking reflex, light sensitivity can increase in children with allergies. "Redness, burning, fast blinking can occur, and even tic disorders may emerge."

He recommended precautions to protect eye health.

"At least 60 centimeters [nearly 24 inches] of distance should be set between the eye and the device," Bayer said. "Eyes should be rested every 30 minutes. One should go out to balcony or garden, and look at the horizon line to change the near focus to far focus, spend time with family and indulge in different activities," Bayer said.

Bayer said the brightness level of the screen is also of critical importance.

"Screen brightness should be at optimum level, not too bright. Not only should they set brightness and distance properly, but the screen should be kept at eye level as well," he said.

He also advised limiting the use of gaming devices during this period. (Anadolu)

Gov't to spend P73.2-billion loan for COVID-19 vaccine procurement

By PND

The government will use P73.2 billion financing coming from different sources to fund the procurement of COVID-19 vaccine as the government targets to inoculate 60 million Filipinos.

During a meeting with President Rodrigo Roa Duterte on Monday, Finance Secretary Carlos Dominguez III said the government has three sources of funding that include multilateral agencies as well as domestic and bilateral sources.

The government estimates the Asian Development Bank (ADB) and the World Bank (WB) could provide around P40 billion low-cost and long-term loans, Dominguez said.

Domestic sources of financing such as Land Bank of the Philippines (LBP), Development Bank of the Philippines (DBP), and government-controlled corporations can provide P20 billion, according to the Finance chief.

The Duterte government will also negotiate with bilateral sources to secure a P13.2 billion loan, Dominguez said, adding it depends on the source of vaccine, possibly Britain or US.

"It's almost fixed. Most of it is already fixed, 13.2 billion hindi pa completely negotiated. So 73.2 billion pesos," he told President Duterte.

Based on their estimate, Dominguez said the av-

erage cost of the COVID-19 vaccine will be around \$25 per dose, per person.

It will be around P1,200 more or less with some vaccine prices are lower, and some are higher, Dominguez added.

"But let's say 25 dollars or 1,200, 72 --- 73.2 billion pesos is good for 60 million people to be vaccinated, around 60 million people. So that is more or less what we have in line."

To attain herd immunity, Health Secretary Francisco Duque III said the country has to immunize 60 to 70 percent of the population, citing guidelines from the World Health Organization (WHO).


"So if we're able to reach that, we're going to pretty much arrest the spread of this and mawawala 'yung COVID-19 sa atin pong lipunan." (PND)

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GUHIT NG KAPALARAN

SCORPIO: (Okt. 24-Nob. 22) Ang udyok ng iyong kutob ang magpapasaya sa'yo. May hindi inaasahang pangyayari na lalong magpapagnada sa buong araw. Tutukan ang mga prayoridad at ipagpatloy ang pagsisikap para makita ang resulta. Lucky numbers at color for the day ang 26, 52, 11, 33, 42 at electric blue.

SAGITTARIUS: (Nob. 23-Dis. 21) Kapag nakita mo ang effect ng lahat pagsisikap, lalong mag-aalab ang udyok na isakatuparan ang lahat. Lucky numbers at color for the day ang 31, 51, 22, 43, 12 at satin white.

CAPRICORN: (Dis. 22-Ene. 19) Masaya ang iyong gawa dahil lahat ng investor ang lumapit sa iyo. Magiging satisfied ka sa result ng mga pinagkaabalahan. Lucky numbers at color for the day ang 11, 22, 36, 53, 41 at sapphire blue.

AQUARIUS: (Ene. 20-Peb. 18) Feel good time ang araw ngayon. I-enjoy ang buhay at tuloy-tuloy ang biyaya para sa iyo at sa mga mahal mo sa buhay. Lucky numbers at color for the day ang 46, 33, 13, 55, 21 at citrine yellow.

PISCES: (Peb. 19-Mar. 20) Patuloy na pagsikapan na mapawi ang mga pagdududa sa kapareha. Huwag aksayahin ang oras sa pagtatalo. Lucky numbers at color for the day ang 22, 43, 11, 55, 35 at fire red.

ARIES: (Mar. 21-Abr. 19) Nasalubong mo ang tao na-enjoy ka, hindi mapapansin ang oras dahil sa haba ng kwentuhan. Lucky numbers at color for the day ang 55, 42, 22, 35, 11 at dollar green.

TAURUS: (Abr. 20-May. 20) Kontento ka sa effect ng iyong project. Simulan ang bagong project na excited ka dahil magiging makulay ang adventure dito. Lucky numbers at color for the day ang 53, 32, 15, 26, 42 at ice blue.

GEMINI: (May. 21-Hun. 21) Gumaganda ang mahal mo. Panatilihin ang magandang reasyon. Pabor ang araw para sa gustong gawin. Lucky numbers at color for the day ang 11, 22, 35, 53, 43 at pearl white.

CANCER: (Hun. 22-Hul. 22) Feel mo ang mga naiinggit dahil sinusundan ka sa iyong stable na tagumpay. Keep your heart humble. Lucky numbers at color for the day ang 32, 23, 13, 55, 41 at ultra violet.

LEO: (Hul. 23-Ago. 22) Magiging adik ka sa drama ng iyong problema. Patidin ito. Sumama ka sa mga masayahing tao. Lucky numbers at color for the day ang 31, 23, 53, 46, 11 at electric blue.

VIRGO: (Ago. 23-Set.23) Mag-meditation upang matigil ang paulit-ulit na problema. Darating lang ang solution kung handa ang sarili na tanggapin ito. Lucky numbers at color for the day ang 53, 35, 23, 45, 11 at carrot orange.

LIBRA: (Set. 24-Okt. 23) Ang meditation ay magbibigay ng solution na ikasusurpresa mo. I-enjoy ang bawat event ng buhay. Lucky numbers at color for the day ang 33, 12, 21, 45, 55 at ruby red.

Policewomen.....

NCR, I am the first. This opportunity is also available to women in the PNP," she added.

Rejano also attributes this fairness being shown in the police workplace to the established gender sensitivity and women empowerment policies being observed by the PNP.

"When it comes to promotion and placement with our male and female counterpart, so parehas po ang treatment samin pong lahat (treatment is the same for everyone)," Rejano said.

What could set female police officers apart?

Rejano believes it is a woman's attention to detail that is an asset to her job.

Meanwhile, PNP Drug Enforcement Group Special Operating Unit 2 Commander Col. Jhoana Rosales, a member of PNPA Class of 1999, is looking forward to seeing more uniformed women officers in the next few years.

"Itong ating Chief ay very vocal na pinapaalam niya sa public, like sa inyo sa media na talagang gusto niyang i-empower 'yung PNP female officers which is siyempre favorable sa amin (The chief has been very vocal and he lets the public know that he wanted to install more female in key positions and empower them which is, of course, favorable to us)," she said.

Having more female officers and enlisted officers ensures that the rights of female detainees will not be violated, she said.

Rosales noted that

the policewomen's strictness in the performance of their duties is complemented by their "motherly instinct" and genuine concern for personnel.

"Hindi naman natin sinasabi na wala 'yung mga kalalakihan nun, kaya nga lang, but because of that nature na motherly instinct ng mga babae, 'yun nga siguro, that explains siguro kaya strict sila but at the same time, may halong pag-aaruga 'yung pagiging strikto. Malaking bagay kasi 'yun para ma-boost 'yung morale ng mga personnel (We are not saying that men do not have this. A woman's motherly instinct explains why women are strict but at the same time caring. This is a big boost to the morale of the personnel)," she said.

Lt. Col. Kimberly Molitas of PNPA Magilas Class 2000 and PNP Highway Patrol Group Police Community Relations chief, expressed her "sincere gratitude" to the PNP chief for taking cognizance of women leadership in the police organization.

"This is also a chance for policewomen to show their brand of leadership, one that is strong yet inclusive, straightforward but innovative, strict but with a heart," she added.

Lt. Col. Jenny Tecson, currently assigned at the National Capital Region Police Public Information Office and Regional community Affairs and Development Division, thanks Sinas for recognizing the contribution of female police officers in promoting pub-

lic safety and security services at all levels of offices and units in the PNP.

"Challenging po but we can also do better like our male counterparts po. Kumbaga, iyong pagtalaga po ni Sir sa mga kababaihan sa mga position ay amin pong wini-welcome upang maipakita din po namin ang aming kakayahan, mabibigyan ng equal opportunity para ma-utilize namin maigi ang aming potentials (We welcome the chief's move to put women in position so we could show our skills. This gives us equal opportunity to show our potentials as police officers)," she said.

Capt. Mae Ann Cunanan, Integrity Monitoring Enforcement Group Public Information Office, said Sinas' calls for more women in positions of command is part of his belief in the unique and complementing capacity of female police officers.

"Thus, women empowerment in the organization establishes a high-level corporate leadership for gender equality. Everyone in the PNP orga-

nization, especially female officers, has an equal opportunity and chance to excel in her chosen field within the PNP," Cunanan said.

Earlier, Sinas bared that more female police officers would be installed in key positions at the PNP.

He said the empowerment of women would encourage them to be independent, boost their self-esteem, and generate confidence as they face difficult situations related to policing.

Sinas earlier said this would serve as an opportunity for female cops to showcase their abilities and capabilities.

He initiated forming the first-ever municipal police station run by female police officers in the island province of Siquijor when he was Police Regional Office (PRO) 7 (Central Visayas) director.

Upon becoming chief of the NCRPO, Sinas replicated his move at PRO-7 and formed an all-female police community precinct in Bonifacio Global City, Taguig last

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Luzon under state of calamity

By Jerome Carlo R. Paunan

President Rodrigo Roa Duterte has placed the entire Luzon under a state of calamity in order to facilitate the swift relief and rehabilitation efforts in typhoon and flood-hit communities.

In his televised public address on Tuesday evening, Duterte said he has signed the proclamation approving the recommendation of the National Disaster Risk Reduction and Management Council (NDRRMC) declaring the entire island of Luzon under a state of calamity.

“Mukhang napirmahan ko na yata last night. I think I signed the proclamation,” Duterte said.

The President was responding to Defense Secretary Delfin Lorenzana who reminded him about the NDRRMC’s recommendation on the Luzon-wide calamity declaration.

The council had earlier sought the calamity declaration to address the

adverse impact of recent typhoons that battered areas in Luzon.

Senator Christopher “Bong” Go supported the NDRRMC recommendation to President Duterte to place the entire Luzon under a state of calamity.

A calamity declaration will help speed up the relief and rebuilding efforts and give leeway in the fund releases.

It also allows the imposition of price con-

trol measures to ease the economic impact of the calamity on the people.

At least 67 people died while thousands have been displaced from their homes after the powerful typhoons caused massive floods and landslides.

Billions of pesos worth of storm damage to agriculture and infrastructure have also been reported by authorities.

The President had earlier announced plans to create an interagency task force to supervise the swift rebuilding efforts of typhoon-hit areas.

The leadership of the Build Back Better Task Force was initially given to Executive Secretary Salvador Medialdea as chair. (PIA NCR)



Policewomen making waves in PNP

MANILA – In a profession long dominated by men, women are making considerable progress in rising up the ranks.

At the Philippine National Police, female police officers are playing key roles in the traditionally male-heavy hierarchy.

One of them is Col. Portia Manalad, a member of PNPA Class of 1995, who has assumed various command positions in the police force.

Manalad, currently deputy chief of the PNP Women and Children Protection Center, is a woman of firsts – the first female graduate of the PNPA and the first woman police director of Cotabato City.

Before assuming her current post, she handled command positions in the UN Peacekeeping Missions in Kosovo and Timor Leste; Regional Operations and Planning Division, and Police Regional Office 12 (Soccsksargen), to name a few.

Manalad acknowledged the challenge of pursuing a career in a male-dominated profession.

She welcomed PNP Chief, Gen. Debold Sinas' marching orders on having more women in higher positions in the police organization.

"As a female officer, welcome na welcome ho

Col. Angela Rejano, a member of PNPA Class of 1997 and now serving as Malabon City Police Station chief, thanked the PNP leadership for giving her a break in command.

"Nagpapasalamat po kami, actually this is not new to the PNP because marami na rin pong mga kababaihan sa PNP na naitalagang bilang mga hepe, kaya nga lang po dito sa NCR (National Capital Region) ako po yung nauna pero 'yung opportunity na ito ay hindi naman ipinagkakait sa mga kababaihan sa PNP (We are thankful, actually this is not new to the PNP because women police officers had been appointed as chiefs but in



Carmona LGU distributes unconditional cash transfers to 4Ps

On November 19, 2020, the Municipal Government of Carmona distributed unconditional cash transfers to 133 beneficiaries of the national government’s Pantawid Pamilyang Pilipino Program (4Ps) at the Carmona Town Plaza.



Carmona PESO holds Local Recruitment Activity

The Municipal Government of Carmona, through the Public Employment Service Office (PESO), conducted a Local Recruitment Activity (LRA) on November 19, 2020 at the Carmona Town Plaza. The activity was implemented in partnership with MAKITA RMTS Co. Ltd. Twenty-three (23) applicants registered in the LRA.

