

## 2019 CAVITE ARBOR DAY CONTINUES WITH ADVOCACY TO PROTECT STREAMBANKS

The provincial government of Cavite thru the Provincial Government-Environment and Natural Resources Office headed by Ms. Anabelle Cayabyab spearheaded this year's tree planting project in the municipality of Silang with focus on conservation and rehabilitation of streambanks in the province.

On July 31, 2019, environmental volunteers were welcomed by MENRO Merlina Cabrera on behalf of Silang Mayor Corie Poblete, thanking Governor Jonvic Remulla for supporting one of their clean and green campaigns. Likewise, Ms. Cabrera expressed her appreciation to Ms. Flordeliza Dela Rosa, the school principal of Gen. Vito Belarmino National High School in Barangay Calubcob, Silang and the barangay captains of Lucsuhan and Calubcob who accommodated participants during the opening

program.

Meanwhile, on behalf of the governor, Provincial Administrator for Community Affairs Alvin Mojica conveyed words of encouragement among the youth and co-public servants to continue joining the Arbor Day for the protection of the environment. He shared personal advocacy which spans twenty years of doing projects that will benefit mother earth and the future generation, and the fulfillment of having more trees planted.

Moreover, Forester Gerry Lopez from PENRO talked about how the event will also help contribute in the rehabilitation program for Manila Bay, underscoring the importance of river cleanups and tree planting along slopes to achieve stronger streambanks. Land Management Division Chief of PG-ENRO Engr. Ernesto Cenizal added in his closing remarks that apart

from the objective to save the Imus Yang-Yang River, the Arbor Day is one of the programs in line with disaster risk reduction management.

Among the volunteers who planted different fruit-bearing trees for the successful implementation of the National Greening Program were students from the host school led by their Student Government Organization, uniformed personnel from the Bureau of Fire Protection (BFP), the Philippine National Police (PNP), the Army Reserved Command (ARESCOM), the Provincial Planning and Development Office (PPDO), PG-COPS, and private stakeholders comprised of I-QOR, Linearworks, Cleanway and Big Philippines, plus members of the LGBT-Q –Silang. A total of 950 seedlings were planted including bamboo, kaong, guyabano, langka, duhat and atis. (PICAD)



**PROMOTING BETTER HEALTH FOR TRECEÑOES:** On July 30, 2019 a total of 420 residents of Brgy. Gregorio, Trece Martires City availed free healthcare services including medical consultation and tooth extraction during the Provincial Government's medical and dental mission. The program which aims to promote better health was spearheaded by the OPG-Extension office in collaboration with the Provincial Health Office (PHO) that engaged the help of their doctors, dentists and staff in providing the free services. Board Members Ping Remulla and Lito Langit were present at the event to show their full support to the program together with City Mayor Gemma Lubigan, Vice Mayor Bobby Montehermoso and the city councilors of Trece Martires. The activity was also made possible with the cooperation of the local officials of Barangay Gregorio. –PICAD

## Cavite PNC Conducts Nutrition Forum

In celebration of the 45th Nutrition Month bannered the theme, "Kumain ng Wasto at Maging Aktibo...Push Natin 'to!", the Cavite Provincial Nutrition Council through the Provincial Health Office conducted a Nutrition Forum at the Ceremonial Hall of the Provincial Capitol in Trece Martires City, Cavite on July 25, 2019.

Over 130 participants comprised of employees from the different PGC Departments, Punong Barangays, Nutrition Action Officers, members of Barangay Nutrition Committees, Barangay Nutrition Scholars and representatives from the Department of Education attended the event. They were warmly welcomed by Dr. Maria

Victoria Salvatus-Torres, Family Health Cluster Head-PHO who stressed the importance of eating healthy foods and encouraged everyone to be active.

On behalf of Gov. Jonvic Remulla, former Board Member and Executive Assistant to the Governor, Ms. Irene Bencito thanked the local government units for providing health services to their constituents aside from what the provincial government offers. She encouraged parents to prepare nutritious food for their children and engage in sports. "A healthy community means a healthy province," she said.

Ms. Ezra Minette B. Lasin, Nutrition Officer II of the National Nu-

trition Council-CaLaBaRZon explained this year's Nutrition Month theme which encourages everyone to advocate healthy diet, increased physical activity and reduce sedentary lifestyle. Meanwhile, Nutritionists-Dietitians Charmaine Ann F. Mañango and Lauren Rose Tamondong talked on Healthy Diet. Topics discussed were Overview of Nutrition and Healthy Diet, Status of Nutrition in the Philippines and Benefits of Having an active Lifestyle. The participants were also informed of the key messages of the Nutrition Month: Have one hour or more of physical activity everyday, reduce screen time to two hours or less each day and eat the three food

groups everyday for variety.

In recognition of their contribution to healthy Caviteños, special awards and certificates of appreciation were given to local nutrition workers and local government units with quality nutrition program. Special awards were given to Municipal Action Officers Ms. Elizabeth Riego de Dios of Silang and Dr. Evangelina Manzo of Alfonso. The Provincial Outstanding Barangay Nutrition Scholar award went to Ms. Edneliza Inocando of Barangay Tres Cruces, Tanza and the Regional Outstanding BNS to Ms. Hazelaine Q. Domingo of Barangay Aniban II, City of Bacoor. Among the Out-

standing Barangay Nutrition Committees were Barangay.Castaños Cerca - Gen. Aguinaldo, Barangay Aniban II - City of Bacoor, Barangay.Luciano - Trece Martires City, Barangay Sta. Lucia - City of Dasmariñas and Barangay San Jose - Tagaytay City.

Promising Local Nutrition Workers were Ms. Leonavie H. Baylen, City Nutrition Action Officer - City of General Trias, Ms. Elizabeth Hernandez, CNAO - City of Dasmariñas, Ms. Cristina O. Elalto, CNAO - City of Bacoor and Ms. Lydia Villanueva, Municipal Nutrition Officer-Tanza. The Outstanding Local Nutrition Committees

were the cities of General Trias, Dasmariñas and Bacoor and the municipalities of Mendez, Rosario, Carmona and Tanza.

On behalf of the Provincial Health Office-Nutrition Cluster, Ms. Angeles P. Peñalba, Provincial Nutrition Action Officer, in her closing remarks thanked all the participants, guests, resource speakers, the Provincial Nutrition Evaluation Team, the National Nutrition Council, partner departments and most especially her staff and wished that the attendees will apply what they learned in their everyday lives.



**HEALTH CARE ASSISTANCE TO TRECEÑOES:** Consistent on its undertaking to provide quality health care assistance to the locals of Trece Martires City, volunteer doctors, dentists and other medical professionals from General Emilio Aguinaldo Memorial Hospital and the City Health Office, visited Barangay Lapidario on July 31, 2019 rendering free consultation and tooth extraction to a total of 446 patients. Other services offered were random blood sugar testing by Multilab Diagnostic and Health Services, checking of weight and blood pressure, family planning counselling conducted by employees from the Provincial Population Office and distribution of prescribed medicines from the provincial government. The event was graced by 7th District Board Members Ping Remulla and Lito Langit, TMC Mayor Gemma Lubigan, Vice Mayor Bobby Montehermoso and the members of the city and barangay councils. –(PICAD)



**PGC's Medical and Dental Mission:** The Provincial Government of Cavite once again provided free health care services to indigent residents of Noveleta through a medical and dental mission held at Poblacion Covered Court on July 29, 2019. Punong Barangay Jerome Alvarez, on behalf of the barangay council was very grateful for the provincial government's program for their constituents. A total of 347 patients benefitted from the medical and dental check-up and tooth extraction performed by the doctors, dentists and technical staff from Gen. Emilio Aguinaldo Memorial Hospital and OPG-Extension. Barangay Health Workers also assisted the medical team while the Provincial Population Office employees guided the parents on proper birth spacing. The mission was made possible through the request of Noveleta Municipal High School Batch 87 headed by its president Ms. Marife E. Samson. – (PICAD)