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STRATEGY MAP PRESENTED TO NIA TOP OFFICIALS

Rocielle Harlette E. Navarro - Administrative Services Assistant, OSDA

A draft of the NIA Strategy Map was presented to Top Officials by Office of the Presidential Assistant for Food Security and Agricultural Modernization (OPAFSAM) staff Ms. Jeng Reyes during the NIA Managers' meeting at the Administrator's Conference Room on September 30, 2014. This map will be used to create the Agency's balanced scorecard. The scorecard, in turn, will be the basis for the Strategic Performance Management System (SPMS).

The map presents the directions towards the realization of NIA's vision of a professional and efficient agency contributing to sustainable socio-economic improvement in the quality of life through agricultural productivity growth. As presented, NIA identified four strategic themes: Quality Irrigation Development and Systems Management; Empowered and Viable Irrigators Association; Farm Productivity, Income, and Food Security; and Professionalizing NIA for Good Governance.

According to the GCG Performance Evaluation System Guidebook, this map illustrates "the connection between and among the objectives that are arranged logically in order to achieve its vision. These apply to every part of the organization, and define what major strategic thrusts the organization will pursue to achieve its vision." NIA's strategic perspectives are divided into four: stakeholders, financial, internal process, and learning and growth. These contain the objectives of each strategic perspective in order to actualize the agency's success.

Under the direction of OPAFSAM Secretary Francis N. Pangilinan through Undersecretary Edel Guiza, the discussion and finalization of the NIA Strategy Map is ongoing. The draft strategy map is based on the NIA Strategic Planning Workshop Discussion Framework 2014-2016 presented to the Board of Directors on August 16, 2014. - With Anabelen J. Landicho, Section Chief, CORPLAN



Attendees of the 2014 Nueva Ecija Water Summit hosted by NIA-UPRIIS on October 15, 2014 at the Nueva Ecija Convention Center, Palayan City.



NIA Administrator Florencio F. Padernal and UPRIIS Operations Manager Reynaldo D. Puno assured the participants of the Water Summit that NIA is well-prepared for El Niño.



Nueva Ecija Governor Aurelio M. Umali said he will allot funds to improve water flow of Peñaranda River hence improving irrigation especially during the peak of El Niño.



he Nueva Ecija Water Summit held on October 15 at the Nueva Ecija Convention Center highlighted the mitigation and intervention programs on the onset of El Niño phenomenon this last quarter of the year.

The summit is a joint collaboration of the National Irrigation Administration-Upper Pampanga River Integrated Irrigation System (NIA-UPRIIS) and the Nueva Ecija Provincial Government (NEPG) as it urged the farmers to work together in practicing the smart conservation and utilization of irrigation water and re-use waters, dry seeding, planting of droughttolerant seeds or diversified crops, repair of farm ditches among many others.

This significant event bearing the theme "Klima Man Ay Nagbago, Tuloy Ang Pangarap Nyo, Ating Matatamo, Uhay Na Sapat Sa Novo Ecijano" convened the provincial government headed by Governor Aurelio M. Umali and UPRIIS to present to the farmers the water situation of the Pantabangan Dam with its current level of 200.93 meters and the mitigating measures that could be made to alleviate the negative effects of El Niño.

Gov. Umali emphasized that alternative solutions must be formulated to mitigate the effects of drought to Nueva Ecija being the main rice producer in the country. He said "Ang gusto ko mangyari sa summit na ito ay tukuyin ang responsibilidad, akuin ang responsibilidad katulad ninyo mga Irrigators, mga naglilingkod sa bayan. Importanteng akuin natin ang responsibilidad at sama-samang bigyan ng solusyon ang problemang ito. Ito ay hamon hindi lang sa akin, ito ay hamon sa lahat ng magsasaka at sa liderato ng national agency na kasama natin ditong nagmamalasakit. Ito ay hamon ng panahon at hamon para sa ating mga Novo Ecijano".

Project Manager Ferdinand B. Hombrebueno who represented Sec. Francis N. Pangilinan, the Presidential Assistant for Food Security and Agricultural Modernization (PAFSAM) agreed to the urgency of a forum to inform the farmers and the involvement of line agencies in the preparation for the impending El Niño.

SPOTLIGHT: NIA UPRIJS HOLDS Nieva Ecija VIATE O S U M M T 2014 TO EASE EL NÍA OT 2014

He stressed that "Maganda po ang summit na ito dahil magkakaroon tayo ng inter-aksyon, oportunidad para magsama-sama at magtulungan,i-coordinate ang lahat ng ating activities. Ito yun number one challenge of the government; na magkaroon ng very strong partnership between the farmers, the Irrigators Associations, the barangay captains, mayors, LGU, governor and the national government upang tugunan ang mga challenges na kakaharapin natin dito sa El Niño".

Meanwhile, NIAAdministrator Dr. Florencio F. Padernal stressed his programs for NIA prioritizing the improvement of irrigation canals and development of new areas for a wider irrigation which could greatly help in uplifting the lives of the farmers. Apparently, a special committee was already formed to deal with the impacts of El Niño nationwide.

He solicited help from the farmers particularly in reporting certain irregularities, if any, concerning the implementation of NIA projects.

On the other hand, PAGASA DOST Climate Monitoring and Prediction Section OIC Anthony R. Lucero disclosed that Nueva Ecija will gradually experience decreasing number of wet days from November to January of the following year. El Niño is favored to begin in the next one to two months and will last into the Northern Hemisphere spring until 2015.

UPRIIS Operations Manager Engr. Reynaldo D. Puno expressed that the agency's foremost concern is to help the farmers prepare for the imminent dry spell signifying that being the lead agency in this regard, the agency would "carefully preserve and utilize the available supply of water effectively and efficiently and to find more sources of water that could be used during this crucial time".

Engineering and Operations Division Manager Engr. Rosalinda B. Bote reported that the dam must at least meet an elevation of

207.5 meters before the start of the Dry Crop Season 2015 to irrigate a total of 76,331 hectares of farmlands dependent on the dam or 79.64% of more than 100% of its 114,376.51 hectares service area usually being served under normal condition. However, an additional of 19,053 hectares will be served by other sources like drainage re-use on local dams such as Tayabo, Atate, Vaca, Murcon, and Peñaranda with a total projected area of 95,384 hectares this coming dry season.

Engr. Bote identified a total of 18,993 hectares of agricultural lands that might be affected once El Niño ensues. Yet, if rains will continue to fall this month, the irrigated area will eventually increase and will thereby lessen the affected areas. She also discussed the mitigating measures such as the early dry implementation, use of available water outside of Pantabangan, dry seeding, alternate wetting and drying, and use of early maturing varieties like the hybrid seeds.

On the part of DA, Regional Technical Director Crispulo Bautista Jr. encouraged the farmers of the affected areas to plant alternative crops instead like corns and high-value commercial crops with minimal water requirement.

DA Programs that will assist the farmers in dealing with drought were mentioned such as the provision of planting materials, vegetable seeds including water pumps and adding that a mini-tractor will be given as incentive to those farmers who will perform ratooning.

About 1,000 guests and participants composed of Irrigators Associations and farmer members, mayors, municipal agriculturists, barangay captains, and heads of DA line agencies attended the important occasion.

An afternoon open forum enlivened by concerned farmers concluded this successful event.

SPOTLIGHT: NIA

Maria Teresa A. Empleo - PRO, NIA-Region 9

ADMINISTRATOR PADERNAL: I HERE IS A IGHT AT THE END OF THE IUNNEL

Administrator Florencio F. Padernal (center), together with (From L-R) PAIS Department Manager Pilipina P. Bermudez, DA Asst. Technical Director Dennis Palabrica, and Regional Irrigation Manager Diosdado A. Rosales, cuts the ribbon in the opening of the new Regional Office and Training Center in Labangan, Zamboanga del Sur.

Labangan, Zamboanga del Sur – Administrator Florencio F. Padernal showed his optimistic stance towards the agency's performance when he addressed NIA employees and farmers during the inauguration of the newly completed NIA IX office building and training center on October 7, 2014, here in this town.

In his message during the program, Administrator Padernal who is now on his third month as the NIA chief summoned cooperation among employees, managers, and farmers alike to help him in solving the problems of the agency. He appealed to everyone to do their share in fast-tracking implementation of projects programmed in 2015 more so the carryover projects of the past years. He also intends to conduct workshops and fora among farmer stakeholders of NIA as one of the preparations of his 10-year master plan for irrigation.

Padernal assured the region that good things are coming to NIA. His introduction to new strategies in the entire project implementation and other organizational reforms being done now were just few of the tenets of his administration.

"Friends, I tell you, there is a light at the end of the tunnel. Lalago po ang NIA," he said.

NIA Region 9 Manager Engr. Diosdado A. Rosales assured Engr. Padernal that the region together with the farmers is performing and helping the administration achieve its goals.

The Administrator, aside from attending the inauguration, also visited some on-going and proposed irrigation project sites and offices including Salug River Irrigation System, Sibuguey Valley Irrigation System, Dipolo River Irrigation System, Titay SRIP, Lagag SIP, and Sindangan CIS.

He also met with Irrigators Associations (IAs) and employees to personally present his strategic directions for the agency. He highlighted his vision for a holistic development of the agency, employing a multi-disciplinary approach to project implementation and management.

Engr. Padernal also attended courtesy calls with LGU officials of Zamboanga Peninsula including Congresswoman Anna K. Hofer (District 2, Zamboanga Sibugay), Governor Tony Cerilles (Zamboanga del Sur), Congresswoman Aurora Cerilles (Zamboanga del Sur), and Congressman Rosendo S. Labadlabad (District 2, Zamboanga del Norte). with *Lioneil dela Cruz, NIA PAIS-CO*

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Administrator Florencio F. Padernal chaired the 2nd Joint Coordinating Committee (JCC) meeting held on September 30, 2014 at NIA Convention Hall. Joining him were other NIA officials led by Deputy Administrator Erdolfo B. Domingo, Ms. Jean Centeno of NEDA, representatives from JICA Philippine Office and PASCO Philippines. Engr. Florentino R. David as the project manager presented the first year accomplishment report of the Project for Improving Operations and Maintenance of National Irrigation Systems.

Presidential Assistant for Food Security and Agricultural Modernization (PAFSAM) Secretary Francis N. Pangilinan and NIA Administrator Florencio F. Padernal attended IA Presidents Forum at San Jose, Tacloban. The event was made more special as they handed out awards to the CY 2013 Most Outstanding Irrigators Associations, namely: Hingatungan IA Inc., Silago, Southern Leyte (CIS Category) represented by IA President Virgilio Tusloc (3rd from left) and Matando IA of Hindang-Hilongos RIS (NIS Category) represented by IA President Teodulo Abasola (3rd from right). Joining them were (extreme left) R8 RIM Romeo G. Quiza, Leyte Vice Governor Carlo P. Loreto (2nd from left) and RCIA 8 President Mr. Romeo P. Horca (extreme right).





During project site inspection, Administrator Padernal expressed satisfaction with the physical accomplishment of Sta. Rita SRIP in Western Samar



FIRST CARAGA VISIT. Administrator Padernal during his site inspection in the construction of URIP Diversion Dam



IS THE KEY TOWARDS SUCCESS 55

hat is the principle of Rosana Farmers Irrigators Association (RFIA) of Ronda, Sta. Lucia, Ilocos Sur. It's also the secret that leads the association to garner Php. 2,577,630.06 assets in its seven-year operation.

RFIA was organized and registered under Securities and Exchange Commission (SEC) in 2007—the same year it engaged in a contract with the National Irrigation Administration (NIA) under Irrigation Management Transfer (IMT) Program.

From CY 2013 to 2015, RFIA is under IMT Model 2 Contract with 60%-40% sharing as signed by its Board of Directors in the Memorandum of Agreement with NIA. As of the current year 2014, the association collected 83.72% and garnered a share of 23.72%.

Covering barangays in the municipalities of Sta. Lucia and Sta. Cruz in Ilocos Sur, RFIA has 131 hectares service area. The source of their irrigation comes from Sta. Lucia-Candon River Irrigation System with 149 farmer-members as beneficiaries, headed by its president Mr. Emilio V. Acosta.

Awarded by NIA Ilocos Sur Irrigation Management Office and NIA Region 1 as the Most Outstanding Irrigators Association for CYs 2012 and 2013, RFIA continuously aims for better management systems and procedures. With the income which made them a financially viable association, the IA was able to put up and install its own office where the members conduct their regular meetings.





The RFIA gets income from acquired Post Harvest Facilities and Equipment granted through requests from the Local Government Units and from the Department of Agriculture Regional Field Unit 1 (DA-RFU1).

Now, the association has four-wheel tractor, kuliglig, flat bed dryer, solar dryer, rice thresher, and shredder acquired from 2010 up to present. The association is also waiting for a water pump to be granted by DA-RFU1 in which 15% of its total cost will be shouldered by the association—same agreement with previous grants from DA.

Aside from the mentioned machineries equally being borrowed by the RFIA members, additional livelihood projects were provided by the Provincial Government of llocos Sur and DA as other form of assistance and source of income. RFIA was given 80 heads of sasso chicks, 5 heads of gilts, 150 coconut plants, and 100 mango seedlings which the members will raise and propagate.

Also, 125 pieces of laminated sacks and a unit of collapsible dryer were received by the association.

Everything RFIA has is well-managed and accounted by its officers to assure the association's income. This is also to assure that it has savings to finance projects with farmers' counterpart.

In its seven years of operation, the IA enjoys collection initiatives from NIA. Likewise, the National Food Authority provides them for farm production delivery. All of their achievements, they owe to the untiring efforts of NIA personnel in supervising, monitoring, and guiding their operation.



Some grants from DA-RFU1 with 15% share from RFIA



Kuliglig granted by LGU in 2011



La Fortuna Communal Irrigation System (CIS) is located in Impasug-ong, Bukidnon-the tribal capital of the province and the home to the country's finest cowboys. Dominated by the Higaonon tribe, farming is the main source of livelihood of its populace. Back then, they usually engaged in the production of corn, coffee, and vegetables relying only in rainfall to irrigate their crops. This farming system gave them yield but it barely met their daily needs.

In the 1990's, the National Irrigation Administration (NIA) conducted rigorous field investigation and preengineering studies to evaluate the feasibility of constructing an irrigation system, tapping the Atugan River as its main water source. Eventually the project pushed through wherein the Brgys. Poblacion, Brgy. La Fortuna and its Sitio San Juan benefited from the new irrigation project. During the construction period, some of the locals doubted if the project could really bring the irrigation water to their farms. But NIA proved them wrong as the project was completed and turned over to the association on May 14, 1994.

Then again, the duty of NIA does not end in the construction of dams and canals alone; it goes beyond the provision of necessary services to strengthen and ensure the sustainability and viability of the irrigation system. Much as the engineering team strived hard in the construction, the institutional

IA SUCCESS STORIES

SAN JUAN

IMPASUG-ONG

LA FORTUNA

IRRIGATORS

ASSOCIATION, INC.

HO STARTED

development team spearheaded the institutionalization of its farmer beneficiaries. The San Juan – Impasug-ong - La Fortuna Irrigators Association (SILFIA), Inc. was organized in 1989 and registered to the Securities and Exchange Commission in 1990. The association was primarily organized to manage and operate the La Fortuna Communal Irrigation System, where it caters the irrigation of lowland rice, banana, and high valued crops.

At present, SILFIA is one of the prides of Bukidnon Irrigation Management Office being one of the best

Gagaren B. Cruz - IDO, Bukidnon IMO



performing IAs in the province. The IA

is a consistent recipient of awards in the provincial, regional, and national levels since 2006. Under the CARP-IC. the IA was awarded as the Most Outstanding IA in the Regional Level for CY 2006-2012. At the National Level, CARP-IC awarded the IA in CY 2006 (No. 9); CY 2007 (No. 9); CY 2008 (No. 7); CY 2009 (No. 4); CY 2010 (No. 4); CY 2011 (No. 2); CY 2012 (No. 3); CY 2013 (No. 4) for the Search for CARP Most Outstanding IA and just recently bagged the one million peso award worth of projects for being the DA's Agri-Pinoy Rice Achievers Awardee for CY 2013.

Modesty aside, SILFIA has been fervently visited by their counterparts having Technical Enhancement Programs from the islands of Visayas and Mindanao to share their knowledge and experiences in managing the affairs of the IA particularly in the operation and maintenance aspect.

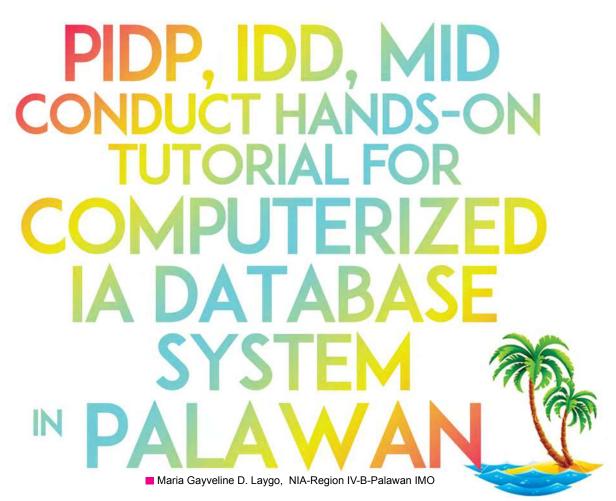
Enjoying the fruits of its labor, the association was able to put up its IA Office, acquired IA lot, solar dryer, flat bed and collapsible dryer, bodega, farm machineries, rice mill, and a hauling truck. Moreover, the IA never failed to fulfil its financial obligations. Undeniably since 2000, they were able to surpass their annual target remittance to NIA without compromising the operation and maintenance of their system. The association has also extended a livelihood program to its members such as financial assistance for small-scale animal and agricultural production and swine dispersal project.

Not to say the rest is history, IA President Mr. Eriberto D. Bangis said, "SILFIA also started from scratch, with nothing, but through dedicated service and cooperation of the leaders and members plus teamwork with NIA, the Association has made it to what it is now."



SILFIA President Eriberto Bangis (left) and BODs preparing for evaluation.

SIDEBITS



The first batch of the hands-on tutorial on the Computerized Irrigators Association Database Information Management System (CIADMS) was conducted by the Participatory Irrigation Development Project's (PIDP) Institutional Development Division, in collaboration with NIA Central Office's Institutional Development Division (IDD) and Management Information Division (MID), on September 8-12, 2014 at the Princesa Garden Island Resort & Spa, Palawan. Participants came from Region IV-B and Region VIII.

The CIADMS is a database program created to help improve monitoring of data and reports from the field to the PMO/CO. The hands-on tutorial is necessary to provide technical skills and knowledge on filling up and completing the database system/ form for fast-tracking and easy data management.

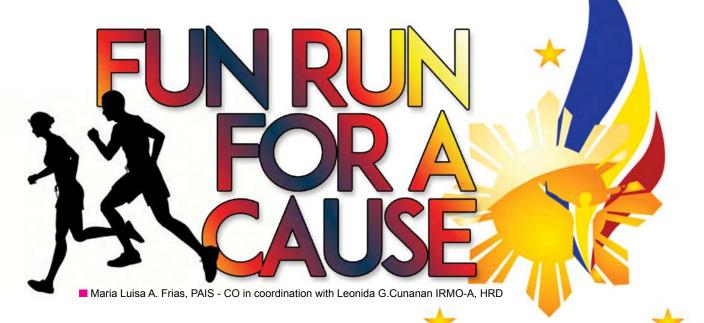
The database system focuses specifically on IA profiles. It includes information on IMT status, operation and maintenance performance, TSAG profile, financial status, incentives and awards,

trainings and assistance acquired, and all other information about the IA.

The tutorial was facilitated by the MID headed by Division Manager Ms. Edita Ragodon together with staff Mr. Jervy Valencia and Mr. Edilberto Chavez. Ms. Mona Andrea Camposano and Mr. Tristan Villaflor, both PIDP personnel, were also present to assist the participants in data encoding. The IDD area monitors, Ms. Maricel del Rosario and Ms. Olivia Vergel de Dios, also participated in the said activity.

The activity also became a venue for MID to solicit comments from the participants. Such comments, which included modifications and adjustments to the system, were then deliberated and applied if consensus was reached.

Engr. Efren S. Roqueza, Regional Manager of Region IV-B, commended MID in its efforts in formulating such database system towards improved data gathering and data banking of the agency.



National Irrigation Administration took part in **CSC's R.A.C.E. to Serve Fun Run IV,** with this year's theme:

TAPAT NA SERBISYO ALAY KO, DAHIL LINGKOD BAYAN AKO

The Fun Run envisions quality public service through the promotion of physical wellness and the celebration of heroism.

About 75 NIA employees joined the Fun Run in celebration of the 114th Philippine Civil Service Anniversary (PCSA), on September 6, 2014 at the SM Mall of Asia, Pasay City. The categories are Men's and Women's 3K, 5K and 10K distances. CSC Chairman Francisco T. Duque III delivered the opening message stressing that the celebration adopting this year's theme is also a venue for showcasing those who have passion for good healthy lifestyle aside from highlighting heroism in public service. He said that the Fun Run is the kickoff of the celebration.

"The CSC spearheads the annual celebration of the PCSA

every September in commemoration of the birth of the Civil Service in the country on Sept. 19, 1900," Chairman Duque added.

The celebration is a month-long event highlighted by communications campaign, Honor Awards Program Rites for the 2014 Presidential Lingkod Bayan, Dangal ng Bayan, and CSC Pagasa Awardees, Government Choral Competition, and other special programs for participating government employees.

Proceeds of the Fun Run will go to the *"Pondong Pamanang Lingkod Bayani"*, the fund for families of state workers who died in line of duty.XXX



NIA Central Office employees during the CSC's R.A.C.E to Serve Fun Run

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On October 27, 2014, the NIA-CO In-house SportsFest was officially opened. Deputy Administrator Erdolfo B. Domingo, PAIS Manager Pilipina P. Bermudez, and NIAEASP President Louella R. Mercado graced the opening ceremony.

Participating Teams

- 1. Administrator's Office
- 2. Administrative Department
- 3. Finance Department
- 4. Engineering Department
- 5. Operations Department
- 6. Special Project Group (SPG)
- 7. CARP-IC



Parade of Colors



Presentation of Team Muses



Sportsmanship oath begins the 2014 NIA In-House Sports Competition





TALENT WINS GAMES, BUT TEAMWORK AND INTELLIGENCE WIN CHAMPIONSHIPS - Michael Jordan

Never too late to acknowledge last year's Winners! Engr. Erdolfo B. Domingo led the awarding of 2013 NIA In-house Sports fest on October 27, 2014

2013 Winners Badminton – Engineering Department Basketball – Engineering Department Volleyball – Finance Department



2013 Basketball Champion





2013 Volleyball Champion

LIMELIGHT (Random Ramblings of a NIAn)

ANG BUHAY NG ISANG EMPLEYADO AY ISANG NAPAKAHABANG BIYAHE. MAY PUPUNTAHAN, MAY DESTINASYON, MAY TERMINAL NA MAHABA, MAIGSI, DIRE-DIRESTO, AT PALIKU-LIKO. MAY MGA STOP OVER.

Archie I. Benauro - Information Officer, MARIIS-DRD



Ang buhay ng isang empleyado ay isang napakahabang biyahe. May pupuntahan, may destinasyon, may terminal na mahaba, maigsi, dire-diresto, at paliku-liko. May mga stop over.

Taong 2010 nang ibalik sa akin ng NIA ang kumpiyansa ko sa sarili. Ito ang taon ng mga sandaling paghinto ko para magnilay, para paluwagin ang dibdib, o kaya ay mag-isip. Ito ang taon kung saan muling nanumbalik ang mga nawala sa akin—tapang ng loob, trabahong gustung-gusto kong gawin, at paghahanap sa katuturan ng aking buhay.

Totoo, taong 2011 kung kailan ang mga tao at bagay-bagay na dati ay aking binabalewala ay aking napansin. Nagulat ako dahil sa kainitan pala ng biyahe para maghanap ng trabaho nandun ang pag-ibig, pangarap, at kasiglahan. Parang krudo na nagpapaandar sa sasakyan.

Taong 2011 nang ako ay isinakay ng aking pangarap... Muli akong nabigyan ng pagkakataon para mapasa-akin ang trabahong gustung-gusto ko pagkatapos kong u malis sa isang pribadong kumpanya noong 2008. Kahit na nasa dugo ko na ang pagsusulat, hindi naging madali ang aking biyahe para tanggapin ang trabaho bilang Dam and Reservoir Division Information Officer, tulad ng iniisip ng maraming tao. Dahil habang patungo ako sa trabahong ito, kailangan ko pa ring dumaan, bumaba, at sumakay ng ibang biyahe. Hindi ako itinratong espesyal at marunong na. Dumaan pa rin ako sa tamang proseso ng interbyu at tila kandabuhol na trapik na pagtanggap sa aking aplikasyon.

Nalito ako sa kalye ng National Irrigation Administration na papasukan ko. Pero sa takbo pala ng buhay ng isang naghahanap ng trabaho, totoong walang makapagpapalit sa ilaw ng trapiko. Ang pula ay nagiging berde at nagsasabing dapat na akong umandar ulit. Ipagpatuloy ang biyahe. Halos isipin kong hindi ako pumasa dahil tatlong buwan akong naghintay bago ko nalaman ang resulta.

Alam ng Diyos ang trabahong ito ay para sa akin kaya nag-uumapaw ang aking pasasalamat sa aking mga boss nang ako ay matanggap—sa ikalawang pagkakataon. Alam kong muli akong haharap sa maraming gawain; marami din akong dapat ibigay. Maraming kuwento ang naghihintay habang ako ay nasa biyahe para ipaalam at ipamahagi sa mga kapwa ko NIAns. Information Officer, marami pang tagpuan at daang kailangang marating. Dapat maakay ko ang mga bagong kaibigan at katrabaho at mapaniwala silang may bitbit akong magandang balita parati. Kaiba ito sa totoong gawain ko na madalas magmukmok sa isang sulok at nagtatago sa dilim dahil takot sa tao. Kaya nga bilang sa daliri ang itinuturing kong kaibigan.

Bilang

Nandoon ang hamon pero alam kong higit pa sa trabaho ang aking magagawa. Ginagawa ko ito dahil kailangan kong harapin ang aking takot at may mapatunayan sa aking sarili. Kahit hindi madali para kumbinsihin ko ang aking sarili na kailangang gawin ito. Nandoon ang hamon pero alam kong higit pa sa trabaho ang aking magagawa. Ginagawa

ko ito dahil kailangan kong harapin ang aking takot at may mapatunayan sa aking sarili. Kahit hindi madali para kumbinsihin ko ang aking sarili na kailangang gawin ito.

Ang lahat ng takot ko sa umpisa ang ginawa kong kaluluwa sa bawat biyahe. Ang mga pagsubok sa trabaho ko ang nagbibigay anghang sa bawat tagumpay na aking natatamo. Sila ang nagbibigay ng kulay at katuturan sa bawat biyahe ko ng paghahatid ng balita sa NIA-DRD. Nagsasabi kung gaano ako katapang na hinarap ang trabaho bilang Information Officer. Pero sa kabila ng maliliit na kabiguan sa a numang trabaho, ako ay nagpapasalamat na ibinigay pa rin s a akin ng Maykapal ang pagkakataong makapagtrabaho sa NIA kahit marami ang nakapila. Isa ako sa nagtiyaga na pumila. Ang kaibhan ko siguro sa iba, alam ng Panginoon na ito ang trabahong nararapat para sa akin kaya niya ito ibinigay.

Bagamat nahihiwagaan pa rin ako at pakiwari ko bumaba ako at pumila sa isang di-kilalang stop over, naisip kong hindi pala matatawaran ang ibinibigay na pagmamahal sa akin ng NIA-DRD. Minamaniobra niya ang landas na hindi ko pa dinadaanan. Napakaraming posibilidad ang aking nakita sa NIA- hindi gaya ng dati. Biniyayaan ako ng isang trabahong hindi naman nabubungkal ang kayamanan, ngunit puno ng totoong pagmamahal ng mga kaibigan at kasama sa trabaho na hindi napapagod para sa akin ay makinig at hindi ako bitawan.

Ang paglalakbay ko sa NIA sa darating pang mga araw ay maaaring may pagbabago. Dadami pa rin ang nakapila na maghihintay ng mga sagot sa mga katanungan na para bang ang mga piraso ng balita na humahangos oras-oras sa loob ng NIA-DRD ay napagtatagni-tagni at nabubuo. Mayroong hindi magugustuhan ang istilo ng aking panulat ngunit tiyak kong makikita nila ang kabuuan ng landas ng paglalakbay nito tulad ng isang matiyagang nakapila at naghihintay ng matagal na biyahe. Katulad ko, matutunan rin nilang mahalin ang kanilang sarili-ang kanilang trabaho. Ang mabigo. At sumubok muli.

SALAMAT NIA... SALAMAT DRD... ITO NA SANA ANG HULI KONG PILA SA STOP OVER!

HEALTH & WELLNESS

Pops Marie A. Santos-Dadea, PAIS-C.O.



Taking care of one's self is important and necessary. We can't enjoy life to the fullest if any diseases hinder our movements. And also the Bible tells us that our bodies are the temples of the Holy Spirit, and we are called to take care of and honor God's temple. And to fully inform and help us on how to take care of our bodies, the Medical Services headed by Dr. Catherine Binag held two significant activities for the month of September.



Kidney and Prostate Lecture and Free Ultrasound Screening

The Philippine Academy of Medical Specialists (PAMS) Foundation in cooperation with MEDV Medical Clinic conducts once again a Kidney and Prostate Lecture and Free Ultrasound Screening for all NIA Central Office employees. This is their fourth year to visit the Agency, which they started in 2010. It was a two-Thursdays activity, first on September 18 and the second on September 25, 2014 from 9AM-4PM.

The short lecture on Renal Stone and Prostate Diseases given by Dr. Wilfredo S. Tagle started at nine o'clock in the morning preceeding the Kidney Ultrasound Screening for both males and females, and Prostate Ultrasound Screening for 40 years old and above males. To help combat the disease, those tested positive was given free consultation and medicines.

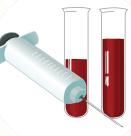
Employees were very grateful to the initiatives of the Medical Services to provide free lectures, consultations, and tests, the whole year round.

Dr. Binag would also like to inform female NIAns that a Cervical Cancer prevention vaccine is available at our Medical Clinic for a cost since July of this year.



Vitamin D Deficiency Lay Forum and Free Vitamin D Blood Testing

Procast Promo and Casting, an accredited agency of Unilab, in coordination with NIA Gender and Development conducts a forum entitled "The Proper Knowledge to Fight Vitamin D Deficiency" on September 3, 2014. The first time they visited the Agency was on August 15, 2014, also to give the same lecture.



Vitamin D deficiency causes stroke, heart attack, and cancer. The main agenda of the group is to promote employees overall health and well being.

Some 100 employees lined-up for the said free blood testing and medical consultation.



Dr. Wilfredo S. Tagle. PAMS Foundation President, during a short lecture about Kidneys.



An employee gets his Kidney Ultrasound Screening.

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