



OFFICIAL NEWSLETTER OF THE NATIONAL IRRIGATION ADMINISTRATION CURRENTS

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NIA INCREASES REVENUE COLLECTION, REMITS DIVIDEND AFTER 5 YEARS

Lionel G. dela Cruz, PAIS, C.O.

CY 2013 marks another achievement for the National Irrigation Administration (NIA) as it reported an increase of P492 million in its total revenue. As reflected in the agency's Consolidated Yearend Report, NIA generated a total revenue of P4.0453 billion in 2013 compared to P3.5535 billion in the previous year.

This increase enables the agency to remit a dividend to the Bureau of Treasury which is prescribed under the Revised Implementing Rules and Regulations of Republic Act 7656, An Act Requiring Government-Owned and Controlled Corporations (GOCCs) to Declare Dividends to the National Government. The expected dividend to be remitted is P17,010,429.66. The amount is computed based on the Audited Income Statement of the agency. The last time NIA was able to remit dividends was in 2009.

Based on the Financial Performance Report from the Deputy Administrator for Administrative and Finance Lorna Grace B. Rosario dated March 20, 2014, this noteworthy increase in NIA's revenue is attributed to the following: improved collection of Irrigation Service Fees (ISF) of P204 million (P1.4456 billion in CY 2012 to P1.6478 billion in CY 2013); decrease

in 10% discount on ISF of P2 million and increase in loss on sale of palay amounting to P.122 million; increase of P197 million in Subsidy income from the National Government, specifically in 5% Management Fee (P984.36 million CY 2012 and P1.187 billion in CY 2013 less decrease of P5.5 million in Management Fee.)

Other significant factors to the increase were the P12 million addition in CIP/CIS/Pump Amortization and Equity; additional P75 million in Water Fees and Energy Delivery Fees; P12 million increase in Rent Income and Penalties; increase of P7 million in Miscellaneous and other fines and penalties; and decrease in interest income of P15 million.

According to NIA Administrator Claro V. Maranan, this feat was due to the persevering and dedicated men and women of NIA from the management down the line who work hard to attain financial viability through attaining targets and efficient collection and remittance of irrigation fees. He called upon every NIAN to keep up the good work to ensure a brighter future for the Agency and to be able to sustain excellent provision of irrigation services to Filipino farmers.

NIA POSTS HIGH PERFORMANCE RATING

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

The National Irrigation Administration under the able leadership of Administrator Claro V. Maranan posted a 100.55% commitment performance rating under the Governance Commission on all Government-owned and controlled corporation (GCG) agreement for calendar year 2013.

GCG Committee headed by Senior Deputy Administrator Felix M. Razo reported that the outcome was based on actual versus target physical and financial performance parameters for CY 2013.

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NIA POSTS HIGH PERFORMANCE RATING

Description	Formula	Weight	2013		%
			Target	Actual	
MFO 1: PRODUCTION SUPPORT SERVICES					
Quantity 2: Area restored	Non-operational service area restored	9%	121,277	115,446	95.19%
Quantity 3: Area rehabilitated	Existing service area rehabilitated	9%	443,661	481,832	108,60%
Quantity 4: Irrigated Area Wet Season (NIS)	Service area irrigated during wet season	12%	584,206	578,749	99.07%
Quantity 5: Irrigated Area Dry Season (NIS)	Service area irrigated during dry season	12%	577,548	554,565	96.02%
Quantity 6: Irrigation Management Transfer (IMT) contracts with IAs	Total number of IAs with IMT contracts	9%	2,075	2,292	110.46%
Sub-total of weights and ratings	60%				60.26%
MFO 2: CORPORATE VIABILITY					
Quantity 1: Revenue from Regular Sources	Gross Income	20%	3,987.73	4,045.31	101.44%
PI Set 1: Multipurpose Water Resource Projects					
Quantity 1: Contracts review and processing	No. of contracts reviewed and processed	20%	5	5	100.00%
Financial 2: New income generated	Gross Income	-	-		
Sub-total of weights and ratings	40%				40.29%
GENERAL ADMINISTRATION AND SUPPORT SERVICES (GASS)					
Human Resource Development					
Timely and efficient procurement					
Sub-total of weights and ratings	-				-
TOTAL OF WEIGHTS AND RATINGS	100%				100.55%

*As of December 31, 2013

This performance report reflects the dedication and hard work of all NIAs in providing better services to farmers and Irrigators Associations, in line with Administrator Maranan's Seven Point Program in terms of organizational reform, process innovation, and corporate financial stability.

Due to the Agency's high performance rating, NIAs are entitled to a Performance-Based Bonus once the Board commends and approves the NIA's

Bonus Distribution Proposal and the Manual of Corporate Governance.

In conclusion, SDA Razo reiterated the Agency's vision "To be a dynamic, viable, world-class government corporation rendering irrigation and related services contributing to the inclusive growth of the country."

The report was submitted to GCG for validation. ###

Dummun Diversion Dam finishes early; DRISFIA signs Model III contract

Dorothy Belle C. De Leon, PRO, NIA-Region 2

Gattaran, Cagayan – The 67 million-peso Dummun Diversion Dam of the Dummun River Irrigation System gets finished, is unveiled, and had a test run on March 20, 2014, one year and four days ahead of its target date of completion.

In the entire Philippines, it is, by far, the very first Participatory Irrigation Development Project (PIDP) Core A-National Irrigation System (NIS) to have been inaugurated.

"Dummun Diversion Dam is a super star, because everybody did their share. The contractor (PL Sebastian) stayed true to what was stipulated in the contract. The system supervised the implementation well. And the LGU will not be left out of the equation. Although irrigation is a technical sector, the LGU headed by Mayor Matthew Nolasco diligently supported it," Ma. Theresa Quiñonez, Task Team Leader of PIDP and the Senior Operations Officer of World Bank, said.

Still, according to Ms. Quiñonez, because of the impressive project implementation by the system headed by Engr. Ernesto Collado assisted by Engr. Ferdinand Rasos, the IA and the contractor, supervised by then Regional Irrigation Manager Vicente E. Galvez supported by former Division Manager of Cagayan-Batanes Irrigation Management Office and now the Acting RIM, Engr. Antonio Lara, this had endeared them to the PIDP people; hence, adding a third package worth 13 million pesos to be used for the construction/ rehabilitation of canal system, canal structures and fabrication/delivery and installation of steel gates for intake and turn-out, and for the lining of Lateral B canal.

Project Profile

The 85.30-meter ogee-type dam, three meters by three meters of sluiceway with a height of 2 meters is located in Barangay Capissayan. The intake barrel is 1.4 meters by 1.9 meters. The project is expected to irrigate 2, 302 hectares of riceland to benefit 1,485 farmers in 16 barangays in Gattaran. The length of the corewall is 321.40 meters with a width of 4 meters.

With its completion, the system is expected to achieve the largest paddy production by using the system effectively and increase the farmers' income and stabilize the regional economy and people's livelihood by increasing an agricultural production with raised productivity.

The construction of the Diversion Dam and modification of intake structure, rehabilitation/ construction of structures, canal systems, and the furnishing and installation of steel gates under the Participatory Irrigation Development Project-Adaptable Project Loan (PIDP-APL) is funded by the World Bank. The dam alone is allotted a total of 67,005,723.08 pesos.



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Dummun Diversion Dam finishes early; DRISFIA signs Model III contract

The newly completed 67-million peso Dummun Diversion dam, with 85.30-meter ogee dam, stands majestically.



With the completion of the diversion dam, an additional 500 hectares will be added to the existing area. As a result, two IAs will be created to cover the barangays of Tagumay, Tubungan, Gangano, and Cunig.

"On behalf of my constituents, we are very thankful to NIA, World Bank, and PIDP. For Gattaran to move toward development, we need projects such as this," Mayor Nolasco shared.

IMT Contract Signing On the same occasion, after the blessing, unveiling, ribbon cutting, and test run at the project site, the attendees to this momentous event led by Acting RIM Lara, trooped to Nabaccayan Gymnasium, still in the same town, as the Dummun River Irrigation System Federation of Irrigators Association Incorporated led by President Florencio B. Soliven took their organization a notch

higher by signing the Irrigation Management Transfer (IMT) Model III Contract.

"We are very happy! At long last, our dream of an empowered IA capable of managing the operation of certain areas of the system is slowly being realized," Pres. Soliven stated.

DRISFIA has 1,802 service area with 1,485 farmer beneficiaries, coming from five Irrigators Associations namely Ubbog ti Gattaran, Nabarsalan, Biag ti Mannalon, Narang-Ay nga Mannalon, and Capatag. It was organized on April 25, 1983 and registered with the Securities and Exchange Commission (SEC) on August 27, 2013.

It had signed up for IMT Model II contract on February 28, 2013. This time, with IMT Model III contract, NIA manages the head works and portion

of the main canal up to the junction of the first lateral canal and transfers to DRISFIA the management of the rest of the system downstream of the specified junction.

Mayor Nolasco, Engr. Collado, Froilan Ramirez, Supervising IDO of CBIMO, and Pres. Soliven signed the contract as witnessed by the Federation Officers: Vice president Abraham Aguir, Secretary Anita Bautista, Treasurer Rosalie Gutierrez, Auditor Jay Tala, and members of the FIA.

"As a result of our March 14, 2014 Provincial Board meeting of FIA of both National Irrigation Systems (NIS) and Communal Irrigation Systems (CIS), we are helping in the preparation of the feasibility study of a Grain Processing Complex for each of the three districts of Cagayan," Pres. Soliven happily volunteered the information.



Ma. Theresa Quiñonez (2nd from left) from the World Bank assists DRISFIA President Florencio Soliven in the cutting of ribbon.



Thumbs up signs were flashed after the marker was unveiled. From left, Engr. Francis C. Yu, Acting Division Manager of CBIMO, DRISFIA Pres. Soliven, Engr. Ernesto Collado of DRIS, Mayor Nolasco, Engr. Antonio C. Lara, Acting RIM of Region 2, and Engr. Gene P. Ragodon, Project Manager of PIDP.

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Dummun Diversion Dam finishes early; DRISFIA signs Model III contract



Ms. Quinonez announces that an additional P13 million fund is given to Dummun as incentive for its early finish.



Mr. Orlando Lorenzana, Regional Technical Director of DA Region 2 sees that the project will dramatically boost self-sufficiency in Cagayan.



Mayor Matthew Nolasco signs the IMT Model III Contract of DRISFIA. From left, Supervising IDO Froilan Ramirez, Engr. Collado, Pres. Soliven and Engr. Yu wait for their turn. Bearing witness to the contract signing are the DRISFIA Officers (3rd from left) Abraham Agnir (VP of DRISFIA), (5th from left) Edwin Academia (Pres. Of Narangay IA), and (6th from left) Alexander Alipio (Pres. Of Biag ti Mannalon).



Engr. Antonio C. Lara, Acting RIM (in yellow shirt), receives a Plaque of Recognition for his all-out support to the project. With him are Engr. Rasos, Project in Charge, Engr. Yu, Acting DM of CBIMO, and Engr. Collado, System head.

ALCALA, MARANAN LED INAUGURATION OF P200-M COMMUNAL IRRIGATION PROJECT IN CAPIZ

Danielle P. Pijuan, PRO, NIA- Region 6



NIA Administrator Engr. Claro V. Maranan delivers his message during the Inauguration of Maayon CIP.

Brgy. Jebacca, Maayon, Capiz – Agriculture Secretary Proceso J. Alcala and NIA Administrator Claro V. Maranan teamed-up to lead the inauguration of the Maayon Communal Irrigation Project on April 11, 2014. The P201.45M project is seen to increase the annual rice production of Capiz from 3,572.4MT to 6,193.2MT through development of diversion works, irrigation canals, drainage canals, and other post-harvest facilities. Enjoined in the project is the Maayon-Panitan Irrigators Association that is entrusted to start the land preparation activities.

Maayon CIP will irrigate 780 hectares of currently rainfed area and will benefit 843 farmers of Barangays Jebacca, Alayunan, Batabat, Salgan, Pob. Ilaya, Fernandez, and Piña of Maayon and Cabangahan and Cabugao of Panitan. The project, aiming to utilize the potentials of Maayon River

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ALCALA, MARANAN LED INAUGURATION OF P200-M COMMUNAL IRRIGATION PROJECT IN CAPIZ



DA Sec. Proceso J. Alcala as he talks to the farmers of Maayon & Panitan, Capiz.

as a water source, will include diversion works reckoned at 166.27 sq. km. and discharge capacity of 1.66 cubic meters per second. It is expected that with the CIP, farmers can harvest 5 to 6 times in two years – a big leap from the usual two croppings per year.

Aside from irrigation purposes, the project is also seen to contribute in flood mitigation. It also eyes uplifting of the farmers' livelihood not just in farming but also in fishery as Sec. Alcala requested the Bureau of Fisheries and Aquatic Resources to provide tilapia, hito, and bangus fingerlings to the area. #

Source: DA-RAFID 6 (Information Division), (2014). Capiz P200M communal irrigation set up to mitigate flood, boost agri production.



Maayon Diversion Dam, Maayon, Capiz



NIA Administrator Claro V. Maranan during the ceremonial opening of the dam gate together with NIA Region 6 IMO Managers, Engr. Rizalo Concepcion (partly hidden), Engr. Wilson Rey, Engr. Ricardo Penaso, and Engr. Benjamin Sanchez

NIA gears towards ISO Certification

Marissa D. de Leon, HRD, C.O.

In line with NIA's compliance to EO No. 605 dated 23 February 2007, the National Irrigation Administration led by Administrator Claro V. Maranan together with other top officials, C.O.-Department Managers, and staff attended a two-hour discussion on the mechanism and procedural guidelines in crafting NIA's Quality Management System (QMS) on April 15, 2014 at the Office of the Administrator's Conference Room. The aforementioned activity aims to jumpstart NIA's challenging journey leading to the adoption of the International Organization for Standardization (ISO) 9001:2008 QMS. This system shall be part of the implementation of government-wide quality management program and shall be certified for demonstrated conformity with the applicable Government Quality Management Systems

Standards (GQMSS) giving priority to frontline services.

Furthermore, this initiative is in compliance with the NIA's commitment to Governance Commission for Government-Owned and/or Controlled Corporations (GCG) Memorandum Circular No. 201305 dated 06 November 2013.

To ensure that the NIA key staff involved in this initial step have the knowledge and understanding of the QMS's strategic directions, documentary procedures and implementation strategies, the activity was facilitated by Arnel D. Abanto, Managing Director of the Center for Quality & Competitiveness (CQC) and Vice-President of the Development Academy of the Philippines.

with Lioneil G. dela Cruz, PAIS, C.O.

BALOG-BALOG MULTIPURPOSE PROJECT

Tarlac's Legacy for the Future Generation

Ross C. Esteban, NIA-BBMP

In the late 1960's, an initial Pre-Feasibility Study of the Bulsa River in Maamot, San Jose, Tarlac, revealed its impounding viability for a water reservoir project. This was ascertained when a soil exploration was conducted in the area, exhibited the potential of its mountain ranges and vast forest reserve for a huge water reservoir that can irrigate close to 40,000 hectares of agricultural land in the Province. Further studies were conducted in the early 80's, and in February 3, 1988 during the incumbency of then President Corazon C. Aquino, the Balog-Balog Multipurpose Project was finally approved by NEDA-ICC, paving the way for its immediate implementation.

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BALOG-BALOG MULTIPURPOSE PROJECT

Tarlac's Legacy for the Future Generation

Few years later, two major calamities hit the province, the July 1990 earthquake and the Mt. Pinatubo eruption in 1991, heavily damaging several irrigation canals and facilities with heavy lahar deposition. Project implementation was temporarily stopped, and after which, the project was given less priority and was shelved for about eight years due to tight financial considerations.

The project was reactivated in 1999 during the term of President Joseph E. Estrada, making BBMP one of his Flagship Projects, and this was made possible thru the efforts of prominent Tarlac technocrat-politicians in the persons of Ambassador Eduardo "Danding" Cojuangco, Governor Jose "Aping" Yap, and Congressman Gilberto "Gibo" Teodoro. Danding has a deep concern for its immediate construction because of the perennial drought and flooding problems that were hitting Tarlac Province during that time. He himself as a former Governor, Congressman, and a successful businessman-farmer fully understands the importance of irrigation as a basic component in the agricultural development for the province. The Balog-Balog Multipurpose Project will be the legacy of President Corazon C. Aquino, Ambassador Danding Cojuangco and Governor Aping Yap for the Tarlaqueños.

When Benigno S. Aquino III became president in 2010, BBMP was given full support, and promised to finish what was started by his mother, and to fulfill the long awaited dream of the Tarlaqueños, to have a substantial irrigation for Tarlac. With the project, the government's thrust for food staple self-sufficiency will be attained, and it will serve as a "Catalyst to Countryside Socio-Economic Development".

At the helm of this multi-billion peso infrastructure project is Project Manager Dexter G. Patrocinio, born on July 21, 1954. He finished his Bachelor's Degree in Civil Engineering at Silliman University in Dumaguete City, Negros Oriental in 1977. Holder

of two masters' degree, one in Public Management at Negros Oriental State University (NORSU) in 2008 and the other in Public Administration at South Western University (SWU) in Cebu City in 2010, both with honors.

He started his career with the National Irrigation Administration as an Irrigation Project Investigator (IPI) in Negros Oriental PIO in 1978 until he became the Provincial Irrigation Engineer of Negros Oriental/ Siquijor Provincial Irrigation Office for almost twenty two (22) years.

He was appointed as Manager for Engineering and Operations Division (EOD) of NIA Region 7, in Tagbilaran City, Bohol. In October 17, 2011 he was designated as Acting Operations Department Manager at NIA Central Office in Quezon City and in September 4, 2012, he was appointed as Regional Manager of Caraga Region in Butuan City, Agusan Del Norte. By September 4, 2013 he was designated as Assistant Administrator at NIA Central Office, and as the new Project Manager of Balog-Balog Multipurpose Project in February 2014.

He is a recipient of various awards and citations such as: Outstanding Provincial Irrigation Officer for twenty (20) years, and Provincial Irrigation Officer of the Year in 1994 and 2005, Best Regional Performer for five (5) years, and Regional Winner of Dangal Bayan Awards of the Civil Service Commission in Region 7.

On top of his various achievements, he will never exchange his priceless happiness and contentment in the arms of his loving and beautiful wife, Eurica Tan Patrocinio, together with his four children and four beautiful grandchildren. Clester, the eldest is a businessman in Butuan, Agusan Del Norte; second is Gunter, a Mechanical Engineer; third is Lady Danielle, an Electrical Engineer; and fourth is Dexter Jr., all three working in



**BBMP Project Manager,
Engr. Dexter G. Patrocinio**

their four beautiful grandchildren Kiddo, Onyong, Gibo, and Madoks, and daughters-in-law Tating, Pauline, and Tatyana, who are all professionals and successful in their chosen careers.

The new Project Manager is very fatherly, down to earth, and accommodating regardless of age, status, and faith. He has a very profound way of sharing his wisdom, whether in formal conferences, simple meetings, or mere conversations just to make you feel relaxed and comfortable. He simply touches the lives of everyone with his kindness and caring words. Utmost support and trust is what he is asking for to his constituents, in order to achieve better in its physical and financial performance, and for the speedy completion of the Balog-Balog Multipurpose Project.

SANTAMASI IA: ON THE FRONT LINE

Marietta M. Dela Cruz, PRO, NIA-Region 4A



SANTAMASI IA Validation for Regional Most Outstanding IA

"Maayos naman kami dito," Ka Efen Marasigan, SANTAMASI IA President, humbly stated when asked about their IA. That is how one can sum up this IA, who are composed of down to earth, unassuming officers, and yet they have proven more than once that they are a force to reckon with. Twice, they have impeached Presidents who have been found to be not deserving of the position.

SANTAMASI IA, Inc. with office address at Brgy. Pook, Sta. Maria, Laguna, is an IA organized to be a partner of NIA in the operation and maintenance of a National Irrigation System (NIS) – the Sta. Maria River Irrigation System (SMRIS). It has two Diversion Dams – the Sta. Maria Dam in Brgy. Bagumbayan and Mata Dam in Brgy. Inayapan both located in Sta. Maria, Laguna with Sta. Maria River as their common water source. At present, SMRIS service area is 974 hectares segregated into two municipalities and 14 barangays,

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SANTAMASI IA: ON THE FRONT LINE

serving 862.35 hectares in Sta. Maria and 111.65 hectares in Mabitac being tilled by 631 and 96 farmer-members, respectively. The system's Main Canal is 13.84 km long with 8 laterals and sub-laterals totalling 21.707 km., 65.5% of which is lined canal. The irrigation system has 46 Turn-outs with a service road of 46.92 km.

There are 30 organized Turn-out Service Area Groups (TSAG) within the system being managed by 22 TSAG Presidents (some of whom are handling 2 TSAGs at the same time) who also comprises the Board of Trustees (BOTs) whose main job is to propose, deliberate, and approve the policies (Operation and Financial) of the IA – which they make sure is strictly followed. TSAGs Presidents are also in-charge of the operation (water delivery and distribution) and maintenance for their Turn-out Service Area (TSA), while, the IA President and Vice President are in-charge of the two diversion dams. In addition, the BOTs distribute ISF bills and campaign for ISF payment. Their cooperation provided the much-needed initiative in embracing the challenge of the Irrigation Management Transfer (IMT) program.

SMRIS has started operation on October 2, 1961 and have undergone major rehabilitations under the Laguna de Bay Development Project I (LBDP) in 1979-1984 and the Irrigation Operation Support Project (IOSP) I in 1988 and IOSP II in 1996. Through the implementation of these projects, the construction of needed irrigation structures and facilities provided additional source of irrigation water, generating area previously under rainfed condition. It was also during this time that the IA was organized through the Farmer Irrigators Organization Program (FIOP). Using Farmer Irrigators Organizers (FIOs), with the supervision of a Water Resources Facilities Technician (WRFT).

SANTAMASI IA was formed and originally registered at the Securities and Exchange Commission (SEC) on March 4, 1992 (the IA was re-registered on February 25, 2009). They have entered into then Stage I & II contract with NIA that same year they were organized in 1992.

SANTAMASI's initial entry as an organized IA has not been easy – their beginning was full of challenges and many farmers were not cooperating. Their turning point is being attributed to the dedication and commitments of NIA personnel headed by Engr. Emmanuel S. Sunga, Irrigation Superintendent - who have tackled head-on the participatory approach and made it work. The IA became involved not only in the maintenance and delivery & distribution of irrigation water, but also in the collection of ISF.

As a result, the system was elevated into a viable status and SANTAMASI IA reaped recognition for a significant number of years – being awarded as the Region's Most Outstanding IA (NIS Category) in 1992 and in 1997 – 2002.

On November 1, 2001, the Joint System Management - Irrigation Management Transfer (JSM-IMT) Program was adopted by SANTAMASI IA. On March 31, 2012, the IA signed the Model III Contract to which they proved once again their ability to handle responsibility. Their average Collection Efficiency (C.E) is 82% during Dry Season and 71% during Wet Season of which they get an IMT Share as embodied on their agreed sharing scheme with NIA on Current ISF Collection.



Ka Efren Marasigan, SANTAMASI IA President

The income from their IMT share is being augmented through their availment of NFA's Development Incentive Fund, as well as the income from their three Flatbed Dryer provided by the Department of Agriculture (DA).

The appointed IA Treasurer and hired Billing/Accounting Clerk handle the IA's financial accounts as well as manned the office and accept walk-in farmer-clientele and visitors together with the IA President, Vice President, and the ISF Collector who report regularly in their office.

At present, they have purchased a 4,000 square meter lot and being made ready for the construction of a DA's grant Ricemill worth P6 Million. For SANTAMASI IA this is a dream come true because they are sure that this will be a great help for them to achieve their full potential.

SANTAMASI IA is doing more than okay; they are in the frontline once again and are determined to stay there for a long time.

Amaling Manoot IA: An Epitome of Dynamic NIA-IA Partnership

Aileen Vernice G. Bahia and Myra B. Madriaga, NIA-MIMAROPA

Hitting two birds with one stone sounds cliché enough, but still formidable and suitable to describe the performance of Amaling Manoot Irrigators Association (IA) of Manoot Communal Irrigation System (CIS) in Rizal, Occidental Mindoro.

The twenty-four year old association, organized on March 30, 1990, continued to be an active partner of NIA in serving the farmers while attaining self-sufficiency as an organization through its strong linkage with several government agencies. Essential elements in their performance include quality service, effective leadership, innovative endeavour, and appreciative attitude towards assistance rendered by NIA.



Amaling Manoot IA Officials pose with DA Sec. Proceso J. Alcala, Cong. Josephine Sato, and Acting RIM Conrado V. Cardenas, Jr.

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Amaling Manoot IA: An Epitome of Dynamic NIA-IA Partnership



The Flatbed Dryer owned by Amaling Manoot Irrigators Association



Php 1M worth of warehouse awarded by the Department of Agriculture to Amaling Manoot Irrigators Association

Quality Service

As NIA's partner for development, Amaling Manoot IA successfully operates and maintains the Manoot CIS balancing the interest of the farmers, the IA, and NIA. Thus, the association's actions are established with main consideration on the quality of service.

From their very first irrigation project – a 200-meter concrete lining and intake structure – funded under the Comprehensive Agrarian Reform Program, additional facilities were requested to further improve irrigation service and boost performance of their organization. The IA formulated board resolutions requesting fund for construction of another 200-meter CHB lining from NIA and LGU amounting to Php4M and Php1M, respectively. Presently, Manoot CIS is servicing a total of 623 hectares.

Effective Leadership

Through effective leadership, respective function of each IA member is well defined enabling them to perform efficiently. In an interview, IA President Rustica Panganiban emphasized the responsibility she imposed to the IA members, “Bilang miyembro o pinuno ng IA, tungkulin namin ang mahahalagang bagay na ito: pumunta sa nakatakdang pagpupulong pati na rin sa pagpupulong ukol sa pagbabayad ng equity,” (As member or leader of an IA, we are responsible for the following: to attend the

Acting RIM Cardenas (2nd from right) with (Left to Right) Engr. Emerlito D. Alcala, Amaling Manoot IA President Rustica Panganiban, NIA-4B PRO Aileen Vernice G. Bahia, and Engr. Felipe E. Abaña while visiting the IA's service area.



set meeting and assembly for the payment of equity).

As the leader of the organization, President Panganiban recognizes regular dissemination of relevant information and consultation with the members regarding important concerns crucial to the function of organization. With this, she constantly wins the support of IA members.

When asked how they support their president and the association, active IA member Mr. Dionisio Samino shared that they agreed with NIA to continuously perform their responsibility. He also encourages other members to effectively fulfil their tasks to prove sincerity to their oath.

Innovative Endeavour

Amaling Manoot IA is never afraid of changes. In more than twenty years, they have been active in trying something “new” to improve their organization. With their own initiative, they established a community seed bank, one of the breakthroughs of the organization. Through a resolution, the Department of Agriculture (DA) granted 20 sacks of rice seeds which were distributed to Board of Directors (BOD) and members. With this valuable effort, DA awarded them a Php1M worth of warehouse during the visit of Secretary Proceso J. Alcala in Occidental Mindoro.

Presently, the IA is nominated candidate for the best management of Community Seed Banking nationwide with an award amounting to Php2M sponsored by DA under the AgriPinoy Rice Program.

In terms of paying amortization, the IA also encourages their members to sell their produce to the National Food Authority despite getting better price from private dealers. This enables them to earn incentives from the said agency which is used for advance payment of their amortization and water rights to NIA. In the future, IA also plans to increase their amortization.

Through the innovations they endeavoured, they had generated sufficient income enough to buy new tractor, to renovate the IA office, repair flatbed dryer and provide other postharvest facilities for use of the association.

Appreciative Attitude

Amaling Manoot IA never fails to acknowledge the assistance that NIA provided them. “Kung ano mang biyaya ang binibigay ng NIA, dapat suklian natin,” explained President Panganiban. “Dapat tangkilikin natin ang NIA. Maging masipag kayo, makipag-ugnayan kayo lagi sa NIA. Nandyan sila [NIA] palagi. Ito ang ipinakita ko o iginising sa aking mga miyembro.” (For every assistances provided by NIA, we should give back by working hard and coordinating with them. This is what I instill to the minds of the members.)

The IA also appreciated the personal visitation of the Acting Regional Manager Engr. Conrado V. Cardenas, Jr. as his way of establishing strong partnership with the farmer-beneficiaries. According to them, the organization's goals were achieved through the director's selfless service.

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Amaling Manoot IA: An Epitome of Dynamic NIA-IA Partnership

“Parang ordinaryong tao lang ang director. Noon mahirap i-approach ang director kasi mukhang pormal lagi. Ngayon po, hindi namin alam na director na ang kaharap namin dahil pinupuntahan kami sa bukid,” IA president Panganiban expressed. (We assumed before that the director is un-approachable but now, we can see that Engr. Cardenas is a simple and ordinary person who personally visits our area to meet us and inspect our projects.)

President Panganiban also expounded, “Nasa kaisipan namin ang Seven (7) Point Agenda ni Administrator Maranan, lalo na yung number 1. Yung rapid delivery of irrigation projects.

Nararanasan namin lahat nung 7 agenda lalo na ang number 1 kaya lalo po kaming sumigla dahil sa pamumuno ng NIA.” (Never will we forget the seven-point agenda of Administrator Maranan, most especially his number one agenda which is the rapid delivery of irrigation projects. Thus, from the good management of NIA, boosts our determination to work hard as farmers.)

Motivated by the quality service that NIA has provided them, the IA pledged its full participation and cooperation as partners of the agency. Amaling Manoot IA is now eyeing to be hailed as an Outstanding IA nationwide.



Amaling Manoot (AMMAN) IA President Rustica Panganiban happily shows the Certificate of Turnover of the PIM worth of warehouse awarded by the Department of Agriculture

JICA-funded micro-hydropower project in Isabela breaks ground

Melissa C. Agbisit, PRO, NIA-MARIIS



SAN MATEO, Isabela – Department of Agriculture Secretary Proceso J. Alcala and Department of Energy Undersecretary Ramon Allan Oca were in town March 4, 2014 for the groundbreaking ceremony of the micro-hydropower project and rice harvest festival in the Magat River Integrated Irrigation System here in Isabela.

The micro-hydropower project, a grant from the Japanese International Cooperation Agency, in partnership with the Department of Energy and the National Irrigation Administration, is the first of its kind in the country.

Masaki Sasaki from the JICA Philippine Office said they consider the project as an excellent opportunity for the People of Japan to share the know-how in hydropower technology with the Philippines. “This is an excellent opportunity to show that we can produce clean energy from irrigation canals, even in waterways with low effective heads,” she added.

She shared that in Japan, hydropower turbines in many shapes and sizes installed in areas where there are high heads and low heads are common fixtures along their agricultural waterways. “We have been able to harness hydropower efficiently in irrigation areas even in waterways with low heads, something that we believe is also abundant in the Philippines,” she said.

Secretary Alcala expressed thanks to JICA and the Department of Energy for spearheading the partnership and for the local government for their acceptance of the project. “This only shows that

with the cooperation of the different government agencies and the special help of the private sector, we can really push for a very noble project such as this,” he said.

Undersecretary Oca said the agency hopes to continue developing other micro hydropower sites. “Even if they have relatively small output, if there are a lot of them, they would be able to make a significant contribution in addressing our energy needs,” he said.

A challenge to increase rice production Administrator Claro V. Maranan of the National Irrigation Administration said the agency has identified 147 potential sites for mini-hydro projects in its irrigation systems. He said that the agency is looking forward to generating revenues from hydropower to benefit the farmers.

Maranan, who witnessed the harvest festival along with the DA Secretary and the other guests challenged the farmers in MARIIS to increase their rice production. “MARIIS reports an average yield of 7.5 tons per hectare, however, farmers in Badagoy Irrigation System in Davao report a maximum yield of 10 tons while farmers in Kalinga report a yield of as high as 12.5 tons,” he said.

He shared that according to the DA Secretary, the national rice production yield is at 3.08 tons, if only this could be increased to 5 tons, then our country would be rice self-sufficient. He challenged the MARIIS farmers to support the program of the

government and exceed the current average rice production of 7.5 tons to contribute to the increase in the national rice production.

MARIIS Operations Manager Mariano G. Dancel who is proud of the system’s early harvest said 15,371 hectares of palay are for harvest this week. “For that we expect a palay production of 92,226 metric tons or 59,947 MT of rice which could help address the rice consumption of Metro Manila,” he shared.

Increasing cropping intensity through mungbean production, Dancel also highlighted mungbean production during the event where monggo sowing in newly harvested ricelands was shown. Monggo is considered a third crop in MARIIS.

In San Mateo, Isabela, known as the monggo capital of the Philippines, monggo is broadcasted just after the dry crop (rice crop) harvest. After harvest, the farm is irrigated by flushing and the excess water is drained. Inoculated monggo seeds are then broadcasted and after 45 days the first priming starts.

Monggo harvested early usually are more expensive and they could harvest at least three times before the onset of the next cropping season. This is another source of income for rice farmers in the municipality.

The one-day activity was a showcase of MARIIS pride and OM Dancel hopes the system would continue to serve the farmers and change their lives for the better.

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JICA-funded micro-hydropower project in Isabela breaks ground



Administrator Claro V. Maranan joins DA Secretary Proceso J. Alcala, MARIIS Operations Manager Mariano G. Dancel and DOE Usec Ramon Allan Oca in the groundbreaking of the mini hydro power plant in Isabela. With them are LGU and JICA officials.



Mongo Sowing Activity.

Putatan Pump Irrigation System: its (hi)story

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

Administrator Claro V. Maranan issued a memorandum dated March 25, 2014 advising to comprise a special committee to revisit the agreements reached, if any, on the utilization of Putatan Pump Irrigation System in Muntinlupa, a National Irrigation Administration property, by Maynilad Water.

Senior Deputy Administrator Felix M. Razo led the committee with Ms. Pilipina P. Bermudez, Engr. Cesar C. Talampas, Atty. Ailyn C. Agtuca-Selda, and Ms. Nonylon B. del Rosario as members.

The committee had a run down of the history that led to the present move to terminate the Memorandum of Agreement (MOA) between the Agency and the Metropolitan Waterworks and Sewerage System (MWSS) that was signed on November 17, 2008 by then NIA Administrator Carlos S. Salazar.

The MOA was subsequently executed by the parties and duly notarized on November 26, 2008.

The NIA Putatan property comprises parcels of land, water production and treatment facilities, deep wells, pipelines and appurtenances as well as pumping station facility. Its main construction purpose was to divert water from Laguna Lake for the irrigation of agricultural lands in Cavite area, which is part of the Cavite Friar Lands Irrigation System (Cavite FLIS).

*The Agency's decision to transfer its property's utilization to MWSS was due to the following considerations: (1) the property remained idle for too long and the operation of the pumping station for irrigation purposes is uncertain due to the issue of high operating and maintenance cost; (2) the MOA between NIA and MWSS has a noble purpose as it will pave the way in providing an estimated three million customers adequate and potable water in the cities of Muntinlupa, Las Pinas, Paranaque, and portions of Cavite province; (3) the endeavor was also in support of the commitment of then President Gloria Macapagal-Arroyo to provide residents of the said cities and province potable water supply; and, (4) the MOA was also reviewed by the Office of the Government Corporate Counsel which was found the same to be substantially in order.

On January 28, 2011, NIA took the initiative to renegotiate the terms and conditions of the MOA (which also states that, MWSS should allow NIA's authorized representative free access to the properties upon prior request; and inform NIA of any improvements that will be introduced at least fifteen days before its installation/construction in the property) by writing a letter to MWSS, in view of the information received that MWSS is receiving payment from its concessionaire Maynilad Water for the use of the Putatan property.

NIA-SNAP's One-Stop Shop Activity

Desiree C. Cacal, NIA-MARIIS

The Land Acquisition and Livelihood Restoration Committee (LALRC) composed of NIA and SNAP-Magat conducted a One-Stop Shop Activity at NIA-Dam and Reservoir Division, Ambatali, Ramon, Isabela on April 21 to 23, 2014. This activity was aimed to settle the claims of households that will be affected by the MARIIS Optimization Project. These households are from the vicinities of Alfonso Lista, Ifugao, and Ramon, Isabela.

As of April 23, 2014, there are 192 Project Affected Households (PAH), and 184 had settled their livelihood compensation. As to the remaining eight claimants, four of which are anchored on a lot to undergo expropriation proceedings, one is over a bank-foreclosed property, one requested for reevaluation of compensation, while one claimant did not appear during the activity and one claimant rejected the offer.

In its reply dated February 22, 2011, MWSS informed NIA that it is not receiving any financial benefit from Maynilad for allowing the utilization of the property.

On June 28, 2011, NIA wrote another letter to MWSS reiterating its request for renegotiation of the NIA-MWSS MOA stating that there is a compelling reason to renegotiate the same although MWSS is not receiving any financial benefit from it, considering that Maynilad Water, a private entity, is benefitting financially from the gratuitous use of the NIA property while NIA (or the government) is left with the obligation to pay the loan to ADB.

MWSS, in its letter-reply dated August 10, 2011 advised NIA that it is reviewing the matter in coordination with its concessionaires. Since then, NIA has no further update from the MWSS on the issue. *Source: Position Paper signed by then NIA Administrator Antonio S. Nangel

Any action by the committee will be undertaken upon the approval of the Board that includes the renegotiation with the MWSS, directly negotiate with Maynilad, termination of the MOA between NIA and MWSS, and/or amend some portion of the MOA.



(PHOTO NEWS)

AGRI PINOY RICE ACHIEVERS AWARD – Ten (10) Irrigators Associations were awarded as Agri-Pinoy Rice Achievers during a ceremony held at the Resorts World Manila on March 14, 2014



MARIIS

From left: DA Sec. Proceso J. Alcala, Ligaya Irrigators Association President Antonio Cruz, MARIIS Operations Manager Mariano G. Dancel, Administrator Claro V. Maranan, Ligaya IA Treasurer Romeo Abuan, Ligaya IA Secretary Nemesio Sarmiento, MARIIS Division 1 Manager Eduardo M. Ramos and DA Asec. Dante S. Delima



REGION 5

From left: DA Sec. Proceso J. Alcala, IDS Chief Engr. Danilo B. Renolayan, San Antonio Farmers Multipurpose Cooperative (SAFIMCO) Irrigators Association of San Antonio, Buhi, Camarines Sur President Loreto Cenita, RIM William P. Ragodon, Administrator Claro V. Maranan, Supervising IDO Salvacion R. Pardo, and DA Asec. Dante S. Delima



REGION 9

Under NIS Category, Lower Tiparak-Tambulig (LOWTIPTAM) IA receives One Million Cash Prize as one of the AgriPinoy Rice Achiever Awardees for 2013. (L-R) DA Sec. Proceso J. Alcala, IA President Fernando P. Lindo, IA Treasurer Trinidad Y. Vale, NIA Administrator Claro V. Maranan, Regional Irrigation Manager Diosdado A. Rosales, IA Sec. Sandra L. Utlang, Institutional Development Officer (IDO) Rosie Lyn B. Villanueva, Supervising IDO Lorna B. Dequito, Zamboanga del Sur IMO Head Joel C. Atay, and DA Asec. Dante S. Delima.



REGION 9

Under CIS Category, Labrador-Timualang-Katurug (LATIMKA) IA receives One Million Cash Prize as one of the AgriPinoy Rice Achiever Awardees for 2013. (L-R) DA Sec. Proceso J. Alcala, IA President Abner M. Engaño, IA Treasurer Geronimo C. Alterado, Institutional Development Officer (IDO) Ariel Mencidor, Zamboanga Sibugay IMO Head Carlos A. Sabado, NIA Administrator Claro V. Maranan, Supervising IDO Lorna B. Dequito, Acting IDD Manager Bayani P. Ofrecio, Regional Irrigation Manager Diosdado A. Rosales, and DA Asec. Dante S. Delima.



REGION 10

From left: DA Sec. Proceso J. Alcala, IA President Edwin Janabonga, BOD Reynaldo Lauron, DA MAO Francisco Bihud, BOD Angel Garcillano, Engr. Cecille Y. Celestiano, Administrator Claro V. Maranan, Acting RIM Hilario C. Cedeno, IMO Manager Joecarnine L. Gubat, and DA Asec. Dante S. Delima



REGION 10

From left: DA Sec. Proceso J. Alcala, San Juan Impasug-ong La Fortuna Irrigators Association (SILFIA) President Eriberto Bangis, Acting RIM Hilario C. Cedeno, IMO Manager Jimmy L. Apostol, Institutional Dev't Section Chief Aguinaldo Y. Cruz, Engr. Cecille Y. Celestiano, SILFIA BODs Alfredo Agustin and Casiano Salenga, DA Asec. Dante S. Delima, and Administrator Claro V. Maranan



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(PHOTO NEWS)

AGRI PINOY RICE ACHIEVERS AWARD



REGION 11

From left: DA Sec. Proceso J. Alcalá, DUPFIA President Materno Hilario, RIM John N. Celeste, Davao del Norte IMO Manager Cornelio M. Baustista, Jr., VP Elino Estorque, BOT Leonardo Lalantacon, LALIK O and M Chief Larry Franada, Administrator Claro V. Maranan, IDS Head Renato Cosmod, AA Julius S. Maquiling, and DA Asec. Dante S. Delima.



REGION 11

From left: DA Sec. Proceso J. Alcalá, Lower Marber Irrigators Association Officers (in blue uniform), LOMAIRA President Leogene Bangahon, Acting Davao del Sur IMO Manuel L. Ranese, RIM John N. Celeste, EOD Manager Ramon A. Bugasia, Administrator Claro V. Maranan, DA Asec. Dante S. Delima, and AA Julius Maquiling.



CARAGA

From left: West Bayugan Maygatasan Sta. Irene Irrigators Association (WEBAMSI IA) President Mr. Nemesio B. Niog flanked by DA Sec. Proceso J. Alcalá, RIM Encarnacion S. Soriano and, Administrator Claro V. Maranan. Also in photo is DA Asec. Dante S. Delima and other DA officials.



CARAGA

From left: San Roque Irrigators Association represented by its president, Mr. Mamer E. Banguis posed with DA Sec. Proceso J. Alcalá, RIM Encarnacion S. Soriano, DA Asec. Dante S. Delima, and Administrator Claro V. Maranan

World Water Day 2014

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



Senior Deputy Administrator Felix M. Razo poses with NPC President and CEO Gladys Cruz-Sta. Rita and other top officials at the opening program of the World Water Day celebration.

The National Irrigation Administration (NIA) joined the celebration of the World Water Day 2014. Now on its second year, the event's theme was "Water is Power". The theme encourages action towards improving combined and coordinated water and energy management and governance.

For the kick-off activity on March 17, 2014 held at the owned and controlled Angat Dam of the National Power Corporation (NPC), contingents from participating corporations and agencies such as Department of Public Works and Highways, Department of Energy, Department of Education, Maynilad Water Services, Inc., Manila Water, Metropolitan Waterworks and Sewerage System, Local Water Utilities Administration, National Grid Corporation of the Philippines, Department of Environment and Natural Resources,

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World Water Day 2014



SDA Razo and PAIS Manager Pilipina P. Bermudez plant a Mangkono seedling during the ceremonial tree planting at NPC-Angat Dam area.

NPC, and NIA were present to welcome the week-long celebration.

After a small opening program, there was a ceremonial tree planting by the officials. Senior Deputy Administrator Felix M. Razo was on hand to celebrate the day with the rest of the Water and Energy family.

Simultaneous with the tree planting was the send-off for Water-Energy nexus tour. The said tour saw the participants visiting Angat Dam, Angat Hydroelectric Power Plant, Ipo Dam, Bitbit Bridge, La Mesa Dam, and Maynilad Water Treatment Plant 2.

On March 18-20, participating corporations and agencies conducted different activities like photography contest, slogan making contest, film showing, education drive, mangrove planting, exhibits, concert, lecture series, on-the-spot poster making contest, river cleanup, outreach program, estero tour, and story telling.

The WWD 2014 culminating ceremonies was held on March 21, 2014 at SM MOA Music Hall.

The ceremony started at 1:00 in the afternoon. There were games and awarding ceremonies for all the contests held during the week. After the program, participants joined a two-kilometer walk around SM MOA. Larger group was present to mark the occasion. The walk aimed to promote public awareness on the importance of water, its preservation, and conservation. PAIS Manager Pilipina P. Bermudez headed the NIA contingent. Each participating official present made a commitment, in behalf of their agency, on what they vow to do in order to support the purpose and objective of the world water celebration. For her part, Ma'am Bermudez said that NIA as always would protect the watersheds for it is one wellspring of irrigation water to the farmlands.

Indeed, the WWD 2014 celebration was a success for the importance of water-energy nexus as well as focusing on ways to provide clean water for people throughout the world was highlighted.



Manager Bermudez signs in the commitment board in support of the World Water Day celebration.



NIA contingent at the WWD culminating ceremonies.



NIA's join the 2014 National Women's Month Celebration

Luzviminda R. Peñaranda, PAIS, C.O.

NIA's joined the throng of more than 10,000 participants from government agencies, non-government organizations, state colleges and universities, and other civil society groups to set a world record of the most participated women symbol formation in celebrating the

2014 National Women's Month on March 8 at the Quirino Grandstand, Manila. The event dubbed as "Sulong Juana! Human Woman Symbol Formation" highlighted the kick-off activity. Acknowledged as advocate for gender equality and women

empowerment, the Philippine Commission on Women spearheaded the activity and assisted by the Department of National Defense through Armed Forces of the Philippines and Metro Manila Development Authority.



Source: <http://www.gmanetwork.com/news/story/351660/lifestyle/peopleandevents/over-10k-pinoys-form-women-symbol-at-luneta-for-women-acute-s-month>



NIA GAD members attended the women symbol formation for the 2014 National Women's Month Celebration

NIA-IA-LGU AND AFP CONVERGENCE

MMIP II PR team



Project Manager Noldin S. Oyod with the participants of the NIA-IA-AFP Bamboo Planting Activity hold their own bamboo propagules to be planted along the Right Main Canal I of MMIP-II.

As a good start to a glossy bamboo tiled floors or an exquisitely bamboo inspired living rooms, members of the Daleongaeon Farmers Irrigators Association (DalFIA) and the Takepan Christian and Muslim Irrigators Association (TamCIA) joined the National Irrigation Administration and the Armed Forces of the Philippines in a Bamboo Planting activity at both sides of the Right Main Canal I on March 13-14, 18 & 20, 2014 which covered an area of almost 4 kilometers.

Geared with inspired spirits, the joint campaign was an enjoyable event. The whole stretch of Right Main Canal I were planted with 260 bamboo propagules. Except on the first day of the campaign, these propagules were planted in the cool afternoon to avoid the scorching heat of the sun that would harm the young plant. IA members were taking it upon themselves to take charge of watering these plants to ensure their growth and existence. While the good Captain Kasim Gayak, who patiently taught them how to plant the bamboo propagules, committed their unit to check those plants as part of their morning routine exercises.

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NIA-IA-LGU AND AFP CONVERGENCE

The Campaign that was jointly started by PM Noldin S. Oyod and Brigade Commander Col. Allan Arrojado of 602nd Brigade 6th Infantry Kampilan Division thru the “Earn and Learn with Bamboo” presentation on February 12, 2014, made a great impact to these farmer-members. In response to the trust of NIA to the Irrigators Association (IA), farmer-members committed themselves to make these young plants grow not only for economic gain but to preserve the soil and protect the irrigation canal.

This campaign, as PM Oyod expressed in his address, will not only provide commercial and environmental benefits but a legacy of his leadership and the 602nd Brigade of the Armed Forces of the Philippines to the farmers in the area once the project is completed.



NIANs, IA members, and the Army work hand-in-hand in planting bamboo propagules in MMIP's Right Main Canal I. Each sector committed to take care of the young bamboo plants to ensure its growth and existence.

InvestEd for Tomorrow

Portia Sandoval Angulo, Industrial Relations Development Officer A, NIA HRD, C. O.

On April 28, 2014 NIA was once again visited by Mr. Armand Q. Bengco of the Colayco Foundation Inc., one of the known financial guru in the country. He got back to fulfil his promise to the participants of the Pre-retirement seminar on October 25, 2013 that a brief free seminar on investment will be given. The seminar was not limited to retirees only; it was opened to all NIANs as the guru encourages everyone to start early investment.

Previous participants were followed-up as to the move they have taken since the last time the seminar was conducted. Their main response caused evocation of taking early action so as not to merely depend on their would-be retirement money later on. Reiteration that retirement fund typically drains easily due to inevitable expenses and lack of other means of income after employment was extensively discussed.

The notion of placing money in bank should not be an option if one is looking at growing it, according to Mr. Bengco. Banks only safe

keep our money and provide a very negligible interest, hence it cannot be relied upon to pay for one's needs.

The different forms of investment and an overview of their pros and cons were introduced and explained. Allotting a portion of savings for emergency purpose is important as it is not advisable to invest all liquid assets, especially in just one basket. Available resources must not all be gambled by putting up a business or engaging in networking which promises profits by simply recruiting downlines. One's risk tolerance has to

be assessed beforehand to properly determine the type where s/he should venture into. It is a must to set a goal that will motivate one to invest. Afterall, gaining profits would be meaningless if there is nothing to look forward to.

Many people work almost half of their lives for money not knowing that they can make money work for them. It is not yet too late for the soon to retire employees to do so, though they have to double their time nowadays. On the other hand, the younger ones who learned from Mr. Bengco can now take action and decide for their future.



Participants seriously contemplating the facts given on financial matters and deeply considering the options provided by the speaker, Armand Bengco of Colayco Foundation



Be Fit, Be Healthy

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

The Medical group led by Dr. Catherine Binag spearheaded a “Be Fit, Be Healthy” campaign on April 8, 2014 with three different activities prepared for the day, starting as early as seven in the morning with a Fasting Blood Sugar, Ankle Brachial Index, and Body Mass Index tests that saw NIA Central Office employees lining up for the analysis sponsored by Core Bridge Pharma, Incorporated.

For the second activity, a Zumba Demo Steps at 8:00 AM was held at NIA Grounds, which was joined by few enthusiasts. The said demo that lasted for two hours was a trial and run-through of a perceived fortnightly or weekly Zumba. Dr. Binag, during her closing message said that for starters, the attendance was a promising number.

In the afternoon, the Medical group gave a lecture on Basic First Aid Gym Injuries and Accidents and Basic Instruction on Proper Usage of Gym Equipment attended mostly by male NIANs.



The group posed for a photo after their two-hour Zumba Demo Steps. With them is Ms. Normie (center, with pink bandanna), a certified Zumba instructress.

Health Benefits of Badminton

Source: “My Badminton Blog.” 2012-7. Web 23 May 2014.



It is a well-known fact that being involved in a strenuous physical activity like badminton gives multiple health benefits and promotes a long life span. Studies have found that playing badminton in young adults lowers the risk of death by about 23% in the following 20 years of regular play and improves longevity by at least 2 years. The optimal health benefits are achieved by playing badminton for at least 30 minutes a day.

- The main health benefit of this sport is the reduction of bad cholesterol and addition of good cholesterol.

- Regularly playing badminton conditions the body so that the base heart rate drops a few beats per minute and blood pressure is reduced. This is truly a dream come true for hypertensive individuals. It may help them ward off their hypertension without medicine and even if they are required, only fewer amounts are needed.

- Any physical activity reduces the amount of sugar the body makes so this is also good for diabetic people.

- This is also a great mind game because it trains the mind to analyze things and respond to them quickly. This will help in preventing neural diseases.

- Any physical activity protects you from heart diseases. Playing badminton strengthens the heart and prevents blood vessels from clogging. Even people with pre-existing heart diseases can benefit by playing badminton within their capacity under medical supervision and advise.

- Physical activity also helps overweight people to reduce their weight and attain the right BMI together with a proper balanced diet.

- Physical activity also keeps metabolism at a healthy rate.

- This is a total body workout which uses almost every muscle in your body. It tones your body for a smooth non-muscular look. So girls, don't need to worry about big muscles.

- Playing badminton helps in preventing osteoporosis. It promotes the activity of the bone forming cells and help in the assimilation of calcium in the bone matrix, thereby strengthening it.

- Additional health benefits of regularly playing badminton is reduced incidence of diseases like cancer of the large intestines and cancer of the breast.

- Playing badminton keeps you feeling well, strong, motivated, optimistic and young. It helps ward off depression and stress. It improves your self-esteem and helps in enjoying a better sleep in the night, thereby minimizing the occurrence of diseases.

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