



NIA XI INAUGURATES NEWLY RENOVATED BUILDING



The National Irrigation Administration—Region XI (NIA XI) successfully inaugurated its fully refurbished regional office building on September 8, 2010 at Bolton St., Davao City. Attributed to NIA –XI Regional Manager Felix M. Razo's initiative and accomplishment, the edifice is an innovation that transformed the erstwhile NIA structure into a modernized office. No less than NIA's new Administrator Engr. Antonio S. Nangel graced the



occasion in the company of the Regional Irrigation Managers, NIA—Central Officials, Division Managers, the farmer-irrigators associations, NIA retirees, guests and friends.

The slated activities of the day's inaugural event started with the celebration of the holy mass and blessing of the building officiated by Msgr. Bishop George Rimando, DD. Shortly after the arrival of the visitors and

guests, RM Engr. Felix M. Razo led the unveiling of the building's dedication inscribed on bronze plated marker which states, " This edifice is dedicated to the farmers and irrigation beneficiaries of NIA Region XI whom we vow to continuously serve with utmost sincerity and competence... GOD BLESS US! " and ensued by the laying of the Time Capsule signifying the longevity of the edifice for the period Year 2010—2059. NIA Adm. Antonio S. Nangel assisted by RM Felix M. Razo and other NIA officials administered the ceremonial cutting of the ribbon that sets off the opening of the building's portals to every one after which, yellow balloons were released to the skies. Subsequently, the program was held highlighting the awarding of certificates of appreciation to former NIA Adm. Carlos S. Salazar, Carp –IC Project Manager Reynaldo Adao and Eleuterio C. Luz who financially supported the construction of the building. Moreover, CAL Energy International President Joseph L. Sullivan was presented a certificate of appreciation for sponsoring the cash awards of the most outstanding Irrigators Associations and a Certificate of Ownership was handed to Limbaan CIS, Davao del Norte for repaying in full the IA loan of their communal irrigation system.

Construction of the building started in August 2009 and completed in September 2010 undertaken by the engineering staff who provided their expertise in planning, design and construction. Juliet Baba designed the buildings new image while construction Engrs. Francisco G. Pasaporte , Jr. , Ma. Mae N. Edullantes and Ryan Pichon hands on the direction of the project.



Manager Caridad K. SiSon, of the Finance Division took charge of the buildings financial support system. Both managers complement on the provision of the indoor furniture's and fixture and the outdoor trimmings.

The building affords an improvement of working conditions to better serve the farmer-irrigation communities.



The overwhelming support of members and officers of the federation of Irrigators Association of Davao del Norte with the active participation of local officials of the province prompted Regional Irrigation Manager Felix M. Razo to coin this official slogan of NIA XI "NIA at Irrigators Associations Nagkakaisa Para sa Maayos na Sistema ng Patubig at Agrikultura"

Tarpaulins on the NIA slogan had been distributed in the four IMO offices of NIA XI to show our unselfish support for our new administration in irrigation development aspect towards rice sufficiency program of the government.

Editorial

NIA—XI AND THE P-NOY ADMINISTRATION

Filipinos have once again made their best choice during the May 2010 Presidential election, that swept into power, the 15th President of the Philippines, His Excellency Benigno Simeon "Noynoy" C. Aquino III. . It was an overwhelming landslide victory over other presidential aspirants.

People crave for Change and advocate for reforms in governance. They call for changes that they believe can lead a clean and non-corrupt Philippine government... and they elected Noynoy Aquino. As an anti-corruption leadership is wanting, PNoy as President Noynoy coined and preferred to be called, is expected to steer a clean and progressive Philippines.

NIA—XI expressed its support to the PNoy Administration and convey by the streamers we hang throughout the region. The slogan, "NIA at irrigators Associations Nagkakaisa Para sa Maayos na Sistema ng Patubig at Agrikultura" is aptly made as underlying terms of unity among the NIA and the IAs. In every NIA-IA meetings and fora, it has been made a point that the slogan is reminded. In System Management Committee (SMC) meetings, the slogan is stressed and directed with the Palay Check as for the aspect for agriculture.

NIA —XI upholds the value of transparency and true service to the farmer-irrigators. This, we prove by not being one of those GOCCs alleged to have hidden transactions. Maximum farmers participation has been pursued in NIA XI that it has garnered remarkable accomplishment while the IAs respond to calls for Irrigation development.

Within the 100 days of PNoy Administration and onwards, Nia-XI desires to be part of its success.

NIA-XI enjoins everyone to adopt and pursue NIA's slogan—"NIA at Irrigators Associations Nagkakaisa Para sa Maayos na Sistema ng Patubig at Agrikultura".

Editorial Board

FELIX M. RAZO

Executive Consultant

LINA M. MONTILDE
BERNADETTE G. ROBIN

Editors

Contributors:

Rene E. Cosmod

Tony M. Apiag

Yolanda O. Razo

April Camille S. Rosales

Juliet Lupe Baba

Corazon P. Lirio

Ricardo D. Gomez, Jr.

Mae Edullantes

Xerxes P. Abellano

Lay-out Artist

April Camille S. Rosales

Photographer

National Irrigation Administration (NIA) XI has been famed for constantly garnering outstanding awards nationwide. With the advent of a young, dynamic and excellent performance oriented manager, NIA XI hails on top of the many performers in irrigation development. Regional Irrigation Manager Felix M. Razo of NIA Region XI became the first Regional Manager to fully implement the Rationalization Plan nationwide and introduced improvement of personnel and fully renovated the office building align with the implementation of RATPLAN. He is the outstanding Regional Manager of CY 2009 and the first to achieve grand slam awards in CY 2009. Thru his leadership Most Outstanding Irrigation Management Office (IMO) Managers was also awarded to the Managers of Davao del Sur, Davao del Norte, Davao Oriental and Compostela Valley. In line with other achievements the Irrigators Associations of NIA Region XI got the highest awards on different categories: DAR-CARP IA, NIA-CIS and NIA-NIS.



NISRIF Team visits sites for rehabilitation

National Irrigation System for Rehabilitation of Irrigation Facilities (NISRIF) team visited Davao del Sur Irrigation Management Office (IMO) and conducted a project evaluation of the two (2) National Irrigation Systems (NIS), namely; Mal River Irrigation System, Matanao, Davao del Sur and Padada River Irrigation System, Hagonoy, Davao del Sur last July 16, 2010.

NISRIF project is a major rehabilitation of irrigation facilities for the two (2) NIS to give solution to water delivery and seepage problems of the farmers in irrigating their rice fields. The major rehabilitation activities are concreting of Lateral canals and in-

stallation of controls gates (steel gate) for the whole system and the estimated budget requirement for this project is one hundred thirty million (P130M) and one hundred ninety million (P190M) pesos, a total of three hundred twenty million (P320M) pesos for Mal RIS and Padada RIS respectively.

The evaluation team composed of three (3) Japanese officials namely; Mr. Ueno Kazuhiko – JICA – Chief, Poverty Reduction/Coordination Section, Mr. Shuichi Sato – Noppon Koei – Agricultural & Rural Development Overseas Consultong Administration, Mr. Hiroako Okada, Ph.D. – Sangu Consultants Ins. – Project Operation Division No. 2 International Department and two (2) Filipinos, namely; Mr. Ervin F. Mella, Jr. – JICA – Senior Program Officer Poverty Reduction Section and Engr. Ismael Tabije – Nippon Koei Consultant.

The visiting team first started a meet-

ing with Engr. Edgardo T. Draculan – IMO Manager Davao del Sur wherein he presented an overview of the project and explained why it should be implemented on these particular sites. Then a courtesy call to Honorable Mayor Butch Fernandez of the Municipality of Matanao and they evaluated the proposed project for Mal RIS. Soon they made a courtesy call to Hon. Franco Magno Calida – Municipal Mayor of Hagonoy, Davao del Sur in the afternoon after which, they proceed to Padada RIS Office for an overview of Padada RIS proposed project.

Provincial Irrigation Management Office of Davao del Sur along with their local officials hope for the urgent realization of the NISRIF project to augment the status of farmers and stakeholders in terms of agricultural development and can continuously support the rice sufficiency program of the government and other agricultural products.

TRAINING COURSE ON THE IMPROVEMENT OF AGRICULTURAL INFRASTRUCTURE



Engr. Manuel L. Rañeses of NIA XI Davao del Sur Irrigation Management Office (IMO) attended a six (6) months training sponsored by Japan International Cooperative Agency (JICA) particularly on the improvement of agricultural infrastructures focused on Irrigation and drainage facilities to increase productivity. After a year of actual implementation of Technical Cooperative Program 2 (TCP2) in the two national irrigation systems (NIS) of

Davao del Sur IMO, JICA consultants admired the support and coordination of NIA – IA and other local government units of the province for their active participation and a very satisfactory results of their study in the chosen pilot areas of Padada and MAL RIS. However, due to aging condition of irrigation and drainage facilities, farmer leaders mainly the IA leaders initiate actions to facilitate equitable distribution of irrigation water from head gate down to the farm level facilities. Major rehabilitation of Padada RIS under the World Bank Financial project took place early 1980 and minor rehabilitation works were undertaken partially due to limited release of funds. Siltation becomes the major problem of the area due to unlined canal and some irrigation structures are also dilapidated. With the identified problems of the whole system, Engr. Rañeses NIA XI participant, outlined his prioritized activities to be undertaken. Strategy and objective tree has been presented during the training.

The learnings he gained from the course is that as NIA employee one must be open to a new package of technology/innovation and approaches of other progressive countries in order to adopt strategy applicable in our area for improvement and

development not only for our facilities but also for the implementators & beneficiaries of the project and be vigilant, resourceful and responsive to the need of the end-users and stakeholders and also take an active participation on all activities of any project starting from planning stage, implementation and final completion of the project.



5 s Seminar and Record System

By: Cora P. Lirio

NIA XI personnel attended the 5S seminar by Ms. Minda Ostique and a training staff of the Civil Service Commission last July 23, 2010 held at the Conference Room of NIA Regional Office. The seminar was indeed appropriate and timely as NIA Regional Office personnel have just occupied the newly renovated building.

The 5S Seminar is about a system which will be used to find and remove all forms of waste in the work

environment. It is a method used to create safer, cleaner and better organized workplace using the 5 Japanese words as follows.

SEIRI – means sort. The goal is to remove unnecessary objects and reduce waste.

SEITON – means set in order. Things must be kept in their proper places. Keep frequently used items handy and store other things where they can be found.

SEISO - Shinning clean. Clean the workplace; everyone should be

a janitor.

SEIKETSU - standardized clean up. Standardize the way of maintaining cleanliness

SHITSUKE – sustained discipline. Practice “Five S” daily. Make it a way of life; this also means commitment.

Every employee must clean his own work area from floor to ceiling. By this discipline, an office is clean, organized and employees can work more efficiently.



BPCIA TAKES IT ALL

By: LANI M. SUMABAT, Sr. IDO, NIA Region XI

The Basak Pangutosan CARP Irrigators Association, Inc. (BPCIA) is awarded as the CY 2009 Most Outstanding Irrigators Association nation-wide both for NIA Regular (CIS Category) and NIA-CARP Annual Search for its exemplary performance in the operation and management of the Cabidanan Communal Irrigation System and the irrigators association. The momentous awarding ceremony was held during the 47th NIA Day Celebration at NIA Central Office, Quezon City on June 18, 2010. For NIA Annual Search, Plaque of Recognition and P100,000.00 Cash Award was given by no less than the representative from California Energy (CALENERGY), former NIA Administrator Jose B. del Rosario, Jr., Acting NIA Adm. Alexander A. Reuyan and NIA-XI Regional Manager Felix M. Razo. For the most outstanding CARP IA, Plaque of Recognition and P35,00.00 Cash Award were given by the Presidential Agrarian Reform Council (PARC), Department of Agrarian Reform (DAR) and NIA which was handed by PARC representative, former NIA Administrator Jose B. del Rosario, Jr., Acting NIA Adm. Alexander A. Reuyan, NIA-CARP CPMO Manager Reynaldo C. Adao and NIA-XI Regional Manager Felix M. Razo.

Overwhelmed and inspired BPCIA President Lemuel O. Alvior cheerfully received the awards with hope in his heart to maintain their status the best as they can.

BPCIA which is located at Basak, Nabunturan, Compostela Valley Province was a recipient of the Cabidanan Communal Irrigation System financed by Japan International Cooperation Agency (JICA) thru the DAR-ARISP-I in 1989 originally designed to irrigate 100 hectare rice areas of 120 farmers.

Existing for more than 10 years now, BPCIA has been serving its members efficiently and satisfying its obligation with the National Irrigation Administration. As of CY 2009, irrigated area has increased to 140 hectares serving 132 members. BPCIA's exemplary performance centered on the aspects on Operation and Maintenance, Organizational, Financial and Organizational Discipline. Transparency of all its financial transactions is maintained by the IA of which members are following religiously all its systems and policies.

BPCIA is very grateful for the untiring support and assistance of the National Irrigation Administration - ComVal Irrigation Management Office thru its Manager, Cornelio M. Bautista, Jr. and NIA-Region XI Regional Manager Felix M. Razo and their staff. BPCIA also acknowledged the support they received from the Municipal Government of Nabunturan, Provincial Government of Compostela Valley and the Department of Agrarian Reform.

These prestigious awards serve as an inspiration of the BPCIA to sustain and continue serving its members and the community geared towards achieving their mission, vision and objectives of having economically uplift standard of living.



A pose of BPCIA Pres. Lemuel O. Alvior, together with NIA top officials from Central Office and Region XI RIM Felix M. Razo & ComVal IMO Manager Cornelio M. Bautista, Jr. as he received the two (2) prestigious awards as the CY 2009 Most Outstanding IA under NIA CIS Category and NIA-CARP Category during the NIA 47th Anniversary Celebration on June 18, 2010 at NIA Central Office, Quezon City

CONSTRUCTION OF EXTENSION STRUCTURES OF IA FEDERATION BUILDING

BY: Tony Apiag

Davao del Sur and Davao City Federation of Irrigators Association (DSDCFIA) through the leadership of Mr. Nestor Rama as President launched a ground breaking ceremony for the construction of IA Federation Building extension located at National Irrigation Administration (NIA) compound, Lim Extension, Digos City July 08, 2010. Extension structure includes session hall, comfort room, kitchen and bedroom.

The building was designed and supervised by the engineering team of NIA to accommodate the fast growing Irrigators

Associations and farmers within the province. Funds and materials were provided by the IA Federation Board of Trustees, NIA and from local officials, namely, Hon. Arsenio Latasa – formerly Digos City Mayor and now Vice Governor of Davao del Sur, Hon. Fely Latasa – formerly Vice Governor, Davao del Sur also a commitment to support in technical and materials from the Regional Irrigation Manager Engr. Felix M. Razo and Provincial Irrigation Manager Engr. Edgardo T. Draculan.

Region XI Manager, Philippines Most

Outstanding Regional Irrigation Manager (RIM) CY 2009, Engr. Felix M. Razo CEO VI, congratulates the BOT members for doing an excellent performance. He encouraged them to strengthen their individual IA's to also become awardees and support the irrigation development program of the new administration Pangulong Noy (P-Noy).

Engr. Edgardo T. Draculan appreciated the BOT members of the Federation of Provincial IA for making the project possible and this is a manifestation to prove that the NIA and IA are really united and working in one direction.



CANAL CLEARING DURING AQUINO'S INAUGURATION

DAVAO DEL SUR



By: Tony Apiag

Padada RIS, Hagonoy, Davao del Sur conducted canal clearing activity during the inaugural celebration of President Benigno Aquino III last June 30, 2010. The activity is a joint undertakings of the National Irrigation Administration (NIA) personnel and officers & members of the Federation of Irrigators Association (IA).

Special canal clearing activity was designed with a Theme: "Matatag na NIA pag-asa ng Magsasaka sa Buhay na Masagana" in coordination with NIA Region XI Manager, Engr. Felix M. Razo, CEO IV to support the proclamation of our President Elect Benigno Aquino III to let him know that we are ready to support the plans and programs of his administration with regards to Irrigation

Development and Food sufficiency.

Canal clearing activity regularly takes place every last Friday of the month by group of farmers within their respective water source canals in order to facilitate equitable delivery of irrigation water to all irrigated areas and attain the high level of cropping intensity.

DAVAO DEL NORTE



By: Rene Cosmod

National Irrigation Administration (NIA) of Davao del Norte Irrigation Management Office (IMO) together with Davao del Norte Federation of Irrigators Association (DDNFIA) conducted ceremonial clearing of irrigation and drainage canals last July 2, 2010. The activity started 5:00 to 7:30 in the morning of Barangay Tuganay, Carmen, Davao del Norte. The Tuganay Anibongan Guadalupe Salvacion Irrigators Association (TAGUSIA) became the host IA who facilitated the putting of flaglets, venue preparation and gathering of all IA Members during the activity.

The activity's theme is "NIA and Irrigators Associations Nagkaisa para sa Ikaunlad ng Agrikultura."

NIA XI Regional Irrigation Manager (RIM) Felix M. Razo spearheaded the ceremonial canal clearing activity with the inspired members and officers of IA's led by DDNFIA President Saturnino S. Simbajon

and Engr. Alejandro L. Alberca-Outstanding Division Manager of Davao del Norte IMO. Along with them are the local officials SP Alan R. Dujali; PA Dominador Encarnacion Jr. and Dr. Ed Araral-PAGRO Consultant.

Canal clearing activity was really conducted at the downstream section of Libuganon River Irrigation System (54 kms from the dam) purposely to have an actual demonstration on the effect of Water Savings Technology (WST) and IA policy implementation in the area.

IA's chosen area for the said activity is an example of a model farmsite showing the proper implementation of WST coupled with the area having a highest average crop production of the province due to the practice of organic farming method and Sustainable System of Irrigated Agriculture (SSIA) and a 100% ISF collection efficiency.

If only all IAs nationwide will religiously implement the same strategy and technology in farming then rice sufficiency will no longer be a problem in our country today. NIA Region XI and

IAs of Davao del Norte committed themselves to be one in helping the present administration in pursuing its purpose in irrigation development.

For the closing remarks, RIM Razo mentioned the awards received by the IAs of Region XI, wherein Balisong San Vicente IA (BASIA) received the Most Outstanding IA Award in the Philippines for the National Irrigation System (NIS) category and Basak Pangutosan CARP IA (BPCIA) for the Communal Irrigation System Category and the Most Outstanding CARP-IA Beneficiary awarded by CARP Central Office.

In line with this, RIM Razo was also awarded as the Most Outstanding Regional Irrigation Manager in all IMOs all over the Philippines and the Outstanding IMO Manager's Award.





MEET OUR NEW COMMISSION ON AUDIT (COA) AUDITOR

Reshuffling of COA representatives in different government offices took place early months of this year 2010. After the completion of audit reports of our former regional auditor, an exit conference with National Irrigation Administration (NIA) Management was undertaken. Ms. Lilia Maglana, the outgoing auditor of NIA XI turned-over her auditing works to the incoming auditor Ms. Graceta Prado Manos. Our new auditor Ms. Grace P. Manos was born on September 26, 1955 at Davao City, married and has four (4) siblings – 3 boys and a girl. She took her secondary and college education at the University of Visayas where she took Bachelor of Science in Commerce Major in Accountancy and became a Certified Public Accountant. She took her Masterals degree at the University of Mindanao, Davao City. She spent twenty five (25) years working with the COA and her present assignment is at NIA XI Regional Office.

Mam Grace Manos as what her friends called her is simple and an open-minded auditor as revealed during her first meeting with NIA Staff when she was invited during the consultation meeting with Deputy Administrator Velasco and Party at NIA XI conference room. Auditing issues and problems were presented by Regional Manager Felix M. Razo and all Irrigation Management Office (IMO) Managers causing delay in the implementation of NIA activities and projects. Corporate Auditor Rabulan of COA Central Office suggested

that regular consultation on all issues and concerns of the region must be undertaken by NIA and COA in order to have harmonious relationship in the office and Mam Grace affirmed to the request of the visiting team to provide full assistance to the region in order to facilitate smooth flow in the execution of activities & projects of the region. She even recommends all IMO Manager to work with their respective field auditors to provide an avenue for better coordination in the implementation of projects of the agency.



Ever wonder who this lovely lady is? She is no other than MISS NIA 2010 , Miss Samantha De leon of Region XI. Samantha is also crowned as Mutyang Dabaw, 1st runner up.

Age: **22**
 Course and Profession: **Customer Service Representative**
 Community Project: **Protection For Garbage Collectors**



47th NIA DAY CELEBRATION at REGION XI

NIA XI Regional office had set a round the clock celebration of the 47th anniversary with the Most outstanding Managers and supportive employees of the Region last June 22, 2010.



A week long celebration at NIA Central office took place wherein NIA XI send off employees to take part of the event to celebrate and compete in dance, sports, cultural dance, and a lot more.

Celebration of NIA 47th Anniversary At Central Office



Colds and Flu

HEALTH ISSUES



This is the time of year when colds and the flu run like wildfire through relatives, friends, and coworkers as germs are passed from one person to the next. But taking a few simple precautions can keep you from becoming a victim.

The viruses that cause the common cold and the flu are spread in several ways, the most obvious being human contact. So obviously one of the easiest ways to keep from getting sick is to avoid being in contact with anyone who is sick. Even if you encounter someone in a store who is sneezing or coughing, you'd do well to turn around and walk down a different aisle just to avoid breathing in germs that person might be coughing into the air. And no matter how much you love someone and want to tend to them when they're sick, don't kiss them to make them feel better!

But human contact is not the only way you can catch a cold or the flu. In fact, an easier and more prevalent way to pick up germs has nothing to do with being near someone who is coughing or sneezing. Cold and flu viruses can live for hours on the fingers of sick people, but they can live for days on any other surface those fingers might have touched.

For example, in the office there are hundreds of

places germs can take up residence—door handles, computer keyboards, telephones, file cabinets, and any other surface shared by more than one person. Luckily there is a simple and quick way to prevent those germs from accumulating. A study released recently by UNC Hospitals in Chapel Hill, North Carolina, showed that using disinfectant wipes can help.

"All you need to do is apply the disinfectant wipe across the keys for approximately 5 seconds," said Dr. William Rutala, director of UNC Hospitals' epidemiology department. Rutala's study found that wiping keyboard keys with a disinfectant wipe for just 5 seconds was 95-100% effective in getting rid of germs.

However, Rutala said, no disinfectant in the world can replace the benefits of good old fashioned hand washing, which is one of the best ways to avoid spreading germs. Experts recommend using an antibacterial soap and water as hot as you can stand it.

If you do get sick, there are a couple of important things to remember to help ensure that you don't infect anyone else. Most importantly, cover your sneezes and coughs, but not with your hands—sneeze into your bent arm or elbow instead. Better yet, stay home if you're sick, especially if you're

coughing or sneezing.

Most adults can expect to get anywhere from two to four colds before warmer weather arrives, although young adults and children may get as many as 10 colds each year. The flu, however, is more elusive, striking only about 5-20% of people each year, according to the U.S. Centers for Disease Control and Prevention. But the flu is much more serious than the common cold, and can lead to complications such as pneumonia and dehydration.

The bottom line is that you should give colds and flu the respect they deserve. Stay away from people who are sick, be sure to wash your hands frequently, and deodorize surfaces sick people may have touched. Most importantly, if you do get sick, stay home! Not only will staying home give you the rest you need to recover more quickly, it will keep you out of the office while you're contagious, so your bug won't spread. If you can make it through cold season to spring, then you'll be home free—at least for a few months until the season comes around again. **In the meantime, wash your hands!**

<http://www.buzzle.com/articles/preventing-colds-flu-simple-wash-hands.html>

Inspirational Life Story – The gift of Life

On the first day, God created the cow. He said to the cow, "today I have created you! As a cow, you must go to the field with the farmer all day long. You will work all day under the sun! I will give you life span of 50 years."

The cow objected, "What?" This kind of a tough life you want me to live for 50 years? Let me have 20 years, and the 30 years I'll give back to you." So God agreed.

On the second day, God created the monkey. He said to the monkey, "Monkey have to entertain people. You've got to make them laugh and do monkey tricks. I'll give you 20 years life span."

The monkey objected. "What? Make them laugh? Do monkey faces and tricks? Ten years will do, and the other 10 years I'll give you back." So God agreed

On the forth day, God created the dog said to the dog, "What you are supposed to do is to sit all day by the door of your house. Any people that come in, you will bark at them! I'll give a life span of 20 years."

The dog objected, "What? All day long to sit by the door? NO way! I give you back my other 10 years of life! So God agreed.

On the fourth day, God created man and said to him, "Your job is to sleep, eat and play. You will enjoy very much in your life. All you need to do is to enjoy and do nothing. This kind of life, I'll give you a 20 year life span."

The man objected. "What? Such a good life! Eat, play, sleep, do nothing? Enjoy the best and you expect me to live only for 20 years? No way, man!... Why don't we make a deal? Since the cow gave you back 30 years, and the dog gave you back 10 years and the monkey gave you back 10 years, I will take them from you! That makes my life span 70 years, right? So God agreed.

AND THAT'S WHY... In our first 20 years, we eat sleep, play, enjoy the best and do nothing much. For the next 30 years, we work all day long, suffer and get to support the family. For the next 10 years, we entertain our grandchildren by monkey faces and monkey tricks. And for the last 10 years, we stay at home, sit by the front door and bark at people!

The Longer You Sit, The Shorter Your Age

Do you want to be healthy and live longer? Then you better keep moving. More and more people do sedentary lifestyle which means they do more sitting, the more they sit, the shorter their age. This warning is given by the experts after conducting a study of more than 12,000 American adults. This means we must continue to be active and move, "Message from the results of this study is that one should understand that every thing which are done everyday has a consequence. If your job requires a lot of sitting, it is okay, but need to be balanced with physical activity that uses energy," said Dr. Jay Brooks, A hematology and Oncology.

Health benefits of exercise activity for people are overweight has long been documented. However, the effects of the habit of sitting to long is less exposed. Some studies did show a link between duration of sitting and diabetes or heart disease. However no one in particular saw the link between mortality and the habit of sitting too long.

In a study published in the American Journal of Epidemiology, researchers analyzed responses to questionnaires filled out by more than 123,216 people who had no history of disease . They participated in the Cancer Pre-

vention Study II. The researchers followed the health of the respondent for 14 years since 1993. During the study, the majority of the participants died from heart disease than cancer. After considering various risk factors, including body mass index and smoking the woman who spends six hours a day to sit have 37 percent higher death risk factors, including body mass index and smoking, the woman who spends six hours a day to sit have 37 percent higher death risk compared with others who sat for three hours.

In general, it is known that people sits too much and never exercise have a higher risk of death, namely 94 percent in woman and 48 percent in men. Regular exercise, even if it is done for a while, will reduce the risk of death due to the habit of sitting long.

"The longer you sit, the less energy used.. This is could cause obesity and the effect on metabolism," says Dr. Alpha Patel, epidemiologist expert from the American Cancer Society. He added, body muscles especially legs muscles, if rarely used, will stimulate or suppress some of the hormones that has influence on triglycerides cholesterol, which leads to an increase risk of heart disease.

<http://medicmagic.net/the-longer-you-sit-the-shorter-your-age.html>

**E
Q
U
I
P
M
E
N
T**

Last September 7-17, 2010, two Equipment Management Division Staff from NIA-Central Office in the person of Engr. Ramon P. Gatpandan and Engr. Albert D. Asturiano conducted physical inventory of various types of equipment in NIA Region XI and updated the Equipment Manage-

ment Information System (EMIS). The two visitors were assisted by the section head of the equipment NIA Region XI and our property custodian. Equipments from the four (4) Irrigation Management Offices of NIA XI were inspected and the status of the equipments thereat were being reported. The reports on the status of NIA XI

equipments will serve as the basis for Equipment Management Staff of Central Office to formulate plans for rehabilitation/replacement of said equipment as to the extent of its exigency to the regional field offices especially in the implementation of our projects in the four (4) IMOs of the region.

**N
I
A
E
A
S
P**

By: Ricardo Gomez

The healthcare program of the NIAEASP Regional office XI chapter has recently change its healthcare server from Clinicard to gold care.

At present we have a total of 135 registered principal members and 129 as their dependents.

Extracted from the report of

the District President, NIAEASP Region XI.

The National Council, NIAEASP conducted its 2nd quarterly meeting last July 26-30, 2010 at Naga City, after which it was followed with the District meeting for NIAEASP region XI last August 4, 2010.

The Top Management is still waiting for the completion of the financial reports of all regional offices as of June 2010 with regards to the status

of releasing CNA for CY 2010.

The SEC registration of the NIA Provident Fund is still on process, P65M from the 30% of the 30% surplus (employees working condition fund), was already deposited to the Phil Veterans Bank as an initial capital.

Funds will be coming from the collection of Back Accounts for the full payment of CAMEL for retirees. The UNION also plans to negotiate the Corporate CAMEL after full payment of the remaining CAMEL.

**N
I
A
X
I
E
M
P
C
I**

By: Ricardo Gomez, BOD Chairman

Since the implementation of NIA Rationalization Program the NIA Employees Multi-Purpose Cooperative Inc. (EMPCI) number of members has greatly reduced due to separation from service of some of its members. Persistent call from the new set of officers to the remaining and new NIA employees have resulted to an increase of 13 members for the period from May to July 2010.

The operation of NIA Canteen through the help of the NIA Regional office XI management made some renovation on its facilities thereby improving the services of the Coop's canteen to its members and the NIA employees as well.

Last August 6, 2010 the chairman of the Board of Cooperative attended the ALGEMCO meeting at the Sangguniang Panglungsod, Davao City. The main issue discussed was the issuances of the JOINT IC –CDA-SEC Memorandum Circular No. 01-2010. This memorandum circular defines the government policy on informal insurance activities of all entities engage in insurance. Under the Insurance code of the Philippines, entities that will undertake insurance activities are required to secure a Certificate of Authority from the Insurance Commission before these entities can transact insurance business.

We also have received invitations for seminars on the following topics from the Cooperatives and Resource Management Center Incorporated;

1. Exclusive taxation Seminar for Cooperatives...will be held at Camp

Zubu, Talamban Cebu City on two seminar schedules. October 22,2010 and November 6, 2010.

2. Strategic Credit Management... will be held at LISPHER INN, Juna Subd. Matina, Davao City on October 16, 2010
3. Auditing Seminar for Cooperatives... the venue shall be at Camp Zubu, Ylaya Talamban, Cebu City on two schedules, October 29-30 , 2010 and on November 19 - 20, 2010.

This coming October, the cooperative community will celebrate the COOPERATIVE MONTH. It is a month long celebration which is in accordance with presidential Proclamation No. 493. Series of 2004, as upheld by Proclamation No. 03 issued on September 15, 2007 by the then City Mayor Rodrigo R. Duterte.