

SIBYON

THE OFFICIAL PUBLICATION OF ATI IN EASTERN VISAYAS

culinary medicine

*A Nourishing Approach
for EV beneficiaries*

NAVAL PWDS, SENIORS COUNTER
CHALLENGES WITH HEALTH AND WELLNESS

JULY - SEPTEMBER 2024

VOLUME NO. 09 ISSUE NO.03

CULINARY MEDICINE FOR SENIOR CITIZENS:
A FLAVORFUL PATH TO WELLNESS

ISSN 2704-4343

SIBYA

JULY-SEPTEMBER 2024
VOLUME NO. 09 ISSUE NO.03

EDITOR-IN-CHIEF

JONALYN G. SAULAN

CONTRIBUTORS

CHRISTIAN KERUEL Y. LAURENTE
BENJAMIN B. LAGADAY, III
BETHEL JOHN L. SINON
MELINDA P. PETALCORIN

MANAGING EDITOR

MELINDA P. PETALCORIN

LAYOUT

BETHEL JOHN L. SINON

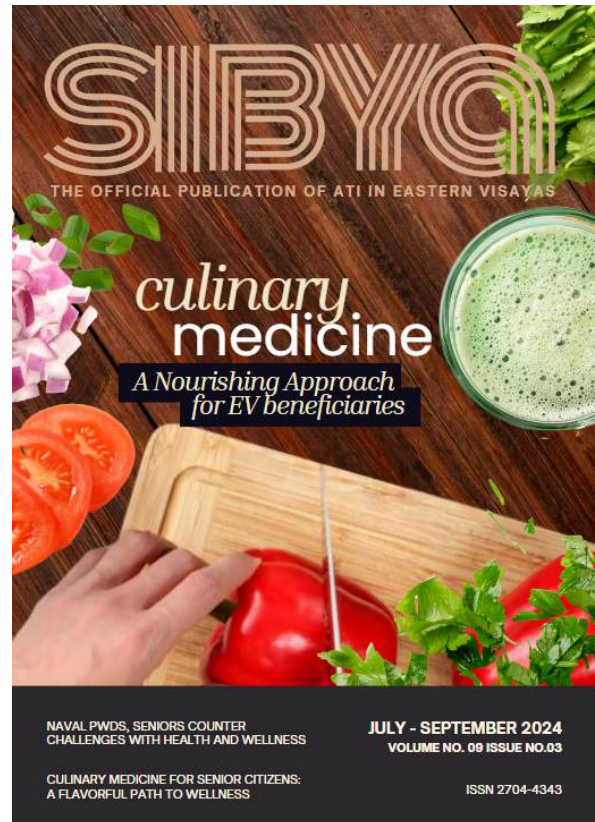
PHOTOGRAPHERS

ATI- RTC 8 PROJECT
IMPLEMENTERS

OVERALL SUPERVISION

HAZEL GRACE T. TAGANAS

Center Director
ATI-RTC 8



SIBYA

This publication is quarterly published by the Agricultural Training Institute - Regional Training Center VIII, Visayas State University Campus, Baybay City, Leyte, Philippines

Printed in the
Republic of the Philippines
Copyright 2024, All rights reserved.

Table of Contents

04

SOA EMPOWERS 531
COCONUT FARMERS IN
SAMAR

06

NEW AEW FROM E VISAYAS
LEVEL UP SKILLS IN EDS

07

BUILDING STRONGER
NETWORK OF FARMER
SCIENTISTS: ATI-RTC 8'S
TGP INITIATIVE

08

OA INTERNS DEVELOP
PLANS FOR OA-BASED
ENTERPRISE

09

ATI PARTNERS WITH
FAO, DA FOR NORTHERN
SAMAR CLIMATE
RESILIENCE PROJECT

10

LGUs, AGENCIES CRAFT
PROVINCIAL
AGRICULTURAL PLANS
THROUGH PAFES
PLANNING WORKSHOP

11

EV FITS STAFF EMPOWERED
WITH IDEA

13

NAVAL PWDS, SENIORS
COUNTER CHALLENGES WITH
HEALTH AND WELLNESS

15

CULINARY MEDICINE FOR
SENIOR CITIZENS: A
FLAVORFUL PATH TO
WELLNESS



SOA empowers 531 Coconut Farmers in Samar

In a bid to uplift the livelihoods of coconut farmers in Samar, the Agricultural Training Institute – Regional Training Center VIII launched the radio program entitled School on the Air (SOA) on Coconut: Masaganang Coco-buhayan: Radyo Eskwela sa Pagniniyugan. The program aired every Monday from April 29 to June 5, 2024, comprising of 16 episodes, over DYMS Aksyon Radyo – Catbalogan with live telecast on Facebook. The 16-episode series covered a broad spectrum of topics essential for modern coconut farming, including Executive Order No. 172 (Coconut Farmers and Industry Development Plan), Cultural Management of Coconuts, Intercropping Technologies, Farm Animal Integration, Processing Technologies, and Coconut Farm Enterprise.

A total of 531 farmers graduated from the program across 15 municipalities in Samar,

namely: Basey, Calbayog City, Calbiga, Hinabangan, Marabut, Matuguinao, Motiong, Paranas, Pinabacdao, San Jose de Buan, San Sebastian, Sta. Rita, Tarangnan, and Villareal. They proudly received their certificates during the mass graduation ceremony on July 10, 2024, at Tandaya Hall, Catbalogan City, Samar, marking the successful completion of the radio program.

Graduates shared heartfelt testimonials highlighting the program's significant impact on their agricultural practices and livelihoods. Ms. Jorly Y. Ricacho from Marabut was named Valedictorian, with Mr. Olegario C. Nerio Sr. from Gandara as Salutatorian, and eight other farmers received honors for their outstanding performance.

Ms. Pureza E. Gabriela from Tarangnan, Samar shared:



“I am thankful that there are many of us here today and that I was given the time to speak in front of you. From April until July, we are grateful to ATI, especially the expert speakers, who taught us best practices on coconut production and processing.”

She also emphasized the value of learning intercropping and processing techniques, which enabled her to diversify her coconut products beyond copra.

Ms. Ma. Soledad E. Ocenar, one of the SOA facilitators from Tarangnan, expressed her sincerest gratitude for the opportunity to participate in the program. She emphasized,



“SOA has been immensely beneficial to our local coconut farmers, providing them with essential information and practical skills that will undoubtedly contribute to improving their agricultural practices and enhancing overall productivity.”



Screengrab from DYMS Aksyon Radyo Catbalogan

The program did face challenges, such as the delayed distribution of radio sets. Facilitators addressed this by providing alternative ways for farmers to access the episodes, including online viewing on Facebook Live and playback using Bluetooth speakers. The SOA aimed to provide participants access to information on CFIDP and coconut-related technologies. With the continued support of ATI and local government units, the future looks promising for the coconut farmers in Samar. *by CKYLaurento*



Ms. Anita Taran, Provincial Agriculturist of the Province of Samar gives her message to the graduates of the SOA on CFIDP

New AEW from E Visayas level up skills in EDS



Twenty agricultural extension workers (AEWs) from Region 8 completed the 10-day Training on the Extension Delivery System for New Entrants on July 8-17, 2024 at ATI-RTC 8, VSU, Visca, Baybay City, Leyte. They were equipped with comprehensive knowledge and skills necessary for their roles in agricultural extension delivery.

The training featured a mix of lectures and practical sessions. Participants explored the history, principles, and trends in agricultural extension, identified key stakeholders, and engaged in community-based activities such as field interviews and problem tree analysis. They also enrolled in ATI's e-learning courses and learned how to use Canva and make pivot tables as they requested.



Participants expressed their enthusiasm and gratitude for the training. Ms. Maria Mara Picorro from OPA Samar highlighted the practical community organizing topics, "I appreciated the community organizing topic. I learned the community organizing process and more about agricultural extension." Mr. Eric Cabili from LGU Capul, Northern Samar added, "The extension delivery system training helped me to enhance my knowledge through a combination of agricultural methods, strategies, and approaches in knowledge delivery."



The training participants developed training needs assessments and extension plans, which will be utilized by the barangays for future planning. The training was also accredited by the Professional Regulation Commission (PRC) with 25 Continuing Professional Development (CPD) points for agriculturists. Participants expressed their eagerness to share the knowledge and skills gained with their colleagues and local communities, ensuring the continued modernization and improvement of agricultural practices in their respective areas.

by CKYLaurente



Building Stronger Network of Farmer Scientists: ATI-RTC 8's TGP Initiative

The Agricultural Training Institute - Regional Training Center 8 (ATI-RTC 8) continues to strengthen the Techno Gabay Program (TGP). There are four key components under TGP: Information and Communication Technology (ICT), Information Education and Communication development (IEC), Farmers Information and Technology Services (FITS), and the

Magsasakang Siyentista (MS). ATI-RTC 8 reorganizes and evaluates new and existing Magsasakang Siyentista from Region 8 during the second semester of the year. This assessment aims to continue developing the program based on progress made in the previous year and further harmonizing the Magsasakang Siyentista network across the region.

July marks the beginning of reevaluating and assessing the Magsasakang Siyentista endorsed by Municipal Agriculture Offices to ATI-RTC 8 as part of the FITS component.

On July 30, 2024, the Information Services Section conducted the first batch of face-to-face visits and evaluation at the FITS Center in Isabel, Leyte FITS Center. The evaluation assessed two farmers endorsed for MS: Mr. Alfredo Surigao of San Francisco and Mr. Fedelo Rojas of Sto. Nino, Isabel Leyte. Mr. Bernie S. Omambac of Merida, Leyte was also evaluated. The visit included farmer interviews and validation of their farm operations, technologies, and practices.

by BBLagaday

OA Interns Develop Plan for OA-based Enterprise

The National Organic Agriculture Program (NOAP), in collaboration with the Department of Agriculture-Agricultural Training Institute (ATI), launched the Youth Internship Program on Organic Agriculture (YIPOA) in March 2023. This 21-month internship initiative is designed to engage young people in organic agriculture by providing them with both practical experience and the necessary skills to manage their organic agriculture (OA) based enterprises. The program consists of a nine-month on-farm internship with selected farm partners, followed by 12 months dedicated to implementing their proposed OA-based enterprise plans.

During the initial nine-month phase, both the interns and farm partners receive a monthly stipend and mentoring fee of Five Thousand Pesos each (PhP5,000.00). Upon successful completion of this phase and the approval of

their business plans, interns are granted One Hundred Fifty Thousand (PhP150,000.00) as start-up support. This funding is intended to cover various costs related to their business operations, such as site rental, equipment, and agricultural supplies, all under the guidance of their farm partners.

In Eastern Visayas, 21 interns have participated in the program, assigned across eight different farm partners. To ensure that interns are equipped to develop viable and sustainable business plans, ATI Regional Training Center 8 (ATI RTC 8) conducted a 3-day Training on drafting Business Enterprise Plan on August 6-8, 2024, at La Granja de Reyna Farm in Tacloban City, Leyte.

by CKYLaurente





ATI partners with FAO, DA for Northern Samar Climate Resilience Project

Northern Samar, a province in Eastern Visayas highly vulnerable to climate-induced hazards and prolonged armed conflict, declared a state of calamity in November 2023 after extensive flooding caused by a shear line and monsoon rains. The disaster impacted over half a million residents, damaging homes, agriculture, and infrastructure across 24 municipalities.

In response to the significant agricultural damage, the Department of Agriculture has partnered with the Food and Agriculture Organization (FAO) to support the early recovery of affected farmers and fisherfolks. The project, entitled “Emergency response and support to early recovery of livelihoods of flood-affected farmers and fisherfolks in Northern Samar, Philippines” aims to provide immediate cash-based assistance, enhance climate-resilient practices, and strengthen the capacity of local government units.

To formally introduce this initiative, a Joint Project Inception Meeting was held on August 14, 2024, at the Ibabao Hall, Capitol Building in Catarman, Northern Samar, where key stakeholders convened to present the project overview and secure commitments from partners. ATI-RTC 8 Center Director Hazel Grace Taganas represented ATI Director Engr. Remelyn Recoter during the gathering.

Representatives from the different MLGUs in Northern Samar, government agencies such as the DA-RFO 8, Office of Civil Defense (OCD), and BFAR were also in attendance.

During the meeting, discussions included an overview of the LPA-Shearline impact on Northern Samar, followed by a presentation on the Agriculture-Fisheries damage. These were discussed by representatives from the Provincial DRRMO and DA Central Office. Mr. Erwin Cachuela, Project Team Leader at FAO, provided a detailed project overview, covering outcomes, activities, and accountability mechanisms, and led a workplan review. The activity also allocated time for joint action planning, allowing partners to address specific issues and finalize deliverables.

ATI was tasked to collaborate closely with the FAO Project Team to develop a comprehensive training design and module focused on climate-resilient agriculture. Additionally, ATI requested access to the results of the Training Needs Assessment (TNA) to ensure that the content is tailored to the specific needs and conditions of the communities affected by recent climate-related disasters. This collaborative effort is seen as a critical step in building the resilience of agricultural livelihoods in Northern Samar.

by BJLSinon

LGUs, Agencies craft Provincial Agricultural Plans through PAFES Planning Workshop

The Department of Agriculture-Regional Field Office 8 conducted a two-day planning workshop on August 13-14, 2024 in Tacloban City that aimed to assist the different provinces in Eastern Visayas in finalizing their Comprehensive Provincial Agriculture and Fisheries Extension Plans (CPAFEP) under the Province-led Agriculture and Fisheries Extension System (PAFES). This is the second PAFES workshop, with representatives from the provinces of Leyte, Southern Leyte, and Biliran in attendance. Batch 1 was conducted on July 25-26, 2024, for Samar, Northern Samar, and Eastern Samar.

ATI-RTC 8's Planning Officer Venus June Taghoy represented the Center in the workshop. The event included plenary sessions, discussions on the status of compliance with the PAFES Checklist, presentations of Rapid Rural Appraisal (RRA) highlights, and workshop breakout sessions where each provincial delegation revisited and updated their CPAFEP manuscripts.

DA-RFO 8's Regional Technical Director (RTD) Larry U. Sultan, challenged the participants to come up with comprehensive and innovative plans that shall spur further development in the agriculture sector. Meanwhile, a reorientation of the PAFES framework was provided by Field Operations Division (FOD) Chief Rodel Macapanas,



a concept introduced under the OneDA approach in response to the Mandanas-Garcia ruling.

During the breakout sessions, the participants outlined updates and revisions to be included in their plans. These revised outputs were presented on the second day and were critiqued by representatives from DA-RFO 8 and the Regional Technical Working Group (RTWG). Action plans were laid out to address major deliverables in the Work and Financial Plan (WFP) and handle deficiencies of the overall PAFES implementation.

The finalization of the CPAFEP manuscripts for each province is targeted for no later than the first week of October 2024, with corresponding endorsements to local chief executives and technical working groups.

by BJLSinon

EV FITS Staff Empowered with IDEA



ATI-RTC 8 is committed to empowering Farmers' Information and Technology Services (FITS) staff with continuous skills development, enabling them to effectively serve their communities and promote agricultural innovation in the Region through Impactful Designs for Effective Agri-KPs (IDEA), a three-day training which focused on the knowledge and tools to design agricultural knowledge products (Agri-KPs).

Localizing knowledge products

The training was organized to address the growing need for effective and localized knowledge products in Eastern Visayas, where more than 80 active FITS Centers serve as key sources of agricultural information. Established in partnership with local government units, these centers offer clients fast access to updated agriculture and technology-related knowledge products, ensuring they meet the specific needs of farmers and fishers in their communities.

The training was composed of lectures and workshops. Ms. Melinda P. Petalcorin, ATI RTC 8 – ISS Chief, reoriented the participants about the Techno Gabay Program (TGP) and FITS Center services. Consequently, Mr. Christian Keruel Y. Laurente, ATI RTC 8 – Information Officer II, discussed ATI knowledge products and gave tips on managing corporate social media accounts. Mr. Bethel John L. Sinon, ATI RTC 8 – Media Production Specialist II, led sessions on design principles and know-how in creating infographics and brochures using PowerPoint and Canva.



Encouraging outcome

The participants engaged in hands-on activities, such as developing a comprehensive social media calendar for the coming month, creating engaging techno guides, and designing agri-fishery technology-based materials. The initial drafts of these materials will be improved and reproduced for distribution across FITS Centers in the Region.

The participants expressed positive feedback about the training, highlighting the practical skills gained and its applicability to their roles in the FITS Centers. Mr. Jay-ann Diaz from LGU – Allen noted, “I gained valuable knowledge and skills, particularly in creating appropriate and organized agricultural knowledge products. By leveraging this knowledge I can help improve the quality and effective of the information and services provided to local farmers.” Ms. Nerilyn Danieles from LGU – Inopacan appreciated the personal and professional growth facilitated by the training, “This training has provided me with new knowledge and skills in effective design. I feel more equipped and capable, which will help our FITS Center become more active and impactful on social media.”

A total of 20 participants completed the training on IDEA from August 27 to 29, 2024, at ATI RTC 8, VSU, Baybay City, Leyte. *by CKYLaurente*



“By leveraging this knowledge I can help improve the quality and effective of the information and services provided to local farmers.”

Mr. Jay-ann Diaz



Naval PWDs, Seniors counter challenges with health and wellness

Even with the challenges akin to being a person with a disability (PWD) or a senior citizen, it is even more important to live a healthy lifestyle. Learning about health and wellness can be instrumental for PWDs and senior citizens to live meaningful lives and contribute more to society. When PWDs and senior citizens follow a healthy lifestyle regimen, it can offset any worsening health conditions. In the process, they can maintain independence in doing what they love, such as pursuing hobbies or joining community advocacies.

ATI-RTC 8 conducted the Training on Culinary Medicine for PWDs to enhance the knowledge of the participants on the use of culinary medicine for preventive measures and preservation of

health. Participants learned about their roles, rights and privileges as stipulated by Philippine laws. The training also included topics on pillars of lifestyle medicine and importance of nutrition, the basics of culinary medicine, its importance and benefits, and cooking and processing with culinary herbs and spices.

Resource persons during the training were Mr. Earl Patiic (Social Development Officer), Ms. Ma. Reina P. Perez (owner, Gazebo de Loondon in Basac, Loon, Bohol), and Dr. Maria Asuncion A. Jalad (Physician). Mr. Patiic gave a talk on Disability Perspective. Dr. Jalad, with her extensive experience in the field, gave a presentation on lifestyle and culinary medicine. Ms. Perez, being a culinary expert, guided participants in preparing a variety of plant-based cuisine. The topics gave the participants a holistic approach to healthy living.

Mr. Jose Ruiz Matugas, a participant, shares, “I am proud to be part of this program that helps improve the lives and health of PWDs. Thank you Lord. Thank you, ATI. Thank you LGU Naval. Because of you we get the chance to realign our lifestyles and learn how to live healthily. I am very happy.” Participants left the training empowered with knowledge about the health benefits of culinary medicine and hands-on cooking skills.

Twenty-two (22) persons with disabilities and senior citizens participated in the training held in Naval, Biliran from September 23 to 25, 2024. *by BBLagaday*



“I am proud to be part of this program that helps improve the lives and health of PWDs...”

Jose Matugas



Culinary Medicine for Senior Citizens: A Flavorful Path to Wellness

This year's celebration of National Nutrition Month, observed every July, aims to create greater awareness among Filipinos about the importance of nutrition. It also aligns with Republic Act 9257 (The Expanded Senior Citizens Act of 2003) and Republic Act 9994 (Expanded Senior Citizen Act of 2010).

In line with this, the Agricultural Training Institute – Regional Training Center 8 (ATI-RTC 8) acknowledges the role of senior citizens in nation-building. In coordination with the City of Borongan through the City Social Welfare & Development Office (CSWD), ATI-RTC 8 conducted a three-day training for senior citizens in the City. Ms. Verina P. Amoyo, the CSWD Officer also highlighted the senior citizen's benefits and privileges.

Consequently, Ms. Merigine C. Otara, Planning Officer I of ATI Central Visayas, and Ms. Ma. Reina P. Perez, owner of Gazebo de LOONdon EcoFarm in Loon, Bohol led the Basic Culinary Medicine and Cooking, and Processing with Culinary Herbs and Spices (Demonstration & Hands-on). Specifically, the session included preparing various dishes, including tea and juices, salads, sandwiches, pasta, and main dishes, all incorporating culinary herbs and spices.

Ms. Cynthia Ganaba, one of the participants, shared, “We enjoyed the activity, and I learned a lot that I can share with my family members. The food is delicious despite the taste and texture that is new to me and I appreciate the plant-based food as healthy ingredients.”

Twenty (20) senior citizens from Borongan City participated in the Training on Culinary Medicine for Senior Citizens on July 29-31, 2024 in Borongan City, Eastern Samar. *by MPPetalcorin*





VISION

A competitive and prosperous agriculture and fisheries sector towards a vibrant economy.

MISSION

Empowering stakeholders through a resilient and responsive agriculture and fisheries extension system.

QUALITY POLICY

The Agricultural Training Institute is a premier capacity builder, knowledge bank, and catalyst of a harmonized Philippine Agriculture and Fisheries Extension (AFE) system.



VISAYAS STATE UNIVERSITY CAMPUS, VISCA, BAYBAY CITY, LEYTE
PHONE NO. (053) 563-7635
EMAIL: ATIRTC8@ATI.DA.GOV.PH
URL: WWW.ATI.DA.GOV.PH/RTC8
CALL: 1-800-10-982-2474 | TEXT: 0920-9460-2474

