

BARO A

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TIMEK

I KAPITOL



“ What gets measured gets done. What gets fed back or reported, talked about and celebrated, is done well. Numbers are manifestations of our actions to deliver on our mandates within the time that is given to us. ”
-GOV PACOY

PGLU GEARS UP FOR GOV. PACOY'S SECOND TERM

Marcel A. Florentino, OPG-MPIU

Following an overwhelming victory in the elections on May, Gov. Francisco Emmanuel “Pacoy” R. Ortega III called on the employees of the Provincial Government of La Union (PGLU) anew to continue marching towards higher goals for the province during the First Monday Flag Raising Ceremony on July 1, 2019 at the Provincial Capitol, City of San Fernando, La Union.

In his speech, the governor expressed his gratitude to the employees

for their support. He sees the result of election as a validation that the PGLU is on the right track towards the goals set during his first term. He stressed on the importance of numbers in measuring the progress of the province by quoting a popular adage, “What gets measured gets done. What gets fed back or reported, talked about and celebrated is done well. Numbers are manifestations of our actions to deliver on our mandates within the time that was given to us.”

He then introduced and welcomed the newly-elected and re-elected Board Members, who in their respective speeches, signified their full support to the governor’s vision for La Union. Newly seated Board Member, Maria Rosario Eufrosina “Chary” P. Nisce, took her Oath of Office before the governor. As the current Philippine Councilors League – La Union Chapter President, she is an ex-officio member of the Sangguniang Panlalawigan (SP) by virtue of the Local Government Code of

1991. She will serve the unexpired term of Hon. Francisco Paolo P. Ortega V, former ex-officio Board Member, since he is now an elected member of the SP.

Gov. Pacoy won with 334, 633 votes or 90.3% of the total votes cast during the elections in May. Under his Transformative Governance framework of leadership, La Union started its journey in becoming the Heart of Agri-Tourism in Northern Luzon by 2025.



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EDITORIAL

PANANGIWANWAN ITI LA UNION-
NATIBKER, NABILEG

“Iti sagbabassit a panagdur-as, maurnong ken agbalin a dakkal a pagballaigian.” Para ti Probinsia iti La Union babaen ti agtultuloy a panangidaulo ni Gob. Francisco Emmanuel “Pacoy” R. Ortega III, napudno daytoy a balikas agsipud ta iti maikadua a termino ti gobernador ket maitultuloy iti panangaramat iti Performance Governance System (PGS).

Maus-usar ti PGS tapno makaisayangkat ken makaplano iti estratehiya iti maysa nga ahensia. Ti PGS ket addan iti uppat a tukad a pakairamanan iti Panangiganuat (Initiation), Panagtulnog (Compliance), Panangsanay (Proficiency), ken Panangipatungpal (Institutionalization). Nakikadua ti Probinsial a Gobierno iti La Union (PGLU) iti Institute for Solidarity in Asia (ISA) tapno maiganwat iti nakuna nga arapaap. Ti ISA ket organisasion a makikaykaysa kadagiti Local Government Units (LGU), Non-Government Organizations ken dadduma pay tapno makaaramat iti nadumaduma a programa nga agbunga iti panagbalbaliw ken mangpabileg ti kapasidad iti opisina iti gobierno babaen ti umno a trainings, interventions ken adduma pay a wagas.

Nasurok a 50 a nasional nga ahensia iti gobierno ken LGU iti nangaramaten



ti PGS. Maysa ditoy ti PGLU babaen iti Memorandum of Agreement idi Agosto 17, 2016. Iti agdama, nagun-oden ti PGLU iti tukad iti Panangiganuat idi 18 iti Oktubre 2016 ken iti tukad iti Panagtulnog idi 21 ti Hunio 2017. Mannarimaan ti panagsagana ti PGLU para iti tukad iti Panangsanay a maaramid inton Nobiembre 28, 2019. Apaman a naisayangkat ti PGS, rinugian met ti PGLU iti inna panagdalyasat iti panagbalbaliw babaen ti panangaramat ti pagbasaran iti panagited iti serbisio kadagiti taga-La Union a maawagan iti Governance Charter.

Kas paglintegan, nilaon ti Governance Charter iti Sirmata (Vision), Mision (Mission), ken Pagtaudan (Values) iti probinsia. Ti Sirmata ti probinsia ket agbalin kas Puso ti Agri-Turismo iti Amianan a Luzon iti tawen 2025. Ti Misionna ket Mangirugi ken Mangitultuloy ti Panagpasayaat ti Panagbiag ti Kaaduan. Dagiti nagtaudan ti probinsia ket Managayat iti Dios (God-Loving), Naayat iti Tattao (People-Oriented), Mapagtalkan (Accountable), ken Napasnek (Committed).

Addaan iti daytoy a Governance Charter, manamna ti panagtultuloy iti napasnek a serbisio iti tunggal empleyado iti PGLU tapno marangpat ti nanamnam-ay pay a panagbiag ditoy probinsia.

LA UNION RANKS SECOND ON
DRUG-CLEARING PROGRAM

Maria Dolor Bilar, GPC-SSU

The Province of La Union ranked second in Drug Clearing Program regionwide during the Regional Oversight Committee (ROC) meeting at the Hunter’s Den, Philippine Drug Enforcement Agency Regional Office 1 (PDEA – RO1), Camp Diego Silang, Carlatan, City of San Fernando, La Union on July 3, 2019.

In the meeting, folders on drug-affected barangays in Region 1 were assessed and validated. Of the 490 drug-affected barangays in La Union, 366 barangays were drug-cleared as of June 2019 as validated by the ROC, leaving 124 barangays still to be cleared.

The program was conducted in compliance to the Dangerous Drugs Board Regulation No. 3 series of 2017 entitled, “Strengthening the Implementation of Barangay Drug



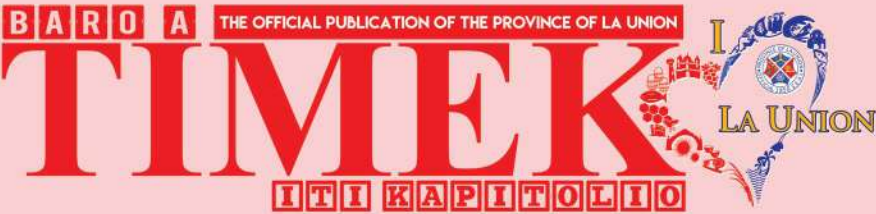
The Regional Oversight Committee (ROC) conducted a meeting on July 3, 2019 at the Hunter’s Den, PDEA Regional Office 1, Camp Diego Silang, Carlatan, City of San Fernando, La Union. In said gathering, it was disclosed that the Province of La Union ranked second in Drug Clearing Program regionwide and 366 out of 490 drug-affected barangays in La Union were drug-cleared as of July 2019 as validated by the ROC leaving 124 barangays to be cleared.

Clearing Program.” It is also in time for the ongoing assessment and validation for the Seal of Good Local Governance.

PDEA Regional Director Bryan B. Babang presided over the meeting. Also present were Provincial Jail Warden Rimas G. Calixto, Department of the Interior and Local Government Regional Director James F. Fadrihan, members of the Philippine National Police Regional Office 1, representatives from Department of Health Regional Office 1 (DOH RO1), and PDEA Officers and staff.

Region 1 ranked first nationwide in the program. Certificates of Drug-Cleared barangays were forwarded to the DOH for further validation before other members of the ROC affix their signatures.

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GOV PACOY: LA UNION TOURISM ON THE RISE

Omme Atiyah B. Gonting, GPC-PIO

"I think we're on the right track," Gov. Francisco Emmanuel "Pacoy" R. Ortega III said after Department of Tourism Region 1 Dir. Martin S. Valera presented the results of the Region 1 2018 Visitor Survey to him and Provincial Tourism Officer-Designate Mr. Adamor L. Dagang on July 25, 2019 at the Diego Silang Hall, Provincial Capitol Building, City of San Fernando, La Union.

He backed this up by saying that the Local Government Units also aligned their Programs, Projects and Activities to the vision of the province to be the Heart of Agri-Tourism in Northern Luzon by 2025.

Topics discussed were Local Tourism Data Compilation; Basic Local Tourism Indicators; Data Gaps on profiling visitors; and Visitor Survey. It aimed to identify general visitor profile, travel characteristics, attraction satisfaction, and expenditures in a specific tourist attraction. Implementation and coverage of the



LA UNION TOURISM ON THE RISE. Department of Tourism Region 1 Director Martin S. Valera presents results of the Region 1 2018 Visitor Survey to Gov. Pacoy and Provincial Information Officer Mr. Adamor L. Dagang on July 25, 2019 at the Diego Silang Hall, Provincial Capitol Building, City of San Fernando, La Union. Survey revealed that the province ranked first in terms of tourism spendings, repeat visitors and average length of stay in the region due to the undeniable drawing power of surfing and emerging Agri-Tourism potentials of La Union.

study was also tackled in the meeting.

The 2018 Tourist Attraction Visitor Survey comprised of administrative data

gathered from analyses and interviews in the various identified tourism sites regionwide.

The output of tourist characteristics showed that most of the tourists visiting the province are aged 20 – 34 years old mainly the millennial generation which affirms that the province possesses a unique laid back lifestyle and hipster culture that is famed to the younger market.

Average length of stay was also presented and La Union gained the highest rate of 1.87% compared to the other provinces in Region 1. Percentage of repeat visitors also stated that La Union gained 54% and the highest among the other provinces in the region. This explains that tourists are motivated to come back.

In general, survey revealed that the province ranked first in terms of tourism expenditure with an estimated total of 1,808,972,834 from 35% occupancy rate, repeat visitors and average length of stay in the region due to the undeniable drawing power of surfing and emerging Agri-Tourism potentials in La Union.

SP FIRST OUT OF HALL SESSION CONDUCTED

Rhea Matilde A. Ballesteros, GPC-SP

True to its commitment to support the Agri-Tourism Development Strategy of the province, the 22nd Sangguniang Panlalawigan (SP) conducted its first out-of-hall session on July 30, 2019 at Vista La Vita Venue, a budding tourism site located in San Vicente, City of San Fernando, La Union.

Four privilege speeches were delivered by the SP Members. SPM Maria Annabelle S. De Guzman gave reminders on the process of accreditation of Non-Governmental Organizations, People's Organizations and Civil Society Organizations and the importance of these organizations as valuable partners of the Provincial Government of La Union in good governance. SPM Christian I. Rivera introduced a draft ordinance establishing a Provincial Museum and Heritage Center of La Union. SPM Gary N. Pinzon delved on disaster preparedness and resiliency of the province while SPM Abraham P.



Sangguniang Panlalawigan Member Maria Annabelle S. De Guzman delivers her privilege speech during the first out-of-hall session of the 22nd Sangguniang Panlalawigan on July 30, 2019 at Vista La Vita Venue, San Vicente City of San Fernando, La Union. Her speech focused on the accreditation of the Non-Governmental Organizations, Civil Society Organizations, and People's Organizations in the province and their valuable role as partners of the Provincial Government of La Union in good governance.

Rimando, moved for a resolution of condolence to Punong Barangay Edwin Casuga.

Likewise, during the said session, two letters certified urgent by Gov. Francisco Emmanuel "Pacoy" R. Ortega III were approved, 14 communications and municipal ordinances and resolutions were referred to the concerned committees and five legislative measures were introduced. The same were referred to the concerned committees for their further study and recommendation.

The out-of-hall session in the Agri-Tourism sites of the province was one of the identified direct contributions of the SP for the attainment of the province's development strategy. The Vista La Vita Venue is one of the newest mountain resorts in the province that caters to special events like weddings, birthdays, anniversaries since it is equipped with a spacious function hall and a garden.

RABIES VACCINATION IN TOURIST DESTINATIONS ADMINISTERED

Ferdinand P. Buccat and Romuelda C. Mañgaser, GPC-OPVet

To ensure a tourist-friendly La Union, a total of 253 pets were vaccinated and 128 pet owners were served during the free anti-rabies vaccination of the Office of the Provincial Veterinarian (OPVet), headed by Dr. Nida N. Gapuz, on July 9, 2019 in Brgy. Lubing, San Juan and Brgy. San Agustin, City of San Fernando, La Union.

The two barangays were chosen as they house two major tourist attractions in the province, the surfing hub and Thunderbird Resort.

The activity was also done to ensure the areas are free from zoonotic diseases. It was conducted in coordination with



San Juan Municipal Agriculture Office and San Fernando City Veterinary Office.

179 dogs and two cats were vaccinated in Brgy. Lubing with 74 pet owners served. 70 dogs and two cats were vaccinated in Brgy. San Agustin with 54 pet owners served.

The activity will also be conducted in other barangays in the province where other tourist destinations are found. This is part of the OPVet's Initiative in the Medium-term Strategy to make La Union a Tourism Destination in Northern Luzon by 2022.



PGLU PASSES SURVEILLANCE AUDIT. Provincial Government of La Union (PGLU) department heads and employees headed by Gov. Pacoy flash the “I Love La Union” hand sign with the NQA Global Assurance evaluators after PGLU has been declared as a passer of the second surveillance audit for ISO 9001:2015 Certification on July 17, 2019 at the Diego Silang Hall, Provincial Capitol Building, City of San Fernando, La Union.



Gov. Pacoy and La Union Vibrant Women, Inc. Chairperson Vini Nola A. Ortega encourage ABONO Scholars to do their best in their studies to realize their dreams during the distribution of scholarship grants on July 26, 2019 at the Diego Silang Hall, Provincial Capitol, City of San Fernando, La Union.



Gov. Pacoy inducts the current and new members of the La Union Medical Center Board of Trustees (LUMC BOT) during its 147th Board Meeting on July 15, 2019 at the Dr. Eufanio “Franny” C. Eriguel Memorial Hall, LUMC, Agoo, La Union. Inducted members of BOT were Mr. Benjamin N. Dy, Dr. Eliseo O. Laron Jr., SPM Christian I. Rivera, Dr. Glenn Ernest M. Fonbuena, SPM Jonathan Justo A. Orros, Dr. Wilhelmina E. Arzadon, and Dr. Geoffrey S. Tilan. Vice Gov. Mario Eduardo C. Ortega was inducted as the new LUMC BOT Vice Chairperson.



TREE PLANTING WORKSHOP. Ms. Kristine B. Orpilla of the Office of the Provincial Agriculturist tills a land portion at Bungol Demonstration Farm in Balaoan, La Union during the Tree-Planting Workshop held on July 8, 2019. Hawaiian palm seedlings were planted along the perimeter lines of the farm in support to the beautification of the Proposed Bungol Agricultural Learning Site.



Provincial Tourism Officer-Designate Mr. Adamor L. Dagang discusses the tourism products and services of La Union to participants of the two-day Tourism Awareness and Capability Building Seminar for tourism stakeholders of the Municipalities of Bacnotan and San Gabriel held on July 18, 2019 at the People’s Hall, Bacnotan Municipal Hall, La Union. This is the third of the series of seminars aimed at capacitating host communities with major Agri-Tourism sites to achieve service excellence in guest service for tourists visiting the province.



LU CAPITOL EXECUTIVE BUILDING EXTENSION. La Union Gov. Pacoy and Vice Gov. Mario Eduardo C. Ortega, Department of Public Works and Highways (DPWH) La Union First District Engr. Emil R. Ganaden, and some of the Provincial Government of La Union (PGLU) department heads lead the groundbreaking for the construction of the La Union Provincial Capitol Extension at the Provincial Capitol Building, City of San Fernando, La Union on July 25, 2019. Funded by the DPWH, the P120 Million project will soon house the Office of the Governor, some PGLU executive offices, cafeteria, and a parking space. The said building will also feature a veranda with a panoramic view of the City of San Fernando bay.



Provincial Health Officer I Rodolfo C. Tongson and Executive Assistant IV Justo Orros III receive a Certificate of Recognition on behalf of the Provincial Government of La Union from the Red Cross of the Philippines (PRC) La Union Chapter headed by Chairman BM Jonathan Justo A. Orros for its support to the Voluntary Blood Donation Program on July 23, 2019 at the Diego Silang Hall, Provincial Capitol, City of San Fernando, La Union.



EXCELLENT HRM SERVICE. On behalf of Gov. Pacoy, Provincial Administrator Jennifer Joan O. Manguiat receives a Bronze Award under the Program to Institutionalize Meritocracy and Excellence in Human Resource Management (PRIME-HRM) for the Provincial Government of La Union (PGLU) during the 2019 Public Sector HR Symposium at the Philippine International Convention Center, Pasay, Metro Manila on July 24, 2019. Said award was conferred to PGLU for its successful implementation of its human resource management systems according to documented processes achieving a process-defined HRM.



SANGLAD FESTIVAL 2019. Devotees, residents and tourists join the celebration of the 3rd Sanglad Festival in commemoration of the 174th Anniversary of the arrival of the Image of Nuestra Señora Birhen Del Mar Cautiva through a fluvial procession in St. Tomas, La Union on July 19, 2019. The annual celebration reenacted the arrival of the image of Virgin Mary in St. Tomas, La Union in 1845.



Gov. Pacoy receives a Certificate of Appreciation from the Regional Development Council for serving as a reactor during the Region 1 Consultation of the Philippine Development Plan 2017-2022 Midterm Update on July 18, 2019 at Hotel Ariana, Bauang, La Union.

SP COMMITTEE ON PUBLIC WORKS ENSURES ROAD SAFETY FOR MOTORISTS

Jiroh Joy D. Marbella, GPC - SP

To ensure that national and provincial roads are safe for motorists to traverse during the rainy season, the SP Committee on Public Works chaired by Sangguniang Panlalawigan Member (SPM) Maria Annabelle S. de Guzman led another round of ocular inspection along the highway stretching from Bauang to Rosario, La Union on July 18, 2019.

The said ocular inspection was conducted on the agreements made from discussions during the preliminary Committee Hearing where representatives from PLDT, Department of Public Works and Highways (DPWH) Engineering District 2, Kyeryong-Policarpio Joint Ventures and Eastern Telecommunications Philippines assured to be equipped with necessary Early Warning Devices (EWDs) and required signages on any ongoing roadside construction works to prevent accidents from happening and to avoid any casualties or damages.

The inspection showed that EWDs installed did not meet the established standards set forth under Resolution No. 353-2016 which states that "the Province strongly urges the DPWH Region I to cause the installation of appropriate EWDs in all the infrastructure projects being implemented." Most of the installed



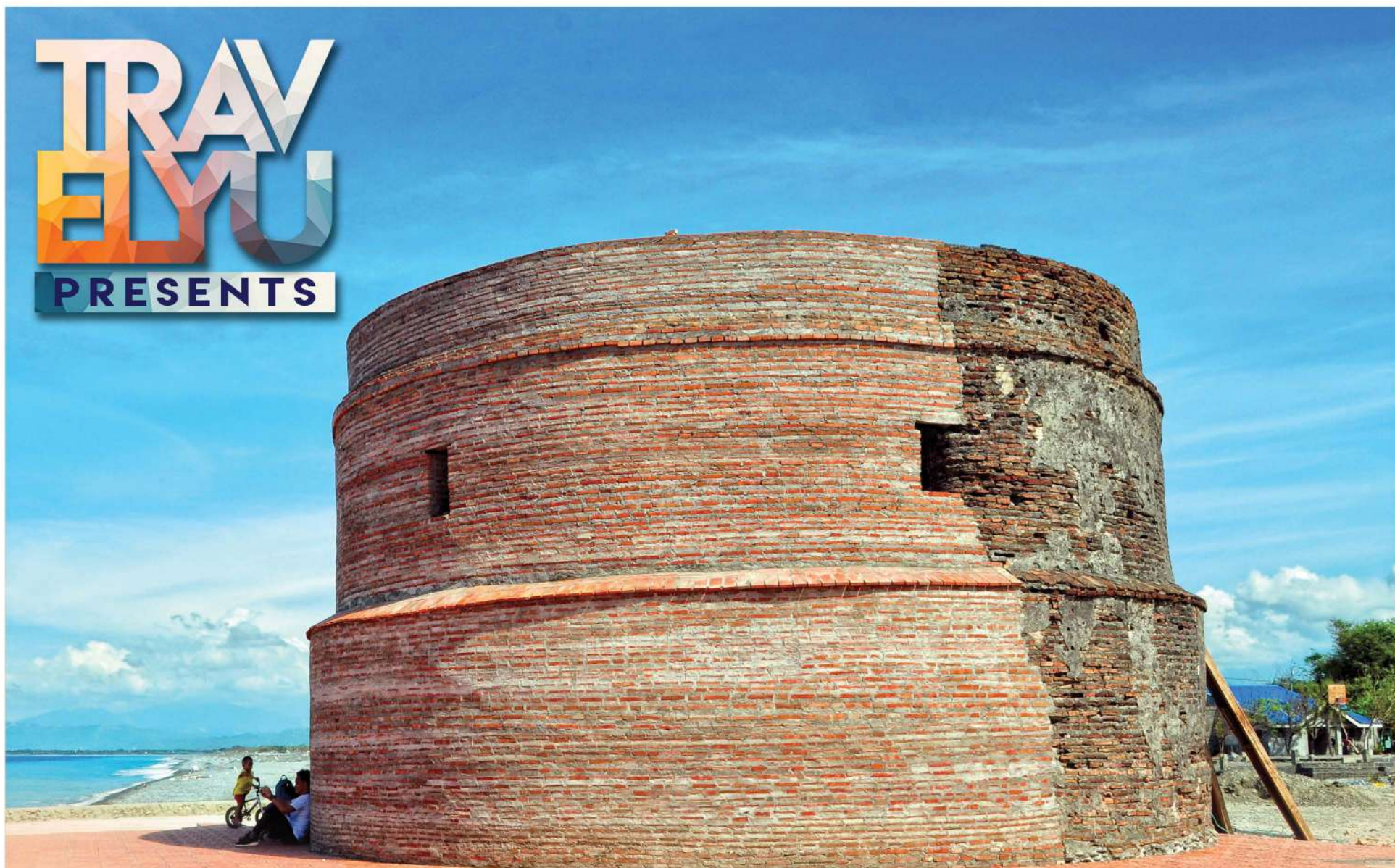
Board Member Maria Annabelle S. de Guzman leads the ocular inspection along the highway stretching from Bauang to Rosario, La Union on July 18, 2019. The activity aimed to ensure that national and provincial roads are safe for motorists to traverse during the rainy season.

warning signs were not reflectorized and were installed very close to the actual repair or on-going road construction sites.

SPM De Guzman authored Draft Ordinance No. 205-2019 requiring the mandatory installation of EWDs by all contractors and public utility companies on all on-going road constructions along the National Highway-Manila North Road within the jurisdiction of the Province of La Union, all provincial roads and all public roads in the Province of La Union, providing penalties thereof; and Draft Ordinance No. 206-2019 prohibiting all kinds of obstructions along Right-Of-Way of the National Highway-Manila North Road including that of the emergency lane within the jurisdiction of the Province of La Union and all provincial roads and bridges.

The Civil Code of the Philippines provides, that anything which obstructs or interferes with the free passage of any public highway or street is a nuisance, and is subject to abatement, without judicial proceedings. Likewise, Section 5, Article II of the 1987 Philippine Constitution states that the maintenance of peace and order, the protection of life, liberty and property and the promotion of the general welfare are essential for the enjoyment by all the people of the blessings of democracy.

TRAVEL EYU PRESENTS



PAGWANAWANAN: A GLIMPSE OF THE PAST

Vice Mamaril, GPC – PIO

Formerly called Namacpacan, the town of Luna, La Union, named after the town's famous sons Gen. Antonio and painter Juan Luna is the home of the famous and historical landmark that signifies the province's rich history—the Baluarte or Luna Watch Tower. The 400 year old historical landmark is situated in Barangay Victoria.

The watch tower was built during the pre-Spanish times and considered a national treasure by the National Historical Institute. It served as the lookout point for possible attacks by pirates or danger coming from the sea. Because of its size and height, guards were able to alert the townspeople and prepare peace officers to safeguard the properties and lives of their constituents. During the World War II, it functioned as the communication tower post for temporary airfield for the United States Armed Forces in the Philippines – Northern Luzon forces.

Like other century-old Spanish structures, the baluarte was also made of adobe, bricks and coral blocks held together by lime and white eggs.

Year 2015, half of the tower collapsed after it was hit by strong winds and big huge waves caused by a typhoon. Thru the local government and concerned agencies, the watchtower underwent restoration. Today, the watch tower have been concreted and topped with adobe bricks to cater to visitors while enjoying the beautiful view of pebble beach of Luna.

Aside from **Luna watchtower**, there are also other watch towers in the province that witnessed La Union forefathers' bravery in the midst of calamities and attacks.

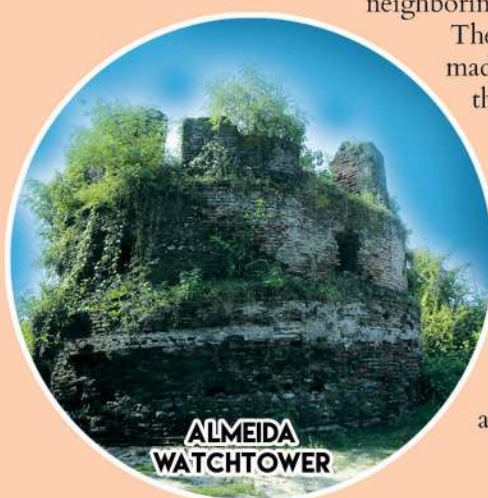
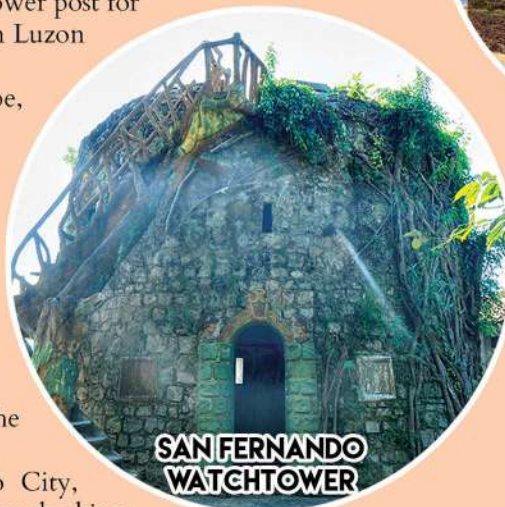
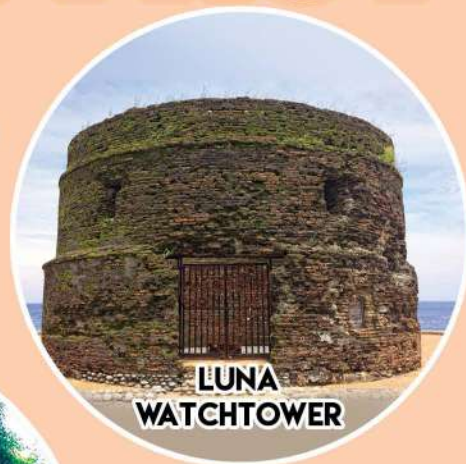
The **Almeida watchtower** in Balaoan is connected in the towers of the neighboring town of Luna, Bacnotan and San Juan.

The **Moro watchtower** in San Fernando City, made up of coral stones, is circular in plan overlooking the San Fernando bay area.

The **San Juan watchtower** is located in the Municipality of San Juan. 80% of the structure was reconstructed and only 20% remained are the original brick and stone wall. The original wall can be seen at the northwest side of the tower.

Lastly, the **Bacnotan watchtower** is located inside a privately walled compound. It is also made of general bricks and coral stones. Of all the watchtowers in the province, this is the most distant from the sea.

The Baluartes that once became witnesses to the courage of the people of La Union will continue to be emblems of the people of La Union, being strong and united like how the towers were built.



PGLU PROVIDES SUPPORT TO FAMILIES OF CHILDREN WITH AUTISM

Zenaida D. Sellem, GPC-PSWDO



The Provincial Government of La Union (PGLU) through the Provincial Social Welfare and Development Office supported the Autism Society of the Philippines (ASP)-La Union Chapter in its advocacy campaign on Autism Spectrum Disorders (ASD) through the conduct of seminar on July 13, 2019 at the PGLU Employees Child Development Center, Provincial Social Welfare & Development Office, City of San Fernando, La Union.

The activity, with the theme "Tackling Autism as a Family: Explaining Autism to my Other Children and its Impact," aimed to empower family members and educators of children with autism.

Applied Behavior Analysis Therapist Dir. Angel Ramat who served as resource speaker said that public and professional awareness of autism has increased in the new millennium because of increased media coverage and rapidly expanding body of

knowledge. In terms of what the family members and educators can do, she said, "Finding treatment that addresses your child's needs, rather than focusing on what to call the problem, is the most helpful thing you can do."

The most recent data reported by the Centers for Disease Control and Prevention shows that about one in every 88 children has ASD, and children of La Union is no exemption. With the full support of the PGLU, the members of ASP La Union Chapter is continuously pushing public awareness. They aim to help individuals with ASD and caregivers learn about treatment options and ASD-related programs.

ASD is a neurological and developmental disorder and every child on the autism spectrum has unique abilities, symptoms, and challenges. The campaign is expected to help people interacting with ASD patients discover proper ways to mingle with them.

CDH NUTRITION MONTH CELEBRATION CULMINATES WITH COOK FEST

Marlon C. Runas, GPC-CDH

The Caba District Hospital (CDH), through its Dietary unit, led the culmination of the month-long Nutrition Month activities with a cooking competition on July 31, 2019 at CDH Conference Hall, Poblacion Sur, Caba, La Union.

Three groups divided into Administrative, Nursing and Ancillary units battled to be the best cooking group during the said activity. The group cooked their "best nutritional recipes" made of Banana Blossom as the main ingredient in the appetizer, main course and dessert categories. The groups' recipes were judged based on originality, presentation, palatability, and nutritive value.

Clinching first place was the Blooming Bomb, Pacham de Blossom and Sweetheart Blossom prepared by the Nursing Unit. The Banana Blossom Molo Soup with Fried Gyoza, Banana Blossom Curry and Churros with Banana Blossom of the Ancillary Unit

bagged the second place while the Sisig in Bloom, Banana Blossom Volcano and Sweet Bola Bola ala Chamba recipes of the Administrative Unit come in third place. The winners received certificate of recognition, token and cash prizes.

Mrs. Luzviminda Edna D. Cacanindin, one of the judges, thanked and commended the participants in creating delicious and innovative recipes made from Banana Blossom. She also encouraged the hospital employees to continue activities like this which expose the talents of hospital staff. "Pwede ring ibahagi sa mga pasyente o bantay ang inyong nagawang recipes para may magaya sila na lutuin gamit ang puso ng saging," she said.

Nutrition Month is an annual campaign held every July to create greater awareness on proper nutrition among Filipinos under Presidential Decree No. 491 or also known as the Nutrition Act of the Philippines.



NUTRITION MONTH 2019. Participants from the Ancillary Unit of Caba District Hospital (CDH) cook their recipes with Banana Blossoms as the main ingredient during the CDH Nutrition Month 2019 Cook Fest on July 31, 2019 at CDH Conference Hall, Poblacion Sur, Caba, La Union. The said activity was participated in by groups from the Nursing, Ancillary and Administrative Units. They competed for the Appetizer, Main Course and Dessert Categories recipes which were judged based on originality, presentation, palatability, and nutritive value.

HEALTH CORNER

FIRST AID FOR FRACTURES, WOUNDS SYMPOSIUM CONDUCTED IN BDH

Melanie Holt, GPC-BDH

Nurses of Bacnotan District Hospital (BDH) conducted a Symposium on First Aid for Fractures and Wounds in observance of the National Disability Prevention and Rehabilitation Week on July 17, 2019 at BDH, Bacnotan, La Union.

A total of 30 participants attended the lectures by BDH nurses Mr. Jeffrey Julian and Mr. Arnel Fontanilla. In their lectures, they specifically tackled on first aid of bone, joint, and muscle injuries; splinting extremities; and wound management.

Mr. Julian said that fracture and broken bone are the same. There are two categories; closed and open. He emphasized to remember the acronym DOTS in determining a fracture which are the presence of D-eformity, O-pen wound, T-enderness, and S-welling. Afterwards, a return demonstration on splinting a broken extremity like an arm was held.

On the other hand, Mr. Fontanilla talked about the types of wounds which



FIRST AID FOR FRACTURES AND WOUNDS. Bacnotan District Hospital (BDH) nurses, Mr. Arnel Fontanilla and Mr. Jeffrey Julian teach Mr. Reynaldo Querol, representative of Bacnotan Tricycle Operators and Drivers Association on how to splint a broken arm during the return demonstration as part of the Symposium on First Aid for Fractures and Wounds conducted on July 17, 2019 at BDH, Bacnotan, La Union. Said activity was done in observance of the National Disability Prevention and Rehabilitation Week with the aim to equip the participants with the skills and knowledge to minimize further injury and possible disability.

are also open and closed. He taught the audience the steps on cleaning and managing an open wound which include cleaning with antiseptic; covering with sterile dressing; keeping

it clean and dry; and changing its dressing as needed.

Mr. Fontanilla also highlighted the don'ts when having an open wound such as cleaning large or

life-threatening wound; scrubbing a wound; cleaning a wound with full strength alcohol or Betadine; using hydrogen peroxide; soaking a wound; closing the wound with tape; and blowing the wound. He also told the audience to look for signs of infection such as swelling, redness, throbbing pain, drainage of pus, fever, and red streaks.

In contrast, he also discussed about closed wounds such as hematoma which is a collection of blood outside the blood vessels and is caused by internal bleeding, hence the purple color on skin. He then told the audience to control bleeding of a closed wound with an ice pack; place elastic bandage as needed; check for fracture; and elevate the extremity to decrease pain and swelling.

After the activity, participants were expected to be equipped with skills and knowledge to minimize further injury and possible disability when attending to patients with fractures and wounds.

PGLU GEARS UP FOR PGS PROFICIENCY STAGE THROUGH 2ND QUARTER STRATEGY REVIEW

Yanna Valerie N. Paz & Loren Obillo, GPC-OPS

The Provincial Government of La Union (PGLU), headed by Gov. Francisco Emmanuel “Pacoy” R. Ortega III, conducted the 2019 2nd Quarter Strategy Review at the Diego Silang Hall, Provincial Capitol, City of San Fernando, La Union on July 31, 2019 to assess the progress of the strategy towards becoming “the Heart of Agri-Tourism in Northern Luzon by 2025.”

“I want each and every one of you to understand that the result of this Strategy Review will define how we will move forward in achieving our vision,” Gov. Pacoy said during his welcome remarks. He also highlighted the journey of the province’s transformative governance agenda with the aid of the Performance Governance System (PGS). The governor also gave light to the province’s strong partnership with the various stakeholders, as well as its preparations for the upcoming Proficiency Stage Revalida.

The Office for Provincial Strategy (OPS) presented the status of the office’s strategic commitments or Wildly



Important Goals (WIGs). The alignment of the various offices to the strategic objectives, together with the results of the mentoring sessions wherein all of the offices have a satisfactory rating and the status of the office’s compliance in terms of documentation were also reported. In addition, the OPS presented the status of the province’s Agri- Tourism scorecard wherein 9% of the indicators were on target, 27% on track, 3% below target,

and 61% has no data available yet since development is expected in 2nd semester. Nevertheless, the scorecard performance is expected to improve by the end of the year.

Meanwhile, the accomplished activities on strategic communications under broadcast, digital, and print media were also presented together with the milestones under strategy support. Some of which are the activities conducted by the Senior Transformative Leadership

Team regarding the strategy recalibration, and the various milestones of the Multi-Sectoral Governance Council such as its re-organization, Cleanest, Greenest, and Most Eco-Friendly Gasoline Station Restroom, Bauang Bakawan Eco-Tourism Park, and Tourist Police Assistance Center. Thereafter, the Governance Trailblazer: PGLU Strategic Rewards and Incentives Program was also launched to recognize and celebrate success, to promote excellent public service, and to further integrate the PGS in the PGLU.

In addition, the discussion regarding the upcoming activities such as the pre-audits by OPS and the Institute for Solidarity in Asia, 3rd party audit, and 3rd Quarter Strategy Review which serve as preparation for the province’s PGS Revalida this November 2019 also took place. The OPS will continue to oversee execution and ensure linkage among strategic key players, provide coaching and mentoring support and conduct preparatory and intervening activities.

PGLU TRAINS MORE TOUR GUIDES

Joy Ann L. Gurtiza, GPC-PIO

The Provincial Government of La Union (PGLU) through the Provincial Information Office – Tourism Operations Unit in collaboration with the Department of Tourism – Region 1 (DOT-RO1) organized another Community Guiding Seminar held on July 22 – 28, 2019 at the Brandon Hall, Marand Resort and Spa, Bauang, La Union.

34 participants from various Local Government Units (LGUs) of South La Union composed of tourism officers, students and teachers, Sangguniang Kabataan and barangay officials, tourism attractions / enterprises’ owners / managers, and other tourism frontliners and residents of nearby major tourist attractions completed the week-long seminar.

Sangguniang Panlalawigan Member Christian I. Rivera, Chairperson of the Committee on Tourism, graced the activity on behalf

of Gov. Francisco Emmanuel “Pacoy” R. Ortega III and highlighted the province’s commitment in achieving its achieving its vision of making La Union the Heart of Agri-Tourism in Northern Luzon by 2025 to propel a more dynamic and sustainable development for La Union. “We have capacitated our tourism front liners as we aim to bring in more visitors to our province,” he said.

On the other hand, Assistant DOT-RO1 Regional Director Modesto O. Baloloy emphasized that Tourism in La Union is in need of young people to learn things, saying, “It is very important that we have these kinds of people (tour guides), knowledgeable people to help promote the province. We educate representatives from different potential barangays to tap them to share the knowledge they learned from these trainings to the rest of the community.”

During his presentation on La Union Tourism Destinations, Attractions, and Activities, Provincial Tourism Officer-Designate Adamor L. Dagang challenged the participants as future tour guides to be active partners in making La Union Tourism more enchanting by sharing their talents in storytelling. He also encourage them to promote sustainable tourism.

Topics discussed included an Overview of Tour Guiding Course and Tourism Industry; Child-Safe Tourism; Gender and Development, Personality Development and Communication Skills; Tourist Safety and Protection, Environmental Awareness, Sustainable Tourism and Ecotourism; Basic Life Support and First Aid; Developing Tour Guides Knowledge, Skills and Attitude; Tour Guide Commentaries; DOT Accreditation, Protocol and Social Graces; and other important things a tour guide must know. Familiarization

tours, fieldwork, and researches were also part of the module. There were also written and oral exams during the training.

University of the Philippines-Asian Institute of Tourism Professor Yael T. Fernandez, DOT-Accredited Mabuhay Tour Guide and Resource Speaker, expressed, “Tour guiding is not only taking people to beautiful places and taking pictures, it’s about sharing history and culture.”

Currently, La Union lists 96 accredited community guides. PGLU appealed to the LGUs of the province to create an ordinance for their areas to encourage accreditation of tour guides and to stop “kolorum guides.”

After the seminar, the tour guides are expected to apply for DOT accreditation once they satisfactorily meet the requirements. Same training course is scheduled this coming October 2019 for the LGUs of North La Union.



University of the Philippines-Asian Institute of Tourism Professor and DOT-Accredited Mabuhay Tour Guide Yael T. Fernandez, gives pointers and additional tips to the participants of the week-long Community Guiding Seminar during their Commentaries and Pre-Mock Tour sessions on July 26, 2019 at Marand Resort and Spa, Bauang, La Union. The said activity gauged the level of learnings of the participants from the training. 34 participants from various municipalities of South La Union joined the seminar.



Representing Gov. Pacoy, Board Member Christian Rivera, Sangguniang Panlalawigan Committee on Tourism Chairperson, highlights the province’s commitment in achieving its vision of making La Union the Heart of Agri-Tourism in Northern Luzon by 2025 to propel a more dynamic and sustainable development for the province during the Community Guiding Seminar for Local Government Units held on July 22, 2019 at the Brandon Hall, Marand Resort and Spa, Bauang, La Union.