



Quarterly newsletter on news and updates on environmental programs and activities of the Philippine Ports Authority — Port Management Office of Misamis Oriental/ Cagayan de Oro



Inculcating Environmental Awareness and Sensitivity

amid COVID-19 pandemic

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PMO personnel together with Stella Maris Sister harvest camote tops in the vegetable garden.

While the world's attention is fixed at combating the ongoing Coronavirus Disease 2019 (COVID-19), the Port Management Office of Misamis Oriental/Cagayan de Oro (PMO MO/C) has not lose sight of its unwavering commitment for environmental protection and sustainability as the PMO capped the Earth Month Celebration with greening activities on 30 April 2020.

The whole-day event kicked-off with the second round of vegetable harvesting in the PMO's organic vegetable garden. The PMO key personnel including Port Manager Isidro V. Butaslac, Jr. together with the sisters of the Daughters of Charity congregation who are managing the Stella Maris – Apostleship of the Sea (AoS) Center, harvested cabbage, camote tops, malabar spinach ("alugbati"), malunggay, mango fruits, and bananas. The harvests were donated to the AoS, the PMO's partner in the provision of practical and pasto-

PMO MO/C celebrates Earth Month 2020

ral care to the PMO employees, wives and children of seafarers and porters at the Port of Cagayan de Oro. The PMO, through the AoS, was able to provide relief goods to the porters and their families who are severely affected by the health crisis.

Since the establishment of the said garden utilizing the former unused spaces along the CDO Port's perimeter fence, it has been the PMO's source of crops for feeding programs and other home use by its personnel including the security and utility workers. This health crisis necessitates the people to have good nutrition to boost the immune system to fight against the said fatal virus and other disease-causing bacteria; and this good nutrition generally comes from healthy food intake. Thus, the establishment of green gardens in ports is aimed to provide the port stakeholders to have a direct source of organic and healthy crops.

In the afternoon, the PMO employees including those who are working from home, participated in a simultaneous video showing on the environmental effects and more facts about

COVID-19, with online open forum (Question and Answer portion) thereafter.

Before dusk, the personnel who were all geared with gardening tools, then proceeded to their designated areas around the Administrative Building for vegetable and tree planting. The Department of Agriculture Region 10 provided seeds and seedlings of various vegetable plants and fruit-bearing trees. Some PMO employees also donated additional seeds from their own gardens at home. These "mini" gardens around the ports will be maintained by the assigned Divisions. They shall be in-charge of the daily watering of seedlings and weeding.

The organic vegetable and tree gardens in ports also add to the greening of the CDO Port, a Green Port recognized by the APEC Green Port Award System. Soon enough, these gardens will not only be sources of edibles but also help in filtering the air for fresher and clean atmosphere at the ports.

The Earth Month is being celebrated in April of each year.

See more photos in page 3



Personnel of the Office of the Port Manager, led by Port Manager Isidro V. Butaslac Jr. (in blue polo shirt) plant a seedling in their designated area.



PMO MO/C celebrates the Month of the Ocean via webinar

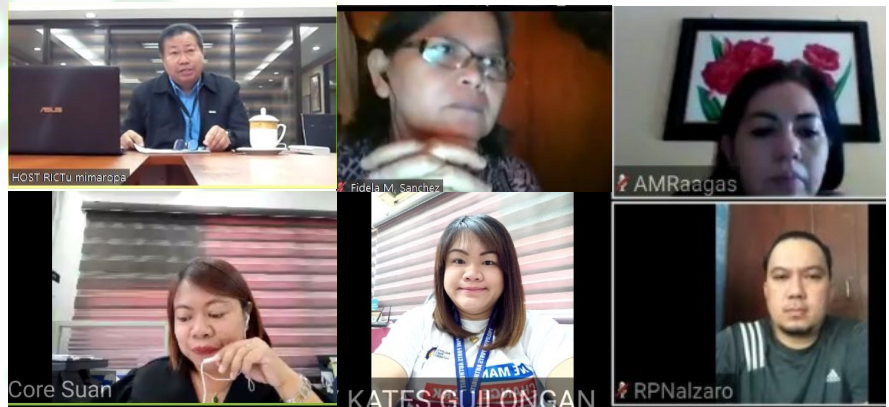
Continuing the promotion of environmental awareness among port stakeholders as part of the PMO's ongoing pursuit of environmental protection and conservation, personnel of the Port Management Office of Oriental/Cagayan de Oro participated in the celebration of the Month of the Ocean 2020 through a webinar conducted by the Department of Environment and Natural Resources (DENR) on 29 May 2020.

This year's celebration is themed, "Para sa Tao: Protected Areas for a Protected Future." The webinar resource speaker, Engr. Vicente Tudao Jr., PhD, the Assistant Regional Director for Technical Services of DENR-Manila, discussed the significant roles of various marine resources to the general ecosystem which indirectly benefit the humankind. He most importantly presented the ways on how these marine resources can be protected and preserved, and to keep the ocean waters a conducive environment for all underwater life forms to thrive.

Twenty six (26) employees joined the webinar including those who are working from home who also actively participated in the short pop quiz/trivia game during the seminar.

The month of May was declared

as the Month of the Ocean per Presidential Proclamation No. 57 issued in 1999, which aimed to highlight the importance of conservation, protection, and sustainable management of Philippine coastal and marine resources.



The webinar participants together with resource speaker Engr. Vicente Tudao Jr., PhD of DENR-Manila (upper left corner).



DEPARTMENT OF ENVIRONMENT AND NATURAL RESOURCES
enjoins the celebration of the

MONTH OF THE OCEAN 2020

PAra sa Tao:

Protected Areas for a Protected Future



Earth Month...from page 2



The PMO key personnel together with Stella Maris holding their harvests from the vegetable garden in CDO Port.



The employees from the Finance Division plant the seedlings in their respective area.



A Port Police transfers the seedling to a plot.

Healthy Greens during Quarantine: PMO MOC sustains vegetable garden in CDO Port

Due to the Coronavirus Disease-2019 (COVID-19) pandemic, community quarantine is being implemented in almost all provinces and cities nationwide to contain the spread of the said virus, which consequently limits the movement of people and business activities. This restriction may also limit the public's access to fresh and healthy foods, just when we need good nutrition and boost immune system to fight against the said fatal virus and other disease-causing bacteria.

The World Health Organization (WHO) posits that limited access to fresh foods may comprise opportunities to continue eating a healthy and varied diet, thus push people to consume highly processed foods that are high in fats, sugars and salt. However, WHO claims, "even with few and limited ingredients, one can continue eating a diet that supports good health."

As the Port of Cagayan de Oro remains operational amid COVID-19 pandemic as being



PMO personnel sharing the harvests from the vegetable garden.

under the Logistics Cluster to ensure unhampered flow of goods to and from Mindanao and its personnel continue to render frontline services, the Port Management Office of Misamis Oriental/Cagayan de Oro strives to help them maintain good

nutrition and health by ensuring that they can still have access to fresh fruits and vegetables from its own garden established in the Port of Cagayan de Oro.

The PMO has been maintaining a garden for the propagation of various variety of plants—fruit-bearing trees, vegetables, and ornamental in unused spaces along the CDO Port's perimeter fence. Since its establishment, it has been the PMO's source of crops for feeding programs and other home use by its personnel including the security and utility workers.

The CDO Port is a Green Port recognized by the APEC Green Port Award System (GPAS). The establishment and maintenance of this vegetable garden does not only help maintain the "green" environment amidst the hustle and bustle of the Baseport, but most importantly for the PMO to have a source of safe, clean, and organic foods to support good health, an armor against diseases such as the prevailing COVID-19.

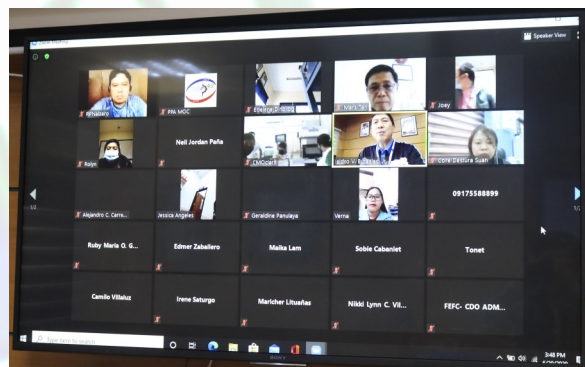


Some of the crops that can be found in the garden located in the Port of Cagayan de Oro.

Webinar in observance of the Philippine Environment Month

The Port Management Office of Misamis Oriental/Cagayan de Oro once again took part in annual environmental-related celebrations despite of the current Coronavirus Disease-2019 (COVID-19), with its latest participation in the observance of the Philippine Environment Month 2020 through a website seminar (webinar) on 30 June 2020.

The PMO MO/C invited Fr. Mars Tan, SJ, PhD, as the resource speaker for the said environmental webinar. Fr. Tan who is the incoming President of XU—Ateneo de Cagayan, and a PhD on Environmental Science at the University of Notre Dame, Australia, used to preside masses in the PMO every other Fridays. He has been also engaging with PMO MO/C for various environmental projects as the Director of McKeough Marine Center of Xavier University—Ateneo de



Cagayan (XUMMC).

With this year's celebration theme, "Protect Nature. Sustain our Future," the resource speaker discussed about the components of

the environment, the threats and problems that affect them, and the key concepts in the protection and sustainability of the natural environment.

Fr. Tan urged everyone to not only settle for awareness on protecting the nature, that is, to understand the problem and how to address it, but to get involved and put the generated solutions into actions.

Thirty-five (35) participants joined the webinar including the PMO employees, personnel of the cargo handling operator of CDO Port, among others.

The PMO has participated in the Earth Month celebration last April through vegetable planting and tree growing activity; and the Month of the Ocean earlier in June via webinar.

PMO MO/C joins the observance of National Disaster Resilience Month 2020

In support to the long-term endeavor of the National Disaster Risk Reduction and Management Council (NDRRMC) of achieving disaster resilience, the Port Management Office of Misamis Oriental/Cagayan de Oro joined the observance of the National Disaster Resilience Month in July.

To help disseminate information and promote awareness, relevant Information, Education, and Communication (IEC) materials such as tarpaulins were posted in conspicuous places around the Port of Cagayan de Oro. The same were also shared in the PMO's official social media



accounts.

As the world is facing a pandemic brought by the Coronavirus Disease-2019 (COVID-19), the NDRRMC

particularly focuses on programs that strengthen disaster resilience under the "new normal."

Stay safe while in the workplace during this COVID-19 pandemic



MGA GABAY HABANG NASA LOOB NG TANGGAPAN NG PPA SA ILALIM NG 'NEW NORMAL'



Panatiliing nakasuot ang facemask o faceshield



Iwasang magkumpul-kumpul at panatilihin ang physical distancing

Ugaliing maghugas o mag-sanitize ng kamay bago at pagkatapos humawak sa mga electrical switch at water dispenser

HAND WASH



Manatili lamang sa kanya-kanyang work stations at iwasang gumala-gala sa loob ng tanggapan



Hangga't maaari, iwasan ang face-to-face transaction



Huwag magsabay-sabay kung kakain upang mapanatili ang physical distancing



Ipatupad ang iba't-ibang alternative work platforms gaya ng Work-From-Home upang mabawasan ang physical presence sa tanggapan



Kung makaramdam ng sakit sa pangangatawan kumunsulta agad sa dinic

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