



BUGHAW *ng* ZAMSURECO-I

The Official Publication of Zamboanga del Sur I Electric Cooperative, Inc.



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Core Theme of 1st AMRECO Summit: Impact of Federalism to ECs

The Association of Mindanao Rural Electric Cooperatives (AMRECO) centralizes its summit on federalism with the theme “Federalism: Its impact on Mindanao Electric Cooperatives and Member-Consumers.” on its first Annual General Membership Assembly at Limketkai Luxe Hotel, Cagayan de Oro, last November 25-26, 2016

National legislator, Senator Sherwin Gatchalian, Chairman of the Senate Committee on Energy together with NEA’s newly appointed Administrator Edgardo R. Masongsong, Duterte Administration representatives, power industry key persons, local officials, and delegates from Mindanao electric cooperatives graced the event.

PHILRECA President and ZAMSURECO-I General Manager/ CEO Jose Raul SanieI together with the Board of Directors and Management

team actively participated the said event.

On legislators’ perspective, Keynote Speaker Senator Sherwin T. Gatchalian shared a presentation on Impact of Federalism on Power Industry. Explaining federalism’s suitability on the power sector, he discussed one of its advantages is responsiveness.

Looking at extremes, the Philippines follows a top-down approach in terms of legislation and policy-making in comparison to the U.S electric industry setting wherein all aspects from policies and reforms are decentralized per state. Citing his thoughts on the matter, he shared the advantages of shifting from centralized system to a decentralized system such that citizens can exercise greater control over policy and regulatory frameworks; close monitoring of utilities by regulatory - **Turn to Page 2**

agencies and prevention of capture of a single regulatory agency or policymaking body. However, it also bears disadvantages such as difficulties to harmonize state-level policies and to promulgate a national energy plan and increase jurisdictional disputes among regulators. *“Federalism is still a very long talk”* he said. He mentioned that there are still lined-up questions whether to make a filing decision if federalism/decentralized system is a more suitable framework for energy sector. Expecting in the next months of deliberation, the government can make an educated decision on the matter.

Viewing electric cooperatives as an important component of the power industry sector, Senator Gatchalian entertained open discussion with AMRECO officials and EC general managers including ZAMSURECO-I GM/CEO Jose Raul Sanieel who showed full support in the resolution of Agus-Pulangi power plant issue. As Chairman of the Senate Committee on Energy, Sen. Gatchalian said the Committee will make a policy position once full information has been retrieved on the said asset. Once the Senate shall conduct a hearing on the Agus-Pulangi power plant, he assured invitations to electric cooperative officials as their information feedback bears relevance on the matter.



Senator Gatchalian on Impact of Federalism in the Power Industry

Meanwhile, as his first meeting with AMRECO, newly installed NEA Administrator Edgardo R. Masongsong gave updates on his 7-point agenda which are as follows: completion of rural electrification program, capacity building program for ECs, consumer empowerment and rural development through rural electrification, NEA’s corporate governance program, legislative agenda and paradigm shift.

AMRECO President Mr. Sergio Dagooc in his message marked a point stating *“The role of electric cooperatives and its officials as decision makers place a crucial role in determining the long-term economic development particularly in Mindanao.”*

For more than two decades, AMRECO has proven its worth and relevance in protecting the interest of member-consumers by way of strong lobbying in the executive and legislative branches of government to ensure that laws and regulations governing our industry are favorable to the consumers.

The Association considers federalism as a form of government as it advocates the same principle reflected in its major participation on the non-privatization of Agus-Pulangi power plant. *“We need to create an independent market in Mindanao because we believe that’s how federalism works. We stand in order to protect the Agus-Pulangi hydro power plant.”* AMRECO Pres. Dagooc said.

Through its efforts, Executive Order No. 81 or *“Creating Mindanao power committee”* was formed to harmonize issues in Mindanao power industry sector and non-privatization of Agus-Pulangi was pursued which shall undergo deliberation in Congress whenever an intention of privatization arises.

Passage of Mindanao power corporation bill is currently in motion wherein Agus-Pulangi will be pulled-out from NAPOCOR assets and shall be managed by Mindanao Development Authority. According to Pres. Dagooc, the theme is a pro-active approach of an early discussion of issues in relation to preparation of EC’s systems and procedures to harvest the benefits of federalism.

Keynote Speaker, Executive Director of the PDB Laban Federalism Institute, Mr. Jonathan E. Malaya, discussed a presentation on Federalism in the Philippines with the topic *“Federalism: The Promise of Change.”* *Based from his discussion, Philippines is perfect for federalism because it possesses wide cultural diversity and is also known to be a multi-ethnic country. “Societal diversity is what created federalism.”* Mr. Malaya said as he traced back its inception.

In the political aspect, a unitary system causes public projects to be slowly materialized. A school building project approximately reaches 2 years before its construction approval. *“The problem in unitary system is no money can be appropriated without an appropriation law under our Constitution.”* he stated. All systems and protocols are centralized producing an economic imbalance in the Philippines as majority of the economic activity is found in Metro Manila. In contrast, federalism introduces change because it decentralizes power autonomy including budget fund to local government units. The shift to federalism enables equitable development, maintains national unity and increases LGU’s participation.

In 2017, President Duterte allocated bigger budget for Mindanao as mentioned by Mr. Malaya. However, if a change of administration occurs, the installed leader can revise its budget decision due to unitary form of government. *“We should amend the Constitution because it is the supreme law of the land and if we amend the supreme law of the land, it would change the mindset of everybody”* he said.

Dignitaries from the Office of Presidential Adviser on Peace Process (OPAPP) and Mindanao Development Authority represented by Asst. Sec. Discson Hermoso and Chairman Abul Khayr Alonto also joined the said summit.

Attended by key persons in the power sector, delegates engaged into a 2-day learning session as updates and collaborative discussion were made. In full force, ZAMSURECO-I actively engaged in the forum session through GM/CEO Jose Raul Sanieel’s participation in the discussion as to the power industry updates.



APPLICATION OF RESA BETWEEN ZAMSURECO-I AND ASTRONERGY UNDERGOES ERC EVIDENTIARY HEARING



Last November 23, 2016, ERC conducted an evidentiary public hearing on ERC Case No. 2016-052, RC or the Application for the Approval of Renewable Energy Supply Agreement (RESA) between ZAMSURECO-I and Astronergy Development Pagadian, Inc. at ZAMSURECO-I Heroes' Hall, Pagadian City.

ERC officials represented by ERC Hearing Officer Atty. Mc Rhondolf Louie Mabalot and company, ZAMSURECO-I Board of Directors and Management, Astronergy representatives, Legal Counsel, LGU representatives, MSEAC leaders, Media Partners and stakeholders attended the said hearing.

Both applicants, ZAMSURECO-I and Astronergy, appeared substantially compliant with the jurisdictional requirements as reviewed by the Clerk of the Commission, Ms. Caroline R. Chan.

The features of the renewable energy supply agreement between two applicants comprises an establishment of a renewable energy in a form of a solar power plant in Pagadian City within six (6) months upon the approval of the Energy Regulatory Commission (ERC). The terms of the contract covers a contracted capacity of 10MW-AC and is expected to supply for 25 years commencing on the date the solar plant is held operational. The point of interconnection is said to be directly to the nearest distribution line of ZAMSURECO-I.

General Manager & CEO, Jose Raul Sanieel discussed ZAMSURECO-I expository presentation which formed part of his testimony on the case. He stressed that the hearing bears major significance as it serves an opportunity for stakeholders to know the provisions of the contract.

According to GM Sanieel, the power supply situation in Mindanao back then caused ZAMSURECO-I to sign the said contract with Astronergy in the year 2015. Recurring dry spells affecting hydropower plants, limited power reserve, rotating brownouts, and reduced contracted capacity with other IPP's which immensely disrupted delivery of public service in the year 2015 onwards are among the crucial factors that caused ZAMSURECO-I to enter into a new venture with Astronergy. GM Sanieel also viewed the RESA to answer the requirement of a

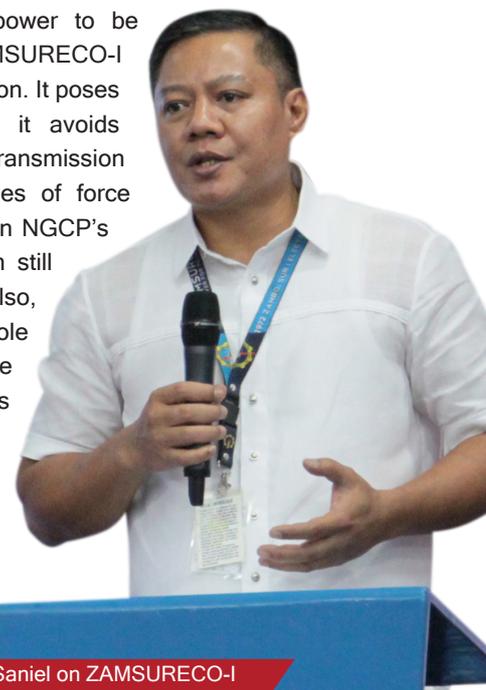
long-term power supply given its 10MW-AC-contracted capacity with Astronergy Development Pagadian, Inc.

GM Sanieel pointed out the advantages of the contract in terms of its environmental benefits. "The renewable energy sourced from solar technology produces clean energy as it has much lower environmental impact than fossil-based fuel." GM Sanieel said. The said venture is also in compliance with R.A. 9513 "Renewable Energy Act of 2008, Sec.4" which mandates electric power industry participants to source a specified portion of their electricity from renewable energy resources.

Among the proposals ZAMSURECO-I received from various IPP's, it was Astronergy who pursued the proposal and transpired with provisions that will protect the interest of ZAMSURECO-I and the environment as well as taking into consideration following critical criteria (a) ability to immediately provide power supply; (b) timeline of the project completion; (c) embeddedness to the coop's distribution grid.

The embedded facility, which will be constructed in Pagadian City, enables power to be directly supplied to ZAMSURECO-I through its nearest substation. It poses series of advantages as it avoids additional payment of transmission cost and flexibility in cases of force majeure (e.g. calamities) on NGCP's transmission line as it can still pursue delivery of power. Also, ZAMSURECO-I is the sole buyer of the energy source thus adding to the pile of its beneficial effects.

As regards power rates being contracted from Astronergy, Ms. Azucena Lagura, E D P / I S D Manager of ZAMSURECO-I,



GM Sanieel on ZAMSURECO-I Expository Presentation

explained that the Cooperative utilized the allowed fixed tariff for solar for Php 8.69 per kwh which is consistent with ERC's governing rules on renewable energy supply rates. The computation of the rate impact resulted in the analysis and simulations of the actual energy purchased from its power suppliers as well as on the projected energy purchases for 2016-2019. Said rate is still subject for ERC's evaluation and approval.

Meanwhile, Astronergy Vice President for Business Development, Engr. Vicinti Aldoni Tomial, presented Astronergy's expository presentation. Astronergy, being a solar electric generation facility, operates globally involving in the development of more than 10,000 megawatts of conventional power and renewable energy generation projects.

Based from Engr. Tomial's presentation, the location of the proposed solar plant is in Purok Talong, Barangay Banale, Pagadian City covering an area of 18.4 hectares. The solar plant, which shall generate 10MW-AC of solar electric power, is a DENR environment compliant project. Contrary to other power sources such as coal, oil and natural gas, the solar photovoltaic power generator has a total of zero emission on greenhouse gases, acid rain and nitrogen, contributing to the global advocacy on environmental preservation.

Addressing the member-consumer's welfare, Engr. Tomial cited the advantages of the project that includes reliability and energy security provided by an embedded generator. The proposed project also entitles a fixed rate for the duration of the contract specifically for 25 years, which insulates ZAMSURECO-I from external factors such as fuel market volatility that may cause price hikes in the future. Other advantages also include: no value added tax under the provisions of the law, no transmission cost, no standby fee and improved system voltage.

ERC Hearing Officer, Atty. Mc Rhondolf Louie Mabalot, on behalf of the Technical representative of ERC, asked questions and requested documents from both parties such as: diagram of Astronergy's affiliates, total demand and forecasted demand of ZAMSURECO-I from 2013-2025 among others. Astronergy, in response to ERC Hearing Officer Atty. Mabalot's question, shared that they cannot commit to deliver power 24/7 as the panels do not employ the use of batteries. Hence, it is expected to supply an intermediate load from 10AM to 3PM.

Applicants are directed to submit their written answers and additional documents and jurisdictional requirements in relation to the questions raised by the Commission within the given deadline of thirty (30) days. No petition for intervention was filed before the Commission as declared by the Clerk of the ERC Commission.

The public hearing on the application for RESA ended successfully.



★ Z-1 DISTRICT ELECTIONS BEGIN, AREA-I COVERAGE DONE ★

After a series of Pre-Election Meetings, ZAMSURECO-I successfully conducted Area-I District Elections in all municipalities comprising Districts I, II and III last November 13, November 26 and December 3, 2016, respectively.



"DISTRICT I HAS SPOKEN: ANTONIA S. AYAM, NEW Z-1 BOD MEMBER"



On December 13, 2016, Antonia S. Ayam, retired Area-I Manager of ZAMSURECO-I, was elected as the new District I Board of Director garnering 905 votes against his opposition Mr. Geromo who harbored 101 votes. Two candidates vied for the post in the persons of Ms. Antonia S. Ayam, retiree of ZAMSURECO-I last October 2016 and Mr. Iñigo Geromo, an Accredited Delegate in 2014 ARRA. Both candidates, who are known in the community in terms of honesty and dedicated service, hails from Molave, Zamboanga del Sur.

Prior to the conduct of elections, application for both candidates underwent series of procedures including: screening of documentary eligibility requirements and orientation briefing. Both were found compliant of the requirements prescribed by NEA's election guidelines that resulted in the conduct of District Election.



In the interest of orderly and fair elections, the District Election Committee (DECOM), Precinct Election Committee (PECOM), Chairmen Coop Personnel Assistance Group (CPAG), Pacifiers and facilitators passed through an election orientation briefing conducted by GM/CEO Jose Raul Saniel and ISD/EDP Manager Azucena A. Lagura. Specified roles and scope of duties were given utmost importance to ensure the conduct of free and honest elections. Election Precincts manned by PECOMS were established in public schools in Molave and Tambulig. Casting of votes started at 8AM-3PM. MSEAC Benjamin C. Dumpit as Chairman, Mr. William dela Raiz and Ms. Paulita Iron as members composed the DECOM who supervised over-all District I Elections.

The voting ended successfully with a 9% turnout of the total members. Canvassing of votes immediately took place at ZAMSURECO-I Action and Collection Center in Molave, ZDS. Director Ayam was proclaimed by the DECOMs as witnessed by the members of the Multi-Sectoral Electrification Advisory Council (MSEACs) of Molave and Tambulig, her family, friends and ZAMSURECO-I employees as well.

Director Ayam is expected to start her first term as BOD member immediately.



"PACALIOGA CONTINUES TO SERVE AS DISTRICT II BOARD OF DIRECTOR"



A ceremonial casting of votes for District II transpired as a result of the incumbent Director Herby M. Pacalioga's lone candidacy during District II Board Elections last 26 November 2016. Based from NEA's election guidelines, an existing need of 100 votes or equivalent to a turnout of 5% of the total member-consumers in the district must be met whichever is less to ratify the consensus of the majority. In congruence with said mandate, a ceremonial voting occurred at the Municipal Gymnasium, Dumingag, ZDS to materialize District II Election.

Member-consumers from the key barangays of Dumingag arrived early 8:05 A.M to cast their votes. By 11:45am, the vote precincts were officially closed commencing the counting of filled ballots. A total of 185 votes were casted all in favor of Dir. Hereby Pacalioga causing the DECOM to proclaim him Director Elect of District II.

The DECOMS appointed were Mr. John Edwin Degayo who acted as chairman, Engr. Pedy Flores and Ms. Beverly Egos as members, who simultaneously served as PECOMS.

Director Pacalioga is currently on his third and last term, bearing District II (Mahayag, Dumingag Josefina and Don Victoriano) as his main area coverage concern.



"MARIVIC CHAVES REMAINS AS DISTRICT III BOARD DIRECTOR"



In a similar case, incumbent Director Marivic Agbu-Chavez ran for a Board seat, unopposed resulting in the grant of a walkover election. Last December 3, 2016, a ceremonial election took place in the Municipal Gymnasium of Ramon Magsaysay, ZDS, wherein Director Chavez won by default of which her lone candidacy also befalls in the requirements stated in NEA's Code of District Elections. Casting of votes started at 8am and eventually closed around 11:30 in the morning.

Currently on her 2nd term as District III Board Director, she harbored a total of 174 votes in the ceremonial election and subsequently proclaimed as Director Elect of District III by the DECOMS with Ms. Wenesia D. Mercado as Chairman and with Mr. Armando Damas and Mr. Roger Balayrong as members.

District III coverage is composed of the municipalities of Ramon Magsaysay, Sominot and Midsalip.

TECHNICAL NEWS

1

ZAMSURECO I chosen as one of the pilot ECs...

DOE IMPLEMENTS PV MAINSTREAMING PHASE 1

The Department of Energy (DOE) intensifies its campaign to energize all remaining unelectrified households in the country. During the 2016 PowerTrends Energy Expo at the SMX Convention Center, Pasay City on 21-23 September 2016, the agency reported that around 2.3 million households still remain without access to electricity service and 400,000 of these households are located in remote areas where grid extension is deemed unviable to venture into. For such households, solar photovoltaic (PV) systems are seen as the most economical means of electrification.

To achieve its target of 90% household electrification by 2017, DOE is implementing the first phase of solar PV mainstreaming program or PVM which aims to electrify households in remote areas (very far from grid power lines) through solar home systems. For this phase, 12 ECs are preselected to participate and ZAMSURECO I is one of them. Participating coops will be given at least 3,000 households each as target PVM project beneficiaries.

ZAMSURECO I is strongly supporting the program as this is a cost-efficient alternative of providing electricity service to remote areas. With Solar PVM, ZAMSURECO I avoids distribution losses that are inherent in extension of grid power lines in the case of Sitio Electrification and Barangay Line Enhancement (SEP/BLEP) projects. Speaking in front of power industry stakeholders during the PowerTrends Energy Expo, GM SanieI pushed for the inclusion of ZAMSURECO-I in the implementation of the first phase of ASEP-Solar PVM program.

The European Union (EU) and World Bank (WB) are collaborating on the ACCESS TO SUSTAINABLE ENERGY PROGRAMME (ASEP) for this project that includes output-based subsidy. The EU committed 60 million Euros for ASEP and an equivalent of 16 million US dollars have been allocated for PVM. WB hired consultants to design the solar home system kits (SHS) which shall be 30 Wp and 50Wp (with TV) packages, utilizing lithium batteries, capable of prepayment, and lighting global-certified.

Pilot (phase 1) ECs will receive grants in the form of a competitively allocated capital subsidy for SHS distribution and installation. Sustainability of the proposed scheme is based on the regulatory framework for SHS, which includes monthly service fees (e.g. 250 per month) paid by SHS customers. One important feature of PVM is that the project beneficiaries will become bonafide members of the electric cooperative and the EC is responsible for the operation and maintenance of the SHS units.

2

UPGRADING OF PAGADIAN CITY BACKBONE LINES PURSUED

ZAMSURECO-I has considered its top priority this year 2016 the upgrading of Pagadian City's major feeder backbone lines to enhance power line efficiency, reduce line losses and increase line capacity.

The Cooperative, through the leadership of its General Manager & CEO Jose Raul SanieI, pushed and targets to complete the reconductoring of its two biggest feeders, namely; Pagadian West Feeder and Pagadian East Feeder with peak demand of 5MW and 3MW respectively. Both projects are included in the Cooperative's ERC-approved 5-year CAPEX Plan.

Prior to its technical implementation, GM SanieI laid plans and set directions with technical personnel for smooth execution in his aim to simplify processes with maximum outcome.

On 19 August 2016, portion of Pagadian East Feeder backbone line was rehabilitated and upgraded. Old utility poles were replaced with taller concrete poles while the existing 2/0 AWG ACSR line conductors were replaced by much bigger 4/0 AWG ACSR conductors thereby causing a significant increase as to the capacity and load reach of said feeder.

On the other hand, the first phase of Pagadian West Feeder Backbone line reconductoring project was set last 05 November 2016. The major activity covered hole digging, ROW clearing, erection and dressing of additional utility poles, and reconductoring of portion of backbone line from 2/0 AWG conductor to 4/0 AWG conductor.

One of the major activities in the scope of works of said project is to energize the existing 795MCM 3-phase line and using it as the main trunkline of Pagadian West Feeder. Commissioning of this power line is set on 12 November 2016.

GM SanieI commended the Technical Services Department headed by TSM Russel Flores, Area II personnel headed by Area Manager Catranilo Buhawe, Sr., REE Ramir Jayo and HEA Clifford Ferolin who conducted the analysis and implemented said project. With this project, it will contribute to quality and reliability of the Cooperative's services to customers and reduce system loss wherein he concluded, *"Completion of these projects will bring significant benefits not only to the Cooperative but also to its member-consumers."*

3

ZAMSURECO-I TO GO “HI-TECH” WITH AMI PROJECT

ZAMSURECO-I is set to implement a special project that will change the way power and energy consumption is being metered and monitored. In an interview, General Manager & CEO Jose Raul A. Saniel reported that ZAMSURECO-I has been chosen as one of the ECs to implement the Philippine Automated Metering Infrastructure (AMI) Demonstration Project. He pointed out that the direction of ZAMSURECO-I right now is towards SMART Grid technology. “We are strengthening our internal business processes by tapping modern ICT applications and innovations”, he added.

The SMART GRID - Automated Metering Infrastructure (AMI) Philippine Demonstration Project is a joint initiative of NRECA, PHILRECA, NEA, and Philippine Electric Cooperatives. A component of SMART Grid, AMI is an integrated system of smart meters, information and communications (ICT) networks, and data management systems that enables two-way communication between electric distribution utilities (e.g. ECs) and customers.

For ZAMSURECO I's pilot project, a total of 230 Smart (AMI) Meters will be installed, 130 of which are residential customers, 77 high voltage (big commercial and industrial) and 23 low voltage (small commercial, public buildings, water system, etc.) customers.

ZAMSURECO-I is proud for being chosen as one of the pilot ECs for this project out of 119 ECs nationwide. GM Saniel disclosed that the screening process in selecting the pilot ECs was very stringent and ZAMSURECO-I is able to meet the major requirements such as financial viability, technical capability, and ICT infrastructure among others.

Other ECs included in the demo project are ANECO, ILECO I, PELCO, and BATELEC II. Benefits of the project are as follows:

- Operational Efficiency
- Enhancement of Billing and Customer Management and Service
- Improvement in Outage Management Efficiency
- Billing Accuracy Improvement
- System loss reduction
- Reliability - earlier identification of outages reduces response time

After the conduct of US Technical Site Visit on 18-21 April 2016, succeeding activities to be undertaken primarily by EATON Co. of USA include, among others, the ordering of smart meters, shipment of equipment, conduct of initial training (3 days per EC) and follow-up training (post project seminars, 4 days per EC).

Other activities such as securing ERC Type-approval for AMI Meters and securing NTC Type-approval for AMI equipment are done in parallel. Barring any delays, the project is expected to be operational by May 2017.

4

2,313 indigent households to avail free housewiring materials...

DOE APPROVES ZAMSURECO-I'S NIHE PROPOSAL

The Department of Energy (DOE) has approved the energization of 2,313 households within ZAMSURECO I's franchise area under the Nationwide Intensification of Household Electrification (NIHE). NIHE is a locally funded project aimed at providing electrification subsidy for unenergized households who are deemed indigent (i.e. member of 4Ps) and are located near existing distribution facilities of private distribution utilities and electric cooperatives. ZAMSURECO I conducted information dissemination on NIHE program since February 2016.

Each approved NIHE beneficiary will receive service connection subsidy amounting to Php3,750.00. This amount includes housewiring materials, kWh meter, and service drop worth Php500. To ensure successful implementation of the project, the distribution utilities are encouraged to extend assistance to the beneficiaries by waiving the requirements for service connection. Likewise, the local government units (LGUs) are encouraged to provide their counterpart such as waiving of the requirements for application of building and electrical permits.

To date, a number of LGUs within ZAMSURECO I's franchise area had already waived said requirements such as the municipalities of Tambulig, Dumingag, Somnot, Ramon Magsaysay, Dinas, San Miguel, V. Sagun, Aurora, Molave, Midsalip, Labangan, Tukuran, and San Pablo, all of the province of Zamboanga del Sur. Earlier, Tukuran and Labangan LGUs have significantly reduced the payments of service connection requirements for indigent applicants. ZAMSURECO I is expecting other LGUs to follow through.

Under the signed memorandum of agreement (MOA) between the DOE and ZAMSURECO I, procurement of the housewiring materials, kWh meters, service drop wires as well as provision of labor services for housewiring installation will be undertaken by ZAMSURECO I. Procurement process will be done in accordance with RA 9184 guidelines.

The 2,313 approved applicants make up Batch 1 of ZAMSURECO I's NIHE project. In the succeeding batches, it is expected that more households will take part of the aforesaid noble government initiative.



Z-I "SINSILYO SA LATA" FEEDING PROGRAM CONTINUES



Currently on its 4th year, the "Sinsilyo sa Lata" feeding program continues as ZAMSURECO-I workforce together with its GM/CEO Jose Raul Saniel proceeded to the indigenous residents of Sitio Sandal, Barangay San Isidro, Mahayag, Zamboanga del Sur last 22 December 2016.

In conjunction with Saniel Integrated Farm Annual Christmas Fellowship with its neighboring households, ZAMSURECO-I donated Christmas presents to 193 children and 93 parents in a form of school bags, school supplies and relief goods.

The program was packed with excitement as children and parents played series of parlor games namely statue dance, open the basket, arrange yourself, pabitin and hampas-palayok among others. Exciting cash and gift prizes were given to the game winners.

Dr. Carlicita A. Saniel, Vice President of the Saniel Integrated Farm Technological Business School conveyed her message of gratitude towards ZAMSURECO-I Management Team for choosing their area as the venue for the said activity. Dr. Saniel also addressed to the recipients that through their patronage to ZAMSURECO-I's services as member-consumers, the Cooperative was able to return back its shares to its main stakeholders. Joining in the celebration were the children from the Balay Paglaum Foundation headed by Sister Tess Cordova who rendered a dance intermission number.

Saniel Integrated Farm in observance with the Christmas season conducted a Parol-Making Contest among its farm workers. Dr. Carlicita A. Saniel presented the criteria for judging of which utilization of organic materials bears major percentage rating. A total of eight (8) lantern entries participated in the said contest. Star-structured Lantern # 1 which was handmade of green leaves and ornamented with dried flowers garnered first place. Winners of the said contest received cash prizes.

President of Saniel Integrated Farm, Former Zamboanga del Sur Provincial Board Member Rogelio Saniel, conducted a storytelling to the participating parents and children. President Rogelio Saniel encouraged all participants to embrace the Christmas season through repentance, thanksgiving and genuine love.

The program ended with ZAMSURECO-I and Saniel Integrated Farm's distribution of school bags, supplies and relief goods among its participants and farm workers.

The "Sinsilyo sa Lata" Feeding program is part of ZAMSURECO-I's CSR initiatives and is set to constantly venture in remote areas within its franchise coverage to reach out marginalized communities. Funds for the program are sourced from the donation of member-consumers and employees.



ABOITIZ & ZAMSURECO-I PARTNERSHIP BENEFITS MOLAVE REGIONAL PILOT SCHOOL (MRPS) REGULAR



“Christmas is a thought of giving without a thought of getting.”
- Thomas S. Monson

Last December 07, 2016 the partnership between ZAMSURECO-I & Aboitiz Power Corporation (APC) reached a significant milestone as it donated ten (10) computer sets and a network printer to Molave Regional Pilot School - South Regular held at the school's covered court.

APC & ZAMSURECO-I, in its efforts to extend its services to the community, support the need of public schools in their mission to bring education effective and efficient to the students.

APC through its long-term partnership with ZAMSURECO-I aims to involve its stakeholders in their CSR activities as part of Aboitiz's main advocacy to be a part of the community. Pacing in the same direction with ZAMSURECO-I's CSR program, GM Saniel was accorded the privilege to select the recipient of the noble cause.

ZAMSURECO-I GM/CEO Saniel, during the conduct of the Brigada Balik Eskwela Electric Check every May prior to the opening of classes observed the school's lack of computer facility despite serving large number of enrolled students, which nowadays bears necessity for enhanced learning among teachers and students. Thus, it serves as a basis of GM/CEO Saniel in selecting Molave Regional Pilot School (MRPS) Regular as recipient of the program thereby supporting the need of the school and contributing educational development of students.

The donation was pushed through the efforts of Aboitiz Foundation, which focuses on CSR interventions on education, enterprise development, environment and health among others. Generated funds were sourced from the allocated budget percentage from its subsidiary companies which were converted into Aboitiz' CSR Activity.

Aboitiz representative Mr. Theodore Bisnar, Sales Area Manager of Mindanao, attended the turning-over of computers along with ZAMSURECO-I Board Director Antonia S. Ayam, ISD/EDP Manager Azucena A. Lagura, Acting Manager of Area I Rodolfo Lagura and staff. According to Mr. Bisnar, the partnership between ZAMSURECO-I & Aboitiz Power started when ZAMSURECO-I signed a power supply contract for a diesel power plant and is currently reinforced with a renewable power supply contract as regards the ongoing construction of Bukidnon Hydro-power plant.

Meanwhile, GM/CEO Saniel through his representative, ISD/EDP Manager Azucena Lagura, delivered a message of opportunity as he addressed the challenge of power crisis occurred in the year 2010. Due to the said dilemma, it opened doors for a vital partnership with Aboitiz for power supply agreements thereby enabled ZAMSURECO-I to give back to its member-consumers. He stressed that said set of computers is a tool that provides the children a greater opportunity to immediately access information and knowledge on various subjects. “We encourage you to use the facility for better learning.” GM/CEO Saniel said.

School District Supervisor, Dr. Marvie Saladaga-Bagalanon, PTA President, Mr. Edgardo Bola and LGU representative, Mr. Ian Daryl Glepa, also graced the signing of Memorandum of Understanding and awarding of plaques.

The CSR activity caused the teaching faculty of Molave Regional Pilot School to convey their gratitude by means of a song and dance presentations. The teaching workforce headed by the School Principal, Mr. Jaime T. Pag-ong together with the students sang in chorus “Thank you, thank you, ang babait ninyo, thank you!”

The ceremony ended with a ribbon-cutting in the school's computer laboratory.



Aboitiz Sales Area Manager of Mindanao, Mr. Theodore Bisnar together with the pupils of MRPS Regular

Z-I CHRISTMAS 2016 VARIETY SHOW

HIGHLIGHTS UNIQUE CONCEPTS



Proclaimed as first-runner up during the 2015 Christmas Variety Show, Central Office grabbed this year's winning title from Area II defending champions in their comical cartoon presentation of Scooby-Doo. Both team switched ranks this year as Area II landed second place while Area III & Area I ranked third and fourth, respectively.

GM Saniel in his welcome message stressed the involvement of the employee's children, which formed a major part in the event. In a special presentation, the children showcased a Christmas dance number in their favorite cartoon character costumes.

Second half of the dance competition revolved around the movie-based concept 'Stomp the Yard'. The theme, derived from the 2007 dance drama film 'Stomp the Yard' by Rainforest Films, enabled the employees to execute a 10-minute step dance routine. Chants and yells surrounded the halls as each group exhibited strong forefront to the audience. Styles of execution were based from a team core concept. Among of which includes military-based, mythical-based and sports-based dance concept.

A '20th Century Cartoon Show' & 'Stomp the Yard' inspired theme filled the atmosphere of ZAMSURECO-I Heroes' Hall as participants from children to adults showcased their talents during the 2016 Christmas Variety Dance Competition last 20 December 2016.

Known as a yearly tradition, ZAMSURECO-I continues to infuse its variety dance contests with unique ideas in its objective to imbibe the culture of holistic learning and excellence. Commonly sub-divided into four teams, employees from Area I, II, III and Central Office engage into a full bodily-kinesthetic activity as the design of the program highlights a two-in-one dance contest.

Firstly, a cartoon show featuring the trending cartoon animation series of the 20th century was held wherein stories of Donald & Daisy Duck, The Flintstones, Scooby-Doo and Count Dracula were brought to life by four participating contingents. The art of portrayal exuded by all contingents captured the attention of the audience as all teams vary from drama, comical and suspense.



Stomp the Yard

Central Office in their wolf pack-themed number secured the championship title in Stomp the Yard Competition and reaped majority of the special awards namely the Swaggiest Group and Best in Choreography. Area III placed second followed by Area I and Area II in third and fourth place, respectively. Meanwhile, Area II garnered Excellence in Technique Award.

Known to be hands-on in the Coop's over-all operations, GM Saniel brewed fresh ideas and concepts to the annual activities of ZAMSURECO-I.



Scooby Doo by Central Office



Donald & Daisy Duck Family by Area I



Count Dracula by Area II



The Flintstones by Area III



ZAMSURECO-I Offices Exhibit Recycled Christmas Trees

A total of twenty (20) ZAMSURECO-1 offices covering all areas participated in during the Recycled Office Decoration and Christmas Tree Contest spearheaded by ZAMSURECO-I Management last 19 December 2016.

Consistent with its pro-environmental initiatives, ZAMSURECO-I aims to observe the celebration of Christmas through a recreational yet valuable activity as the contest is set to instill the value of “3R: Reduce, Reuse & Recycle” among its workforce. Sustainable development is viewed to be the larger magnitude of the activity, which was emphasized by the head of the organization, GM Saniel, in his previous messages on environmental advocacy.

To offer a twist, a portion of its enhanced criteria requires each office to recycle materials corresponding to designated work-related scraps and items. Leading in the top three (3) initial results, Member Services Division/Customer Services Aide Section (MSD/CSAS) Office, Technical Services Department (TSD) and Finance Services Department (FSD)



displayed distinctive Christmas Tree decorations. MSD/CSAS Office created a nature-themed Christmas Tree using dried-out leaves as main component material. TSD presented a staircase-designed Christmas Tree made of used cartons while FSD utilized catalogues and magazines as framework for their Christmas Tree. Ranked fourth place in the initial results, Billing Section/MRD Section followed the set criteria as billers and meter readers gathered scratch continuous papers used for consumers' billing to assemble their tree. The rest of the offices exhibited unique displays out of leaves, plastic, papers, sacks, styrofoam, tarpaulin and wood.

The judging period that started last 19 December 2016 resumed last January 19, 2017. The Board of Judges, which composed of local key persons in the academe and art, showed keen observation towards every office contingent. Final official results revealed CSAS/Member Services Division as grand winner of the major award harboring a total score of 93.92%. Technical Department ranked second place with an average of 93.77% having tight competition with Finance Department who placed third with a score of 93.75%.

Meanwhile, MSD Office was hailed Best in Craftsmanship and Best Recycled Christmas Tree. TSD grabbed Most Attractive Office Award and FSD having the Most Unique Design. Cash and consolation prizes will be given to all participating offices.



Motorpool Section Christmas Tree



ZAMSURECO-I STRENGTHENS OJT & SPES ACCOMMODATION PROGRAM

As part of its Corporate Social Responsibility initiatives, ZAMSURECO-I strengthened its On-the-Job Training & SPES Program through an implementing guideline in the year 2016. Memorandum Circular No. 007 otherwise known as “Implementing Guidelines on the Accommodation of On-the-job Trainees” enables the Coop to accept student trainees by means of a standardized process flow. The coverage of the guideline includes requirements for hiring, orientation, evaluation and completion of voluntary service. Standards were raised to secure quality and educational job training.

Prior to its work endorsement, all student trainees are required to undergo an orientation on the coop’s standard rules and regulations. Exposure to company culture, standard protocol, business ethics and technical work are conducted in order to acquire proper training discipline.

In the year 2016, a total of 123 student trainees were accepted in the coop holding undergraduate Bachelor-degree and vocational courses. Among of which includes courses in the field of electrical engineering, commerce, information technology, automotive servicing and electrical installation.

Meanwhile, ZAMSURECO-I renders its full support to Department of Labor and Employment’s existing program on Special Program for Employment of Students (SPES). In accordance to R.A. 7323, ZAMSURECO-I initiated an implementing Coop protocol as regards the accommodation of SPES grantees in order to strengthen the actual implementation of the program. Through the aforesaid policy, it opens opportunities to the indigent children of ZAMSURECO-I

member consumers as the Coop places them as top priority applicants. Procedures including DOLE forms are organized in order to unify process flow from hiring to offboarding.

After careful selection process, ten (10) grantees out of thirty-five (35) applicants were entitled with the opportunity to work with ZAMSURECO-I. The Cooperative selected indigent and deserving students in order to serve the government’s goal to aide the payment of students’ tuition fees. All SPES beneficiaries rendered service for twenty (20) working days last May 2016 and were designated to perform clerical and routinary work.

“Na-enjoy kaayo ko sa among 20 days. Aside sa nakatigom mi ug kwarta pang-tuition, naexperience namo unsa ang magtrabaho sa office. Naa mi mga butang nga nakat-unan ug pinakalabaw sa tanan, naka-build mi ug new friendship”, one of the SPES beneficiaries shared.

The program on SPES is pursuant to R.A. 7323 otherwise known as allows “An Act To Help Poor But Deserving Students Pursue Their Education By Encouraging Their Employment During Summer and/or Christmas Vacations, Through Incentives Granted to Employers, Allowing Them To Pay Only Sixty Per Centum of Their Salaries or Wages and The Forty Per Centum Through Education Vouchers To Be Paid By The Government.”

Being a regular partner institution among various sectors in the country, ZAMSURECO-I continues to support beneficial programs for students in pursuit of continuing education and excellence.



RETC CONDUCTS ON-SITE TRAINING ON DISTRIBUTION TRANSFORMER LOSS EVALUATION TESTER

A group of experts from the Rural Electrification Trading Corporation (RETC) and Delta Grid Power System Corporation visited ZAMSURECO-I on 10 October 2016 to conduct on-site Orientation and Users' Training on the newly-acquired distribution transformer loss evaluation tester (TTS10M) model. The group was composed of Mr. Nort Salvacion (Product Engineer) and Engr. Jose Seguban (Technical Consultant), both from RETC together with Delta Grid representatives Mr. Errol Carigma (Technical Services Engineer) and Jeremiah Cuisia (Technical Services Technician).

Thirty-one (31) participants consisting of the Cooperative's technical officers and field personnel convened for the said on-site training held at ZAMSURECO-I Repair and Rewinding Section Office, Tiguma, Pagadian City.

Engr. Jose Seguban of RETC presented the salient features of the equipment. "The said unit is basically a distribution transformer testing machine which controls voltage," Engr. Seguban emphasized.

Engr. Seguban also mentioned that the unit is primarily designed to check copper and core losses and secondarily verifies polarity and time ratio. Further, it also tests the capacity of the Distribution Transformer.

After the brief introductory presentation of the equipment, succeeding parts of the on-site training took place which were as follows:

- Installation of equipment accessories together with its functions
- Demonstration on how to use the equipment (step by step procedure from plugging in to switching off)
- Actual testing of the equipment on the distribution transformer, wherein three units were tested, including short-circuit test for copper loss and open-circuit test for core loss
- Actualization of the ideal copper loss and ideal core loss calculations (open-circuit and short-circuit test calculation)



Technical supervisors under training

The unit from Phenix Technologies was newly acquired through RETC, which is a wholly-owned subsidiary of the Rural Electrification Financing Corporation (REFC). Through the benefit of a bidding process in the US and with the help of American partners particularly the NRECA, the new unit was acquired at a cheaper price.

According to Engr. Seguban, the new distribution transformer loss evaluation tester features greater capacity in comparison with the coop's existing unit. Designed for testing of 10 KVA distribution transformers, it is expected that said unit generates high level of accuracy in terms of its main functions. Given the durability and the reliability of the unit, it is viewed to consistently perform providing remote control, data acquisition, automation capabilities, optimum safety features, superior reliability, and extended service life.

With Phenix Technologies' mission to design and produce optimal test systems, the Distribution Transformer Loss Evaluation Tester is held beneficial on the technical operations of the Cooperative.



WAVE & PERSONALITY DEVELOPMENT SEMINAR TO BOOST EMPLOYEES' MORALE

In coherence with the Coop's mission to capacitate its human capital, ZAMSURECO-I Management holds a Seminar on Work Attitude and Values Enhancement (WAVE) & Personality Development among its employees last 12, 15 and 22 October 2016 at ZAMSURECO-I Heroes' Hall.

The seminar, which serves as a positive reinforcement tool, encourages employees to revisit core values and inner traits in alignment with the organization's goals. Based from the training module, it aims to develop positive work values, increase employees' work productivity and secure personal and professional relationships.

The training, which was firstly attended by two Human Resource Personnel in Cebu City, comprises series of group workshops that includes self-discovery, personal interaction with co-trainees and re-alignment of self-priorities. Topics for discussion also covered corporate values, office etiquette, power dressing, conflict resolution management and creating synergy. As a coop's standard protocol, said HR personnel echoed learnings to all employees in a form of a seminar-workshop.



During the conduct of the echo seminar, resource persons HR Officer Danielle Iris A. Lagura and Staff Chyn B. Libre moved forward from the traditional mode of discussion thereby following the 90%; 10% principle wherein 90% was generated from the employees' participation and 10% was sourced from the speaker. For purposes of personality development, employees engaged into a workshop of which reporting, poster presentation, plays and song & dance performance were done in relation to their job designation and group output. Employees also underwent a lecture on corporate ethics and values to enhance its customer service tactics. Application of learnings are expected to be shown through employees' work routine and performance.

To date, a total of three (3) batches or a total of 233 employees have participated the said seminar composing of the following departments and offices: EDP Department, Internal Audit Department, Institutional Services Department, Finance Department & ZEA Office.

From LINEMAN to a LICENSED ENGINEER



Last September 7, 2016, the Professional Regulatory Commission (PRC) released the roll of successful examinees in the Registered Electrical Engineer Licensure Examination held on September 2 & 3, 2016. Among the 2,817 successful examinees, one of the passers is currently employed in ZAMSURECO-I.

Mr. Bobby M. Piedad, now referred to as Engr. Bobby M. Piedad, has been in ZAMSURECO-I for a decade. In the year 2007, he was employed as a lineman under the leadership of GM/CEO Jose Raul Saniel and was trained under Batch 8 Lineman's Course. Back then, he was hired as part of the Construction Crew and was thereafter exposed to different technical positions including MSD Lineman and Service Dropping Lineman.

Prior to his employment in ZAMSURECO-I, he labored his dreams by starting to work in different local sectors specifically as a help in Sto. Niño Cathedral and a newspaper boy in RMN-DXPR. He also gained internship experience as electrician in a fishing vessel in Mega Sardines. During his educational years, he was a scholar in TESDA and availed DOLE's SPES program in Pagadian Institute of Technology as a SPES grantee to aid his educational fees.

He viewed his employment in ZAMSURECO-I as a form of luck and a blessing. As a newspaper boy, he performed doorstep delivery of newspapers in local offices in the city. One time, he delivered a newspaper at ZAMSURECO-I Central Office guard station and happened to learn a hiring of linemen who shall undergo comprehensive training for weeks. He grabbed the opportunity and attended the job interview empty-handed in his desire to work in ZAMSURECO-I. The rest is history as he is now part in one of the country's innovative electric cooperatives as an electrical engineer.

Last October 2016, Bughaw ng ZAMSURECO-I seized the chance to conduct an interview on his inspirational story. Together, let's take a quick read on his motivational quest of becoming an engineer.

Q: You are a graduate of a vocational course in Electrical Technology at Pagadian Institute of Technology. Why did you pursue to become an engineer?

A: Nipadayon ko pag eskwela aron ma-enhance akong kahibalo. Last 2011, ni-hangyo ko sa Management nga mu eskwela while mu-trabaho. Gihimo nakong inspirasyon akong pamilya para makatabang ko nila labi na sa akong mga anak. Ako usab gihimo na motivation mu-padayon pag eskwela tungod sa akong asawa na mi graduate as Cum Laude ug nagtudlo karon sa San Miguel Elementary School.

Q: How did you manage work and school at the same time?

A: Usa ko sa mga night duty Lineman kaniadto ug ang akong schedule is 5:00pm-8:00am. Mu sulod ko sa klase inig 8:00 sa buntag dayong human sa akong duty. Kaluoy sa Ginoo, nahuman nako ang BS Electrical Engineering in three (3) years time. Para nako, nagmalangpuson ko tungod sa Ginoo labi na sa akong pagsalig kay Papa Jesus.



PERSONAL BACKGROUND:

Name: Bobby Maghinay-Piedad

Place of Birth: Dimataling, Zamboanga del Sur

Status: Happily married with 2 children

EDUCATIONAL BACKGROUND:

Elementary:

- Colojo Elementary School, Pitogo, ZDS
- Valedictorian

Secondary:

- Laureano Salusod National High School, Dimataling, ZDS

Tertiary:

- Pagadian Institute of Technology
- Electrical Technology
- Southern Mindanao College
- BS Electrical Engineering



Q: What are the preparations that you have done for the Board exam?

A: Two (2) consecutive attempts ko ni take sa Board Exam ug wala ko nakapasar. Karon sa ikatulo nakong take, akong gi huna-huna sa akong kaugalingon ug unsa pa ba kaha'y kulang. Sa previous attempts nako, nag self-review ko. Mao naka huna-huna ko mag refresher course sa akong usa ka review center aron makatabang sa akong pag review. Mapasalamaton ko og dako na gitugtan ko sa Management na mu-review in two months sa Davao.

Q: Now that you're an engineer, what are your future plans?

A: Sa pagka-karon, nalipay nako sa akong work and position as Service Dropping Lineman. Depende ra pud sa Management pero sangko sa langit akong kalipay pagkahibalo nako nga nakapasar ko. Tungod sa opportunity na gihatag sa ZAMSURECO-I, na love gyud nako ang Cooperatiba.

Q: Would you consider yourself as a successful person?

A: Para nako, dili kaayo pero dako nga kalipay ang akong nabati nga na proud akong pamilya ug nga nag binuotan ko sa akong trabaho diri sa ZAMSURECO-I.

Q: What can you say now that you are a Registered Electrical Engineer?

A: Daghang salamat sa ZAMSURECO-I Management. Mahinumdom ko sa akong kinabuhi na ni-gikan ko sa pobre na pamilya, ug natagaan ko og opportunity maka trabaho ug mu eskwela diri. I would say diri gyud ko nahimong tawo sa ZAMSURECO-I. Diri ko na porma ug diri na-enhance ang akong kahibalo. Dili ko mahimong Engineer ug wala ni nga Cooperatiba og ang mga nagdumala diri. Sa daghan nakong naagian nga kalisod, anam-anam na nga nakab-ot nako akong mga pangandoy sa kinabuhi.

Engineer Bobby Piedad is currently assigned as Officer-in-charge (OIC) in District Line Operations and Maintenance in Area II and is handling one of the critical components in the Technical Services Department of ZAMSURECO-I. Despite his personal achievements, he remained sincere and humble in his work duties in the Cooperative. His story may serve as an inspiration to many. Indeed, we can achieve our dreams with faith, determination and hardwork.

Wisdom Corner



Dir. Marivic Chaves

1. If you want 2017 to be your year:
Don't sit on the couch and wait for it. Go out. Make a Change. Smile more. Be excited. Do new things. Throw away what you have been cluttering. Unfollow negative people in social media. Go to be early. Wake up early. Be fierce. Don't Gossip. Show more gratitude. Do things that challenge you. Be brave.
2. Life doesn't allow us to go back and fix what we have done wrong in the past, but it does allow for us to live each day better than our last.
3. HE came to pay a debt HE didn't owe because we owed a debt we couldn't pay.
4. A man once asked his father "father how will I find the right woman?" His father replied "forget about finding the right woman and concentrate on becoming the right man".

Bughaw ng ZAMSURECO-I Editorial Board

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Non-Drug Treatments for Migraine



Acupuncture

In this traditional Chinese practice, an expert inserts tiny needles at specific points on your body. Small studies suggest it can ease migraine pain and may also lower the number of headaches. You should still keep up with your other treatments, too.



Massage

Although it hasn't been studied in depth, massage may lower the number of headaches in some people, early research shows. It doesn't help with pain once a migraine starts. Massage can also ease stress, a common headache trigger.



Relaxation Techniques

Because migraines are often triggered by stress, relaxation training is a great idea. Methods include deep breathing and progressive muscle relaxation, in which you tense and relax the muscles in different parts of your body. With practice, this technique can improve how you handle stress, which may cut down on headaches.



Exercise

Regular cardio exercise - workout that get your heart pumping - could make a difference. A Swedish study compared exercise with relaxation and a drug that prevents migraines. The cardio routine - 40 minutes, three times a week - work as well as relaxation or medicine in cutting down on pain and how often headaches strike.



Spinal Manipulation

There's some question about whether this technique, also called getting "adjusted" by a chiropractor, can help with migraines. But one small study found it worked just as well as medication to prevent the headaches.



Talk Therapy

Cognitive-behavioral therapy, which focuses on changing your thoughts and actions, may help you have fewer migraines.

8 CUPS OF WATER A DAY

- Increase metabolism (cold water)
- Fill you up (hot water)
- Aid in weight loss
- Flush out toxins
- Get you healthier skin
- Reduce risks of certain cancers
- Help digestion and constipation
- Relieve fatigue
- Improve overall health

And all for 0 calories!





Transcranial Magnetic Stimulation (TMS)

A doctor holds a device against your scalp to send painless magnetic pulses into your brain. If you have migraines with aura, TMS done during the aura phase may shorten the length of the headache and make it less intense.



Diet Changes

Some people find that certain foods trigger their migraines. Some of the most common culprits are alcohol, caffeine, chocolate, canned foods, cured or processed meats, aged cheeses, cultured dairy (such as yogurt), MSG, and aspartame. Write down your meals and snacks in a "food diary" to help you remember what you ate before a headache came on. Then cut out these foods one at a time to see if it helps.



Herbal Remedies

Feverfew may ease pain, nausea, and sensitivity to light during a migraine, and help you have fewer headaches, but the research is mixed.

Some studies show that an extract of the herb butterbur may help prevent migraines. But the plant itself is toxic, so only use a commercially prepared product.

Talk with your doctor about any herbal remedy before you try it. He'll let you know if it's OK for you.



Pressure

Many people find that applying gentle pressure to the head, face, and neck during a migraine can help ease the pain. Techniques to try:

- Press your brow line and under your eyes.
- Rub your temples and jaw in a circular motion.
- Massage the base of your skull with a tennis ball.

A variety of head wraps and bands claim to ease migraine pain. They're inexpensive and might be worth a try.



Sleep

Studies show that poor sleep and migraines often go hand in hand. So rethink your routine. Things to try:

- Don't read, watch TV, or listen to music in bed.
- Don't eat heavy meals within a couple of hours of bedtime.
- Don't use your phone, laptop, or tablet at bedtime.



Keep up Good Habits

Your lifestyle can have a big impact on how often you get your headaches. These tips can help:

- Don't skip meals.
- Stay hydrated.
- Get regular exercise.
- Stay at a healthy weight.



HEALTH BENEFITS OF DRINKING LEMON WATER

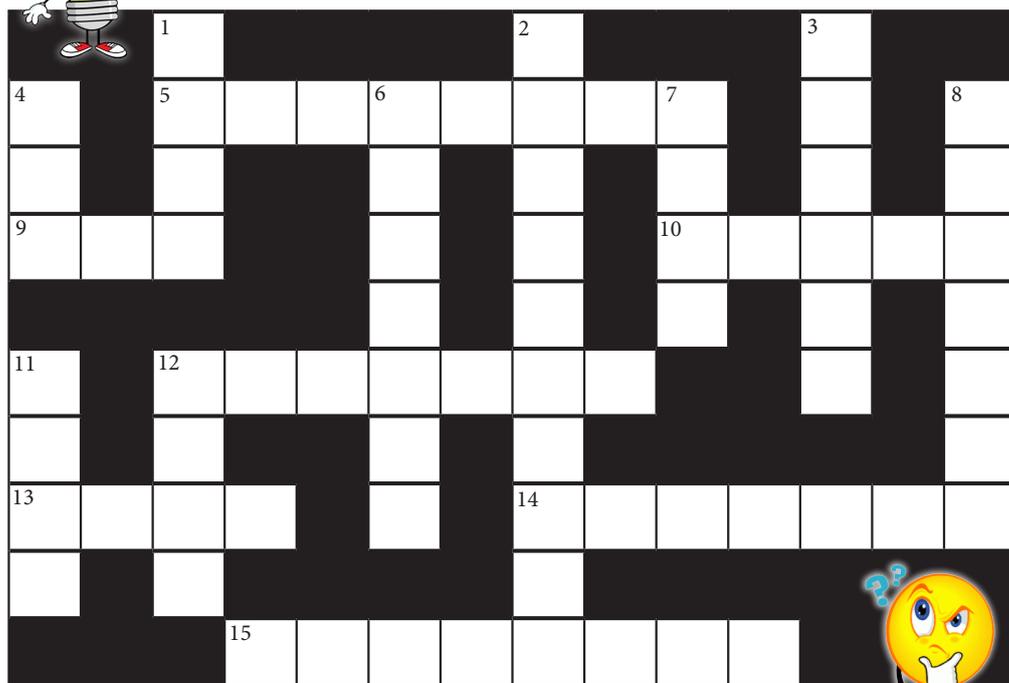
Lemon is a natural energizer; it hydrates the body so it feels revitalized and refreshed!

- Boosts your immune system
- Balance pH
- Flush out unwanted and blemishes
- Relieve tooth pain
- Relieves respiratory problems
- Cures Throat Infections
- Excellent for Weight Loss
- Reduces Fever
- Blood purifier





ELECTRICITY CROSSWORD



Across:

- 5) A circuit which branches (8)
- 9) A plug has three of these (3)
- 10) A device which converts electricity into movement (5)
- 12) A group of cells (7)
- 13) A unit of potential difference (4)
- 14) A path which electricity flows around (7)
- 15) Plastic and rubber do this (8)

Down:

- 1) A switch can be closed or _____ (4)
- 2) A type of energy (10)
- 3) This is use to control a circuit (6)
- 4) A unit of current (3)
- 6) We use this to measure current (7)
- 7) This converts electricity into light and heat (4)
- 8) The flow of electrons in a circuit (7)
- 11) In a mains flex, the brown wire is ---- (4)
- 12) This contains a filament made of tungsten (4)

TRIVIA QUIZ

What You Don't Know About Energy in Asia

Source: National Geographic Website

You know the demand in Asia is moving energy markets around the world, but how much do you really know about the needs and resources of the world's most populous continent?

1. China is known to be the world's largest current emitter of greenhouse gases, behind the United States. But which Asian country has the highest emissions per person?
 - a. Japan
 - b. India
 - c. Brunei
 - d. Indonesia
2. Developing Asia accounts for nearly half of the population without access to electricity. Of the following countries, which has the largest number of energy poor?
 - a. Indonesia
 - b. China
 - c. India
 - d. Vietnam
3. China is overwhelmingly reliant on coal, which supplies nearly 70 percent of its energy and contributes to its problems with air quality. Which fuel comes in second?
 - a. natural gas
 - b. solar
 - c. hydroelectric
 - d. oil
4. Which of these countries devoted the most money to subsidizing fossil fuels in 2012?
 - a. India
 - b. China
 - c. Singapore
 - d. Thailand
5. Which of these countries is the world's second largest producer of geothermal energy?
 - a. Philippines
 - b. Indonesia
 - c. China
 - d. Vietnam
6. Three Gorges Dam, spanning the Yangtze River in China, is the world's largest power plant, with more than three times the capacity of Grand Coulee Dam in the U.S. How many people were displaced to build Three Gorges?
 - a. 100,000
 - b. 250,000
 - c. 500,000
 - d. More than 1 million
7. China will lead demand in world energy growth through 2035, in the view of the International Energy Agency (IEA)
 - a. True
 - b. False
8. Before the Tohoku earthquake in 2011, about how much of Japan's electricity came from nuclear power?
 - a. 20%
 - b. 30%
 - c. 40%
 - d. 50%
9. Energy demand in Southeast Asia is expected to be equivalent to that of Japan by 2035. How much of an increase in demand will Southeast Asia see over the next two decades?
 - a. About 50 percent
 - b. About 60 percent
 - c. About 70 percent
 - d. More than 80 percent
10. How much of the air pollution in China has been linked to the manufacture of goods for export?
 - a. About one tenth
 - b. About one fifth
 - c. About one half
 - d. About three quarters



**READY?
2WIN?**

ANSWER KEY FOR THE CROSSWORD PUZZLE AND QUIZ WILL BE RELEASED IN THE NEXT ISSUE OF BUG-HAW NG ZAMSURECO-I.

WINNERS WILL RECEIVE EXCITING PRIZES FROM THE EDITORIAL BOARD OF BUG-HAW NG ZAMSURECO-I!

HOW TO PARTICIPATE:
1. KINDLY WRITE YOUR ANSWERS IN A 1/2 CROSSWISE SHEET OF PAPER WITH YOUR FULL NAME, ADDRESS, CONTACT NUMBER AND SIGNATURE
2. SUBMIT YOUR ENTRY AT ZAMSURECO-I CENTRAL OFFICE, PAGADIAN CITY C/O HR DIVISION.

SEE YOU THERE!

MAGMA

MUNICIPAL ANNUAL GENERAL MEMBERSHIP ASSEMBLY

AND PRE-ELECTION MEETING SCHEDULE IN DISTRICT VI, VII AND VIII FROM APRIL 1, 2017 TO MAY 30, 2017

| DATE | DAY | TIME | DISTRICT | MUNICIPALITY/ZONE | VENUE |
|----------------|-----------|---------|----------|----------------------|--|
| April 01, 2017 | Saturday | 8:30 AM | V | PAGADIAN EAST ZONE-1 | ZAMSURECO-I Heroes' Hall, Pagadian City |
| | | 1:30 PM | | PAGADIAN EAST ZONE-2 | |
| April 04, 2017 | Tuesday | 8:30 AM | IV | Labangan | Municipal Function Hall |
| | | 1:30 PM | | Tukuran | Municipal Gymnasium |
| April 06, 2017 | Thursday | 8:30 AM | | Aurora | Municipal Gymnasium |
| April 08, 2017 | Saturday | 8:30 AM | IX | PAGADIAN WEST ZONE-4 | ZAMSURECO-I Heroes' Hall, Pagadian City |
| | | 1:30 PM | | PAGADIAN WEST ZONE-3 | |
| April 11, 2017 | Friday | 8:30 AM | II | Don Victoriano | Municipal Gymnasium |
| | | 1:30 PM | | Josefina | |
| April 19, 2017 | Wednesday | 8:30 AM | | Dumingag | Municipal Gymnasium |
| | | 1:30 PM | | Mahayag | |
| April 21, 2017 | Friday | 1:30 PM | III | Ramon Magsaysay | Municipal Gymnasium |
| May 1, 2017 | Monday | 1:30 PM | VI | Tigbao | Municipal Gymnasium |
| May 3, 2017 | Wednesday | 8:30 AM | | San Pablo | Municipal Gymnasium |
| May 5, 2017 | Friday | 8:30 AM | | Guipos | Municipal Gymnasium |
| | | 1:30 PM | | Dumalinao | Dumalinao Pilot School Gym |
| May 9, 2017 | Tuesday | 8:30 AM | VII | Lapuyan | Municipal Gymnasium |
| | | 1:30 PM | | San Miguel | Municipal Gymnasium |
| May 17, 2017 | Wednesday | 8:30 AM | | Vincenzo Sagun | Municipal Gymnasium |
| | | 1:30 PM | | Margosatubig | |
| May 19, 2017 | Friday | 8:30 AM | VIII | Tabina | Municipal Gymnasium |
| | | 1:30 PM | | Pitogo | |
| May 23, 2017 | Tuesday | 8:30 AM | | Dimataling | Municipal Gymnasium |
| | | 1:30 PM | | Dinas | |
| May 25, 2017 | Thursday | 8:30 AM | I | Tambulig | Municipal Gymnasium |
| | | 1:30 PM | | Molave | San Vicente Parish Church |
| May 29, 2017 | Monday | 8:30 AM | III | Midsalip | Municipal Gymnasium |
| May 30, 2017 | Tuesday | 1:30 PM | | Sominot | |

IF YOU HAVE COMPLAINTS/REQUESTS/FEEDBACKS OR QUERIES PLEASE CALL OR TEXT US

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