

HELPFUL GUIDE

Morning Stiffness

Have you woken up one morning and found it difficult to move? As you step out of bed, your feet ache as it touches the floor. As we get older, we find this situation common.

Feeling stiff when you first wake up in the morning is a common problem of arthritis. Morning stiffness causes you to hurt all over as you get out of bed. As you take your first steps, your joints and muscles ache so much; you want to crawl right back in bed. In fact, morning stiffness can be the most severe pain you feel all day and it can impair or interfere with your ability to function and perform routine tasks.

Paying attention to the duration of your morning stiffness (How long it lasts) will help both you and your doctor decide how to deal with it. Morning stiffness that lasts more than an hour and – in some cases up to several hours – is characteristic of rheumatoid arthritis. Morning stiffness that is less prolonged (typically a half hour or less) is more likely to be osteoarthritis or another non-inflammatory, musculoskeletal condition. In spite of having a regular treatment regimen, morning stiffness is a persistent problem for many arthritis patients.

But no matter what type of arthritis you have, here are some tips that may help:

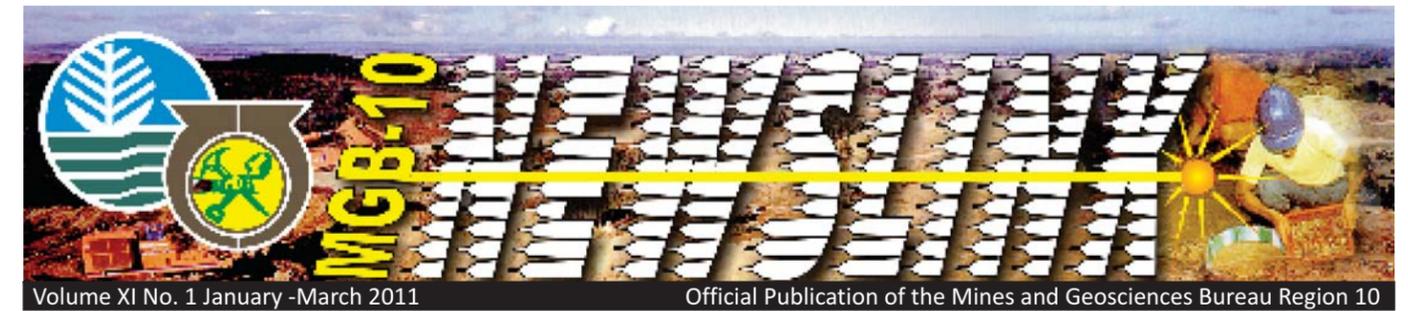
- Sleep in a position that supports your joints.
- Be sure that your bedroom or sleep environment is warm.
- Before getting out of bed, do simple stretching exercises in bed to limber up.
- When you first get up, take a hot shower – just stand under the water and relax.
- Do a few more exercises, once your muscles begin to loosen up.
- Easier said than done, but when you go to bed, leave work and problems at the door to try to reduce tension.
- If possible, delay your activities until later in the day. If you work, consider requesting a later start time.

Managing morning stiffness is essential. Morning stiffness affects your level of frustration, ability to work, and overall quality of life. It's worth your effort to try to reduce morning stiffness – even a little bit would go a long way.

Compiled by Liberty B. Daitia
SOURCE: www.about.com

Summary of Approved Mining Rights/Permits Quarter Ending March 2011

MINING RIGHTS/PERMITS	APPROVED	APPLICATIONS
1. Mining Production Sharing Agreement (MPSA)	7	9
2. Mining/Loade/Placer Lease Contracts	2	
3. Industrial Sand and Gravel (ISAG)		
a. Issued by MGB	7	2
b. Issued by LGU		
4. Financial Technical Assistance Agreement (FTAA)		
5. Exploration Permit (EP)	9	38
6. Accreditation for Mineral Trading/Dealers/Retailers Processors of Mineral Productions and By-Products	35	
7. Commercial Sand and Gravel Permits		
8. Small-scale Mining Permit		
9. Mineral Processing Permit	7	



P-Noy says no for 'total mining ban' Even that it keeps hurting RP's environs: CSO



THE CALL for a "total mining ban" did not convince at all the country's top executive.

Such a petition was brought out by the Civil Society Organization in Northern Mindanao during the first visit of President Benigno Simeon Aquino III in Cagayan de Oro.

The group has expressed apprehension that
(See P-Noy on Page 7..)

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Performance Beyond Target



Despite the dwindling number of technical personnel specifically mining engineers and geologists, MGB-10 was able to attain an overall 139% accomplishment for CY 2010. The pro-active factor and multi tasking are the significant tools that helped in accomplishing beyond the planned framework.

Highlights:

Mine Management Division

The Division has continuously pursued its thrust in the promotion of mining investments and assisting mining rights applicants in complying with all the mandated requirements, MMD has monitored twenty one (21) approved mining rights/permits. These are composed of four (4) Industrial Sand and Gravel (ISAG) Permit, seven (7) Mineral Production Sharing Agreements (MPSA), five (5) Exploration Permit, and five (5) Mineral Processing Permits (MPP).

Among the accomplished targets that are clientele dependent are as follows: nine (9) Ore Transport Permits processed and issued, twenty (20) Mineral Ore Export Permit Applications validated, twenty (20) Certificates of Accreditation
(See Performance on Page 6..)

MGB-DENR Conducts Info Drive on Geohazards



The IEC (Information, Education, and Communication) component of the Mines and Geosciences Bureau Geohazard Mapping Program conducted a series of seminar-workshops in Camiguin and Misamis Oriental to disseminate to the provincial, municipal, barangay officials, as well as to school teachers, the results of the geohazard mapping (on 1:50,000 scale) and assessment conducted by MGB-DENR in these provinces.

The information drive commenced on March 4, 2011 in Mambajao, Camiguin with Honorable Governor Jurdin Jesus Romualdo as guest speaker. Honorable Governor Oscar Moreno of Misamis Oriental graced the Misamis Oriental leg held in Cagayan de Oro City on March 9, 2011. Provincial geohazard maps on landslide and flood susceptibility were turned over to the honorable governors

The participants were
(See Geohazard on Page 7..)

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MGB-10 Launches National Greening Program



MGB-10 with Holcim Philippines Manufacturing Corporation (HPMC) Lugait, launched the National Greening Program at the HPMC Training Center in Sitio Mapalad, Bry. Dalipuga, Iligan City in February 24, 2011.

The National Greening Program as mandated under E.O. 23 duly signed and approved by His Excellency President Benigno S. Aquino III is designed to protect the remaining forest cover areas of the country not only to prevent flash floods and hazardous flooding but also to preserve biodiversity, protect threatened habitats and sanctuaries of endangered and rare species, and allow natural regeneration of residual forests and development of plantation forests. E.O. 23 also mandates to address the degradation, pollution and contamination of the river and water systems and to stern the wanton destruction of the forest resources.

The launching of the Greening Program started with a welcome address by HPMC VP-for Operations, Engr. Lorenzo D. Pendang, who also gave safety rules and regulations imposed within HPMC premises for strict compliance to ensure everyone's safety. The lecture proper followed next on the first topic that centered on the National Greening Programs' Rationale and its entire concept by Forester Domingo B. Lebosada, Senior Environmental Management Specialist of MGB-10.

HPMC on the other hand, thru Engr. Julius Baliog, Manager for Mining, Community and Administrative Services (MCAS) also gave lectures on Alternative Fuel Resource and cement co-processing while their Environment Officer, Mr. Antonito Añora presented the company's environmental protection initiatives.

The activity was attended by 63 participants representing the Local Government Units of Lugait headed by the Hon. Mayor Wellie G. Lim, the Municipal Mayor of Manticao, Honorable Roberto M. Lagrosas, representatives from the Department of Education, Divisions of Cagayan de Oro City and Misamis Oriental, mining companies like HPMC, Iligan Cement Corporation, CEKAS Development Corporation, Perfect World Metal Mining Corporation and the Iligan City Small miners Operators Association represented by its Association President MS. Eve Ong. Each participant were given souvenir t-shirt by HPMC.

The highlight of the launching was the signing of the Pledge of Commitment by the participants to the National Greening Program. MGB-10 on its part committed 300 hectares for the said project which according to Forester Domingo B. Lebosada who spearheads the preparation of the launching, such commitment of 300 hectares can be realized through the enthusiasm and commitment of the participants during the launching along with the guidance and monitoring of the concerned regulatory agency.

After the signing, participants were invited to tour HPMC's quarry site for an educational or learning experience. They had an ocular observation and they evaluated what they saw. They witnessed that the company's best mining practices during the video/lecture are truly implemented by the company, thus, prompted the participants to comment that responsible mining can really be done.

NEWS NUGGETS

Signing of Annual SDMP

February 8, 2011

The Social Development and Management Program (SDMP) annual budget for Calendar Year 2011 of Holcim Philippines Manufacturing Corporation (HPMC) Lugait Plant was finally approved last February 8, 2011 by MGB-10 OIC Regional Director Alfredo T. Relampagos. The signing was held at the Grand Caprice Restaurant and was attended by Honorable Mayor Wellie Lim of Lugait, Misamis Oriental along with the barangay captains of the concerned mining communities, HPMC's VP for Operations, Engr. Lorenzo Pendang, and Mining Community and Administrative Services Manager (MCAS) Engr. Julius Baliog. The signing is significant because it will signal the implementation of the identified SDMP projects by the beneficiaries.

EP Approval

February 15, 2011

MGB-10 RD Alfredo T. Relampagos has signed and approved the Exploration Permit Application of Mountain Range Resources Corporation with areas situated at Brgy. Awang, Opol and at Brgy. Hinigdaan, El Salvador, Misamis Oriental. The Exploration Application bearing Permit No. 000011-X was approved last January 14, 2011 at the MGB-10 Office, DENR, Macabalan, and Cagayan de Oro City.

Women.. (continued from Page 6)

WHAT YOU SHOULD DO

Several things under your control can help reduce your risk for heart disease.

Don't smoke, actively or passively. Your chance of having a heart attack doubles if you smoke as few as one to four cigarettes per day. Even if you don't smoke, regular exposure to someone else's smoke can increase your risk.

Be more active. Get at least 30 minutes per day of moderate-intensity exercise, such as brisk walking most days of the week. Fit even more activity into your life. Take the stairs rather than the elevator, do gardening, park farther from your destination and walk.

Eat Healthfully. Studies have identified several crucial ingredients of a heart healthy diet – whole grains, a variety of fruits and vegetables, nuts (about five ounces per week), poly- and monounsaturated fats, fatty fish, and limited intake of trans fats.

Reduce stress and treat depression. Your risk for heart disease increases if you're depressed or feel chronically stressed. Stress-reducing strategies include exercise, adequate sleep, relaxation techniques, and meditation. Psychotherapy can be especially helpful

with depression and anxiety.

Reach for the numbers. The American Heart Association (AHA) formulated guidelines on preventing heart disease and stroke in women as early as 2004. According to the AHA, you can greatly reduce your risk for these diseases by maintaining certain body measurements and levels of cholesterol and blood pressure.

By: Tyrone M. Reyes, M.D.

(Extracted from the article of Dr. Tyrone M. Reyes, M.D. published in the Philippine Star March 8, 2011 issue)

P-Noy.. (continued from Page 1)

mining activities have been adversely affecting the fishing communities as it pollute the rivers, thus heavily contributing in the damage wrought to ecological system.

In a dialogue with thousand advocates of the multi-sectoral CSO at Pilgrim Christian College here, the President said that mining's total shut-down is not just the only solution to keep the balance of the country's sagging environment especially in Mindanao areas.

Pres. Aquino said a compromise for a heavy regulation of the mining industry would sit well instead as the abundance of mineral resources in the country would just keep attracting miners to dig in for a living.

"If we remove the large scale miners, the small scale miners would normally come in," the president said, explaining that retaining the large scale mining industry would have been more logical as they are the ones being "strictly monitored and regulated" by the government.

"The government will have a hard time in dealing with illegal mining activities with the influx of small scale miners as possible aftermath when we're going to get rid of the large mining industry", was his point.

By Nicole J. Banagbanag
Sun star Staff Reporter
(a reprint from the Sun star March 28, 2011 issue)

Geohazard.. (continued from Page 1)

introduced to the landslide, flood, coastal erosion, and other geologic hazards affecting their areas, taught the basics of hazard map reading, and encouraged to participate in activities to mitigate the impacts of these hazards. Saturdays were scheduled for teachers in Camiguin (March 5) and Misamis Oriental (March 12) to enable them to attend. For the educators, the goal was for them to understand the geohazards they face in their respective areas, how these can be mitigated, and for the information to be disseminated to their students.

MGB-10 is currently working on more detailed Geohazard Map, on a scale of 1:10,000.00.

Have a heart – it's Women's Heart Month (a tribute to all Women in this month of March)

March is National Women's Heart Month in the Philippines. This aims to increase awareness among Filipino women on the importance of a healthy lifestyle to prevent heart disease. After all, heart disease is the leading cause of death among Filipino women – and it is one of the most preventable. Almost four out of 10 deaths among Filipinas are due to diseases of the heart and the cardiovascular system. Yet, in a 2009 survey by the Philippine Heart Association, most Filipinos thought that the leading cause of death in Filipino women is cancer.

In a similar survey by the American Heart Association, about half of the women interviewed knew that heart disease is the leading cause of death in women, yet only 13 percent said that is was their greatest personal health risk. Other survey data suggested that on a day-to-day basis, women still worry more about getting breast cancer – even though heart disease kills six times as many women every year. Why the disconnect?

Breast Cancer affects body image, sexuality and self-esteem in ways that a diagnosis of heart disease does not. Also, heart disease tends to show up at an older age (on average, a woman's first heart attack occurs at age 70), so the threat may not seem all that real to younger women their age who've had breast cancer but none who've had heart disease.

In addition, many women say their physicians never talked to them about coronary risk and sometimes don't even recognize the symptoms, mistaking them instead for signs of panic, disorder, stress and even hypochondria.

SEX DIFFERENCES EVIDENT

Until recently, most of our ideas about heart disease in women came from studying it in men. But there are many reasons to think that it's different in women. A woman's symptoms are often different from a man's, and she's more likely than a man to die within a year of having a heart attack. Women also don't seem to fare well as men do after taking clot-busting drugs or undergoing certain related medical procedures.

Research is only now beginning to uncover the biological, medical, and social bases of these and other differences. The hope is that new knowledge will lead to advances in tailoring prevention and treatment to women.

Diagnosis and treatment. Women have smaller and lighter coronary arteries than men do. This makes angiography, angioplasty, and coronary bypass surgery more difficult to do, thereby reducing a woman's chance of receiving a proper diagnosis and having a good outcome. Women tend to have more complications following surgery. And they're twice as likely to continue having symptoms several years after coronary angioplasty. (They're usually older than men and have more chronic conditions at the time of their first coronary event.) Women's responses to standard exercise stress tests are also different from men's, so it's difficult to interpret the results. Fortunately, these problems are diminishing, thanks to advances in technology and better understanding of heart disease in women.

Performance.. (continued from Page 1)

for Mineral Traders/Buyers issued, and eight (8) Mining Issues/Conflicts investigated.

Mining Environment and Safety Division

MESD has renewed ninety one (91) Electrical and Mechanical permits and issued thirteen (13) Temporary Safety inspectors Permits/Permanent Safety Engineers Permit and monitored/witnessed withdrawal of explosives from the magazine and have endorsed for approval renewal of Holcim Philippines Manufacturing Corporation's (HPMC) license to possess explosives.

The Division has also conducted compliance monitoring of the Safety and Occupational programs of Holcim Manufacturing Corporation, Iligan Cement Corporation and Mindanao Portland Cement Corporation. These include the monitoring of mechanical and electrical installations as well as processing and issuances of permits.

Inventory and monitoring of the Safety, Health and Environmental Programs of HPMC, ICC and MPCC along with twenty (20) small-scale permits were conducted. Seven companies were evaluated and assessed as to the compliance of their Environmental Protection and Enhancement Program. The amount of mine waste and/or mill tailings produced, contained and utilized of HPMC, ICC and MPCC were also verified.

Three Memorandum of Agreement (MOA) creating the Mine Rehabilitation Fund Committee (MRFC) for CEKAS, Perfect World and SYH were signed while Multipartite Monitoring Teams for CEKAS and SYH has been established.

Geosciences Division

A composite team of geologists from the Mines and Geosciences Bureau (from Region 10, Region 1 and from the Central Office Manila), completed the field assessment of the barangays in Region 10

Results of the geohazard assessment of the various local governments were presented to the Sangguniang Panlalawigan – Bukidnon, to the barangay chairpersons of Cagayan de Oro City as per invitation of the Cagayan de Oro City Council, and in various Municipal Disaster Risk Management Training –Seminars where our geologists were invited as resources persons – in the municipalities of Gitagum, El Salvador, Naawan, Alubijid, all in Misamis Oriental and in Don Victoriano, Misamis Occidental.

As part of the MGB's continuing drive on disaster awareness and preparedness, information materials on landslides and floods were disseminated to local government units and other stakeholders.

Information, Education and Communication, (IEC) has accomplished more than its major target on the conduct of Stakeholders Forum, Radio/TV guestings and Press/Photo releases.

Pictures available in the 2010 Annual Report

OPINIONS

The following are the opinions of the Unified Social Development and Management Program (SDMP) scholars of Iligan Cement Corporation and Mindanao Portland Cement Corporation in Kiwalan, Iligan City. These opinions were gathered during the conduct of an IEC activity on Responsible Mining and Geohazard which was conducted in December 2010 and was held at the ICC Guest House in Kiwalan, Iligan City.

These opinions were gathered to determine the impact of the 4 day IEC activity to the scholars and somehow measure their learning on the lectures conducted.

The 2-day seminar is well-organized. The lecturers did well and I learned a lot especially about ICC-MPCC SDMP and how to mingle with my co-scholars, which, I gained a lot of friends. I really thank the lecturers for imparting their knowledge to us, the Barangay Social Development Advisory Council (BSDAC), and those persons involved in giving us the chance to be part of this seminar. Foods were delicious, “nabusog gyod mi”. Thank you very much.

Angel Lyn T. Raquel
3RD Year BSE-Math, MSU IIT
Brgy. Dalipuga

On the first day of the seminar, we had lectures on sustainable mining and SDMP; I like all the facilitators because even if the topics were not related to my course but still I find interest in listening. The second day was also enjoyable, I gained many friends. I enjoyed and was happy.

Cherry Mae P. Gonzales
2nd Year BS Criminology
Saint Michaels College
Barangay Acmac

For yesterday and today's activities, I should say that I was having fun and I learned important details from the lectures and I enjoyed all the activities we have done on the second day. To all the staff, you are all good, thank you for sharing us those information, and thank you also for the opportunity given to us as scholars.

Elmer T. Sayre
1st Year BSIED-DT
MSU-IIT
Barangay Kiwalan

I'm so thankful that I attended this 2 day seminar because through this, I learned about responsible mining. I also learned that mining is not dangerous if done in a responsible manner, and it has safety guidelines. The seminar is also important for me because I was enlightened on the provisions of SDMP which every scholar like me ought to know. I'm also happy that the persons behind SDMP implementations are responsible.

Marlyn M. Tapalla
3rd Year College

MSU-Naawan
Brgy. Paniangan, Manticao

The activity has been very successful considering that the facilitators have created a very conducive atmosphere for all of us. Resource persons of this activity are indeed knowledgeable enough to teach each and every aspect concerning IEC (scholastic matters and the like). Congratulations to all of you and more success to come.

Zacarias B. Gemar IV
3rd Year BSEd Chemistry
MSU-IIT
Barangay Sta. Filomena

Thank you so much for inviting us scholars for this seminar, wherein, I learned things about DENR, MGB and much more what SDMP is. I was glad to know that SDMP has greatly helped us and even to the indigenous peoples. The seminar was an eye opener for me that partnership and involvement is necessary in every community. Thank you especially to MGB -10, ICC and MPCC and to all those who helped in making this seminar a success. GOD BLESS ... ALHAMDULILALA !!!

Seigfred E. Magdalaw
RTC-10 –Iligan City
TESDA
Brgy. Bunawan

All I can say about the activity is that it really helps me a lot not just as SDMP scholar but as well as helping me to learn about ICC, MPCC and SDMP. The MGB lecturers are so good in informing us all the topics that they had discussed since yesterday. All the staff who handled this seminar helped us to develop our confidence, values and in developing friendship with our co-scholars. The memories we have will stay within my heart forever. Thanks!!

Hershiel C. Manait
2nd Year College
MSU-IIT
Brgy. Bonbonon

From the seminar, I learned a lot of things from the lectures given and also I was able to develop values out of the team building activities that we did on the second day. I am happy that ICC-MPCC thru their SDMP Program has given me the opportunity to be a scholar, through this; I can achieve my goal and ambitions in life. Thank you so much...

Gelie Ann C. Estrada
4th Year High School
Barangay Dalipuga

The 2 day seminar was interesting because I learned a lot of things especially my being an SDMP scholar. The topic on SDMP was well discussed. The team building was so enjoyable meeting and befriending with my co-scholars and playing parlor games with them. Thank you and God Bless...

2010 HIGHLIGHTS

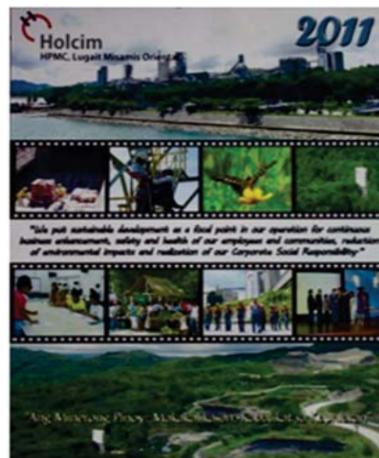
Social Development and Management Program



Information, Education & Communication



... News Releases



... Calendar 2011

Mine Management



ISAG & Exploration Monitoring



Mineral Processing Monitoring



Complaint investigation

Environment Month Celebration



Poster Making Contest

Geosciences



Dissemination of IEC Materials



Presentation of Geohazard Assessment at SP Province of Bukidnon



Groundwater Resources Assessment



.... and Cagayan de Oro session hall

Gender and Development



Mining Environment and Safety



Safety and Health Seminar for Small Scale Miners of Impasug-ong, Bukidnon