

Brgy. Bel-Air Newsletter



(Bel-Air Village, Salcedo Village & NOBLA)

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The Official Newsletter of Barangay Bel-Air

COMPUTERIZED brgy. real property tax payment-4th quarter renewal

Please be advised that the computerized real property tax payment for the 4th quarter renewal in Barangay Bel-Air will be held on **Friday, October 17, 2008, 9:00a.m. to 4:00p.m.** at the **Gemini room of Bel-Air Village Community Center, 40 Solar Street, Bel-Air Village.** Noon break is from 12:00noon to 1:00p.m.

Take advantage of this opportunity and avoid the hassle in going to the Makati City Hall.

REGISTER YOUR household helpers WITH THE SSS



Barangay Bel-Air would like to encourage its constituents to register their household helpers and service providers, e.g., maids, nannies, cooks, drivers, houseboys, gardeners, caregivers, among others with the Social Security System (SSS).

Registration with the SSS will ensure them of all the benefits and privileges of a regular and active

SSS member such as sickness benefits, loans, etc.

For further inquiries, please contact Dr. Dennis S. Pineda of SSS Makati 2 Branch at Tel. No. 899-8755.

MOBILE REGISTRATION AT BARANGAY BEL-AIR

On September 20, the constituents of Barangay Bel-Air trooped to the Gemini room to avail of the Mobile Registration of the Makati City Government to zero-in on unregistered births in Makati.

The staff from the Civil Registration Office were around to help them address their problems regarding unregistered births and erroneous entries on their marriage or birth certificates.

KST BATCH 15 INTERACTION NIGHT

The Kabalikat sa Tahanan (KST) program Batch No. 15 is about to reach the culmination of their four-month training workshop.

As part of their training, more than 100 participants held their interaction night last September 3 at the Bel-Air 3 Multi-Purpose Covered Hall together with Barangay Captain Victor T. Gomez, Jr., Liga ng mga Barangay Affairs Office, Executive Director Constancia Lichauco,

Cultural Affairs Committee Chair Kag. Malyne Lorayes, KST facilitators and several employers.

After the opening remarks by Kag. Lorayes, Brgy. Captain Gomez in welcoming the participants, cited the role of KST in the enhancement of relations between the household helpers, their employers and the rest of the community. That night, the KST participants were able to show off their natural abilities in either dancing, singing and role-playing. They were also tested on how much knowledge they have gained from the previous KST sessions.

We would like to thank all the KST facilitators especially Odette Gotuaco, Belle Oposa, Connie Parungao and Cat Turingan, among others for their assistance to the participants in the group games, song and dance numbers.

Special thanks also to all who were able to attend the interaction night - the employers and all those who helped made the event a very successful one.



**2008 FAMILY WEEK
CELEBRATION IN BARANGAY
BEL-AIR**

In celebration of the National Family Week, Barangay Bel-Air and BAVA had a film showing promoting family solidarity. The edited version of the 2008 Pasinaya: “*Bel-Air...Paraiso*” was shown on Saturday, September 27, 6:30p.m., right after the Saturday Anticipated Mass, at the Bel-Air 3 Covered Court, 40 Solar Street, Bel-Air Village. Most of the attendees were participants of the 2008 Pasinaya “Bel-Air-Paraiso”. Light snacks were served right after the viewing.

The National Family Week was observed nationwide from September 22 – 28 of this year, in accordance with Presidential Proclamation No. 60 dated September 18, 1992. This year’s theme of the Family Week is “*Fathers and Families: Responsibilities and Challenges*” with the slogan “*Maabilidad Si Dad.*”

**PARENTING BY
DR. QUEENA LEE-CHUA**

The Women of Bel-Air Foundation, Inc. and Barangay Bel-Air invited Dr. Queena N. Lee-Chua, one of the country’s foremost and most popular experts in education and child psychology to speak about PARENTING.

On September 23, 2008, parents and a handful of grandparents attended the lecture. They were advised on how to motivate children especially on gadgets and electronic devices which are the common toys for

growing children nowadays. She also discussed on how to fast-track a child’s intellectual and emotional development to be able to prepare them for success in this highly competitive world.

Aside from being a mathematics professor in Ateneo de Manila University, Dr. Lee-Chua is also a popular writer on child motivation books. Her most recent book entitled “*Helping Our Children Do Well in School*” won the National Book Award by the Manila Critics Circle.

Children’s and family books at very low prices were also sold during the affair.



SENIOR CITIZENS CORNER

A Chronology of Events

By: *Wahoo Borromeo*

“Broken Bones”

August 26: The Bel-Air Seniors Group had for their Tuesday breakfast speaker a well-known orthopedic surgeon, Dr. Jose Fernando Syquia. He spoke about osteoarthritis, a degenerative and debilitating disease of the joints, usually afflicting many of the elderly. Dr. Syquia presented to the Seniors the various treatments for osteoarthritis and ways to retard the progression of the disease.

“Money-Money-Money”

September 2: Mr. Ismael Guerrero Cruz was invited to be the speaker for the Tuesday breakfast meeting. Mr. Cruz is the President of IGC Securities, a Makati Stock Exchange member firm. His topic was “How to Invest In a Balance Portfolio.” The Seniors learned from Mr. Cruz the techniques of using money wisely.

“Federation of Senior Citizens Association of the Philippines, Pampanga Chapter”

September 16: The Pampanga Seniors group visited the Bel-Air Seniors to learn how to have a successful Seniors organization like Bel-Air.

“Legaspi City Senior Citizens Association”

September 25: The Legaspi Seniors also made a visit to find out what makes the Bel-Air group click.

“Mind - Body Medicine”

A delegation of Bel-Air Seniors attended a symposium featuring Dr. David Spiegel as speaker at the San Antonio Parish Social Hall in the morning of September 25. The talk was about Dr. Spiegel’s concepts and practices and that survival is also mind over matter.



WHAT, WHY AND HOW TO MAKE COMPOST

What -

Composting refers to the controlled decomposition of organic matter like leftover food, leaves and weeds by microorganisms, mainly bacteria and fungi, into humus-like product.

Why -

Compost enriches the soil and keeps the plants healthy, so you can do away with fertilizer and pesticide. **It will also lessen the garbage that we throw away, thereby reducing the burden on our dump sites.**

How -

1. Chop the biodegradable wastes such as fruits & vegetables, egg shells, coffee grounds with filters, tea bags, weeds and leaves, sawdust, cotton and woolen rags, into finer or smaller portions.
2. Put the chopped waste into a compost pit, composting bin or small-scale composters. Do not burn on top of the piles of compost because the heat will kill the biological elements that cause decomposition, thus delaying the composting process.
3. Sprinkle a small amount of water on the compost heap. Your compost pile should be as damp as a wrung-out sponge- moist to the touch – but no water should come out when you squeeze a handful.

You can poke holes in the pile and water it from the top with a trickling hose. If it's too wet, a soggy pile should be turned so that clumps of material are broken up, letting air in and water out.

4. Layer the mixture with soil to control the odor and to prevent the waste matter from attracting flies, other insects and rats. The layer of soil will also hasten the decomposition of your compost.
5. Introduce air into the pile by turning it with a garden fork or a spade every four or five days. Lift the material from the top and sides, toss it into the more active center of the pile, and then add the partially decomposed center to the outside. The composting process will be hastened if the necessary amounts of oxygen are provided.
6. When the interior of the pile is no longer hot and the material has broken down into a dark and dry soil-like consistency, the compost is ready for use.

For successful results, you can use the simple rule that compost needs about half “brown” and half “green” by weight. If the pile does not heat up, you know there's not enough “green” in the mix, while a smell of ammonia means it needs more “brown.”

In composting jargon, woody materials that are high in carbon (dried leaves/grass, sawdust, straw, paper, etc.) are called “brown.” Materials like garden refuse, manure, tea and coffee grounds, feathers, hair, food scraps and fresh grass clippings are high in nitrogen, or “green.”

LET'S FIGHT DENGUE

The incidence of dengue fever or H-fever, a acute viral infection brought about by the rainy season, is gradually increasing.

Below are some tips to prevent your homes from becoming breeding grounds for the dengue carrying mosquitoes:

- a. Clean and cover water storage containers to prevent mosquitoes from breeding.
- b. Replace water in the flower vases at least once a week.
- c. Dispose of old tires, used cans, plastic cups, old bottles and other objects which serve as mosquito breeding sites.
- d. Clean house gutters of leaves and debris to prevent stagnation of rain water.
- e. Remove weeds and tall grasses around the house.
- f. Use mosquito repellent even during daytime.
- f. Report to the Barangay Office or Bel-Air Village Association any abandoned swimming pools and unattended vacant houses/lots that may also be breeding places for dengue mosquitoes.

To find out if your household is dengue free, you may get free larvitrap from the Barangay's Maintenance, c/o Emy Rufin

Please refrain from fogging or fumigation as a means to eradicate the mosquitoes. The Department of Health reported that fumigation is more harmful to man than to the mosquitoes. Hence, the best way to minimize the likelihood of being bitten by dengue-carrier mosquitoes is to keep our surroundings clean at all times.