

Adow ne Domaget 2020 KKK Radio Festival – Episode 2

Transcript translated to English

[Program jingle: Stories, Culture, and Health! KKK! Stories, Culture, and Health! KKK!]

Angel

A beautiful morning to all of our Domaget friends, to all Dingaleños, and to all our listeners this morning! I am Angela Baguilat of AARPS and joining us today is the Dumagat youth representative for the city of Aurora here in Dingalan, Alysa Curioso. How are you, Alysa?

Alysa

Good morning to all our listeners! I'm sure you were enticed by our first episode last Saturday, and now we are excited again to tune in to our new episode of Adow Ne Domaget 2020 KKK Narratives, Culture, and Health here at 102.9 FM Radyo Kaedup!

Angel

Yes Alysa, we are also excited to begin with our programme today because it will be highly informative. Our theme for today is "Together Against the Pandemic."

Alysa

That's right, Ma'am Angel. Today we will talk about the COVID-19 pandemic, we'll have different news from both abroad and from our local community. Our programme today will deliver important information, reminders, and will share experiences from our community regarding the pandemic.

Angel

That's correct, Alysa. And for the first time, we will be introducing our segments here in Adow Ne Domaget 2020 KKK, including Community Stories, Dumagat Culture, Community Health Talk, and Riddles. So, let's start with our first segment in the

programme, our Community Health Talk. Community Health Talk aims to give basic information about health especially about caring for our community's welfare. We are very lucky today because the host for our Community Health Talk is a long-time doctor to the barrios, a doctor who serves in communities. He is Dr. Gene Nisperos. Doc Gene is also a professor in Community-Oriented Medicine Education in the College of Medicine at the University of the Philippines in Manila. [Health Talk stinger]. Take it away, Doc Gene!

Dr. Gene Nisperos

Good afternoon to all of us! I'm Dr. Gene Nisperos from the Community Medicine Development Foundation. Today we'll discuss the things that we need to know about COVID-19. COVID-19 or coronavirus disease 2019 is the disease that's been currently spreading in different parts of the Philippines. This is caused by the SARS-COV2 virus. A virus is a kind of a microbe that due to its minuteness; it can't be easily seen. We need a special instrument to be able to see it. And because the virus is too small, it can get inside our body, in our blood, and get into the cells in our body. That's where they multiply, and when our body's viral load gets too high, our cells can be damaged. The virus can also infect other cells. When our body is not healthy enough, the virus can take over and we can get sick. So, what's important to remember? When the virus gets inside our bodies, it might be very difficult to cure, and until now there's no definite cure against COVID-19. So, it's really important to avoid this disease. Also, there's no vaccine yet for this virus, and it might take time before one can be produced. So, it is important that we keep our good physical health and strengthen our immune system. Meaning, we must have a good chance to fight off the disease.

So, what are the ways that we can get infected by COVID-19? The first method is through direct contact with a person carrying the disease. The second method is getting contact with a person who has been exposed to another person with the virus. How do we contract COVID-19? It is through the air droplets that usually come out of a person when he or she coughs or sneezes. The air droplets carry the virus, and when you breathe this or it gets on your hand and you touch your face, or your

eyes, or mouth, which are commonly done by an ordinary person, then that is how you can contract the virus. So, what is important to prevent this disease? Frequent hand washing using soap, disinfecting your hands using alcohol, and avoid touching your face so that the virus doesn't get into your body. In addition to this, we also have to maintain physical distancing. Another way is to wear a face mask, or if you need to cough or sneeze, cover your mouth. For those staying in their homes, it's important to keep our surroundings well-ventilated. It's better to keep windows open so that air can easily flow.

There are common symptoms of COVID-19. These are fever, cough, difficulty in breathing, and sometimes loose bowel movement. However, there are also people who don't show symptoms, that's why it's very important to conduct mass testing so that we can find out who carries the virus and who does not. Because we have different levels of immune system and we have different levels of health, symptoms can vary from one person to another. For example, for children ages 10 years old and below, most of the time it's just cough and sniffles, and they don't get bothered by it. But for kids who are older up to adults less than 50 years old, most of the time they get fever or flu, body aches, and joint pains. However, they can easily fight it off just like a common flu. But for people ages 60 years old and above, or for those below 60 years old but have comorbidities like diabetes, high blood pressure, or cancer, COVID-19 can manifest in different ways. It can be worse, or it can easily get worse. They can develop breathing problems, and the usual symptoms of a person with pneumonia, they can easily get tired, and might have to gasp for air. That's why it's very important to protect our community especially our elders or those with comorbidities. These are the important things that we must know about COVID-19 based on our preliminary studies. That's it for now, let's all take care of ourselves, and always remember that proper knowledge is our best protection.

Jen

Good morning, everyone! You are listening to Tribal News, the segment where we provide local and international news. I am your news reporter, Jen Gamboa.

According to the Department of Health, as of May 12, there have been 11,400 positive

cases of COVID-19 in the Philippines. The death toll is at approximately 7%. About 20% have already recovered. Among this 20% who have recovered, most are in the ages of 30 to 39 years old. As there has been no vaccine yet for COVID-19, people are continuously calling for free mass testing. At present, COVID testing is given by the government only to the priority group. These are the front liners, those who are pregnant, immunocompromised, those with grave symptoms, and those in critical conditions. But the mass testing that people are calling for is for everyone regardless of if they have symptoms, as long as they know that there is a possibility that they might have contracted the disease, then they should be able to go to a quarantine facility or testing area so that they can be observed, treated by a doctor, and if needed, given the necessary health care. That's why Filipinos continue to call for free mass testing. This is also so that the Department of Health can reach its target number of tests. The DOH aims to conduct 30,000 tests daily by the end of May. However, at present, it is only able to conduct about 8,000 every day.

in World News, more than 4,000,400 cases of COVID-19 have been confirmed all over the world. The country with the greatest number of cases is the United States. More than 1,400,000 cases have been recorded in the US. Next are Spain, Russia, UK, and Italy. Each of these countries have recorded more than 200,000 cases of the disease. The coronavirus pandemic has also penetrated the Amazon region in Brazil. Last month, a 15-year-old tribal member died of COVID-19, and because of this, greater care is being done by the tribes in the Amazon to prevent further spread of the disease.

That's why we underscore the importance of coming up with health care initiatives coming from the community. And here in Dingalan, we must also work together to create our local initiatives geared towards taking care of not just the physical but also the emotional well-being of our natives amidst this pandemic. That's all for our Tribal News today, this is Jen Gamboa, reporting.

Angel

Thank you very much, Doc Gene and Jen for all this information that you shared!

Alysa

There's still a lot that we have to understand and know about COVID-19 so that we can distinctly determine the problems and find out solutions. And for now, allow us Domagats to tickle your fancy through our Riddle Game. This has been on of the pastimes of our people, wherein you need to guess the thing being described by the phrases that use a play on words. In line with our tradition in the Adow Ne Domaget festival, which always includes native games, here in our radio program, we'll have Riddle Games as our contest.

[Bogtongan stinger]

Diana

I am Diana Escolta.

Leonor

And I am Leonor Fajardo. My riddle is easy to answer: "Munting tubugan, puno ng baliwasnan." "Araduhan sa ibabaw, gitna ay batuhan."

Diana

I'll repeat what Leonor said: "Munting tubugan, puno ng baliwasnan." Try to guess the riddle. Second question: "Araduhan sa ibabaw, sa ilalim ay batuhan." Guess what that is, and we'll look forward to your answers to our simple Riddle Game.

Alysa

The first three to answer these correctly will receive a prize, which we'll announce in our next episode on Saturday. Just text your answer, together with your name, address, and send it to our number at 0917 576 0212.

Angel

Since we're talking about the traditional segments of our Adow Ne Domaget festival, I guess we can now introduce our next segment, Community Stories, wherein we'll talk about important issues and current conditions in our native community.

Alysa

Today we'll discuss how we are being affected by the current COVID-19 pandemic in our community. Joining us to share their narratives are Diana Escolta, Nalyn Magdaong, at Jenjen Nollado. We intend that from these discussions, we will come up with a resolution or oneness in our community. Also, according to what we used to always do in our annual festival, we always end the festivity with a resolution on issues that affect our people. [Kwentong Komunidad stinger]

Diana

Good morning to all of our listeners here at Kaedup Radio. My name is Diana Escolta, an IP Representative of the Municipality of Dingalan. I would like to greet all our relatives in Quezon, Pulang Lupa, and in Singawan, where this station can be heard. We feel thankful that we're able to participate in this way in our celebration of Adow Ne Domaget.

Nalyn

Good morning, I'm Jennylyn Magdaong, a native here in Cabog, Matawe. I'm also a councilor in our community. Good morning to all the listeners.

Jenjen

Good day to all of us! I'm Jenjen Nollado, I currently assist in teaching Adult Literacy in our community.

Diana

Since the start of the pandemic, it has become strict in our place.

Nalyn

We're always worry because our house is located beside the highway, so we feel that it's not safe.

Jenjen

We were happier in the past when our community was livelier. but now that COVID has come, our community is not as bustling as before because now we're being separated from each other. People in the community now think of ways on how to ensure their own safety, they're thinking of places where they could move to and be safer.

Diana

In our case, we live in the mountains. We're primarily afraid of vehicles, because we believe that these transportations can possibly carry the virus around.

Jenjen

I get tortured by the news from the TV, and by the loud announcements of protocols on the streets every now and then, and sometimes I see non-compliant people getting arrested. Our minds are getting tortured by these conditions, and we could not think straight of what we must do. One of our main worries is our children, then you'd hear of this news of danger around you. You'd really feel tortured.

Diana

Especially now, even if you just try to fetch water from the public well or go to your relative who lives just across your house, you can get arrested. That's how strict it is here in our area because of that COVID-19.

Jenjen

I have a child, so it's really frightening to listen to the news about the pandemic. There are many things that makes us anxious.

Diana

Among our people here, there's this thing called "quarantine," and what I understand about it is that we must just stay at home. So, what we did was "quarantine tanim" (planting at home during quarantine). That's what we did.

Nalyn

In my case, since the start of lockdown and we couldn't go to work, instead of doing nothing at home beside the highway, we all went up the mountain to slash-and-burn, and we planted vegetables that can be harvested in a short period of time.

Jenjen

Instead of being non-productive at home, we thought of ways to cope with the crisis. We decided to plant fruits and vegetables.

Diana

Before lockdown, there was freedom in our community. I could fish, I could go to Pulang Lupa in Quezon, I could easily go to many places, but now, because of the lockdown, we couldn't leave Matawe.

Jenjen

I'm also fond of travelling. Wherever I fancy going, I would go. But now all that are gone.

Nalyn

They'll whistle at you and arrest you.

Jenjen

Every now and then, you'll see police and barangay officers roaming around the streets. One time, we went to the city centre, there were two of us in the tricycle, and they forced one to get off. They're very strict.

Nalyn

I wish I could go out to harvest edibles from the reefs.

Diana

I'm really getting tired of eating sardines. I'm just being honest. We're not limited in expressing ourselves anyway; the only restriction is on our mobility, which is based on the distance allowed by our home quarantine pass. That's the only constraint. However, we're not accustomed to these conditions, where there are limits on where we can go. That's why we have a saying that goes, 'everything we see is ours.'

Nalyn

Our family does not live in just one house. Almost all of us (in the barangay) are relatives. But for now, we are not able to do our usual gathering due to the current situation.

Jenjen

We're not used to not talking to each other, it seems like we are angry with each other when that happens.

Diana

So, I'm hoping that COVID-19 would already go away.

Jenjen

We will spit on COVID with betelnut!

Nalyn

Betelnut with lime powder!

Diana

Our tribe has a lot of activities in mind for when the lockdown is lifted.

Nalyn

And it's not enough for us to just stay in one place.

Jenjen

We're also not used to these kinds of food.

Alysa

What are your aspirations for your family or your community as an indigenous Dumagat?

Jenjen

To be free.

Diana

That we can all be free.

Angel

It's a pleasure to hear the voices of our neighbours in Matawe, even amidst the fear brought by the lockdown. It's important to adhere to the restrictions as stated by Doc Gene, given the severity of COVID-19 and the absence of a cure. Diana's words about the quarantine being a time for cultivation are inspiring. It's heartening to know that despite the limitations and difficulties we face, the indigenous people are reclaiming their bond with the earth, mountains, sea, and nature.

Alysa

You're right about that, Ma'am! As we mentioned earlier, this situation has also had some positive effects on us. We've found great joy in returning to our farms, immersing ourselves in nature and the mountains that are the source of our heritage. Let's move on to the next part of our conversation, where we can delve into our culture, which is also deeply ingrained in... [Kaedup Kultura stinger]

Angel

Today, we have the pleasure of listening to Joanna Horomo reciting her poem "Dumagat Youth, Clothing Made of Wood." We are also excited to welcome Richard Estanes, the first Dumagat to participate in Tawag ng Tanghalan (a popular local singing competition), who will be performing the popular song "Leon Guerrero" by Fred Panopio. The message of the song is particularly relevant, as we need to exhibit bravery in confronting the pandemic, much like Leon Guerrero. Let us unite in the fight against the pandemic. Joanna Horomo and Richard Estanes are here to entertain us.

Joanna

Good day to everyone. "Dumagat Youth, Clothing Made of Wood." My mother used to say that the clothes of the indigenous people were not just made of red fabric. Their clothes were made from wood, which they call ageh, which means "clothes." The process of making clothes from ageh tree involves soaking the fibers in water, then squeezing and flattening them until they become a wide cloth. This cloth is then transformed into clothes and decorated with ornaments to make it more attractive to others.

[Richard Estanes sings "Leon Guererro"]

Alysa

Meanwhile, let's listen to an interview with a musician who will showcase a unique perspective and understanding of the current COVID-19 pandemic. His name is Bong Ramilo and he will be interviewed by Roselle Pineda. [Sining Jamming stinger]

Roselle

Greetings to all our listeners from Dingalan and of course to our Dumagat indigenous people. Welcome to the first chapter of our "Arts Jamming" program. Arts Jamming is a series of interviews with different artists who have works related to the environment or indigenous peoples. Today, we are very fortunate to have our first guest, Bong Ramilo, a long-time musician and artist.

Bong

Good morning, Roselle. I'm here in Darwin, closer to the Philippines than you are (laughs). I probably started doing this kind of work back in the 1970s when I was a teenager. Then I started writing songs about society. My approach to creating songs or music is that it's a form of poetry. Songs are poems, so it takes me a long time to write because I struggle with the words. But the music, the sound, that comes to me more easily. Sometimes I notice that the chords, progressions, and even melodies I use don't necessarily sound like activist songs. It makes sense to me because my tradition as a Tagalog, which is my first language, and growing up in Manila, my family comes from Laguna, so not much of the pre-colonial tradition remains. Only the native traditions like language and some musical forms like kundiman and kumintang, and slow-tempo forms in 3/4 time signature with melancholic beginnings, inspire me. But I don't strictly adhere to them. My place there, as well as the other community artists, is of course, solidarity. Let's create and unite. We are part of the entity called the community that makes art. Personally, my framework is that the community is the artist in the same way that Renato Constantino says, the masses create history. So, to me, the masses make art.

Roselle

Now, to treat our listeners to one of Bong Ramilo's songs, let's play "Moon, Mountain, Sea, Land," which he wrote in Baler in 2015. According to Sir Bong, this song is proof of the power of nature as a wellspring of inspiration. As Dingaleños, we are no strangers to the romance and courtship of the moon, the mountains, the sea, and the land, as they are our very surroundings. So, let's take this opportunity to listen to Bong Ramilo's "Moon, Mountain, Sea, Land."

[Bong Ramilo sings "Buwan, Bundok, Dagat, Lupa"]

Roselle

That concludes our episode for today at Arts Jamming, here at Dumagat Day 2020 KKK. Don't forget to tune in next Saturday for Part 2 of our interview with Bong

Ramilo, where we'll be treated to a unique art form and music from our guest. We'll explore and listen to the sound of the COVID-19 virus. Thank you very much! Long live!

Angel

The last statement was beautiful, that art and culture come from and belong to the community, right Alysa?

Alysa

Absolutely, Ma'am Angel. So, my fellow Dingaleños, we must not hesitate to exhibit our magnificent culture, comprising our melodies, verses, and dramas. I encourage you to share your narratives, ballads, poems, and tunes for the upcoming segment of Dumagat Day 2020 KKK. Culture forms the foundation of our identity. The customs of our tribe and community delineate us as a society and as individuals, so, we ought to take pride in it.

Angel

That's right, Alysa. And at this point, let us once again thank those who participated in our program today. Doc Gene Nisperos, whom we will hear from again in the next episode of Dumagat Day. By the way, if you have any questions for Doc Gene, you can simply text us at 0917 576 0212 or comment on our FB page, Adow Ne Domaget, and we will try to answer them next Saturday. Thanks also to Bong Ramilo, who is joining us all the way from across the sea in Australia. Thanks again to the Mayor and his good office, and a special shoutout to Mister Bong Mariano, may the Lord bless you. In the next episode of Dumagat Day 2020, we will hear from the leaders and elders of the Dumagat tribe, including Roselle Pineda, as they share their stories and experiences.

Alysa

So, until next Saturday, May 23, let's meet again here on Dumagat Day 2020 KKK. Remember to always keep our surroundings clean and show respect to the environment.

Angel

Wash your hands for cleanliness.

Alysa

Let's work "Together Against the Pandemic!"

Angel

Long live!

[Program jingle: Stories, Culture, and Health! KKK! Stories, Culture, and Health! KKK!]