

## Adow ne Domaget 2020 KKK Radio Festival – Episode 3

Transcript translated to English

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

### **Jen**

Good day, everyone! We are here again for another exciting chapter of Dumagat Day 2020 KKK! We will now open our segment for Tribal News, a part of our program that covers news within and outside the country. I'm your news reporter, Jen Gamboa.

In Australia, various Aboriginal groups run initiatives using their own Indigenous communities and knowledge to fight COVID-19. The Indigenous group Mapoon Aboriginal Shire instituted a travel ban in their community even before the government's country-wide declaration of such measure.

While other indigenous groups use their native language to share information about the coronavirus within their community, especially for those residing in remote areas.

In Indonesia, the Kengge, Seso, at Rongga tribes performed their customary ritual to prevent COVID from spreading in their community. They used a black rooster and an egg as a sacrificial offering to implore their ancestors to obstruct and prevent the transmission of coronavirus to their community.

The Suku Anak Dalam, another tribe in Indonesia, implemented their own system of physical distancing to curb the spread of coronavirus and other transmissible diseases in their tribe. They believe that diseases spread through the river, so the tribe constructs a shelter for an ailing individual in the lower section of the river, isolated from other members of the community. While recuperating, the unwell person is prohibited from interacting with others. The entire tribe takes responsibility for the well-being of the patient by procuring and preparing nutritious meals to aid in recovery. Throughout this period, individuals maintain a 10-metre distance from the afflicted member. Once health is regained, the individual can reintegrate into the tribe.

In the Philippines, native people of the Cordillera region observe an Ubaya or Tengaw, during which all members of the tribe remain at home and refrain from working, planting, or hunting. This period serves as a time of rest and is usually declared before or after the planting and harvesting seasons. Tribal leaders may also declare a Tengaw during times of pandemics or disasters.

[Balitang Tribo stinger]

Vietnam and Cuba have effectively controlled the pandemic despite being categorized as a third-world country similar to the Philippines, and despite several economic trade restrictions in place. Vietnam's prompt response against the coronavirus was a significant factor in their success. As soon as reports surfaced that an individual in China had passed away from the disease, the government closed its borders with China without delay. They initiated a widespread campaign about the virus across various platforms such as TV, radio, social media, and public announcement systems in different locations throughout the country. The government consistently reminded citizens of their role in combating the virus. Business owners immediately chose to shut down their operations to limit the spread of the illness. Citizens proactively wore face masks, and in January, the government began constructing quarantine centres. They conducted intensive contact tracing, and over 67,000 patients have been accommodated in these quarantine facilities. The government subsidised accommodation and meals, and some patients received services for free. By February, Vietnam had developed COVID-19 test kits, which were utilized for mass testing that was made available to all citizens for free. Presently, the total number of COVID-19 infections in Vietnam has reached only 324. A large portion has already recovered, and they now have only 58 active cases. Vietnam is one of the world's poorest nations. The country has an estimated population of 100 million, Remarkably, Vietnam has not reported any COVID-related deaths to date.

Cuba is another small, third world country that has effectively controlled the spread of COVID-19. Aside from being able to manage the pandemic within their own borders, Cubans are also helping other nations by sending their doctors to treat

COVID-19 patients in neighbouring countries such as Italy, Jamaica, Suriname, Grenada, Nicaragua, and African nations. Currently, 29,000 Cuban doctors and nurses are deployed in 59 countries worldwide. These examples demonstrate that during a pandemic, it is crucial to develop strategies to combat the virus that are based on strengthening the culture, respecting local decision-making, and taking collective action within indigenous communities. This is Jen Gamboa for Tribal News.

### **Angel**

Thank you, Jen Gamboa, for the timely news about COVID-19 in and outside the country. It's Saturday again, Dingaleños, and you are listening to Dumagat Day. This is the third episode of Adow the Domaget 2020 KKK. And today, our program will delve on the importance of health, not only for individuals but for the community as a whole, in order to strengthen the entire community. I'm Angela Baguilat of AARPS, with Renelyn Domer of Cabog, and we'll be the hosts of this program today. How are you, Renelyn?

### **Renelyn**

[speaks in Domaget] I'm doing great, Ma'am. I've been going up the mountain to plant, so I've been able to do a lot of things, even while maintaining social distancing. I miss you and our listeners. I'm excited to listen to our programme, especially because I've been learning a lot. So, let's start our programme with another interesting conversation about community health with Doc Gene in Health Talk. Good morning, Doc Gene!

### **Doc Gene**

Good morning to all of us. I am Doctor Gene Nisperos from the Community Medicine Development Foundation. Today we will discuss the role of the community in combating COVID-19. But before we start, we will first have a short review of COVID-19. This is a contagious illness spreading not only in the Philippines, but all over the world. Symptoms include, fever, cough, difficulty in breathing, and loose bowel movement. Different people of different ages may experience different symptoms. Children 10 years old and below may experience cough and sniffles. Adults below 50

years old may have flue-like symptoms. But for people 60 years old and above or those with comorbidity, like high blood pressure, diabetes or cancer, symptoms may be worse. It's like a pneumonia that spreads and worsens quickly and may bring complications or even death. We can see COVID-19 patients being brought to the hospital wherein health workers must wear professional protective equipment. They are brought to quarantine centres or places where they can isolate for observation. Those are patients with COVID-19 that are not very contagious. Combating COVID-19 doesn't simply start or end in hospital quarantine centres. A big part of fighting COVID-19 starts within the community. The community plays a significant role in the fight against COVID-19 as it is a highly contagious disease that can be prevented. Prevention is more effective than cure, and we must prepare and educate our communities on how to fight COVID-19. One way to help is by spreading accurate information about the disease.

We can organize meetings or consultations with families in our community to assess their knowledge about COVID-19. It is crucial to educate them on accurate information about the virus to prevent the spread of misinformation and the disease itself. By providing correct information, we can help our community members plan and prepare to fight against COVID-19.

When our community is united, we can begin to organize ourselves. A well-organized community has a greater chance of effectively fighting COVID-19. With organization, we can establish health committees and designate community health workers. Health committees can start preparing the community against COVID-19 by ensuring there is enough water for handwashing and reminding others about physical distancing and other preventative measures.

Health workers can assist not only in monitoring patients but also in contact tracing. They can collaborate with health committees and barangays to provide prompt care not only for COVID-19 patients but also for other individuals requiring medical attention. With efficient coordination between health workers and committees, the community can establish long-term plans that focus not only on the current pandemic but also on the overall health and well-being of the community. Until next time. Keep in mind that providing accurate information is a powerful tool in the fight against COVID-19. Thank you.

**Angel**

Thank you, Doc Gene, for another rich discussion about community health. It's really important to have correct information about this illness so we can strengthen our community. So, mates, let's be more attentive to important news and information about this sickness to keep our community COVID-free. By the way, mates, we'd like to make a special shoutout to our listeners from abroad, in Houston, Texas, in the US, Melanie Bondi Bols, reminding everyone that together with the call for free mass testing, let us continue to be disciplined in observing physical distancing until there is a cure for COVID-19. Like what Doc Gene said, utmost care is needed. We'd also like to thank our listeners from the University of the Philippines, Dr. Verne Dela Pena, the Dean of the College of Music, and Professor Patricia Silvestre, Department Chair of Musicology in the College of Music. Thank you very much for your support. So, mates, we encourage you to send in your feedback, opinions, or suggestions through text at 0917 576 0212 or send your messages through our Adown Domaget Facebook page.

And perhaps, Renelyn, because of that, let's continue our program with the Community Stories. Please explain what the Community Stories is, Renelyn.

**Renelyn**

The Community Stories is a gathering of our elders and chieftains, wherein they share their knowledge and experiences. This gathering is part of the annual Dumagat Day festival.

**Roselle**

Good day to all the listeners of Dumagat Day 2020 KKK. I'm Roselle Pineda, the Festival Director of AnD and will serve as facilitator for the first episode of our AnD Community Stories. Over the past two AnD, since 2018, our Community Stories has played a crucial role not only in facilitating discussions among our leaders about important issues but also in promoting solidarity and enabling each community to formulate resolutions for each concern. During the previous Community Stories held at our AnD Festivals, some of the significant resolutions reached were: firstly,

reinforcing the Dumagat's position in the struggle for ancestral lands and self-determination; secondly, establishing the Dumagat Day Festival as a significant expression of indigenous culture; and thirdly, engaging in conversations about cultural appropriation, or the appropriate use of indigenous culture and associated ethical considerations, particularly for outsiders.

Given the current crisis, today's Community Stories will focus on community health. In this episode, we'll discuss and hear the voices of our elders, Leonides Friginal, representing the elders in Dingalan and another elder, Reynaldo Tena, together with chieftains or community leaders Jhornie Mendoza, more popularly known as Chieftain Sonny even if he's no longer the chieftain of Matawe, he remains the chieftain of our hearts and the head of the Dumagat Cultural Council. Vice Chieftain Marcelino Torres, more well known as Brother Jing. And the chieftain of Ibona, Bernie Curioso. Today, they will share lots of information on community health, beginning with the fundamental question: What are the prevalent diseases afflicting our indigenous population?

### **Chieftain Sonny**

In certain cases, illnesses may be caused by factors like inadequate food intake, excessive physical activity, or exposure to environmental elements.

### **Roselle**

You make an excellent point, Chieftain Sonny. What is the cornerstone of a healthy community? Firstly, having access to sufficient and nourishing food, rather than merely any kind of food, is essential. Secondly, maintaining clean and hygienic surroundings is crucial. Thirdly, promoting work-life balance and ensuring adequate rest for both the mind and body is important in preventing physical and mental stress. Let's further discuss, Chieftain Sonny, how we can promote good health in our indigenous community and what strategies can we employ to combat illnesses when prevention is not possible?

### **Chieftain Sonny**

Our community practices include bathing in the sea to enhance our body's resistance, as we believe it has beneficial effects. Additionally, spending time in the mountains is encouraged due to the consistently fresh air, so the body...

Indeed, our community values the consumption of nutritious food as a primary means of strengthening the body's ability to fight illness, as taught by our ancestors. This is often the first lesson taught to us by our parents and elders. Additionally, we believe in the efficacy of herbal medicines and their correct usage in treating various ailments.

Dumagats know a lot about medicine. We get a lot of our medicines from the mountain. Our elders get medicines depending on the ailment and that's what they'll give the patient.

### **Nanay Ledis**

Sometimes one would go up the mountain and would come back with a fever or body ache. Some elders know how to check if one has been toyed with by a supernatural being. Elders know how to heal ailments in these cases. And if that is not the case, then they use herbal medicines to treat the ailment. Because we don't have clinics here and we only have a barangay health centre. If the facility is not enough, we go to the municipality centre to obtain the medicines we need.

Occasionally after climbing a mountain, a person might return with a fever or body aches. Some elders can determine if a person has been the victim of otherworldly play. Elders can treat illnesses in these situations. And if that isn't the case, they treat the illness using herbal remedies because there are no clinics here and just a barangay health centre. If the facility is insufficient, we travel to the municipality centre to get the necessary medications.

We must make up for the insufficiencies of the local government. Our indigenous people must consider how to treat its own illnesses. Of course, our elderlies are reluctant to take pills and tablets. We place a higher value on traditional remedies like herbal ones. Every time we take a medication from the pharmacy and experience a side effect, we would stop taking it out of fear. This is related to the notion that if a doctor treats someone from our community after having been

played with by a supernatural being, the patient might pass away. This also holds true for taking medication; if it has been tampered with by an elemental entity, the user will experience negative effects. This has been identified as a concern as to why indigenous people don't recover quickly when they take medications coming from the health centre.

And now, most of us do not recognize our herbal medications. Most now believe in going to a health facility. Our faith in natural remedies is gradually fading.

## **Roselle**

How do we deal with the COVID-19 pandemic, especially that it is a new illness, not just for the community but for the entire world?

We don't know much about COVID-19, aside from the fact that it may cause death. We've heard from the radio that it's deadly. Though we may not fully understand it, it causes widespread concern in the community.

One of the factors that make it difficult for our community to seek health care is the Enhanced Community Quarantine because we all couldn't leave our homes. When you're sick, you'd fear going to the health centre for a check up, because even if you only have a sniffle, you may be forcefully quarantined.

It is illegal to ride a vehicle in a group. Yet, no doctor can reach everyone, particularly those of us who live in the mountains.

I'm not sure whether traditional medicines can help with the current COVID-19 outbreak. We don't know if our indigenous knowledge is sufficient to treat someone with COVID. All I can say for now is that we should limit unnecessary travel, especially to crowded places, in order to minimize the risk of infection. Let us heed our government's advice, particularly in light of our current situation, to prevent getting sick.

Mates, we have started a rich and extensive discussion today about health in our indigenous community. One issue that many indigenous tribes throughout the globe are dealing with. I'll attempt to lay down the questions that emerged throughout today's discussion as a temporary conclusion to our Community Stories.



First, what are minimum criteria or guidelines to assert that an indigenous community is in a state of good health? Our community leaders have provided excellent examples today on proper nutrition, physical activity, the freedom to go up the mountains and swim in the ocean and breathing or resting as basic needs of the community for good health.

Second, how do indigenous wisdom and scientific knowledge about health and the environment intersect, particularly when it comes to battling emerging diseases like COVID-19 and new environmental conditions. For instance, climate change and development aggression such as extensive mining, logging, and the destruction of marine reefs greatly impact the equilibrium of our ecosystem.

Lastly, how can we create a balanced, holistic, and sustainable health system in our community?

Doc Gene made an excellent point in Health Talk on community organization as the foundation of community strength. And this was shown in Tribal News by the experiences of Cuba and Vietnam, who drew strength from within their own countries despite several hurdles in order to combat the COVID-19 pandemic.

These, my mates, are the multifaceted questions that we are attempting to gather in order to produce resolutions for the last episode of our Dumagat Day Festival 2020 radio program. Until next time, I'm your host for the day, Roselle Pineda, saying love live!

## **Angel**

Thank you very much to Roselle for the Community Stories, and most importantly, to our community leaders who joined us in today's conversation. These include Chieftain Jhorne Mendoza, Chieftain Bernie Curioso, Vice Chieftain Marcelino Torres, and our elders Nanay Leonidas Friginal and Tatay Reynaldo Tena. We will wait for the community resolutions or proposals in the final chapter of Dumagat Day 2020 KKK. But before that, we will focus on the role of the youth in community health in the next episode on Saturday in Dumagat Day 2020 KKK: "Youth, Key to Community Progress." So much has happened in the last thirty minutes, and it seems like we didn't realize that a whole episode of our program has passed. So, Renelyn, it's time to remind our listeners.

**Renelyn**

It's essential to remember that enhancing community strength involves prioritizing good health. When all community members have robust physical, emotional, and mental health, the community itself becomes stronger.

**Angel**

Indeed, Renelyn. Not just a select few, but all members of a community must have good health to promote the community's growth and success. And at this point, we'll wrap up our discussion here for today.

**Renelyn**

Until next Saturday, tune in to Dumagat Day Festival 2020 KKK because next we'll talk about the youth and our role in the community. Exciting!

**Angel**

I agree! I'm also excited to listen to this upcoming episode on the youth. Until next Saturday, mates, remember to wash your hands regularly,

**Renelyn**

Clean up and be respectful of the environment.

**Angel**

As good health is the basis of our community's vigor and resilience.

**Angel and Renelyn**

Long live!

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