

PHILIPPINE RECLAMATION AUTHORITY
HEALTH and WELLNESS, SAFETY and WELFARE Activities
For CY 2019

I. PRA IN-HOUSE FUN RUN

To promote the importance of having a healthy lifestyle and to raise awareness on holistic wellness, PRA held its In-House Fun Run activities with 3K and 5K Categories last October 11, 2019 and December 6, 2019 at Seaside Blvd. and Diokno Blvd. in Central Business Park 1 Island A (CBP-IA), Pasay City which were participated by PRA Board of Directors, Officers and Employees:

October 11, 2019 Fun Run Participants:

- | | | |
|------------------------------------|----------------------------------|------------------------------------|
| 1. Abadilla, Magno D. | 35. Deticio, Mary April J. | 69. Negado, Adolf P. |
| 2. Abordo, Monica P. | 36. Flores, Krista Marie T. | 70. Pacio, Ericka Anne M. |
| 3. Achaval, Jan Michael B. | 37. Flores, Ma. Chona T. | 71. Pagador, Lysa Kathleen P. |
| 4. Ampatuan, Bai Saudia Shahara B. | 38. Fugaban, Armando M. | 72. Pallingayan, Rogelio G. |
| 5. Amposta, Lerma O. | 39. Gabionza, Maria Lourdes S. | 73. Palwa, Julita M. |
| 6. Aquino, Vilma P. | 40. Gamido, Jeanelle L. | 74. Paz, Viger A. |
| 7. Arcelo, Monaliza R. | 41. Gargantiel, Johanna Irene M. | 75. Pineda, Mark John D. |
| 8. Arcelo, Roque Cosmelo S. | 42. Germino, Avigail O. | 76. Punzalan, Antonio P. |
| 9. Arpafo, Erich P. | 43. Gojol, Maria Kristina J. | 77. Raquit, Anna Liza S. |
| 10. Atole, Hannah Jane P. | 44. Gustilo, Maria Charmaine | 78. Reniva, Doris Dane B. |
| 11. Baggayan, Regidor L. | 45. Hermeno, Mario P. | 79. Reynales, Christie Anne C. |
| 12. Balignasay, Dorotea C. | 46. Isanan, Jinky | 80. Rodrigo, Angela E. |
| 13. Banday, Meliza C. | 47. Larga, Sharon Kaye D. | 81. Rubio, Remedios D. |
| 14. Banta, Arlene T. | 48. Layba, Ponciano B. | 82. Saccuan, Roperson C. |
| 15. Banta, Marnol L. | 49. Legaste, Efren S. | 83. Samarro, Luciana D. |
| 16. Baral, Ramil P. | 50. Legion, Maria Theresa G. | 84. Sison, Eusebio C. |
| 17. Barnacha, Shirley B. | 51. Lucero, Ivy Camille | 85. Solano, Marc Gregory M. |
| 18. Benedicto, Jonathan F. | 52. Macapal, Ernie S. | 86. Soriano Jenny Meigh D. |
| 19. Cabalar, Antonio G. | 53. Malicdem, May Cecilia C. | 87. Soriano, Ruben F. |
| 20. Calunsod, Cyril R. | 54. Mamuri, April Diane D. | 88. Sumulong, Edilberto I. |
| 21. Cambronero, Conie Jean | 55. Marundan, Joel D. | 89. Tan, Diomedes M. |
| 22. Camila, Meriam G. | 56. Megio, Joan E. | 90. Tingchuy, Nino Ricardo B. |
| 23. Canita, Romel P. | 57. Mendez, Eglicerio F. | 91. Torrecampo, Delfin C. |
| 24. Canita, Sharon M. | 58. Mendieta, Aya Karlota J. | 92. Urcia, Floro C. |
| 25. Casin, Noel F. | 59. Mendoza, Eugene P. | 93. Verceles, Zernan M. |
| 26. Catabona, Mark Arthur M. | 60. Miclat, Cheryl Marie H. | 94. Villar, Bella B. |
| 27. Catulong, Niza L. | 61. Millang, Jenny P. | 95. Villareal, Marivic B. |
| 28. Cenzone, James G. | 62. Montemayor, Ruth M. | 96. Wycoco, Ruben B. |
| 29. Cureg, Sheila Audrey A. | 63. Montril, Roberto A. | 97. Yadao, Jun Jun N. |
| 30. De Castro, Maria Belina E. | 64. Mortel, Cristina A. | 98. Yalong, Ynna Margarita G. |
| 31. De Vera, Sabiniano R. | 65. Navarro, Mercedita G. | 99. GM Janilo E. Rubiato |
| 32. Dela Rosa, Lalainne U. | 66. Negado, Adolf P. | 100. Chairman Alberto C. Agra |
| 33. Dela Torre, Kathleen T. | 67. Obar, Jimmy F. | 101. Dir. Dioscoro E. Esteban, Jr. |
| 34. Denia, Avery | 68. Paaco, Ferdinand O. | 102. Dir. Ulysses T. Sevilla |



December 6, 2019 Fun Run Participants:

- | | | |
|------------------------------|------------------------------|----------------------------------|
| 1. Alanes, Raymil | 19. Barnacha, Shirley B. | 37. Miclat, Cheryl Marie H. |
| 2. Abadilla, Magno D. | 20. Dela Rosa, Lalainne U. | 38. Mortel, Cristina A. |
| 3. Achaval, Jan Michael B. | 21. Dela Torre, Kathleen T. | 39. Obar, Jimmy F. |
| 4. Amposta, Lerma O. | 22. Deticio, Mary April J. | 40. Pallingayan, Rogelio G. |
| 5. Aquino, Vilma P. | 23. Flores, Krista Marie T. | 41. Peralta, Francis A. |
| 6. Arcelo, Monaliza R. | 24. Ma. Chona T. | 42. Punzalan, Antonio P. |
| 7. Arcelo, Roque Cosmelo S. | 25. Frias, Juliet C. | 43. Raquit, Anna Liza S. |
| 8. Baggayan, Regidor L. | 26. Fugaban, Armando M. | 44. Rubio, Remedios D. |
| 9. Banday, Meliza C. | 27. Gallego, Jeca Mae S. | 45. Sabay, Myra M. |
| 10. Banta, Arlene T. | 28. Germino, Avigail O. | 46. Samarro, Luciana D. |
| 11. Baral, Ramil P. | 29. Gojol, Maria Kristina J. | 47. Sibug, Czarina Joyce P. |
| 12. Barnacha, Shirley B. | 30. Larga, Sharon Kaye D. | 48. Soriano, Ruben F. |
| 13. Benedicto, Jonathan F. | 31. Legaste, Efren S. | 49. Torrecampo, Delfin C. |
| 14. Bruno, Anita M. | 32. Lloren, Charmilyn C. | 50. Verceles, Zernan M. |
| 15. Calunsod, Cyril R. | 33. Majadas, Rolando V. | 51. Villar, Bella B. |
| 16. Casin, Noel F. | 34. Mamuri, April Diane D. | 52. Yadao, Jun Jun N. |
| 17. Cenzon, James G. | 35. Mendez, Eglicerio F. | 53. Yalong, Ynna Margarita G. |
| 18. Dela Cruz, Lenie Rose T. | 36. Mendieta, Aya Karlota J. | 54. Dir. Dioscoro E. Esteban Jr. |





II. CSC – R.A.C.E. TO SERVE FUN RUN

Fun Run is one of the Civil Service Commission (CSC)’s annual activities in the celebration of the Philippine Civil Service Anniversary. It aims to raise funds for the Pongong Pamanang Lingkod Bayani Program which honors the public servants who sacrificed their lives in the performance of their duties and responsibilities. The PRA gives support to this undertaking by participating in the said 2019 **R**esponsive, **A**ccessible, **C**ourteous and **E**ffective Public Service to **Serve Fun Run**.

Participants:

- | | |
|------------------------------|-------------------------------|
| 1. Alanes, Raymil | 13. Obar, Jimmy F. |
| 2. Arcelo, Monaliza R. | 14. Ollague, Russell A. |
| 3. Arcelo, Roque Cosmelo S. | 15. Peralta, Francis A. |
| 4. Baggayan, Regidor L. | 16. Rosano, Lace Ann J. |
| 5. Barnancha, Shirley B. | 17. Salvanera, Brigida G. |
| 6. Casin, Noel F. | 18. Salvanera, Nestor V. |
| 7. Gallego, Jeca Mae S. | 19. Sibug, Czarina Joyce P. |
| 8. Germino, Avigail O. | 20. Solano, Marc Gregory M. |
| 9. Gojol, Maria Kristina J. | 21. Soriano, Ruben F. |
| 10. Lloren, Charmilyn C. | 22. Taguiam, Mari Herson L. |
| 11. Majadas, Rolando V. | 23. Tingchuy, Nino Ricardo B. |
| 12. Matanguihan, Lorraine A. | 24. Verceles, Zernan M. |



III. ZUMBA DANCE WORKOUT

Zumba Dance Workout is part of PRA's Physical Fitness Program for its employees, conducted every Tuesday at PRA Lobby at 3:00PM to 4:00PM.

Zumba Participants:

1. Abesamis, Jessa Mae
2. Atencia, Rowena V.
3. Banta, Arlene T.
4. Barnacha, Shirley B.
5. Belen, Cecilia B.
6. Camila, Meriam G.
7. Cureg, Sheila Audrey A.
8. Dela Cruz, Lenie Rose T.
9. Frias, Juliet C.
10. Gabionza, Maria Lourdes S.
11. Gojol, Maria Kristina J.
12. Gustilo, Maria Charmaine G.
13. Lanugan, Monica I.
14. Latigay, Juna Luz B.
15. Lloren, Charmilyn C.
16. Montaña, Carmen Hyacinth M.
17. Montemayor, Ruth M.
18. Navarro, Mercedita G.
19. Pacio, Ericka Anne M.
20. Querubin, Baeman P.
21. Raquit, Anna Liza S.
22. Robles, Unice B.
23. Rosano, Lace Ann J.
24. Sabay, Myra M.
25. Sartin, April Anne B.
26. Sibug, Czarina Joyce P.
27. Suarez, Maria April C.
28. Sumagaysay, Irish T.
29. Tanaka, Yuki U.

IV. IN-HOUSE BOWLING TOURNAMENT

PRA In-House Bowling Tournament was held every Friday, started at 3:00PM from October 4, 2019 to December 13, 2019 at Superbowl, Makati Cinema Square. There were eight (8) teams with twelve (12) members each team and with the following Team Leaders:

- | | |
|-----------------------------------|-------------------------------------|
| Green Team: Pineda, Mark John | Dark Gray Team: Canita, Romel P. |
| Black Team: Beringuel, Carlito S. | Yellow Team: Fugaban, Armando M. |
| Blue Green Team: Cenzon, James G. | Dark Blue Team: Sumulong, Edilberto |
| Blue Team: Macapal, Ernie S. | Red Team: Celino, Cristoper L. |



V. COASTAL CLEAN-UP

a. PRA Coastal Clean-Up

PRA, as part of its commitment in protecting the environment, conducted coastal clean-up on March 23, 2019 and June 22, 2019 at Freedom Island, Coastal Road, Parañaque City. The following Officers and employees joined the said undertakings/activities:

March 23, 2019

1. Abadilla, Magno D.
2. Achaval, Jan Michael B.
3. Alanes, Raymil B.
4. Amposta, Lerma O.
5. Aquino, Vilma P.
6. Arpafo, Erich P.
7. Aurellano, Ramon N.
8. Bagalayos, Ma. Gemma C.
9. Bagayan, Regidor L.
10. Banday, Meliza C.
11. Banta, Arlene T.
12. Banta, Marnol L.
13. Baral, Ramil P.
14. Bardeloza, Mario C.
15. Benedicto, Jonathan F.
16. Berce, Edwin B.
17. Cabillan, Dominaflor P.
18. Canita, Sharon M.
19. Carlos, Shirley C.
20. Casin, Noel F.
21. Catabona, Mark Arthur M.
22. Catulong, Niza L.
23. Celino, Cristoper L.
24. Cenzon, James G.
25. Cortez, Antonio G.
26. Cortez, Bienvenido B.
27. Cureg, Sheila Audrey A.
28. Dela Cruz, Lenie Rose T.
29. Dela Rosa, Lalainne U.
30. Deloria, Lyndeen John D.
31. Destura, Eduardo E.
32. Ellazo, Diosdado S.
33. Escueta, Flordeliza R.
34. Flores, Ma. Chona T.
35. Garcia, Josefa V.
36. Germino, Avigail O.
37. Go, Mercedes B.
38. Gustilo, Maria Charmaine
39. Hermeno, Mario P.
40. Lanugan, Monica I.
41. Lastomosa, Sancho Glenn
42. Latigay, Juna Luz B.
43. Laureles, Nelma S.
44. Layba, Ponciano B.
45. Lee, Jeanelle C.
46. Legaste, Efren S.
47. Legion, Aristeo A.
48. Legion, Maria Theresa G.
49. Lloren, Charmilyn C.
50. Lucero, Ivy Camille
51. Macapal, Ernie S.
52. Malicdem, May Cecilia C.
53. Mamuri, April Diane D.
54. Martinez, Ma. Cristina C.
55. Marundan, Joel D.
56. Matanguihan, Lorraine Paule A.
57. Mecate, Aira Nhaire C.
58. Mendez, Eglicerio F.
59. Mendoza, Eugene P.
60. Miclat, Cheryl Marie H.
61. Montemayor, Ruth M.
62. MOntril, Roberto A.
63. Mortel, Cristina A.
64. Nuñal, Lea D.
65. Obar, Jimmy F.
66. Ollague, Russel A.
67. Paaco, Ferdinand O.
68. Pacio, Ericka Anne M.
69. Pallingayan, Rogelio G.
70. Peralta, Francis A.
71. Pineda, Mark John D.
72. Querubin, Baeman P.
73. Raquit, Anna Liza S.
74. Reniva, Doris Dane
75. Reynales, Christie Anne C.
76. Rodrigo, Angela E.
77. Rosano, Lace Ann J.
78. Rubio, Remedios D.
79. Sabay, Myra M.
80. Saccuan, Roperson C.
81. Salvanera, Nestor V.
82. Samarro, Luciana D.
83. Sartin, April Anne B.
84. Sibug, Czarina Joyce P.
85. Sibug, James Kenneth P.
86. Sison, Eusebio C.
87. Soriano, Jenny Meigh D.
88. Soriano, Ruben F.
89. Sumagaysay, Irish T.
90. Sumulong, Edilberto I.
91. Torrecampo, Delfin C.
92. Torrechante, Apollo M.
93. Urcia, Floro C.
94. Verceles, Zernan M.
95. Versosa, Jenna O.
96. Villar, Bella B.
97. Wycoco, Ruben V.
98. Yadao, Jun Jun N.
99. Zita, Inna Fatima J.
100. GM Janilo E. Rubiato

June 22, 2019

1. Abelon, Mark J.
2. Achaval, Jan Michael B.
3. Arpafo, Erich P.
4. Aurellano, Ramon N.
5. Banday, Meliza C.
6. Benedicto, Jonathan F.
7. Berce, Edwin B.
8. Bruno, Anita M.
9. Canita, Romel P.
10. Canita, Sharon M.
11. Carlos, Shirely C.
12. Casin, Noel F.
13. Catabona, Mark Arthur M.
14. Catulong, Niza L.
15. Cortez, Bienvenido B.
16. De Castro, Maria Belina E.
26. Larracas, Emmanuel D.
27. Layba, Ponciano B.
28. Lee, Jeanelle C.
29. Legion, Aristeo A.
30. Legion, Maria Theresa G.
31. Lloren, Charmilyn C.
32. Lucero, Ivy Camille
33. Macapal, Ernie S.
34. Mendoza, Eugene P.
35. Millang, Jenny
36. Montemayor, Ruth M.
37. Montril, Roberto A.
38. Negado, Adolf P.
39. Nuñal, Lea D.
40. Ollague, Russell A.
41. Paaco, Ferdinand O.
51. Rodrigo, Angela E.
52. Rosano, Lace Ann J.
53. Sabay, Myra M.
54. Saccuan, Roperson C.
55. Salvanera, Brigida G.
56. Salvanera, Nesto V.
57. Sartin, April Anne B.
58. Sibug, Czarina Joyce P.
59. Sibug, James Kenneth P.
60. Sison, Eusebio C.
61. Solano, Marc Gregory M.
62. Soriano, Jenny Meigh D.
63. Sumagaysay, Irish T.
64. Sumulong, Edilberto I.
65. Tan, Diomedes M.
66. Tingchuy, Nino Ricardo B.

17. Dela Providencia, Josephine
18. Deloria, Lyndeen John D.
19. Dizon, Vicente Rio S.
20. Ellazo, Diosdado S.
21. Escueta, Flordeliza R.
22. Flores, Ma. Chona T.
23. Frias, Juliet C.
24. Go, Mercedes B.
25. Gojol, Maria Kristina J.

42. Pacio, Ericka Anne M.
43. Pallignayan, Rogelio G.
44. Palwa, Julita M.
45. Pechay, Mary Grace C.
46. Peralta, Francis A.
47. Punzalan, Antonio P.
48. Querubin, BAeman P.
49. Raquit, Anna Liza S.
50. Robles, Unice B.

67. Urcia, Floro C.
68. Verceles, Zernan M.
69. Villar, Bella B.
70. Wycoco, Ruben V.
71. Yadao, Jun Jun N.
72. Zita, Inna Fatima J.
73. GM Janilo E. Rubiato

b. International Coastal Clean-Up

The following PRA officers and employees joined the whole world for the International Coastal Clean-Up Day conducted last September 21, 2019:

1. Abelon, Mark J.
2. Achaval, Jan Michael B.
3. Alaras, Arminda A.
4. Aquino, Vilma P.
5. Arcelo, Monaliza R.
6. Arcelo, Roque Cosmelo S.
7. Atole, Hannah Jane P.
8. Aurellano, Ramon N.
9. Baggayan, Regidor L.
10. Banday, Meliza C.
11. Banta, Arlene T.
12. Banta, Marnol L.
13. Baral, Ramil P.
14. Bardeloza, Mario C.
15. Bautista, Luis C.
16. Benedicto, Jonathan F.
17. Beringuel, Carlito S.
18. Blado, Melodie E.
19. Canita, Romel P.
20. Canita, Sharon M.
21. Carlos, Shirley C.
22. Catulong, Niza L.
23. Cenzon, James G.
24. Cortez, Antonio G.
25. Cortez, Bienvenido B.

26. Dela Cruz, Lenie Rose T.
27. Dela Torre, Kathleen T.
28. Denia, Avery
29. Deticio, Mary April J.
30. Ellazo, Diosdado S.
31. Escueta, Flordeliza R.
32. Flores, Ma. Chona T.
33. Frias, Juliet C.
34. Gallego, Jeca Mae S.
35. Gojol, Maria Kristina J.
36. Gonzales, Joselito D.
37. Isanan, Jinky
38. Legaste, Efren S.
39. Lloren, Charmilyn C.
40. Lucero, Ivy Camille
41. Macapal, Ernie S.
42. Majadas, Rolando V.
43. Marundan, Joel D.
44. Mendoza, Eugene P.
45. Millang, Jenny
46. Nuñal, Lea D.
47. Obar, Jimmy F.
48. Pacio, Ericka Anne M.
49. Palligayan, Rogelio G.
50. Palwa, Julita M.

51. Punzalan, Antonio P.
52. Querubin, Baeman P.
53. Raquit, Anna Liza S.
54. Reniva, Doris Dane
55. Rosano, Lace Ann J.
56. Sabay, Myra M.
57. Salvanera, Nestor V.
58. Samarro, Luciana D.
59. Sartin, April Anne B.
60. Solano, Marc Gregory M.
61. Soriano, Jenny Meigh D.
62. Soriano, Ruben F.
63. Taguiam, Mari Herson L.
64. Tan, Diomedes M.
65. Tingchuy, Niño Ricardo B.
66. Torrecampo, Delfin C.
67. Verceles, Zernan M.
68. Villar, Bella B.
69. Wong, Wilson James
70. Yadao, Jun Jun N.
71. GM Janilo E. Rubiato





VI. BUILDING EMERGENCY EVACUATION PLAN

The Legaspi Towers 200 successfully conducted the Fire/Earthquake Drill in June 20, 2019 wherein all building and PRA employees participated.

Prepared by:

- *Original signed* -
ROSALIE N. TIMOTEO
HRMO IV

Certified Correct by:

- *Original signed* -
NOEL F. CASIN
Division Manager, HRMD