



ISO 9001:2008
CERTIFIED

Ilocos S&T Trends



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Feature

Improving business with *One Expert,*

the easiest way

How are you going to improve a business? Are you sure your plans will work? Sometimes, entrepreneurs or businessmen think over their limits. They always look up to the goals without identifying the appropriate methods to meet their business goals.

Planning and decision making is important to expand a small business thus, proper consultations from different experts or experienced personalities is essential. The question is where to find reliable experts to consult with?

Where to find reliable technical experts?

Nowadays, we do not need to waste time, effort, and money in meeting or finding experts for consultation. All we have to do is to relax and sit down in front of our computers, laptops or mobile phones to search for the Department of Science and Technology's (DOST) One Expert.

The One Expert is a nationwide project of DOST accessed through the internet. One Expert web-based pool of S&T experts is ready to provide technical advice and consultancy services to Filipinos anywhere in the Philippines. The S&T Pool is composed of scientists, engineers, researchers, technologists, and other experts from all over the country with different areas of specializations.

One Expert aims to improve S&T services through bridging experts to clients online. Once fully established, the nationwide network of S&T experts should improve the reach of experts to clients with technologies and encourage involvement of local scientists, researchers, engineers, inventors, and other technical people from both public and private sectors in addressing S&T issues in the country.

How can One Expert help you?

The One Expert covers a wide range of specializations thus, S&T experts can help in many ways. Through this website, experts can give advice for a successful livelihood project or business enterprise. Topics that can be obtained from One Expert include, plant and equipment design, plant lay-out, production planning and control, manufacturing process improvement, quality assurance system, occupational health and safety, good housekeeping practices,

time and motion studies, financial management system, and human resource management. Consultancy programs for micro, small and medium enterprises (MSMEs) can also be accessed in this website.

Aside from livelihood or business advice, members of One Experts are also willing to entertain invitations as resource persons for trainings, lectures or conferences.

Reaching One Expert

One Expert can be accessed in a short snap of an eye through its official website, oneexpert.gov.ph and their Facebook page, [oneexpertph](https://www.facebook.com/oneexpertph). Interested parties can also contact the experts without the use of internet connection through telephone number, (072) 888-3399 or through mobile numbers, 09178408695 and 09989620232. Concerns can also reach the expert through email address, oneexpert.ph@gmail.com.

The co-Founder of Apple Computers, Steve Jobs said, "Great things in business are never done by one person. They are done by a team of people." Thus, a successful businessman can never stand alone, they are open to build connections with different personalities or institution for their success.

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Iron Fortified Rice, a key to healthy lifestyle

Photo from the Internet

There are many issues confronting health development especially in areas where improper diet and food shortage occurs. One of these issues is the rise of Iron Deficiency Anemia (IDA) and malnutrition cases among children in the region. IDA is the shortage of red blood cells (hemoglobin) in the body to meet the normal amount which is 120 mg per liter. This occurs when the collected iron in the liver is already consumed due to non-intake of iron-rich food in a period of time.

Rice remained as the staple food of Filipinos. A study research conducted by Southeast Asian Regional Center (SEARCA) commissioned by the Philippine Rice Research Institute (PRRI) said that Filipinos eat an average of 119 kg of rice annually in 2009 to 2010. This indicates that rice plays a vital role to address health issues in the country thus, this was prioritized in Research and Development Institutions (RDIs).

In line with this, RDIs have come up with several studies to improve the production and health benefit of rice. For instance, rice is being genetically modified in some research institutions in order to produce new varieties, enhance its function, and production that can cater to the demands of the population.

Importance of IFR in the body

IFR is the only type of rice blended with iron. Iron is one of the most important minerals in the body. As cited from the Academy of Nutrition and Dietetics, the significant function of iron is to carry oxygen in the hemoglobin or red blood cells throughout the body so cells can produce energy. Thus, it enhances body strength, activates brain performance, and boosts body resistance against sickness. Iron also helps eliminate carbon dioxide from the body.



The emergence of Iron Rice Premix (IRP) and Iron Fortified Rice (IFR) paved the way to address health and nutrition issues plaguing the region. These are research-based products from the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) that aimed to slash the rise of anemia and malnutrition cases in the community. IFR is a blend of well-milled rice and mineral iron in rice kernel form.

Further, the recommended level of iron in the body is classified by gender and age. Males aging from 14 to 18 are recommended with 11 mg, and aged 19 and above must have 8 mg daily intake. The daily intakes for females aged 14 to 18, 19 to 50, and 51 and above must have 15 mg, 18 mg, and 8 mg, respectively. This indicates that females need more iron than males.

The daily intake of IFR contributes in many ways especially to pregnant and breastfeeding women. Thus, the DOST 1 is continuously promoting this technology to its target firms for production and diffusion to the grassroots.

The DOST's Iron Rice Premix (IRP) and Iron Fortified Rice (IFR) is in line with the Philippine Food Fortification Act of 2000 (R.A. 8976), an act that protects and promotes the right of health for the people and instills

IFR is being adopted by several firms in the region through the DOST's Small Enterprise Technology Upgrading Program (SETUP) under the leadership of Director Armando Q. Ganal. One of its successful adoptor is the Nutridense Food Manufacturing Corporation in Sta. Barbara, Pangasinan owned by Mr. Racky D. Doctor.

The company continues to expand its production on IFR through a partnership with other government agencies. Aside from IFR, it has also adopted other FNRI- DOST developed food technologies namely, Rice- Monggo (RIMO) curls, and Rice- Monggo Instant Baby Food blend. These developed food technologies are available in schools, relief areas and the public.

DOST of the north aim towards ISO 9001: 2015, Region 1 hold IQA training

Aiming towards full certification from the International Organization for Standardization (ISO), a training on Internal Quality Audit (IQA) was held, through the initiative of Department of Science and Technology Region 1 (DOST 1) headed by Dr. Armando Q. Ganal, at Oasis Country Resort in San Fernando City, La Union on April 17, 2017.

Dr. Paulina P. Nebrida, Region 1 Assistant Regional Director for Technical Operations (ARD-TO) explained that all DOST regions are required to move from the ISO 2008 to ISO 2015 version, thus awareness and training on the latter version has been taken. She added that the training will help DOST regional offices to be prepared for the IQA, which is one of the requirements to acquire full certification from ISO.

The ISO 9001:2015 is a new version of Quality Management Systems (QMS) standards that deals with the Plan-Do-Check-Act (PDCA) Cycle and risk-based thinking process approach in implementing the organization's programs and projects towards the fulfillment of the demand of quality service to its clients.

In order to be certified by ISO, the DOST has to pass through two types of audits. This includes the IQA which will be conducted by the DOST 1 auditors to evaluate compliance with the QMS appropriate standards. The second type is the External Audit that is conducted by a third party outside the organization to verify if the applicable requirements are being followed.

The QMS being evaluated refers to the quality policy and objectives, methods, procedures and routines adopted by the organization to carry out its programs, projects, and activities, considering the risks or problems that could affect customer satisfaction.



DOST of the solid north unites for ISO 9001:2015 Internal Quality Audit (IQA). The Department of Science and Technology (DOST) staff from different regional offices in north Luzon meet for IQA training and workshop in preparation for the transitioning of all DOST regional offices from ISO 9001:2008 to ISO 9001:2015 quality management standards at Oasis Country Resort, Sevilla, San Fernando City, La Union on April 17, 2017. Personalities shown in the photo are Dr. Paulina P. Nebrida (5th from the right in front), Region 1 Assistant Regional Director for Technical Operations (ARD-TO), the resource person Dr. Danilo N. Pilar (6th from the right in front), Chief Technology Diffusion Division of Metal Industry Research and Development Center (MIRDC) and DOST staff from Region 1, Region 2, and Region 3.

The resource person, Dr. Danilo N. Pilar, Chief of the Technology Diffusion Division of the DOST's Metals Industry Research and Development Center (MIRDC) discussed the QMS requirements of ISO 9001:2015 standards.

The participants also took a pre-training examination to evaluate and measure their level of awareness on IQA. The participants came from DOST Region 1, Region 2, and Region 3 with 14, 7, and 5 participants, respectively.

The DOST 1 Regional Director, Armando Q. Ganal encouraged the participants to seriously consider the merits of the training for the benefit of the clients of DOST regional offices in the north.

ILOCOS SCIENCE TRIVIA!

Do you know?

>> **Ramon C. Barba** an inventor and horticulturist from Ilocos Norte, is best known for inventing a way to induce more flowers in mango trees using ethrel and potassium nitrate.
 >> **Antonio N. Luna**, the Philippine National Hero from Ilocos is a graduate of Pharmacy.



DOST Luzon Regional Scientific Meeting sealed. The Department of Science and Technology (DOST) Regional Directors from Luzon formally signed a Memorandum of Agreement (MOA) for the conduct of the Luzon Scientific Meeting on May 15 to 16, 2017 at Camp John Hay, Baguio City through the National Academy of Science and Technology (NAST). The two -day event will cover fora and presentation of researches especially on fisheries and other aquatic resources from different Research and Development Institutions (RDIs) in Luzon. The personalities shown in the photo are Regional Directors of DOST Luzon namely, (from Right to Left) Dr. Armando Q. Ganai of Region 1, Dr. Victor B. Mariano of Cordillera Administrative Region (CAR), Dr. Julius Caesar V. Sicat, Region III, and Dr. Jose B. Patalinjug, III of National Capital Region (NCR). Standing witness at the back is Dr. Luningning E. Samarita-Domingo, Director of DOST-NAST, Philippines. The MOA signing was held at Safari Lodge, Baguio City last April 24, 2017.

For more information, please contact Dr. Armando Q. Ganai, Regional Director, at telefax No.(072) 888-3399, mobile numbers 0917 840-8695 (Globe)/ 0998 962-0232 (Smart) or e-mail at dost-region1@gmail.com / dostro1@dost.gov.ph.

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