

BARAS



MASUNGI
— GEORESERVE —

COMMUNITIES AROUND MASUNGI

The Municipality of Baras where Masungi Georeserve is found stretches from the lakeshore of Laguna de Bay to the mountains close to the Sierra Madre Mountain Range. In the flat lands close to the lake, its political and religious centers are established, and farming and fishing activities thrive. In the uplands of Pinugay where the georeserve is located, people live alongside the mountains. Meanwhile, the nearby upland area of Cuyambay, together with other upland areas such as Santo Nino and Santa Ines, serves as home to a significant Dumagat indigenous population. In the past and until today, they continue their long history of living in harmony with our forests.

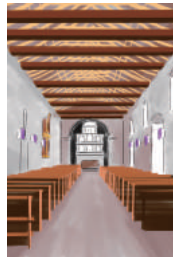
ST. JOSEPH'S CHURCH

PILLAR OF THE COMMUNITY



An example of a fortress-style Church:

- The Church uses a squat, monumental and massive facade, taking the character of a fortress.
- It employs the traditional practice of using lime/egg whites as glue and mortar for the stone blocks. The stone blocks were obtained from what is now known as "Gulod".
- The bell-tower is also used as a watch-house for monitoring of imminent attacks.
- It employs use of long but narrow naves (main area of Church where people sit).



Nearby at only above 382 ft. above sea level is a limestone peak fondly called by the locals as "Gulod". Stones used to build St. Joseph's Church came from here. There is an underground passage from Saint Joseph's Church that will allow them to escape to Gulod should an attack be imminent. While no longer passable, the entrance and exits to this are viewable. Today it is a right of passage for young ones to climb and reach the top of Gulod.



LAKE

WAWA LAKE

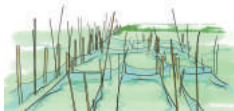
A popular pastime destination during weekends today among locals is the Wawa Lake. Visits here are done to marvel at the expanse of Laguna de Bay.

An ingenious form of fishing using modified air-guns is also a sight to see.

With a quick boat ride further into the lake, a fish sanctuary where fishes are bred and nurtured can also be found.

Fishes locals love to get are *Bangus*, *Tilapia*, *Ayungin*. These are grilled or cooked fresh.

Water spinach farming is also widely popular with a nearby shed used for its harvest. Baras is known to supply markets in Metro Manila and several fastfood chains. Pickled *kangkong*, in addition to pickled *atchara*, is typically available in town.



Fish sanctuary



Fishing using airgun on elevated seats



FARM

SITIO MAMBONG



- The local government passed an ordinance in 2004 declaring it is an organic agricultural zone. This was the first initiative of its kind in the country.
- A huge variety of pesticide-free rice is sold locally (pink, red, brown, black rice).
- Rice products made from these (*Biko*, *Kakanin*, and the like) are available.
- Rice meals wrapped in banana leaves is referred to as "*Minalot*" by the locals.



SIKARAN

Sikaran is the provincial sport of Rizal originating from Baras. It emerged from a pastime played by farmers in an effort to kick intruders out of their areas. Sikaran is heavy on footwork and is explosive/ powerful in approach with its "*pitik*".



MOUNTAIN

MASUNGI GEOPARK PROJECT AREA & BEYOND

Between San Roque & Canumay are patches of tall pine trees of what once was a five hundred hectare seedling bank. Today, Masungi is restoring back the area. Further up are spectacular views at heights of 2,600 ft above sea level. The nearby Minatay and Palo Alto Falls also make for a refreshing dip.



Minatay Falls



DUMAGAT

COMMUNITY



MASUNGI
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ORIGINS



■ Name may have come from "Rumakat" or "Lumakad" as the Dumagat group is highly mobile and semi-nomadic in practice (this translates to "lumakad" which means "walked" in English).

■ In the area, they are believed to have originally settled by Laguna de Bay, but have been driven further upland by the coming of homesteaders and consumption of resources.

■ The Dumagat group is currently moving through the mountains of Sierra Madre allowing them to gain an intimate knowledge of the flora and fauna, and live in co-existence with nature.

Barangay Cuyambay: The name Cuyambay came from the words "Cuya" and "Amiba" in reference to "elder father/grandfather". Cuyambay's name is understood a tribute to the elders of the tribes.

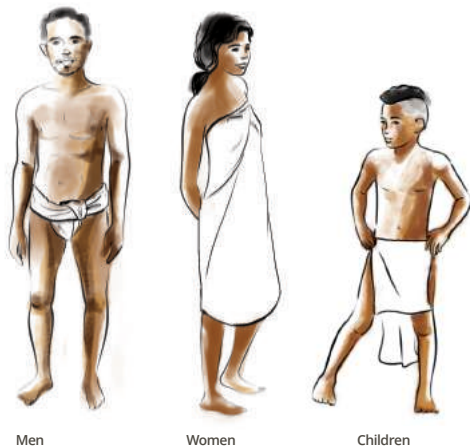
PRACTICES

TRADITIONAL CLOTHING (TRADISYUNAL NA PANANAMIT)

- **Clothing Material**
The bark of the *Balete* is taken, pounded, and left to dry under the sun.



- **Usage**



Men

Women

Children

SOCIAL CELEBRATION

- **Nga-Nga**

DESCRIPTION

Nga-Nga is shared by members of communities in the area during social encounters. It is a sign of hospitality and friendship among those participating in it. Children, women, and men all engage in this. It is also used as a means to fight off tiredness and hunger. It generally helps those using it feel energetic and well. Dumagats using *nga-nga* for a prolonged period of time would have reddish colored teeth.

LOCAL DISTINCTIONS

DUMAGAT:

It is a term used to refer to pure-blooded members of the group living far in the mountains and moving from place to place.

DUMAGAT - REMONTADO:

- This is a Spanish-centric terminology meaning those who "escaped to the mountains". It is adapted by lowlanders to refer to Dumagat members they encounter.
- It is also currently adapted by the Dumagat group to refer to those among them with mixed blood, and living in communities alongside lowlanders.

SHELTER (TIRAHAN)

PUNDUHAN - LUMANAY

Lumanay leaves are scattered inside and serve the function of a sleeping mat.



BAHAY - SAWALI

The body of the bamboo is used for the roof, while flattened *sawali* are used for the walls. Rattan is used to tie joints without the use of nails.



- **Roof detail**



- Interiors are simple with a section of the house used for cooking and a suspended section used for sleeping.



HISTORY

Already practiced as early as 2600 BC in the Philippines, with reference to a skeleton with blackened teeth found in Dugong Cave, Palawan. It was also found with traces of the lime and nuts. *Nga-nga*, also known as betel nut chewing is widely practiced by indigenous societies in Asia.

STATUS

It is considered as the 4th most popular psychoactive substance in world, used by at least 10% of the world's population, and only next to tobacco, alcohol, and caffeine.

CONNECTION WITH CANCER

The areca nut is classified by WHO as a carcinogen and a cause of oral cancer.

COMPOSITION

1. **Lime Powder (Apag)** This is made from powdered shells of snails and creates a smoother mouth feel. Scientifically, it helps get the essences of the leaf and nut into the saliva and into the blood stream.

2. **Betel Leaf (Dahon ng Ikmo)** This leaf comes the Piper Beetle Vine, a member of the pepper family, which contains Phenol. This grows well in coralline or volcanic soil conditions.

3. **Manila Palm/ Areca Palm Nut (Bunga na Binayo)** Main ingredient in this nut is Arecoline which stimulates the parasympathetic nervous system inducing increased secretion of saliva, tears, and contraction of the pupils. It is used in crushed form.

4. **Tobacco (Tabako)** Tobacco is used as an additional ingredient for an added, stronger "kick".



DUMAGAT

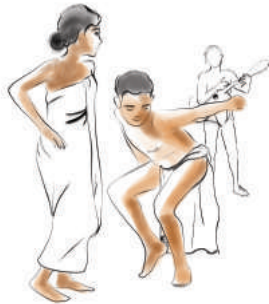
COMMUNITY



MASUNGI
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• Song and Dance (*Sayaw at Kanta*)

Songs and dances revolve around their everyday living and tasks (farming, harvesting, celebrations and marriage).



• Courtship and Marriage (*Panliligaw at Pagkasal*)



PANLILIGAW

Men would place the symbol to the left at the house of a single lady to express interest.

From here, parents of the lady and the man discuss and negotiate for the arrangement. The courtship process may take long and involve doing many tasks for the family of the lady.

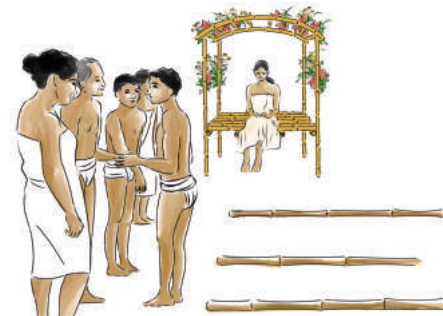
KASAL-BUNDOK

The lady is seated on bamboo with adorned arcs.

Family members of the lady line up beside bamboo before the bride's area. Singing contests occur as well as last minute negotiations/compensation needed with each family member.

This is a process that can take an entire day depending on how well the man has courted the family beforehand.

An elder officiates the wedding rites and counsels them on how to be a good husband and wife.



• Subsistence

■ HUNTING (PANGANGASO)

Bow and Arrow (*Pana*)

Body - The body made out of wood.

String - Bark of wood is twisted and turned into the string section.

Arrow - The pointed section, serving as the head of the arrow, is dipped in poisonous *Canumay* sap.



■ HARVESTING (PAG-AANI)

1 Prayer for Good Harvest (*Pagdadasal para sa magandang ani*)

2 Harvesting (*Pag-aani*)

3 Removing the rice grains from the stalk (*Pagtatanggal ng butil ng palay mula sa halaman*)



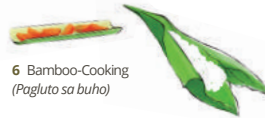
4 Sun-Drying (*Pagbibilad para matuyo ang palay*)



5 Pounding to remove husk (*Pagbabayo*)



6 Bamboo-Cooking (*Pagluto sa buho*)



7 Traditionally, Dumagat people would set aside food for their ancestors during meal time.

■ FOOD (PAGKAIN)



• **Maitbang/ Kamote/ Kamoteng Baging**
These rootcrops are a field staple



• **Inihaw sa Buho: Dalag, Tilapia, Hito**
Typical fishes caught and cooked inside bamboo (*luto sa buho*)



• **Tinala**
Wild chicken broth cooked inside bamboo (*luto sa buho*)



• **Sinalaksak**
Chili, sometimes with added shrimps, are crushed inside bamboo. This adds flavor to rice and warmth to the body.



• **Sinigang**
Katmon is used for fishes, while *Landa* and *Binukaw* are used for pork. These are cooked inside bamboo (*luto sa buho*).

• Medicinal Plants (*Halamang Panggamot*)

The Dumagat group has great knowledge on medicinal plants. Below are several examples:



LUMANAY

Believed to cure curses (*kulam*)



SANTIGE

Used as a pain-reliever for toothaches, headaches



KATAKATAKA

Used to treat boils

• Language / Phrase List

ENGLISH	FILIPINO	DUMAGET
Good morning!	Magandang umaga!	Masampat a abi abi!
Good afternoon!	Magandang hapon!	Masampat na apon!
Good evening!	Magandang gabi!	Masampat a abi!
How are you?	Kamusta ka?	Kumusta kayu di mangayum mi?
What is your name?	Ano ang pangalan mo?	Anoy i ngalan mo?
Are you hungry?	Gutom ka na ba?	Nagtitigangok di?
Do you need to use the restroom?	Kailangan mo bang gumamit ng CR?	Napamasa ni CR?
Where are you from?	Taga-saan ka?	Tiga ilugan umapo?
Good	Mabuti	Masampat di kamu
Sad	Malungkot	Nakapanglaw ok
Excited	Sabik	Nagtitigangok di
Tired	Pagod	Nagkepaggel
Yes	Oo	O
No	Hindi	Eyen
Bye	Paalam	Tol Kamidi
Friend	Kaibigan	Kabinsa