

## **Angel Bulletin: *News about the Angels of Project Michelangelo Foundation worldwide***



March 7, 2025 PMF Newsfeed: Congratulations to angel Nette Basilio, PMF Philippine Coordinator and Dennis Asis, PMF Liaison to the Progeria Research Foundation. for being awarded the PMF Presidential Award signed by Jojo Sayson & personally presented during the 3rd Philippine Progeria Assembly last Feb. 28, 2025 at the Mall of Asia, Manila, Philippines.

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**Happy National Women's Month!**

Today, we take a moment to honor the invaluable contributions of women, particularly those in the Health Emergency Management Bureau. Your dedication, expertise, and resilience play a vital role in safeguarding our communities. We deeply appreciate your unwavering commitment to public health and emergency preparedness.

The tireless efforts of both women and men in our bureau reflect a shared dedication to protecting the health of our nation, often in the face of immense challenges. Your resilience reminds us that even in the toughest times, strength and compassion shine through, guiding us forward.

As we celebrate the achievements, strength, and perseverance of women worldwide, we also recognize the essential role of men in championing gender equality, breaking barriers, and fostering a future where every woman has the opportunity to thrive.

Together, let's continue striving toward a world where gender equality is a reality for all!

**Bernadett P. Velasco, MD, FPCEM**  
Director IV, HEMB

 **Health Emergency Management Bureau**

 **DOHHEMBPH**

March 6, 2025 PMF Newsfeed: An inspiring message from Dr. Bernadett P. Velasco, Medical Officer, Project Michelangelo Foundation and Health Emergency Management Bureau (HEMB), Director of the Republic of the Philippines, on Women's Month 2025.

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Mar. 5, 2025 PMF Newsfeed: Congratulations to our angel Michelle Rose Music, past covergirl & feature for being chosen as a semi-finalist for the biggest songwriting competition in the world! God bless our empowering angels of ARM!

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March 4, 2025 PMF Newsfeed: We are so proud of our angel Annika Bennion, our PMF international ambassador and past covergirl for Angel Rising Magazine, for continuing to advocate for the Clean Indoor Air Act to pass as law in the State of Montana, USA! Way to go angel!

This woman cares for the health of humanity with an active participation for formal implementation in the USA.

“Your actions speak so loudly, I cannot hear you.” - Ralph Waldo Emerson

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**MICHELLE**  
**ROSE**

**VIDEO OF THE YEAR**

  
**MIDWESTCMO**  
**AWARDS**

**2024**

**NOMINEE**

*the*  
**ROOF GARDEN.**  
BALLROOM

EST. **RG** 1923



TICKETS ON SALE 2/21/25 @  
[www.midwestcountrymusic.org](http://www.midwestcountrymusic.org)



Feb. 19, 2025 PMF Newsfeed: Congratulations to our angel Michelle Rose Music for this prestigious Video of the Year award with the Midwest Country Organization Awards Show!





Feb. 16, 2025 PMF Newsfeed: Reflection in our Drown-proofing orientation in Malaybalay, Bukidnon, Philippines. Repost by ERT\_Major.

Repost:

## Reflection | A Story Experience on the Drown-Proofing Orientation

On 15 February 2025, from 0600H to 1100H, we gathered at the Nuevavila Pool for our Drown-Proofing Orientation, a crucial activity designed to enhance our swimming skills and water safety awareness. Learning how to swim is essential, not only as a basic life skill but also as a means to prevent drowning and ensure personal safety in and around water. With this in mind, all participants eagerly prepared for a series of interactive activities.

We began with proper pool entry and exit procedures, emphasizing the importance of safety even before stepping into the water. This fundamental skill set the stage for the rest of the training.

Next, we practiced blowing bubbles underwater, a simple yet enjoyable drill that helps individuals acclimate to submersion and breath control. Encouragement and smiles filled the pool as everyone engaged in this essential technique.

The session progressed with floating and gliding exercises, where participants learned how to stay afloat and conserve energy while swimming. This activity was crucial in building water confidence and reinforcing the importance of staying calm in deep water.

One of the highlights of the day was the swimming vest drill. Participants learned how to properly wear a life vest by simulating an emergency scenario—floating and then swimming towards the vest. This hands-on experience strengthened their ability to use safety equipment effectively and confidently.

As a symbol of teamwork, we performed a circle float, holding hands and floating together for 15 minutes. This exercise not only improved our floating endurance but also fostered a sense of camaraderie among the participants.

By the end of the session, it was clear that the experience had been both challenging and rewarding. Everyone walked away with new skills and greater confidence, proving that growth comes from stepping beyond one's fears.

Finally, we reinforced a valuable lesson: learning begins with taking the first step. Overcoming fear is essential for progress, and embracing challenges leads to personal development. A heartfelt thank you to everyone who participated and contributed to the success of this orientation!

ERT\_MAJOR

(CDMU trainee volunteers)

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DISASTER RISK REDUCTION & MANAGEMENT UNIT  
SMART BUKSU | PROJECT MICHELANGELO

## ANNOUNCEMENT!



## TED TREES TRADITION

**January 26, 2025, Sunday, 5:30 AM @TRIBU Plant Site**  
Assembly area: **Buksu main exit gate**

Lead persons: **Winward Tabago, Asconia Bongalon & Ailez Mae Virtucio**  
Uniform: **PMF Purple shirt**  
What to bring: **digging tools/long bolo**

SMART BUKSU DRRM S.H.I.E.L.D. Strategic Hazard Intervention, Education, Logistics & Development (2023-2028)





Jan. 29, 2025 PMF Newsfeed: Congratulations on our TED Trees reforestation initiative!







Jan. 10, 2025 PMF Newsfeed: Great job for a 1st mission this year Angel Rescue Team in Bukidnon, Mindanao, Philippines! Read below!

Thank you for your leadership & inspiration angel bro legend Rhondell Paraiso.



Dec. 22, 2024 PMF Newsfeed:  
Christmas for Jeremy.

This PMF visit was overdue when our PMF funds started depleting without replenishment but we have to be patient until we were able to recover thanks to donors who came out of the blue including our PMF VP angel Doc Ime Cruz who helped pull strings. Thank you angels Nette Basilio & Wesley Ventura Yusi for delivering the past birthday wish of Jeremy turned Christmas gift but finally realized. Thank you for the coordination of this mission angel Nette Basilio!





Dec. 20, 2024 PMF Newsfeed: PMF shirt give-aways by angel doc Sylvia Agudo pacle to local Christmas carolers in Catubig, Samar, Philippines.

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Dec. 17, 2024 PMF Newsfeed: Congratulations to our angel Michelle Rose Music, past covergirl of ARM for finishing up her Masters degree in songwriting & much more. Read below:

Michelle Rose Music repost:

December 17, 2024 ·

I'm officially completely done with my Master's degree in Songwriting from Berklee College of Music Online! Two years in the making! I am so grateful for my education at my dream school! Thank you to all of my amazing music teachers throughout my journey. I couldn't have done this without you. Thank you to my classmates for making this such a fun experience!



To kick things off, I have a new song coming out next Friday, December 27th. Click the link below to pre-save it! It helps a lot! I've been in what I call "hibernation mode" these last two years, because my master's degree took up ALL of my time. I'm so excited to now get serious about releasing music in the new year and to start my career as a professional singer and songwriter!! 🥳 There will be so many new songs and music videos in 2025!





Dec. 13, 2024 PMF Newsfeed: Congrats to angel Nanay Mary Jean Paraiso for this recognition award from Bukidnon National High School! We surely have amazing angels within our PMF family!

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The most dedicated volunteer **LEADERS** of **PROJECT MICHELANGELO** under the  
**DISASTER RISK REDUCTION & MANAGEMENT UNIT**



Nov. 14. 2024 PMF Newsfeed: Recognizing stellar women angel rescuers under the leadership of angel bro Legend Rhondell Paraiso! Great job Northern Mindanao angel team!

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Nov. 11, 2024 PMF Newsfeed: Another feather in the cap of angel Jennifer Zhang for her special award the 2nd time around. Read below.

Repost: Jennifer Zhang

“Deeply honored to be recognized once again as one of Forbes' 100 Most Influential Chinese for the second consecutive year. Thank you to everyone who has supported me on this journey! Let's continue to make a difference together!”

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Nov. 9, 2024 PMF Newsfeed: I am delighted to share that I have personally met up with Angel Annika Bennion, our ARM 2024 Fall/Winter covergirl!! – Jojo Sayson

Repost: Jojo Sayson

Jojo Sayson poses with Annika Bennion, VIP Speaker for the Ray Olley Memorial Project's Women of War (W.O.W.) celebrating women in uniform for the Veterans Day Weekend event held in Kankakee, Illinois, USA.

Annika is the poster girl as "Annika or Annie the Riveter" & Spokesperson for the Ray Olley Memorial Project (ROMP) from inception to completion now ongoing to "keeping the stories alive for the children," the motto of ROMP.

Annika is a past Titleholder as Miss Montana's Teen in 2020-21 for the Miss America Organization. Annika is family to Captain Mervyn S. Bennion, killed in action during the

Japanese attack on Pearl Harbor in 1941. He was honored by the United States Navy naming a Fletcher-class destroyer, the USS Bennion (DD-662), that participated in decimating the Japanese Task Force in the Battle of Surigao Strait, Philippines in 1944 leading to defeat of Imperial Japan.

Annika is the founder of No NicoTeen America: education and advocacy for nicotine-free teens. With over 16 million views, her campaign has reached youth in every U.S. state.

In addition, Annika is also the covergirl for Angel Rising Magazine's 2024 Fall/Winter edition, a free online empowerment resource for women by women worldwide ([www.angelrisingmagazine.com](http://www.angelrisingmagazine.com)). She is an International Ambassador of Project Michelangelo Foundation ([www.projectmichelangelo.org](http://www.projectmichelangelo.org)).







Nov. 10, 2024 PMF Newsfeed: Our Angel BOD Trina Parks flew in town from Atlanta, Georgia, to attend our PMF-initiated military event in Bourbonnais, Illinois, the birthplace of PMF.

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Oct. 25, 2024 PMF Newsfeed: Congrats angel Jennifer Zhang, one of our PmF Chinese Ambassadors who received the Sino-US Youth Friendship Award! We are all very proud of you.

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Oct. 3, 2024 PMF Newsfeed: Congratulations for another well-deserved Most Outstanding Intermediate Master Teacher Award to our angel Leah Angara of Malaybalay, Bukidnon, Philippines.



Sept. 16, 2024 PMF Newsfeed: Recap of our angel Kim Asis' 18th birthday celebration in the Philippines with the Alliance of Superheroes (AOS) USA-Philippines!

Thank you to our cheerful donors who made this possible.