EDITORIAL

Fight anticommunist witchhunting

Directly following the recent enactment of the Anti-Terrorism Law (ATL) is the current anticommunist witchhunting drive against progressive and democratic organizations and movements, threatening activists, artists, parliamentarians and even local government officials. High government officials brandish their additional fascist powers in the hope of repressing democratic rights and suppress the forces fighting the ruling regime.

Anticommunist witchhunting is a dirty tactic of the power-hungry regime. Legal democratic forces are being outrightly linked to the revolutionary armed movement.

Under the Duterte terrorist regime, the fascist generals were emboldened to spew poison and lies against the legal and democratic forces and against the revolutionary movement. With the ATL, they aim to use the full force of the terrorist state to completely suppress the legal democratic movement that has long served as a fortress of the Filipino people’s militant resistance.

Illegalization of progressive organizations is the ultimate objective of these measures of the National Task Force to End Local Communist Armed Conflict (NTF-ELCAC) and the AFP. They aim to repeat how Marcos’ 1972 martial law declared illegal all forms of mass organizations. The NTF-ELCAC and the AFP are now using the ATL to make its anti-democratic policies appear legitimate and legal.

But instead of formally filing

"Labanan..." sundan sapahina 2

NPA ambushes notorious military unit in Surigao

THE NEW PEOPLE’S Army-Surigao del Sur (NPA-SDS) mounted a successful ambush against the 3rd Special Forces Battalion at Km. 14, Barangay Diatagon, Lianga, Surigao del Sur on October 31. Three soldiers were wounded in the offensive. NPA-SDS spokesperson Ka Sandara Sidlakan reported that Red fighters were able to seize three M16 rifles, and vests with ammunition.

On October 28, the NPA-SDS arrested 26th IB trooper PFC Raymond T. Tajorona and another military asset identified only as Quiñonez in San Miguel town. Based on initial reports, Tajorona is a team leader of a CAFGU Active

“Pasikot...” sundan sapahina 3
charges of “terrorism” against these organizations, as provided for by the ATL, the NTF-ELCAC is resorting to witchhunting to clampdown on the legal and democratic forces. However, except for the claims of a discredited “witness,” the NTF-ELCAC could not provide evidence to prove its accusations against the legal national democratic organizations as “fronts” of the CPP and “recruiters” of the NPA.

The AFP and NTF-ELCAC expanded the scope of counterinsurgency to target even the non-armed forces. The intensified anticom- munist witchhunting drive is part of the campaign of violence against the progressive and legal forces, that include the successive killings against mass leaders and activists. Only within the month of October, no less than eight activists were arrested.

To justify counterinsurgency and use “anti-terrorism” against the revolutionary movement, the AFP and the NTF-ELCAC obscure the difference between communism and terrorism, in order to obfuscate the justness of waging revolutionary struggle and the taking up of arms, especially against a tyranny. Terrorism or the use of violence against civilians or people not taking part in the armed conflict, run counter to international laws of war. This is a crime which the Party firmly condemns.

By accusing the Party of “terror- rism,” the NTF-ELCAC seek to deny the status of belligerency of the Party and NPA and the firm adherence of the revolutionary armed forces to the standards of human rights, rules of war and humanitari- an laws. They use terrorist-la- beling against the Party to justify the termination of peace talks and the launching of a relentless, dirty, costly and corruption-riddled war.

Instead of being paralyzed by fear and intimidation by the anti- communist witchhunting, more sectors are rising up and pushing back against the NTF-ELCAC and the Duterte regime’s fascism. As anticommunist persecution against democratic and progressive forces and suppression of democratic rights intensify, the people’s outrage is more and more stoked. Even various personalities and officials are roused to speak up against the AFP and NTF-ELCAC clampdown against national democratic forces.

It is just to condemn and renounce the AFP’s red-tagging and asset the “activism is not terror- ism.” In addition, it must also be asserted that neither is it terrorism to bear arms, to follow the path of Bonifacio and Sakay, to call for rev- olutionary change and wage a war for national liberation. That armed struggle is a right that cannot be taken away from the oppressed and the subjugated and recognized since ancient times. That under a system where power is monopolized by a few, the impoverished and dis- enfranchised masses have no other more effective way of defending their rights and fighting for their cause than bearing arms. That the people’s war being waged by the NPA aims to achieve national free- dom and social justice and is just in the face of treachery and oppres- sion by the ruling reactionary classes.

In clamping down against the democratic forces and increasing restrictions against freedom of expression, the necessity and justness of waging armed struggle as means of defending the people and fighting terrorist suppression by the tyrannical regime become even clearer. By perpetrating more extrajudicial killings, unlawful arrests and deten- tion, and by intensifying the fascist regime’s attacks and deny- ing the people’s right to organize and protest, Duterte himself is pushing more and more people to the path of armed struggle.

The NPA must take advantage of the favorable social and political conditions to strengthen and ex- pand its ranks. Recruitment of new Red fighters from among workers, intellectuals, employees and other urban sectors must be
Abuses caused by FMOs in Surigao

Focused military operations mounted by various units under the 4th ID have resulted in a spate of attacks against Lumads and peasants in Surigao del Sur. Its elements went on rampage, notably after being hit by an ambush launched by Red fighters.

On October 3, three farmers were killed by elements of the 36th IB and who were subsequently presented as members of the New People’s Army (NPA) in Tandag City. The remains of Maco Cagaran Maitom, 50, Freddie Miyarez Zamora, 42 and Paulino Perez Maitom Jr., 23, residents of Barangay Pangi, were riddled with bullets.

The soldiers perpetrated the crime after encountering an NPA unit in the mountaneous area of the city. The three farmers were working in their farms away from the site of the encounter when they were sighted and killed by soldiers.

In San Agustin, elements of the 3rd Special Forces Battalion strafed the houses of residents of Sitio Magkahuna, Buhiisan last October 28. Bullets almost hit two children.

On October 27, the 4th ID bombed the mountainous portion of Marilhatag town near communities at Sitio Magkahuna, Barangay Buhiisan, San Agustin; and Km. 16 and Hanayan in Diatagan for five hours. Helicopters and drones were utilized during the attack. This prompted residents to evacuate from the aforementioned communities. The indiscriminate bombing destroyed trees and ravaged the forest which serve as Lumad’s primary source of food livelihood. This is the fifth incident of aerial bombardment in the province since May.

DOJ, prosecutor dismiss cases against activists

THE DEPARTMENT OF Justice (DOJ) dropped on October 15 the kidnapping case against Kabataan Partylist Rep. Sarah Elago, Bayan Muna chairman Neri Colmenares, Jose Maria Sison and nine other leaders of Anakbayan. The said case was filed by the police and Relissa Lucena, in connivance with the National Task Force to End Local Communist Armed Conflict, in connection to the malicious allegation that the respondents are “recruiting” the youth to become members of the New People’s Army. The DOJ said that there is no sufficient evidence to prove that the respondents kidnapped Relissa’s 19-year old daughter Alicia, and recruited to join the armed movement.

The prosecutor of Iloilo City also dismissed on October 19 three of the four cases filed by the police against 42 activists in May due to lack of evidence. The were charged with illegal assembly and two other violations of lockdown protocols for staging a rally last May 1 to demand justice over the killing of regional mass leader Jory Porquia.
State forces arrest 8 red-tagging victims

Eight activists and members of organizations maliciously linked by National Task Force to End Local Communist Armed Conflict to the revolutionary armed movement were successively arrested by state forces during the last week of October.

Joint elements of the Special Action Force and 503rd IBde arrested woman leader Beatrice Benl at her house in Barangay Uma, Lubuagan, Kalinga, at around 4 a.m. on October 25. Benl is an Igorot and a member of the Advisory Council of the local chapter of Innabuyog in Kalinga. Innabuyog is a member-organization of Gabriela.

Operatives ransacked Benl’s house and planted it with guns and explosives to justify the arrest. She is currently detained at the Tabuk City Jail. The Cordillera Human Rights Alliance reported that Benl was initially detained in a prison cell together with male detainees. She was accused of participating in a raid by Red fighters against a CAGGU detachment in the same barangay in 2018.

On the same day, five members of Pawis, a member-organization of Masipag which participates in the bungkalan (collective land cultivation) campaign of Kilusang Magbubukid ng Pilipinas (KMP), were arrested by the police in Barangay San Juan, Bilalbagan, Negros Occidental. They are among the 56 Pawis members who were ordered to be arrested by Bacolod RTC Branch 54 Judge Eduardo Sayson for cultivating a portion of the 1000-hectare property being claimed by landlords from the Yusay family. Four of those who were served warrants have long been dead. According to Pawis, the legal harassment only aims to suppress their campaign for genuine land distribution.

Two days earlier at around 4 a.m., joint elements of the military and police arrested farmer Danilo Tabuno at his house in Barangay Sula, San Jose, Tarlac. Tabuno is a member of the Alyansa ng Magbubukid sa Gitnang Luzon, the regional chapter of KMP in Central Luzon. The operatives ransacked his house and planted there firearms, ammunition and fake extortion letters which were used as evidence to justify the arrest. Tabuno was temporarily released after posting a bail of P100,000.

On October 29, student activist Irix Romere was reportedly brought to two military camps by his relatives who have links with state forces. She was forcibly brought to Camp Aguinaldo in Quezon City for interrogation, and afterwards, to a military base in Clark, Pampanga. This harassment clearly aims to intimidate her and her fellow student activists. Romere is a member of the local chapter of the Student Christian Movement of the Philippines in Bulacan State University.

PKM chapters collectively face the pandemic

MEMBERS OF VARIOUS chapters of the Pambansang Katipunan ng mga Magbubukid (PKM) relied on the strength of the collective in order to survive the crisis and hunger caused by the Covid-19 pandemic.

In Northern Samar, PKM members were able to harvest around 30-40 sacks of rice after collectively planting palay in September. Farmers were also able to harvest sweet potatoes and other vegetables including squash, bitter gourd and okra.

Hand in hand with the New People’s Army, farmers cleared the lands which were seized from a local landlord in the area. In an adjacent cluster, another chapter reestablished its cooperative store.

PKM members in Eastern Visayas have been able to manifest their unity since their areas were hit by typhoon Ambo earlier in May. The PKM member spearheaded the reconstruction and repair of 36 houses in the area.

Simultaneously, mutual aid groups of PKM chapters in Bicol also launched a campaign to collectively produce crops for the consumption of their families and those in nearby barrios.

In Central Luzon, the PKM and Rebolusyonaryong Organisasyong Atya conducted a conference in the Zambales Mountain Range last September. The conference sought to unify minorities and peasants in cultivating their lands to resist the National Greening Program of the Department of Environment and Natural Resources.

Court junks SMI’s petition

THE LOCAL COURT of South Cotabato junked on October 12 the petition of Sagittarius Mines, Incorporated (SMI) to repeal the local environment code prohibiting open-pit mining in the province. The company filed the petition in connection with its plan to reopen the Tampakan Gold-Copper Project (TGC).

On September 19, National Commission on Indigenous Peoples (NCIP) chairperson Gen. Allen Capuyan issued a certification allowing the said mining operation. Despite the court decision, the NCIP still conducted a ceremony last October 28 in Barangay Danlar in Tampakan to mark the issuance of the said certification. Various minority groups condemned this NCIP decision and called the agency a “pimp” for selling out ancestral lands to capitalists.
Parlade, the fascist troll

Before gaining notoriety as Angel Locsin’s obsessive red-tagger, Antonio Parlade was known as the anti-peace Army spokesperson dismissed in 2011. He went against official policy when he called for the suspension of the government’s ceasefire with the Moro Islamic Liberation Front (MLLF). He also openly objected to the court-ordered release of health workers known as the Morong 43.

After being kicked from his job, he was assigned to a “support unit” in the Armed Forces of the Philippines (AFP) General Headquarters. He was sent to the US for further military studies. He served as commander of the 203rd IBde in Mindoro in 2018. Before the year was out, he was promoted to AFP assistant deputy chief-of-staff for operations or J3.

He became deputy chief to the AFP’s Civil-Military Operations or J7 in 2019. As one of the most fanatic of the fascists, he became part of the group which travelled around Europe to slander groups such as the Rural Missionaries of the Philippines and Ibon Foundation and maliciously link them to the Europeans-roundly rebuff their lies.

Parlade is tireless in lying about the CPP and the NPA devouring its own children to detract attention from state killings of prominent activists such as Randy Malaya and Randy Echanis. He has no qualms of justifying killings of human rights defenders such as Zara Alvarez claiming that they are “NPA members anyway.”

True to being a troll, Parlade relentlessly spew slander, mockery and baseless accusations which are repeated in social media and generate fake posts, videos and quotes. His antics are applauded in AFP and Philippine National Police (PNP) official and sponsored accounts, as well as in state-funded troll farms.

In showing that no trick is too ridiculous or too vile, Parlade became a “key person,” eventually graduating to “spokesperson,” of the National Task Force to End Local Communist Armed Conflict. On January 17, he replaced Gilbert Gapay as commander of the AFP’s Southern Luzon Command (SOLCOM) which has operational jurisdiction over Bicol and Calabarzon.

Gapay went on to become Philippine Army chief in December 2019, then AFP chief of staff in August 3. Parlade is sucking up to the most fascist military officials in the hopes of following Gapay’s footsteps.

Unlike other Duterte trolls, Parlade has two infantry divisions, a fleet of naval forces and an Air Force Tactical Operations Wing to carry out state terrorism at his disposal. Under his command, military units under the SOLCOM go beyond red-tagging of activists, human rights defenders, media personalities, peasants and even members of the judiciary. Army units, assisted by police personnel, perpetrate human rights violations and crimes against the people with impunity.

Based on Ang Bayan’s monitor, there are at least 190 victims of human rights abuses in Bicol and 1,357 in Calabarzon from January to October 31. Most of these cases were perpetuated by SOLCOM units. These incidents range from extrajudicial killings (25 victims), unjust arrests and detentions (147), coercion (16), destruction of property (5), food and economic blockade (1200), illegal search and seizure (41), physical assault (13) to threat, harassment and intimidation (91), among others. Majority of the victims are farmworkers and peasants in the countryside, and workers in enclaves accused by the military as NPA members.

This include the unjust arrest of four regional leaders of progressive organizations in Bicol.

Last October 20, Camarines Sur Regional Trial Court Branch 56 Judge Jeaneth Gaminde San Joaquin narrowly escaped death when she, along with her aide, were shot at by motorcycle-riding gunmen. San Joaquin, who signed the warrant of arrest of Jenerlyn Caballero, also ordered her release a few days later after determining that the case was weak. She did so at the risk of earning the ire of Parlade who bran-dishes his antagonism against judges who allow activists to exercise their legal rights.

In April, SOLCOM and PNP units presented 16 “NPA surrenderees” who turned out to be workers of the Coca Cola plant in Laguna who were red-tagged, threatened and brought to a military camp.

In Quezon, military agents attempted murder of Karapatan Secretary-General Genelyn Dichoso on June 1. In Laguna, two peasants were murdered by SOLCOM forces in Oriental Mindoro on January. In Masbate and Albay Norte, SOLCOM soldiers killed four barangay officials and a rice trader last September.

Ang Bayan also collated reports of 331 counterinsurgency operations initiated by units under Parlade’s command from January to October. These operations covered 163 barangays in 46 towns across the Bicol region and 128 barangays.

“Ang pasistang....” sandan sa pahina 6

ANG BAYAN  Nobyembre 7, 2020
Supertyphoon Rolly ravages Southern Luzon

SUPERTYPOHOON ROLLY (Goni) left a trail of destruction after hitting the Bicol and Southern Tagalog regions on November 1. Typhoon Rolly is considered the "strongest tropical cyclone" this year. The Bicol region was worst hit by the typhoon.

It resulted in landslides, flash floods and massive destruction of properties. Thousands of hectares of farmlands and fishing grounds were ravaged. Tens of thousands of houses were destroyed, including more than a hundred houses in Guinobatan, Albay that were buried by lahar and mud due to indiscriminate quarrying around Mayon Volcano. In Virac, Catanduanes, more than 10,000 houses along shorelines were also destroyed. Business establishments and commercial centers were also destroyed. The death toll which currently stands at 28 continues to rise.

Farmers and fisherfolk who have long been suffering due to the worsening economic crisis and government neglect were hardest hit by the impact of the typhoon. Coconut planters in Southern Luzon were still reeling from the impact of previous typhoons when Rolly hit them. The recent typhoon further aggravates the plight of communities which are currently militarized.

The Communist Party of the Philippines promptly directed all revolutionary forces in Southern Luzon to mobilize in order to aid the victims of the successive calamities. It directed the New People’s Army to coordinate with revolutionary mass organizations in rebuilding houses and structures in communities.

Amid the crisis, Duterte was nowhere to be found to spearhead his government’s disaster response programs. His cabinet called for a meeting only after the typhoon caused massive destruction.

Simultaneously during the typhoon, more than 400 families in Bacoor, Cavite, lost their homes were caught in a huge fire. According to Pamalakaya, the communities in barangays Alima and Sineguelasan were deliberately razed to pave way for the Manila Bay reclamation project.

"Ang pasistang..." mula sa pahina 5 in 31 towns across Southern Tagalog.

These operations include the strafing incident involving 49th IB soldiers who indiscriminately fired their weapons near a school in Barangay Oma-oma in Ligao City on September 25, resulting in the forcible evacuation of teachers who were preparing for the opening of classes.

Parlade deliberately violated GRP President Duterte’s declaration of Covid-19 ceasefire from March 19 to April 30. Combat and psychological operations were highest in Southern Tagalog (138 operations) and Bicol (94) during the said period. These operations include SOCOM’s successive raids against NPA units in Barangay Puray, Rodriguez, Rizal, and in Mulanay and Gumaca Quezon from March 28 to April 1.

Trump is bound to lose the US elections

AFTER FOUR DAYS of counting, there is still no declared winner in 46th US presidential elections held last November 3. Donald Trump, incumbent president and candidate of the Republican Party, is trailing behind Joseph Biden of the Democratic Party, with a vote of 214-264 in favor of Biden. Biden needs to earn 270 electoral votes in order to win.

Trump baselessly declared his "victory" early morning of November 4. He insisted that the election is being rigged in states that are considered strongholds of his party. He called to end the counting in areas where he is leading, while insisting at the same time to continue in areas where he is losing. He threatened to file a case.

Trump’s impending loss reflects the disgust of many sectors in the US against his failed response to the Covid-19 pandemic, his lies, and pro-capitalist, racist and misogynistic policies and statements.

The US elections was held during a period of grave pandemic crisis (highest cases in the world), massive protests against police brutality and oppression against Black Americans, widespread unemployment, and grave economic and livelihood crisis. This issues will be faced by the presidential-elect in January 2021.

Anti-US party wins in Bolivia

LUIS ARCE, ECONOMIC minister of former Pres. Evo Morales, won the national elections in Bolivia which was held last October 18, defeating US-backed candidate Carlos Mesa. The election was peaceful, contrary to claims by the US that this would be violent.

Morales was forced to resign last year amid violent US-sponsored demonstrations in the country. The US peddled that he rigged the election in 2019, contrary to the observation of independent investigators. Morales’ supporters consider Arce’s victory a triumph against the US and its schemes to control Bolivia through its puppets. They also believe that this also serves to defend Morales’ policy which has paved the way for more than 14 years of stability in the country.
Marawi liberation is a sham

There is no reason to celebrate the third anniversary of the so-called “liberation” of Marawi. This was the message of Moros during the Duterte regime’s commemoration of the said occasion last October 17. The plight of Moros persists as they are still unable to return to the city.

“There is no real liberation to speak of,” said Drieza Lininding, chairperson of the Moro Consensus Group. “Most of us have not been allowed to return to our homes and rebuild our lives,” he added. According to the latest report of the United Nations High Commissioner for Refugees, approximately 126,775 residents are still in evacuation centers and in need of protection and support during the pandemic.

One of the major problems faced by evacuees is the absence of adequate supply of water which is key to maintaining personal hygiene. The are no clinics or sources of free or cheap medicines in evacuation centers. Majority of evacuees are jobless and mainly rely on limited humanitarian aid given them by various organizations. In addition, there are thousands of displaced Maranaos who are currently living with their relatives in nearby provinces and various areas across the country.

Residents are also clueless as to how the regime spent about ₱70-billion allocated for the reconstruction of Marawi and more than ₱40 billion in loan and aid from other countries received since 2017. The regime’s neglect and disregard to the evacuees’ plight to return to their communities was further exposed in a report published by the Bangsamoro Transition Authority last August 26. The report proved that the regime’s relocation plan is not going anywhere. Ravaged houses are yet to be rebuilt, and residents are yet to be compensated for their properties which have been destroyed. Electricity lines and water pipelines are yet to be installed in 24 barangays across the city which were pulverized by the military siege and indiscriminate aerial bombardment. Schools are yet to be built, and a comprehensive livelihood program for evacuees is yet to be devised.

Instead of addressing the said issues, the regime prioritized the construction of road systems in across the city. This includes the Marawi Transcentral Road, a project under Duterte’s grandiose Build, Build, Build infrastructure program. This was funded using a ₱970-million loan from the Japan International Cooperation Agency. On top of this, the regime is also railroad the construction of a new ₱400-million military camp in Barangay Kapantaruan where the Marawi City Hall used to stand. The massive funding for these projects is a huge insult to Maranaos who are denied their right to abode and a decent life.

“Marawi is made up of its residents not public buildings,” Lininding stressed. He said that the regime’s efforts will amount to nothing without addressing the Maranao people’s call to return to their communities.

New level of oppression against Moros

THE MORO PEOPLE are facing a new level of national oppression with the recent implementation of the Anti-Terrorism Law (ATL) by the Duterte regime. Just a day after the Department of Justice issued the implementing rules and regulations for the said law, Armed Forces of the Philippines (AFP) Gen. Gilbert Gapay declared that madrasas (Islamic schools) are being used for recruiting terrorists.

Moro activists have long been wary of the direct impact of the ATL to their communities. On August 7, Moro leaders along with indigenous peoples, filed the 16th petition against the ATL. According to Amirah Lidasan of the Moro-Christian People’s Alliance, the law will certainly be utilized against the Moros who have long been stereotyped by the reactionary state as terrorists. She cited the case of Moros who were arrested and accused of being bombmakers or terrorists in the 2000s just because their names are close or similar to identified Abu Sayyaf members. Their case is still pending in court and majority of them have been under detention for almost two decades already.
IN SHORT

P11 billion+

initial damage caused by super typhoon Rolly which hit Bicol on November 1

P3 billion
damage to the agricultural sector

#NotoRedTagging
#YesToRedLipStick

social media campaign spearheaded by Angel Locsin after she, alongside fellow actress Liza Soberano and beauty queen Catriona Gray, were red-tagged by the military.

100% foreign ownership

gEothermal plants is now allowed using the Renewable Energy Act of 2008 and Public Services Act.

P 300 M
damage from fall armyworms

(Spodoptera frugiperda) invasion of cornfields across 13 regions, affecting 1.8 million farmers.

2.5%
increase in inflation rate

with highest increases in prices of food commodities, mainly meat (4.7%) and fish (3.7%).

99,000

number of Covid-19 infections in the US on the day of the presidential elections. This figure is the highest daily total infections recorded across the world during the pandemic.

79.8%
rice-sufficiency (capacity to produce rice locally)

from 91% in the last 30 years. This is due to the Rice Imporation Liberalization Law which is killing the rice industry.

Duterte has disbursed only P4.4 BILLION out of the P140 BILLION appropriation for pandemic response.
Revolutionary management of mental disabilities

Last October, the National Center for Mental Health reported a 119% increase in calls in its national suicide hotline. The increase indicates high levels of stress experienced by many individuals due to restrictions, job and income losses and prolonged stay inside their houses.

The report emphasized the link between mental health problems to economic and livelihood devastation due to the government’s failed response to the pandemic.

Within the revolutionary movement, there are individuals who are members of various mass organizations who suffer from MHP. As members of revolutionary organizations, they are support by their comrades to manage and overcome their MHP. One of them is Sam, former student activist who currently serves as a full-time peasant organizer in the countryside.

She was in highschool when her mental problem first manifested in the form of self-mutilation. She believes it was triggered by her parents’ break up which she took hard. A doctor diagnosed her with bipolar disorder when she was in college. This was after she was forced to leave school and work to save up for her education expenses. This was the first time she attempted to commit suicide.

According to Sam, she gained a deeper understanding of what she went through when her philosophy and worldview changed. The Marxist-Leninist lens of analysis and principle of upholding the interests of the masses helped her immensely.

“Before I was organized, I didn’t have Marxist methods to clarify things for me. I didn’t have a guide on how to analyze my problems, what is primary and secondary, internal and external, and that’s why I felt I was just this passive mass of contradiction who knows nothing but feel sorry for herself and be angry at the world.”

In the process of her awakening, Sam honed her skill of identifying various contradictions and took part in resolving these. As she took part in advancing the revolutionary movement, she trained herself to become objective in handling contradictions, from simple cases of misunderstanding within the Party collective, to antagonistic contradictions between peasants and landlords. This has helped her in managing her internal contradictions.

“It is important to know your triggers and how these affect your disposition and actions as a person with MHP,” Sam said. A trigger is any external factor that produces a negative emotion, feeling or anxiety. The identification of an individual’s trigger is the first step and key in laying down its management.

Someone once asked Sam if the stressful condition in the countryside triggers her MHP. “Of course it does,” she responded, “but I look at it the same way I would’ve been grappling with life under the rotten system. The difference is that I know I am getting somewhere here, that we have victories, and hope is not just a word to cheer up the depressed but a real thing that is evident in daily interactions with the masses.”

“A trigger is usually aggravated by subjectivism which needs to be resisted. These are feelings which are not grounded in reality and uncertain,” Sam explained. “In my experience, if my subjectivism is not criticized, my negative thoughts will pile up and will eventually push me to self-harm or harm others around me.”

Collective life, criticism and self-criticism (CSC) are important in managing this disability, Sam said.

Through regular sharing of personal dispositions, like the widely practiced “3 check-ups,” comrades can help those with mental disabilities to objectify situations and resist subjectivism. This is in contrast to life in the cities where individualism is widespread, where nobody cares, and where only the rich have access to medical treatment and therapy.

“However, CSC is useless in the face of liberalism,” Sam pointed out. “The key is training yourself to be honest, no matter how much you feel that you’re not thinking right, or how comrades will react. What is important is for you to express yourself, because only then can comrades help and understand your condition and your triggers.”

It is also important for revolutionaries to continue studying how to manage MHP. The Health Bureau of the Communist Party of the Philippines has a manual explaining the various types of mental disabilities, and how these are developed and managed. Inside the New People’s Army, medics are trained on how to deal with individuals who experience MHP including Red fighters and the masses.

It is important to stand against the stigma against people with MHP, and unscientific ideas regarding this. It should also strive to come up with appropriate measures on how to handle patients with MHP.

“Like a shadow, MHP goes with you wherever you go. Managing it is no different from the process of remolding, wherein revolutionaries are challenged to contradict their bourgeois-liberal tendencies everyday.”

ANG BAYAN Noyember 7, 2020
Reactionary state’s neglect of mental health

MANY SUFFER FROM mental illnesses in the Philippines. A survey conducted by the reactionary government indicates that one out of five Filipinos have mental illness. It said that mental illnesses are the third most common form of disability in the country.

Another survey conducted in 2016 indicates that schizophrenia is the most common mental illness among Filipinos. Around 42% of those with mental health problems are diagnosed with this, majority of whom are men. At the very basic, people who suffer from schizophrenia lose touch with reality.

Despite this, the reactionary state only allots measly resources for mental health care. There are only 700 licensed psychiatrists and 1,000 psychiatric nurses in the country. Majority of mental health facilities are in Metro Manila, while other regions are lacking in such or have none at all. Nearly 5% of the already meager health budget badly is earmarked for mental health. Those who have the means to have access to doctors are also burdened with extremely expensive costs of medicines.