



The Official Newsletter of the Negros Oriental Athletic Association to the CVIRAA 2015.
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LET THE DRUMS ROLL. Drummers of Nangka National High School give off a resounding beat to welcome the Negros Oriental Athletic Association (NORAA) delegates to the CVIRAA 2015 , February 23.

Team NORAA arrives in Balamban

By Gracia Rodel B. Deloria

Balamban, Cebu—Hoisting the banner of high hopes, determination and optimism, the Negros Oriental Athletic Association (Team NORAA) has finally set foot in this year's host of the Central Visayas Athletic Association Meet. The team composed of delegation officials, working committees, athletes, coaches and officiating officials arrived in the division's billeting school, Nangka National High School at 2:30 PM today.

DepEd Negros Oriental Division Superintendent Salustiano T. Jimenez, with the delegation officials, takes the lead in mobilizing the force of the athletes in their participation to this year's regional meet. Invigorating the energy of Team NORAA is the commitment of the support system that includes committees on quality assurance and documentation, ways and means, health and sanitation, transportation and religious activities, discipline, screening, insurance, physical facilities, procurement and supply, reception, general services, security and safety, sports monitoring and communicators, drivers and mess personnel.

Immediately after a coordination meeting with the coaches and other delegates held on February 16,

Division PESS Coordinator Mr. Allan Tabio announced the training of athletes prior to their departure to Balamban.

"The training aims at setting the mood of the athletes in the competition," stressed Mr. Tabio, addressing to the coaches and trainers. Aside from selecting delegates for the 2015 Palarong Pambansa, the CVIRAA Meet also aims to instill and imbibe among the athletes the spirit of discipline, teamwork, excellence, fair play, solidarity, sportsmanship and other values that sports hone.

In the vicinity of the home of the Team NORAA wave banners that say "Nurturing Character in the Spirit of Sportsmanship" —the division's share in promoting the sports initiatives of the Department of Education.

NegOr Division continues to reverberate "Sulong NegOr" as a distinctive banner in this sporting event. Having multiple connotations, 'Sulong' does not only mean "move forward" but also means "sulo" or light. When combined with NegOr, 'Sulong NegOr', would mean "The Light of Negros Oriental".



A FATHER'S VISIT. Mabinay Mayor Ernie "Jango" Uy visits his kababayan athletes and coaches as an expression of his support to this year's regional sporting event. Mayor Uy (eighth from the left) poses with wife Joeterry and daughter Princess.

Team NORAA conducts in-house orientation

By Jesucles Amores

The delegates of Team NEGOR gathered for an in-house orientation of the rules and regulations that will be observed in the entire stay at the billeting school Nangka National High School. The said orientation was conducted by Mr. Adolf Aguilar, the head of quality assurance and documentation committee.

The house rules include the proper way of disposing garbage in trash bins labeled biodegradable and non-biodegradable, usage and maintenance of

comfort rooms, appropriate dress codes, table manners and curfew schedules. Aguilar emphasized that every participant must strictly observe cleanliness because it is a reflection of one's self.

"We have to strictly follow the rules and regulations set by the committee in order to attain favorable results," Mr. Aguilar stressed.

Working committee chairpersons and members were introduced as part of the orientation which ended with a prayer.



LISTEN ATTENTIVELY! Mr. Adolf Aguilar discusses salient points to the athletes during the in-house orientation at Nangka National High School, the very night of arrival.

A Dose of Friendly Advice for our Dear Athletes

Howdy athletes? Have you been nauseated of the long trip? Have the feelings of homesickness already kicked in? Not to stack more burden on your shoulders, but there are more things coming your way. The dragging travel was just the commencement of it all. Moreover, here are seven friendly tips that you have to consider during your entire stay in Balamban, Cebu, all set in alliteration for ease and immediate recall.

Pay attention to your belongings at all times. There are things that are yours, things that are theirs, and things that are ours. Each one of you should know the difference of the three and make sure that each of your private things is well-kept.

Preserve school properties. Put in mind that we are all away from home and each one of us has the responsibility to take good care of the things entrusted to us by the personnel of Nangka National High School. Avoid vandalism on walls, on chairs, on tables, and on any platform that would eternally bear the scribbles of your itchy hands. Initiate cleanliness and orderliness inside and outside your quarters. Pick up all kinds of plastics and rubbish on hallways or on the grounds. Segregate garbage properly in bins labelled as biodegradable and non-biodegradable. Return all borrowed items to its rightful places. If everyone observes each one of these things, our stay would be one heck of a memory.

Play safely, play rightly, and play godly. As athletes, it is vital that you do not forget these three things, including the rest of the guidelines. Play

and pray that you commit no accidents during the event. Avoid horse plays and boisterous behavior when in and outside the gaming area. Play and abide by the rules of the game. You have been oriented on the how-to's, technicalities and regularities included. It would then be wise to bear these things in your head before, during and after the game.

Put your head in the game. Avoid distractions. Stop thinking of your crushes for awhile, although I understand that you would immediately reason out that they will be your inspirations for the moment.



Consider that you bear the honor of the Division of Negros Oriental, thus, focus would really be significant in this particular part of the event. On another note, to maintain focus during the entire duration of the athletic meet, inculcate in yourselves that liquors and cigarette smoking are detrimental to your health. Avoid these things within the premises and as much as possible, try to live a life outside these four walls vices-free.

Raise concerns to the rightful personnel. Should any problem occur within your quarters or within your area, approach the rightful people who can attend to your needs. If you have a headache or fever, we have nurses and doctors to check on you. Other concerns can be taken care of by your

coaches and/or officiating officials. Do not be shy. These people are so much concerned about you as much as your parents do. Help will come to you ASAP.

Reciprocate respect. According to an old adage, respect is not imposed nor begged; it is earned and offered. Committee heads, coaches, officiating officials and fellow athletes do not scream on alleyways, asking for respect. Still, they should be revered like bigwigs and dignitaries for they are the people who comprise this athletic event. In return, athletes should deem themselves respectable by observing proper dress code at all times. Be in your best behavior as if the superintendent is always watching. All the more, remember that God is looking from above. He knows what you are doing and thinking right at this moment. Be respectable to be respected. Likewise, the respect you show to others will be the respect that comes back to you.

Recognize that there is a time table to follow. This simply means that we should be on-timers. Since we are bound by time, we should be concerned of our schedules. Follow the proper time for prepping, for eating and for practice. Moreover, observe curfews. Our lights off is at 10 PM while our lights on is at 4 AM. Within the curfew time, all gates are closed. It is therefore wise for everyone to be conscious of this schedule to avoid further trouble.

Just like a little child who takes the right dose of medicine for his fever, may these 4 Ps and 3Rs be well remembered. Think of these points as salient to your social and personal health, as much as the vitamins you are taking in to make your physicality healthy.



BALAMBAN: A Wonder to Behold

By Rolyn Jane P. Catanus

“Welcome! Welcome! Welcome!”

Nangka National High School has prepared a resonating welcome during the arrival of the delegates from the neighbouring province of Negros Oriental. Forget about the banners; there is a complete set of bugle players. Forget about the tarpaulins; they have boys who play their snare drums like pros. Forget about muses; they have lady twirlers who toss and whirl their batons like fairies waving their wands.

However, it is most appropriate to get to know more about the place not only to have a feel of its history but also to embrace this part of the earth as our home away from home.

How Balamban Got Its Name

Just like any other common origin stories of municipalities in the province of Cebu and in the entire Philippines, Balamban was originally called “Balang-balang”. It was when locales were asked by visiting Spaniards what the name of the place was and that they thought the foreigners were inquiring about what they were doing. “Balang-balang”, as mentioned afore, was the answer to their question and as it was slowly passed down from one

generation to the next, tongues have twisted the term until it arrived to its current and official name.

More About Balamban

This municipality, considered as a first class municipality, is located approximately 64 kilometers northwest of Cebu City. Found on its south border is the city of Toledo; on the northern part is the municipality of Asturias; in the east, it faces the cities of Cebu and Mandaue; and on its western region, the Tanon Strait.

Balamban, Cebu Province has land areas which vary from flatlands to scraggly hills and small mountain ranges to deep narrow passages between mountain and hills, according to dticebu.net.ph. Like all other places in the Philippines, residents experience wet and dry season all throughout the year.

Known as the “ship-building capital of the Philippines”, Balamban has brought its economy to soaring heights and has given the province of Cebu a pride no one can easily snatch out of its hands.

Aside from this famous byline, the municipality has rich, vast land areas planted with coconuts and other crops wherein residents get their source of livelihood.

Tourist Spots You Shouldn’t Miss

Before leaving the place, these are the beautiful spots that you mustn’t miss in your travel itinerary.

Mt. Manunggal and Magsaysay Shrine – Ever heard of the fateful story of the plane crash of late President Ramon Magsaysay and his presidential staff? It was this mountain, Mt. Manunggal, which witnessed it all. A shrine stands proud at present at the actual plane crash site, a commemoration of the death of the former president who was loved by all.

Cambuhawe Spring – This is one of the top destinations in Balamban, known for its Olympic-sized flowing swimming pool.

Adventure Cafe – A famous zip lining destination located in Gaas, Balamban, this two-way zip lining adventure only costs 100 pesos on weekdays and 150 on weekends and holiday. Ain’t that fad?

West 35 – This is a resort which offers visitors a wonderful experience during their stay. They have activities including zip lining, children’s playground, function room and game room. Its view deck gives people a 360-degree view of the Balamban Mountains and the Tsuneishi bayside.

Whether you are new or a native of this place, the Balamban municipality is absolutely a wonder to behold.

Photo Sources:

<http://www.everythingcebu.com/attractions/places/balamban-more-than-just-a-ship-building-capital/>; <https://www.facebook.com/West35EcoMountain>; <http://www.cebunet.com/aenral-info/info-municipalities/balamban-cebu.html>; <http://www.ilink.ph/west-35>

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