

Sulong NEGOR

The Official Newsletter of the Negros Oriental Athletic Association to the CVIRAA 2015.
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GLAMOROUS WELCOME. Fireworks extravaganza highlights the Opening Ceremonies of the Central Visayas Athletic Association Meet '15 at Exasperanza Bingham Sports Oval on February 26.

CVIRAA '15 kicks off

By Gracia Rodel B. Deloria

Clad in different color-coded uniforms, delegates flocked at the Mayor Exasperanza Bingham Sports Oval on February 26 for the Opening Ceremonies of this year's Central Visayas Athletic Association (CVIRAA) Meet. Prominent personalities in the academe and governance graced this year's biggest regional sporting event.

The Cebu Technological University (CTU) Tuburan Chorale led the crowd in the singing of the Philippine National Anthem, which was followed by Johanna Kristine Soberano's doxology. CTU Chorale then sang the Sugbo Hymn.

Balamban Mayor Ace Stefan V. Bingham delivered his welcome message to the delegates. In his speech, he stressed that hosting the event is a pleasure and an opportunity for Balamban. He also expressed his gratefulness to all those who helped in preparing the billeting areas and playing venues. Mayor Ace wished all the delegates an enjoyable stay in his town.

DepEd Region VII Director Dr. Juliet A. Jeruta likewise conveyed her warm welcome to everybody, emphasizing the importance of sports in honing the head, heart and body of an athlete. She also challenged the athletes to take the path of character-building by magnifying the pillars of sports. Next to Dr. Jeruta was DepEd Region VII Education Support Services Division Chief and Regional PESS Coordinator Dr. Vivian G. Ginete who introduced the 19 participating divisions.

Cebu City Vice Mayor Edgar Labella turned over the CVIRAA banner to Mayor Bingham, Gov. Hilario Davide III, Asturias Mayor Allan Adlawan and Toledo City Mayor John Henry Osmeña. After the turning over, the CVIRAA banner was then hoisted by Dr. Juliet Jeruta, Dr. Vivian Ginete and Gov. Davide. Delegation Honorary Heads raised their respective division banners.

Vice Governor Agnes Magpale gave her message to all the delegates, stressing on the role of sports in building the character of every person. She also stressed that one of the secrets of Region VII in winning in the national tilt is the unity amidst diversity.

Palarong Pambansa '14 gold

medalist in volleyball Maxim Czarina D. Estay led the athletes in reciting the oath of amateurism followed by the oath of officiating officials led by DepEd Region 7 chairman of the screening and accreditation committee, Mr. Victor Yntig.

The much-anticipated symbolic lighting of the friendship urn followed. Clint Mar Sinadjan passed the torch to Mayor Allan Adlawan, Mayor John Henry Osmeña, Mayor Ace Stefan Bingham and then to Gov. Hilario Davide III and Dr. Juliet Jeruta.

Governor Davide declared the CVIRAA open. Prior to his declaration, he asserted that the province is pleased to host this year's Regional Meet.

Fireworks display concluded the opening rites.



THE BIG MEN. NegOr's Big Men pose during the Opening Ceremonies of the CVIRAA '15. (L-R) SDS Salustiano T. Jimenez, Gov. Roel R. Degamo, Division PESS Coordinator Mr. Allan Tabio.

Gov. Degamo visits Team NORAA

By Rolyn Jane P. Catanus

To strengthen the morale and boost the spirits of the Negros Oriental delegation to the CVIRAA 2015, Negros Oriental Governor Roel R. Degamo paid a visit to Team NORAA in their billeting quarters at Nangka National High School, Balamban, Cebu on Thursday, February 26.

"I am happy to be here," said Hon. Degamo.

He remarked that the athletes should excel in their respective field of sports so that they will be able to compete to the Palarong Pambansa and become capable citizens of our society in the near future.

He expects athletes to attain more goals for this year's regional athletic competition as a validation of improvement from last year's feat.

Furthermore, he stressed that the provincial government of Negros Oriental has given its monetary and moral support to the delegation—two vital ingredients to the success or failure of the performance of the players.

"My being here is also a way of showing to our athletes and coaches that I am supporting them all the way," added Hon. Degamo with a sense of pride and happiness in the tone of his voice.

On another note, Governor Roel R. Degamo is pleased with the winners from the province and hopes for more wins this year.

"Congratulations to the winners of



MORE GOALS! Governor Roel R. Degamo (left) emphasizes the importance of winning more goals for this year's CVIRAA competition.

the CVIRAA," he said. "I hope we can win more goals for this year."

In addition, he expressed his delight with the apparent support of the Department of Education (DepEd) of the Division of Negros Oriental to its athletes. Based on the observations that he had during his immediate stay, he said that the personnel of DepEd are very concerned of their athletes. They are also very caring, he added.

"They are giving their full force for these children and I am happy with that," mentioned Hon. Degamo.

He also said that he is happy with the hospitality of Nangka National High School. Filled with optimism and conviction, he said, "I hope that this (attitude) will continue and the friendship that has been forged will not be forgotten. I also hope that they will continue to support the delegation until the end of the events."

In a disclosing statement, he left wise words for the athletes. "Winning is not important. *Ang importante kung nag-enjoy ba ka sa dula ug kung giunsa nimu pagdula.*"

Cebu Prov, Balamban host gov's night

By Jessielito Garcia Cortez Jr.

DepEd dignitaries from the 19 divisions of Region VII—Central Visayas gathered for the Governor's Night on February 26 at the Balamban Municipal Hall Roof Deck.

Mayor Ace Stefan Bingham of Balamban, through an interview, expressed his pleasure and gratitude to the DepEd people for giving the municipality the opportunity to be discovered in terms of economy and tourism. He also added that he is happy for making Balamban an avenue of meeting new friends and new faces.

As a way of response to the local government of Balamban and the Cebu province, Dr. Juliet A. Jeruta, the Regional Director of DepEd Region VII, expressed her gratitude to the government institution



GLEE AND WARMTH. Regional Director of DepEd-RO 7 Juliet A. Jeruta (left) and Regional Physical Education and School Sports Director (PESS) Vivian Ginete are all smiles during the Governor's Night.

of Balamban for their warm support and accommodation of the CVIRAA delegates. She admired the dedication of the respective leaders to serve and make this year's regional athletic meet a big success.

teachers, and some selected athletes.

The night ended with the objective of bringing all DepEd people into friendship and camaraderie despite competition in sports.

After serious and formal talks, the director showed the other side of her as she displayed her enthusiasm on the dance floor with the DepEd personnel—superintendents, supervisors, school heads,

Divisions brace for cleanliness, eco-friendly tilt

By Rolyne Jane P. Catanus

In line with the Central Visayas Regional Athletics Association (CVIRAA) Meet 2015, the 19 divisions of Region 7 are expected to vie for the titles "Cleanest and Eco-Friendly Delegation" and "Most Disciplined Delegation", as stipulated in Regional Memorandum #26, series of 2015.

The delegation which can impressively comply with the requirements and win the aforementioned awards will receive special recognition during the closing ceremony.

As set by the regional evaluators, the criteria for judging the Cleanest and Eco-Friendly Delegation is divided into four categories: the Cleanliness and Upkeep of Billeting Quarter which comprises 50% of the total, the Provision of Health and Sanitation Facilities which comprises 40%, the Ecological Refurbishment and Landscaping which is 5% and the Health, Sanitation and Safety Committee Presence which is another 5%.

The first two criteria are subdivided into smaller categories.

The Cleanliness and Upkeep of Billeting Quarter criterion includes Sleeping Quarters (well-arranged, well-kept, well-organized belongings/paraphernalia), 5%; Kitchen (food safety and handling, left-over disposal), 10%; Mess Hall (orderly, systematic dish-in & dish-out), 10%; Store Room (organized storing, clean, sanitized, pest-free), 5%; Toilets/Comfort Rooms (clean, odourless, sanitized), 10%; Bathroom (with utility organizer, clean, odourless, sanitized), 5%; and Environmental Surroundings (clean, litter-free, environment-friendly), 5%.

Moreover, the Provision of Health and Sanitation Facilities criterion includes the following: Garbage Disposal (proper waste segregation, garbage bins with cover), 10%; Drainage (unclogged, no stagnant water, odourless, sanitized), 10%; Drinking Facilities (at strategic areas, litter-free), 10%; and Washing Facility (water availability, NO

food litters and cluttered utensils), 10%.

On the other hand, the criteria for choosing the Most Disciplined Delegation revolve around the following: Attitude and Proper Decorum (at billeting quarter, playing venue, community; during programs/socials/events), 25%; Sportsmanship (interpersonal relationships with other delegation athletes, and coaches and participants), 25%; Participation (punctuality, presence/attendance during events/programs), 25%; and Team Management (camaraderie: athlete – athlete and coach – athlete relationships), 25%.

The Cleanest and Eco-Friendly Delegation, and the Most Disciplined Delegation are part of the CVIRAA competition which aims to inculcate love for the environment, responsibility, cleanliness and other values that are beneficial in building the holistic attributes of the pupils and students.

Team NORAA to hold appreciation dinner

By Jesucles Amores

As an expression of gratitude, Team NORAA is scheduled to have an appreciation dinner on March 1, 2015 at 7 o'clock in the evening at the Nangka High School Quadrangle.

The said dinner is to honor the host school, municipal and barangay officials of Balamban and Nangka, respectively, Nangka NHS teaching staff, as well as Team NORAA's committee members, coaches and athletes.

Mr. Adolf Aguilar, committee head of Quality Assurance and Documentation, said that the appreciation dinner is very meaningful to everyone. It is something that is worth remembering for it can't be repeated except in remembering.

Expected to give his speech of gratitude is Negros Oriental Schools Division Superintendent Salustiano T. Jimenez.

The committee is looking forward to the presence of Balamban Mayor Ace Stefan B. Binghay, Barangay Captain of Nangka, Hon. Pablo Tagalog, and the principal and teaching staff of N a n g k a H i g h S c h o o l and Owak Elementary School.

A special tribute will also be done to honor the coaches and athletes for the extraordinary performance they have done which contributed to the success of this year's CVIRAA, Mr. Aguilar said.

To ensure a festive moment and kindle the spirit of unity, a community dance will be performed. During that night, athletes will be reaffirming the vows of brotherhood and solidarity through candle lighting. A fellowship dinner will conclude the activity.



THE CRADLE OF FAITH. Right at the façade of Nangka National High School stands an altar where athletes, coaches and other delegates express their thanksgiving and petitions in the entire duration of CVIRAA Meet 2015.

CVIRAA medal tally

Team NORAA gets 3 gold, 4 silver and 6 bronze medals

By Jesucles A. Amores

As of February 28, 2015 at 5 o'clock in the afternoon, Team NORAA was able to garner three gold, four silver and six bronze medals in the CVIRAA (Central Visayas Regional Athletics Association) 2015. As of press time, the team ranks 10 out of 19 divisions in Region VII.

The athletes of team NORAA are doing their best to escalate their rank, being in the 9th rank in last year's CVIRAA.

Please see page 11 for the official **PARTIAL** results of the CVIRAA 2015 held in Balamban, Cebu from February 24 to March 2, 2015.

There is Happiness in Failure

Fact number 1. Everyone wants to be a winner. Everyone wants to be appreciated and patented as the “best”. It will always be the goal of every athlete, be it here in Balamban for the CVIRAA, or be it in any field of sports. No one wants second best because only seldom, they are remembered. Worse, everybody forgets about them. Who can remember Michael Phelps’ opponents in the Olympic Swimming? Who can remember the silver medallist who vied against Usain Bolt? Unless you Google the information, you won’t know who those people are. That is why individuals train hard. That is why they push themselves to the limit. That is why they can afford to strain themselves and set their egos aside. They study the moves of their opponent. They even play dirty at times just to attain the zenith of their dreams.

Fact number 2. No matter how many people desire to be the “best”, not all of them, in worldly standards, have become the best. Perhaps they lack proper training; perhaps because of unequal opportunities; perhaps it was wrong timing; perhaps they weren’t skilled enough; perhaps they were not born with the best set of genes. I may not be able to give you concrete stories of people who have become so desperate in winning that they have turned outlandish and some suicidal, but I know that there are people out there who are like this.

In a winner’s jargon, these people are categorized as ‘losers’. The mortal world has lots and lots of them, piled in stacks of millions or thousands or hundreds. Without them, however, there can be no winner, or else it’s a draw.

Many believe that the human race is dependent upon these two extremes – the best and the least. If both die down, there will be no humanity. But if you assess very well

the situation, it is not an issue about being the best or the least. It is about your mindset and about what your take is of your own situation. At the end of the day, as you lay yourself to sleep, it’s you who does the feeling and it’s you who decides whether you’re happy or not.

Fact number 3. There is more to losing than failure. People think there’s nothing in store for them if they lose. That’s a lie. If your upbringing revolves around this concept, you live in a lie. Failure is not for losers. Failure is for people who cannot distinguish when to continue or when to stop. It takes courage to persist and fight some more, humility to stop and accept defeat and wisdom to know the difference.

The underlying principle tells us of morality. Competitions are not made to categorize people. They are made to teach people imperative and a range of values that are needed for the continuance of a world in equilibrium. They are made to tell people that there’s more to life than competition, failure, rejection and fear. Losers are not losers at all. Those who believe they’re losers are the only losers of this world. Are you one of them?

Fact number 4. There is happiness in losing; that is always and will always be possible. Happiness is evident in the laughter of the pupils and students billeted in Nangka National High School. From where I am writing this article, I could hear their guffaws and giggles. During afternoon siestas, I stroll around the campus and see the radiance in the faces of the athletes as they get lost in the game they’re playing.

Not all of them won in their respective events. Not all of them made it for bronze, silver or gold. They are happy, though. Yes, they might have been sad for awhile because it wasn’t the outcome they wanted. They might have contemplated about what went wrong and have promised to do better next time. But they have let go of it and they are happy. They are happy because they know that losing is not a big deal. And that is the most important thing.



CVIRAA BUZZ

By Jesucles A. Amores

I was fortunate enough to be in the field last Friday to cover the different sporting events for the CVIRAA 2015. I’ve been to different venues to see the actual action. I also had an opportunity to meet and greet with our athletes and coaches who are all determined to covet victory. More interestingly, I was able to have a worthwhile conversation with some of them.

“What was your most unforgettable experience in this year’s CVIRAA?”

Here’s what the athletes have to say.

Wiljhan Kent Largado

(Volleyball Boys-Elementary) Dauin District
 “It’s my first time to be in CVIRAA and that makes me specially proud and happy. It is also my first time to ride in a barge to Cebu. It was indeed a whole lot of fun!”

Gyric F. Ventolero

(Football Boys-Secondary) Bacong District
 “Bonding with my teammates. We jam together and have fun. I admit that we fight in some ways like fixing our mattress and arranging our personal belongings but we make sure to patch things up before the day ends.”

Onemigg Corbeen D. Ongco

(Athletics Boys-Secondary) Canlaon District
 “I was able to be part of the top 6 in the track and field event but unfortunately I was not able to play in the finals because I’m sick. I can’t really make it.”

Euflyn G. Entac (SPED-Goalball) Bacong District

“It made me feel that I belong to the community even if I am blind.”

Carl Alexis B. Bantaya

(Taekwondo Boys-Elementary) Zamboanguita District
 “When I won in the championship game. I can never forget it for the rest of my life.”

Randy Mar Aplicano (Sepak Takraw Boys-Secondary) Tayasan District

“I was able to gain lots of friends from our NORAA team and even from other divisions. I will never forget them.”

Jayron A. Eltanal (Wushu Boys-Secondary) Zamboanguita District

“I had a bigger opponent during our final bout but luckily, I was able to knock him down. Thanks God, I’m the champion in wushu.”

Joan M. Saligumba (Arnis Girls-Secondary) Canlaon District

“I was able to meet new set of friends. I also had a chance to taste the delicacies of Balamban.”

Joseph T. Alcoriza (Coach- Arnis Girls Elementary)

“We waited for several hours for our game. It indeed tested the endurance of our patience. Patience is indeed an indispensable virtue to possess if you want to be successful in life.”

Shaira Jessica J. Futralan (SPED Athletics- Girls) Siaton District

“I was able to join in the 200 meter run and landed in the second spot.”



EDITORIAL

Word Power

Drums rolled and merrymaking filled the air of Balamban for the opening salvo of the Central Visayas Regional Athletic Association Meet on February 26, 2015 where a crowd of dignitaries, division representatives and local spectators witnessed the ceremony. Division cheers, yells, colors and banners marched in unity amidst the diversity. The call for competitiveness among the athletes leveled up when the declaration of the sporting event was finally uttered. What's more remarkable in the ceremony were the messages that ignited sense of inspiration and motivation for the athletes and other delegates.

Balamban Mayor Ace Stefan V. Binghay uttered a fatherly welcome to everyone. He testified his humble acceptance of the visitors to his beloved town. His revelations on the preparations for CVIRAA are remarkably timely to make athletes realize their main goal—to win in spite of tribulations. Quoting his words, **“we hope that you will be satisfied in your stay here”**, Binghay points on instilling the Filipino character of hospitality. With sports, personal character is molded and discipline is honed and that at the end of the day, there are lessons worth learning.

DepEd Region VII Director Juliet A. Jeruta likewise expressed her motivating power to the delegates by putting emphasis on sustaining the spirit of pride and high esteem even after failures. Quoting the very words, **“these will help you cope with the demands and challenges of the evolving society,”** Dr. Jeruta reverberated the sound of strength and optimism with whatever life brings. Her words put the CVIRAA into

a higher pedestal as a ground of honing friendship, respect, honesty, confidence, unity and sacrifice rather than just the medals. Aligning her message with the pillars of life, Dr. Jeruta affirmed that everyone involved in this year's CVIRAA is one in goal and heart.

Gov. Hilario Davide III's message also enflamed a sense of inspiration, especially when he tackled points on character building that is very essential for students who will become professionals someday. He urged the athletes to pick up the lessons and live up with them for they can help them in the future.

While the world offers a lot of avenues for man to learn lessons, personalities serve as witnesses to the journey. The words of the three dignitaries are deeply substantial, more than enough to drive young athletes to soar higher and break more records. Their words will go beyond time, even when these athletes will raise their own families, train their own athletes and make histories for the Philippines to remember.

Yes, the CVIRAA has officially started and several changes will take place. We envision thrilling games under the ambiance of friendship. We envision cultured and disciplined athletes, ready to respond to higher challenges. We envision a tighter link among sectors and individuals, even those who silently walk their talk, those who do the “dirty work” and those who wish this endeavor a resounding success.

Let inspiration come down to everyone and make this Balamban experience truly worth-remembering.

Moments, Milestones and Mementos

Big events like the CVIRAA Meet are always something to look forward to. At the back of the many preparations, this annual throng of the 19 divisions of Region VII truly spells festivity. As a person who is deeply emotional and insightful, my nerves got a handful of heart-tickling scenarios that for me are parcels of why I should consider the opening ceremonies as unique and worth remembering.

Delegates in different division colors lined up and paraded with delight, proudly waving their respective banners. The moment already exudes the winner in every athlete. Not all the time and not everyone can be given the chance to trod on the productive town of



By Gracia Rodel Deloria

Balamban to embody a school, a district or a division. Surely, selfies and groupies were countless and hashtags will vary, filling the social networking sites with similar terms.

Right in front of the oval where the multitude of visitors stands is the home of the town's governance. The elegance of Balamban Municipal Hall is a landmark I must market to my friends. Its façade is intricately designed like that of a top university in Luzon. The chandelier is a warm welcome to everyone; must be symbolizing the radiance of democracy and equality. The state-of-the-art session hall can compete with the big cities around the country. Of course, the rooftop arena can be a better place for a breather while one overlooks at the panorama of the sea.

Back to the opening rites: if I were to point out which part of the program can become a souvenir, I'd have to say it is the extravaganza of fireworks where flashes of cameras were almost endless. The lavish display of pyrotechniques put everyone to wonder and awe. Classy and entertaining, the display spoke of the hospitality of Balamban.

Experience is the springboard of change. It is by experience that one sees a better perspective of an idea. In the light of the CVIRAA Meet, this Balamban experience can undeniably ignite a better course of performance among the delegates, win or lose.

Time will find its way to tell the moments this event brought everyone together, the milestones and the nostalgia thereafter and the mementos that will be carved in our hearts forever.

Daghang Salamat, BALAMBAN!

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