



# ROAD TO REDEMPTION

## Palarong Bicol 2019

A Special Coverage

**Gold medalists to receive cash reward**

See story on **p.3**



**Cat'nes vows to move forward, never give up in Palarong Bicol '19**

**DAVE S. TOLENTINO**

MASBATE CITY—Fully-recovered from a heavy heartbreak over yesteryear's misfortune in the regional sports meet, the Catanduanes athletic delegation promised this time to keep moving forward without any thoughts of surrender.

Yelling their battle chant before a jam-packed Masbate Sports Complex, 589 strong Catanduanes delegates said that "[they] are proud to be Oragons. Sulong Catandungan! Laban daing atrasan!" during the kick off program of the Palarong Bicol 2019 on February 24, 2019.

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**BAGWIS STRONGHOLD**



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**FROM DOWNTOWN.** Hanzelle Rodulfo of Catanduanes 3x3 basketball team releases a long distance two-pointer in the crunch time. Catanduanes showcases hot outside shooting to subdue Sorsogon Province.

**DTolentino**

## Bagwis beats foes in batted ball events

**FRANCIS JOHN TEMPLONUEVO**

FORTUNE FAVORED Bagwis Catanduanes batted-ball teams on their first day of games, not just once but twice.

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## Catanduanes starts basketball 3x3 elims on high note

**JEFFERSON S. ARCILLA**

CATANDUANES DRIBBLERS didn't have to wait for the opening of the Palarong Bicol for them to unleash their might on the court.

Both Catanduanes' 3x3 basketball teams made strong debut games as they defeated Sorsogon Province (18-14) and Tabaco City (17-14) during the basketball 3x3 elimination round held at Pinamurbahan Plaza on February 21.

In the first match, the quartet of Ferdinand A. De Leon, John Rick M. Arador, Jethro S. Ocray, and Jerome S. Ocray foiled Tabaco City in a wire-to-wire game built on offensive rebounding, defensive pressure, and outside shooting.

De Leon who was aggressive all throughout the game scored 6 points including the first three buckets in the first two minutes of the match. Arador also provided an extra power with his offensive rebounds and hustle plays.

Ocray brothers lighted up Catanduanes' run midway the match after their combined three consecutive two-pointers.

Jerome Ocray tallied 8 points on four two-pointers while Jethro Ocray chipped in 3 markers.

Meanwhile, in the girls' category, Catanduanes surged late for a comeback win as they upset Sorsogon in a tightly-contested match.

Karyll Mariz F. Tomon shot lights out beyond the arc hitting four two-pointers that sparked Catanduanes' run after being down by four points.

Tomon also made two crucial baskets in the crunch time to put the game away as she finished the match with 11 points on seven field goals.

Erika T. Nachura and Hanzelle Rodulfo contributed two field goals apiece with two points and three points, respectively, while Kyla M. Soneja added two points.

## Master chef to athletes: Expect healthy, hearty food in your plate

**DAVE S. TOLENTINO**

THE ONLY WAY to strengthen a champion's heart is to care for his stomach.

Local athletes who are set to battle their way to victory in 2019 Palarong Bicol should expect nutritious and delicious meals in their nearly two-week stay in Masbate City, a DepEd food expert said.

"The foods that we will serve will power them up during their games. We will also make sure na masarap na, masustansya pa ang ilalagay namin sa mga plato nila," said Roderick Matienzo, the official master chef of this year's Catanduanes delegation.



**MATIENZO**

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# DepED Usec. tells Bicolano athletes: Conquer Palarong Pambansa

NIKKO FRANCO B. TEMPLONUEVO



## HIGH HOPES

Aside from winning in the annual regional sports fest, Bicolano athletes were also challenged to improve the region's standing in the forthcoming Palarong Pambansa.

JArcilla

FORMER ASSISTANT SECRETARY of Procurement Service and now new DepEd Undersecretary Atty. Revsee A. Escobedo exhorted more than 6,200 strong Bicolano athletes, coaches and trainers to look beyond the Palarong Bicol and seek to conquer the upcoming Palarong Pambansa in Davao City this coming April.

With this year's theme 'Braving Waves, Honoring Change', Escobedo emphasized that Bicolanos are capable of being great because of the resilient attitude embedded in their veins.

"Believe in the power and strength of Bicolanos. We are the most resilient Pilipino and believe me, we will be champions in this year's Palarong Pambansa," Escobedo highlighted.

He further drew inspiration to the story of Derek Redmond, a British 400-metre Olympian who snapped his hamstring during the 1992 Barcelona Olympics.

Escobedo retold the story of how Derek stood and hopped in an attempt to continue and how Derek's dad came to his rescue and helped his son finish the race.

"That moment define the essence of human spirit, the essence of courage, and the essence of never giving up," Escobedo added.

Drawing inspiration in this story, the new USEC also emphasized three important formulas that can improve the region's 13th place performance out of 17 regions-

these are to work hard, don't give up and strive for excellence.

He also challenged the local government of Masbate to think about the possibility of hosting the nationwide palarong in the next years to come.

**"Believe in the power and strength of Bicolanos. We are the most resilient Filipinos and believe me, we will be champions."**

**-Atty. Revsee A. Escobido**  
DepED Undersecretary

of low-calorie protein, vitamins and minerals that will keep the bodies of the delegates in top shape.

"Iniwasan din natin ang paggamit ng unhealthy additives like vetsin and other synthetic food products that could harm the health of our players," added Matienzo who is also a Technical Education Skills Development Authority (TESDA) competency assessor.

Meanwhile, Mess Supervisor Amelia B. Cabrera reminded athletes to shun away from buying street foods and beverages sold outside the billeting schools as much as possible.

"Kailangan nating tiyakin na laging masustansya at malinis ang pagkain ng mga bata since their health is one of our major concerns here," Cabrera said, adding that the Mess Department has been constantly observing proper food handling and preparation

The Technology and Livelihood

Education (TLE) Supervisor also said that no artificial and carbonated drinks will be served since the Division strictly adheres to DepEd Order No.13 s. 2017 otherwise known as the "Policy and Guidelines on Healthy Food and Beverage Choices."

In the said order, DepED expressed opposition toward patronizing foods and drinks listed under Red Category or those that contain high amounts of saturated fat and sugar or salt. It also discouraged schools to serve deep fried products, instant noodles, sugar confectionary and sweets.

"Red-tagged" beverages include alcoholic drinks, soft drinks, flavored mineral water, sports drinks, energy drinks, powdered juice, any product containing caffeine and processed food or vegetable juice with added sugar of more than 20 grams.

## Cat'nes to miss 4 sporting events in Palaro '19

FRANCIS JOHN B. TEMPLONUEVO

TEAM CATANDUANES will compete in the Palarong Bicol 2019 without four major sporting events from its usual line up.

The said events are Football and Badminton teams (Secondary Boys), Table Tennis (Elementary Girls), and Basketball (Elementary Boys).

In an interview, Mr. Fidel A. Vegim, the Training Director of team Catanduanes cited various reasons as to how and why these events were not included in this year's Palaro.

"Sa Table Tennis, nag-waive yung dalawang players. Ganun din sa case ng Basketball elementary boys na yung mga selected players ay nag-waive. Meron naman sana nin pwedeng ipalit kaso dai nagiskusar yung mga papers ng mga athletes sa timetable na tiniao. Mas magabat pa yung dai nakatraining sa expected na period for the municipality concentration training," Vegim said.

"Sa case naman ng Badminton, parehas na dai man nin papel at dai man nin training. Sa Football team na found out naman na yung mga selected players sana na mga mauurag ay dai man pwede ma-qualify ta dai sinda nag-participate sa Palarong Panlalawigan. Violation on technical guidelines kasi pag-dai nag provincial meet, dai man pwede maselect sa Palaro. Nagkataon din kasi na nagkasabay yung PINAS Cup na yasalihan nin football team at dun sila nag compete," Vegim stressed.

According to Mary Jean S. Romero, the Division Schools Sports Coordinator (DSSO), abiding by the rules and regulations is a key factor in order to continuously participate in the Palaro.

"Di naman tayo nagkulang sa pag-remind sa ating mga coaches sa mga kailangan na gawin para makapaghanda sa Palaro. Part ito ng proseso na dapat masunod kasi kung hindi, meron talagang kailangan masakripisyo. Ang disiplinang sa sports ay di lang sa game kundi off the court din," Romero shared.

Meanwhile, team Catanduanes will join in the newest event for the Palaro which is Wrestling.

"Last year demo sports lang yun, pero ngayon talagang regular event na at meron na tayong panlaban sa wrestling. Since bago ang event, we can only hope na mag-perform man kita," Vegim added.

## Expect hearty, healthy foods

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The cookery teacher from Baras Rural Development High School (BRDHS) guaranteed that the prepared menu, mainly composed of lean meat, sea food and vegetable dishes, will provide athletes a balanced diet since it is based on the classic food pyramid.

The official food menu posted by the mess department includes all-time favorites such as kusidong maya-maya, fried yellow fin tuna, adobong pusit, beef stew with cabbage and pork humba with fried potatoes.

Matienzo stressed that these foods are considered good sources



## SDO Cat's eyes clean, safe Palarong Bicol in Masbate

JEFFERSON S. ARCILLA



### ECO-FRIENDLY MEASURES

Part of this year's bid for Cleanest & Greenest Delegation award is the proper waste management, which aims to instill discipline among athletes and maintain cleanliness.

JArcilla

ENSURING THE SAFETY of the delegation and the cleanliness of the billeting school is one of the top priorities of the Schools Division Office (SDO) of Catanduanes during the ten-day stay in Masbate City.

With the mandate of the Department of Education to implement clean, green, and eco-friendly environment in every conduct of Palaro, SDO-Catanduanes Waste Management & Eco-Friendly Palaro officer, Jezrahel T. Omadto said that the Division has prepared all the necessary things to maintain the cleanliness of the billeting school.

"May dinala kitang mga basurahan and we also posted signages para mabasa ning mga athletes. Nag-assign pati kita ning focal per-

sons sa kada building para sigurdong masusunod ning mga athlete," said Omadto.

As one of the Palaro officers, Omadto said that the delegation and the administration of the billeting school are working together to address concerns about the safety and comfort of the athletes.

With regard to the water supply, Omadto said that the Bureau of Fire (BFP) – Masbate City will provide water service. The school has also made its water tank functional.

"Basta pag kulang na ang tubig, pwede tang makontak ang BFP, always man sindang available," Omadto added.

With the full cooperation of the billeting school and Division of

Masbate City, Education Program Supervisor (EPS) in Science encouraged all the athletes to observe positive attitude and self-discipline to achieve a clean and safe Palarong Bicol experience.

"Atitude lang talaga ang kulang buda self-discipline. Buda magbasa lang talaga kasi dapat ang athletes may disiplinang," said Omadto.

"Maski dai kita manggana, ang importante yung safety ning gabos," Omadto said while assuring to achieve the ultimate goal even without being recognized as the cleanest, greenest, and eco-friendliest delegation.

Catanduanes delegation is currently billeted at Restituta C. Medina Elementary School and Masbate Colleges with 589 delegates.

DESPITE REPORTED  
MEASLES CASES

## Cat's head medic says everything under control

FRANCIS JOHN TEMPLONUEVO

DESPITE THE DAUNTING news about the alleged measles outbreak in Region V – Bicol particularly in Masbate City where the Palarong Bicol 2019 is being held, the head of the medical team of Bagwis Catanduanes said that everything is under control for the delegation.

According to Dr. Kristine Santellices, the medical team has already prepared all the precautionary measures prior to the travel of the delegation as a protocol and they are in close monitor to all the delegates from time to time.

"Nagsimula tayo ng anti-measles vaccination sa ating mga athletes, coaches, officials at lahat ng mga sasama bago pa man pumunta dito sa Masbate," Dr. Santellices said.

The medical team also designated an isolation room for sick athletes who will go under observation.

It was however clarified by the Department of Health that the case in Masbate is not measles outbreak but rather just an increasing number of cases

The delegation decided to still participate since DOH has not posted any recommendation to postpone the Palaro and DepEd has observed preventive measures regarding the incidents.

## No athlete will get failing grades -DepEd Bicol chief

DAVE S. TOLENTINO

STUDENT ATHLETES who will participate in Palarong Bicol shall never get a failing grade in any subject, a DepED executive said a day before the Palarong Bicol 2019 officially opens.

In a press conference held at Masbate City Schools Division Office, DepED Bicol Regional Director- OIC Gilbert T. Sadsad said that teachers should be generous enough in giving consideration and appreciation to the players who will represent their schools in athletic meets.

"Walang babagsak na athletes. Dapat nga tumaas pa ang grade nila," he said.

Sadsad added that teachers could give grades as high as 100 in Physical Education and other related subjects to the athletes should they emerge victorious in sports competitions.

The regional director also said that the different DepED sports programs all over the region will be intensified to produce more promising athletes who will compete in Palarong Pambansa, the biggest annual sports fest in the country

He encouraged the division superintendents to adopt measures and interventions that will effectively entuse students to engage in sports activities such as the implementation of "One Child, One Sports Policy" and establishment of Sports Academy.

However, Sadsad admitted that these programs can never be sustained without the support of major stakeholders which include both government and non-government agencies, especially the local government units (LGUs).

"We need the help of private organizations and LGUs to sponsor our sports training programs dahil wala tayong sufficient funds," he said.

Despite the setback, Sadsad affirmed that he is determined to strengthen the athletic grassroot programs in the region along with the full implementation of six-hour actual teaching load for teachers by June.

"This way, MAPEH teachers will have enough time to train their school athletes," he said.



"We need the help of private organizations and LGUs to sponsor our sports training programs dahil wala tayong sufficient funds."

MR. GILBERT SADSAD  
DepED-Region V  
Regional Director -Officer in charge



FOR THE FIRST TIME

# Palarong Bicol gold medalists to get P15k cash reward

NIKIKO FRANCO TEMPLONUEVO

FOR THE FIRST time, gold medalists in this year's Palarong Bicol will not only take home medals but also an additional P5,000 pesos from the 5K For Gold Project of Schools Division of Catanduanes.

On top of that, they will also receive another P10,000 from Governor Joseph Cua and Engr. Hector Sanchez.

This brings the cash reward to a total of 15,000 pesos along with the 300 pesos cash incentives given to athletes and another 500 pesos to trainers, coaches and working committees.

Schools Division Superintendent Socorro dela Rosa said that the department has not given cash incentives to gold medalist before. However, they allocated P100 thousand this year for the said program, which is bankrolled by Special Education Fund.

It can be remembered that in last year's Palaro, through the initiative of LGU Bato, John Carlo Cuadro was the recipient of 5,000 pesos cash reward for winning gold in swimming.

Dela Rosa further said the cash reward will encourage athletes to perform better in their respective sports.



"Tinaasan ta ngani su budget ta gahuna-huna man kita na makagold kita," dela Rosa added.

Governor Joseph Cua, who is still serving his 6-month suspension, also reasoned that his suspension is not a reason for him not to express his support to the delegations.

"Aram niato ang sakrispisyo kan sarong atleta, asin tama lang na mamatean ninda na naapreciate niato ang saindang esfuersos para

sa satuyang probinsya," Cua added.

"Lugod, mas higusan ang satuyang mga athletes na magpursige sa saindang kanya-kayang sports, ta ang gabos na ini, para man sana sa sainda," Cua said.

Meanwhile, Acting Governor Shirley A. Abundo, is optimistic that the province would bring home gold medals and improve from last year's finish.

"Sana marami tayong maku-hang gold. Sa tingin ko naman

## BAGWIS STRONG.

Catanduanes delegates rehearse their cheer for the Palaro opening. This is the 2nd year the province adopted 'Bagwis' as the delegation's tagline.

AVargas

mas nakapaghandang ang delegation natin compared last year', Abundo added.

## Cat'nes' strongholds set to deliver anew in Palarong Bicol '19

JEFFERSON S. ARCILLA

THERE MUST BE no signs of slowing down.

Coaches and trainers of winning events from last year's Palarong Bicol promised a more prepared team with intensive trainings and more experienced players at their disposal.

One of the trainers and officiating officials of Catanduanes swimming team said that the tankers will do their best to provide another run for medals.

"Basta gigibuhon mi ang gabos para manggana nin medal buda prepared man ang mga players ta," said Rene Romero.

Carrying the momentum after notching a bronze medal last year, Softball secondary team head coach Efigenio P. Gianan Jr. said that extended time for trainings helped his players to be more focused on their goal this year.

"Mas mahaba ang time ngayon ng trainings kaya malaking tulong siya," said Gianan.

Coaching the team for five straight years, Gianan said that his players are more experienced this year.

"Mas may experience sinda ngunyan. Maski baguhan sinda sa team, daing problema ta dati na sindang player ning elementary softball team," Gianan added.

Jonel G. Aznar, coach of Chess secondary girls, said that Catanduanes has great chances of winning medals this year.

"Mas makusog ang mga player ta ngunyan kumpara last year, mas may experience sinda," said Aznar.

Aznar added that aside from the concentration trainings, Chess tournaments also provided Catanduanes' chess players more time to hone their skills.

Coach John Anthony F. Romero of Lawn Tennis (Boys) also said that tennis tournaments paved way for more game experiences that his players need in this year's Palarong Bicol.

Meanwhile, former assistant coach who is now the head coach of sepak takraw secondary boys Salvador L. Flores said that his team has improved its offensive attacks with the addition of two spikers in its roster.

"Ngunyan na taon, mas makusog kita kasi apat na ang spiker. Nag improve kitang grabe sa opensa, bako lang kitang depensa. Bako nang takot ang mga aki," said Flores.

Speak takraw notched regu silver medal last year as they ended the long years of medal drought in the said team event.

## Bagwis beats foes in batted-ball events

from PAGE 1

### ON AIM.

A Bagwis batter prepares for another swing against Sorsogon City.

AVargas



Both softball elementary team and the baseball secondary team of Catanduanes scored an early victory against their respective opponents in the opening games of Palarong Bicol 2019.

In an overwhelming manner, the elementary lady batters buried Albay, 22-1, in their first game at Milagros West Central School, Milagros, Masbate on February 24, 2019.

The game which ended in two and a half inning regulation game was led by the brilliance of pitcher Barn Q. Clemente, a Palarong Bicol first-timer of Antipolo Elementary School.

"Last year nadaog kita nin Albay, 8-6, kaya ngunyan nakabawi man kita," said Mr. Jesse B. Sierra, the trainer and coach of the softballes.

The team will face Legazpi City in their second game.

Meanwhile, the baseball secondary team survived a thrilling match-up against Sorsogon City, 6-5, after a technical error committed by the opposing player who accidentally removed his helmet while approaching the home base.

"Kahuna mi daog na talaga pero dahil dun sa violation na nagibo nin kalaban, nakuha ta man syempre ang kaganahan," Joseph Glen Alintana, the coach of baseball team shared.



## POWER STRIDE.

The legwork officially begins as top executives of the Schools Division of Catanduanes lead the delegation march toward a better Palarong Bicol standing.

DSTolentino

## Cat'nes vows to move forward, never give up in Palaro '19

Billed at Restituta Z. Medina Elementary School and Masbate Colleges, the delegation is composed of 346 athletes; 85 coaches, assistant coaches and chaperons; 42 officiating officials; 23 delegation officials; and 93 working committee members who are all hyped-up to improve Catanduanes' medal haul.

One hundred sixty three contenders from the Division's elementary level and 253 competitors from secondary are all set in renewing their bid to snare gold medals in a total of 58 sporting events. Fifteen locals will also vie in five special events in their thrust to continue the winning tradition.

In her speech, Schools Division Superintendent Socorro V. Dela Rosa said she is so happy that everyone in the delegation is cooperative and willing to contribute efforts to realize the division's quest for gold and higher standing.

"The ball is round and everything is possible. We would like to prove [other divisions] that we can develop winning athletes with good character," Dela Rosa said.

She also told coaches and other officials to encourage athletes under their care to play fair, behave well and observe self-discipline at all times.

"We might lose in some of our games yet we will be branded as disciplined competitors. Maximize the experience that you can get from this Palaro. I know that you have the guts and courage to pursue against all odds," Dela Rosa said.

### HIGH HOPES

Meanwhile, Division School Sports Officer Mary Jean Romero has also kept her hopes high for an improved Palarong Bicol performance with all the preparations and interventions the Division has done prior to the regional sports fest.

"I am expecting a better performance from our athletes this year. I do hope that we will not fall again in the 13th spot among the 13 divisions in Bicol," Romero said in an interview.

Catanduanes signed off in its previous Palarong Bicol campaign with 17 medals in regular events including 1 gold, 6 silver and 10 bronze. It also registered

a 6 gold- 4 silver -1 bronze finish in special events.

Catanduanes Sports Enthusiasts President Ernesto R. Buena said that ranking last for two consecutive years in Palarong Bicol has prompted the Division to change tactics in gearing up for the biggest sports event in Bicolandia, especially in the selection of athletes.

"We changed the manner of selecting student-competitors and adopted a new format. We shifted from zonal sports meet to municipal sports meet so that more promising players could participate and have their much-awaited break," he said in vernacular.

After Palarong Panlalawigan in late October last year, winning athletes underwent municipal-based trainings before joining a much thorough athletic concentration training program at Catanduanes Athletic Complex on February 9- 19, 2019.

### BETTER CHANCES

On the other hand, Training Director Fidel A. Vegim said the new selection format did not just provide better opportunities for players in the grassroots level but also gave local government units (LGUs) better chances to help their young players.

He stressed that since the sports meet contingents are now bearing the banner of their respective towns, mayors and other municipal officials have been extending utmost support to their homegrown sportsmen.

"In fact, the proceeds from fun-runs and other fund generating activities spearheaded by the public schools districts in partnership with LGUs will be used to further finance the needs of our athletes starting from the concentration training to the very last day of Palarong Bicol," Vegim said in vernacular.

He said that such aid could really motivate the athletes to perform well in achieving the division's goal to end the days of competing as underdogs and rather become a sports powerhouse in the region.

## Remembering Limitations

The Palarong Bicol craze has started and the Catanduanes delegation already faced two challenging issues before they left in the island and a day after arriving in the host province, Masbate City.

Prior to the travel, the team needed to rally their best in order to be able to outdo the opposing proposition of local executives in preventing the delegation to participate in the Palaro due to the measles incident in the host province. The second one involves social media posting of an alleged spoiled dinner given to the athletes, and the issue about paying bills for bathing purposes in one of the residences near the accommodation of the team. The latter issues brought noise to the social media world, gaining both positive and negative comments from the people of Catanduanes, and most especially to the Masbate netizens.

It is clear crystal clear though that the incident is improperly reported. While there were foods spoiled during the travel, it was never given to the athletes to be consumed; and while

there is water crisis in the venue, the host province has been doing their best to supply water in the accommodating school. The paying of bills, on the other hand, is voluntary and only applies when a coach or an athlete decide to take a bath in private homes near the area. It is an individual decision and not by the DepEd officials

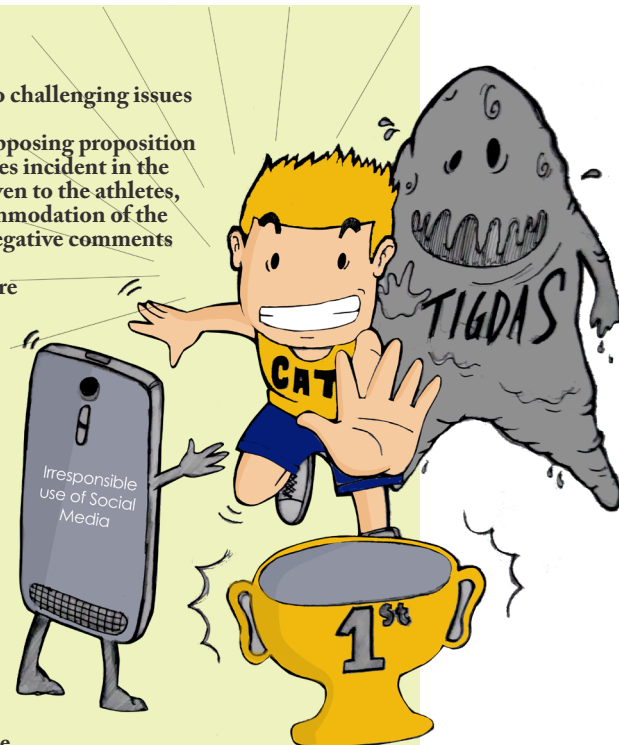
or being imposed by the residents.

The fastest and probably the most convenient way to express our sentiments nowadays is through the use of social media. This has become our way in connecting to people, letting them know what we really have in our minds. But just like all the wonders it give, when social media is misused, everything is ruined. The hardest part is that once wrong information is shared, people usually believe; worse is that these people act or make some commentaries even without any concrete idea of what the issue is about.

We all have the freedom to express ourselves, but airing of opinions which are not verified or investigated does not help, rather it destroys image and rifts relationship; and social media is not made for that purpose.

Responsible expression is still the best way to use social media. Maximizing social media for common good is a noble act. When we feed people with reliable information, we are educating them. When we share valuable messages, we are enlightening them. Doing the other way around simply means fooling around.

While everyone is entitled to their own opinion, let us remember our limitations, and show respect to all individuals in our society.





**BASKETBALL**



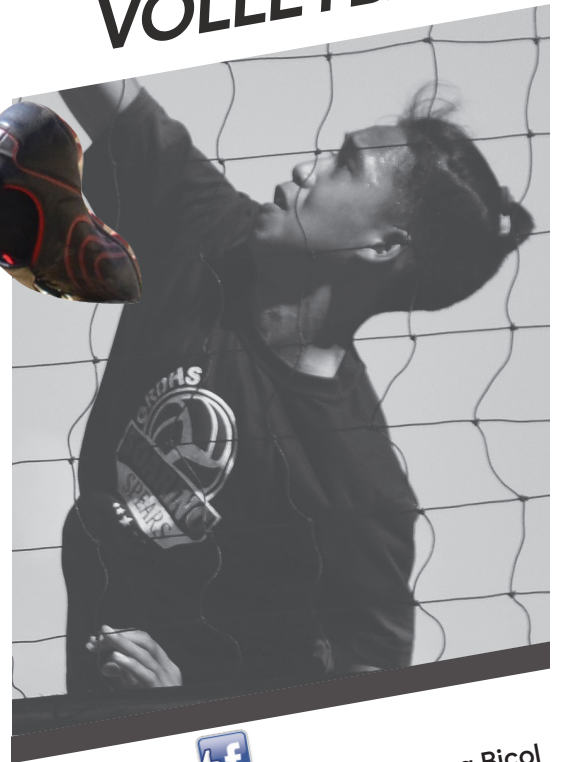
**ATHLETICS**



# **BAGWIS CATANDUANES!**



**TAEKWONDO**



**VOLLEYBALL**

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## **Palarong Bicol 2019 DOCUMENTATION TEAM**

Schools Division Office of Catanduanes

TOLENTINO, Dave S. | ARCILLA, Jefferson S. | VARGAS, Alvin T. |

TEMPLONUEVO, Nikko Franco B. | TEMPLONUEVO, Francis John B.