



Palaro '13: Grab for glory begins

By Pio T. Teleg Jr. & Noemi S. Guerrero

Despite being held earlier than usual, the sprawling number of participants from the 11 municipalities of the province overwhelmed the Division Athletic Complex during the kick off of the three-day multi-sporting provincial meet.

Close to three thousand sports enthusiasts, athletes, coaches, chaperons, and meet officials gathered to contend in 16 disciplines in the elementary and 17 events in the secondary.

The VPES Children's choir under the baton of Mr. Anatoly Rafael Arcilla started off the program with an invocation in Filipino. The Catanduanes National High School (CNHS) faculty chorale, led by their conductor, Mrs. Myrna Aldea enthralled the participants with their rendition of the Bicol Regional March.

In his message, Mr. Mariano De Guzman, the OIC Assistant Schools Division Superintendent, said that the reasons why the Palaro was held earlier than usual were to assure competitiveness among athletes and to give ample time for the improvement of the Division's sports facilities



COME HELL OR HIGH WATER. Neither the heat of the sun nor the drenching rain could stop these young athletes from seeing action in the Palarong Panlalawigan 2013, which is taking place earlier than usual.



stressing on the realization of a rubberized oval. He also extended his warm welcome to all the participants.

Hon. Florida A. Alberto, represented by Hon. Roy Laynes, Vice Mayor of Virac, emphasized the significance of the meet in honing the athletes' total personalities.

Mr. Miguel Ogalinola, EPS I and Division Sports Coordinator, pre-

sented the delegation heads who in turn presented their respective units. The elementary basketball team led the lighting of the friendship flame. The players are: Jhunnel Sarmiento, Jamil Edward Molina, John Karl Tabo, Leo Earl Piñera, Welmingbond Escaro, Janzen Marino and Jobert Bombita. Their coach is Marshall Tito.

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Bicol Palaro '14: An acid test for Wong admin

By Loraine D. Taule



For so long, men have taken the reign of leadership in the province. They have already been tested. They have already been given the chances. Now it's time to try a woman – the leadership of a woman to lead this island province. Let's watch her show her girl power. Give her moment; and that moment will be ours too.

Here's the turn-out of the ambush interview with the newly elected governor of Catanduanes, Hon. Araceli B. Wong.

What are the preparations of the Provincial Government in this year's Provincial Meet?

I was informed that there are no equipments for the clean-up of the playing field, so I borrowed equipments to help in this meet. Also, I

have given food assistance, awards assistance and other ways to help.

What is the provincial budget in this Provincial Meet?

We only have ₱ 40,000.00 budget for this Provincial Meet. All other expenses are taken from my own money.

How did you cope with the pressure being the newly elected governor of this province?

Very light. I should be active and participate in all activities. If I will not join them, I will not understand them.

What are the preparations of Catan-

(Continued on page 6)

PNP chief: Security everybody's concern

By Pio T. Teleg Jr.

Philippine National Police (PNP) Assistant Provincial Director Rickson V. Saavedra emphasized to coaches and delegation heads that security would be assured with the concerted effort of everybody involved in the three-day Palarong Panlalawigan 2013.

He shared his words during the Solidarity Meeting held at the Division office last August 8 at the Division Conference Hall C, with close to 100 officiating officials, chaperons and tournament managers in attendance.

"We cannot fully assure that no untoward incident will happen," Saavedra exhorted during his talk on the briefing on the peace and order situation. He also added that although Virac, the host municipality, and the province as a whole generally boasts of low crime rate, each one should still coordinate with the police force responsibly.

Saavedra said that his office has commissioned a police patrol composed of three policemen in each billeting school to secure and assure round-the-clock safety. He added that they have also coordinated with barangay tanods of concerned barangays for same purpose.

"Security personnel have also been deployed in the playing venues for the duration of the games to assist the Division Security Staff while police visibility in the entire downtown has been enforced," Saavedra added.

In addition, he advised everyone to be very careful, vigilant and mindful, paying special attention to their personal belongings. He also emphasized that his office and the police will always be at reach at their office hotlines. Complaints and security concerns may be sent at the following numbers: 0917326157 and 811-407.



A GESTURE OF ASSURANCE. Governor Cely B. Wong gives OIC SDS Jose L. Doncillo a thumbs-up sign, ostensibly for the latter's good job at the helm of the Division and perhaps as a symbol of the new leadership's continued support of DepEd activities.

Palaro officials, coaches gather for solidarity meeting

By Noemi S. Guerrero

To foster camaraderie and a sense of unity among all the Palaro participants, a solidarity meeting participated in by coaches, chaperons, tournament managers and secretaries and officiating officials was held last August 8 at Division Office Hall C.

The meeting began with an invocation led by Dr. Josefa V. Zape represented by Ms. Carol Lim, followed by singing of the Philippine National Anthem by the CNHS Chorale and Bicol Regional March by Mrs. Sarah S. Chiong.

Mr. Nelson Sicio, representative of Mr. Mariano B. de Guzman, OIC, Office of the Asst. Schools Division Superintendent, gave the welcome re-

marks. He imparted that sports teaches us teamwork, unity and success not only for us, Catandunganons but the whole country as well.

After that, the presentation of delegation by every delegation heads both elementary and secondary instantly followed. Mr. Miguel C. Ogalinola presented all the tournament managers. The briefing about the peace and order situation and policies was given by the PNP Provincial Director Rixon Saavedra. He reiterated that the billeting schools will only be protected only within the vicinity and they would assign 5 personnel or 3 policemen within the premises of the Catanduanes Athletic Complex and in billeting schools.

Billeting Schools

Palarong Panlalawigan 2013

Zone I (Elementary and Secondary)
Virac Pilot Elementary School

Zone II (Elementary and Secondary)
Juan M. Alberto Memorial Elementary School

Zone III (Elementary and Secondary)
Virac Central Elementary School

Zone IV (Elementary and Secondary)
Bogon Elementary School

Unit V (CNHS)
Catanduanes National High School

Unit VI (SAVS)
Catanduanes National High School



Paving the Road for Champions

By Josalie T. Tonio

and spiritual support and guidance provided by parents, teachers, peers and co-athletes count a lot, too, in shaping the athletes.

The athletes' success in every sports endeavor depends largely on the inputs gained from their mentors, coaches, officials and even from opponents coupled with the athletes' determination and desire to get the gold and represent the province in the upcoming Bicol Palaro.

The palaro was held this early as mentioned by ASDS, Sir Manny De Guzman to put in more time to practice for "practice makes perfect" and prepare the athletes as well as the sports facilities so that our province will be at par with other provinces and eventually be ready for the Palarong Pambansa .

Moreover, the united efforts of the local, provincial, and the national government and other agencies in promoting sports in the province is another factor which will successfully pave the way to create champions in the different sports events.

With these preparations, we are hopeful that Catanduanes will regain its grandeur and bring back its glory in the regional as well as in the national sports competition in 2014.

A NEW GENERATION OF CATANDUNGANON CHAMPIONS. The nucleus of the elementary basketball boys squad which represented Bicol in the 2013 Palarong Pambansa were given the honor of lighting the Friendship Flame at the start of the games.

The island province is well-known for its hospitality. The hosting of the Palarong Bicol 2013 is a concrete proof as the sports spectators and enthusiasts have declared. Aside from being endowed with rich God-given resources, its people likewise proves its strength in terms of unity, resilience, hard work and a very strong faith in God.

Catanduanons from all walks of life join hands in moving as one to

come up with the provincial champions to compete in Bicol Palaro and in Palarong Pambansa in 2014.

This year's Palarong Panlalawigan is indeed a perfect venue where budding athletes are molded into Olympic champions. This is where coaches and trainees put into action their expertise and share their sports prowess to young dreamers and create their dreams and visions into reality.

The outstanding moral, financial,

The engineer of the Games

By Noemi S. Guerrero

"A ship without a rudder is a ship without a destination". And the Palarong Panlalawigan will not be a realization if not for this person. He is the engineer of this year's Palaro.

Mr. Miguel Ogalinola, EPS I-PESS Coordinator/Division Sports Coordinator is the over-all manager of the 2013 Palarong Panlalawigan held on August 8-10, 2013 at the Catanduanes Athletic Complex.

According to Mr. Ogalinola, there are a total of more than 300 officiating officials to officiate in 34 events both in elementary and secondary; 66 coaches, four in every event and an estimate of less than 3,000 athletes.

He also stressed the objectives of this year's Palaro: 1) familiarize all athletes, coaches, chaperons and officiating officials, 2) raise the performance of the division of Catanduanes in the regional competition and 3) develop the spirit of sportsmanship and camaraderie among athletes and officials. He also asked all the tournament managers to be at their post at all times because they will follow the rule of succession.

New strategies. New set of players. New administrators. We can make our hopes and dream high and be underdogs no more.



BROTHER MIKE he is not, but a tireless leader in the Division with the unenviable task of overseeing the successful restaging of the Bicol Palaro this side of the Bicolandia next year.

Editorial

Showing the best of Catandunganon spirit

Resilient.
Indomitable.

Whenever our backs are against the proverbial wall, we claw, push and fight our way back. When we are mired in the ashes of mediocrity, just like the mythical creature phoenix, we rise.

It's the Catandungan spirit in a nutshell. And it's what we are hoping to showcase in the three-day display of athletic grace and sheer power that is the Palarong Panlalawigan 2013.

Drastic measures were inevitable after Catanduanes finished a dismal seventh in last year's edition of the regional games. By holding the Palarong Panlalawigan much earlier than usual, the division is hoping that the athletes who shall represent the province in the next Bicol Palaro will have a more thorough preparation for the battles looming ahead.

But perhaps a more compelling reason for the earlier-than-usual Games is that the Catanduanes Sports Complex is set to receive a major facelift through the efforts of Congressman Cesar V. Sarmiento. At the forefront are plans to have the 400-meter track oval rubberized and the football field spruced up, among other improvements in the pipeline. All these are reportedly in preparation for a bid to host the Palarong Pambansa in the very near future.

If things go as planned, we may see a resurgence in the Catanduanes sports scene similar to what it enjoyed several decades ago. In addition, this also becomes the perfect avenue for showcasing the beauty of Catanduanes and the development to the fullest of its potential as a tourist destination. While admittedly, all the possible benefits cannot be quantified yet, this hoped-for resurgence may just be the much-needed shot in the arm that may jumpstart the Catanduanes' quest for excellence, not only in the sporting arena, but just as important, in the academic and economic arena as well.



Punto de Vista

Sonia V. Prensader

Beating the Odds

DURING LAST YEAR'S BICOL Palaro, Catanduanes placed seventh. This year, the province will try to show the best in the upcoming Bicol sports tilt.

A journey to success however, is not always easy. It needs a lot of preparation practice and hard work. Stories of great men not only in sports define the attainment of success. To name a few, we have Mike Tyson in boxing, LeBron James in basketball, Tiger Woods in golf and Williams sisters in Tennis and many others who have capitalized sweat and blood for the coveted title of honor.

It is happy to note that the division of Catanduanes is determined to beat the odds towards better performance for the upcoming Bicol Palaro. As early as this month, the provincial meet is held to select potential and winnable contenders giving long concentration camp preparation for the Bicol Palaro compared before. A sound decision indeed.

Longer concentration training may not suffice. Other needs may include enough logistics. And I am sure that this will be provided. It is also

indispensable to include the participation of coaches. They should also be expert and trained in their own field. For they cannot give what they do not have. The moral support of every Catandunganon is also necessary to boost the morale of the athletes. Success is a collaborative move. The making of a champion is a concerted effort. No champion can claim that his victory is only his own making.

There are situations however, that despite doing everything, frustration may not still be elusive. What we expect turns to be the opposite. And if this happens, it is high time to reflect and to uncover the most essential which is invisible but resounding truth that our efforts will be rewarded not in our time but in His time. Whatever we do, therefore, should be committed to Him and for His glorification, not for ourselves. Relying in our own effort is a show of independence from the real source of our strength and talent.

May this column guide our athletes in their endeavor in the field of sports.



DOCUMENTATION COMMITTEE

MA. GINA TEMPLONUEVO, Division Coordinator, Chairman
RAMON T. TEMPLONUEVO, Mabato HS; SONIA V. PRENSADER, Magnesia NHS;
JOSALIE T. TONIO, CNHS; EFREN T. GURROBAT, Antipolo NHS; MARIA CHERYLL
C. TURALDE, Buyo IS; ANDREW B. SATAIRAPAN, Calatagan NHS; MAYBELLE V.
RUBIO, Bato RDHS; RUEL BALANE, Division Office; NERVY ASANZA, CNHS;
LORAIN D. TAULE, SAVS; NOEMI GUERRERO, Agban CES; PIO T. TELEG Jr. Agban
NHS; AROLINE BORJA; San Miguel RDHS; ARLENE BORJA, CNHS; EVA DE LEON,
CNHS,

Ang Kampilan/The Synchronizer Staff (CNHS)

JOSE L. DONCILLO, CESO VI

Schools Division Superintendent

MARIANO B. DE GUZMAN

Asst. Schools Div. Superintendent

Consultants

Provincial Palaro 2013

Armed warriors in colorful uniforms
Paraded around the town
Showcased their athletic forms
Instilled with teamwork, camaraderie
and friendship
To play the games in a spirit of
sportsmanship

Ready to face the battle
Encounter and succeed every
obstacle
Play hard and achieve the most
prized goal
Emerge winners and be the
champion among all

The local government with other
agencies
Headed by DepEd leaders
Created a strong partnership
Expressed support and commitment
Towards a better accomplishment

Sports venues renovated and
improved
Facilities and equipments purchased
Every card was laid and awarded
To take home the bacon and
proceed

To Bicol Palaro we are headed
And to Palarong Pambansa we must
lead.

The Paradox of Winning

*Winning is losing;
So as losing is winning.
The power reaching heights;
Just the blast to fall;
Take a step
Take a grip
a little or more.
For believing
Just be the fall,
For believing
Just be the soar,
An irony to unfold
upon as you hold
stretch a little or more
Just the thought would and
Just the battle should.
Crave to gather
Crave a little or
Crave for more.
Just the best a little or more
Just the best a little or more.*

Born to Excel

By Josalie T. Tonio

*Joined DepEd Catanduanes barely
eleven months ago
Outstanding leader output-oriented
head
Supervises his workforce with all his
heart setting aside his woes
Expects maximum results in every
endeavour each teacher should have

Looks into all aspects of every
undertaking as a stress-free job

Digs deeper and designs what comes to
his mind
Overcomes every obstacle with the help
of stakeholders and supporters behind
Never underestimate him when you
come to meet him for the first time
Consider him genius because he
manages simultaneous activities despite
limited time
I have proven: First impressions aren't
always lasting and true
(I thought he was strict)
Look and find out for yourself, you'll
discover it's not true
Listen to his stories, laugh with him
and you won't argue though
Oftentimes, "Sir Toots" would be
misunderstood because he'll tell you to do
this or that
And you have to do them all without
hesitation or two*

KATHA

GUSTO mong magsulat ngunit
wala kang maisulat...
KAILANGAN mong isipin
ngunit wala kang maisip...
NALIS mong sabihin ngunit di
mo masabi...
kailangang tapusin ngunit di
mo matapus.
huwag mong pilitin,
Kailangan mong tigilan.
isantabi mo muna,
saka mo na tapusin.

Ang paglikha ng katha ay
tulad din ng panahon...
Tulad ng araw, walang kasigu-
rahang magpapakita ngayon.
Tila manlalarong punong puno
ng determinasyon...
Ngunit sa huli, di niloob ng
pagkakataon.
KAPIRASONG KATHA
Sumiibol, lumago...
Pahat man sa diwa,
Damdami'y umaalimpugo.

An Palaro

Magayon an panahon
Mainit an kaaldawon
Mga atleta, uniporme iba-iba
Naglibot sa bilog na banwa

Alas tres ning hapon
Pag abot sa grand stand sa Division
Programa pinun-an
Mga halangkaw na opisyal
Nin gobyerno, mga bisita
nagduruman

Si Congressman si Gov.
Si Mayor, si PBM, si PD
Si ASDS, si SDS
Nagkasararo, nagtararam
Dakulang suporta, an mga atleta,
Chaperon, coaches, official
pinahalagahan

Segun ki Congressman (pigpasabi
ki sir Rudy Rojas)
All out an saiyang suporta
Igwa kita nin home court
advantage
Kaya dapat kita an manggana

Si Sir Manny nagpahayag practice
makes perfect
Pig agap ang palaro, maging handa
sa kompetisyon
Ma rubberize ang oval, sports
complex gumayon

An mahal na Gobernador
Na inspire sa makusog na pwera
Kasabay nin uran ki Sir Toots
nagtao nin grasya
Pang premyo sa mga manggagana

Kaya mga coaches, mga atleta
Hinguhahon na manggana
Gibuhon an gabos, magpraktis
Magkawat nin parinas
Nganing makamit, maiabot an
singkwenta

An palarong panlalawigan
Sarong okasyon mahalaga dai
dapat balewalaon
Mga atleta priming gilumdumon
Madaog man o manggana
Basta gabos nagkasararo asin
maogma.

DepEd Catanduanes to launch website

By Josalie T. Tonio

The Web Team composed of selected IT teachers of the Division of Catanduanes presented the newly created website to SDS Jose L. Doncillo and four Education Program Supervisors for offline testing and editing today, August 10, 2013 at the Library Hub, which was incidentally the last day of the Palarong Panlalawigan 2013.

The proponents of the project to open the website is composed of Efren T. Gurrobat of Antipolo National High School, Team Leader, with Andrew B. Satairapan, Calatagan High School, Maybelle V. Rubio, Bato Rural Development High School, Jennifer B. Metica, Catanduanes National High School and Maria Cheryl C. Turalde, Buyo Integrated School as members.

This was conceptualized through the initiative of the former EPS Salve T. San Juan together with ASDS Mariano B. De Guzman with the support of SDS Jose L. Doncillo to provide easy access of information in the division such as memoranda, updates, advisories, to minimize transportation expenses specifically for distant schools and to limit the coming of school heads to the division to get or submit official correspondence.

During the offline testing and editing, SDS Doncillo said "we will formally launch the DepEd Division of Catanduanes website in September 2013. We should observe protocol before posting any issuance/announcement and we should see to it that only the Web Team/Administrators are authorized to accept or reject posts," he added.

(Acid test... from page 1)

duanes after this Provincial Meet since Catanduanes is still the host province of the Bicol Meet?

I'm happy that the Provincial Meet was done in Virac so the preparations that we have done in the Provincial Meet will be the same in the Bicol Meet. With regard to the athletes we are preparing them early for the Bicol Meet. That is why, we held the Provincial Meet earlier than usual. In the playing area, we are already starting to prepare it as early as now.

With these, let us expect the improvements of the athletes, playing grounds and management in this coming Bicol Meet under the new leadership of Hon. Araceli B. Wong.

(Palaro 13... from page 1)

They are the 2013 Palarong Bicol champion in boys' elementary basketball and core members of the Bicol cage team to the Palarong Pam-bansa held in Dumaguete City, Negros Occidental last April, 2013. Piñera gave the Oath of Amateurism.

Inspiring the athletes in the words of the governor, Hon. Araceli Wong, "May kanya-kanyang pamaraan para manalo sa kompetisyon, develop sportsmanship, camaraderie and stamina at pag-iisip na kailangan ang lahat ng bagay pinaghihirapan...hindi minamadali kundi pina-gahandaan." She also added that "True sportsmanship is not taught in books but rather on the real battle of sports".

Congressman Cesar V. Sarmiento, represented by Mr. Rudy Rojas stressed in his message to provide and take pride of the best facilities in Bicol so as to produce the best Catandunganon athletes. Sarmiento assures support at the same time challenged the athletes to reach the target set. "We aim to be the best not only in terms of facilities but also with the games," Rojas exhorted.

Leading the hoisting of the Division flag were Hon. Araceli B. Wong, governor of Catanduanes, together with Doncillo and De Guzman.

The newly-elected Wong gave her inspirational message. She said that she wanted to witness the triumph of Catandunganon. She also promised P50,000 for the winning unit in this

Palarong Panlalawigan. She also led the hoisting of the division flag together with the superintendent and assistant superintendent.

Jose L. Doncillo, the OIC Schools Division Superintendent, formally declared the opening of this year's Palaro. In his speech, Doncillo said that "Catandunganons will never settle for anything less...let's bring back the glory."

He further stressed that glory is not impossible with the Catandunganon's spirit of unity.

The theme for this year's edition of the annual sporting activity is "Palaro 2013: Showing the best of Catandunganon Spirit."

PALARONG PANLALAWIGAN 2013

FINAL TALLY

Catanduanes Athletic Complex

ELEMENTARY LEVEL

UNIT	BOYS	GIRLS	TOTAL NO. OF POINTS	RANK
I	186	133	319	2
II	201	120	321	1
III	128	114	242	3
IV	83	57	140	4
Ville St. John	18	0	18	6
CSU	15	15	30	5

SECONDARY LEVEL

ZONE	BOYS	GIRLS	TOTAL NO. OF POINTS	RANK
I	102	65	162.5	5
II	155	152	307	1
III	103	85	188	4
IV	146.5	89	235.5	3
Unit V (CNHS)	113.5	72.5	186	2
Unit VI (SAVS)	26	32	58	6
Unit VII (CC)	28	0	28	8
Unit VIII (ICSA)	6	0	6	9
Unit IX (CSU)	15	15	30	7