

BALITANGS4

Providing service to the community of Sampaloc IV



Sampaloc IV Brgy. Officials distribute Pamaskong Handog

DASMARIÑAS – An executive three days of distribution of Pamaskong Handog relief goods headed by the Brgy. Captain Honorable Armando Manding Movido and other barangay officials of Sampaloc IV Area F, Dasmariñas Cavite last December 2020...

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Sampaloc IV ranks 5th with highest number of COVID-19 cases

With 133 total confirmed cases, Barangay Sampaloc IV, Dasmariñas City, Cavite remains on the top barangays in Dasmariñas with high number of COVID-19 cases.

Last January 8, 2021, Mayor Jenny Austria Barzaga posted the latest COVID-19 update in the city of Dasmariñas.

According to the post on her facebook page, there are 35 new cases in the city, bringing a total of 107 active cases. Fortunately, no new case from Sampaloc IV has been recorded...

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Voter’s Registration resumes in Dasmariñas

DASMARIÑAS CAVITE — The Commission on Elections (COMELEC) Dasmariñas announced that voting registration will resume on the first Monday of 2021 with strict implementation of NO FACEMASK, NO FACESHIELD, NO REGISTRATION policy.

Registration days will be from Monday - Thursday, 8 a.m. to 1 p.m. at the office of the COMELEC – Dasmariñas...

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SK continues their project amid pandemic

The Sangguniang Kabataan of Barangay Sampaloc IV made effort to continue their plan to fix the damaged lights, broken devices and sports equipment in covered courts as part of their project for the community during quarantine.

Of all the laid out projects of Sangguniang Kabataan for the residents of Sampaloc IV during pandemic period, one of the projects they carried out was the replacement of broken lights and damaged equipments of covered court at Zone 2 and 6 last June 23, 2020).

In addition, June 26, 2020; the covered court of City Homes has also been repaired and installed new lights inside the court. Aside from it, they have been given sports equipment...

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Philippine Navy conducted a gift-giving and sharing program on Sampaloc IV

The Civil-Military Operations Group— Philippine Navy 223rd Naval Squadron and in collaboration with Barangay officials headed by Honorable Armando Manding Movido have worked together to bring happiness to the children through a gift-giving activity last December 26 on Brgy. Sampaloc IV...

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Sampaloc IV ranks 5th with highest number of COVID-19 cases

From page 1

...Meanwhile, 27 were added to the total number of recovered patients, bringing a total of 2938 recoveries and one new death has been recorded to the 89 total deaths.

As of Friday, with 107 active cases, 2938 recoveries and 89 deaths, Dasmariñas has a total of 3 134 COVID-19 confirmed cases with 84 suspected cases wherein 13 of them were residents of Sampaloc IV.

Furthermore, Sampaloc IV, Dasmariñas City, Cavite ranked 5th with 133 total confirmed cases, followed by Langkaan 1 with 177 cases, Langkaan 2 with 196 cases, Paliparan 3 with 253 cases and Salawag on the top with 353 confirmed cases.

Moreover, Sampaloc IV, in the lead of their honorable Brgy. Captain Armando 'Manding' Movido continue its fight against COVID-19 by strengthening the guidelines and protocols in the community and supporting the campaign #OneDasmaAgainstCovid19.

"Dahil sa sobrang epekto ng Covid-19 sa ating lungsod, isa sa pinaka apektado at isa may pinakamataas na kaso ang aming Barangay, ang Sampaloc 4 dito sa Dasmariñas City, Cavite. Marami na ang nagbago ngunit patuloy pa rin na mahigpit ang mga patakaran sa aming barangay. Sa kabila nito ay marami pa rin sa aming barangay ang nababahala dahil nga sa dami ng covid cases sa aming lugar. Iniisip ng iba na sa tuwing lalabas ng bahay ay malaki ang posibilidad na magkasakit kaya marami ang natatakot," said Billy Joe Ramos, resident of Sampaloc IV. ■

SK continues their project amid pandemic

From page 1

..."Sobrang laking tulong ng pagsasaayos ng mga court kasi bukod sa ito'y magbubukas ng oportunidad para sa mas mahuhusay na manlalaro sa aming lugar... makatutulong din ito para magkaroon ang mga tao rito lalo na ang kabataan ng healthy na pagkakaabalahan sa lugar namin... maaaring ma-divert ang attention ng mga tao sa mas maayos na gawain." (It was such a great help to organize the court because apart from that, it will open up opportunities for the players in our area. It will also help the people especially the youth to have healthy activities and divert their attention to do proper deeds.) Said Lander Repuyan, a resident of Barangay Sampaloc IV.

Moreover, the project was made during community quarantine while there are no players, therefore when the country returns to its normal situation; the covered court are already equipped and has proper facilities for its people as well as the players of the Barangay.

Furthermore, the residents are grateful for the SK project that was made with the help of Barangay Sampaloc IV. Also, other residents of different areas are also waiting to replace the damaged equipment in their covered courts.■

Philippine Navy conducted a gift-giving and sharing program on Sampaloc IV

From page 1

...Following the Philippine Navy-wide Christmas celebration 2020 Program, they held a sharing program to make them feel that Christmas amid pandemic can still be considered a blessing and be merry.

During the program, the CMO group ensured that despite a large number of audiences. The safety



Photo Courtesy: Mayor Jenny Austria-Barzaga FB page

Sampaloc IV Brgy. Officials distribute Pamaskong Handog

From page 1

...The residents of Brgy. Sampaloc 4 received a door to door blessing that made them feel the presence of Christmas from December 12 to December 14, 2020. They have received relief goods or called as “Pamaskong Handog” forwarded from the town. This Pamaskong handog was initiated by Congressman Pidi Barzaga and Town Mayor Jenny Austria- Barzaga. The relief goods were delivered at Barangay’s covered court on December 11. The food assistance that was collected was mainly prioritized and allotted in every household in the said barangay. The

relief contained 5 kg of rice, four canned sardines and one corn beef, four twin packs of coffee, and four sachets of milk.

“Nakakatuwa Kase magpapaskong mayroong biyaya”. A statement from Mr. Romneck Reginio, one of the recipients of the Pamaskong Handog to all Dasmareños. He added that during the distributions, all the safety protocols were observed while fair distribution takes place.

However, Pamaskong handog was supposedly for all the settlers of Dasmariñas City. But according to Reginio the selections of recipient’s

barangay occurred. Specifically, some barangays have not received a pamaskong handog. Despite that, they are still grateful and lucky to become a recipient of the program.

The smallest act brings new hope to those residents. In a midst of pandemic, food resources are one of the necessities of all. This act of pamaskong handog made their residents not to forget to celebrate Christmas and its true essence – love and giving.■

Voter’s Registration resumes in Dasmariñas



Photo Courtesy: Patrol ng Dasmariñas

...For registration, transfer and reactivation transactions, applicants should bring valid ID with complete address in Dasmariñas and must be at least 6 months resident in the city. While for correction of status and entries, applicants should bring 3 photo copies of marriage contract, birth certificate and the copy of verification for proof.

The COMELEC will limit the number of applicants per day to 100 in compliance with the health

standards from the IATF.

Also, applicants will sign a contact tracing form and strict implementation of wearing face mask and face shield will be observed.

In the latest data from the COMELEC – Dasmariñas, 14 866 voters were registered as of December 30, 2020 and 20 000 applicants are expected to register this year.■

The CMO also gave the children a gift cash worth of ₱20 "...tapos po may 20 pesos sila na pamasko." Myra Dagami, one of the recipients of the said gift-relief.

The group that teamed up: Brgy. officials and Philippine Navy 223rd Naval Squadron aims to show their love and joy in the midst of covid-19 pandemic.■

Faith over the Pandemic

By: Eunice Bendo

Despite of the pandemic that our country is experiencing, the customary celebrations of various feast in different places in our country can no longer be compared to before, where lots of devoted people joined and cooperate to the event. The Feast of the Black Nazarene this 2021 will be a lot of different than previous years, as the traditional way of celebrating it had to be altered due to the ongoing pandemic COVID 19.

"Viva Nazareno! Viva!" a devotee from Dasmariñas Cavite posted on social media account where it pointed out that they are celebrating the Feast.



With faith in the hearts of the people, hope arises from these dark times that we are facing. On January 9, 2021, the community of Sampaloc IV, Dasmariñas Cavite held the feast with the theme “Hesus Nazareno, Protektor at Tagapagbuklod ng Pamilya sa Panahon ng Pandemya.”

The Feast of the Black Nazarene has four masses and it started 7:00 a.m., followed with 9:30 am, the for the afternoon 4:00 p.m. for devotion and 5:00 p.m. for the last mass.

Unlike the past years where people are flocked in different churches. This year is different, this year marks the new normal for all devotees. As part of the communities effort to ensure the safety of the people, they advised to wear facemasks, faceshields and to observe social distancing if they will join to the mass gathering, while others are advised to stay at home since the capacity of people was limited inside the church.

The “Pahalik” (kissing of the image), which was a monumental symbol during this event was also canceled. Often devotees wipe the cross or foot with a cloth that they keep and rub it on themselves because they believed and consider that the Nazarene statue is miraculous, able to heal terminal cancers and sicknesses, it grant petitions, and to help those in need.

Despite the threat of COVID-19, the community of Sampaloc IV didn't forget what they have accustomed. No virus can stop them to celebrate their faith and the Feast of the Black Nazarene in their barangay. ■

Photo Courtesy: FB Page of Sampaloc IV

BIRTHDAY AYUDA

by Eunice Bendo

Birthdays are one of the most special events that happen to our life. It marks the day from when we are born and the years of our existence. We are excited and we plan everything for this special day. The foods, decorations, how we dress ourselves are all planned. The most awaiting things we are excited about are the gifts and the presence of our family, friends and etc. Due to this pandemic that we are facing right now, our expectations and our plans changed.

However, the baranggay officials led by Captain Armando Mendoza, from Sampaloc IV, Dasmariñas Cavite gave a cash gift or *Ayuda* to the celebrants for the months of November to December 2020, which the grantees are the Senior Citizen, PWD and Solo Parents. To ensure the safety of the

said grantees, they are advised to wear face mask and face shield and also social distancing. The official page on social media of Sampaloc IV, posted an announcement about cash gift. Also, the list of the grantees/celebrants and the requirements that are needed before accepting the cash gift. Most of those who are included to the list are happy because they will received a cash gift.

“Masaya ako,magkakapera na ako, panghanda sa birthday ko”, a senior citizen grantee said.

Last December 28, 2020, the first distribution of cash gift was held in at Barangay Hall Annex Zone 11 and until now cash gift are still ongoing. The happiness on the grantee's faces can be seen as they hold the ayuda given to them. ■

“COUP DE MAIN”

By: Kathlea Baculi

Due to the pandemic the celebration of the 11th Paru-Paro Festival is not how it was celebrated before the pandemic came. The program was temporarily suspended for the safety of their citizens and to prevent the spreading of COVID 19 in their city. That's why through virtual presentations they reverted the previous festival celebrated before the quarantine was implemented and since its pandemic they still have an annual virtual contest for Dasmariños. Barangay Sampaloc IV is one of the active participants who joined Audio Visual Presentation in the Paru-Paro Festival celebration and proudly presented their work called “Coup De Main”.

It is about the trials and crisis that the country has faced since 2020 started from Taal Eruption, fire tragedy,

typhoon disasters and including our fights to this pandemic that has still not been resolved, were many are still affected starting from transportations, businesses and education. People have no choice but to live with the new normal system but despite all these trials, they are able to show that they are not giving up and still strive to continue to support and serve their barangay.

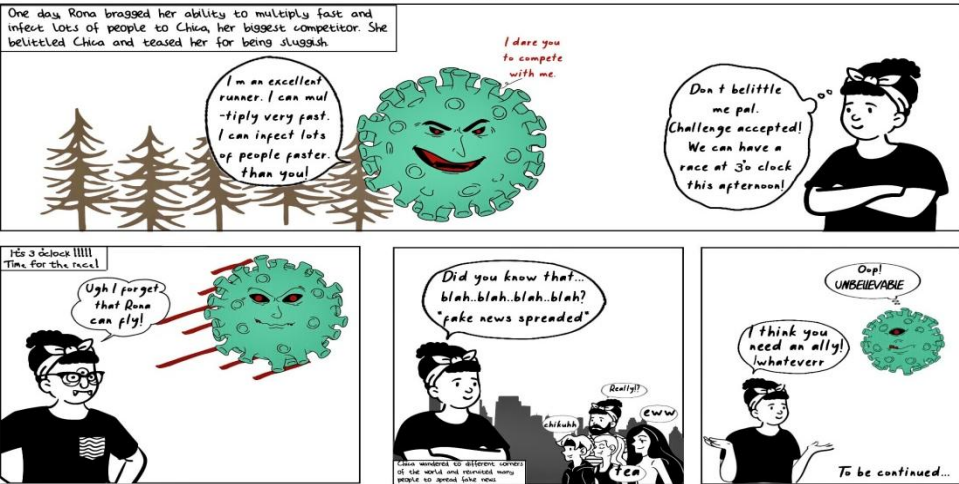
Colorful, fun, loud, lively and entertaining. That is how Dasmariños describe the Paru-Paro Festival. The city of Dasmariñas celebrates it every year 26th of November. The progress of the City of Dasmariñas is most likely compared to the metamorphosis of a Butterfly on how it developed from its simple beginnings. This symbolizes how a small barrio turned to a progressive and beautiful city. ■

TACIA BLANDITA Ep.1



TEA-RONA

By Stephan Escomen



HEALING FROM EACH OTHER'S HANDS

By: Hannah Patricia Tibayan

When the residents and officials are in great harmony, all wounds from challenges will be heal through each other's welfare.

Photo credits: Official Facebook page of Sampaloc IV.



On a day to day basis each of us looked-for a hand to rely on, most especially in times of pandemic. Through the difficulties they faced and experienced for the last months, officials from Sampaloc IV, Dasmariñas created their own “bayanihan” to lend help and make their co-barangays feel the warmth of embrace despite the challenges.



To maintain a healthy environment and safe place for the people of Sampaloc, the officials with the assistance of Promenade des Dasmariñas organization ensured a clean drive program to gather all the trash and garbage from the river to reduce sickness and risk.



Sampaloc IV residents gathered to cooperate with the barangay's program “Tapat Mo Linis Mo” where in they will do a general cleaning where their houses are located. It does not have age limit—young and adult can freely give service. Open for all, and frequently done together.



Last Christmas season, the officials of the barangay headed by Captain, Armando Mendoza Movido provided a relief goods as “Pamaskong Handog” to the localities of Sampaloc. It's their way of showing them gratitude for being strong amidst of the challenges brought by 2020.



Happiness cannot be only define by how much money you have, but it can also be in the heart of the people being helped by. Even on tiniest way, everyone's hands and soul can help and bring back a genuine smile on an individual's heart.



“A kind gesture can reach a wound that only compassion can heal” –Steve Maraboli



An ongoing development for Day Care Center Talisayan is continuously being operated. This is one of their imperative projects since it involves the learners' compatibility and future.



Keeping the river in good condition is one of their sole project for the welfare of the residents. They believe that a clean and neat place makes a healthy and fresh environment for every person residing at Sampaloc IV.

The workers on action for the development of the day care center. “Sometimes you got to create what you want to be part of” as the saying goes. Having a solid community of people who you can trust enough to be there at your weakest and empty point of life is honestly important. Everyone needs people who inspire, and listen to whenever there is a struggle. Sampaloc IV, Dasmariñas is not as smooth as it is, but as what the residents claimed, “Masaya dito, makikita mo yung mga tao dito na may pakialam sa isa't isa.” ■

Dasmariñas City holds annual B.O.S.S. program

By: Mary Joy Villamor

The City of Dasmariñas recently announced the annual holding of their Business One-Stop Shop or B.O.S.S. despite the still ongoing implementation of the general community quarantine due to the pandemic. Basically, B.O.S.S. is designed to speed up the processing time of application or renewal of business permits and licenses and/or business-related transactions. During the height of the virus spread, many businesses in the country were put on hold and most likely have compromised a lot of processing. This opportunity to reach small business owners is a very helpful initiative by the local government unit to push through even during this pandemic.

This program is in compliance with the ease of doing business that is to be held on the 4th to 29th of January 2021. The forms needed for this program are downloadable in several online platforms and accounts of the local government office that would enable easier access for people interested and lessen physical contact during the processing. Hard copies are also available to pick up in the city hall and all barangay halls, as well as the Vista Mall where the program is held for its duration. It would require lesser work and effort to process permits and transactions especially for those in the farther places. B.O.S.S. allows the residents to be more compliant to city ordinances, and at the same time serve its goals easier to every barangay.

A program such as this B.O.S.S. strengthens the connection of both small and big business owners in the city in the middle of this pandemic. As we are all faced in difficulties, more lenient ways of communicating and transacting is much needed today. Government offices reaching out to the people is one way of it and actually lessening effort as well as physical contacts for lesser people is very advisable in this situation. Businesses are still to be taken care of because aside from the many aspects in our society that were and still being affected by the pandemic, it has taken a bigger toll on the business industry and the economy.■



Mayor Jenny Austria-Barzaga orders each barangay to put up makeshift market

By: Jocel Laysa

Dasmariñas, Cavite Mayor Jenny Austria-Bargaza has ordered barangay captains and officials of subdivisions in the city to put up makeshift markets or talipapas for the convenience of marketgoers amid the enhanced community quarantine in Luzon.

Given the COVID-19 Pandemic, call ahead to verify hours and remember practice social distancing.

Barzaga said the existence of makeshift markets will make it easier for residents to buy basic goods and avoid crowding at other

markets in Dasmariñas. Wet market paces are centralized hubs for people from the middle and lower-middle classes. Sellers have the least investments to make and more likely to take profits from what is sold over the stall. Wet markets are a good start for meat farmers and independent sellers and promise a better income than a day job.

The mayor said the makeshift markets are limited to selling wet goods like meat, fish, fruits and vegetables.

“Ang mga talipapa ay magsisilbi lamang na wet market at hindi pinapayagan ang pagbebenta rito

ng dried goods sapagkat mayroon namang mga bukas na sari-sari stores,” she said.

Last November 2, 2020, Mayor Jenny Barzaga shared an information and guidance about wet and dry talipapas. ‘Still no market operation every Monday’ she added.

Kadiwa, Boaquina and Pinagbuklod Market opens 2am to 8pm; 2am to 10am, quarantine passes are required. Then, from 10am to 8pm the Quarantine passes are not required. Lastly, all other wet and dry markets and talipapas opens at 6am, quarantine passes are not required. ■

Experience The 5- Star Hotel with AROMAWORKS Multi-purpose Spray!

By: Jocel A. Laysa

Aromaworks enhances your home and mood with our 100% natural Light Range of reed diffusers. Free from synthetic scents and chemicals, we include our bespoke essential oil blends at a therapeutic 10% concentration, ensuring optimal effect on your well-being. Simply styled to look beautiful in every space, they are the easiest way to enjoy clean, continual and natural fragrance for weeks.

According to Leomar Yano, who posted at facebook page of Sampaloc IV Dasmariñas Cavite, it cost two hundred thirty pesos (P230). The uses and purposes of Aromaworks are:

- Air purifier
- Giving your home and rooms with aromatic fragrance
- Removes Bacteria from fabrics
- Used to deodorized areas such as kitchens, toilet and bath
- Can be used as ironing spray to clothes help to kill bacteria and leaving

your clothes a pleasing or therapeutic scent

- Can be used for Towels, Pillows, Beddings for sleep promoting effects

Here are some SCENT DESCRIPTIONS:

OKADA – a soft musk with notes of White Amber, woods and a touch of Auric Blends Egyptian Goddess.

HYATT- a sweet, flirty and fun fragrance with notes of black cherry and vanilla

SHANGRI-LA- an ambery, musky composition consisting of oriental spices, exotic, florals, musk, amber, sensual wood and mosses.

CONRAD- white woods and sheer musk create base for White lavender, Italian lemon and French Riviera mimosa.

BERRY SWEET- summery and sweet, fresh raspberry stands alone.

Long-lasting Aroma and made with Natural Ingredients, Aromaworks is FDA APPROVED and has NATURAL INGREDIENTS. ■

WeTea Thrives Despite Pandemic

By: Mary Joy Villamor

WeTea is a milk tea shop that offers the usual milk tea menus that have been in demand today. However, the said milktea shop serves a variety of not just the usual flavours that the public loves. They also have an array of choices, original or signature blends that are actually the favorite or the bestsellers of WeTea.

They have been operating even before the pandemic broke but the current crisis did not lessen their drive to serve their customers. In fact, WeTea has found its way to successfully continuing their service during the quarantine period through online orders and same day deliveries. Not only did it maintain advertising activities in their physical shop but also on the online platform. They hold promotions monthly that attracts more customers to try and purchase their product. These promotions effectively raise sales for the business. Since the pandemic has required extra caution

and heightened protocols especially affecting businesses that involve food, WeTea continues to operate abiding to these rules to further secure the safety of their customers. Since the physical stores could not hold too many customers in, they have improved their deliveries and have smoothly managed it until today.

Their lessened operating hours, however, was not much that damaged their profit as customers are still as active and even more today. People, having been enclosed in their homes for far too long, are expected to crave for things or food that we can usually just access before. Businesses like WeTea have found this opportunity to not just make profit but also offer the public’s craving to be satisfied.

Original flavors and originals WeTea has learned to establish for their brand helped its name be more known to the public, especially to those who live around Dasmariñas where their main branches are located. ■

Truth about fake news

Everyone is aware of spreading fake news in social media and in a community. According to Margaret Rause, fake news is an inaccurate, sometimes sensationalistic report that is created to gain attention, mislead, deceive or damage a reputation. It affects lives many people.

In Barangay Sampaloc IV, Dasmariñas City, they have no access to reliable sources of local news that provides information to the community. Most of the residents are not aware in the latest news and update. It is important to know what is fake news for them to be aware on disseminating accurate information to their community. Fake news has become a large issue of the society. It can destory the credibility of a person. It may also cause wrong interpretation of news and harm to everybody. Fake news damage the reputation of a person. According to study of Unesco, ‘fake news’ is an oxymoron which lends itself to undermining the credibility of information which does indeed meet the threshold of verifiability and public interest – i.e. real news.

News is everywhere. But not all news are true. When giving information, make sure that you must disseminate valid and have supporting evidences. Also do not believe in rumors. Be aware of the current events happening in your community. ■



JESSA DEL MUNDO



REAH IBUNA



Impunity at its finest

In a society where citizens are being oppressed, justice is only their hope to be saved, but how can justice save them if it's the one who's killing them?

For the past years, Philippines has experienced different cases of injustices. From the year that President Rodrigo Duterte took his duty as the executive who implemented the campaign “war on drugs”, hundreds of people were killed due to their alleged resistance to the police, and even until now, the number of killings has risen while the country is facing the pandemic.

As of the end of July 2020, Philippine Drug Enforcement Agency listed 5, 810 persons killed by the said campaign. For the United Nations Human Rights Council (UNHRC), these numbers are alarming and should be taken into account by the Human Rights Council of the Philippines. But, this resolution of the UNHRC was denied and even had a bad response from the administration.

On the other hand, it wasn't just the controversial war on drugs that put hundreds of lives into death, but also the massive killings for the media practitioners, activists and critics of this administration. Some of them were declared lost and tagged as members of the New People's Army--armed wing of the Communist Party of the Philippines.

What makes it sadder, is the people affected and suffering by these stuff--poor people.

These cases are only manifestation that we have a decaying justice system. The justice system which was supposed to protect us seemed to be inhumane. Filipinos are not stupid to not be able to see that there is something going wrong. The consecutive killings including the mother and son Gregorio put people into threat that there is really someone who is above the law.

Therefore, this is a continuous call for this administration to stand up for their people. Hear out the cry of the killing's victims' families--justice. Stop the killings! This isn't the answer to the worsening issue on drugs, nor the way of suppressing communist. This is another bigger picture to look out.

For the Filipino people, if the administration is still deaf to hear us out, let's take courage to stand up for our rights. A single voice may not be frightening, but a collective voice is. ■

Overpopulation

By: Jessa Del Mundo

Philippines is one of the largest populated country in the world. George Morris described overpopulation as the state of the population when there are more people than can live on the earth in comfort, happiness, and health and still leave the world a fit place for future generations.

Barangay Sampaloc IV can be considered as one of the most populated barangays in Dasmariñas, Cavite with a population of 39,950 determined by a 2015 Census. This represented 6.06% of the total population of Dasmariñas. It is important to know this issue so as not to increase the population and to avoid shortages in everything and the famine. The increased demand for resources such as water and food, hunger,

malnutrition the use of natural resources such as fossil fuels faster than the pace of recovery, and the degradation of living standards are other problems associated with overpopulation.

Overpopulation puts pressure on humans such as shortage of food and water, reducing resilience in the face of climate change, and making it more challenging for the most vulnerable communities to emerge from intergenerational poverty. Overpopulation is related to negative environmental and economic consequences, ranging from the effects of over-farming, deforestation and water contamination to eutrophication and global warming.

Nowadays, the world's population is rapidly growing and if

it continues, it could have a big impact on us. There are ways reduce population growth. The Responsible Parenthood and Reproductive Health Act of 2012 Republic Act No. 10354 is a law in the Republic of the Philippines that guarantees universal access to abortion, birthcontrol, sexual education and maternal care methods.

One of the most effective way to reduce population is making people aware of family planning. According to the NPPFP, a major component of the Responsible Parenthood and Reproductive Health (RPRH) Law, aims to reduce unplanned and unwanted pregnancies by enabling couples and individuals to attain their desired number of children within responsible parenthood. ■

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Photo Courtesy: JD Manimbao

Sampaloc IV — Cpt. Armando Mavido and SK president Mhae Quillano, gift shoes for their athletes

Basketball has always been one of the primary sports the people of Sampaloc IV played passionately. A league was held every fiesta and the players prepared with their all for the yearly Inter-Brgy of Dasmariñas.

According to a Facebook post posted way back 2018 by a facebook page SBL GAME, the team was established in 2010 and was founded by Roberto Sayawan, Romel Las Pinas and Darrel Babica. And ever since their winning a runner up in the 2011 Inter Brgy Midget Division, Sampaloc IV’s basketball team has been consecutively bringing home pride and trophies.

In March of 2020, barangay captain, Armando Movido and SK president Mhae Quillano, gave away athletic shoes for the preparation of Inter-Brgy Midget Basketball Division. They also gave players of the Volleyball Men’s Team pair of shoes that can and will be used for their games.

Though competitions may be cancelled and postponed. On August 28, an online seminar via zoom was held for Basketball Coaching. No matter where you look at it, 2020 was a tough year in all aspects. However that did not stop the people of Sampaloc IV to show their love for sports. ■

Waiting Until Courts are Officially Open

By: Ansherina Supremido

A 21-year old volleyball player from Sitio Pansol currently stopped playing since March 17, 2020 as the coronavirus outbreak starts to spread in the Philippines.

John Denrick Manimbao, experienced difficult situation when pandemic begun in the country, to the point that he cannot play volleyball for almost 10 months.

According to him, *“Mahirap, kasi isa ‘yun sa pangtanggap stress namin.”* [It is difficult because it is one of our stress reliever.] Besides, playing volleyball helped him to lose weight and became more confident with his physical appearance. Manimbao started playing volleyball when he was invited to play in an event that was organized by the church at the age of 9. When he was asked if there are instances where he can’t almost play volleyball, he said that pandemic can stop him for a while, but if there were a chance then he would love to play volleyball again.

Moreover, he said, *“Ang paglalaro ng volleyball ay kadikit talaga ng buhay ko.”* (Playing volleyball has been a part of my life.)

Currently, he was also an inter barangay player in Sampaloc IV and also been able to play in Manila together with his volley friends.

In addition, he knew about the newly installed lights and sports equipment given by the barangay, Manimbao stated, *“Mas okay [na naayos na ‘yung covered court] kung bumalik na sa normal [sitwasyon] mas mai-enjoy namin ang paglalaro sa court.”* (It’s okay [that the covered court is fixed] if we return to normal [situation] we can enjoy playing on the court.)

Furthermore, spending quality time with his family and doing household chores was his recent activity at this period, and once the courts are open, he will surely be able to get back with his interest and to reunite with his teammates. ■

COVID-19 on local sports

By: Kyla Nungay

It is a fact that COVID-19 caused a lot of disruptions across the world. The global economy dropped, it affected the livelihood of most families and many more, including sports in general.

Sports have been affected by COVID-19 since the beginning of the virus's outbreak. A long list of major sports events has been cancelled or postponed due to the virus. It didn’t even bother and decided to affect both global and local sports.

Sampaloc IV of Dasmariñas, Cavite is no difference.

The covered court where they used to play recreation sports were closed. Since we were in a lockdown, community members weren't able to leave their house as people were ordered to stay inside. It’s not a wonder why the basketball court, where the residents of Sampaloc IV usually play and have fun, is empty and quiet.

Aside from closing the basketball court from the people, the barangay league was cancelled too. Barangay league has always been one of the most anticipated local events, however, to prevent the virus from spreading any further, it was postponed and probably would only take place once the pandemic is completely over. ■

Online Sports Program for Dasmariñenos

By: Anserina Supremido

The 4-day online sports leadership program and strategic planning that was attended by School and Barangay Coordinators from Dasmariñas happened last January 11-14, 2021, successfully ended.

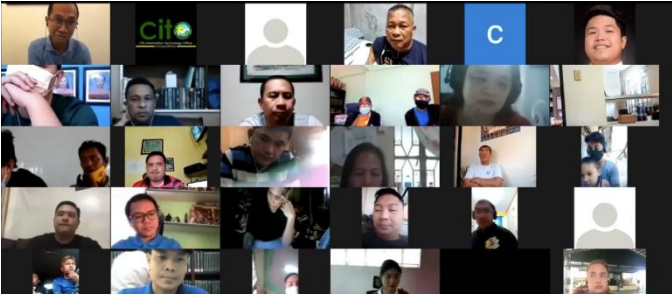
Mayor Jenny Barzaga announced on her official Facebook page last January 5, 2021 that there would be an online sports leadership program and strategic planning on January 11-14, 2021.

The online program was a project of the City Government of Dasmariñas and was led by Mayor Jenny Barzaga, the program was held via Zoom and Google Classroom, and every session there are 2 hours allotted for every topic, 10:00 am to 12:00 noon for morning session and 3:00 pm to 5:00 pm for the afternoon session.

The speakers of the online sports leadership program and strategic planning joined by several sports coordinators, sports head of public and private schools from elementary, secondary, colleges and barangays.

Coach Nilo Ayo, Mr. Migs Bustos, Coach Marc Dagenais, Atty. Victor Africa and Coach Bo Perasol were the speakers of the said program. They impart knowledge and share their experience in the field of sports.

Furthermore, the program aims to learn and improve the leadership skills for school and barangay coordinators of the residents of Dasmariñas City amid pandemic. ■



CITY OF DASMARIÑAS

ONLINE SPORTS LEADERSHIP PROGRAM AND STRATEGIC PLANNING

Via Zoom and Google Classroom

FOR SPORTS COORDINATORS AND SPORTS HEADS OF DIFFERENT PUBLIC AND PRIVATE ELEMENTARY, SECONDARY SCHOOLS, COLLEGES AND BARANGAYS.

MONDAY JANUARY 11, 2021 10:00AM - 12:00NN OPENING PROGRAM TOPIC: STRATEGIC PLANNING WITH ACTIVITY SPEAKER: COACH NOLI AYO <small>MAIN FACILITATOR, SPORTS DIRECTOR, ATENEO DE DAVAO</small>	3:00PM - 5:00PM TOPIC: COACH AND HIS MANY ROLES SPEAKER: MR. MIGS BUSTOS <small>SPORTS TELEVISION NEWS ANCHOR, REPORTER AND COMMENTATOR</small>
TUESDAY JANUARY 12, 2021 10:00AM - 12:00NN TOPIC: STAGES OF TEAM DEVELOPMENT SPEAKER: COACH MARC DAGENAIS <small>COACH DEVELOPER, CANADA</small>	3:00PM - 5:00PM TOPIC: STRATEGIC PLANNING WITH ACTIVITY SPEAKER: COACH NOLI AYO <small>MAIN FACILITATOR, SPORTS DIRECTOR, ATENEO DE DAVAO</small>
WEDNESDAY JANUARY 13, 2021 10:00AM - 12:00NN TOPIC: TRANSFORMATIONAL LEADERSHIP SPEAKER: ATTY. VICTOR AFRICA <small>SPORTS APPLICATE, FORMER POC LEGAL COUNSEL</small>	3:00PM - 5:00PM TOPIC: STRATEGIC PLANNING WITH ACTIVITY SPEAKER: COACH NOLI AYO <small>MAIN FACILITATOR, SPORTS DIRECTOR, ATENEO DE DAVAO</small>
THURSDAY JANUARY 14, 2021 10:00AM - 12:00NN TOPIC: CREATING A STUDENT ATHLETE CENTERED PROGRAM SPEAKER: COACH BO PERASOL <small>HEAD COACH, UP MEN'S BASKETBALL TEAM</small>	3:00PM - 5:00PM TOPIC: STRATEGIC PLANNING WITH ACTIVITY SPEAKER: COACH NOLI AYO <small>MAIN FACILITATOR, SPORTS DIRECTOR, ATENEO DE DAVAO</small>

A PROJECT OF THE CITY GOVERNMENT OF DASMARIÑAS
HEADED BY MAYOR JENNY BARZAGA AND CONGRESSMAN PIDI BARZAGA