



Republic of the Philippines  
**Department of Education**  
REGION X – NORTHERN MINDANAO  
**SCHOOLS DIVISION OF OZAMIZ CITY**

25 September 2023

**DIVISIONAL MEMORANDUM**

No. 291, s. 2023

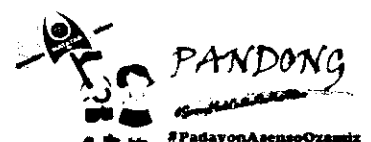
**CONDUCT OF IPOWER**  
(Intensifying the Promotion of Overall Wellness  
through Exercise and Recreation)

To: Assistant Schools Division Superintendent  
Chief Education Supervisors (CID and SGOD)  
Division Accountant and Division Administrative Officer V  
All Others Concerned  
This Division

1. To address issues of men and women on Health and Wellness as part of the Gender and Development (GAD) advocacy, this Division shall conduct the 2023 Scaling-up Positive Values in the Workplace through Intensifying the Promotion of Overall Wellness through Exercise and Recreation (IPOWER) on September 28-29, 2023 at the C Resort, Libertad, Misamis Oriental.
2. The participants are the 100 Division Office personnel.
3. The specific objectives of the activity are:
  - a. *discussing the relevance of strengthening positive values in the workplace as one of the major keys to achieving organizational productivity;*
  - b. *explaining the importance of health and wellness activities in increasing productivity and improving overall nutritional well-being; and*
  - c. *promoting team interaction and bonding through participating in Laro ng Lahi and other IPOWER activities.*
4. Transportation (in going to and from the venue), board, and lodging expenses of the participants are chargeable against MOOE subject to the usual accounting and auditing rules and procedures. Daily Travel Expenses (DTE) shall be on a personal account.
5. The departure time shall be at 12:30 p.m.
6. The first meal shall be dinner on September 28, 2023, and the last meal shall be lunch with afternoon snacks on September 29, 2023.



Address: IBJT Compound, Carangan, Ozamiz City  
Telephone No: (088) 545-09-88  
Telefax: (088) 545-09-90  
Email Address: ozamiz.city@deped.gov.ph





Republic of the Philippines  
**Department of Education**  
 REGION X - NORTHERN MINDANAO  
**SCHOOLS DIVISION OF OZAMIZ CITY**

7. Attached are the following:
  - a. List of Participants by color coding
  - b. List of Working Committees
  - c. Matrix of Activities
  
8. Immediate and widest dissemination of this Memorandum is enjoined.

**NIMFA R. LAGO, PhD, CESO VI**  
 Assistant Schools Division Superintendent  
 OIC, Office of the Schools Division Superintendent

pp **DIONESIO L. LIWAGON, JR., CESE**  
 OIC, Assistant Schools Division Superintendent

Encl.: As stated  
 Reference: GAD Plan

To be indicated in the Perpetual Index  
 under the following subjects:

CELEBRATION                  HUMAN RESOURCE                  GAD                  HEALTH & WELLNESS

IDP/DM-IPOWER  
 \_\_\_/Sept. 25, 2023



Address: B.I.C. Compound, Caganga, Ozamiz City  
 Telephone No. (0885) 5409888  
 Telefax (0885) 5409890  
 Email Address: ozamizcity@depedbohol.ph





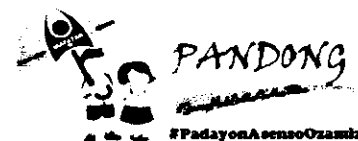
Republic of the Philippines  
**Department of Education**  
REGION X - NORTHERN MINDANAO  
**SCHOOLS DIVISION OF OZAMIZ CITY**

**Enclosure No. 1. List of Participants**

| <b>YELLOW TEAM</b> |  |            |                             |
|--------------------|--|------------|-----------------------------|
| <b>No.</b>         | <b>Name</b>                                    | <b>Sex</b> | <b>Position/Designation</b> |
| 1                  | Gacasan, Anaclea A. - <b>Team Leader</b>       | F          | Chief ES-CID                |
| 2                  | Rupinta, Eulalio S. - <b>Asst. Team Leader</b> | M          | EPS                         |
| 3                  | Maribojoc, Angelita M.                         | F          | EPS                         |
| 4                  | Araniego, Federico B. Jr.                      | M          | EPS                         |
| 5                  | Tatoy, Letecia D.                              | F          | EPS                         |
| 6                  | Barola, Menerva D.                             | F          | PSDS                        |
| 7                  | Aninao, Desi G.                                | M          | PDO 2                       |
| 8                  | Villarubia, Rowell C                           | M          | EPS                         |
| 9                  | Rosario, Anne Soraida G.                       | F          | Nurse 2                     |
| 10                 | Bendiola, Ivy C.                               | F          | ADA VI                      |
| 11                 | Barbadillo, Anna Pearl B.                      | F          | ADA IV                      |
| 12                 | Moreno, Precioso, Jr. J.                       | M          | Security Guard              |
| 13                 | Saquin, Adda Liza J.                           | F          | AO IV                       |
| 14                 | Gacasan, Ruby Jane R.                          | F          | ADAS III                    |
| 15                 | Anino, Stephen S.                              | M          | ADAS III                    |
| 16                 | Abcede, Lorena G.                              | F          | ADA VI                      |
| 17                 | Galay, Sharon Z.                               | F          | AO II                       |
| 18                 | Cabual, Ivy J.                                 | F          | AO V                        |
| 19                 | Aquino, Rodnie M.                              | M          | ADAS III                    |
| 20                 | Fabriga, Robeth Wilbur M.                      | F          | ADAS III                    |
| 21                 | Saguin, Cherely E.                             | F          | ADAS III                    |
| 22                 | Macas, Heide M.                                | F          | ADAS II                     |
| 23                 | Orano, Kristine P.                             | F          | ADAS II                     |
| 24                 | Yoldan, Abegail M.                             | F          | AO II                       |
| 25                 | Ylanan, April Rose R.                          | F          | AO II                       |
| 26                 | Guangco, Maria Elena E.                        | F          | AO II                       |
| <b>GREEN TEAM</b>  |  |            |                             |
| 1                  | Yting, Dorothy Joy B. - <b>Team Leader</b>     | F          | AO V                        |
| 2                  | Mendoza, Milagros Z.                           | F          | PSDS                        |
| 3                  | Veloso, Ian Francis E.                         | M          | PSDS                        |
| 4                  | Gongob, Giezel C.                              | F          | PSDS                        |
| 5                  | Macas, Selina O.                               | F          | PSDS                        |
| 6                  | Aclao, Joel T.                                 | M          | PSDS                        |
| 7                  | Baybado, Gladys L                              | F          | ADA VI                      |
| 8                  | Lato, Rosalyn M.                               | F          | SEPS                        |
| 9                  | Abucay, Ell June S.                            | M          | Planning Officer III        |
| 10                 | Canastra, Dennis M                             | M          | ADAS III                    |
| 11                 | Ochate, Alicia A.                              | F          | ADAS III                    |
| 12                 | Velayo, Richefel P.                            | F          | ADA I                       |



Address: IBJT Compound, Carangan, Ozamiz City  
Telephone No: (088) 545-09-88  
Telefax: (088) 545-09-90  
Email Address: ozamiz.city@deped.gov.ph





Republic of the Philippines  
**Department of Education**  
 REGION X – NORTHERN MINDANAO  
**SCHOOLS DIVISION OF OZAMIZ CITY**

|                  |   |   |                     |
|------------------|---|---|---------------------|
| 13               | Llanos, Rene Jay C.                           | M | Security Guard      |
| 14               | Marigomen, Victorio C., Jr.                   | M | AO-IV               |
| 15               | Pagador, Teresita L.                          | F | ADAS III            |
| 16               | Moreno, Loiue J.                              | M | ADAS III            |
| 17               | Ada, Gerfe M.                                 | F | ADAS-III            |
| 18               | Sebarios, Nellie P.                           | F | ADAS III            |
| 19               | Magadan, Roselyn M.                           | F | ADAS III            |
| 20               | Sayson, Adrian L.                             | F | AO II               |
| 21               | Bolanio, April Joy G.                         | F | AO II               |
| 22               | Digal, Glaiza F.                              | F | AO II               |
| 23               | Ostia, Jelyn B.                               | F | AO II               |
| 24               | Guangco, Jene S.                              | F | AO II               |
| 25               | Hermosisima, Joar G.                          | M | AO II               |
| <b>Red Team</b>  |   |   |                     |
| 1                | Avila, Maricel D. – <b>Team Leader</b>        | F | Accountant III      |
| 2                | Coronel, Jed Mae F.                           | F | EPS I               |
| 3                | Luy, Luisander C.                             | M | EPS I               |
| 4                | Engracia, Anelyn G.                           | F | PSDS                |
| 5                | Faciol, Roselyn A.                            | F | EPS II (ALS)        |
| 6                | Manili, Mary Ann Grace J.                     | F | Librarian II        |
| 7                | Paderanga, Alice Fe C.                        | F | Medical Officer III |
| 8                | Carolino, Jeanlei L.                          | F | EPS II              |
| 9                | Anteola, Ernesto C., Jr.                      | M | Dentist II          |
| 10               | Nobleza, Elmer D.                             | M | ADA IV - Driver     |
| 11               | Manuel, Ethel R.                              | F | ADA VI              |
| 12               | Ramayrat, Dinalyn A.                          | F | ADAS III            |
| 13               | Sonogan, Gee B.                               | F | ADAS III            |
| 14               | Zabala, Vincent Sheldon A.                    | M | Attorney III        |
| 15               | Baguio, Charity O.                            | F | ADAS III            |
| 16               | Pabotoy, Milfred A.                           | M | ADAS II             |
| 17               | Dagaas, Claire Marie V.                       | F | ADAS III            |
| 18               | Culminas, Lizcel C.                           | F | ADAS II             |
| 19               | Guangco, Carmel G.                            | F | ADAS II             |
| 20               | Dimaano, Leony A.                             | F | ADAS II             |
| 21               | Gerondio, Analyn P.                           | F | AO II               |
| 22               | Macasarte, Richard M.                         | M | AO II               |
| 23               | Bagaloyos, Cesar C.                           | M | Dentist II          |
| 24               | Libor, Jeffrey S.                             | M | ADAS III            |
| <b>Blue Team</b> |   |   |                     |
| 1                | Liwagon, Dionesio L. Jr. – <b>Team Leader</b> | M | ASDS                |
| 2                | Edullantes, May P. – <b>Asst. Team Leader</b> | F | EPS                 |
| 3                | Pongase, Imelda D.                            | F | EPS I               |
| 4                | Abapo, Rose Mary R.                           | F | EPS I               |



Address: IBJT Compound, Carangan, Ozamiz City  
 Telephone No: (088) 545-09-88  
 Telefax: (088) 545-09-90  
 Email Address: ozamiz.city@deped.gov.ph

**DepED**  
**MATATAG**



**PANDONG**

#PadayonAscensoOzamiz



Republic of the Philippines  
**Department of Education**  
REGION X - NORTHERN MINDANAO  
**SCHOOLS DIVISION OF OZAMIZ CITY**

|    |                            |   |              |
|----|----------------------------|---|--------------|
| 5  | Sumondong, Fernando D.     | M | PSDS         |
| 6  | Lomocso, Mary Jane L.      | F | EPS II (ALS) |
| 7  | Guangco, Johnnel A.        | M | EPS I        |
| 8  | Jumawid, Adelfa S.         | F | ADA VI       |
| 9  | Tirol, Arlene L            | F | AO IV        |
| 10 | Laroya, Joffy Sandrey O.   | M | ADA VI       |
| 11 | Pelaez, Kristine P.        | F | ADAS III     |
| 12 | Decipulo, Maita Shane P.   | F | ADA VI       |
| 13 | Ostia, Elsie E.            | F | AO IV        |
| 14 | Catedral, Regie A          | M | ITO I        |
| 15 | Gomonit, Mary Grace P.     | F | AO II        |
| 16 | Pranciliso, Julie G.       | F | ADAS III     |
| 17 | Navarez, Claudia Faith B.  | F | ADAS III     |
| 18 | Ochate, Marry Jane R.      | F | ADAS III     |
| 19 | Balandra, Ralph Bernard S. | M | ADAS II      |
| 20 | Siso, John Rey B.          | M | ADAS I       |
| 21 | Gulang, Faith              | F | Job Order    |
| 22 | Aviso, Jonaly A.           | F | ADAS III     |
| 23 | Mamawe, Roldan S.          | M | ADAS III     |
| 24 | Gayatin, Jaranill S.       | F | ADAS II      |
| 25 | Mamawe, Daisy S            | F | ADAS III     |



Address: IBJT Compound, Carangan, Ozamiz City  
Telephone No: (088) 545-09-88  
Telefax: (088) 545-09-90  
Email Address: ozamiz.city@deped.gov.ph



PANDONG

#PadayonAsensoOzamiz



Republic of the Philippines  
**Department of Education**  
REGION X – NORTHERN MINDANAO  
**SCHOOLS DIVISION OF OZAMIZ CITY**

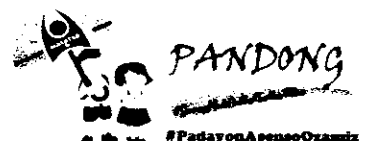
**Enclosure No. 2.** *Management and Working Committees*

**Management and Working Committees**

|   |   |
|---|---|
| Consultant                                | Nimfa R. Lago, PhD, CESO VI, SDS  |
| Chair                                     | Dionesio L. Liwagon, Jr., ASDS  |
| Co-Chairs                                 | Anaclea A. Gacasan, Chief ES, CID<br>Susan Epifania B. Carpio, Chief ES, SGOD   |
| Program/Logistics/<br>Certificates/Prizes | Imelda D. Pongase, EPS<br>Federico B. Araniego, Jr. EPS<br>Luisander C. Luy, EPS<br>Maricel D. Avila, Accountant III<br>Dorothy Joy B. Yting, AO V<br>Ivy J. Cabual, AO V<br>Mary Joy G. Doromal, SEPS – HRD<br>Jeanelei L. Carolino, EPS II – HRD<br>Desi G. Aninao, PDO II<br>Mary Ann Grace J. Manili – Librarian II   |
| QuAME                                     | Ell June S. Abucay, Planning Officer III<br>Samie B. Aso, EPS II - SMM&E  |
| Attendance<br>and Food Distribution       | <b>Green Team</b><br>Teresita L. Pagador<br>Gladys L. Baybado<br>Roselyn M. Magadan<br>Louie J. Moreno<br><br><b>Red Team</b><br>Dinalyn A. Ramayrat<br>Gee B. Sonogan<br>Ethel R. Manuel<br>Milfred A. Pabotoy<br><br><b>Blue Team</b><br>Julie G. Pranciliso<br>Jonaly A. Aviso<br>Kristine P. Pelaez<br>Joff Sandrey O. Laroya<br><br><b>Yellow Team</b><br>Ruby Jane R. Gacasan |



Address: IBJT Compound, Carangan, Ozamiz City  
Telephone No: (088) 545-09-88  
Telefax: (088) 545-09-90  
Email Address: ozamiz.city@deped.gov.ph





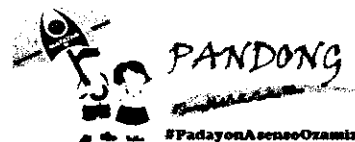
Republic of the Philippines  
**Department of Education**  
REGION X – NORTHERN MINDANAO  
**SCHOOLS DIVISION OF OZAMIZ CITY**

---

|                                       |   |
|---------------------------------------|---|
| Documentation:                        | Lorena G. Abcede<br>Sharon Z. Galay<br>Rodnie M. Aquino<br>Regie A. Catedral<br>Arphil John L. Madeja   |
| Hall Preparation<br>and Sounds System | Victorio C. Marigomen, Jr.<br>Robeth Wilbur M. Fabriga<br>Maria Elena E. Guangco<br>Richefel P. Velayo<br>Carmel G. Guangco<br>Kristine P. Pelaez |
| Laro ng Lahi/Parlor Games             | Johnnel A. Guangco<br>Joel T. Aclao<br>Jed Mae F. Coronels<br>Lourben Mae O. Lumasag<br>Imelda D. Pongase<br>Faith Gulang                         |
| Health and Safety                     | Dr. Alice Fe C. Paderanga<br>Dr. Ernesto C. Anteola, Jr.<br>Dr. Cesar C. Bagaluyos<br>Lourben Mae O. Lumasag<br>Anne Soraida G. Rosario           |
| Transportation                        | Elmer D. Nobleza<br>Rodnie M. Aquino  |
| Secretariat                           | Adda Lizza J. Saquin<br>Ivy J. Cabual<br>Arlene L. Tirol<br>Else E. Ostia   |



Address: IBJT Compound, Carangan, Ozamiz City  
Telephone No: (088) 545-09-88  
Telefax: (088) 545-09-90  
Email Address: ozamiz.city@deped.gov.ph





Republic of the Philippines  
**Department of Education**  
 REGION X - NORTHERN MINDANAO  
**SCHOOLS DIVISION OF OZAMIZ CITY**

Enclosure No. 3 – Matrix of Activities

**MATRIX OF ACTIVITIES**

September 28-29, 2023

@

C Resort, Libertad, Misamis Oriental

**Conduct of IPOWER**

(Intensifying the Promotion of Overall Wellness  
 through Exercise and Recreation)

| Day/Time                  | Activity  |
|---------------------------|---|
| <b>September 28, 2023</b> |   |
| 12:30 p.m.                | Departure   |
| 3:00 p.m. – 4:30 p.m.     | Arrival/Settling Down   |
| 4:30 p.m. – 10:00 p.m.    | <p><b>Program</b></p> <p>I. Opening<br/>           *Prayer – Sammy B. Aso, EPS 2<br/>           *National Anthem-Selina O. Macas, PSDS<br/>           *Opening Remarks – Eulalio S. Rupinta, EPS<br/>           *Presentation of Participants – Jeanelei L. Carolino, EPS 2</p> <p>II. Talk 1 – Health, Wellness and Values Enhancement – Dr. Alice Fe C. Paderanga Medical Officer III</p> <p>III. Dinner</p> <p>IV. Contest Proper<br/>           *Cheer Dance<br/>           *Parlor Game<br/>           *Quartet<br/>           *Proclamation of Winners</p> <p>V. Socials</p> <p style="text-align: right;">Program Host: Federico B. Araniego, Jr.<br/>           EPS - English</p> |
| <b>September 29, 2023</b> |   |
| 6:00 a.m. – 7:00 a.m.     | Breakfast   |
| 8:00 a.m. – 9:00 a.m.     | Talk 2 – Gender Fair Language – Imelda D. Pongase<br>GAD Focal Person   |
| 9:00 a.m. – 11:00 a.m.    | <p>Laro ng Lahi<br/>           Parlor Games<br/>           Closing Program<br/>           *Makabayan Song<br/>           *Awarding of Prizes</p> <p style="text-align: right;">Program Host: Federico B. Araniego, Jr.<br/>           EPS - English</p>   |
| 11:00 a.m. – 12:00 noon   | Lunch   |
| 1:00 p.m. – 5:00 p.m.     | Home Sweet Home   |



Address: IBJT Compound, Carangan, Ozamiz City  
 Telephone No: (088) 545-09-88  
 Telefax: (088) 545-09-90  
 Email Address: ozamiz.city@deped.gov.ph

