



Republic of the Philippines
Department of Education
Region X
DIVISION OF MISAMIS ORIENTAL
Velez St., Cagayan de Oro City



Division Memorandum
No. 147 Series, 2016

TO: ALUBIJID NCHS
INITAO NHS
LAGUINDINGAN NHS
LIBERTAD NHS
LUGAIT NHS
MANTICAO NHS
MAT-I NHS
OPOL NHS
MOLUGAN NHS
PAGAWAN NHS


FROM: **CHERRY MAE L. LIMBACO, PhD., CESO V**
Schools Division Superintendent

DATE: April 21, 2016

RE: **YOUTH LEADERSHIP PROGRAM IN COORDINATION WITH THE YOUNG MEN CHRISTIAN ASSOCIATION (YMCA) AND PHILIPPINE MENTAL HEALTH ASSOCIATION (PMHA)**

1. As part of Misamis Oriental -1 Rural Electric Service Cooperative, Inc.'s (MORESCO-1) thrust towards Social Responsibility which is also a core value of the Cooperative, in coordination with the Young Men Christian Association (YMCA) –CDO and the Philippine Mental Health Association (PMHA) – CDO would like to hold a Youth Leadership Program of which will be on **April 28-30, 2016 (Thursday to Saturday)** at YMCA Bldng., Julio Pacana, Cagayan de Oro City among the public National High Schools mentioned above.
2. Three students (3) with their respective Adviser or Moderator (1) from their Supreme Student Government (SSG) would be invited to join this 3-day and stay in seminar for each aforementioned school.
3. The aim of this program is to primarily help in guiding and molding the youth to be effective and efficient leaders as MORESCO-1 believes that they will not only be the future of the Cooperative but more so of the country.
4. Attached herewith are the registration form for students and the Parents/Guardians Consent Request Form and the respective profiles of the

Organizations (MORESCO-1, YMCA and PMHA) that will organize and implement this program.

5. Immediate Dissemination of this Memorandum is desired

CLL/sgod_vtt

Dr. Tuason



Republic of the Philippines
Department of Education
REGION X - NORTHERN MINDANAO
Zone 1 Upper Baluhang
Cagayan de Oro City



Telephone No.: (088) 880-7072, 880-7071, 880-2087 Telefax No.: (08822) 72-26-51

1ST Indorsement
April 12, 2016

DepEd
Cagayan de Oro City

12
24/16

Respectfully referred to **CHERRY MAY L. LIMBACO, Ph.D.**, Schools Division Superintendent, Division of Misamis Oriental, Velez St., Cagayan de Oro City the herein letter from **JULIE B. REAL, PEE** General Manager, Misamis Oriental Rural Electric Service Cooperative, Inc. (MORESCO-1), **GONZALO J. GESTA**, President, Young Men Christian Association (YMCA)-CDO and **GRACE MONSANTO**, Chairperson, Philippine Mental Health Association (PMHA)-CDO inviting three (3) students with their respective Adviser or Moderator (1) of their Supreme Student Government of the following public National High Schools (NHS) Schools in that Division to attend the **Youth Leadership Program** on April 28-30, 2016 at YMCA Bldg., Julio Pacana, Cagayan de Oro City to wit:

1. Alubijid NCHS
2. Initao NHS
3. Laguindingan NHS
4. Libertad NHS
5. Lugait NHS
6. Manticao NHS
7. Mat-I NHS
8. Opol NHS

For information and appropriate action.

for: *[Signature]*
ALLAN G. FARNAZO
Regional Director

Incl. Registration form (For Students)
Parent's/Guardian's Consent Request Form (For Students)

ESSD/NDS



P-13742

13 April 2016

DR. ALLAN G. FARNAZO, CESO IV
Regional Director,
Department of Education - Region X
Cagayan de Oro City

DepEd - X
Cagayan de Oro City

11:17
2016

[Handwritten signature]

Dear Dr. Farnazo,

Good day!

In order to accommodate the public National High Schools within MORESCO-1's coverage area, we would like to make minor changes with regards to the schools that we will be inviting for our upcoming Youth Leadership Program in coordination with the Young Men Christian Association (YMCA) and Philippine Mental Health Association (PMHA). **Instead of only 10 schools, we would like to make it to 11 public National High Schools within our coverage area.** Below is the list of schools:

- Lugait NHS
- Manticao NHS
- Mat-I NHS
- Initao NHS
- Libertad NHS
- Laguindingan NHS
- Alubijid NCHS
- Molugan NHS
- Opol NHS
- Canitoan NHS
- Talakag NHS

Moreover, instead of four (4) students per school, we will be reducing it to three (3) students per school, still with their respective one (1) adviser or moderator per school. This is to ensure that the crowd that we will be gathering for the said program is manageable and is within the 50 participants that is the maximum crowd of which the training module will still be effective and conducive for them.

We apologize for these changes and we continue to look forward to your support regarding this endeavour. Thank you very much.

Noted and Approved by:

[Signature]
JULIE B. REAL, PEE
General Manager
MORESCO-1

[Signature]
GONZALO J. GESTA
President
YMCA - CDO

[Signature]
GRACE B. MONSANTO
Chairperson
PMHA - CDO Chapter

0905 6100 396

KASHHERETTE AMANDAC - 880 - 2217



REGISTRATION FORM (for Moderators)

**Empowering the Next Generation: Benchmarking the Traces of the Future
Youth Training Program
April 28-30, 2016 (Thursday-Saturday)**

Name: _____ Age: _____

Date of Birth: _____

Address: _____

Contact No.: _____

Email Address: _____

School: _____

Contact Person _____

Contact No.: _____

Signature over Printed Name

Date



REGISTRATION FORM (for Students)

**Empowering the Next Generation: Benchmarking the Traces of the Future
Youth Training Program
April 28-30, 2016 (Thursday-Saturday)**

Name: _____ Age: _____

Date of Birth: _____

Address: _____

Contact No.: _____

Email Address: _____

School: _____

Contact Person _____

Contact No.: _____

Signature over Printed Name

Date



PARENT'S/ GUARDIAN'S CONSENT REQUEST FORM
(For students)

NAME: _____

ADDRESS: _____

NAME OF SCHOOL: _____

YEAR/GRADE & SECTION: _____

TO WHOM IT MAY CONCERN:

This is to certify that I allowed my son/daughter (named above) to join the Youth Training Program entitled **Empowering the Next Generation: Benchmarking the Traces of the Future** conducted by MORESCO-1, PMHA-CDO and YMCA-CDO this coming April 28-30, 2016 (Thursday-Saturday) at YMCA Building, Julio Pacana St., Cagayan de Oro City.

NAME and SIGNATURE of STUDENT

NAME and SIGNATURE of PARENT

STUDENT WAIVER

I, _____ (name) presently enrolled in _____ (year & section) present myself to join the _____ and do hereby pledge that:

1. I will obey and abide the rules and regulations promulgated, enforced by the organizers for the protection and safety of all;

2. That I hereby waive and renounce my rights to all damages, hospitalization, and the like and I will not hold the staff of the organizing agencies responsible for any misfortune, injury, or accident be slight or serious, that may happen in connection with the activities. The cause of which will be attributable to the acts of my disobedience, negligence, and the offense of my heading to advice, warning, precaution, and safety rules that were read to me by the facilitators before the start of the activity. That the content of this waiver was read and explained to me before I affix my name and signature this _____ day of _____ freely and voluntarily.

Thank you very much!

Yours truly,

Name of Student

APPROVED:

Name of Parent/ Guardian

NOTE: The organizers will be responsible of the safety and welfare of the participants throughout the whole activity. Rest assured that they will stay inside the premises of the YMCA Building. However, the safety and welfare of the participant prior to the arrival and upon departure from the venue will be the sole responsibility of the participant himself.

The following were subsequently elected as Presidents;

Mr. Sotico L. Calejesan - 1974 - 1977
 Mr. Gaudencio Pacia - 1978
 Dr., Alfredo A. Pedrajas - 1979
 Atty. Ronald Yap - 1980
 Mr. Sotico L. Calejesan - 1981
 Mr. Ramon P. Velez - 1982
 Atty. Rufus B. Rodriguez - 1983
 Judge Ricardo P. Galvez - 1984 - 1985
 Judge Cesar M. Ybanez - 1986
 Judge Ricardo P. Galvez - 1987 - 1988
 Atty. Cesilo A. Adaza - part of 1988
 1989 - 1992
 1993
 Atty. Henry J. Bacal - 1994 - 1995
 Mr. Adrian C. Pabayo - 1996 - 1998
 Cong. Constantino G. Jaraula - 1999 - 2000
 Judge Maximo G.W. Paderanga - 2001 - 2002
 Atty. Arturo C. Ubaub - 2003 - 2005
 Atty. Alvin R. Calingin - 2006
 Judge Maximo G.W. Paderanga - 2007
 Atty. Adrian L. Barba - 2008 - 2009
 Atty. Rodolfo D. Uy - 2010 - 2011
 Mr. George S. Goking - 2012
 Mr. Agapito S. Suan, Jr. - 2013
 Commissioner. Proculo T. Sarmen - 2014
 Mr. Alfonso N. Martinez - 2015
 Judge Dennis Z. Alcantar - 2016
 Mr. Gonzalo J. Gesta

2016 Board

President - Mr. Gonzalo J. Gesta
 1st Vice President - Mr. Rogelio W. Go
 2nd Vice President - Atty. Zoilo Antonio G. Velez
 Corporate Secretary - Judge Sabrina B. Lagamon
 Asst. Corporate Secretary - Atty. Conchito J. Oclarit
 Treasurer - PB Gilda O. Go
 Asst. Treasurer - Msgr. Elmer S. Abacahin
 Auditor - Arch. Richard J. Tan
 Directors - Atty. Alphon R. Lagamon
 - Atty. Noel S. Beja
 - Rev. Prudencio T. Plaza Jr.
 - Mr. Celso M. Balat
 - Miss Olive Adrienne G. Barba
 - Mr. Eidan Paul L. Gesta
 - Miss Rogelyn D. Razon
 - Sol Marie C. Ucab

Youth Directors

General Secretary

BE PART OF THIS WORLDWIDE FAMILY

Membership is open to all persons regardless of age, sex, race, color or religion who are of good moral character and who subscribe to the purposes of the Association.

A YMCA membership makes you part of one of the largest fellowships in the world. You become a member of one of the largest and oldest international movements.

VOLUNTEER A FEW HOURS OF YOUR TIME

The YMCA is and has always been a voluntary organization. We invite you to take active part in the different activities and programs of the YMCA. Be a resource speaker and facilitator in our leadership programs, counselor in our camps, fund raiser or a committee member.

REWARDS OF VOLUNTEER SERVICES

1. Opportunity to serve the community.
2. Personal satisfaction that you have helped other people.
3. Meet new friends.
4. Be in communion/fellowship with people who have the same desire of helping others.
5. Participate in activities you will truly enjoy.
6. Enhance your leadership potential and develop your hidden talents and skills.
7. Enjoy the camaraderie and friendship of other Y'ers.
8. Opportunity to share your talents and skills with the organization.



Cagayan de Oro YMCA, Inc.

91 Julio Pacana Street
 Cagayan de Oro City



**Be a Y'er
 now!**

For more information, please contact

The General Secretary
Cagayan de Oro YMCA, Inc.
 #91 Julio Pacana Street
 Cagayan de Oro City
 Telephone Number: (088) 856-9624 / 323-1978
 Email: cdoymca@gmail.com

MISSION STATEMENT

1. To develop a well-balanced Christian Personality, mission in life and usefulness of individuals, as well as to promote unity among all peoples of faiths, to the end that the Brotherhood of Man under the Fatherhood of God may be fostered in an atmosphere of mutual respect and tolerance.
2. To promote on equal basis the physical, mental, social and spiritual welfare of the youth, and to emphasize reverence for God, social discipline, responsibility for the common good, respect for human dignity, and the observance of the Golden Rule.
3. To encourage members of the Young Men's Christian Association to participate loyally in the life of their respective churches to bring these churches closer together, and to participate in the effort to realize the Church Universal.
4. To undertake and sponsor programs and activities in pursuance of the purposes and objectives of the Young Men's Christian Association.

VISION

"To be a dynamic Christ-centered ecumenical movement committed to the holistic development of community towards the fulfillment of God's reign on earth

YMCA Briefly

- Founded by Sir George Williams, in London, England, on June 6, 1844
- Started with 12 young men and now it has over 30 million active members worldwide.
- A Global Movement operating in 120 countries with 25,000 professional staff and 1 million volunteer leaders.
- Engage in camping, hostel operation, refugee relief work, youth and adult programs, Sports, recreation, rural and urban work, family programs, leadership skills training and development, environment, ecology and disaster preparedness, community organization and development, cooperatives, social advocacy, lifestyle and gender issues, value formation, youth empowerment, interplanary studies, literacy and pre-school initiatives.

- Organized the first Boy Scout troops in the Philippines.
- Invented basketball and volleyball.
- Started in the Philippines in 1898 and incorporated as an indigenous movement on November 10, 1911.
- Introduced the first Night Schools.
- Introduced the first English Law School in Manila which later became the College of Law of the University of the Philippines.
- Organized the first basketball league and inter-commercial athletic meet in Manila in 1912. It also organized the Far East Games, which later became the Asian Games.
- Build the first gymnasium and swimming pool for Filipinos in 1914.
- Organized the Conference Delegates Association and Rizal Youth Leadership Training Institute Foundation in 1962 for the young leaders to follow the strong convictions and commitment to the ideals of the national hero, Dr. Jose P. Rizal.
- Today, the YMCA of the Philippines is a federation of regular and associate Member Association in 35 key cities and provinces with about 500,000 members and participants, 5,000 volunteer leaders and 50 professional staff.
- Most of these YMCAs have buildings and facilities to serve their members and the communities.
- The YMCA of the Philippines is affiliated with the Asia and Pacific Alliance of YMCAs (APAY) based in Hongkong and the World Alliance of YMCAs (WAY) in Geneva, Switzerland and is in network and cooperation with several NGOs and PVOs with allied purposes.

THE YMCA OF MISAMIS ORIENTAL

The seeds of the YMCA idea first came to Cagayan de Oro sometime in 1962 thru Maj. Patrocinio Destajo of the YMCA of Manila, with the help of Mr. Magellan F. Cataylo of this city. Held conferences with some friends of the latter and discussed about the YMCA Movement, particularly its purposes and projects for youth training and development. This meeting was concluded with Maj. Destajo's suggestion that the group consider the possibility of organizing a YMCA in this city.

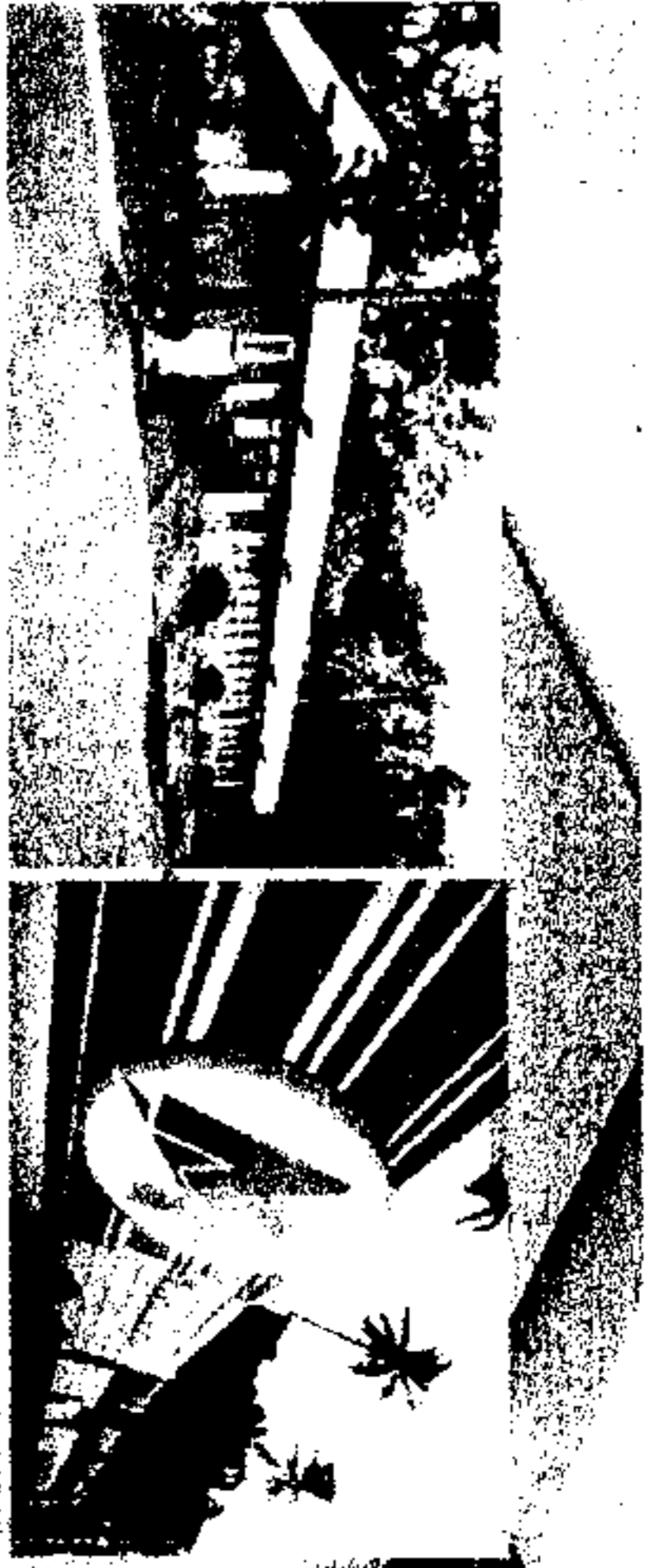
Beyond the formation of the YMCA concept in the minds of those who talked with Maj. Destajo, nothing concrete happened immediately after the conference and the year following. But in 1964, the YMCA of the Philippines sent to Cagayan de Oro Mr. Wennie Cruz to spearhead the next phase of the organizational effort. Involved in this task

beside Mr. Cruz, were local civic leaders among whom were: Atty. Valeriano Arellano, Dr. Conrado V. Quemada, Jr., Mr. Eliseo Espinola, Mr. Rudy Jabay, Mr. Paterno Velez, Mr. Sotico L. Calejesan, Atty. Pablo S. Reyes and others. The result of the effort of these gentlemen was the organization of the Y's Men's Club of Cagayan de Oro. The officers of this organization led by Atty. Arellano, its first President, were inducted the same year.

Three years after the Y's Men's Club was organized in 1964, the YMCA of the Philippines sent to this City Mr. Edilberto "Mac" Abentino, one of its ablest secretaries, to organize the YMCA of Misamis Oriental.

The choice of the man was a very wise and correct one. The timing was likewise good. And so it came to pass that on September 16, 1967, a group of fifteen civic leaders of Cagayan de Oro City representing various segments of the community met for the first time at the residence of Mr. and Mrs. Kishna J. Dadlani, an active civic leader and an Indian businessman of the city, to organize formally the First Board of Management of the Misamis Oriental Branch of YMCA of the Philippines and elected the first set of Officers of the Association. Thus, during this historic gathering of a truly ecumenical group in a non-Christian home, the YMCA of Misamis Oriental was born.

Composing the first members of the Board of Management who were installed on September 30, 1967 were the following: Gen. Manuel D. Mandac (Ret.) Chairman; Atty. Pablo S. Reyes, Vice-Chairman; Mr. Sotico L. Calejesan, Recording Secretary; Mr. Rodolfo S. Jabay, Treasurer; Mr. Paterno Velez, Assistant Treasurer; Mr. Eliseo Espinola, Auditor and members of the Board were: Atty. Valeriano D. Arellano, Jr., Engr. Camilo V. Chavez, Mr. Lino Chan, Mr. Kishna J. Dadlani, Atty. Isidro Nery, Dr. Conrado V. Quemada, Jr., Mr. Manuel Roa, Jr., Mr. Esteban C. Sarmiento and Mr. Antonio Valoria, Mr. Edilberto R. Abentino then became the first Executive Secretary for Misamis Oriental YMCA Branch. Gen. Mandac continued to serve as Chairman and then as President up to 1973



OUR COMPANY

MORESCO-1 is the pioneer Electric Cooperative in the Philippines established in 1968. A non-stock, non-profit entity to power the countryside.

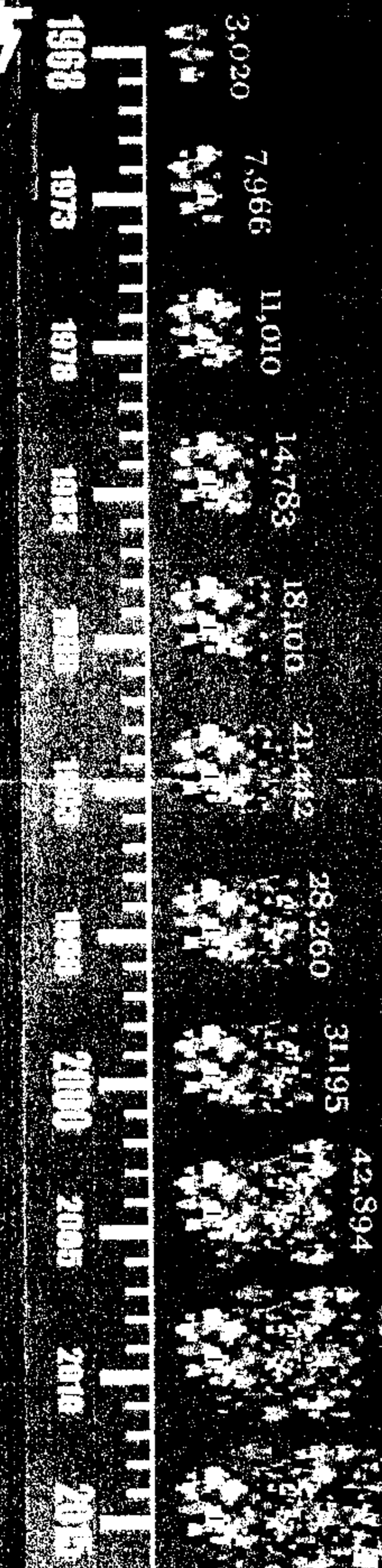
MORESCO-1, as a Distribution Utility (DU), is recognized as one of the top performers among Electric Cooperatives (ECs) by National Electrification Administration (NEA), a government body that supervises the ECs in the country. MORESCO-1 is a consistent NEA Grand Diamond Awardee since 2010.

OUR COMMITMENT

Building long-term relationship with our stakeholders is one thing **MORESCO-1** strongly believes in and we go to great lengths to ensure we add value to your business.

Our services extend beyond providing electricity. We offer technical assistance such as power quality assessment, preventive maintenance, safety assessment, transformer rentals, and metering.

MEMBER CONSUMERS GROWTH SINCE 1968



HOW TO GET YOU CONNECTED?

START

M-1 to prepare for the conduct of location inspection

SERVICE CONNECTION PROCEDURE

Applicant to submit complete requirements to CWO

Applicant to secure location inspection report

Applicant to prepare for the conduct of location inspection

M-1 to prepare for the conduct of location inspection

KALAYAAN RADIO PROGRAM SCHEDULES

PAYING STATIONS

- Aim Coop Lugail
- Inilao District
- Rural Bank Gliguum
- Rural Bank El Salvador
- Planters Bank CDO
- Naovan District
- Liboradi District
- Aluhijid District
- UCPI Bulua
- Canloan CDO

CENTRAL: LAGUNGINGAN
Coverage Areas: El Salvador, Minalap, Laguningin, Caramoran, Libertad, Address: Nicasio Highway, Padbaran, Laguningin, Misamis Oriental
Tel Nos: (09) 581029, (09) 581028

WEST: MANTICAO
Coverage Areas: Loraudo, Opol, Libertad, Mantico, Nasaan, Mantico, Lapa, Hurlanga, Igeon
Address: P. Paulino S., Park 10, Padbaran, Mantico, Misamis Oriental
Tel Nos: (09) 5855702, (09) 5855701

EAST: OPOI
Coverage Areas: El Salvador, Opol, CDO, Elpor, Caramoran, San Antonio, Pangasinan, Padbaran
Address: P. Monte S., Padbaran, Opol, Misamis Oriental
Tel Nos: (09) 5855740, (09) 5855749

SOUTH: TALAKAG
Coverage Areas: General Quezon, Duran, Marikina, Laguningin, Padbaran, Igeon, Palawan, Bagong, Legaspi, Talapukan, Baguio, P. Bangayon, El Salvador, Padbaran, Caramoran, Opol, Mantico, Misamis Oriental
Address: Padbaran, Talakag, Misamis Oriental
Tel Nos: (09) 5855702, (09) 5855701

LIST OF REQUIREMENTS

REGULAR	BIG LOADS
1. Pre-membership Seminar	1. Pre-membership Seminar
2. Location Inspection Report	2. Electrical Plan
3. Connection Order	3. Connection Order
4. Electrical Plan	4. Valid ID: Any Government-issued ID
5. Valid ID: Any Government-issued ID	5. Business Registration: SEC Registration
6. Right-of-way easements	• Articles of Incorporation
	• Business Permit
	6. Right-of-way easements

Upon advise that service entrance and house wiring are ready

Call Text MORESCO-1 or call meter base # installed

TURN ON WITHIN 48 HOURS

24/7

Applicant to submit complete requirements to CWO

Applicant to secure location inspection report

Applicant to prepare for the conduct of location inspection

M-1 to prepare for the conduct of location inspection

0920-9558560 (Smart)
0917-3288560 (Globe)
0922-8558560 (Sun)

facebook.com/moresco.one
office@hhegm@moresco1.com
www.moresco1.com



Mental health is...

A balance of all aspects of life -- physical, emotional, social and spiritual.

Mental health is not just the absence of mental disorders.

It is a state of well-being every individual realizes his/her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make contribution to his/her community.

The ability to deal effectively and efficiently with one's self with others and to take life with its blessings and its problems.

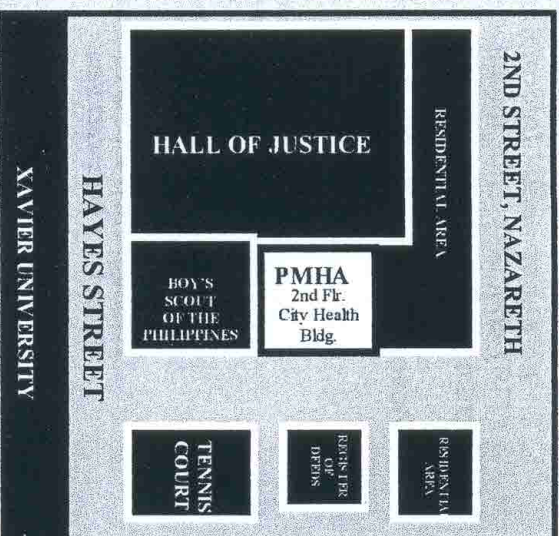
The extent of your participation in any endeavor will give you the real condition of your...
MENTAL HEALTH.

- World Health Organization, 2007

- A mentally healthy person....
- has a positive self-image
- is resilient
- is productive and creative
- has a sense of purpose.

VISIT US NOW!

PHILIPPINE MENTAL HEALTH ASSOCIATION
2ND FLR. CITY HEALTH BUILDING
CAGAYAN DE ORO CITY



OR CALL US:

Tel No.: (089) 880-2257

E-mail: pmha.cagayandeor0@gmail.com

09272764992

09056100396

MARY KRIS L. GEBE
Program Officer

Facebook Account:
+Philippine Mental Health Association



Support the
Philippine Mental
Health Association

PHILIPPINE MENTAL HEALTH ASSOCIATION



The **Philippine Mental Health Association** is a private, non-stock, non-government organization dedicated to the promotion of mental health and prevention of mental disorders.

VISION

The Filipino people with the highest level of mental health.

MISSION

To promote the advancement of mental health through advocacy, education, prevention and best practice interventions for the Filipino people.

GOALS

To promote mental health and prevent mental health disorders through advocacy, education and information dissemination, and capability building;

To provide best practice interventions for assessment, treatment and rehabilitation that are multi-disciplinary, family-focused and community-based;

To promote the conduct of research in mental health that will serve as basis for policy and program development; and

To collaborate and build alliances with government and non-government organization, local and international for the advancement of mental health.

PMHA Cagayan de Oro Chapter Programs and Services

I. Education and Information Services (EIS) conducts educational seminars and training programs like;

Advocates mental health through:

- A. Conferences, Seminar-workshop, Lectures
- B. School-based mental health clubs
 - ◊ YOUTH LIFE ENRICHMENT PROGRAM (YLEP)
 - Lusog Isping Kabataan (LINK)
 - Progressive Youth Association on Mental Health (PYAMH)
- C. Creative Approach to Parenting (CAP)
- D. Print and Broadcast Media

II. Clinical and Diagnostic Services (CDS)

- a. Counseling and Psychotherapy (Appointment Basis)

Membership

Membership is open to all individuals and entities who are willing to support the mental health movement.

Privileges of a member are as follows:

- Invitation to different mental health activities like National Mental Health Week (NMHW) Conference, seminar-workshops, lectures and professional in-service trainings.
- Free subscription of PMHA Focus Newsletter and PMHA Brochures on Mental Health
- May be invited to become a member of PMHA's Board of Management or a Resource Speaker.

No. _____

Dear Sir/Madam:

- Corporate Php 100,000.00 (5 years)
 Life (Individual) Php 3,000.00
 Sustaining (Insti.)Php 3,000.00

I shall be glad to be a regular

- Professional Php 200.00
 Student Php 50.00
 Junior Php 10.00

Of the PMHA for the cause of mental health in the country. Enclosed please find Php _____ as payment for my membership fee for the year 20_____.

Name in Print _____ Signature _____

Complete Address _____

O. R. No.: _____
 Date Issued: _____
 School/Institution: _____

THANK YOU FOR YOUR SUPPORT!