

# Arête



Issue 2 | Philippine Olympians Association, October 2018

## *New edition of Arête!*

Welcome to our 2<sup>nd</sup> issue of the Arête newsletter, the official Newsletter of the Philippine Olympians Association. The release of this newsletter comes exactly 5 years after our maiden issue, something we are not proud of, yet share in the hopes that as we commit to a yearly if not bi-yearly production, we will be accountable to you.

The POA board desires to be an active and effective group, supporting the Olympic movement and ideals, providing fellowship and when possible, additional benefits for our fellow Filipino Olympians, using our platform to be an influence for good in our community. Communication has already been made with the POC to further our ties with them, an integral partner in all our efforts. ... continued on the next page.

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# Welcome Messages

Fellow Olympians,

Last August, the POA had a send-off for our fellow Athletes before the Asian Games in Indonesia. I urged our contingent to “LABAN, Filipinos” regardless of the result, our fellow Athletes did “LABAN” and so, let us continue striving and competing to be the best, as an Olympian is the best in his or her sports.

Best wishes,

Rafael “Paing” G. Hechanova OLY  
POA Chairman  
1952 Olympian - Basketball

The Philippine Olympians Association has always been a source of inspiration and motivation not only for our athletes, but also for everyone involved in the Olympic movement in the country.

The re-LAUNCH of the POA Newsletter ARETE is therefore a welcome and commendable development. We all need the collective wisdom, experience and insights of our Philippine Olympians.

I wish the POA, its officials and members and ARETE a long and productive life. Please let me know how the Philippine Olympic Committee may be of assistance.

Mabuhay and Atletang Pilipino!

Yours in Sport,  
Ricky P. Vargas  
POC President



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As many of you are already aware, the POA was founded in 2002 by our former POA President Arturo Macapagal who had passed on last August 2015. Since then I have taken on the helm as POA President, along with our board members: Ral Rosario (Sec Gen), Stephen Fernandez (Treasurer), Monsour del Rosario, Roel Velasco, Jenny Guerrero, Jethro Dionisio, Ramon Aldea and our ever supportive Chairman Tito Paing Hechanova. All of whom deserve an “OLY” at the end of their names, which I have omitted for brevity sake. I hope all our Olympians have signed up (if not already) with the WOA for this post-nominal use, as our participation in the Olympic Games is something I know we all cherish, and also signifies our “ongoing role in society as an Olympian, living and promoting the Olympic values.”

Fellow Olympians, I hope you will appreciate all that is included here. We welcome your involvement, ideas, articles and input, and sincerely hope we will see more of you in our future events! God bless you.

Akiko Thomson OLY  
POA President

Excellence. Reaching the full potential. Fulfilling a purpose. Arete.

It is an honor to be part of this new Arete Newsletter issue.

Reaching the Olympics is the height of progression in one’s athletic career. Winning in it, then becomes the epitome of sports success.

The Philippine Olympic Association is a dynamic group of champions and leaders. It is a group of sports heroes who continue to inspire the new generation of youth and athletes in this noble country.

I wish you continuous success. You, our Olympians, provide a beacon of hope in our work in the sporting community. We hope that our efforts can help form another round of athletes who would one day stand proud and call themselves champions like you.

Mabuhay!  
William I. Ramirez  
PSC Chairman



## 2<sup>nd</sup> Olympians Association meeting in Asia

August 20 - 21, 2018

POA Treasurer and President, Stephen Fernandez and Akiko Thomson-Guevara represented the POA at the 2nd World Olympians Association in Asia Meeting in Jakarta, Indonesia. This was the second WOA meeting in Asia and a wonderful opportunity to meet our counterpart NOAs in Asia.

Participants shared their developments and activities as well as the challenges they faced. While some NOAs are struggling to be recognized by their NOCs, other NOAs are fully integrated with their NOCs, literally and physically, charging yearly membership dues from their Olympians! What was evident and clear is that a strong relationship with our NOCs is vital for the growth and development of any NOA.

Also at the meeting were WOA Secretary General Anthony Ledgard OLY, WOA CEO Mike Miller and staff, and WOA Exco Members: Malav Shroff OLY (India) and Li Lingwei OLY (China).

It was announced at the meeting that in light of the upcoming Games in the region (Tokyo Summer Games 2020, Beijing Winter Games 2022), Asia is a focal area that WOA will be investing heavily in. The Philippines has been selected as one of five countries whom WOA will be sending a development officer to, to help grow our programs further.

## Giving Thanks for Life



POA Chairman Rafael Hechanova "Paing" OLY celebrated his 90<sup>th</sup> birthday last July 8, 2018. Tito Paing competed in the 1952 Helsinki Games in Basketball and has been the POA Chairman since our

inception in 2002. The POA is blessed to enjoy the leadership and friendship of Tito Paing.



Olympian Ian "Yanyan" Lariba OLY who represented the country in the 2016 Brazil Games in Badminton died last September 2, 2018. Yanyan was just 23 years old and had been battling Leukemia for the past two years. We will always remember her beautiful smile and joy...







## *POA – PSC Childhope Sports Clinic*

May 26, 2018

The Philippine Olympians Association in partnership with the Philippine Sports Commission treated the street kids of **Childhope** to a sports clinic once again. The Childhope street kids were trained in Taekwondo, Judo, Muay Thai and Boxing by Olympians and national team athletes with the likes of Olympic medalists Onyok and Roel Velasco.

The event was held at the gym of the College of St Benilde where POA board member, Stephen Fernandez, is currently the athletic director. The street children were shuttled to the venue, shirts were provided for and later fed after the session. Thank you, PSC for your continual support of this program!

If Olympians are interested to volunteer their time, please message us on Facebook or email us at [philippineolympiansassociation@gmail.com](mailto:philippineolympiansassociation@gmail.com).



# SAVE THE DATE!

Next Childhope Sports Clinics:  
9 November & 10 December 2018



## Visit from WOA Development Officer, Jovina Choo OLY

September 12-15, 2018

As a result of our selection as one of five countries in Asia to receive additional support by the WOA, Ms Jovina Choo OLY visited Manila, Philippines.

Ms Choo, a sailor who represented Singapore at the 2016 Rio Olympic Games, has been hired by the WOA to develop 5 NOA programs in Asia in the next six months. These NOAs include Philippines, Indonesia, Malaysia, Chinese Taipei and Singapore.

Meetings were held with both the POC and the POA board to find ways to develop stronger ties with the former, and to build on our existing programs and activities. The POA met with POC Secretary General Patrick Gregorio who is paving the way for a POA member to be part of the Athletes' Commission of the POC, and eventually to be represented in the POC General Assembly.

The POA is also endeavoring to come out with quarterly newsletters which will be circulated on our Facebook page (Philippine Olympians Association) and sent out to members whose email addresses we have. If you want to be placed on the mailing list, please email us at: [philippineolympiansassociation@gmail.com](mailto:philippineolympiansassociation@gmail.com)

Ms Choo will be back in Manila in the upcoming months and we hope to schedule her next visit during a Childhope clinic.



In picture: Ada Milby (Rugby), DSG POC Karen Caballero, WOA Development Officer Jovina Choo OLY, DSG POC Patrick Gregorio, POA Pres Akiko T. Guevara OLY and POA Treas Stephen Fernandez OLY



POA Board members: seated POA Pres Akiko T. Guevara OLY, POA Chariman Paing Hechanova OLY, WOA Jovina Choo OLY, Standing Monsour del Rosario OLY, POA Treas Stephen Fernandez OLY, Roel Velasco OLY







## Complete the Olympian Health Survey!

WOA has commissioned the largest ever global health study of Olympians. The study, supported by the IOC Scientific and Medical Commission, aims to improve the Olympians post-career life.

The health study has three main tasks:

1. Capture the main long-term health issues related to Olympic level performance
2. Generate new insights into the issues
3. Develop data-driven recommendations

## Receive your OLY Certificate

In recognition of the accomplishments of Olympians worldwide, World Olympians Association are providing Olympians with an Olympian.org email address and a certificate of recognition with the post-nominal letters - OLY. These are available to global Olympians at no cost.

To obtain your certificate and Olympian.org email address, simply register on the WOA website: <https://olympians.org/olympians/oly/>



Complete the survey for the chance to win an all-inclusive trip for two to Switzerland to attend a special event, as well as other prizes from Olympic Sponsors.

<https://olympians.org/olympians/health/>



If you would like to get in touch with the Philippine Olympians Association

Email:

[philippineolympiansassociation@gmail.com](mailto:philippineolympiansassociation@gmail.com)

Facebook:

[Philippine Olympians Association](#)

