

Newsletter

year 2009



IntegrityAlphaOmega
where different worlds come together

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New opportunity, new goal

The creating of NGO "Integrity" can be interpreted as a creating of a new possibility for all people, like creation in continuum, like building and overbuilding of our own identity. This organization invests in people, in their ability, capacity, desires and interests. The main goal is the creation of people's integrity, which means creation of one completely, fully, independently and healthy person.

The thing that NGO "Integrity" wants to achieve is the thing that understands by the word integrity. If the word integrity means one unhurt, untouched, pure, innocence state, not just for the body, but spirit and soul, than NGO "Integrity" provides you the opportunity to come up with this kind of state.

Led by the idea that people not always get the opportunity for realization, NGO "Integrity" offers you real opportunity for real realization and for real coming true of your plans. Life in continuum and the organized life is a challenge, a need, but result that comes at the end and decision. NGO "Integrity" helps you to make the decision everyday living, and, in that way to build your strong character.



Part of the NGO "Integrity AO" team with volunteers after the event Young Talent Duathlon in Skopje

The creation of the strong character understands knowing yourself, getting through the essence of the person, to the deepest level of conscience and sub consciousness of the people. Only that kind of people can change the world. NGO "Integrity" provides you to be one of the rear people, who will start changing the world by changing them self, their life and their life habits. NGO "Integrity" invites you to make completely, fully, independently and healthy life habits together.

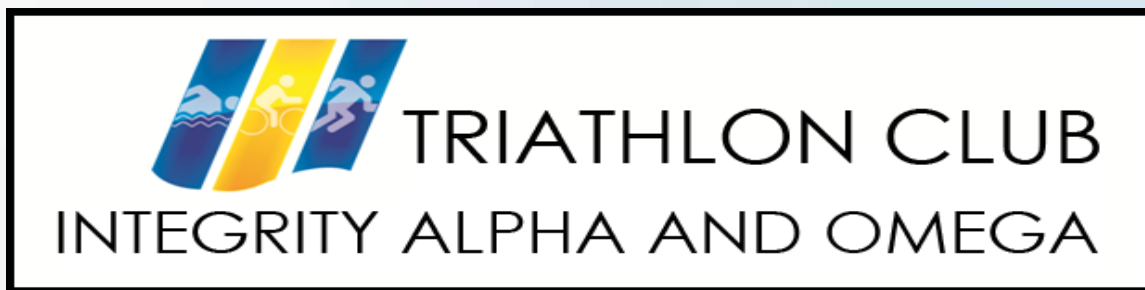
NGO "Integrity" invites you to change the world, to make it better and more safe place for living, to make it our place for living!

Our systematical prepared plan is functioning on the basis of three levels from were become the three basic functions of this nongovernment association. Sport, music and education are the main preoccupations of NGO "Integrity" and over them is achieved one of the most important goals and that is getting together of the people no matter of their gender, religion, nationality, race, class, economical and political belonging. The achieving of the universality is possible only over those activities that are mutual for all the people and because of their nature they provide bigger and more profound bonding between people. If sport, music and education are bonding people, than NGO "Integrity" takes over this function as her own main principle.

That way is created a whole positive atmosphere of fate in a situation where everything is possible, only if you believe in your abilities, if you believe in wisdom, responsibility and creativity that NGO "Integrity AO" is trying to wake them up in you!



The team of "Integrity Alpha and Omega" with Volunteers



Sport achievements calculator...

A triathlon is a multi-sport endurance event consisting of swimming, cycling and running in immediate succession over various distances. Triathletes compete for fastest overall course completion time, including timed “transitions” between the individual swim, bike, and run components.

There are two transition zones. One is placed between the swimming and the cycling part while the other is between the cycling and the running. Usually these are areas where bikes and other equipment is stored that are needed for preparation for the next stage of the competition. This means that the time of the preparation is crucial for achieving good result in the overall event.

Triathlon races vary in distance. According to the International Triathlon Union (ITU) and USA Triathlon, the main international race distances are Sprint distance (750m swim, 20km bike, 5km run), Intermediate distance, commonly referred to as “Olympic distance” (1,5km swim, 40km ride, 10km run), the Long Course (1,9 km swim, 90km ride, 21,1km run, such as the Half Ironman) and ultra distance (3,8km swim, 180km ride, and a marathon 42,2km run); the most popular branded Ultra Distance is the Ironman triathlon, which is the ultimate test of human capabilities and endurance.

Within the NGO “Integrity AO”, since April 2008 is operating the Triathlon club “Integrity AO”, and now has about 20 active members and is in second place in Macedonia, placed by its member achievements. But the clubs ambitions are not stopping at that point. Huge effort is presented so we are struggling towards the first place which eventually will provide an opportunity for even more event participations even on international levels.





part in the projects , so that they can maintain to be involved in this sport in the future.

This club was formed in order to prove and show in action every endeavour that the NGO has and who completely stands for it own club. The main goal is to promote the triathlon as a sport in Macedonia and its proper embodiment and realization , and that effort will be futile if left only to the implementation and execution in certain projects. These projects are directly geared towards the goal and they are additionally carried out within the club. This provides opportunity to those who will take

As projects that are behind this NGO we present: Running towards the goal, which started in 2005 so now in 2010 will be a jubilee half-marathon race, two years in a row Young Talent Duathlon (2008 and 2009), Duathlon event held on 25.04.2009 and the First Triathlon in Ohrid (2009) which made the breakthrough for the sport on Macedonian soil.

All these projects and the triathlon club have one goal which is to maintain the targets and purposes in all the different sporting projects in the future. What is interesting is that this club operates in two directions. One is club members are actively involved and are part of the organization of the projects (volunteers, coordinators, and logistics) and the other is, the number of members in the club has risen right after the projects ended. Those who participate in the triathlon, duathlon and the half marathon races very often express a wish to continue professionally to participate in the sport.

Not only the development of the sport but also the development of the volunteering gets the proclamation as a priority. The members of our club are exact examples on how the volunteering can become part of our everyday life.

The triathlon club operates under the guidance of trained professionals in their field, which means that its members are provided with tutoring and mentoring to promote a thorough introduction to the sport and its proper use in competitions. This way of running the club has proven that it works the best. The evidence of this is its members and their achievements and rewards.



Volunteer

Volunteer – Philosophy of living

The volunteer itself, or to be exact, the work based on good will understands activities taken from people who want their free time to fulfill with some good labor, with knowledge and work and not to have any material benefit for it while contributing for the well being of some individual, of some group, of a community or the life environment. Many volunteers have stated that you cannot make a living out of the volunteering (financially) but a new philosophy of living is procreated which is giving the life the noble sense in entirely new and specific way. This kind of experiences are very often occurred and also many.

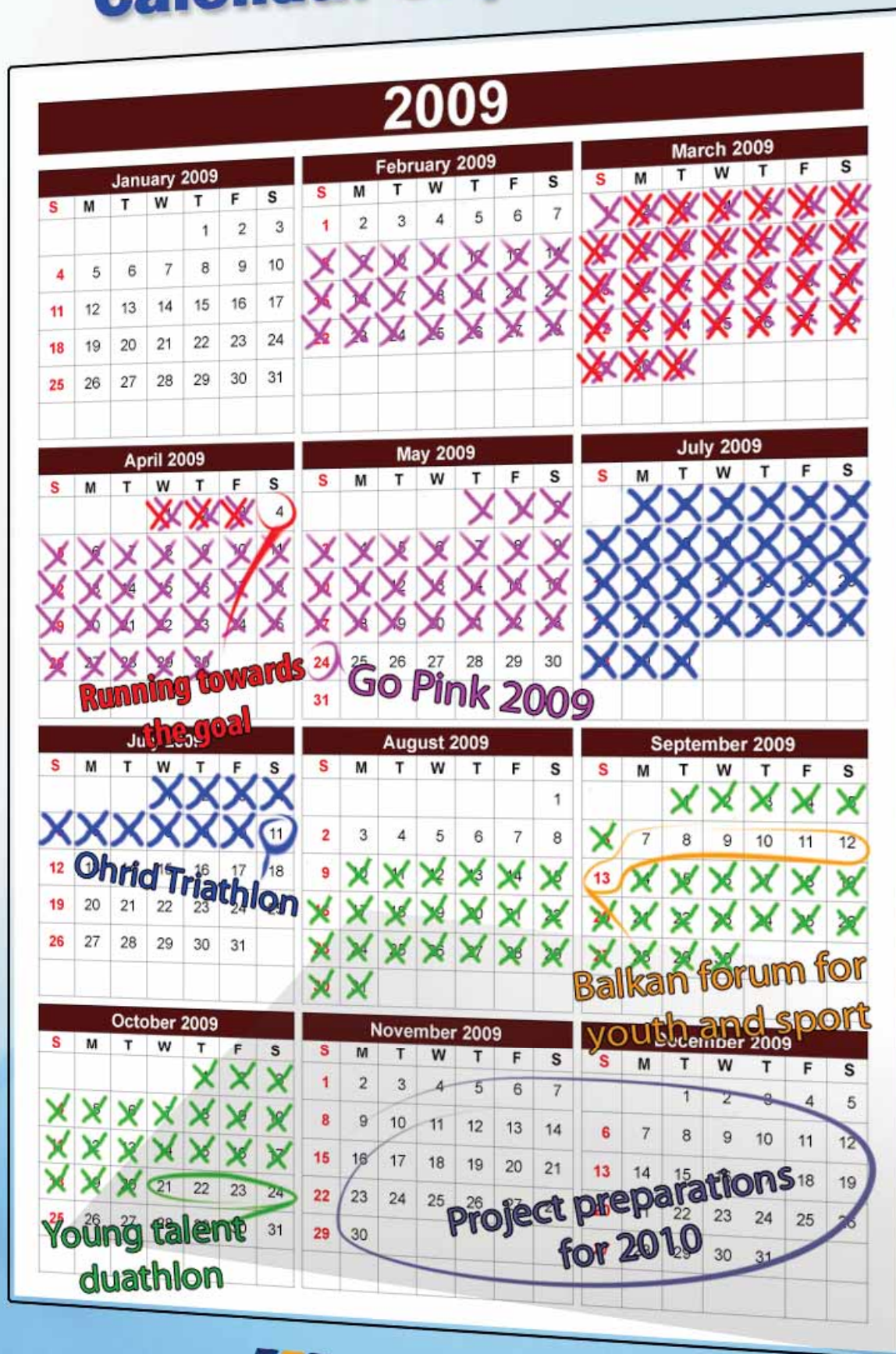
As a Non-Governmental Organization “Integrity AO” is promoting the opportunity for short-term volunteering in the projects field organized by the organization. With that, a true field work and practice for their knowledge is created as an opportunity for the volunteers, and that means that they can actively involve into organizing and creating different projects and events. On our web site (www.integrityao.org) we have published descriptions of the different projects hosted by our organization. NGO “Integrity AO” is providing new experiences, gaining new knowledge, and creating new friendships. Because the volunteering itself can establish and further develop some of the proven abilities of the volunteers. We are not referring only to contribution in development and successful conduct of projects, but we also refer to: meeting new people, something new and exciting in their life, something useful, their free time to put to good use, opportunity to observe and learn from how others work, developing of their own interests and even creating even new ones, and sustaining of already established qualities.



Volunteers, after the Duathlon race in Probishtip 2009

All of above said, can find its place in all of our projects organized with the years passed and which are maintaining their tradition. Every event presents an entirely different story, which tells us about the unselfish giving and voluntary participation of all those who have expressed a desire to do so.

Calendar of past events



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Maintaining Tradition

The tradition for the taking place of the Fourth Traditional Half-Marathon on the quay of Vardar River has continued in 2009. The continuity of this manifestation is in full credit to Non-Governmental Organization “Integrity AO” which is not stopping in organization on this event. Last year and as same as this year the event was attended by lots of competitors and also large amount of prizes were presented.

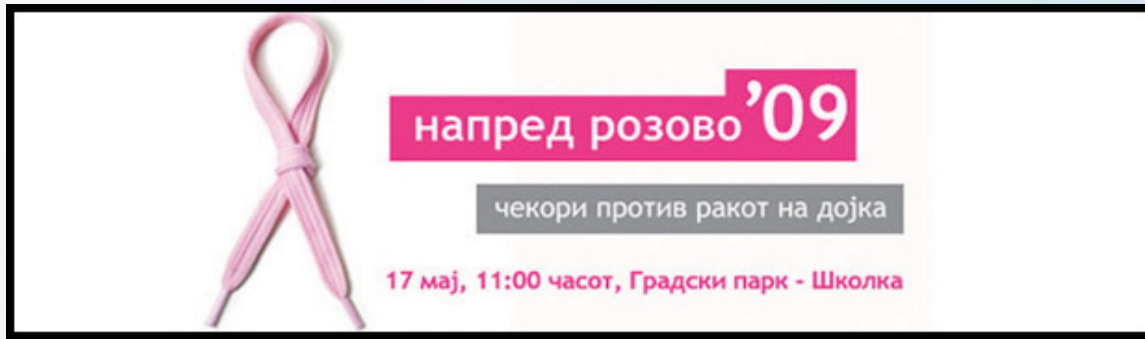
Half-marathon is an athletics discipline in running half the length of a full marathon race – 21, 0975 km. Interest in half-marathon and participating in it is growing with the years passed. One of the main reasons for it , is the challenge because the distance in half marathon is not so exhausting and does not need such endurance and commitment as the full marathon race.

For this reasons NGO “Integrity AO” have enlisted as their project this half marathon race called “Running Towards the Goal”. The race is envisioned as a halfmarathon which, starting from the year 2005 is held every year by now on the quay of Vardar River.



The continuity of this event, is dependent not only on the organizers and participants but also on the viewers who proved a great interest in this kind of events. The fun into it and also the great fellowship have made the relaxed atmosphere which altogether with the sports spirit that made this event to be one of the most interesting sporting events that are held traditionally in Skopje, Macedonia.

This First event in organization of Integrity AO granted the vision for constantly improving and upgrading the method of assessing the needs when, where, and how to approach volunteer mobilization and depending on the need or interest. This kind of vision is one of the crucial “ingredients” so the “lunch” called volunteer can be made.



The Pink wave is coming!

Yes, exactly. The pink wave is coming. So be ready to welcome it with a smile and open embrace. Marching over the ocean, this pink wave on 24th of May 2009 has hit Macedonia. The hit was with such great force so its consequences will be remembered for one whole year, until its next arrival. AO production has granted the entrance of the Pink Wave in our country. Showing great enthusiasm, AO Production together with NGO "Integrity Alpha and Omega" and the association "Borka" have managed to organize the first pink march in Macedonia like the many other marches organized for the first time in United States. The attendance at this event (until now it was attended by over one and a half million people) just proves the concerns of the people and also their willingness to confront with the modern disease – cancer, especially the breast cancer.

As main reason for organizing this kind of march in Macedonia are the worrying facts that warn us of the increase of this disease in our country. Every year at least 750 new cases are diagnosed and this number is rising with the years. But, the goal of this march is to raise the awareness at the people so they can involve more actively in the fight against breast cancer. With the raise of the awareness we are raising their responsibility and obligations that understands regular health controls which on the other hand will provide with early diagnose of the disease, well timed treatment and cure. The first stage of the breast cancer can be cured in more of 95% cases.



But the need of additional education on this subject still exists. Especially the wish is much greater for education in the rural areas where the awareness of the people is significantly lower. So in terms of stopping something firstly you need to learn how to do it. NGO "Integrity AO" with this event has taken the responsibility as a guide through the labyrinth of the lack of knowledge in relation on what you can do for you health.

The symbolic Pink march consisted of a three kilometers long walk and two-hour music entertainment program with Macedonian singers with which the message of the importance of early diagnose and support of the patients was sent. This march was also attended by Nancy, Brinker, among other political names, who is one of the most influential persons in the world by the Times magazine. Although she is one of the most influential persons, she continues to be one, ordinary woman who have fought and win over the disease and she is maintaining her fight in the name of the million women from all over the world. This event on which a column of thousands of citizens all dressed in pink T-shirts marched and later formed a pink ribbon as a trademark for the event, was executed under the seal of humanity. Although this event was organized for the first time managed to gather donations intended for the women that are treating this kind of disease. The amount of funds raised have climbed up to 350.000 Denars or about 5700 which were donated to the chemotherapy daycare hospital for at the Clinics Center in Skopje.

This event have proven that the volunteerism can be much more and that is only if we work for something that we believe in, if we take responsibilities or we involve ourselves into making some changes. And not only that , but it was proven that the first condition for successful volunteering is the will to work for something and not have any material or financial benefit out of it and no regarding the experience had or not had prior to this kind of work and in this field. Most of the volunteers have had no experience, but they have had a great wish for making a change in society and in the world.





A big welcome for the avant-garde in sports

Followed by the announcements of NGO “Integrity AO” on 11 July 2009, the city of Ohrid was turned into a true world sporting center. The bad weather was not a reason for the first triathlon race event in Macedonia not to take place. At this event the attendants besides their great sporting spirit have shown their other great abilities.

In the announcement named “Ohrid Triathlon – Give it a try!”, the organizers have reported in details about the weather and the place where the event is held, and also they have reported about the rules and regulations and some notes regarding this kind of sport. Furthermore the trail that was intended and traced for the contestants to pass also was described and the contestants were divided into several competition groups. The triathlon is comprised of three athletic disciplines – swimming, running and cycling. This event was participated by not only professionals, but also amateurs who are involved into this sport and practice it out of recreation. By the declarations of the organizers and also by the contestants, next year’s planned event will be attended by competitors from foreign countries from all over the world. The hold of the First Triathlon event in Macedonia received a treatment as a first step in the process of actualization of this sport in the country and its becoming as a annual event that will be held each year from now on.



The race which received not only a character of a challenge but also a test for the attendants was an opportunity for finding the best Macedonian triathlete and carrier of a large amount of rewards. Stojan Poposki has managed one more time to glorify himself with total triumph on the event. He has finished in 61minutes and 53 seconds. Statements given after the competition have shown his fascination from the great organization and the given opportunity to compete in a fair competition. Also he has stated his life time wish to take part of the Olympic Games in 2012. Competitors placed on second and third place were Dushko Velichkovski and Nikola Kutanovski.

These events are like real refreshment because they are coming in form of a wave of new things, of a promotion and exclusivity simply as a wave of change especially in times of intense need of sporting events that will satisfy the hunger of Macedonian society. For the first time, Macedonia have proven that it has capacities to deal with this kind of event, with which will enrich the history of Macedonian sport. This race have opened us a road to freely and with no braces to tell that Macedonia is a fertile soil for the creation of avant-garde events that are promising a lot.

The openness is one condition more for starting the initiative for volunteerism which becomes a trademark of NGO "Integrity AO". This is an opened institution for everyone who wants to volunteer, as a citizen association which cares about motivating and promoting the volunteerism. Throughout this event we've achieved two major goals: first one was the promotion of the triathlon as a sport and the other one was the promotion of the volunteerism as a new way of practicing their life goals.



Participants and organizers after the event was finished



Duathlon travelogue in Macedonia

Second year in a row, the evidence for the successful realization of the “Young Talent Duathlon” is presented before you. This text testifies the projects successful realization on the Macedonian soil. The absolute conquer of Macedonian territory through sports is starting to realize easy and step by step. With major effort put into it and to-the-end persistence we may praise ourselves that we are standing behind a sensational and unforgettable, one more duathlon race for healthier and active life.

The caravan has departed in the early morning on 21 October 2009, with its first destination the town of Struga. And we have not mistaken, but quite opposite. The benevolence of the citizens and the schools employees have made the feeling for us no to doubt our first choice – Struga. Weather conditions have added even more to the overall mood that lasted for the whole day.

Struga was opened to and welcomed us as a hard-working host. We were served with morning coffee and tea to instigate us for a successful day. And it was a successful day indeed. Race preparations have passed without any problems and with a great enthusiasm and even greater expectations. Continuous questions from the citizens interested were considered as proof that Struga, indeed has the need for events that will provide something different instead of their daily town monotony.



Young athletes have arrived much earlier than the schedule. Their impatience shown throughout the excited faces, silently have born the wish to start earlier with the event. The excitement was growing stronger as the time for the race start was coming closer.

Event culmination was the race start. Drama, excitement, adrenaline and increased uncertainty were present until the end. Young participants have given their best to finish the first three places. Those who were placed in the first three places have gone home with big smiles. Those who did not, left home with a little disappointment but with double the wish for the next year to give even more than their best.

One more silent afternoon raised in Struga. The noise has gone down and the caravan slowly prepared for departure to its next destination. Tired from the excitements and impressions, the team of "Integrity AO" continued to their new challenge, named Bitola.

Our most famous singer Toshe Proeski was right when he sung "If I go to Bitola". We have had a spectacular appearance in Bitola with all the glory. Hospitality, organization, politeness... total victory for the excellent collaboration between the parties of NGO "Integrity AO", Bitola's municipality and the elementary and high schools that have taken part in this event. The crowd witnessed a professional duathlon competition with high world standards. Absolute respect was given to the written duathlon rules and regulations, but also were respected the unwritten moral rules of sport behavior. The pleasure was mutual.



Bitola, undoubtedly have shown its charm and even through sport. The grandness of the event was written in the memories that will last for a long time in Bitola until its next arrival. The City of the consuls was left behind as a monument of a great sporting spirit and big wish to contribute in the affirmation of the sports culture.

But besides the great wish for the next day for the caravan's journey to continue to Probishtip, the bad weather conditions have permitted us from reaching that destination. But we promised that the youngsters from Probishtip will have the opportunity to compete in the grand finale in Skopje.

We've reached the grand finale. It was enormous indeed. Without false modesty we proudly can state that as same as we started we have finished. The event was attended by the winners from Struga and Bitola and participants from Probishtip and Skopje. The event was inaugurated with the Macedonian and United States hymn. Greetings were sent to the guests of the event like: Mayors of Struga and Skopje, the Director of the Agency for Youth and Sport, the President of the Triathlon federation in Macedonia and to the representative from the US Embassy.

Hosts were satisfied and the guests even more so they have separated with one promise to meet each other next year in a same event.

One part of the Universal Declaration brought by the Organization of the United Nations is: "Volunteering is one of the basic fundamental pillars of civil society which affirms the noblest aspirations of man - advocate for peace, freedom, equal opportunity, security and justice for all people". Young people haven't missed the opportunity for them to strengthen their humanity and to overcome the differences that prevent us from living together so through this event, one innovative solution for all intolerance problems was directly presented.



September – A month of international fellowship



The event which have colored the month of September with the colors of international sporting, “Balkan Youth and Sport Forum 2009”, was held in Sarajevo in the period of 7-13 September 2009 in organization of ISCA. The International Sport and Culture Association – ISCA is an organization which is combining sport, culture and young sporting associations from all over the world. ISCA believes that everyone should have the opportunity to participate in international activities – competitions and tournaments and also other cultural manifestations. Sport should not be considered only as a competition or an exercise but also as a good opportunity for having fun and socialization and making new friends. The sport is regulating the social behavior and creates a sense of belonging to something. With this, ISCA is coming closer to the democracy through the sports.

The ideas of NGO “Integrity AO” are very similar to the ideas of ISCA. Their partial similarity is a result of the same wishes and interests of all other young people without regarding from which part of the world they are coming. So, NGO “Integrity AO” as also as ISCA is trying to improve the sport throughout creation of healthy leadership in the young people, leadership that will put down the roots and will know how to carry on the gained knowledge. For that cause NGO “Integrity AO” has sent its own representative to present and share experiences from the work in the sport field (mostly out of the triathlon) in Macedonia. We sent Igor Netkovski as our representative who also is a General Secretary of TKIAO and a person, who is directly and have greater knowledge of all the question and answers on this subject.

That way, our representative has completely matched the organizers requests and conditions for participation:

- To be aged between 18-30 years; to have experience with leadership; to be involved in volunteerism; to share its all experience in the field of sports leadership; to be a representative of organization from the Balkans; to show his motivation for becoming part of international experience.



Besides our representative on this forum has participated over 45 other attendants coming from the Balkan countries (Albania, Bosnia and Herzegovina, Croatia, Kosovo, Macedonia, Montenegro, Romania, Serbia, and Slovenia) with one purpose and that was to discuss about the role of youth in sport as seen by them. This kind of non-formal education throughout sport have created one good opportunity for the young people to meet in an international environment which is growing to be very important as a field for exchanging ideas , plans , problems but also as a field for exchanging appropriate solutions and experiences.

The Forums goal was to create healthy and capable leadership. A support for the young leaders was given so they explored and acknowledge new innovative ways for participation in the decision making process regardless of whether is in their own club or organization structure, for the creation of democratic network associations which will provide future expansion of the new ideas from local to national and furthermore on international levels.



Forums methodology was based on the principles for the non-formal education practice, which proved with a direct approach to the needs, to the interests and to the experience of the participants while they had the opportunity to share them among the attendants. With the “Open Space” technology, participants were granted with the opportunity to influence the agenda and with that to personally contribute to the increase of the part of youth in sport and also to create projects on their own after this forum with which their knowledge will be transmitted to the younger generations in their organizations or society.

Throughout the slogan “Take part in the Future” this forum contributed for the young leaders to gain greater self-confidence which can be one of the key elements for taking any leadership actions or even creating decisions. A self-confidence which creates and increases the courage so they will not hesitate and will openly create new methods, new aspects of leadership which will grant them with a major success!

Галерија: Трчање кон целта`09

Gallery: Running towards the goal`09

Доживејте преку слики што се случуваше на нашите настани

Feel the experience through our event galleries



Pantomimics entertaining the public



Race start



Event cheerleaders



Some of the event participants



Female category winners

Галерија: Напред Розево`09

Gallery: Go Pink`09

Доживејте преку слики што се случуваше на нашите настани

Feel the experience through our event galleries



Participants creating the symbolic ribbon in the center of Skopje



US Ambassador Philip T. Reeker, euroambassador Ervan Fuere together with the organizers of the event



The police together with the security agents from "Praetorian" were taking care for the security of participants



The event gained massive participation and tremendous media coverage

Галерија: Прв охридски триатлон '09

Gallery: First triathlon in Ohrid '09

Доживејте преку слики што се се случуваше на нашите настани
Feel the experience through our event galleries



Transition zones between the swimming, cycling and running part
were proven as a best element in the competition



Our CEO Bryan Richards giving an interview
for a local TV station



Participant is finishing the race



Organizers together with some of the participants

Галерија: Дуатлон за млади Таленти '09

Gallery: Young talent Duathlon '09

Доживејте преку слики што се се случуваше на нашите настани
Feel the experience through our event galleries



Mayor of Bitola municipality - Mr. Vladimir Taleski giving opening speech



Mr. Koce Trajanovski - Mayor of Skopje at Skopje Young Talent Duathlon



Mr. Ramiz Merko, Mayor of Struga giving best wishes to the participants



Duathlon race start



Start/ Finish



Organizers, volunteers together with the duathlon races winners in Skopje

Continuing with the same pace (future projects)

NGO "Integrity AO's" idea is to create traditional events and projects. Traditions are offering sustainability, most certain continuity and repetition. In fact, the event successes are the reasons that they are becoming a tradition. Eagerness on the other side is one part of the scheme for success, of the scheme for courage and the scheme for certain, qualitative and long lasting result.

Each of the mentioned events is continuing with its tradition in 2010:

- **Running Towards the Goal** with its Fifth jubilee marathon race
- **Young Talent Duathlon** in different cities in Macedonia and second year in a row
- **Second Triathlon race in Macedonia**
- **Go Pink** will march in Skopje and once again will spread humanity in people
- Translation and publishing of the book **"Fascinating Jesus"** from Rolland Werner and Guido Baltez.

A tradition offers and improves quality. A tradition creates faith in certain values in society. But traditions without changes offer only monotony. That is the reason our new events for the year 2010 are:

- **TV Show "Lets Cheer Together"** which will be dedicated to the fight against the deviant behaviors in sport, with which a message to the young people is sent so they can learn to behave fair and in sports manner and not only on the field or on the cheer stands, but also in the everyday life.
- **Sports Camp** with the idea to unite sportsmen from all over Balkans where throughout social and team games the message for fair and appropriate sport behavior will be sent. This kind of socialization understands overcome of the religious, national, gender, race, social, economical and the political prejudice.



Banner for the TV Show "Lets Cheer Together"

Cooperation Information

As a non-governmental organization, we are open to cooperate and collaborate with any subject that wants to participate in the working of the organization in form of donations or sponsorship. A subject may participate in our projects or even in the functioning of the organization. Also, our projects can be downloaded from our web page if you have the wish to learn more about their content, their concerns and the project goals. Also we may provide you with a hard copy version of the project if you give us a call.

- **Contact information:**

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1000 Skopje, Republic of Macedonia
Phone / Fax: ++ 389 2 3116 263
E-mail: contact@integrityao.org
Web: www.integrityao.org

- **Or you may send a donation on the following account numbers**

* For donation in Macedonian Denars (DEN)
Citizen Association "Integrity Alpha and Omega"
Deponent Bank: ProCredit Bank AD Skopje
Acc. Number: 380 - 7511663011 – 55

* For donation in US Dollars (\$)
Acc. Number: 380 – 1511663033 – 19

* For donation in Euros (€)
Acc Number: 380 – 1511663022 - 52



Membership Application

I want to be a member...

With this statement I hereby confirm that I am approaching the Citizen Association “Integrity Alpha and Omega” based solely on my free will and I consent with the Association’s mission and goals.

First and Last Name: _____

Date of Birth: _____

Address: _____

Phone: _____

E-Mail: _____

I want to be a member because:

NOTE: Informations are only intended for intern use of the organization and cannot be given to any other party or published without permission from their owner. This page can be pulled out of the newsletter and sent to us by mail (copy and paste it to another word document, fulfill it and sent); you can print it out, fill it and sent by mail to us. Also you may complete your application online on our web page www.integrityao.org

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