



# THE BRIDGE

THE OFFICIAL PROFESSIONAL STUDENT NEWSLETTER OF  
SOUTHVILLE FOREIGN UNIVERSITY



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## Newly inducted officers poised to give more

by Mary Lojo

October 15, 2012. Southville Foreign University gathered all leaders and students for the Induction of

***“The best executive is the one who has sense enough to pick good people to do what he wants done, and self-restraint to keep from meddling with them while they do it.” — Theodore Roosevelt***

officers of every campus organization. The event was held in the Tropical Building of Southville International School and Colleges from

3 to 7:30 PM.

During the induction, these officers' accomplishments and plans for the rest of the term were recognized. They were likewise each given a certificate for the

excellence in their organizations.

The event was organized by Felicity McNamara and Karmena Goitia, officers of the Student Council. Hosted by Vonfred Alino and Mary Lojo, the induction started with the Philippine National Anthem led by Cheska Lopez, followed by the Welcoming and Opening remarks of Dr. Melva Diamante and Mr. James Schneider, who also introduced the officers from different academics and athletics organizations respectively.

Right after the introduction and oath taking of the officers, led by Mr. Schneider, the floor was given to the guest speaker, Mr. Rommel T. Juan, the BINALOT Fiesta Foods CEO. He shared the story on how BINALOT started, gave the students a preview of the products offered, and other business-related advice which can be used by students of our

generation in the long run.

Aside from recognizing the leaders of organizations, the event also served as a fund raising activity by the Student Council through an auction held right after the intermission number by CRADLE Music and Dance. In the auction, various organizations, faculty members and individual students donated things of value. With the participation of students and faculty, the Student Council was able to gain enough funds which can be used for future events and organization needs.



## SFU Alumnae earn top three honors in Glyndwr

by Juan Paolo Aliño

Three of our Edexcel graduates who completed the bachelors degree earned top honors in Glyndwr University (UK). Regina Santos topped her class and received a student's prize from the prestigious British Computer Society. The other two, Joanna R. Pasoa and Jessica de los Reyes, graduated with first class honors. This piece of good news was aired over ABS-CBN Europe News Bureau.

All three took up the applied computing course in North Wales. "We were overwhelmed with pride and emotions upon winning the top honors," they said.

Regina felt very blessed "because it was only by God's grace that we have been able to be in the UK."

During their time at SFU, the three graduates also earned top awards in their respective classes. Regina Santos and Jessica Delos Reyes were honored with the Highest Distinction Award, HND in Computing in Software Development, while Joanna Pasoa was a Distinction awardee.

Regina Santos, Jessica Delos Reyes, and Joanna Rose Pasoa, we at Southville

Foreign University are very proud of you! You serve as inspiration to all students, and we hope all alumni will likewise bring honor to our alma mater!



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## FROM THE PRESIDENT’S DESK



Southville Foreign University’s programs are designed to prepare our students to be globally competitive, competent professionals, successful entrepreneurs, and to become leaders. During the students’ years at SFU, we focus on their need to attain high levels of academic achievement, to learn leadership, financial/entrepreneurial and interpersonal skills, as well as embody SFU’s core values.

The University continuously raises the bar of academic excellence and challenges its management, faculty and staff to understand the needs of our stakeholders, especially the students, and to identify ways to meet their needs. We challenge our faculty to introduce outstanding instructional methodologies and maintain the rigorous academic standards of our academic partners in the U.K. and Australia. We also challenge our students to maintain a balance between meeting their academic requirements and

satisfying their desire for active participation in student organizations and sports.

Some of the initiatives that SFU is implementing towards academic excellence are:

- New partnership with the University of Chester, U.K., to introduce a broader base of academic offerings in the undergraduate Business degree as well as graduate programs in SFU (MBA and MSc in professional Nursing);
- Degree program with ICHM, Australia: Bachelor of Business in Hospitality Management; SFU is the only educational institution authorized to offer this Australian degree program in the Philippines;
- Administration of English Proficiency Test to students through “Test of English for International Communication” (TOEIC). This will equip students with proficiency in written and oral communications;
- Strict enforcement of attendance policy and regulations;
- Increased participation in national competitions in such disciplines as: Hospitality, Culinary Arts, Marketing, and Finance;
- Participation of faculty and students in research activities, creating a culture of research in the University.

Year after year, we hear about the successes of our graduates—as managers, entrepreneurs, professionals here or abroad—and also our students who continue their studies abroad. A recent news from ABS-CBN Europe News Bureau highlighted three of our Edexcel graduates who completed the bachelors degree in Glyndwr University (UK): Regina Santos topped her class and received a student’s prize from the prestigious British Computer Society, Joanna R. Pasaog and Jessica de los Reyes, graduated with first class honors. Congratulations to you!

We also have to congratulate our current students who maintain Merit (“M”) and Distinction (“D”) grades while actively working on student organization projects. These students, through the Student Council, the Computer Society, and Cradle have shown leadership, collaboration, and organizational skills in planning and successfully running major student events such as Tekken Tournament, Induction of Officers with an auction, and the Haunting. The SFU Investment Club has to be congratulated for being among the top teams in the recently concluded PSE-BPI Clash of Universities, a nationwide equities trading competition.

In closing, we all need to remember and follow through the theme of this BRIDGE issue, “Keep fueling the momentum” that we started in order to continue to realize the SFU mission.

**Dr. Melva Diamante**

## A LETTER FROM MRS. PIDO

Dear Students

We are already half way through the school year and how time flies when you are having fun or being kept busy with everyone’s favourite pastime “assessments”.

The first term of the school year typically sees freshmen settling in to their new routines, getting to know the ropes and making new acquaintances, whereas the seniors move to the next level of their studies and prepare for internships.

So how do we keep the fire burning and maintain enthusiasm and passion to excel?

The school of hospitality management has recently introduced the new curriculum of our International partners, so our freshmen are the pioneers of the International College of Hotel Management, Australia Bachelor of Business (Hospitality Management) degree program, the only Australian degree in Hospitality Management offered in the Philippines. Our Alumni may now join the final year of the degree program with full credits and this program will commence in January 2013. This program is also open to transferees from other institutions as well as other fields, such as business, tourism, commerce, etc.

In addition we have also introduced the updated curriculum of our UK partner, EDEXCEL.

Our Culinary students made their mark in recent national culinary competitions, bringing home silver medals and honors in two top competitions. Congratulations to Chef Paul Samson and the team!

Learning is not just restricted to the classroom. Our second year students embarked on a three day visit to Cebu with a jam packed itinerary including visits to various types of hotels and resorts, opportunities to visit the operations and meet with industry professionals as well as experience cultural and heritage related activities. During the trip they garnered first hand evidence needed for their assessments in three of their subjects, which had been carefully created and planned by industry specialists, their faculty members. So you could call it a working holiday, but they all had fun and came back with a wealth of knowledge and laden with lechon and goodies from Cebu!

As we move towards the festive season and prepare for our 15th Anniversary celebrations in 2013, we endeavour to continue to offer students realistic, industry relevant and unique learning opportunities and encourage all to focus on ‘critical thinking’ and ‘time management’, the keys to success.

Let me share a couple of quotes for encouragement: “Believe you can and you’re halfway there” – Theodore Roosevelt. “Nothing is impossible; the word itself says ‘I’m possible!’” – Audrey Hepburn.

Wishing you all a wonderful festive season and all the best in 2013!

Best regards

**Carol R. Pido**  
Head of School  
School of Hospitality Management



## Pioneers Assemble: Full of Enlightenment and Entertainment

By Vichelle Angela Amante

“The second semester’s General Assembly was awesome, it wasn’t boring. It had fun activities and good food. For me, the assembly was a cut above the rest.”

“The 2nd general assembly was well organized.”

“The guy [Vonfred Aliño] presenting was hilarious.”

These are some of the remarks from the Southville Foreign University students who welcomed the month of October by attending the General Assembly for the 2nd semester of school year 2012-2013 at the SISC Gym 1 last October 1.

Beginning the General Assembly with a bang, members of the cradle performed a dance number that they have been working hard on. It showed not only the talent of the Cradle members, but also the fact that the students of SFU are well-rounded individuals, not just global professionals.

Updates from the Registrar and Academic departments were announced respectively by Ms. Caroline Mediola, Ms. Yvette Bautista, Mr. James Schneider, and Ms. Natasha Lamb. These updated the students on how to optimize their SFU life for the 2nd semester.

In addition, Ms. Natasha Lamb gave updates and previews about SFU’s affiliation with the University of Chester. The visual presentation featured the life of the students in the university, what to expect from Chester, the country, the cost of living, and the people. It made the SFU students excited over what’s ahead for them. Ms. Lamb also distinguished between the Business Management and Business Studies to give the SOBC students a wider perspective and familiarise them on the subjects, as well as changes.

After the serious talk, an intermission number lightened the event. A game called “Minute to Win

It” made the students compete for the ever-so-good McDonald’s meal. The mechanics of the game was to place a tennis racket between the legs, and by placing a menthol on one of the holes of the racket, the player has to maneuver the menthol to the centre within a minute. With the epic countdown timer designed by the Computer Society, two players raced each other. After a series of players, the winner was Jose Angelo Zulueta.

Concluding the Assembly was an enlightening motivational speech by Mr. Etienne Morales about self-determination, and how it has

changed him; how he succeeded, albeit slowly. Going through a few bumps and swerves did not stop him from becoming what he is now. He indirectly emphasized a Confucius’ saying, “it does not matter how slow you go, as long as you don’t stop”.

Truly, the SFU students’ remarks spoke for this semester’s General Assembly. Cheers to this semester’s General Assembly set-up team: The Computer Society, Cradle performers, on-stage speakers— Vonfred Aliño and Karmena Goitia— and its co-ordinator, Yuta Oguro!

## Computer Society Holds Intense Tekken Tournament

Juan Paolo Aliño

As the first event of the Computer Society for the SY 12-13, a Tekken Tournament was launched on the 29th of October. It was held at the multipurpose hall, and was pre-announced weeks before.

The event was opened to all SFU students as a means to raise funds for Computer Society, as well as to provide an extra-curricular outlet for students. Many were excited to compete and many thought of it as a chance to enjoy themselves amidst their schoolwork.

The first leg of the Tekken event was a free for all, where participants must gather five match wins in order to qualify for the next leg of the tournament. Participants had to pay a registration fee of P50, and P10 for a “life.” or a chance to gather more wins. Those who lost a round will lose one life out of a total of three, and may choose to have a rematch or fight in another time with their remaining life. If all three lives are lost, they may pay another P10 for each life they want to regain.

One of the more memorable fights was between Mikko Castañeda and Donovan Gervacio. It was their first time to fight against one another. With a roaring crowd, hosts’ announcing what was going on in the fight, and with the desire to win in each contender, it was an intense match. With Mikko fighting aggressively and Donovan playing defensive, then rushing once there was an opening, one could not

help but stare at the screen. In the final round, with both contenders at low health, each threw a kick to finish each other off. But suddenly, the screen went black and the Play Station shutdown. No one was able to tell who won the match. Laughter brushed off the intensity of the fight, and a rematch was done after. Mikko was declared the winner of the rematch.

The student body responded well to the event, with participants amounting to 20, and attracting a reasonable crowd.

Participants who gathered the required number of wins and have advanced to the second leg of the tournament are: Mikko Castañeda, Donovan Gervacio, Bruce Dimabayao, Jipo Aliño, Mau Krenn, Dexter Gervacio, and Kenar Catunao.

The Computer Society aims to host more events of this nature, where students from different year levels and courses can come together and showcase their competitive side in gaming, and more importantly, to have fun.



## Haunting at SFU

By Felicity McNamara



For Halloween this year, SFU had its very first haunted house. This was the first time that SFU really embraced Halloween, and it went all out with the event and decorations. The student council worked for weeks putting together a theme and a layout for the haunted house and the final result was spooktacular!

On Halloween itself, the hallways of the second and third floors were decked out with all kinds of ghoulish decors, ranging from spider webs to heads hanging from the ceiling. This served as a sneak peak to what the actual haunted house itself would entail. The official event started at 7 PM, and students were briefed in the lobby about the objectives of the haunted house.

Giving the event a bit of a twist, The Haunting at SFU wasn’t your typical haunted house. The student council incorporated the popular “Slender Man” game theme into it. For those of you who aren’t aware of what Slender Man is, he is a tall man in a black or grey suit, with a red or black tie. He also wears a white shirt, and has no clearly defined facial features. He has no hair, has tentacles, and generally has normal-looking bare hands. The Slender Man is typically depicted in imagery and literature to be about six to 15-feet-tall, but has no defined height. He is a popular urban legend that has turned into a gaming sensation. In the game Slender, your character begins in a dark forest at night, equipped with a flashlight. The object of the game is for the player to find eight pages which are spread out and attached to various landmarks around the environment. However, Slender Man is always following behind you, trying to catch you. You must collect all eight pages while conserving flashlight battery power and eluding Slender Man to win.

At the event itself, students were sent up in groups to the third floor, escorted by a grim reaper, and sent off to collect these eight pages. They were equipped with a flashlight, just like the game, however they encountered much more than Slender Man. From the third floor, students went room-to-room looking for the pages while being chased by zombies, monsters and ghosts. They then had to make their way down to the second floor, collect the remaining pages before making their way down to the first floor and completing the game.

The event overall was a great success with a big turnout. This will definitely be an event that will be remembered throughout the year.

## Sense of Responsibility

by Samantha Requidan

“Facebook, Twitter, Youtube, 9Gag—these are the predicaments faced by professors while teaching a class,” commented the Dean of the School of Business, Ms. Natasha Lamb. The general behavior of the students involves engaging in the cyber network that is not related to the lesson. It has become an “epidemic problem,” coming to a point where less than half the students were seen by Ms. Lamb herself.

Thus, the new Laptop Rule was announced. The mechanics in a nutshell goes this way: students will be allowed to use their laptops during class hours; however, if a particular student gets caught using any social networking during class hours; that is not related to the ongoing lecture, the entire class will be restricted from using laptops for the rest of the school year.

Read on to get a deeper understanding of the rule.

It was a challenge to reach this decision, according to Ms. Lamb. But the fundamental idea is not to ban the entire use of laptops, but to give the students the responsibility to act as adults and know their priorities. She added, “What we’re doing with the Laptop Rule, I think, is very democratic. It’s not that we ban Facebook—though it was one of the options we considered. It’s not a ban of the entire use of the Internet. No. What we’re saying is, we trust you. We’ve allowed you to use your laptops, so it’s up to you to know your priorities.” Ms. Lamb also mentioned that the consequence is relative to the idea of one for all. “As a class, you are a group of individuals with that sense of responsibility to not put others into trouble for your own doing”.

In addition, the Head of SOHM, Ms. Carol Pido, stated, “Because there has been so much abuse on the use

of laptops over the last term, we’ve decided on a change of tactics to get back the focus of students.” She thinks the rule will make everyone responsible at the end of the day. In terms of the consequence, Ms. Pido considers it to be alright—the idea of restraining just the individual has not worked out, hence the change in tactics.

In conclusion, both Heads of Business and SOHM said that the sense of responsibility will be higher and students will be more considerate of their actions when students know that the entire class is affected in the end. Ms. Lamb added that cyber media can be used anywhere, but not in the classroom during class hours. On a positive note, Ms. Pido said that she has observed more focus on the part of the students after the rule has been imposed.

Let’s carry on, Pioneers!

## Journey to your Dreams

**“There are only two mistakes one can make along the road to truth; not going all the way, and not starting.” - Buddha**

When people start a journey, especially a life-long journey, they search for information about places they visit, search for guidance and inspiration. So, let me give you some advice on how to make this journey – through university and into a successful career – smooth and enjoyable.

Dream! Everyone dreams. Some people are dreaming about having a piece of bread, some people are dreaming about vacations in Europe. Most of us at SFU are lucky to have all our basic needs satisfied, so we can, and should, dream about achievements, about making the difference and really changing the world to become a better place to live!

Carpe diem! “Seize the day” (Horace). Find the beauty in every day, learn something new every day– from your friends, from your teachers, from the books! When my children were small, I really wanted them to grow up, so that I had some rest and sleep, but they needed me every minute. Now I have free time, but my children have their lives, and my importance is diminishing. Now I realize that I need to spend as much time with them as possible – to see and enjoy every minute together!

Surround yourself with Leaders. Leaders emanate energy. Energy is contagious. As Mark Twain wrote, Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you too can become great.

Do not be afraid to make mistakes! There is nothing wrong with making mistakes. As long as you admit you made them, as long as you are trying to rectify



them, as long as you learn from them, for there is very little learning in success.

Break the stereotypes. Russians are drunkards, Finnish are slow, women cannot take decisions, men cannot multitask. How often do we use stereotypes, suggested by somebody else? Challenge them – experience yourself, judge yourself!

Live real life! In today’s highly technological world, it is so tempting to dip yourself into the comfort of a “second life”, online games, virtual worlds, and social networks. How much time do we spend there? Do we still have time to meet people? To go to REAL parties? To enjoy REAL, not virtual life, love, relationships? BE REAL! BE AMONG REAL PEOPLE!

Set Your Goals. If you imagine life as a football game, you won’t go far, unless you know where the goalposts are. If you don’t design your own life plan, the chances are you’ll fall into someone else’s plan. And guess what they have planned for you? Not much.

Dare. Dare to challenge the status quo, dare to ask questions, dare to fight for what you think is right. Dare to try new things. Only then will you live a full life, without regrets.

Listen to these advises but make your OWN mind for your OWN life. You are just at the beginning of the journey called LIFE. Because, as Abraham Lincoln said, in the end, it’s not the years in your life that count, it’s the life in your years.

**Natasha Lamb**  
Dean  
School of Business and Computing

## Rotaract Volunteers Anew

by Deandro Almariego

Following the success of the *Run for the Ilog Pasig and Moments*, SFU Rotaract will be conducting two drives for the month of November. The first one will be a continuation of the School Supply Drive for the benefit of a school in Bicol. The organization will look for donors of school supplies such as notebooks, books, pens and etc. and will donate said items to schools in Bicol that need them most.

The other drive will be for the benefit of CARA (Care and Responsibility for Animals). CARA is a

shelter for 165 pit bulls. These pit bulls were rescued from their previous owners who used them for dog fights. In order to maintain the animals in CARA, five sacks of dog food are needed every single day.

Those who want to help CARA may deposit their donations into the SFU Rotaract boxes



located at the Students' Center B.

The SFU Rotaract members have been doing activities such as these in the past and will continue to do so. Those who may want to join these worth endeavors may volunteer anytime. Remember, "Those who can, do; those who can do more, volunteer" (Rotaract Club)

## Yearbook Committee

by Christel Garcia & Raiza Nery

A new academic year has begun. It's a fresh start for everyone, including the Yearbook Committee. Ms. Chaselle Rodriguez, President of the Yearbook Committee, has turned over her position to Ms. Christel Garcia, a third year business student. Together, they restructured the Committee to properly delineate tasks and responsibilities to the members.

Last year's Committee members have also passed down their positions to the following:

Ms. Denise Pablo (Vice President), Ms. Raiza Nery (Secretary), Ms. Jing Wei Bangayan (Head of Advertising & Sponsorship), and Ms. Marie Soria (Head of Communications & Suppliers). A meeting was also held last month wherein the associate positions were voted for.

This year, the Yearbook Committee will focus on the publication of the yearbook, advertisements and sponsorships. This is to make certain that the graduation materials (i.e. photos, yearbooks) are

of quality, and this will be done by ensuring that proper procedures are followed in choosing the appropriate supplier that meets the Committee's expectations.

The Yearbook Committee will also focus its efforts in looking for nearby business establishments that would be interested in sponsoring us. This is a means for the Committee to generate income. For all of these to become a reality, we ask the faculty, students and committee members for support as we strive to meet our goals.

## Sky Adventure in Cebu

by Marius Jarvin Santos

The second year School of Hospitality Management and Culinary Arts students experienced Cebu's Crown Regency Tower's Sky Adventure, last October 26. We were able to visit this gem, one of Cebu's most famous attractions. The Sky Adventure attraction features the Sky Walk, Edge Coaster, 4D theater, and the Sky scraper buffet. The students were very excited in trying these exciting rides on top of the tower. One of

the most thrilling rides, The Edge Coaster which is located in the 39th floor of the tower hotel features a 360 degree view of the Cebu's City skyline while slowly tilting the coaster itself 50 degrees upward making the passengers feel like they're about to fall, which was a heart pumping experience. Meanwhile, I tried the Sky Adventure's Sky Walk, which is located just below on the 38th floor of the tower hotel. It allows

the guests to experience walking on a transparent ledge. From here, you can see the beauty of Cebu by walking on it's glass floor. It was my first time to conquer my fear of heights. One of my classmates said that walking on the Sky Walk prolongs your agony. What keeps you from falling 38 floors to the ground is a single safety line. I was with Athena Puedan, Belle Dampor, Kristopher Herico, and Sol Grospe and the five of

## Epicurious

by Patricia Heikkinen

Epicurious will have a couple of bake sales this term. We also plan to invite a chef to give demos to enrich the cooking skills of those who are interested to

join. This will be open to all students of SFU. Please watch out for our upcoming events and continue supporting us. Thanks!

## Exciting things to come!

**Cradle: Johnny Malvar**

Cradle Music is preparing for the major events as previously mentioned last term. We have already started recording for the Christmas album which is slated to be released early December in which we will also have an album launch party to promote the Christmas album more. We are likewise preparing for the SGEN Musical Play Competition which will happen on the 3rd of December. The full studio album will be released next year.

As for Cradle Dance, we mounted our first public performance during the General Assembly of the 2nd term and the members also came up with a name for the dance crew "AmaPro."



us were the first to try the sky walk, another heart pounding experience. All of us were very nervous, shaky and sweaty. It was an experience of a life

It means "Amateur Professionals", because although we are amateur dancers, we always aim to dance like professionals and we will keep on learning and striving to develop the members' dancing talent.

SCAC is always active because the organization always aims to help out with the projects that the student council has and will have. For this term, we helped out with the General Assembly registration and ushering. We also volunteered for registration during the induction of the school org leaders and we helped out with the Halloween event of the student council.

## SFU Camaraderie:

### Call Me Maybe

by Theresa Mae Maliksi

Students from the SFU's School of Business and Computing and School of Hospitality Management participated in the 2012 SFU "Call Me Maybe" video contest. They were tasked to create their own version of Carly Rae Jepsen's viral hit single, "Call Me Maybe" to promote camaraderie among all the students and staff in the university. The event brought the students closer and inspired their creativity multimedia; the videos showed their goofy sides. The winning video was determined through

online voting by students and the general public. The video with the most likes on Facebook was declared the winner.

After weeks of filming, editing, voting and waiting, the video of the first year Section A students, edited by Sam Maliksi, garnered the most votes and was declared the overall winner.

They were awarded rewards and a gift check worth 150 pesos from Bistro Lima. Congratulations Section A and to all the other sections for participating!



## SFU Brings Home the Bacon

by Robee Joy Sunga

Southville Foreign University, yet again, bagged awards in another culinary competition for the second time this year. Under the mentoring of Chef Paul Marco Samson—SFU students Meg Matias, Micah Madregallejo, Jase Nicole Corpus & Juan Nicolo Corpus competed in the Nation Food Showdown competition, held at the World Trade Center Metro Manila last 21-22 September.

With the theme of "Showcasing Culinary Heroes", the NFS board, spearheaded by the TV Food Chefs Inc., had organized its 6th nationwide cook-off in search for the next culinary star. With a goal of bringing the different regions of the country together, the NFS gathered participants from all over the Philippines, from Luzon, Visayas and Mindanao. Students from different universities, as well as professional chefs from respected hotels and restaurants from all over the country, competed in various cooking and skills competition to vie for a place in one of the most prestigious hospitality competitions in the Philippines.

Our students showcased their culinary talents as they competed against different universities in various events. Micah Madregallejo competed in the Cold Seafood category; Jase Corpus competed in the Cold Meat Platter category, a place away from a diploma award; Nick Corpus received a diploma award for the Pastillas & Packaging category and lastly, for the main category of the event, Chef Paul Marco Samson & Meg Matias for the Chef Apprentice category garnering 2nd place (Silver). The students thank all who came and supported during the event, and also special thanks to Chef Edward Dimaculangan, Ms. Carol Pido and Dr. Diamante for all the support. To God be all the glory!

## ALUMNI CORNER



### Reconnecting

By Robee Joy B. Sunga

Southville Foreign University is currently building up the Southville Foreign University Alumni Association database in preparation for the Alumni Homecoming event during the celebration of its 15th year Anniversary next year. Spearheaded by the new Head of Academic Support department, Ms. Maria Yvette May A. Bautista, the SFU Alumni Association has started reconnecting with all former students, faculty and staff. It has also started a new Alumni Association Facebook page to reach out to the alumni abroad via social media. This was established to help alumnae update the association's database by asking to sign up for an account on the SFU website. This will enable them to experience and benefit from the assistance and privileges the site has to offer. Please sign up for an account in the SFU website and visit the SFU Alumni Association Facebook page to find out all about it!

SFU website:  
<http://www.sfu.edu.ph/en/about-sfu/sfu-alumni/alumni-reg-form>

Facebook page:  
<https://www.facebook.com/pages/Southville-Foreign-University-Alumni-Association/113298732160440?ref=hl>



Dear Alumni,

Your alma mater, Southville Foreign University, will be celebrating its 15th year anniversary next year.

As part of this major celebration, the Academic Support Department will organize alumni events. We are inviting you to participate in our alumni homecoming early next year. In the meantime, we want to hear from you.

Your Alma Mater is here for you!

Please visit our new website:  
<http://www.sfu.edu.ph/en/>,  
fill up our forms, give us feedback and reconnect with your SFU Family and Friends.  
Follow us on Facebook and Twitter for updates!

Regards,  
Yvette A. Bautista  
Head, Academic Support

## An exciting visit to DUSIT

by Marius Jarvin Santos



Last July, 2nd year SFU Hospitality Management and Culinary Arts students had their first Hotel ocular familiarization in one of the five star hotels in Makati, Dusit Thani Manila.

One of the main reasons why the students were excited to go there was because of the scheduled lunch in Dusit's famous Basix buffet. Dusit Thani Manila has one of the best lobbies, from its high ceiling to its exquisite ambiance. When you enter the hotel, two receptionists greet you the "Thai" way. The hotel has 538 rooms, with different room types to choose from.

After lunch, a Dusit Sales Executive toured and showed us the different rooms—from the standard room type to the Ambassador suite — and the different departments. One of the things that we noticed was that the rooms have low ceilings. From there, we were taken around UMU, a Japanese fine dining restaurant, which caters to the upper class (where no less than President Noyonoy Aquino has dined in). We

were likewise shown Banjerong, a Thai Fine dining restaurant, which serves Thai cuisine, from starters, entrées, up to desserts.

One of the things we learned from this trip was that "TEAMWORK is very IMPORTANT in the Hospitality Industry." Why? Without teamwork, the whole operations in the department will never work well, and guests will not be satisfied with the service.

Dusit Thani Manila is an ideal hotel for couples who are on their honeymoon, for business people, and for families. It is located in the heart of the business district of Makati. Its former name was Hotel Nikko, but it was eventually sold to a chain of hotels namely Dusit Thani. Now Dusit Thani Manila is giving its guests a wonderful stay in the hotel.

It was a great experience; we learned a lot from this industry visit. We have witnessed what is actually happening in real life and in the Hospitality Industry. It was also a great bonding experience for all of us.

## Thank who? Thank you!

by Marius Jarvin Santos

Last September 10, second year School of Hospitality Management students had a one day seminar with Mr. Allan Cañete. The topic of the seminar was "The Power of Gratitude Intelligence". His goal was to help us understand the power of gratitude and how to have a happy, balanced life. Gratitude is the quality of being thankful, a readiness to show appreciation, and to return kindness. Mr. Cañete kept reminding us to say "Thank you" every time a good or bad thing happens to us; he believes that by saying these two words, everything would be alright. Culinary Arts and Hospitality Management students had fun with this one day talk which was filled with gratitude. Mr. Cañete taught us how to handle negative aspects of life, like stress. One of our problems that we presented to the speaker was the problem of our

writing projects. He said that we should be thankful for having the opportunity for a great education in such an elite school - Southville Foreign University. He stated that we should always be thankful for everything we do. That seminar was an eye opener for all! We realized that we are blessed for having our family, shelter, clothes, education, and everything else. To tell you frankly I'm a pessimistic person but after that seminar I told myself that I should change my attitude of constant negativity. So, I changed how I view the world and now I always do my best to think positively. This seminar helped everyone in so many ways, big or small. Being grateful for your life really helps! So Thank who? Thank you! Give thanks to everyone who made your day, to a friend, to a family member and even to your enemy!



## Cebutastic Get-away

by Belle Dampor

Mabuhi is a Cebuano word meaning "Mabuhay!" The 2nd year Hospitality Management students had their Cebu trip last October 26-28 in the queen city of the south, Cebu City. The students experienced hospitality familiarization such as visiting different kinds of hotels and resorts. We also gained more information about Cebu's history which includes the battle of Mactan and what Cebu is famous for such as Cebu lechon, dried mangoes and dried fish. On our first day, we visited Sky Adventure in Crown Regency. Almost all students were able to experience the property's special activities such as the sky walk, the edge coaster and the 4D Theater. We stayed in a 5 star hotel known as Radisson Blu. The next day we bought our "pasalubongs" like dried mangoes, dried fish and "otap". We were also able to taste Cebu's renowned lechon, which is also known as, the Zubuchon. We also had the chance to go on city tours and visited a local

shop where we had our personal "I love Cebu" shirts made. We then stayed at BE Resorts in Mactan and at night we all participated in fun activities and games, such as charades and paint the picture. On our last day, we went to Shangri-La Mactan Resort and were treated to an amazing lunch buffet. Shangri-La Resort is one of the most remarkable resorts that I've ever seen because of its white sandy beach. It holds many relaxing, enjoying and fulfilling facilities - it is paradise!

I had many fun filled moments participating in this educational tour. I enjoyed sharing this experience with my batch mates, the second year Culinary Arts & Hospitality Management together with our professors, Ms. Christine Pascual and Ms. Mafe Rebong. Although, we only stayed there for three days and two nights, in such a short time I learned the many similarities and differences of cultures and experienced days of unforgettable adventure.



## Nasi Goreng!

I was fortunate enough to travel to Bali, Indonesia during my stint as a cruise line Chef and chanced upon eating Indonesia's favourite dish, Nasi Goreng. Nasi Goreng literally means fried rice. It is a complete meal on its own, fried rice with chicken and beef strips, bean sprouts, cucumber, spices and sweet soy sauce cooked together in one harmonious palate-satisfying dish. Here is our own version of Nasi Goreng and one of our all time best sellers in Bistro Lima Restaurant.

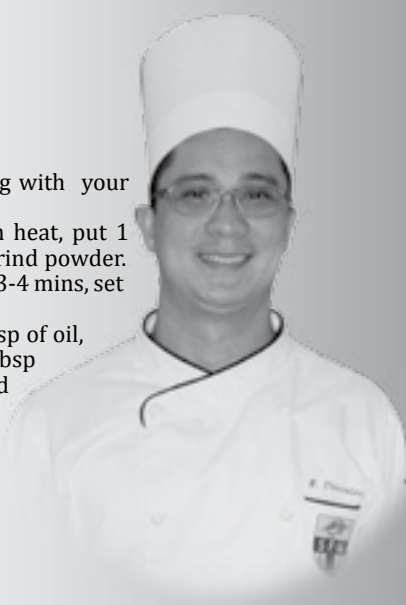
Beef Tenderloin strips 75 grams  
Chicken Breast strips 75 grams  
Garlic minced 1 clove  
White Onion minced 1 piece small  
Ginger 1 pc small size  
Cucumber medium diced 15 grams  
Bean sprouts 30 grams  
Sweet soy sauce/ kecap manis 2 Tbsp.  
Oil 2 Tbsp  
Knorr seasoning 1 Tbsp  
Tamarind powder 1 tsp.  
Turmeric ½ tsp  
Crushed chilli pepper ½ tsp  
Egg fried sunny side up 1pc  
1 cup of rice

### PROCEDURE:

1. Heat the pan and put the 1 tbsp of oil along with your onion garlic and ginger
2. Put the chicken and beef strips on medium heat, put 1 tbsp of sweet soy sauce and a dash of tamarind powder. Make sure that you sauté the meat well after 3-4 mins, set aside in a bowl.
3. Using the same pan, put the remaining 1 tbsp of oil, 1 cup of cooked rice, spring onion and 1 tbsp of knorr seasoning, turmeric powder and crushed chilli pepper, mix them properly.
4. After 4 minutes of cooking your rice, place your cooked chicken and beef with your rice cucumber and bean sprouts.

### GARNISH:

Cucumber and tomato chips, a stalk of spring onion, 1 pc red chilli topped with fried egg.  
by Chef Edward Dimaculangan



## A Day for Learning, for Life

by Juan Paolo Aliño

Business students attended a make-up class for the Edexcel subject Organizations and Behaviour under Mr. Jojo Alino at the 6th floor of the SFU building, gym area, on September 3, 2012.

Wearing maroon shirts and ready to take on physical activities, the students were first introduced to the general concept of Organizations and Behaviour (leadership, cooperation, and all the skills people should bring to the workplace), oriented on the activities and lessons for the day.

The first activity was a game where students locked arms together, formed a circle, and faced outward. They were told to, "Go wherever you want to go." Everyone moved in directions and the circle started to break, and some students fell.

After that game, the students were instructed to "Go as a team and go where the team wants to go." There were some conflict, but eventually, the students agreed to go into the ladies restroom. This game taught the students about personal goals, team goals, and cooperation.

For the next activity, papers were distributed among the students to find out about their "God given gift." They were given a

set of questions they had to answer, and with each question answered, they would tally up their scores and the results of the score show what their talent is. The categories of the score were in relationships, creativity, creating things, or in numbers. The paper helped each student find out what their natural talent is, and what kind of jobs line up with their talent.

After this, the students played a game of "Samson, Delilah and the tiger," a variation of the rock paper scissors game. The students had to cooperate as a team and decide which character they would act out, and try to counter the other team's character. As Samson, they would have to flex their arms and shout manly, which defeats the tiger.

As the tiger, they would have to make a claw with their hands and growl, which defeats Delilah. As Delilah, they would have to spread their leg, flip their hair, and make a feminine sigh, which defeats Samson.

The next activity was the nail game. They were given 10 nails, and the objective was to stack all the nails on top of each other, without letting any of them fall. With some creative thinking, all students were able to accomplish this task.

During the break, Mr. Alino ordered 12 boxes of pizza and everyone ate a few slices happily with Pepsi on the side. The next activity was letter-writing. The students had to each write a confidential letter to himself 10 years from now, and after that time has passed, they would come back and read it. This taught us about envisioning our future, what do we see ourselves doing at that time, and how we would get there.

The last activity was a competitive game called "Bomb diffusal" composed of two teams or bomb squads: Lads and Lambs. They were asked to create a team cheer as well. Numbered sheets of paper (make-believe bombs) were spread out around a certain area in random assortment. Each team had to run to that

area and step on a number starting from one to 30. The participants should only step on each number once and his foot shouldn't stay in the number too long, lest the bomb will go off. They had to step on each number as quickly as they can, and once they reached 30, they should run back to the starting line. If a number was pressed in a wrong order, the bomb would go off and they would have to restart. After a lot of shouting, running, and competitive action, the Lambs won and everyone was congratulated for a good game.

The class ended with life lessons from Mr. Alino, and the day ended well. Each student left with not only business lessons and a full stomach, but with lessons for life.



## Search for Talent, Not Employee

by Juan Paolo Aliño

On the 9th of October, business students had a special guest speaker named John Canada, a recruitment manager working in a BPO based in Laguna. He spoke to business students from HR, Marketing, IT, and Finance at room 311. His discussions would aid the students in answering their EdExcel paper and in their search for work.

The class started with him sharing about his life experiences, and how his life led up to his job in recruitment at BPO. He was very friendly and told the students that he will ask them questions and about their experiences in school and that they should respond for a more engaging discussion.

He spoke clearly and entertained the students with his funny stories about his work and co-workers. He shared experiences which could benefit us when we enter the work place, and gave advice on where to find work, how to find it, and job fairs.

John discussed websites where companies look for new employees like Jobstreet, and

what type of people they look for in that website. He explained the recruitment process, and what kind of recruitment process is used in BPO, as well as talked about interviewing techniques with potential employees like the "S.T.A.R.S." method. He discussed talent acquisition and how they recruit "Talent" now instead of employees.

He likewise informed us that they do not just hire a pair of hands; he said they hire a pair of "Heads, heart and hands," and how each employee could make a difference in their company. He explained the hierarchy of management, and how each manager when unemployed, will have different methods when searching for a job. He also talked about aggressive techniques that recruitment managers use, like how they can recruit from their competitors, and pull them away from their work.

His talk was very beneficial; it left us with more knowledge of the work place, and in life. It was a delight to meet him.



## Say Yes to the YES Club!

By Kashka Lantion

What is YES?

YES or "Young Entrepreneurs' Society" is an organization for students who are interested in engaging in future business. It is for both Business Administration students and for Culinary and Hospitality students.

Where did the idea come from?

A group of dedicated students from the School of Business wondered why the school had no Entrepreneurship organization when it is one of the most versatile organizations. Thus the idea, YES, came to life.

It will be versatile because everybody could benefit and learn from this organization. Plus, Southville Foreign University's YES is in the process of joining ENEDA (Entrepreneurship Educator's Association Philippines) to reach its goal of developing globally competitive leaders and entrepreneurs. But others would ask, "How would it be related to my course?" or "How would it help me in the future?"

It does not matter if you are not a business administration major as long as you have an interest in business. If you are really interested, here is your chance to gain knowledge and experience that could be of use in the future!

YES would be a stepping stone for Future Entrepreneurs, training them and developing their skills even more through seminars and workshops before they enter the corporate world. It will also encourage students from different courses to be involved in business. It is advantageous to each one of us because it is a hands-on and practical activity that we can use in our daily lives: franchising seminars, personality development workshops, business start-up seminars, and having motivational speakers who can inspire the students to push forward.

Young Entrepreneurs' Society will exist because it has a great vision for the students of SFU. It is to prepare and equip the students with knowledge and proper training for the bright future ahead—the school's reason for being.

## Fuelling the Momentum

By: Juan Paolo Aliño

Now that we're in the middle of the 2nd term, nearing Christmas break, I'm sure there are times when people start to feel discouraged or lazy to finish what they've started. I know everyone's had that kind of feeling in his life.

Where do people get their motivation from? What drives them? Is it their family, friends, personal goals, or the challenge? Whatever drives us, we need to harness that drive, and use it to finish all the goals we've started. Starting off strong doesn't mean much when you finish weak. Like Obama, his campaign ads were strong in the beginning, talking about change for America. But in the recent re-election campaign, what if he faltered?

What if he started to give in to discouragement and losing hope? It would have affected his end result, and he might not have been re-elected. Instead he fuelled his drive, kept going strong as he did before, and he won the election strong.

One of the things that makes me do better in my work is failure, or when my work gets criticised. I become angry with myself and with the person who told me that I could have done better, and I start saying stuff in my head like "Fine, you

want better work? Fine!" and I start working so intently, just to prove that I can do better. I would try to make my work as excellent as possible, and would redo it constantly to get it right, all the while shouting "Fine! Here's my best work!" in my head. I'm not really mad at the person; it is just a way to challenge myself to do better.

This is one of the ways I become focused and have that drive to finish what I started off strong. I can't do this all the time though, so I'm finding better ways to motivate myself, rather than shouting "Fine!" in my head all the time. Then I apologize to them mentally for being angry, and think in my head that it was for a good cause.

Whatever is the fire that keeps our momentum going, whether it's the desire for success, the recognition earned through a job well done, the satisfaction of seeing someone happy through our efforts, it needs to be constantly aflame. We could even have new fires, new things that keep us going. There may be times when the flame will falter, and we will feel like we can't reach our goals, that it can't be done.

When that happens, we must look at the flame that's kept burning because of us,

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and the trail we've created from it. We need to rekindle those fires, and take a step forward each time. Because in the end, the only one stopping us from moving forward is ourselves.

# OPINIONS

## What is your take on the cybercrime law?

Actually, implementing the law is a good idea to fight pornography, hacking and cyber bullying, but some of the provisions and conditions of the law are unreasonable. The government should really amend the law.

-MA. HEIDI SUMAGINGSING, Marketing (1st year)

I think that having a cybercrime law can be good for our country, but what was established in our country kind of limits the people from expressing how they feel in the internet. They should at least focus more on the things that are more important.

-JANNEL LIZ ONGKIKO, Marketing (1st year)

For me, the cybercrime law is not all that bad, but actually can help us be wary of whatever we post or share online, something that many people fail to do, including myself.

-FHRED ERICK BATALONA, Culinary Arts (2nd year)

The cybercrime prevention act has caused such an outrage all over the Philippines and anyone who uses the internet can tell you why. It's because the cybercrime law is taking away freedom of speech which I believe everyone is entitled too, but what the cybercrime law is truly against is libel, which we should all be protected from. The internet is no longer a place where people can say and do whatever they want then hide behind anonymity. I am responsible for whatever I say in person and the same should go for what I say virtually.

-FELICITY MCNAMARA, Management (1st year)

I personally am okay with the cybercrime law. I am just against certain conditions and provisions. Consequences for not abiding the law are exaggerated.

-LEAH CERRERO, Culinary Arts (1st year)

I don't think it's fair. Time and money shouldn't be put into a law that mostly everyone is against. The law has some good points but I just don't think it's worth it.

-YAZMIN FARCY, Management (1st year)

I'm not fully against it because it has some good points; it is against identity theft, pornography and the like but then it eradicates freedom of speech.

-JANINE DELAS, Business Studies (3rd year)

I feel it is a naive and desperate thing that doesn't deserve to be called a "law." Though it was made with good intentions, it was not well thought out or made with consideration for the welfare of the general public. To be frank, it's parasitic.

-JOSE ANGELO ZULUETA, Human Resource Management (1st year)

I think the cybercrime law is a pointless law and unfair. Although it is made to protect people from cyber-bullying, it took away our freedom of expression and other forms of entertainment we could get from the internet. I think it's pointless because it's pretty obvious that our country's suffering from poverty. Why not focus more on poverty?

--ABIGAIL AQUITANIA, Computer Science (1st year)

## What can you say about SFU's mentoring system?

SFU's mentoring system is really effective because it helps the students open their minds to some of the mentor's opinions. Specifically about their goals in the school and their future mainly because the mentors are usually engaged in similar fields where the students are planning to go into in the future

--JANNEL LIZ ONGKIKO, Marketing (1st year)

I think it's comforting. It's like the school is giving us our own guidance counselors. Although I also think that more time should be given for mentoring.

--YAZMIN FARCY, Management (1st year)

SFU's mentoring system is a good thing because it will help students to adjust in the school environment, especially freshman students because it will assure you that you have your mentor to rely on.

-MA. HEIDI SUMAGINGSING, Marketing (1st year)

I find them absolutely fine. They actually allow us students to let out our innermost thoughts to our mentors and in return we gain advice and knowledge.

-FHRED ERICK BATALONA, Culinary Arts (2nd year)

I've only been at SFU long enough to have been under one mentor. but I think the mentoring system is a great way for students to bond with their teachers



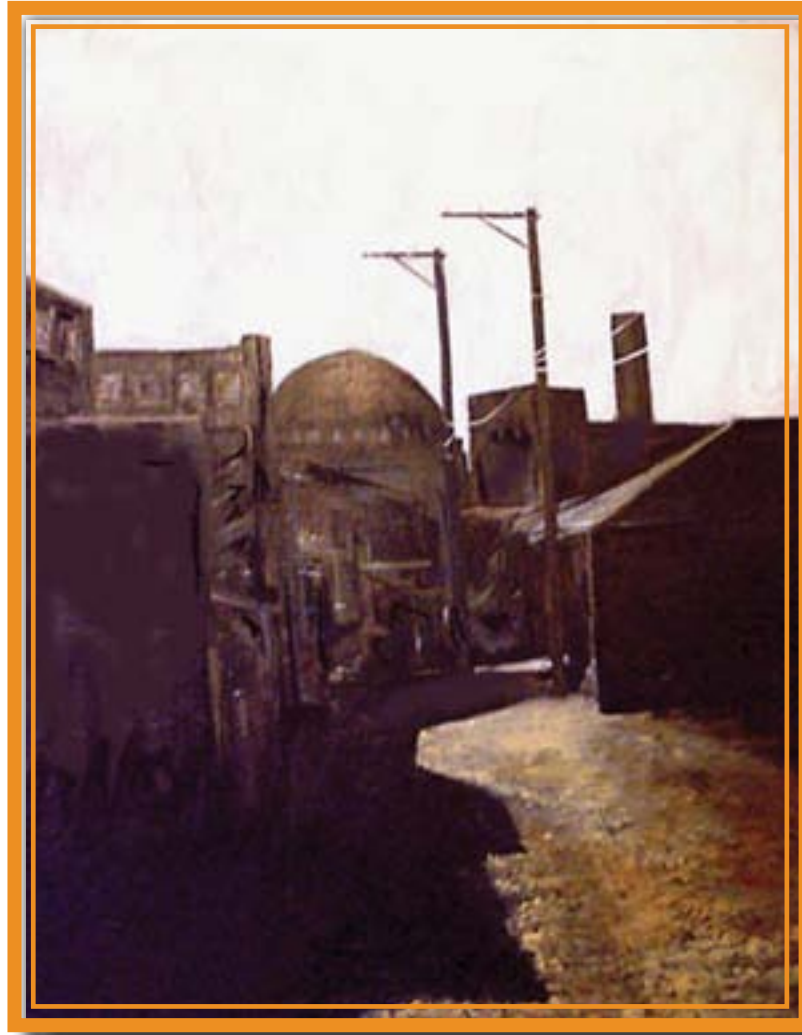
## HALLOWEEN



## INDUCTION



## NATIONAL FOOD SHOWDOWN



Oil on canvas



Oil on canvas

**A Sketch About Paintings**

The latest work produced by James Schneider hasn't been so much influenced by the "Irascibles" the 1950's New York based abstract expressionists (Mondrian, Klein and Marc Rothko) as much as it is validated by their corroborated ideas. His work has always had an unconventional approach to beauty, taking time to see what others avoid and ignore.

Having his studies in the Classical styles of painting and drawing formalized through his education through The School of the Art Institute of Chicago, his focus has always been to really understand that which he finds beautiful, searching in that place between the lovely and the confounding. Placing the viewer in his sublime constructionism, his Chicago-based work redefines the urban landscape and seeks to answer the question of place—with who, what, when, where and how one exists within a contemporary society. While the road to self-discovery is private and personal, it is interpreted uniquely with everyone. Schneider's work is no exception. His time in Chicago has been spent and now he resides in the Philippines creating new work using his same approach only with new information coming in from his experiences in the South Pacific island of Luzon in the South China Sea. This experience will foster new growth and exciting new works.

Schneider loves the use of line in his compositions. His use of line as a design element alludes to some emotionally determined draftsmanship, achieving a semblance of abstracted reality that a photograph could never capture. In other words, although the effect of the work is generally and minimally realistic, it is achieved by expressive means that have nothing in common with merely imitative, superficial renderings of reality. From side to side, his process of creating this beautiful melancholy is gradually understood in that his paintings are actually naturalistic; weighing heavily on the dynamics of the duality of the power of nature and the involvement of man within it.

Whether it is a finely manicured graphite portrait or painting of old growth urban decay, Schneider has found that the most adequate way to convey an emotion is through re-inventing the laws of logical linear composition. In other words, using spacial perspective broken into thirds-- systems developed during the Renaissance. For James, life is in flux and all things must change; for life's revolutions are always built on the truth behind the dark shadows of an uneasy and difficult reality.



**Franchesca Gail Lopez**  
Title: Untitled  
Meduim: Pen and Ink



**Karmena Goitia**  
Title: Balloons  
Meduim: Pen and Ink

**SFU Investment Club takes on the CFA Institute Research Challenge**

by Vince Tiu

Five members of the SFU Investment Club were chosen to represent Southville Foreign University to compete in the prestigious Chartered Financial Analysts (CFA) Institute Research Challenge.

The CFA Institute Research Challenge is an annual global competition, organized locally by CFA Philippines and globally by CFA Institute, which provides university students with hands-on mentoring and intensive training in financial analysis and professional ethics. Each student participant will be tested on their analytic, valuation, report writing and presentation skills and gain real-world experience as they assume the role of a research analyst. The competition is part of the initiative of CFA Philippines to complement and strengthen finance education in the country.

The team composed of Kristine Eliza Freidheim, Rafael Laurel, Kristine Denise Pablo, Nerry Bretaña and Vince Tiu will be mentored by Mr. Ernesto Francisco, Jr, Treasurer of CFA Society Philippines. They will be competing against six other universities from all over the Philippines. Each



**SFU Investment Club Team Ranks in the BPI-PSE Equity Challenge**

by Nerry James Bretaña

Bank of the Philippine Islands (BPI) and the Philippine Stock Exchange (PSE) have again reunited for the second run of the BPI-PSE Equity Challenge. Formally launched last July 31 at the 1851 Club, the equity challenge is a stock trading competition among different universities from all over the country.

The group from Southville Foreign University, participating under the team name BPI\_SFUBTL, consisted of three members from the SFU Investment Club, namely: Nerry, Bretaña, Rafael Laurel, and Vince Tiu. They were among the top 20 teams that were awarded on October 15, 2012 at the Brokers' Lounge of PSE Makati Trading Floor.

One hundred and five teams from 21 colleges and universities nationwide battled in the said tournament which ran from August 6 to October 5, 2012, with the team BPI\_Bulls of San Beda emerging as the champion. Each competing team was given an initial virtual capital of PHP 5 million. The team with the highest virtual portfolio value by the end of the competition was declared the winner.

SFU\_BTL was doing particularly well in the early parts of the tournament, holding on to



their position within the top 10, and even managing to hold the top spot in various instances. The defensive strategy of the group in playing the market gave them an advantage during the sideways market trend during the early to middle parts of the tournament. Unfortunately, this strategy didn't pay off during the last two weeks of the tournament, when the market rallied with the PSEi reaching to around the 5,400 levels. The team managed to do a good job in precision entry, managing to catch stocks as they rebound, but had difficulty in selling at the ideal moment.

Team BPI\_SFUBTL was doing well during the length of the competition managing to reach the top rank in several instances. A screen capture last September 10, 2012 shows the team's stellar performance.

The tournament has allowed the team to gain valuable learning experience, which will be useful for their investment journey, in general, and the other ongoing tournaments that the organization currently competing in, in particular.

team is tasked to produce an equity research report on the chosen subject company, Puregold Price Club, Inc.

The top 4 teams with the best research reports will go to the next round of competition and will present their report to a high-profile panel of experts from top financial institutions: heads of research, portfolio managers, and chief investment officers.

The team with the highest combined written report and presentation scores will be declared the winner will get the chance to represent the country in the regional challenge to be held at Kuala Lumpur, Malaysia on February 22-23, 2013. The regional winner will get to compete with top-notch schools in the global finals which will be held in London, United Kingdom on April 12, 2013.

**Jarlos Tops the SGEN - RCMS Stock Market Challenge**

by Vince Tiu

The winner of the second run of the Southville Global Education Network - Rotary Club of Makati Salcedo (SGEN-RCMS) Stock Market Challenge was honored in an awards banquet held at the Bistro Lima last October 10, 2012.

Anglebert Jarlos, a then third year business Management student of the School of Business and Computing, was declared as the Brent Torrance Value Investor Awardee after besting over other participating students from the various SGEN schools in a 6-month stock trading competition, which started on February 13, 2012 and ended on August 31, 2012.

The SGEN-RCMS Stock Market Challenge is a competition among students of SGEN member schools who take part in the Capital Market Learning Center's Stocks Investment Program, one of the several investment projects under the multi-million-peso investment and entrepreneurship grant awarded by RCMS to SGEN. Under the Stocks Investment Program, participating students are asked to put-up an initial investing capital which the CMLC doubles by providing an equal counterpart grant. Students then trade equities for a period of 6 months using the combined capital. After the trading period, all portfolios are liquidated and

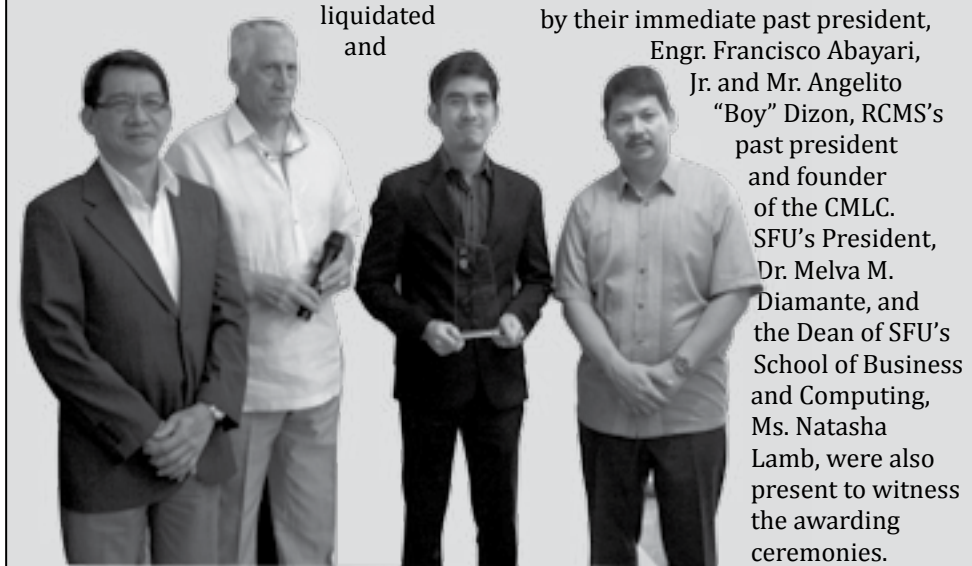
returns are computed. All gains derived from the stock trading challenge go to the participating students.

Students' performances are ranked according to the return on investment and the student who gains the most out of investing is proclaimed as the Brent Torrance Value Investor Awardee.

During the awarding ceremony, Mr. Brent James Torrance, an Australian philanthropist and successful businessman to whom the award was named after, gave an inspirational talk about the proper values a good investor must have. Mr. Torrance also lauded Jarlos for his great performance in the stock trading competition, a performance stellar enough to outperform his competitors and even the Philippine Stock Market.

With a strategy of employing technical analysis to properly time buying and selling orders of active stocks, Jarlos managed to finish the competition with a 68% return on his initial investment. In attendance during the event were the officers and members of the RCMS headed by their immediate past president,

Engr. Francisco Abayari, Jr. and Mr. Angelito "Boy" Dizon, RCMS's past president and founder of the CMLC. SFU's President, Dr. Melva M. Diamante, and the Dean of SFU's School of Business and Computing, Ms. Natasha Lamb, were also present to witness the awarding ceremonies.



## Sports - FutsALL in One

*by Ellice Biel Adornado*

Since the conception of the Southville Foreign University's Futsal Athletic Organization, every Thursday and Friday from 6 PM to 8 PM at the SFU gym, emotions surge—laughter at the failed attempts, cries for the sprains from aggressive play, and cheers for the triumph of mastering skills and successfully making a goal.

The SFU Futsal comprises the Men's and the Women's teams. The former, headed by Team Captain John Taylor, trains every Thursday, while the latter, headed by Team Captain Joanne Morales, trains every Friday. They are under the tutelage of Coach Jar G. Baun.

Kicking off to a great start, the Men's team took part in their very first tournament

of the year in the 1st

Interschool Futsal

Cup held at

the Emilio

Aguinaldo

College's

Futsal

Gym last

June.

Among

the

teams

who

competed in this prestigious tournament were the Mapua IT, Malayan Colleges of Laguna, UST, Ateneo, Rizal Technological University, Bulacan State University, and Enderun Colleges. At the end of the elimination round, our very own Daniel Carlos racked up the top spot in the Top Goal Scorers in the Men's Division.

The teams also participate in tune-up games usually held at the SFU gym on Saturdays. They faced off against LFC (Losers FC), Philippine Women's University, Los Galacticos, and Adamson University. With this, they are able to not only improve their futsal skills they need for the tournaments, but also establish team camaraderie.

Currently, it's time for the SFU Women's team to take the lead as they compete in

the 5th Philippine Futsal League which started on September 2, 2012 and ends on November 25. Among the colleges and universities who are also competing in this tournament are Ateneo, Lady Futsalistas, Pasargad FC, Miriam College, Los Borrachos FC, Enderun Titans, Calagwap FC, Centro Escolar University, and Generals Alumni. This is their first tournament of the year so this will also serve as their opportunity to strengthen their bonds as a team.

When asked about her thoughts on the SFU Futsal team, Team Captain Joanne Morales said, "I thought the SFU Futsal Team wouldn't be as active as it is this year. Last year, there were only a few players training, and there were only six players on the team. Not everyone was familiar with how to play futsal but I am really thankful

that the SFU students are interested in learning. I can see in each individual the determination and eagerness to play. The thing that our team has that other teams don't have is, we don't just play, we value our friendship with one another. The second is we have coach Jar Baun who is really giving so much of his time and is dedicated to sharing his knowledge of futsal."

Both teams work very hard and are determined to do whatever it takes in order to reach their ultimate goals: to emerge victorious in every tournament they participate in and to make their institution, SFU, proud.

Let us support the SFU Futsal team in every way possible because their being goal-driven is unequalled.



## Monarchs Cup Basketball and Volleyball: Memorable moments and new bonds

*by Kei Serrano and Joanne Morales*

Southville International School and Colleges held the Monarch's Cup for the year 2012-2013 at SISC Gym 2 starting on September 12 and continued until October 11.

The SFU women's volleyball team participated in this annual event. There were familiar faces and familiar competitors, but what stood out was how silence and noise were able to motivate and demotivate players. The team's characters and personalities were challenged more than their volleyball skills because of the ups and downs they went through. The team said they learned that silence of even just one player is not helpful since it brings down the confidence of the team and noise—no matter what the score is—uplifts the spirits of every member.

Last October 17 was the Pioneers' last game in the Monarch's Cup and it was one of the best moments that the team had during the competition. Everyone simply had fun and the display of teamwork was admirable.

The SFU Men's Basketball

team took part in this tournament for the first time under the guidance of its new coach. The Monarch's Cup is the most anticipated tournament every year for the basketball team. This year, the team has won 3 out of their 6 games against various college teams of Southville College: ENTREPRENEURSHIP & MARKETING 420.

Team Captain Ivan Samonte said that it has been a good experience for them joining the Cup and having a new coach was a challenge for the team to learn the plays for a short period of time, "Our team had little time to prepare since we signed up for the monarchs cup about week before our first game, since it was short notice we didn't get to prepare very well for our first game but all praises to our coach who seems to be very dedicated to the game and to teach us as well. He guided us on how to work as a team and lead us to success as a team. For the little time we shared

with our coach he was very good at grasping each of our individual characters and skills."

Coaching the Men's Basketball Team, Pastor Etienne Morales had a huge challenge in his hands. It was his first time to coach a university team, but as soon as he was on board, the team bagged the Monarch's Cup. "My strategy is to mentor these young men not just in basketball but in life and character as well. After this tournament, everyone

goes back to a pool of players and depending how they do in training, will determine who will be on our team for the next tournament," he said.

It was a first for the SFU Men's Basketball team and they had just started to heat up. The team aims to be on top of the next tournament within the academic year, while still keeping their academic pursuits on top of their list.

