



THE BRIDGE



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University of Chester partners with SFU

Kashka Shane Lantion



University of Chester

For the first time in Asia, the University of Chester in UK has come to the Philippines to partner with Southville Foreign University (SFU) in delivering undergraduate programs in various disciplines and postgraduate programs such as MBA and Master of Science (MSc) in Professional Nursing starting September this year.

Under this unprecedented partnership, all degrees will be conferred by the University of Chester, which has been providing higher education since 1839. One of the oldest and distinguished universities in the UK, University of Chester was founded by great 19th century prime ministers, William Gladstone and the Earl of Derby and a former Archbishop of Canterbury. Today the institution has over 16,000 students and has international partners all around the globe particularly Australia, China, Georgia, United States of America, and countries all over Europe.

University of Chester has two campuses in the UK—one in Chester and another in Warrington—

and now, SFU in the Philippines. All campuses are equipped with modern facilities in academics as well as sports and recreational activities. It is the sixth in the league table of the safest universities in England and Wales.

These facts show how globally competitive University of Chester is and how it prepares and trains students to have a better future. It is committed to provide quality teaching and learning, as well as producing excellent students. This is why SFU was chosen by University of Chester as its partner in the Philippines. SFU has the same outlook and vision towards higher education—particularly in being able to make students globally competitive wherever they may be.

SFU 12TH Graduation: PIONEERS TAKE ANOTHER LEAP

Juan Paolo Alino

For over 12 years, SFU has produced world-class students into the world, and this year is no exception. SFU had its 12th commencement exercises on July 13 at the Insular Life Corporate Centre at Alabang, Muntinlupa City, with the management and faculty of SFU, and the parents of the graduates witnessing the momentous gathering.

This was the first commencement exercise which awarded advanced diploma for Hospitality Management by SFU's partner school in Australia, the prestigious International College of Hotel Management in Australia. This event also had the highest number of Academic Excellence awards totaling 28.

The program began with the procession of

candidates, Faculty, Administration Staff, Board of Directors, the President, and the Commencement Speaker. It was followed by the singing of the National Anthem then an invocation led by Deandro D. Almariego, an HND Candidate.

Roger D. Bartholomew, Chairman of SFU, introduced the commencement speaker—Dr. Chris Haslam, Pro-vice Chancellor of the University of Chester. Dr. Chris Haslam joined the University of Chester in 2006 as a Dean of Corporate planning and development. Just a few years later, was appointed as the Pro-vice Chancellor of the University of Chester. After his inspiring address, Dr. Haslam received a plaque of appreciation presented by Dr. Melva M. Diamante, President of SFU. Dr. Diamante, together with the Board of Directors, then petitioned for the conferment of degrees and titles, as was authorized by Roger Bartholomew.

The candidates were then presented for graduation by their respective Dean or Head of school, namely: Dr. Melva M. Diamante, Dean of Graduate School; Leopoldo Anoché, Chair, School of Business and Computing; and Mrs. Carol Pido, Head, School of Hospitality Management. Dr. Diamante likewise conferred the degrees.

Special and academic awards were later given by Roger Bartholomew and Francisco R. Agbayani Jr., President of the Rotary Club of Makati, to students who excelled in both academics and co-curricular activities. A testimony was given by one of the graduates, Kristine Eliza M. Freidheim, who spoke about her experiences in SFU; Orlette Y. Reyes led the pledge of loyalty, Loreta C. Paguia delivered a farewell speech and Chaselle Rodriguez gave a message to the



graduates. The graduates sang the SFU Hymn one last time, then they posed for the pictorial per batch: Graduate school, Bachelor's degree and the Higher National Diploma earners. The program ended on a high note with the recessional, led by Dr. Chris Haslam alongside with Dr. Melva M. Diamante, the Board of Directors, the Administrators, Faculty, Graduates and the SFU community.

Outstanding students were awarded the following: Lorena R. Nieva, Academic Excellence in Graduate School; Loreta C. Paguia, highest GPA, School of Business & Computing; Orlette Y. Reyes, Academic Excellence, School of Business and Computing; Kristine Eliza M. Fredheim, Edexcel Academic Achievement Award for Distinction, School of Business and Computing (highest score); and Karenne S. Dacayan, School of Hospitality Management (highest score).

The awardees of the Advanced Diploma of Hospitality Management: (in alphabetical order)--Jana Amiera L. Anievas, Herlyn Trexcia C. Mortensen, and Clarina Jane A. Tanog.

COLLEGE PREPARATORY PROGRAM

By Robee Joy Sunga

The College Preparatory Program (CPP) is offered to all incoming freshmen in preparation for their college life. All freshmen are required to attend the CPP. New students who enrolled during the 2nd and 3rd terms of the previous school year are also required to attend the CPP.

New and transfer students have the opportunity to meet fellow students, faculty and

staff as well as to explore the campus. They are given information—about SFU organizations, activities, university policies and special events - to help them transition from high school to college.

This program provides learners with the opportunity to learn teamwork and presentation skills, time management, and other social skills. It is here that students learn first-hand about

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FROM THE PRESIDENT'S DESK



Can Unity Be Achieved?

I ask this question in light of the theme chosen by the editors for this issue of *The Bridge*: Unity.

Historically, communities the world over have struggled over this concept. Unity—in the past and especially in these modern times—has been like an elusive dream, because of so many diverse races and personalities, ideas and biases, made more complicated by advances in technology and globalization.

Our SFU community is not exempt from these complications; in fact, we are quick to embrace them. In 14 years since SFU pioneered transnational education, we have moved at a very fast pace to put in place relevant systems that answer needs of the changing business world. Our graduates, the beneficiary of these innovations, have achieved recognition in the competitive

marketplace here and abroad,

Ironically, it is in this scenario of success that we need unity—to be in cadence—to maintain our momentum.

Well, this is not at all an elusive dream for us at SFU. We have core values which form the foundation on which we perform work and conduct ourselves. People say there are a whole universe of values, but some of them (seven to be exact) are so important to us that throughout the changes in communities, they are still the core values we abide by.

You've read these seven core values on posters in the campus, but I enjoin you to read them closely now and take them to heart:

1. **Service-oriented.** Our programs and curricula are centered on how best we can serve our various publics—our students, their parents, the neighborhood around us, the community within us, and the larger community to which we belong.
2. **Excellence.** SFU's choice of partner schools duplicates our own pursuit of excellence. Our outstanding students abroad are living testimonies of this.
3. **Respect for diversity.** Every classroom, organization, and corridor at SFU teem with people of different races from different continents in the world. We nurture this environment to develop individual and unique strengths.
4. **Viability.** We provide the venue for our staff, faculty, and students to live, develop, and be stronger in their lines of expertise and interests.
5. **Innovation.** Aside from pioneering transnational education, SFU continues to be creative in introducing new educational models for future work opportunities.
6. **Commitment to achieve.** At SFU, the work is never done. We continue to improve on ourselves and raise the bar every single time.
7. **Ethics and integrity.** Our external system of rules and laws are our ethics. We believe in discipline and compliance to guidelines on proper behavior in academia. Our internal system of principles, or integrity, guides our behavior. We believe in doing things right, consistently, even without an audience.

In the ever-changing vast community we call the world, these core values are constant. They underlie our work, how we interact with others, and which strategies we employ to fulfill our mission. Our core values are the basic elements of how we go about our work. They are the practices we use every day in everything we do.

Our core values are our rallying point; they are what unity in our SFU community is all about.

DR. MELVA DIAMANTE

A LETTER FROM MRS. PIDO

Dear Students,

As we commence the fourteenth year of SFU operations, personally I am so happy to note that we are developing a community of young and passionate family members who are keen and confident to contribute to society; a community that promotes a sense of responsibility and augments the mission and vision of Southville Foreign University.

We must appreciate that SFU is a unique learning institution that strives and provides gateways for students to make a difference!

I applaud the Rotaract Organisation for their initiatives and dedication over the past year, supporting so many causes and providing inspiration and hope to less fortunate communities.

During the recent College Preparation Program held prior to the commencement of the new school year, we witnessed a true desire among students to develop camaraderie among peers and provide a united front for SFU, which in the long term raises the bar in respect of standards and enhances the image and profile of their Alma Mater.

So I encourage all, in your quest to develop a common goal and a united community, to consider these wise words:

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." - Mother Teresa

"Strength lies in differences, not in similarities" - Stephen R. Covey

In summary:

- You can make a difference by your actions and set a positive pathway for others to follow.
- Your uniqueness will stand out and will inspire others to achieve and be competitive.

Good luck to you all and trust that you will achieve your personal and professional goals through your active participation via the one and only SFU Community!

Best regards

CAROL R. PIDO
Head of School
School of Hospitality Management



THE TOGA

By Grace D. Chong

(This is a reprint of one of our lecturer's blog on SFU's graduation)

In July every year, I don the most ill-fitting and unflattering outfit in the world—the toga. But it somehow feels right. Perfect, in fact.

At the graduation ceremony of SFU where I teach, lecturers are required to wear togas with a hood and cap. Although the black loose gown is the same for every faculty member, the hoods vary from teacher to teacher.

For years I never bothered to find out why I wore what I wore, because someone in-charge simply gave them to me on d-day.

This year I got curious so I quickly researched on why college graduates (and all those involved in their education) don the toga. My search revealed the following facts:

In 13th century Europe, this loose garment called houpland was considered fashionable and therefore worn by men and women.

As universities spread, the fashion of the times became associated with academia.

No longer a fashion statement, today's robes come with 1) a hood (the drape around the neck), and 2) the academic hat which comes in two different styles—the tam and the mortarboard.

The tam with a gold tassel is often worn by doctoral graduates and the mortarboard (looks like a flat pizza box!), with a colored tassel that

corresponds to one's degree, is worn by bachelor's and master's degree graduates.

There is a standard list of colors associated with degrees. The tassels in my mortarboard and my hood come in white because it is the color assigned to Arts, Letters, and Humanities.

Next year I will surely forget about the confusing assignment of colors so I had my photo taken with colleagues who come from different disciplines, and therefore, wear different colors.

Marching in a toga, alongside others in the same outfit, makes one feel the cadence of academia of which I am a part-time part.

And although I am mostly into creative writing, which is a totally different world, every July I am blessed to witness the new confidence of SFU graduates (my former students!), the unbridled joy of their parents, and the profound pride of their teachers who played an integral part in their academic foundation.

God's Grace beats strongly in every heart beneath the world's most unfashionable get-up.



(From left: Ms. Rose Caoile, the author, Dr. Nadira Rasheed)



Learning with fun: Southville Junior Financial Executives

SJFE Pres. Andria Ralleta

Southville Junior Financial Executives (SJFE) is an organization for finance and business students. It was founded to promote advance education in the field of finance. The organization encourages its members to practice finance through varied activities, thereby promoting academic excellence and social awareness among its members through exciting events and projects.

The proposed events and projects where students might be interested to join include

seminars and trainings about finance and investment. The organization will create two teams that will compete for Stock X Challenge of First Metro Investment Corporation. These two teams will undergo intense training and lectures to prepare them for the challenge: they will help in hosting holiday events such as Christmas and Valentine's.

The organization will likewise participate in the 12-hour famine of World Vision. Another project is the SFU Daily Planner for the second

semester. With these activities, there will be a lot of collaboration with other organizations. Many more other events and projects to be announced soon.

Members of SJFE come from the first to third business classes, so we encourage everyone to join the organization.

This is a great opportunity for business students; it's something they should not miss out on. Members of SJFE will definitely have fun while learning and practicing finance.



Mary Lojo

Computer Society Provides New Skills

The Computer Society or "CS" is all about educating students to be more technologically capable and to develop their skills in different fields of Computer Science and Information Technology.

President Shimas Rasheed said, "Basically, we give you extra skills that you can use in the future, as well as an extra credit for your resume. We teach skills that are widely used in the industry today. By simply knowing the basics of those skills, you gain versatility, which would make a great asset to any department or work area. So we are trying to build up members who

will not only be capable in the business world, but who will be adept at technology and development. These new skills will help them adapt to and evolve in this rapidly changing world."

The organization will host seminars and classes on the usage of different media editing software like Adobe After Effects, Adobe Photoshop and many more. In addition, the organization is also willing to provide services to other organizations or anyone on graphics design, video making & editing, and even tech support.

Recently, CS has been working with various groups and organizations, providing help in logo designs and videos. Among the groups CS has helped thus far are: the yearbook committee, and the VOICE and NBSL campaign materials.

If you ever need help with your tech or on anything about technology, or are willing to gain a new skill for yourself, you are welcome to approach any ComSoc member.

Capital Marketing Learning Center

Vonfred A. Aliño

The Capital Marketing Learning Center, also known as the CLMC, is a group of elite students headed by Dr. Rhoderick Santos. The members of this organization are heavily trained in different fields of businesses like marketing, entrepreneurship, and most especially, investment.

Here you will be able to learn different types and ways of investing, mostly tackling stock investment. CLMC will help you understand how to be a good investor, not just for yourself but also for the economy.

It conducts seminars and workshops for new members to be able to adapt and learn how to be good investors and business people for the country's economy.

The current president, Sasa Fredheim, said that plans and events await the members of CMLC: corporation visits, stock investment contests and many more events relating to marketing and business.

She added that the org will also be setting

up a certain business for the school to earn funds from and to help members learn and apply different business techniques on this project. Ideas are afoot on what business to set up. One idea was a printing business for SFU students so they can avail of lower printing prices.

This club sounds good—it exposes you within and beyond the fields of business and marketing; it will likewise look good on your CV, especially for business majors. But there's a catch: this organization is highly exclusive and only accept the best students that apply.

The organization already held its recruitment week and through a stringent and careful pruning process, the decision came down to just three new members (out of 20 applicants). They are: Rafael Laurel, Vince Tiu, and Nerry James Bretaña.

Congratulations to these students and good luck. They will soon replace the 3rd year members who will become alumni.



Yearbook Committee

Mary Lojo

A reason why one should join the yearbook committee is that the org enables the development of negotiation and communication skills. The tasks involve becoming a bridge between the students and the yearbook supplier as well as prospective sponsors.

One also learns to handle finances since all the projects (excluding yearbook printing and pictorial), is financed by the yearbook committee itself through soliciting efforts. This committee does not rely on school funds.

The committee invites students to participate in preserving their college keepsakes—and in the process have a venue for their creativity. Anyone who has the creativity to contribute is welcome to the committee.

The committee creates different exciting events and projects to collect dynamic and fun photos that can be included in the yearbook. One such project was the first

photo booth during the graduation. An upcoming project is the graduation party that would be held on the first week of August. This will be the first-ever graduation party at SFU.

Come and be counted. Join the Yearbook Committee!





Bistro-riffic Dining

Marius Santos

It's wonderful that each year our very own Bistro Lima offers a new kind and variety of dining experience from an A La Carte menu and daily specials to their customers. Did you know that Bistro Lima started last September 2008, as part of an essential training for the students undertaking Culinary Arts, Hospitality Management and Leisure and Tourism students?

This term, the Bistro Lima offers a new menu with Bistro Nachos for their starters. It is tortilla chips loaded with ground beef, bell pepper, onions, and tomatoes drizzled with cheese sauce. I've already tried their Bistro Nachos and it was delightful. Bistro Lima offers a classic beef burger with Portuguese

sausage with burger veggies, called the Chori Burger. They also have Bistro Chicken Sliders which is really crispy fried chicken breast served on three homemade mini buns. For the pastas they have our all-time favorite Carbonara, Chicken Pesto, and Bolognese.

Bistro Lima created a new



section on their menu offering Asian cuisine; it is called "Asian Flavors." In this section they offer Fish Kebab, Bicol Express, Pork Tonkatsu, Nasi Goreng, and Korean Beef Bulgogi. According to one of the first year hospitality students, the five new

dishes from Asian Flavors was a hit and sold very well.

Bistro Lima still has their "All Time Favorites" selection which includes Fish and Chips, Italian Herb Roast Chicken, Chicken Fingers and a Basket, and Grilled Sausage and Salad. These favorite dishes hold their title true as an all-time favorite.

For dessert, Bistro Lima keeps their signature dessert, Choco Ganache. Offering a new range of desserts, they have Orea Cheesecake, Banoffee Pie, Fruit Plate, and who's screaming for Ice Cream? They serve Vanilla Ice Cream, and don't forget their Sweet of the day. Try Bistro Lima now for new selections and a sumptuous dining experience!

LICENSED

Mary Amirose Lojo

"At SFU, you map your own Destiny" - Mary Lojo

Hotel Management as a profession is held in high esteem, with hotel managers commanding large salaries and sought after internationally. Southville Foreign University, known for giving its students international credentials—through affiliations with University of Sunderland, Southern New Hampshire University, University College Birmingham, London Metropolitan University, Taylor's University and William Angliss Institute of TAFE, and Chester University—is now bound to be the first and, to date, only university in the Philippines authorized to offer Australian Bachelor's Degree in Hotel Management as it joins forces with the International

College of Hotel Management (ICHM).

ICHM, located in Adelaide, the capital city of South Australia, is the first, and currently the only Swiss Hotel Association (SHA) School outside of Europe. Today, students have come from more than eighty countries to benefit from an ICHM education. The school, having world class teaching facilities, trains students for management roles based on the acclaimed Swiss Hotel Association (SHA) model that stresses the importance of learning of all aspects of the hotel industry. As the student finishes his studies, he earns two Bachelor's degrees, first the Bachelor of Business (Hospitality Management) and then the Bachelor of International Hotel Management (Swiss Hotel Association).

International College of Hotel Management

The two degrees are accredited by the South Australian Training and Skills Commission. Accreditation by the Commission is equivalent to Regional Accreditation in the United States and self-accrediting status of Royal Chartered Universities enacted by an Act of Parliament (UK). ICHM is the first institution granted permission by the SHA to offer a degree that they endorse. The educational process starts from an operational to basic business management views and they provide knowledge to their students each year with new and relevant business ideas and purpose. Graduating students have complete understanding of the International Hotel Management

curriculum, which is subject to constant updates and review, to ensure it continues to meet the highest industry expectations.

Students of SFU, particularly those students studying under the School of Hospitality Management, are given choices on whether they would continue their studies at SFU campus or at ICHM in Australia. Either way, SFU ensures that students will graduate with similar credentials and benefits by following the ICHM Curriculum delivered by industry-based local and foreign professors.

Such partnerships certify that SFU provides students the license to earn International Credentials while studying here in the Philippines.

APacCHRIE YOUTH CONFERENCE: OATHS 2012

Hazelyn Consul

From June 5-8 this year, the University of Santo Tomas - College of Tourism and Hospitality Management hosted the celebration of the Asia-Pacific Council on Hotel, Restaurant, and Institutional Education or "APacCHRIE's" 10th year. APacCHRIE is the global advocate of hospitality and tourism education for schools, colleges, and universities offering programs in hotel and restaurant management, foodservice management and culinary arts.

Four delegates from Southville Foreign University attended the international conference namely: Robee Joy Sunga, Hazelyn Consul, Ivan Jonathan Samonte and Joji Oka. They represented SFU with pride and honor as they built ties with both local and foreign delegates coming from schools all over the Philippines, as well as other countries. The four were separated into different groups which gave them the opportunity to mingle and interact with students from other schools and universities. Surprisingly, the four were leading their own groups and showed the great leadership skills SFU instilled in them.

With its theme "OATHS: Opportunities in Asia-Pacific for Tourism and Hospitality Students," the organization promoted awareness about current events of the hospitality industry to the students. Talks and group activities were held to help cultivate the minds of future professionals of the hospitality industry regarding culture, hospitality, recreation, innovation, environment, leadership and the like.

Successful hoteliers and entrepreneurs delivered a number of talks. Mr. Meryl F. Yu, Chief Executive Officer, Y&S 1847 Hotel Investment

and Development, said that innovation in the hospitality and leisure industry are a way to raise standards and continuously improve the community. The President of APacCHRIE, Mr. Andy Nazarechuk spoke about the issues and growing trends in the hospitality industry. The talk about "Environmental Sustainability as an Essential Concern for Tourism and Hospitality Management Leaders" was delivered by Mr. Rodne Galicha, Country District Manager of the Climate Reality Project. Mr. Bam Aquino, President of MicroVentures Foundation, a social enterprise that engages in poverty alleviation through business development by the poor, gave a talk about leadership and how to help young hoteliers.

There were fun-filled activities like the Amazing Race in Picnic Grove, Tagaytay and Caleruega Retreat Center. There were tours in UST campus, Hotel H2O, The Podium, Picnic Grove, Mazapan Sweets, Gourmet Farm, Pink Sister, Mushroom Burger and Caleruega Retreat Center.

The event concluded with a dinner in Manila Hotel and each participant was given a certificate for participating in that momentous event.



Fish and Chips

Ingredients:

- 1 ½ kilo cod fillets (dory, cobbler for substitute)
- Lemon (cut in wedges) for garnish

For batter:

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 cup milk
- 1 egg
- 1 quart vegetable oil for frying
- 1 ½ kilo cod fillets (dory, cobbler for substitute)

For dredging:

- 1 tbsp. salt
- 2 tbsp. pepper
- 1 cup flour

Directions:

1. Place potatoes in a medium-size bowl of cold water. In a separate medium-size mixing bowl.
2. Mix together in a bowl the flour, salt and pepper for dredging.
3. Mix the ingredients for batter. In a bowl, mix together flour, baking powder, salt, and pepper. Stir in the milk and egg; stir until the mixture is smooth. Let mixture stand for 20 minutes.
4. Preheat the oil in a large pot to 350 degrees F (175 degrees C).
5. Fry the potatoes in the hot oil until they are tender. Drain them on paper towels.
6. Dredge the fish in the dredging flour. One piece at a time, dip it in the batter making sure that the dredged fish fillet evenly coated and place them in the hot oil. Fry until the fish is golden brown. If necessary, increase the heat to maintain the 350 degrees F (175 degrees C) temperature. Drain well on paper towels.
7. Fry the potatoes again for 1 to 2 minutes for added crispness.

The Famous English Fish and Chips became a staple meal, and grew popularity among the working classes in Great Britain particularly Lancashire and London in the 1850's. It is, bar-none, the favourite comfort food in UK. Fish and Chips best served with mushy peas, malt vinegar and tartar sauce.

by Chef Edward Dimaculangan

Meet the New Dean

Alicen Paola Kristanna G. Beredo



Get ready for a new pair of heels walking the school hallways. Here comes the new dean of the School of Business all the way from Russia—Ms. Natasha Lamb! Ms. Lamb graduated from the Russian Academy of Management with a Bachelor's Degree in Economics and Cybernetics. She explains, "Economic cybernetics is a science which uses methods of statistical analysis and forecasting in the study of economic systems, phenomena and processes. Sounds too complicated and too scientific, but I always liked math—it is an amazing and beautiful science, where theories are logical and axioms are forever."

After graduating from the university, Ms. Lamb worked as a finance analyst for Unisys, an American company, with a big project installing a clearing system at the Russian Central Bank. She then decided to make a significant change in her career and went to work in the fascinating world of marketing and advertising. Always interested in marketing, Ms. Lamb enrolled at the Weatherhead School of Business in the US for her MBA. There she spent two exciting years of being surrounded by very bright and ambitious students and teachers. Although the schedule was tight and tough, she remembers those years as the most challenging, stimulating and beneficial for her future career. She set a goal of becoming a marketing director of a big company, and indeed she became the Marketing Director of Colgate for Baltic States in Europe.

She came to the Philippines because her British husband was assigned here by the multinational company he works for. She has this to say about the Philippines, "We knew very little about this wonderful country before we came here. But now, our

family loves it—with its very friendly and helpful people and very warm weather!"

Her priority is a full integration of the new BA programs from the University of Chester into the SFU curriculum. She is very excited about the prospects of what the University of Chester presents to both teachers and the students—full academic support with programs localization and a new wider range of programs of high demand in the Philippines (MBA, Master of Science in Nursing).

What she also finds extremely important is the balanced satisfaction of all parties involved in SFU—teachers, parents and students. "Teachers should be satisfied with the support given to them by SFU management; students should be satisfied with the level of knowledge they receive and the wide array of activities they enjoy; and parents should be reassured that the money they pay for their children's education is the best investment into their future."

Ms. Lamb gives SFU students three pieces of advice: "First, do not be afraid to change the status quo in your life – if you do not like your current job, quit it, and look for something that will bring you satisfaction. There is nothing sadder as to have a job you are not enjoying. Second, make longer term plans—who you want to be, what you want to achieve in 3-5 years from now. Once you've done this, it will be much clearer for you to define action steps for achieving those goals. And third, learn to enjoy every moment of your life—a nice dawn, a concert of a favourite artist, your friend's support—that will make you the happiest person ever. And happy people are those who achieve the maximum!"

We are looking forward to the exceptional work of Ms. Natasha in her new role. Welcome to the SFU family! Cheers to a new school year with you!

A New Look at Edexcel

Samantha Requida

With globalization, countries the world over are becoming interdependent with one another even within the educational field. Highly standardized educational systems have partnered with universities that share their vision to expand horizons and enrich the future generation.

Southville Foreign University (SFU) is an institution that has partnered with one of these outstanding educational systems—Edexcel in the UK. Thus, SFU became the first transnational university in the Philippines. For 14 years now, SFU has been a campus of Edexcel and therefore, a trailblazing university in quality global education.

Edexcel follows a syllabus throughout a particular student's course of choice. In the early years of Edexcel's syllabus had a subsection of subjects required for a student taking a particular course. For example, the

student who was taking up Business courses studied 2 subsections of Math: Math 1 and Math 2.

In recent years, however, this syllabus was adjusted to reduce the number of sub-sections. Instead of two Math subjects, only one was retained. This was instituted to reduce the load of the students and so as not to repeat subjects that had already been taken up in high school. The new syllabus, therefore, offers only courses with new content.

This innovation gives students time to focus on their main, more important subjects prerequisite to their course, without having to struggle with minor subjects. As a result, study hours are more manageable and more concentrated on major subjects.

This is the evolution of the Edexcel syllabus which has been warmly welcomed by all.

The Chosen Three for CMLC

Jannel Liz B. Ongkingco

Capital Market Learning Center or CMLC is an organization that caught most of the business students' attention because of its way of teaching the students about the capital market by engaging them within the market itself. It also aims to expand the students' knowledge about the economic status of the Philippines and share some values that students can apply in the corporate world.

Many business students were intrigued because it was said that to be an "elite" member of the organization, you have to go through screenings and interviews. But that did not stop them from signing up, they were all determined to go through the process and take chances for they knew that once they are in, they will gain experiences that can help them in their future careers.

On July 6, 2012, the first round of screening for the future members of the CMLC was launched. They were asked certain questions that determined their knowledge about the organization, their stand on the country's economy and also whether they had what it takes to be a member of the organization.

The hopeful students were not only posed with difficult questions, they were also interviewed in front of



a number of CMLC's present members. This added more pressure because the members had high standards in judging the characteristics and qualities of candidates. On the bright side, most of the participants were confident with their performance.

A week after the interview, nine students were called to a final interview which would determine who will get would get the elite slots.

Finally, after a series of interviews, three students were selected to be elite members of CMLC. They are: Nerry James Breña, Rafael Laurel and Vince Tiu.

The three members can look forward to widening their knowledge and interest in the capital market. The organization will instill in them values that they could apply while in the organization and beyond—as well as mold them to be good businessmen and citizens of the country.

PJMA search for SYNERGY TRAINING PROGRAM

Ma. Heidi G. Sumagingsing



PJMA (Philippine Junior Marketing Association) embark on yet another nationwide search to look for interested students to join the Synergy Training Program. PJMA is committed to upscale Marketing standards for the youth. This search aims to find big thinkers and visionaries who can really make PJMA soar to great heights.

This program is a training ground for Marketing students who aim to hone their skills to be the next young business leaders in the country and eventually be part of the National Executive Board (NEB) of PJMA.

The application is open to all affiliates university. You should be a sophomore or a junior student. Freshmen are also accepted provided that your school system is trimestral. Lastly, you are interested to be trained for one school year.

How to join? First, students should fill out an application form with a 1x1 picture. Softcopy is uploaded in the yahoo group: pjmamembership0809. Second, attend the screening; an interview will be scheduled to screen the applicants. Lastly, bring your resume and recommendation letter

from your local organization president. If you qualify for the program, a confirmation message will be sent to you congratulating you as you take another step ahead for the Synergy Training Program. The qualified applicants will undergo series of tasks and assignments in different PJMA events wherein their leadership skills will be molded by the current PJMA's NEB officers.

With the purpose of organizing projects that aim to maximize opportunities for the Marketing students in our country, the PJMA will also launch "First Chapter Event at Nueva Ecija" on August 25, 2012.

The Philippine Marketing Association will also bring enjoyable activity, the STRATMARK 2012 an annual Marketing student conference with the theme: "Marketing Mash Up: Hybrid for the New Breeds". In this event, the topics are about today's new age of winning strategies, business hits and mash up creations. Great ideas fused together to bring about new innovative breakthroughs. This conference will be held on July 31, 2012, 8am- 5pm at Mall of Asia Arena.



GALLERY




OPINIONS

How will you break barriers and create unity among students?

HEIDI SUMAGINGSING (Marketing) -- By being bubbly and approachable. I will not look at their race; instead I will look for our common interest. I will show that I'm willing to be their friend. I will strive for unity.

AURA HARLYNNE VEDASTO (Business Management) -- By being adaptable to any type of student—being friendly and approachable as much as possible. As a senior in SFU, I should be able to know most students, so that they can just approach me regarding their papers, and I could help them using my old ones. I therefore should serve as the "Ate" they would look up to and follow in the future. I want to pass on my happiness to the next generation.

KADHE SHE BATALONA (Hospitality Management) -- What will I do? I will create an activity where the entire student population must participate. In this activity, they will share their problems/complaints with their classmates. After that they must forgive each other and maybe plan an activity where they must all work as a team and be unified. They have to realize that unity is important in every group/class so that there are no miscommunication, problems and arguments.

CHESKA LOPEZ (Business Management) -- The fact that this institution has a widely diverse culture, many barriers come along especially when it comes to communication. Since my freshmen year, it was hard for me to adjust, knowing that the number of girls in my class was limited and was full of guys. Thus the culture was really that diverse. Patience and understanding is the key to break barriers and create unity among students.

CHARLOE ALUSSA L. BERGONIO (Hospitality Management) -- In order to create unity among students, we should have more bonding and get-together. Each student organization should be more active. In a specific situation like a program and we have to work with other students, we might not know, of course, if we should approach each other and be friendly.

MARY ABIGAIL GUDANI AQUITANIA (Computing and Systems Development) -- As a freshman, I still find it hard to adjust with my new school environment. But for me to belong, I'd say that I'll break the barriers by continuous socializing through person-to-person communication or even through social networks despite our differences in courses and levels. Forgetting age differences can start a spark among students as we start communicating with those in the higher levels comfortably.

LEYANNE LENIHAN (Business Management) -- For me, we can break barriers among students by not looking at our differences. We should practice humbling ourselves. We should possess the willingness to open up to every student. Be approachable and be friendly with them.

THERESA MAE M. MALIKSI (Finance) -- Group-oriented activities that would encourage students to exert effort and to work together for a common cause will help break the barriers and promote unity. Some of these would be outreach programs, fund-raising, and sports fest.

FELICITY MCNAMARA (Business Management) -- We should make the students feel like they are part of something important, that every role counts. They

have to feel like they support something important, that they are included in all activities: it may be going to games to cheer on our school, or helping raise funds for organizations, or just getting good grades to keep the school standards high. In order for them to be a part of all of this, they have to know what is going on at school and that's where we come in. We must act as spokesman. We must inform them about all the happenings so they can participate and be active students.

MA. PRECILLA ALVAREZ (Information Technology) -- We need to communicate to them, aim to build a strong friendship with them and share and exchange our interests with them.

NEIL NACAR (Computing and Systems Development) -- Getting in touch with other students is one way, while one of the hindrances for unity is the race of the students. We should not look at our differences. Instead, we must look for our common ground, and make everyone comfortable with one another. Introducing other students to your network of friends is another way.

FHRED ERICK BATALONA (Culinary Arts) -- To make one goal for students to look up to and follow. We all have different courses but that common goal can break the barriers and unite students.

VONFRED A. ALINO (Management) -- To always approach people and get to know and make friends with everyone in the school. Maybe we can host events which can help build our student body—events like the garden ball which is coming up on July 28 and more events which include people getting to know one another.



Finding Unity in Diversity

Robee Joy Sunga

"We are only as strong as we are united, as weak as we are divided."

— J.K. Rowling, Harry Potter and the Goblet of Fire

The social climate of the world today emphasizes disunity and differences rather than the constructive energy we need to sustain human society. Because of this, The Bridge felt strongly that to begin the school year, we need to build on unity. Thus, the theme, *CommUNITY: Building a community, one student at a time.*

This school year, we have seen an exponential growth in the Southville Foreign University community, with the coming of teachers and students. New faces and races from different schools and different parts of the world—in different levels and taking different courses—show the diversity of the student body. But not surprisingly, these different personalities mingle with each other and exchange ideas in student organization meetings as though they've known each other for years.

Not only can you see team spirit of community among SFU individuals but also in the different student organizations. As the different clubs and groups conduct activities, the students mill around, team up, and build upon each other's ideas. A concrete proof of this the *All Leaders' Conference* where this year's batch of student leaders, both in the Student Council and other organizations, gathered as one in the spearheading the movement of unity in the university.

As the school year begins to take shape, the roots of commUNITY will be firmly planted in the lives of each student, as we continue to learn to be one.

Although we come from different walks of life, and have different personalities, we need to learn to look past our differences, grow with each other, and to be united under the banner of Southville Foreign University as one student body. One student at a time, we will build our university community and unite as we go beyond ourselves,

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NEW! UNIVERSITY OF CHESTER'S POST-GRADUATE PROGRAMS



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distinguish yourself with **MSc PROFESSIONAL NURSING**
ENROLMENT ON-GOING FOR SEPTEMBER

Career Advancement Opportunity for Nurses

A new career advancement program for nursing professionals has come to the Philippines through a special partnership between the University of Chester in the UK and Southville

Foreign University (SFU) in Metro Manila.

Nursing graduates can now take advantage of this unprecedented, one-of-a-kind offering: a Master of Science in Professional Nursing (MSc.)

degree from the University of Chester, one of the oldest and most distinguished universities in the UK—and the number one university for nursing in the UK.

The Chester MSc. is an affordable, innovative program with global perspective. It is the only master's degree in the country that has the full support of the British Embassy. MSc. Chester graduates can be granted a UK working visa; they are likewise eligible for a nursing career anywhere in the world.

The first term of the master's program is delivered at the SFU campus in Las Piñas; the last two terms are delivered at the University of Chester in UK, where students can work part-time. An integral part of the course is the Clinical Overseas Nursing Program (ONP) that immerses students in the UK

work system. The ONP is accredited by the UK Nursing and Midwifery Council (NMC).

At 40% less than the cost of taking the whole course in UK, the program offers—under the supervision of UK-trained-and-certified faculty—the following modules: Clinical context of nursing; Leadership development and change; Management of palliative care; Research; and Dissertation.

Admission requirements include: a Bachelor's degree in Nursing; Board exam results; current PRC license; IELTS score of 7.0 in all four areas; at least one year clinical work experience; and two references. To accommodate employed nurses, classes will be conducted at night and on weekends.

University of Chester Launches MBA Program in the Philippines

One of the oldest and distinguished universities in the UK, the University of Chester, recently launched its MBA program in the Philippines at a reception hosted in Makati City by Trevor Lewis, Chargé d'Affaires of the British Embassy. The historic event was attended by top-ranking business executives from various industries and officers of the British Embassy, British Council, and British School Manila.

Established in 1839, the University of Chester has a long and distinguished history, and has over 16,000 students. Its innovative MBA program fuses contemporary management ideas/techniques with exemplary practice from the private and public sectors. It focuses on action learning, integrating theory with workplace practice.

What sets the Chester MBA from other programs is its unique curriculum, developed over a period of 15 years in partnership with multinational companies. It combines the essentials in the academe and business—the very best in management thinking and focus on skills development for the workplace.

Country director of the British Council, Amanda Jane Burrell, said, "This development is something to celebrate. It presents a novel educational model that opens many opportunities for executives to be creative in running businesses fitted to the environment. This is another venue for the potentially strong relationship between the Philippines and Europe."

The Chester MBA will be delivered in the Philippines in a

distinctive fashion at Southville Foreign University (SFU). According to Roger Bartholomew, board chairman of SFU, "The faculty will be UK-trained so they can adhere strictly to the Chester University curriculum and standards. SFU is the ideal venue for this program, because we pioneered transnational education and have partnered with many schools/universities in the UK, Australia, and the US over the years."

Coming with a highly successful track record among managers in world-class organizations, the Chester MBA is a one-year program that may be taken on a block/modular basis, in parallel or sequentially in line with participants' needs.

In addition to formal lectures, the following are integrated: action-centered learning, work-based activities, workshops, individual/group tutorials and presentations, seminars, case study analyses, business games, self-reflective learning diaries, and directed independent study.



From right: Dr. Genevieve Tan, Mr. Roger Bartholomew, Dr. Rhoderick Santos, the host, and a guest at the MBA launching.

MAFBEX: Back to Basics

By Mary Amirose Lojo

Let us go back to basics, to the ground-breakers that inspired the higher generation.

The 6th Manila Food and Beverages Expo (MAFBEX), known as the most awaited food event of the year with over 500 booths, showcased prominent kitchen master chefs: Sau Del Rosario, Jeremy Favia, Mitchie Sison, Reggie Caño, Myrna Prat and Alex Chong, among many others. They indulged visitors to an impressive line-up of gastronomic and culinary related activities.

Held from 10 AM to 8 PM last June 13-17, World Trade Center Metro Manila, the MAFBEX was organized by the WorldBex Services International, in cooperation with De La Salle-College of Saint Benilde, and for the benefit of the ABS-CBN Foundation. Visitors were composed of importers, restaurant owners, hoteliers, bakeshop owners, caterers, and purchasers. Exhibitors were traders, manufacturers, retailers, exporters, and consultants.

continued from page 1

College Preparatory...

SFU's expectations of the students.

Students receive a clear and coherent message about what they need to know to be successful in the university program. This represents an effort to be realistic about the skills, approaches, experiences, and subject matter that make up the appropriate background for university students.

The CPP provides students with a tremendous amount

of information delivered in a fun, active, engaging learning environment. This program was developed not only to build students' success skills for their college work, but also to give them a foundation of behaviors, habits and skills that will enable them to succeed and thrive in the world of work. Certificate of attendance are given to the students.

For the year 2012, the organizers decided to go back to basics and focused on organic foods due to the tremendous increase of health-conscious Filipinos. This expo aimed to expand the knowledge of the community on having a healthy lifestyle. Professionals and food enthusiasts were treated in the five-day expo with an impressive lineup of activities.

Highlights of the events were: inter-school and professionals cook-off battles; food-and-hospitality-related seminars; seminars on cooking techniques and food samples with local and international chefs; advancements in food services and preservation; corporate image enhancement; showcase of different supplies and equipment; new-generation skill competitions; imported food; and raffle prizes.

On the last day of the event, awards were given to the winners of competitions in three categories, namely: Appetizers, Main Dish, and

Desserts. Our very own SFU Students bagged silver in the Market Basket competition. The SFU representatives composed of four students won silver in the over-all criteria. According to Robee Joy Sunga, 2nd Year Culinary Arts student, her group has been preparing for this event—from basic to special techniques—since the start of summer this year. They were



coached by Chef Paul Samson. All the hard work and effort paid off as they brought home pride and honor to their alma mater.

Internship: A Notable Program

Angela Amante

One of the notable programs of Southville Foreign University is student internship. Adhering to the university's vision, "To excel as premiere transnational university that develops global leaders and professionals," SFU provides its students the opportunity to take their internship locally and abroad with the help of the university's career counselors and student mentors. Through this program, the university is assured that the students are globally competitive.

To give the readers a preview of the SFU's internship program, we interviewed Daniel Carlos, a Business IT student currently in his third year. He took his internship at Makati City, Philippines.

- Q: What type of internship did you take?
A: "I took an internship based on the technical side of information technology."
- Q: Where did you take your internship?
A: "Entertainment Gateway Group"
- Q: When did you take your internship?
A: "I have already completed my internship"
- Q: Why did you choose to take that particular internship?
A: "I chose it because it was near my place. The internship also offered to teach me things that were not taught during my course at SFU."
- Q: How were you able to get your internship?

- A: "I obtained it through the help of Miss Yvette Bautista."
- Q: Who helped you in your internship?
A: "Miss Yvette Bautista"
- Q: What did you bring in your internship? (Either virtues and/or personal belongings)
A: "All I needed was my laptop, some money and my brain."
- Q: What were your expectations from your internship?
A: "My expectations were to learn more about my course through a corporate level as well as to incorporate my knowledge in a business environment."
- Q: What were the challenges and benefits of your internship?
A: "Most projects assigned to me I had no prior knowledge of. Therefore, research was necessary and the research subjects I took throughout my life aided me in successfully completing my projects."
- Q: What advice or tip could you give to SFU students who will soon take their internship?
A: "Be sure to be punctual, courteous to your supervisors, to bring a positive attitude to work; be open as well, because working alone will make the time seem longer."
After the interview, one could truly say that SFU achieved its vision through this student and through more who have undertaken and will undertake their internship. To those who are going to take their internship in the near future, good luck!

Org Updates: Cradle

Dee Luis

Cradle in general is about performing arts and entertainment. Right now Cradle has two divisions, Cradle Music which is composed of singers and musicians and the Cradle Dance which consists of dancers. We meet weekly, Wednesdays for Cradle Music and for Cradle Dance, we meet every Thursday and Friday. The weekly meetings are done to train the members with their talents and for them to be comfortable performing in front of people to reach their full potential.

Cradle has big plans this year. Aside from performing in events such as the Garden Ball, General Assemblies, we will have a talent show along with the Foundation Day. We also are in the process of making an album which will consist mostly of original songs. The album will have a pop vibe to it, more like the songs you hear in the top 40 list and radios. To promote the album further, we are planning to have an album launch party and concerts, as well as a music video to make a buzz around the social media sites. I also let non-Cradle members watch our weekly performance to promote school spirit and for others to know and support Cradle.

Of course, Cradle is always open for new members. There's always people approaching me every week asking if they can join and of course, I have them go under a simple audition just to gauge and see what level they're in with regard to their talent but I don't usually reject people who would want to join the organization because I want them to develop their talent especially those who have potential. I wouldn't want to see their talents fly out the window just because they got rejected. I see this organization as their first step into developing their talents and hopefully, this organization will keep on growing.

If you have the passion for performing in general, I encourage you to join Cradle Arts & Entertainment. You will find people who have passion for music and dancing and also, we celebrate each other's talent and skills. Cradle is an organization that aims to hone and develop your talents. Cradle Music is always open for people to watch our weekly performances with different musical themes every week. It starts from 6:15 PM - 7:15 PM at the multipurpose hall.



A new way to enjoy our very own

Vince Tiu

Southville Foreign University is now offering both guests and students two ways to enjoy its very own products through Brewsters and SNX.

SNX is a snack bar located near the entrance of Bistro Lima inside SFU's Lima Building. It offers a variety of snacks, pastries and desserts to students and guests who are looking for ways to satisfy their sweet tooth. SNX is open from 9:00A.M. - 5:00 P.M. Mondays to Fridays.

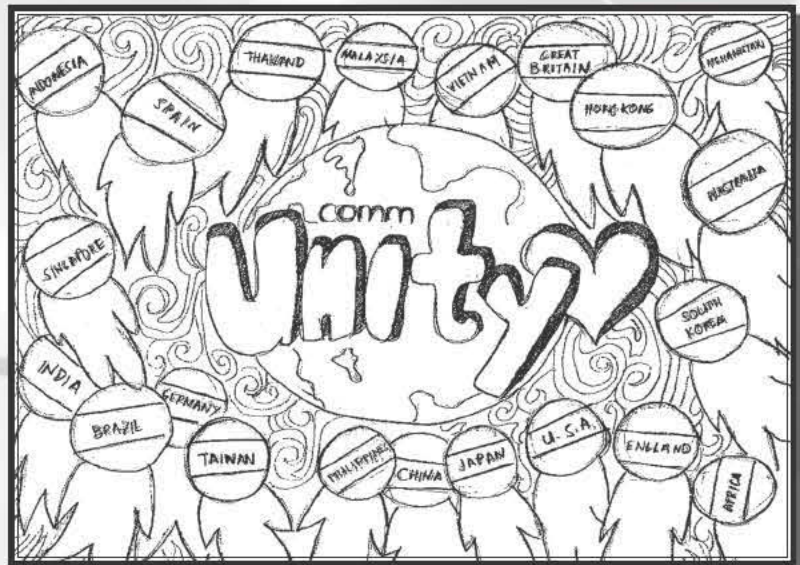
Brewsters is a coffee and pastry shop located at the Southville International School and Colleges Campus beside the Cafeteria. It offers coffee that is made from organically grown coffee beans from the Cordillera. And because of this, the coffee has a richer taste and smoother feel. Now, students, faculty, and guests could enjoy great coffee without having to go too far. Brewsters is open from 9:00 A.M - 5:00 P.M. Mondays to Fridays.



Brewsters and SNX were opened not only to showcase Southville's very own products but to also serve as a training ground for students who are taking up Culinary and Hospitality Management courses.



By: Angela Amante



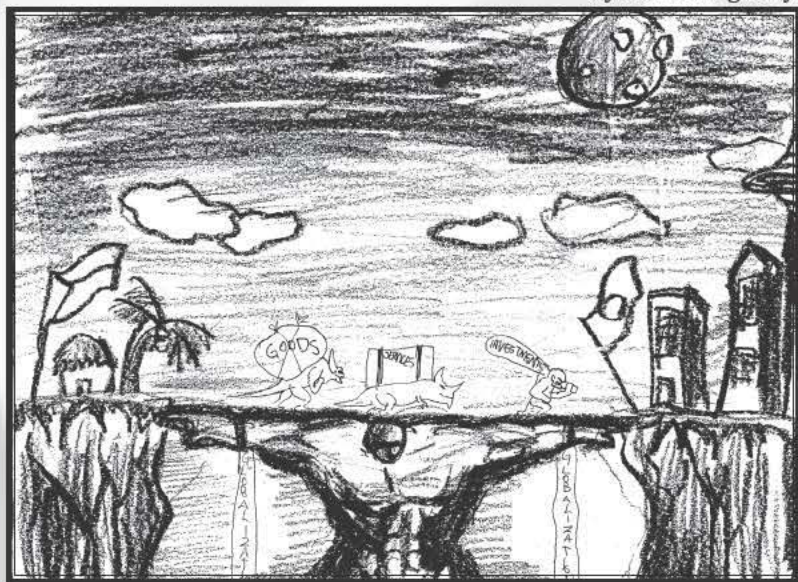
By: Abigail Aquitania



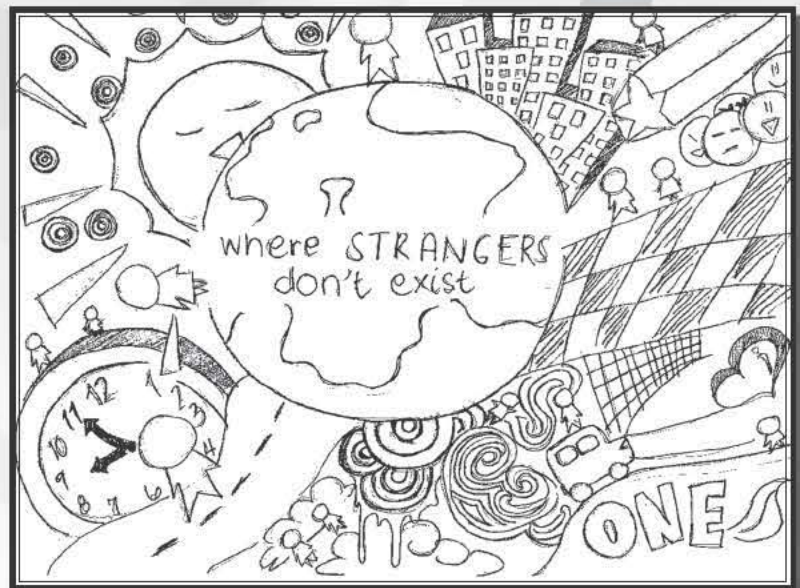
By: Gerico Agonoy



By: Angela Tinimbang



By: Roledo Toledo



By: Abigail Aquitania

STRENGTH

There's a proverb
 "United we stand, divided we fall."
 If minds joined together can conquer a world,
 Then falling together will make you fail.
 Ten sticks together is unbreakable,
 One or more missing will make it collapse.
 Two feet standing together will make you stand,
 Just one missing thing
 Will make you fall.
 Unity is everyone's strength.

-- Abigail Aquitania (First Year Computer Science)

IT STARTED ON MONDAY

Monday – overslept again because of putting up an all-nighter.
 Not my fault; with my kind of work, I'm definitely a go-getter.
 I admit, I'm a Yes man for whatever is thrown at me.
 Yes, you can say I'm one busy, busy bee.
 I do love my stacks of papers piled on my desk.
 My laptop is on from sunrise to sunset.
 I wake up smiling knowing that I have lots to be done.
 And only that work is to be turned in by me, the only one.
 For months I've enjoyed the sense of flying solo.
 But with my sleepless nights, and drowsy lights,
 I've realized.. YOLO.
 I've come to a conclusion that I'm no superman, even if I try to be.
 I confess that I do need my co-workers beside me.
 To reduce my burden, to help me out.
 To explain to me things when in doubt.
 I don't want to grow old a lonely, overworked, grumpy man.
 I've realized that I've got to expand my horizons as much as I can.
 Because the companions you're with
 will be there through it all.
 Considering, united we stand, divided we fall.

-Samantha Requidan
First Year Human Resource

World Vision Run

Marie Soria

SFU Rotaract members and volunteers joined World Vision's "Towards Fullness of Life," the first fun run for the school year 2012- 2013, mounted to raise funds for the benefit of less fortunate children. Those who joined the activity were: Kimberley Pedge, Chaselle Rodriguez, Mandy Carlo Sanchez, Shimas Rasheed, FhredBatalona, Marie Soria, and Ms. Yvette Bautista the (title).

Held on the 24th of June at Bonifacio Global City, the successful event was well attended by invited runners in different categories: 500m, 3km, 5km, 10km, and 21km. Among those who participated were representatives from fitness centers, universities, business executives, and celebrities working for different groups.

The run-for-cause was a spirited affair, with participants wearing their costumes and colorful wigs. The event left people tired and spent, but everyone's energy was replenished with free drinks and goody bags given out by the event managers. Booths were set up for the occasion to serve food, beverages and other goodies.

After the run, all the ambassadors for World Vision, which included the likes of Tippy Dos Santos, performed for



the crowd. The SFU Rotaract members were among the people who got the chance to be interviewed about the run by Janeena Chan. The event ended with everyone happy to be part of a fulfilling cause. The participants went home with smiles on their faces and pride in their hearts, leaving the beneficiaries with a glimmer of hope.

A fitting celebration of World Vision's 55th Anniversary, the fun run—with the participation of the SFU Rotaract—contributed greatly to sharing the joy of hope to needy children.



Youth Olympics

Chaselle Rodriguez



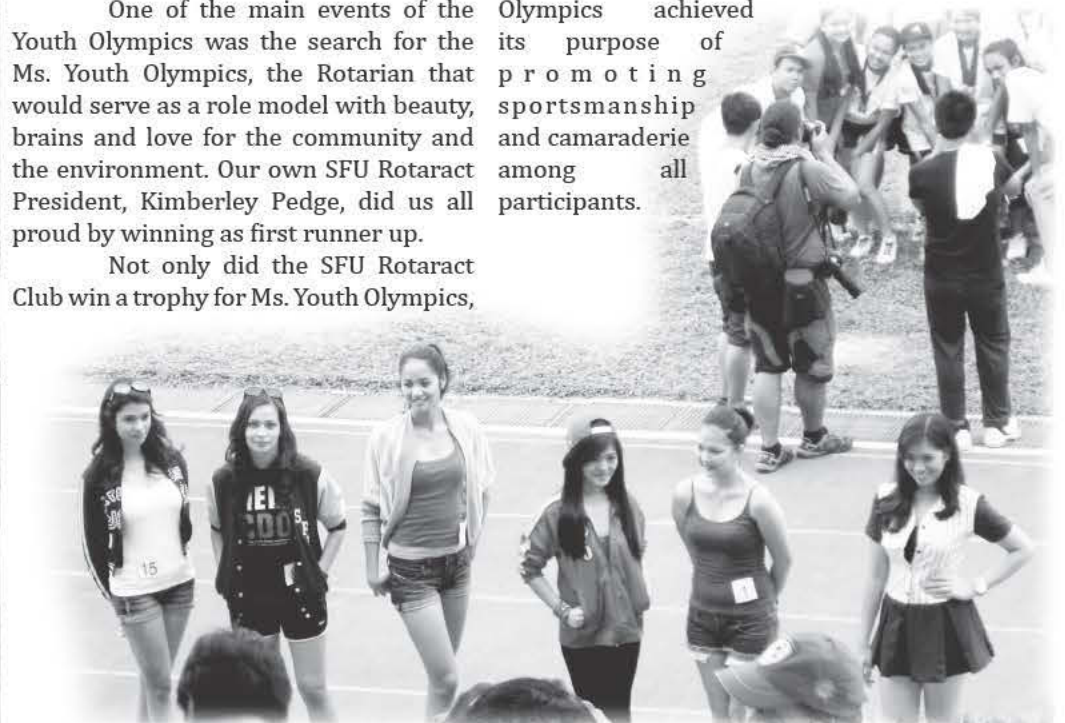
The SFU Rotaract Club together with its mother club, Rotary Club of Makati Salcedo, participated in the Youth Olympics held at University of Manila on March 18. The Youth Olympics is an annual event where all rotaractors/interactors represent their Rotary District and gather around to heighten the spirit of sportsmanship and camaraderie among Rotarians. Some of the activities were: baton relay, 100 meter dash, long jump, shot put, and tug-o-war.

One of the main events of the Youth Olympics was the search for the Ms. Youth Olympics, the Rotarian that would serve as a role model with beauty, brains and love for the community and the environment. Our own SFU Rotaract President, Kimberley Pedge, did us all proud by winning as first runner up.

Not only did the SFU Rotaract Club win a trophy for Ms. Youth Olympics,

it also garnered various medals. Robee Joy Sunga won the Gold Medal for the Women's Long Jump Division; Princess Sarah Tua, Chaselle Rodriguez, Gabriel Ignacio and John Taylor won the Bronze Medal for the sack race.

The less athletic among the SFU representatives stayed in the sidelines cheering on the participants. This strengthened the bond among the members of the SFU Rotaract. And this proved that The Youth Olympics achieved its purpose of promoting sportsmanship and camaraderie among all participants.



Urban Greening Project

Mandy Carlo Sanchez

On June 9th, a Saturday, a tree planting event was hosted by the mother company Rotary Club of Makati Salcedo. Other rotary in Makati have joined in, as well as the SFU rotary club, to give a hand for the project.

On the day of the project, all rotary members met up with President Pabs as well as Sir Dennis of the mother rotary club. The SFU Rotary Club approached the organizers and committed to plant 50 seeds for the project. Other clubs committed this as well. Everyone was informed about the importance of trees, stating that trees

remove great amounts of carbon dioxide, a major factor in "Green House Gas", responsible for global climate changes. After, it was said aloud by the clubs "Without trees, there will be no life"

Members of all clubs divided into pairs for the planting of the seeds. One would create a hole for the seed to rest in, while the other plants the seed. With each planting, the pair would switch roles so they would understand the process of planting seeds. The SFU Rotary club thanked the organizers for giving them the opportunity to give back to the earth, as well as their willingness

to participate in future projects. The club made their way back to SFU in high spirits, knowing they did well for the earth by planting 50 seeds for the community.



Reaching Out by Building Homes

Angelica Cara Madamba

By listening to Ms. Sherry's story, the students realized the real purpose of Habitat for Humanity—to be able to reach out to families who are in need. The tiring day ended with a group picture of all SFU volunteers with Ms. Sherry and her daughter. The event was truly a success. The activity helped strengthen the bond among SFU students through the quality time they shared with each other. At the same time, the activity enabled students to extend a helping hand to families in need.

Another remarkable activity was successfully carried out by the SFU Rotaract Club—Habitat for Humanity. It is an annual event organized by the SFU Rotaract Club where members and other volunteers could help those who are in need through assisting construction workers in building homes.

Last June 30, around thirty-four SFU Rotaractors volunteered to join the said activity at Navotas City. Together with Yvette Bautista, Gary Smith, and Roland Quirong, the volunteers headed off to Navotas City at around 6:00 am. During the trip, students were oriented on the overview of activities and given safety guidelines. Upon arrival on the site, Ms. Yvette instructed the students on what to do as ordered by the engineer.

As instructed, the volunteers helped construction workers mainly by transporting hollow blocks and sacks of sandy soil to the houses. Volunteers grouped themselves according to the following tasks: carrying blocks and sacks, pushing the cart, and shoveling. Through hard work and cooperation, the volunteers were able to transport enough blocks and sand for the use of the construction workers.

After the strenuous but fun activity, the volunteers had the opportunity to listen to the emotional and heartwarming real-life story of Ms. Sherry, the first person who greatly benefited from the free housing program. Ms. Sherry was one of the victims of typhoon Ondoy. She used to live in a house located near the sea where she fishes for a living. The dreadful typhoon swept away her livelihood and her house. However, through the help of the housing program, little by little, Ms. Sherry was able to regain her positive outlook in life and her things that were once lost. She was able to gain another living by opening her own sari-sari store.

Bake Date

Kimberley Pedge

Regardless of one's course, everybody was united for a common goal, as volunteers willing to give their utmost effort for the happiness of the SOS Children. The SOS Children's Village – Bake Date was the fruit of their effort. Upon arrival at the SOS Children's Village, the volunteers along with our partner organisation for the day – U! Happy Events – were greeted by all the children as we set up for the activity.

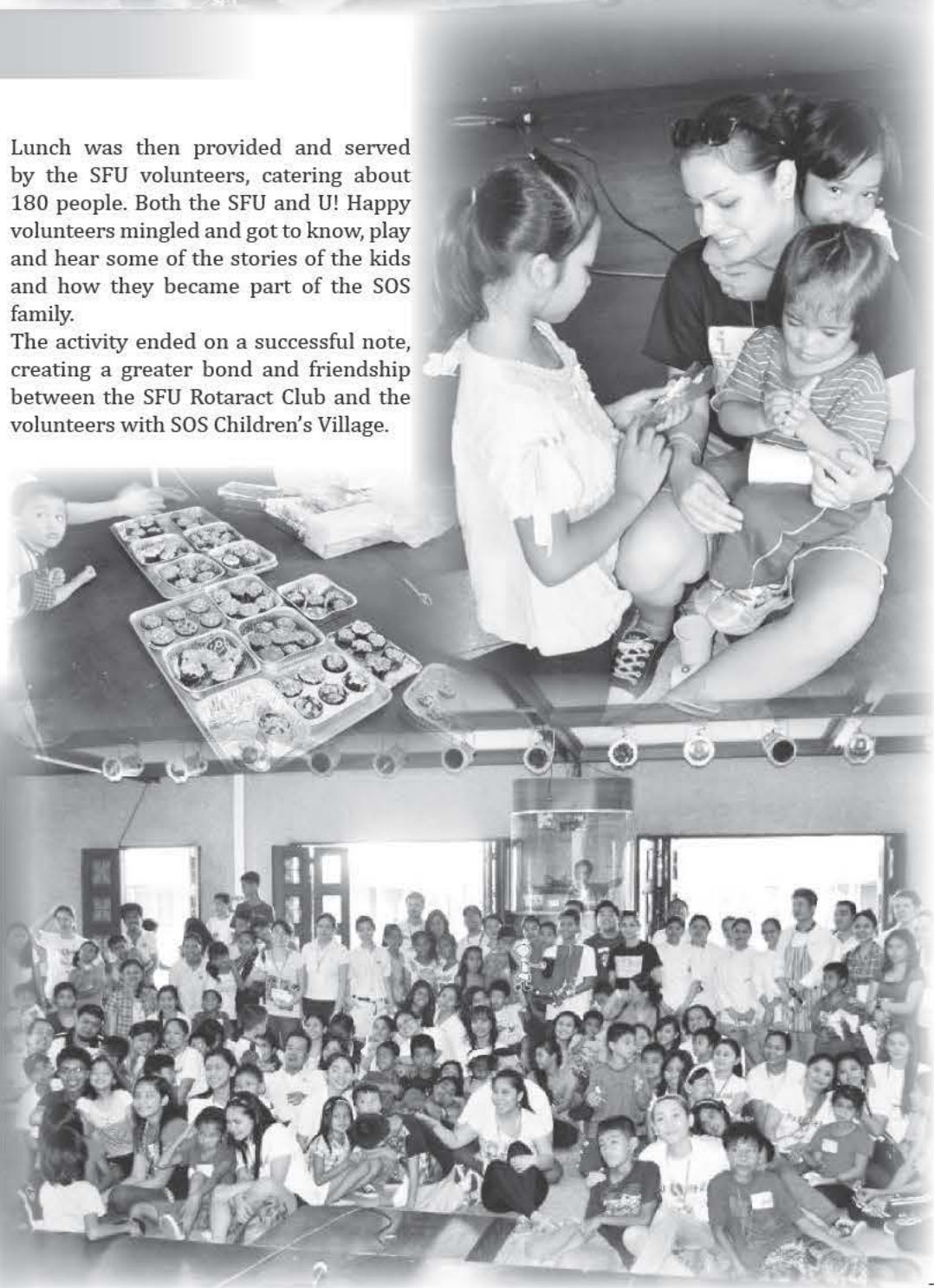
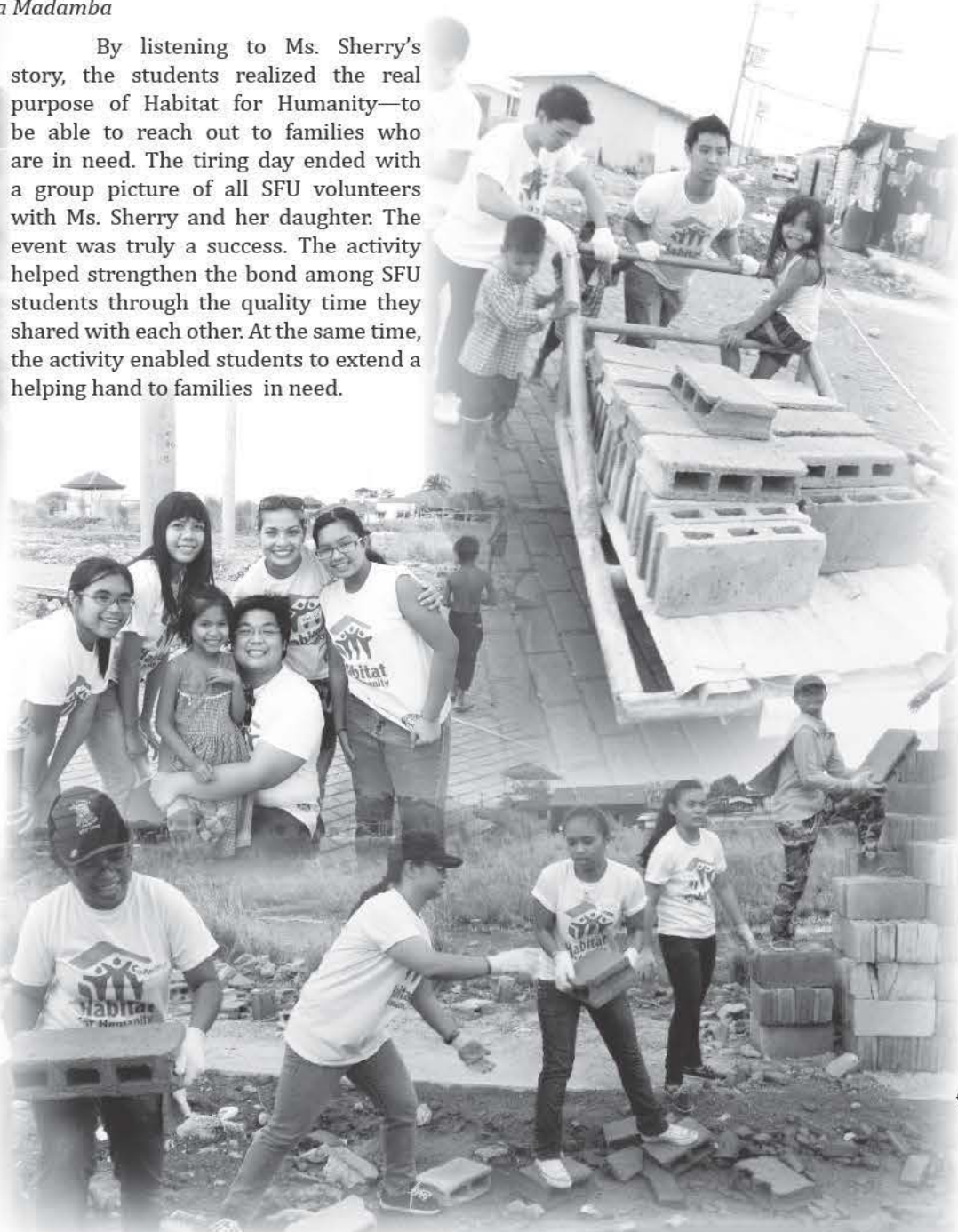
The SFU Rotaract Club along with the Culinary students led by Chef Paul Samson, gathered before the break of dawn on the 24th of March 2012, in preparation for the rest of the day's activity at the SOS Children's Village. The tasks were delegated where half of the participants prepared all the necessities for the kids' cupcake-making while the

rest prepared the lunch.

U! Happy Events provided 80 volunteers to be paired with each of the SOS kids, while the SFU volunteers taught and demonstrated how to bake the cupcakes. While the cupcakes were baking, the children were provided numerous fun activities by U! Happy Events. U! Happy Events gave the children the chance to showcase their talents and their life stories. This all the more made all the participants increase their awareness as well as become further grateful for the opportunity to bring smiles on the children's faces. Once the cupcakes finished baking, the children decorated their own cupcakes with butter cream and sprinkles, which were then presented to be judged by our very own Chef Paul.

Lunch was then provided and served by the SFU volunteers, catering about 180 people. Both the SFU and U! Happy volunteers mingled and got to know, play and hear some of the stories of the kids and how they became part of the SOS family.

The activity ended on a successful note, creating a greater bond and friendship between the SFU Rotaract Club and the volunteers with SOS Children's Village.



SFU Men's Futsal Team off to a Great Start

Vonfred A. Aliño

The Pilipinas Futsal Association held its first Interschool Futsal Cup at Emilio Aguinaldo College's Futsal Gym in Manila starting on June 24 and proceeded until July 15. Our very own SFU Men's Futsal Team participated in the said tournament, their very first for the school year 2012-2013.

With enthusiasm, the Men's Futsal Team had its first match against University of Santo Tomas, garnering a score of 9-4.

The frontrunners that led to the team's victory were Daniel Carlos and John Taylor, who achieved a total of seven points. Attaining two more goals were Jun Hee Park and Jayson Nguyen, and with this, they triumphed in their first game.

Holding their heads up high and bringing on their best to every game, they proceeded into their second match against Mapua Institute of Technology, in which they garnered three goals against the five goals of their competitor. The Men's Futsal Team then had its last match against Malayan Colleges Laguna, with a net score of 2-5.

SFU Men's Futsal Team ranked three out of the four colleges that took part in the first batch of teams in the Men's Division of the tournament. The school year has just begun and there are more tournaments that the Men's Futsal Team looks forward to participating in.



Basketball: Discipline, Teamwork and Fitness

Vonfred A. Aliño and Robert San Miguel

Let's not forget the most popular sport in the country: Basketball. Once again our university has two teams for the basketball organization which are the male's team and female's team. Captain for the male's team is Ivan



Samonte and for the female's team, Chiaki Oka. Ivan has been with the team since his freshman year and he's determined to help the team reach their goals. According to him, "Being a part of the basketball team is all about discipline, sportsmanship and fitness."

Chiaki Oka totally agrees with Ivan and added, "I can't promise that I can make every player a champion or famous like athletes from other universities, but what I can teach them is discipline and teamwork that they'd bring hopefully even in their work place. I'm willing to teach and pass down my skills as an athlete to them."

Chiaki has this advice to student athletes, "Be a student first. 'Cause there's more to life than just basketball."

There you go girls, straight from the captain. So if you're up to all that, sign up now. The female team is in need of players.

Finally and most importantly, basketball is all about having fun, a way for people to distress themselves from work and all the troubles student life throws at us. This will be all made possible with the help of coach John Tuliao as they prepare for the upcoming Monarch's Cup.

Let's go team!

Keeping Spirits up

Jewel Umali

Two new athletic organizations have been introduced this first semester of the school year 2012-2013.

With a new batch of freshmen as well as the lingering interests of a handful of second year students, the Women's basketball Team was born! Heading the Women's Basketball Team as Captain is Chiaki Oka,

a second year student of Computer Science. The team's members are eager to participate in future tournaments laid out for them and brings their

passion with their training, the fun and joy of playing basketball included, of course.

To keep up the spirits of not only the athletic teams of Southville Foreign University, but also the University we hold dearly, SFU's Pep Squad was organized under the leadership of Co-Captains Robee San Miguel and Robee Sunga. With cheer and dance melded into a spectacular display of eye-catching moves and heart-moving cheers, the Pep Squad would be a grand addition as part of our University's pride.

With these two new athletic organizations coming into play, the school year would surely be thrilling.



Volleyball:

All about Unity and Friendship

Robert San Miguel and Vonfred A. Aliño -

The volleyball organization has both a men's team and a women's team, which undergo training every Monday from 4-6 PM, and Tuesday, 6-9 PM under the supervision of the coach, Josephus Paulino, also known as Coach Pam. The men's team is headed by Fhred Batalona and the women's team is headed by Kei Serrano.

I sat down with Kei and asked her what the organization is about. She gave me four words to keep it short and simple, "The Volleyball org is 1. Volleyball 2. Unity 3. Cooperation and 4. Friendship. When I asked Kei why people join this organization, she answered, "Because we promote unity and friendship in our organization while having the privilege to play volleyball at the same time."

Fhred mentioned a couple of upcoming events for this month. "Right now the ladies volleyball team are preparing to compete in the upcoming Monarch's Cup and after both teams are planning on hosting an invitational league." He added, "It will be greatly appreciated if the school would show their support to the team during their future endeavors."