



SPU Manila INTER-OFFICE BULLETIN

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SPC SCHOOLS HOLD EDUCATORS CONGRESS

The 22nd SPC Educators Congress and 7th International SPC Educators' Congress will be held on 12-14 May 2011 in St. Paul College Pasig. The theme of this year's congress is "Spirituality and Excellence: The Edge of Paulinian Education."

According to Sr. Merceditas Ang, SPC, Provincial Assistant for Education, "this theme highlights the hallmark of Paulinian education, which we conscientiously strive to attain and maintain. Amid the increasing secularized learning environment, it is imperative to intensify the spiritual dimension and value formation of the curriculum of excellence in our St. Paul schools."

Sr. Merceditas also shared the objectives of the congress: 1) to nurture a harmonious integration of spirituality and academic excellence in the Paulinian educational system; 2) to share innovative and creative ways and means of effecting a curriculum of excellence enriched with Pauline spirituality; and 3) to uphold Christ-centeredness in the education and formation of Paulinians.

SHARING...SHARING...SHARING...

From the HRM Program

SPU MANILA HRM PROGRAM LINKS WITH MADRIGAL FOUNDATION

Contributed by Dr. Mary Grace Leongson

The Hotel and Restaurant Management Program of SPU Manila has entered into a partnership with Madrigal Foundation in the implementation of various hospitality management programs, such as Certificate in Culinary Arts, Certificate in Food Service/Bar Service, and Certificate in Baking and Pastry Arts, in a public high school. This endeavor will be participated in by Dr. Mary Grace Leongson, HRM Program Chairperson; faculty members, Chef Aubrey Bautista, Chef Yvette Mago, and Mr. Ramil Quiñonez; and HRM 3rd and 4th Year students.

This is a community service development program, whose beneficiaries will be 4th year students of Justice Palma High School. The training will be held in the Madrigal Property, Payatas, Quezon City, a 7.5-hectare property with Culinary Hub, Feeding Hub, Computer Hub, and Literacy Education Hub.

The participation of SPU Manila in the partnership will be on:

- Curriculum development
- Training module
- Instruction/ Implementation of the certificate programs

- Assistance in the layout of the culinary hub and in the purchase of equipment and utensils and cooking ingredients

Classes started on 2 May 2011 on the following topics:

- Introduction to culinary arts
- Culinary terms
- Culinary equipment and tools
- Cooking methods/techniques

Other sessions held were:

3 May

- Lecture on safety and sanitation (c/o Dr. Leongson)
- Lecture--introduction to baking and pastry arts (c/o Chef Aubrey Bautista)

4 May 4

- Lecture--introduction to food and beverage service (c/o Mr. Quiñonez)
- Demonstration and hands-on on waitering (c/o Mr. Quiñonez)
- Grooming applied to bar/restaurant (c/o Quiñonez)

5 May

- Lecture/demonstration on cutting techniques and measurement (c/o Chef Yvette)

Paulinians Bag Grand Prize in SM Sta. Mesa's Top Chef Competition

As mentioned in last week's *IOB*, on 8 April 2011, St. Paul University Manila joined SM Sta. Mesa's Top Chef, a series of cooking competitions for HRM students of different schools. Six teams competed for the grand prize sponsored by McCormick Products.

Five out of the six participating groups were from SPU Manila, and the other group was from WWC. The challenge was to make a product using the new products of McCormick-- buffalo seasoning mix, pasta sauces, and gravy mixes. Contestants were given 20 minutes for each recipe.

The winners of the competition were incoming seniors, Ma. Aireen Enterina, Hannah Grace Nacis, and Marc Pierre Jan B. Mondelo. Their winning dish was Fish Buffalo (a timely dish for the Holy Week) consisting of mashed potatoes, mixed vegetables, and cream dory, flavored as teriyaki by using McCormick's Buffalo Seasoning Mix.

From the Institutional Research and Planning Office

Hidden Smile

Contributed by Riza Mosquera

Have you ever hurt yourself? Do you remember how painful it was and how long you waited for the wound to be healed?

One day in December of 2009, Reynalyn Dilag, a six year-old girl, fell on a make-shift stove the family was using for cooking meals. She was rushed to a nearby clinic in the poor area in Botolan, Zambales, which lacked means of medication. She sustained a 3rd degree burn and developed a contracted right leg, which has been unhealed since then.

Reyna, together with two younger siblings, has been living with her *lola* since their mother left them. Her *lola* works as a midwife and hardly makes both ends meet for their daily needs. Often, they only have shrimp-paste and rice for meals, leaving them under-nourished.

In October 2010, Dr. Brian S. Bantugan, Director of the Institutional Research and Planning Office (IRPO) met Reyna. Moved by her situation, he looked for ways to help her. He donated a stroller for Reyna so that her *lola* would not have to carry her every time they had to go out.

Last month, the IRPO conducted training on an Alternative Learning System for the *Aeta* children of Zambales. Some volunteers came from Botolan, and Dr. Bantugan thought of asking them to bring Reyna to ensure at least a week of nutritious meals for her.

One of the guest speakers in the seminar, Ms. Jonnah Rose Catapia, a former faculty member of the College of Nursing and Allied Health Sciences (CNAHS), who had met Reyna during the Project Zambales of CNHAS alumni (see related story in the previous *IOB*), offered to help her to be admitted in Philippine General Hospital. With the help of her husband, Dr. Jimmy Catapia, who works in PGH, Reyna was admitted to the Plastic Surgery Department a few days after her arrival.

Every time she would see other people, Reyna would just stare blankly; she would never smile nor talk. Her gaze tells the story of pain wanting to be told to anyone who would care to listen. Some wounds, people say, take a long time to heal, and some others cause you a deeper wound that would take a lifetime to recover. However, with the help of kind people, hopefully, for Reyna, healing will not be that far away.

From the Centennial Steering Committee

Meeting with 2012 Jubilarians

Sr. Lilia Thérèse L. Tolentino, SPC, SPU Manila President and Honorary Chairman of the Centennial Steering Committee, hosted a meeting of the committee with representatives of the 2012 jubilarian classes on 3 May 2011 in the HRM Coffee Shop.

Sister Lilia informed the group of the schedule of activities for 25 January 2012, the formal opening of the St. Paul University Centennial Celebration: 9:00 A.M.-Motorcade from St. Paul to the Manila Cathedral; 10:00 A.M.-Mass in the Cathedral; 12:00 NN-Lunch Reception (venue tba); 4:00 P.M.-Grand Opening of the SPU Manila Museum and Archives and of the Centennial Sculpture by Julie Lluch; 6:00 P.M.-Cocktail Reception.

During the meeting, Cristy Ermita-Nazario, who is in charge of the venue for the Centennial Celebration and Grand Alumni Homecoming on 29 January 2012, reported on the proposed menus from Hizon's Catering. She will arrange for a food tasting for the committee to assist the members in making a choice. The sit-down dinner will cost less than P700.00 so with the P200.00 for the venue, the total cost will be P 900.00, leaving a small margin from the P 1,000.00 price of the ticket.

It was reiterated that in the program, there will be four production numbers featuring clusters of jubilarian classes—the 1950's, 1960's, 1970's, and 1980s. Sr. Aunciata is the Program Chairman. Paulinian celebrity singers will perform solos. Among those who have

agreed are: Janet Basco, Annabelle Abrigo, EJ Villacorta. Others to be contacted are Pinky Marquez, Celeste Legaspi, Noemi Manikan. Suggested hosts were Tina Revilla , Pinky Marquez, (and later, in the SPMAFI meeting, Edu Manzano).

The first choice for director of the show, Floy Quintos, will not be available in January 2012 so the committee is tasked to look for other possible directors. Sr. Anunciata opined that the scriptwriter for the program be a Paulnian as she would know more about what the school has experienced in the past hundred years. Anna Ventura was therefore nominated for the task; and Helen Dabao, whom Anna has worked with, was suggested as director. In the SPMAFI meeting after the steering committee meeting, Dottie Lucasan asked the two to present a proposal.

Sunny Escarreal shared her experiences in preparing for the centennial celebration of De La Salle University and offered suggestions for fund-raising. Alice Guerrero shared that the publisher of *Woman Today*, Monica Aveo, is an alumna, who can be tapped for a supplement.

It was decided that sub-committee be formed to draw up a budget for the celebration. Comprising the committee will be Sr. Lilia, Sr. Marivic, Sr. Anunciata, Wynna Medina, Monette Martinez, Sherry Lara, Dottie Lucasan, and Sunny Escarreal. They should meet before the next committee meeting, which was scheduled on 7 June 2011, same time, venue to be announced.

Sr. Lilia showed the group the design sent by Swatch for the SPU Manila centennial Swatch watch. The attendees gave their comments, which will be relayed to Mr. James Locsin of Swatch.

Sister also informed the group that there are only three dioramas still open for sponsorship at P65,000.00.

A quick rundown of the classes represented at the meeting was taken to start a head count for the January event. Representatives were enjoined to campaign for attendance.



From the Human Resource Services Office

Celebrate Easter's 50 Days Family Activities to Celebrate the Easter Season

Contributed by Lourdes Tuazon
Human Resource Services Manager

Easter is the most important feast of the Christian year—so important that the Church sets aside a seven-week season to rejoice in Christ's victory over sin and death.

Sustain this "Easter spirit" of celebration all the way to Pentecost! Here are fifty ways to celebrate the fifty days. But don't try to do them all! **Each week, just pick a few ideas that seem right for you.** You'll be rejoicing long after the last jelly bean is gone!

- Use a special candle at family meals to recall the light of Christ.
- Plan fun family activities—one for every week of Easter.
- Was anyone received into the Church during your parish Easter Vigil? Have them over.
- Put on an Easter play. Invite relatives and friends to a performance.
- Celebrate new life by doing something as a family to support unborn children and their parents.
- Use the old Easter greeting and response: "Christ is risen! – He is risen indeed!"
- Talk about baptism. Tell stories of family members' baptisms.
- Drape your crucifixes and crosses with a strip of white cloth.
- Learn how other cultures celebrate Easter. Try out some of their customs and foods.
- Use a special container for newly blessed water from church. Show your kids how to use holy water.
- Listen to Handel's Messiah and other Easter music.
- What about a short trip to an interesting shrine or church?
- Discuss what it means to be Christ's "witnesses" (Luke 24:48). Help each family member to see that their witness matters.
- Pray the Liturgy of the Hours together in the morning or evening (www.liturgyhours.org).
- Read about the disciples' amazing catch of fish (John 21:1-14). Then go fishing together.
- The Sunday after Easter is Divine Mercy Sunday. Explore this relatively new devotion (www.marian.org/divinemercy).
- Make cards announcing the good news of the resurrection.
- Read Luke 24:50-53 or Acts 1:6-11. Ask family members to imagine themselves present at Jesus' ascension. How would they have felt about it?
- Just before his ascension, Jesus blessed the disciples. Pray Numbers 6:24-26 together as a way of communicating his blessing to one another.
- Add some Pentecost red (for fire) to your Easter decorations.
- Decorate a cake with Pentecost flames and other symbols to celebrate the birthday of the church.
- Learn a prayer to the Holy Spirit to use in your family prayer time.

- Play “twenty questions”: Have someone choose a Bible character or thing from the Easter and Pentecost stories. The group gets twenty questions (yes or no answers only) to guess the right answer.
- Fly a kite to celebrate the wind of the Holy Spirit.
- Every day, read together from the Easter story: Matthew 28; Mark 16; Luke 24; John 20-21.
- Put up a sign or banner that proclaims, “He is risen!”
- Add an “alleluia” song—or three alleluias—to your grace before meals.
- Make a poster of a life-giving cross. Add paper flowers and leaves to it throughout Easter.
- Find ways to make Sunday meals special during the Easter season.
- Visit a lonely neighbor or do some other family act of kindness to express thanks for the resurrection.
- 16. Make cookies in the shapes of Easter symbols. Freeze some to serve throughout the season.
- Plan a family outing to a river, lake, stream, or ocean.
- On Ascension Thursday, choose a family intention. Make the nine days till Pentecost a novena to the Holy Spirit.
- Read about the Emmaus disciples (Luke 24:13-35); take a family walk.
- Throw some water balloons!
- Place a resurrection icon or picture in a place of honor.
- Read Acts 2, the Spirit’s coming at Pentecost. Read it in all the languages family members speak! (See the Bible translations at www.biblegateway.com/languages).
- If your family likes to sing and play instruments, have people over for a musical Easter celebration.
- Honor the risen Lord’s mother by learning about “Mary gardens” (www.mgardens.org).
- Wear more white, or even gold! They’re the season’s special colors.
- Or imitate Peter, and go swimming (John 21:7).
- Watch a movie with an Easter theme (For ideas, see the list from the U.S. Catholic Bishops’ Conference: www.uscbb.org/movies/filmsforlent.htm).
- Talk about how the disciples hid (John 20:19) until the Spirit’s coming at Pentecost. Follow up by playing hide and seek.
- Plant some seeds.
- Continue the “special Sunday meal” tradition to celebrate Jesus’ resurrection all year.
- Make a Pentecost hanging or mobile that features a dove and tongues of fire.
- Discuss why Sunday is holy (see John Paul II’s Apostolic Letter, On Keeping the Lord’s Day Holy; Catechism, 2174-2195). Decide how you can keep the Lord’s Day as a family.
- Keep fresh flowers around.
- List the nine fruits of the Holy Spirit (Galatians 5:22-23; Catechism, 1832) on separate slips of paper. Have each family member randomly select a fruit to cultivate.

http://wau.org/resources/article/re6_family_50_days_easter