



De La Salle-
College
of Saint
Benilde

erspective

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The year 2006 will add a thrilling chapter to the College's young and dynamic history. Fresh from its first-ever capture of the National Collegiate Athletic Association (NCAA) overall championship title, DLS-CSB leads the way as the league marches on to 82nd season.



Let the games begin!

Established in 1924, the NCAA is composed of eight member-schools, namely: Colegio de San Juan de Letran (CSJL), Jose Rizal University (JRU), Mapua Institute of Technology (MIT), Philippine Christian University (PCU), San Beda College (SBC), San Sebastian College-Recoletos (SSC-R), University of Perpetual Help Dalta (UPHD), and DLS-CSB.

This is the first time for the College to serve as NCAA host-school, and it has pulled out all the stops to make this annual event a memorable one. Several sectors of the Benildean community were mobilized to form the NCAA Task Force to prepare for this season, working together under the leadership of DLS-CSB's Sports Development Office (SDO) Head, Bernardo L. Atienza.

All the months of hard work will finally begin to pay off when the 82nd NCAA season formally opens on June 24 at the Araneta Coliseum. The Opening Ceremony Committee of the NCAA Task Force promises to deliver a spectacular display of artistry, with performances from the pep squads of the NCAA member-schools, and DLS-CSB's Benildanze and Footworks

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**DLS-CSB blazes the path towards
the 82nd NCAA season**

French Spring in DLS-CSB

The College's School of Hotel, Restaurant and Institution Management (SHRIM), in cooperation with the Embassy of France and Alliance Francaise de Manille, organized a culinary workshop-demonstration last June 5 to 6 at the DLS-CSB Angelo King International Center (AKIC) campus.

This activity was conceptualized as part of the French Cuisine Week, one of the events included in French Spring in Manila (FSM) 2006. FSM is an annual cross-cultural exchange between the French and Filipino cultures, a celebration that highlights the best know-how, practices, and values that are mutually beneficial to the visiting and the host artists.

Guest chefs Jean Constant, Nicolas Bonvarlet, and Franck Gilabert of La Chartreuse du Val Saint-Esprit offered SHRIM students an exciting glimpse of how international culinary professionals practice their craft. Chef de cuisine Gilabert served up Dried Tomato Tartar and Cod Branade, and Dublin Bay Prawn cooked with Truffle Oil. On the other hand, chef de partie Bonvarlet made

Soft Chocolate Cake and Caramel-Coated Wavy Biscuit with Pineapple Cream. Chef Constant, who is also a seasoned hotelier and restaurateur, prepared Beauge Veal Kidney.

Mr. Constant owns and manages La Chartreuse du

Val Saint-Esprit, a 14th-century castle that was converted into an elegant chateau-hotel. Located in Gosnay, Northern France, this 4-star establishment has become one of the most prestigious hotel and catering complexes not just

in its native country, but also in nearby areas such as Nord-Pas de Calais, Belgium, and Kent.

Bonvarlet and Gilabert are part of the operations of the hotel's gourmet restaurant, Le Robert II. Its sumptuous menu is known for its sophistication, combining the familiar flavors of traditional fare with the innovative techniques of modern cuisine. With over 55,000 bottles of the finest wines, Le Robert II's cellar is recognized as one of the richest in the region.

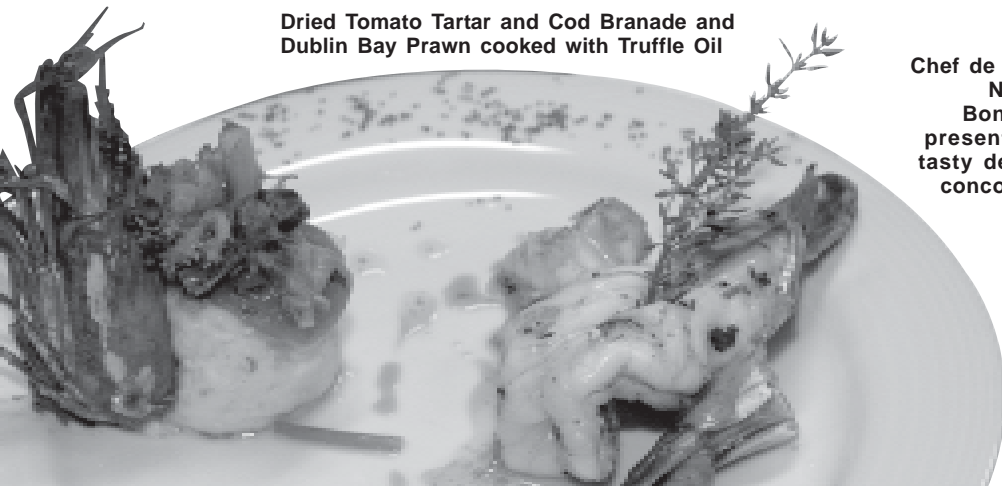


Chef de cuisine Franck Gilabert shows SHRIM students the art of preparing a sumptuous meal, French-style.

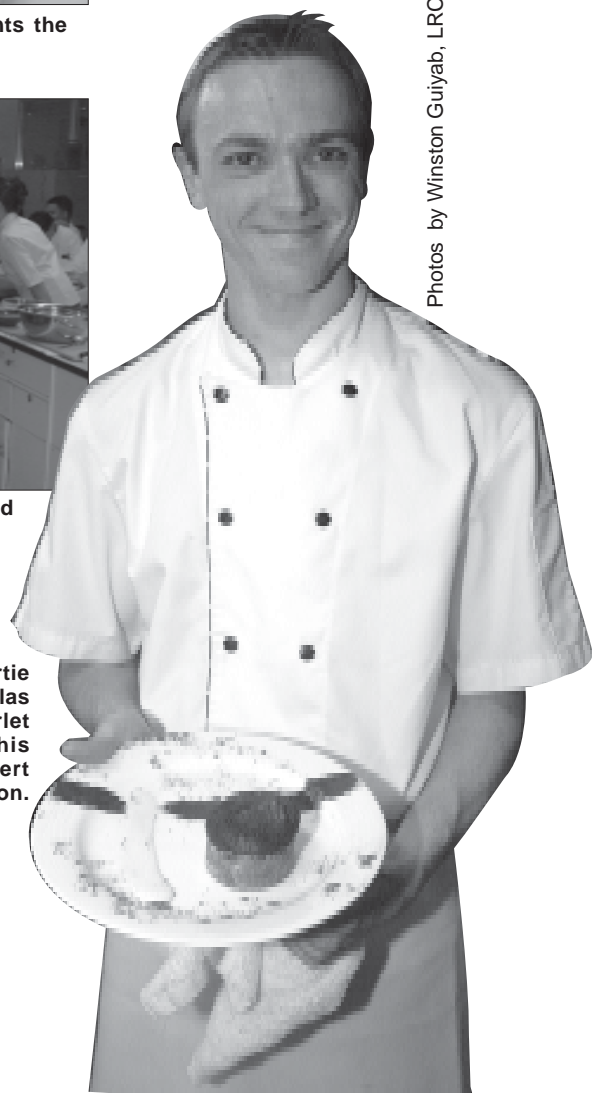


Chef Jean Constant provides a sampling of the famed refinement of his hotel, La Chartreuse du Val Saint-Esprit.

Dried Tomato Tartar and Cod Branade and Dublin Bay Prawn cooked with Truffle Oil



Chef de partie Nicolas Bonvarlet presents his tasty dessert concoction.



Photos by Winston Guiyab, LRC

Brand-new mocktails at the Solomon Guest House

The Solomon Guest House (SGH) has prepared new refreshments designed to deliciously quench your thirst.

Animo Benilde! packs a wallop of school spirit in a glass. Just in time for the 82nd season of NCAA, this distinctly green drink is a zesty mix of apple and lychee.

Other interesting blends include Spiderman, an intense red concoction made with mangoes and strawberries; Tweety Bird, an energizing yellow combination of lychee and mangoes; and Ritchie Peachy, a tangy blend of piña colada and orange juice.

For die-hard iced tea fans, worry not. SGH has jazzed up the house iced tea. Called the Spirit of

Solomon, the drink is made special with a hint of strawberry, a perfect match for the sumptuous and affordable meals in the SGH menu.

Tucked into a quiet corner of Malate, SGH is managed completely by students of the College's School of Hotel, Restaurant and Institution Management (SHRIM).

SGH is now open for the first term of the current school year, from Mondays to Fridays, 8:00 am to 6:00 pm. Guest rooms are also available for accommodation. SGH is located at 1025-C Ayala St. (perpendicular to Arellano Ave.), Malate, Manila near CSB Hotel. For functions and reservations, call 536-6416.

Presenting: the new mocktail lineup of the Solomon Guest House! (From left): Spiderman, Tweety Bird, Ritchie Peachy, and Spirit of Solomon



Photo by Lawrence Ofirin, MCO

Let the games begin....

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Dance Theater. Jett Pangan, best known for his affiliation with the rock band, The Dawn, will also be present as a special guest performer.

Carrying the theme "Proud and True at 82 (Blazing Beyond Limits)", the current NCAA season is represented by Blazie, the official mascot. Explaining the theme, Mr. Atienza relates, "[the theme] is [not just] related to us Blazers spearheading moves for the good of the league... [This is not] solely a Benildean undertaking, but something that includes the seven other schools in the NCAA." Indeed, the NCAA is not just a venue for the tough competitiveness of intercollegiate

athletics, but it is also a time-honored endeavor to promote sportsmanship and harmony among student-athletes.

As such, come June 24, the Benildean community will congregate at the Araneta Coliseum to cheer their hearts out to provide all-out support, not just to its battle-ready Blazers (*please refer to the back page for a list of the Benildean cheers*), but also to the student-athletes of the other NCAA member-schools. Indeed, the 82nd NCAA season promises to be a blazing salute to the oldest collegiate athletic league in the country.

— with a report from **Jose J. Siojo, Jr.** of the *Benildean Press Corps*

Basketball may be touted as the Filipinos' favorite sport, but the 82nd NCAA season is packed with a variety of events that will deliver more than enough action and excitement. Cheer the Blazers on as they test their mettle in the following fields:

- Athletics (a.k.a. Track and Field)
- Basketball
- Football
- Lawn Tennis
- Swimming
- Taekwondo
- Beach Volleyball*
- Table Tennis*
- Volleyball*
- Chess**

Note: Events with * cover men's and women's divisions, while ** indicates a mixed gender category.

CHEERS

WHO'S TO WIN THE GAME?

Pep Squad: Who's to win this game set?

1-2-3

Who's to win the game?

Crowd: Green!

Pep: Who's to win this game?

Crowd: White!

Pep: Green!

Crowd: Green!

Pep: White!

Crowd: White!

Pep: Fight!

Crowd: Fight!

Together: Green-white-fight (clap2x)

Green, white white white

Go fight fight fight

Green white, go fight, green white fight (clap2x)

Green, white white white

Go fight fight fight

Saint Benilde, Saint Benilde

Fight team fight!

OKALI

Pep Squad: Okali set 1-2-3

Okali

Crowd: Okali

Pep: Ready

Crowd: Ready

Pep: 1-2-3

Together: O-kali kali kali

Zu- kali kali kali

Yebo, Yebo

San- Be-nil-do

C-kali kali kali

Zu- kali kali kali

Yebo, Yebo

San-Be-nil-do

S- kali kali kali

Zu- kali kali kali

Yebo, Yebo

San-Be-nil-do

B-kali kali kali

Zu- kali kali kali

Yebo, Yebo

C-S-B

BENILDE SPELLING

Pep Squad: Benilde

Spelling set

1-2-3

Benilde Spelling

Crowd: Benilde Spelling

Pep: Read

Crowd: Read

Pep: 1-2-3

Together: B-E-N-I-L-D-E

Benilde rah!

STRAWBERRY SHORTCAKE

Pep Squad: Strawberry Shortcake set 1-2-3

Strawberry shortcake

Strawberry shortcake

Crowd:

Pep: Ready

Crowd: Ready

Pep: 1-2-3

Together: Strawberry shortcake

Blueberry pie

V-I-C-T-O-R-Y

Victory, Victory is our cry

Saint Benilde, Saint Benilde

Hei di hei

BUMAKAYA (ONE LOUD BATTLE CRY)

Pep Squad: Bumakaya set

1-2-3

Bumakaya

Crowd: Bumakaya

Pep: Ready

Crowd: Ready

Pep: 1-2-3

Together: Bu-ma-ka-ya! I-ma-ka-di-wa! (2x)

Fight-team-fight

Bumakaya, Imakadiwa (3x)

BENILDE FANS

Pep Squad: Benilde fans

Set 1-2-3

Together: Benilde fans in the stands

If you're with us

Clap your hands (clap)

Now that you've got the beat

It's time to stomp your feet

(drums)

Now that you're in the groove

It's time to see you move

(drums)

REKTIKANO (THE RIGHT TO RULE)

Pep Squad: Rektikano set 1-2-3

Rektikano

Crowd: Rektikano!

Pep: Ready

Pep: 1-2-3

Together: Rektikano keena keena (2x)

Rektikano, rektikano rektikano rah!

Rektikano keena keena (2x)

Rektikano, rektikano rektikano rah!

Seez-bum-ba! Seez-bum-ba!

Bumra bumra bumrara (2x)

Seezbumba! Seezbumba!

Benilde rah!

perspective

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