

Everest team tell students to climb high

After conquering the world's highest mountain, Filipino top mountaineers Leo Oracion and Erwin "Pastor" Emata, climbed Baguio City and conquered the hearts of students of the University of the Cordillera (UC-BCF).

Oracion, the first Filipino to reach the summit of Mount Everest called on UC-BCF students to conquer their academic obstacles in order to reach the mount Everest of their lives.

The experiences and lessons learned were shared by the First Philippine Mt. Everest Expedition Team when they paid a visit to top performing schools in the country like the University of the Cordilleras last July 10, 2006.

Hundreds of students attended the mountaineering symposium organized by students enrolled in HC-122 Meetings, Incentives, Conventions, and Exhibitions Class under the UC College of Hotel, Restaurant Management and Tourism (HRMT), the five-time Regional Culinary Champion.

UC-BCF through HRMT dean Isagani Paddit awarded plaques of recognition to the Mt. Everest team.

Oracion explained that life is really like climbing a mountain. "It

entails several hardships like steep slopes, jagged cliffs, the impending danger of death and several trips and falls in between. But we should have the goal to stand and conquer the mountain because there is no better view than the view from the top... There is nothing like success", he said.

Team Leader and former Transportation Undersecretary Mr. Art Valdez, elucidated on this magnificent feat achieved by the Filipino. "More than the pursuit of personal achievement, it became a means to restore faith in Filipinos", he said.

The Philippine mountaineers have encountered much cynism and loss of faith but on May 15, 2006, First Summiteer Leo Oracion reached the peak followed by his teammate Pastour Emata on May 17. The whole world was amazed by the tenacity and determination of the Filipino spirit. "If we believe in ourselves and we are united, we can show to the world na kaya ng pinoy" Oracion said.

Leo and Pastor emulated three very crucial requirements that Mr. Valdez imposed in the recruitment and selection for the expedition team namely **C a p a b i l i t y, C o m m i t m e n t a n d C o m p a t i b i l i t y.** "Through teamwork, unity, determination, and sacrifice, we can achieve something we put our hearts into", they said.

"Mahirap yung pinagdaanan namin. We gave up work, time with our family, and we dont even have salary and allowance. Hindi namin alam kung makakabalik pa kami ng buhay, but the bayanihan spirit worked within us, hindi kami makakaakyat kung hindi dahil sa tulong ni Sir Art Valdez, Dr. Esguerra and the rest of the team", Oracion emotionally related.

The mountaineer challenged UC students to climb the Everest of their lives through personal perseverance and teamwork in order to reach the summit of academic challenge evidenced by a diploma.



Exchange of Tokens - UC heads show appreciation for the inspiring words brought by the 1st Philippine Mt. Everest Expedition team. (L-R UC-HRMT Dean Isagani Paddit, VP for Administration Dr. Louie Padilla, VP for Academic Affairs Dr. Jo Domingo, 1st Summiteer Leo Oracion, 2nd Summiteer Pastor Emata, Mr. Art Valdez, Dr. Ted Esguerra, Ifugao Climber Levi Nahayangan)

Clean air seminars in cleanest school

The University of the Cordilleras (UC-BCF) adjudged as the cleanest and greenest campus in Baguio in 2003 hosted a series of environment seminars for transport groups, women's groups and barangay officials in the city.

The two-day seminar for the various environment stakeholders was sponsored by the Energy and Clean Air Project (ECAP), a four-year technical assistance program of the US Agency for International Development (USAID) and co-sponsored by the City government and UC-BCF.

"Various programs and advocacies for clean air were discussed by national and local government officials during the two-day environment forum last July 11 and 12 at the UC Theater", said Mrs. Edna Tabanda, UC Consultant for Community Extension Services.

Baguio is loved for its clean air and good educational institutions. It is for this reason that UC-BCF, apart from maintaining a clean and green campus embarked on environment-friendly programs to support the city's Solid Waste Management program and the No-Smoking policy. UC also produces trichoderma, which helps turn garbage into compost.

To further intensify the university's environmental advocacy, UC has established the UC Environment Task Force (UC-ETF), aimed to formulate, analyze, improve and implement environmental projects. The task force composed of teaching and non-teaching personnel will also rely on student support and participation in its bid to protect and preserve the environment.

ICT schools to adjust with industry needs

"Information schools all over Northern Luzon are expected to refocus their Information and Communication Technology (ICT) curriculum to be consistent with the needs of industries and global trend", the Commission on Higher Education (CHED) said.

CHED Director for Zonal Research Center Dr. Estrella Calixto has initiated a graduate tracer study for ICT in Ilocos, Cagayan and Cordillera regions to address the possible mismatch between ICT schools and the demand of ICT employers.

The only school in the Cordillera recognized by CHED as the Center of Development for Excellence in Computer Education, the University of the Cordilleras (UC-BCF) participated in the two-day seminar at MMSU in Batac attended by all ICT schools in Northern Luzon area.

Dr. Daniel Vistro, ICT Area Head and Research Director Dr. Alfredo Jose Herbolario, both from UC-BCF, presented a research tool during the seminar. The tool which will be floated among various ICT industries will assess the responsiveness of ICT schools with respect to the needs of the industry.

Mr. Eric Fier, UC-BCF Marketing Officer who also joined the seminar said ICT schools will soon evaluate their curriculum and faculty after the tracer study. The study will also track performance of ICT graduates and the relevance of their academic degrees with actual practice.

UC-BCF College of Information and Computing Sciences offers degree courses in Computer Science, Information Technology and Information Management.

English proficiency for admin staff

Correct English with right attitude among administrative staff benefits a school of academic excellence.

This prompted the University of the Cordilleras (UC-BCF) to conduct an English-Proiciency Seminar for its non-teaching staff on June 29 and July 6 at the UC Theater as part of the thrust towards global competence not only through mastery and academic excellence but also through proper work attitude and good command of the English language.

During the seminar, the frontliners of student services were not only able to brush up on their English but pick up doses of inspiring thoughts to improve self-perception and boost their confidence.

Resource speaker Ms. Jhoanna Daliling, an English professor gave pointers in avoiding common grammatical errors and improving diction. She also stressed that having the right mindset empowers people.

Participants gained confidence in expressing

themselves in English. A participant disclosed "In my job where I have to entertain questions and complaints everyday, it is quite hard not to show irritation. But through the seminar I learned to listen with empathy".

The participants left the theater with a mindset that will empower them not only to go through the day-to-day hustle and bustle of life but allow them to experience that sometimes elusive goal of self-fulfillment.

CAR Anniversary Celebration Schedule of activities

- July 18 -19** - Mini fair of Cordillera products at UC Open gym
- Cordillera food festival at UC Open gym
- July 19** - Live Mannequins in Cordillera costumes at UC theater
- July 20**
- 9:00-12:00 - Symposium on Cordillera issues at the UC Theater
- 2:00-4:00 - Debate on Cordillera issues at the UC Theater
- 4:00-7:00 - Thanksgiving Canao at UC open gym

Note: UC open its doors for the above celebration activities specially Cordillera

Our Paramount Duty is to endow the lives of our students... with the guidance of a moral compass.



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