



MVGF C

Manuel V. Gallego Foundation Colleges, Inc.

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The Lamp

Newsletter

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MVGFC HONORS THE FOUNDER ON HIS 130TH



Manuel V. Gallego Foundation Colleges, Inc. (MVGFC) celebrated the 130th birthday of the Founder, Dr. Manuel Viola Gallego, last January 18, 2023, at the MVGFC gymnasium. It was a half-day celebration attended by all students and faculty members/teachers from the High School and College Departments. Ms. Deseree Padilla was the event's master of ceremony.



In remembering his legacy, the MVGFC community started the event with the entrance of colors led by the ROTC officers. Next, the singing of the National Anthem led by MVGFC Choral. Then, Dr. Joseph L. Gallego, the President of MVGFC, delivered his commemorative speech. In his speech, he looked back to the founder's history, from his childhood until he became the founder of the school at the age of 67 and when he changed Central Luzon Educational Center (CLEC) and School of Nursing into Manuel V. Gallego Foundation Colleges, Inc. (MVGFCI) in 1974.

The event continued with the thanksgiving mass by Rev. Fr. Noel J. Jetajobe of Sto. Niño Chapel. Together with the MGVFC President, alumni, High School Faculty, and high school students, they completed the inauguration and blessing of the New high school building.

President Gallego received a posthumous award from the Order of the Knights of Rizal on behalf of the founder—subsequently, the recognition of employees from the High School and College Departments.

In the last part, together with Dr. Joseph L. Gallego, Ms. Rosalyn Bilog, Dr. Arnel Sevilla, and the Deans from each institute awarded the students with academic achievements as Dean's Lister during the first semester SY. 2022-2023.

The commemoration of the 130th Birthday of Dr. Manuel V. Gallego, who continues to serve the nation through the school, officially ended with the exit of colors.

Writer: JECELA L. BACHO





130TH BIRTHDAY OF MVGFC FOUNDER



**POSTHUMOUS AWARD FROM THE
ORDER OF THE KNIGHTS OF RIZAL**



**POSTHUMOUS AWARD FROM THE
ORDER OF THE KNIGHTS OF RIZAL**



**INAUGURATION AND BLESSING OF
THE NEW HIGH SCHOOL BUILDING**



WREATH LAYING



**THANKSGIVING MASS BY REV. FR. NOEL
J. JETAJOBE OF STO. NIÑO CHAPEL**



EVENT PROPER

PHOTOS TAKEN DURING THE EVENT





SCHOLARS REACHES OUT THROUGH KAMUSTAHAN



The scholars of Manuel V. Gallego Foundation Colleges, Inc. conducted a face-to-face "Kamustahan" held last January 27, 2023, at 4 pm on MVGFC Quadrangle. The adviser of the scholars' organization Ms. Joanna Rose Ubongen, and the President of the Scholar's organization Ms. Rosette Hidalgo along with other officers, are the ones who spearheaded the program. It aims to have the opportunity to ask each other about the condition despite the challenges happening in their everyday lives. As emcees of the program, Ms. Jacklyn Reyes and Ms. Michaela Samaniego ensured everyone's experience was more fun and memorable.

Since the program aimed to make the scholars of MVGFC reconnect with each other and update them on the past and future activities of the organization, Ms. Hidalgo presented and explained the funds and past actions. The scholars were also given a chance to ask about the problem they encountered last semester and also asked for their suggestions to improve the organization to which they belong.

The organization's President also did not miss sharing spoken poetry with a message to motivate everyone and a beautiful song from an Institute of Teacher Education student, Ms. Melanie Papio.

This program was also a way to give attention to those who performed in the puppetry in Brgy-Talipapa. The participants were given a certificate of participation due to their excellent performance. Before the program ended, the organization's advisor, Ms. Ubongen, explained other student concerns and thanked the students who cooperated with the organization's agenda.

The program ended with a smile on everyone's lips. The following projects became brighter, and this activity deepened the association and identity of each one. Everyone's experience must have been memorable, and they felt that the organization was like a home, full of harmony and good vibes.

Writer: MILDRED ANGELA C. BATALLA





SCHOLARS REACHES OUT THROUGH KAMUSTAHAN



GROUP ACTIVITY



GROUP ACTIVITY



AWARDING OF CERTIFICATES



GROUP ACTIVITY



**SPOKEN POETRY
BY MS. ROSETTE HIDALGO**



**SCHOLAR'S ORG. PRESIDENT
ROSETTE HIDALGO'S SPEECH**

PHOTOS TAKEN DURING THE EVENT





C.J.S.O.

ORIENTS FUTURE CRIMINOLOGISTS ON VIOLENCE AGAINST WOMEN AND CHILDREN (VAWC)



Violence against women isn't cultural; it's criminal. Equality cannot come. Eventually, it's something we must fight for now.

-Samantha Power-

The Criminal Justice Organization (CJSO), conducted a seminar on Violence Against Women and Children (VAWC) for all third-year criminology students on January 25, 2023, from 1:00 pm to 4:00 pm at MVGFC Main Library. PSSg. Jevilyn Catacutan of Jaen Police Station served as their speaker.

The CJSO officers aimed to raise awareness among the students about prevention and to reduce violence against women, which we can achieve by empowering individuals to know and claim their rights and educating them on where to seek help in case of violence.

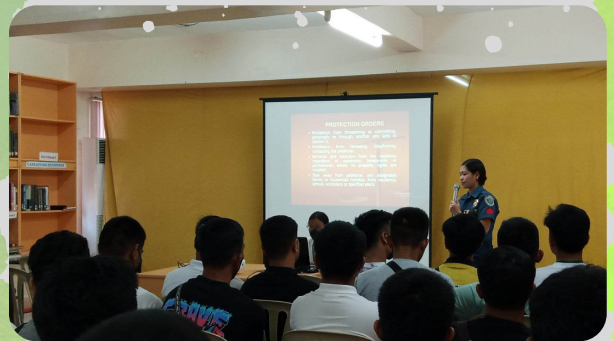
Ms. Acel Gonzales served as the moderator of the event. To end the seminar, Ms. Ara Joyce Cortez, Coordinator of the Institute of Criminal Justice Education, and Ms. Aira Reyes, Assistant of the Institute of Criminal Justice Education, awarded the certificate of appreciation to the guest speaker.

Writer: PAULINE JANE G. ADORDIONICIO





CJSO ORIENTS FUTURE CRIMINOLOGISTS ON VIOLENCE AGAINST WOMEN AND CHILDREN (VAWC)



PHOTOS TAKEN DURING THE SEMINAR





FMS WELCOMES 4TH YEAR STUDENTS TO THE TEACHING PROFESSION THROUGH A PINNING CEREMONY



The Filipino adviser, Mrs. Zoraida Angeles, and the English adviser Mrs. Irene Apolinario presented the 4th year BSED students who qualified for the practice teaching program. Students received their certificates and nameplate pins with their parents.

The Pinning Ceremony is also a symbol of active response to the calling of the teaching profession. This means that the 4th year students have accepted the challenges of preparing lessons, managing student behavior, writing reports, acting as second parents, and, most significantly, making a difference in the lives of their future learners.

The program ended with a surprise video presentation prepared by classmates and friends of the practice teachers. The video is a compilation of inspirational messages from the teachers, parents, friends, and classmates of the practice teachers. Mr. Randel Joshua B. Henson, 4th-year BSED- English, also shared the inspiring story that made him conquer all the challenges he went through.

The program ended with closing remarks delivered by Dr. Ingrid Calanno, one of the faculty members of the Institute of Teacher Education, and by the singing of the MVGFC hymn.



The Institute of Teacher Education (ITE), through its official students' organization, the Future Mentors' Society (FMS), held a Pinning Ceremony on February 10, 2023, at MVGFC Main Library. The pinning ceremony symbolizes the commencement of the on-the-job training of graduating education students.

With a theme, "Empowering the Student-Teachers in the Midst of Adversity", the program started with a prayer and singing of the National Anthem. Followed by a welcome address from the Director of Instruction, Ms. Rosalyn B. Bilog.

Dr. Mark Clester, English Specialist, City Division Office, the City of Cabanatuan served as the resource speaker. He reminded the practice teachers to work with integrity and compassion. He also oriented the attendees with the current innovations in the Department of Education Cabanatuan, particularly in the English department.

Writer: MILDRED ANGELA C. BATALLA





FMS WELCOMES 4TH YEAR STUDENTS TO THE TEACHING PROFESSION THROUGH A PINNING CEREMONY



Gallego
Creatives

PRACTICE TEACHERS



INSPIRATIONAL STORY OF MR. RANDEL JOSHUA HENSON



RESOURCE SPEAKER: DR. MARK CLESTER, ENGLISH SPECIALIST, CITY DIVISION OFFICE, THE CITY OF CABANATUAN



WELCOME ADDRESS MS. ROSALYN BILOG DIRECTOR FOR INSTRUCTION



EVENT PROPER



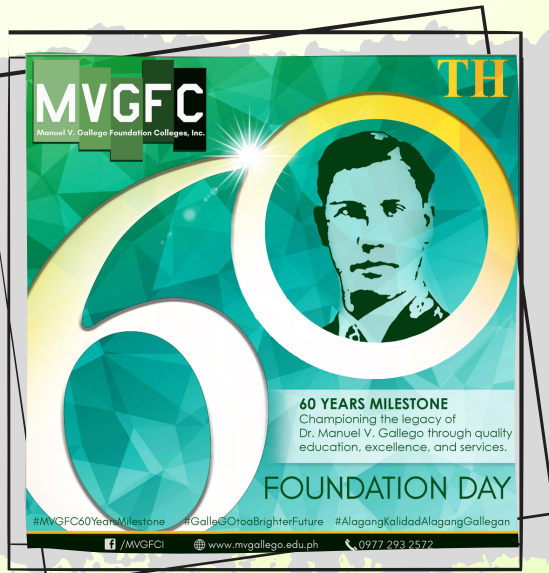
FUTURE MENTORS SOCIETY

PHOTOS TAKEN DURING THE EVENT





MVGFC Celebrates 60th Founding Anniversary



In observance of the 60th Foundation Day of Manuel V. Gallego Foundation Colleges, Inc., the MVGFC community prepared a four-day event from Feb. 20-23, 2023, showcasing the talents, skills, beauty, creativity, and intelligence of Gallegans.

On February 20, through Negosyo Caravan, businesses outside the school could sell their products in the open ground near the gym. They were open until the last day of the foundation week. On the same day, the pre-pageant of Mr. and Ms. Gallego was held at the M.V.G.F.C. gymnasium.



Writer: JECELA I. BACHO

On February 21, Foundation week officially started with the opening remarks from the Director of Instruction, Ms. Rosalyn Bilog. It was followed by the virtual greeting of the MVGFC President, Dr. Joseph L. Gallego. Next, High School and College students of MVGFC showcased their talents through a dancing competition wherein the Red Flaming Dragon from the Institute of Criminal Justice Education was announced as the champion. The creativity of Gallegans was also demonstrated by joining the exhibit competition in which the INAHS department was declared the champion. Finally, the High School Department received a special award on the first day of the sports fest, which started with volleyball and basketball. And was ended with the acoustic night, performances by Gallegans and faculty.

Gallegans also proved that they are not only good at dancing, sports, and beauty competition but also manifested their intelligence on the 3rd day of Foundation week, the Gallegan Quiz Bee held at the MVGFC library. Gallegans also showed their artistry in photography and tiktok contests. Day 2 of the sports fest continued.

On the last day of Foundation week, candidates from each institute competed at the NE Pacific Mall for the coronation night of Mr. and Ms. MVGFC. Mr. John Cyllo Driza from the Institute of Criminal Justice Education and Ms. Denella Denise Calderon from the High School Department was crowned as the Mr. and Ms. MVGFC 2023. In addition, the High School department was announced as the overall champion in Foundation Week.





MVGFC CELEBRATES 60TH FOUNDING ANNIVERSARY



TEAM DANCE



MR. and MS. MVGFC



CHOIR RECITAL



ACOUSTIC NIGHT



MR. and MS. INTRAMURALS



GALLEGAN QUIZ BEE

PHOTOS TAKEN DURING THE EVENT





LITERARY

“THE CHEERFUL ONE”

----Rosette Hidalgo

She's always laughing
She's Always smiling
She's always telling jokes,
And she's always making you okay whenever you're
not.
Because she hates seeing sad people
She wants everyone to be happy
And that's what she is
That's what the cheerful one is.

But did you even ask her if she's okay?
Did you even ask her what's going on in her life?
I think, NO!

You didn't notice her pain,
You didn't notice that she's also broken.
You're busy asking for advices
But you didn't know that she needs it too
You're busy listening to her jokes
But you didn't listen when she cries
You're busy laughing at her when she's doing
something silly
But you didn't notice her sadness.

Then one day,
She's not smiling anymore,
She can't joke,
She can't give an advice,
She can't even laugh.

But you didn't do anything to make her okay.

You aren't around when she can't do the things
she used to do for you. You aren't around when
she needs you the most.

You aren't around when she feels so empty
because she gave her all for your happiness.

And now,

She's gone.

The cheerful person that you used to know is gone.
All you can hear now is her crying voice, not her
silly jokes.

All you can see is the pain inside her heart.
And All you can see is not a face that full of joy
But a face that Full of tears from the cheerful one

But still

You didn't care.

“MY UNIVERSE”

----Mildred Angela C. Batalla

Sun rays to a faded blue wall surface,
A scent of an old book lingered in the air
of this pitch black hue- yet not gloomy place,
I want you- like how coffee craves for its pair

Like how sunrise give pastel stain to the sky,
Like how soothing zephyr of an antique book,
These remind me of you- I can never lie,
You, love- I found the universe as I look.

