



Carlos Hilado Memorial State University CHMSU Messenger

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Carlos Hilado Memorial State University
Alijis Campus • Binalbagan Campus • Fortune Towne Campus • Talisay (Main) Campus
Themes for the Month of December

<p><i>Fellowship and Thanksgiving Month</i></p>	<p>December is National Energy Consciousness Month</p>	<p>UN:ed for a VAW-FREE PHILIPPINES #VAWFREeph National Human Rights Consciousness Week</p>
<p>CELEBRATING NATIONAL VOLUNTEER MONTH</p>	<p>Overseas Filipinos Month</p>	<p>December is Rizal Month</p>

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GREEN CHMSU ExCELSIOR!

All deans, department chairs, and faculty members are enjoined to initiate and integrate the said themes in course lessons and activities. Office heads are likewise encouraged to help promote the theme in their offices.

The Week Ahead

Date	Time	Activity/ Event	In-charge	Audience/ Participants	Location/ Venue
Nov 21 – Dec 12		16 Day of Activism Against Women Campaign	Gender and Development Office	Faculty, Staff, and Students	All Campuses
Dec 5 – 7	Whole Day	Intramurals Fest 2022	University Student Government Talisay Campus	Students	Talisay (Main) Campus
Dec 5, 6, 9	Whold Day	Intramurals Fest 2022	University Student Government Binalbagan Campus	Students	Binalbagan Campus
Dec 6	1:00 – 5:00 pm	Contractors Forum	Bids and Awards Committee Office	All contractors	Ground Floor, Global Learning Café, Green Building, Talisay (Main) Campus
Dec 8		Feast of Immaculate Conception			
Dec 9	8:00 am – 5:00 pm	Conduct of Annual Physical Inventory of Property, Plant, and Equipment	Property and Supply Office	All End users	Binalbagan Campus
Dec 9	8:00 am – 5:00 pm	Budget Hearing	Planning, Monitoring, and Evaluation Office	Administrators	3 rd Floor, Function Hall, Green Building, Talisay (Main) Campus

Highlights of the Week

- Alijis Campus held its **Intramurals** with the theme **“Propelling Potentials in Sports and Arts Amidst the Pandemic”** on November 23-25, 2022. The event featured various sports and culture and the arts activities including volleyball, drum beating, Cheer Dance, and Mr. and Ms. Intramurals.
- Technology Transfer Unit (TTU) of DOST VI** held the **Tech Trip Technology Transfer Rally to Commercialize Intellectual Properties** on November 25, 2022 at the Global Learning Café, Green Building, Talisay (Main) Campus. This was hosted by the IPMO and included Technology Transfer Orientation, presentation of CHMSU developed technologies, overview of technology database, and commercialization meeting.
- Graduate School Studies held the **Oath Taking, Induction Ceremony, and Sports Fest** with the theme

“Nurturing Leadership and Strengthening Camaraderie for GREEN Graduate Studies” on November 26, 2022 at the Multi-purpose Gym, Talisay (Main) Campus.

- Quality Assurance and Accreditation held the **AACCUP Preliminary Survey Visit** on November 28, 2022 via Zoom. **The survey covered BS Psychology, BS Management Accounting, MAED Physical Education.**

- Culture and the Arts Affairs collaborated with the Gender and Development (GAD) Office for a **medical mission for Breast Cancer survivors** on November 29, 2022 at the Global Learning Café, Green Building, Talisay (Main) Campus. The activity had a brief talk on breast cancer awareness and free check-ups by a team of medical doctors led by Dr. Carmencita Sarrosa.



✚ **Project PEACE (Partnership for Empowerment, Advancement, and Continuing Education) of Agrarian Reform Beneficiary Organizations (ARBOs) held Day of Learning**, a seminar-workshop with the theme *“Binhi isa Paglaum: Resprouting Organic Agriculture Movement in Negros”* at the Function Hall, Green Building, Talisay (Main) Campus on November 29, 2022. The morning session was about the previous trainings under Project PEACE and the research on the use of Personal Protective Equipment while the afternoon session was a series of talks facilitated by SEARICE.

✚ Fortune Towne Campus, in partnership with BAGANI Organization, held an **HIV Awareness and SOGIESC Education seminar** on November 29, 2022 at the campus gymnasium. Guest speaker **Jose Antonio “Butch” Lavaró** discussed two topics namely HIV 101: Basics of HIV and Sexual Orientation, Gender Identity and Expression, and Sexual Characteristic (SOGIESC).

✚ The Social Science Guild, in collaboration with the Gender and Development Office, conducted **United for a Vaw-Free Philippines: A Gender and Development Symposium Against Gender-based Violence** on December 1, 2022 at the Global Learning Cafe, Talisay (Main) Campus. With Guest speaker **Rose F. Regala, PhD, Binalbagan Campus GAD Coordinator**, the symposium aimed to provide a dynamic and open platform to share and discuss about Gender Based Violence (GBV), attempting to address and end the adversity.

✚ **Gender and Development Office** conducted **two back-to back webinars as part of the 18-day campaign to end violence against women**. Resource speaker **Albert Acson, HIV-AIDS Core Team of CLMMRH**, discussed HIV and AIDS Awareness, Prevention and Management on December 1, 2022, while **Aineeh Richelle P. Montaño, USRn, MPHA, MPH, Public Health Nurse, County of Los Angeles, CA, USA** spoke on Issues Affecting Women’s Sexual Health: Sexually Transmitted Diseases (STD) Understanding the Facts, Prevention, and Control on December 2, 2022. Both webinars were streamed on the CHMSU Official Facebook Page.

✚ Psychological Society held a **Positive Psychology Webinar** with the theme *“Strengthening Positivity, Achieving Prosperity”* on December 2, 2022 via the CHMSU Psychological Society Facebook Page with guest speaker **Julian Sian Jr., PhD, RGC, LPT**.



ENERGY SAVING TIPS

Quick guide to energy savings



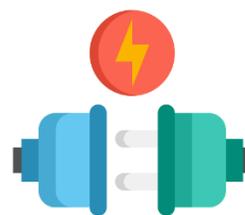
1. Shutdown your computer

Computers are some of the biggest energy users in office buildings. Turn your monitor off at night and ditch the screensaver. Today's computers can be turned on and off over 40,000 times. Opting to shut down over using a screensaver does not affect your computer's lifespan. (EnergyStar). So power down!

2. **Choose the right light**
LED bulbs are the most energy efficient lighting option. LED bulbs use 75% less electricity than incandescent bulbs (Energy Star). They also have no mercury, and last about 25 times longer than traditional incandescent bulbs (DoE).



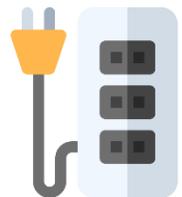
3. Eliminate vampire power: unplug idle electronics.



Devices like televisions, microwaves, scanners, and printers use standby power, even when off. Some chargers continue to pull small amounts of energy, even when plugged in (a good judge of this is if a charger feels warm to the touch). In the US, the total electricity consumed by idle electronics equals the annual output of 12 power plants (EPA).

4. Use a power strip to reduce your plug load.

To avoid paying for this "vampire power," use a power strip to turn all devices off at once. Flipping the switch on your power strip has the same effect as unplugging each socket from the wall, preventing phantom energy loss.



5. Turn off the lights

Just one switch and you're done!



Source: *Top 5 Steps to Reduce your Energy Consumption*.
<https://green.harvard.edu/tools-resources/poster/top-5-steps-reduce-your-energy-consumption>