



# 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 <b>National Energy Consciousness Month</b></p>	<p><b>UN:ed for a VAW-FREE PHILIPPINES</b> #VAWFREeph National Human Rights Consciousness Week</p>
<p><b>CELEBRATING NATIONAL VOLUNTEER MONTH</b></p>	<p><b>Overseas Filipinos Month</b></p>	<p>December is <b>Rizal Month</b></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		<b>16 Day of Activism Against Women Campaign</b>	Gender and Development Office	Faculty, Staff, and Students	All Campuses
Dec 12 - 13		<b>ISO 3<sup>rd</sup> Surveillance (Remote)</b>	Quality Assurance and Accreditation Office	Selected top management, directors, and unit heads	Fortune Towne and Talisay (Main) campuses
Dec 12 - 17		<b>Membership Drive, E-Games, and Awarding</b>	ACIP CHMSU Talisay Student Chapter	ACIP members	Talisay (Main) Campus
Dec 15		<b>CIT Faculty Thanksgiving</b>	College of Industrial Technology	CIT Faculty	3 <sup>rd</sup> Floor, Function Hall, Green Building, Talisay (Main) Campus
Dec 16		<b>Thanksgiving and Fellowship</b>	HRMO	All faculty and staff	Multi-purpose Gym, Talisay (Main) Campus

## Highlights of the Week

In preparation for Intramurals Fest 2022, Disaster Emergency Assistance and Rescue Services (DEARS) held an Emergency Training on December 1, 2022 via Zoom and Facebook Live on the CHMSU Student Affairs and Services Facebook Page. CHMSU DEARS Adviser King Abram F. Cabatuan and Silay City DRRMO Planning and Research Assistant John Dave M. Lorega gave the training.

- Extension and Community Services held a Planning Workshop on December 5-6, 2022 at Northland Hotel and Resort, Manapla. The workshop covered QOAP, QOM, Program Expenditure and Classification, Review of 2021 ECS Manual, Individual Commitment, and Review Guide for Rating of Faculty.
- Talisay (Main) Campus held Intramurals Fest on December 5-7, 2022 with the theme “Propelling Potentials in Sports and Arts Amidst the Pandemic.” The event featured





an array of cultural and sports events participated by the four units: Blue Alphas, Red Cheetahs, Green Griffins and Orange Tigers.

✚ Binalbagan Campus held its Intramurals on December 5-9, 2022 with the theme "Propelling Potentials in Sports and Arts Amidst the Pandemic." Five units participated in the different cultural and sports events.

✚ In line with CHMSU's participation in the National 18-day Campaign to End VAW, Gender and Development (GAD) Office conducted a Gender Sensitivity Training on December 5, 2022 at Resorts Negrense, Bacolod City with resource speaker Marie June Castro, Provincial GAD Focal Point System Action Officer. Newly hired faculty, staff, new GADGRC teachers, security, maintenance, and janitorial personnel participated in the event.

✚ Gender and Development (GAD) Office held an Orientation and Training Workshop on the use of Harmonized Gender and Development Guidelines (HGDG) for administrators, faculty, and college extensionists at Resorts Negrense, Bacolod City on December 6, 2022. Resource speaker Emily A. Dela Cruz, PhD, Director of Iloilo Science and Technology State University Gender Center, discussed basic concepts of HGDG and its process.

✚ Vice President for Academic Affairs Jay B. Estrellas, EdD attended the Times Higher Education (THE) Campus Live Southeast Asia conference at the National University of Singapore on December 7-8, 2022. He gave a session on how industry relevance can shape teaching and learning to nurture future-ready graduates.

## ENERGY SAFETY TIPS SA PANAHOON NG BAGYO AT BAHA



Kung may anunsiyo na ng "TROPICAL CYCLONE WIND SIGNAL," mag-CHARGE na ng mga cellphone, emergency light, at iba pang device dahil maaring mawalan ng kuryente.



Iwasan ang paggamit ng mga appliances kung tag-bagyo. Sa pagdinig ng balita, mas mainam ang paggamit ng de-bateryang radyo.



Kung may naka-ambang na pagbaha sa inyong lugar, mainam na i-OFF agad ang MAIN SWITCH at CIRCUIT BREAKER para maiwasan ang disgrasya at pagkasira ng mga ito.



I-REPORT agad sa inyong Distribution Utility o barangay ang mga sumasayad na sanga ng puno at iba pang bagay na maaaring makasira sa mga power lines upang maputol o matanggal agad at maiwasan ang sakuna.



Bilang paghahanda sa pagbaha, ingatang hindi mabasa o malublob sa tubig ang mga APPLIANCES upang maiwasan ang pagkasira ng mga ito.



Kung mawalan ng kuryente, i-UNPLUG ang REFRIGERATOR at iwasan ang pagbukas-sara upang mapanatili ang lamig nito.



Hawakan ang PLUG at hindi ang CORD kung bubunutin sa saksakan ang inyong APPLIANCE.



Panatiliing tuyo ang katawan at paligid bago hawakan ang kahit anong ELECTRICAL APPLIANCE o gamit upang maiwasan makuryente.

The Philippine Islands are prone to all kinds of natural disasters because of its geographical location and physical environment.

The country is strategically located in the path of turbulent and destructive cyclones in the Pacific, and the "Ring of Fire." This situation has adverse effects, not only on the lives and properties of the Filipino people, but also on the economy of the nation, as disaster impacts may result in widespread environmental and property damages.

Natural disasters may cause danger to people, structures or economic assets, and may lead to a disaster if they are not mitigated against and prepared for. The common hazards associated with these are heavy rains, strong winds, storm surge, floods and landslides/ mud slide /mud flow.

Almost all types of geological disasters occur in the Philippines except those associated with glaciers and seasonal snowfall.

Source: Energy Safety Tips sa Panahon ng Bagyo at Baha.