



Carlos Hilado Memorial State University CHMSU Messenger

Stay Connected. Get Engaged. Be Animated.

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

Filipino Food Month
Pagkain ng Saring Alin, Mahalin at Pagyamanin.

National Literature Month
"Kultura ng Pagkakaisa: Pagsilip sa Pagsilip sa Pamamagitan ng Panitikan."

PLANET EARTH MONTH
INVEST IN OUR PLANET

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
Apr 3 – 5	8:00 am – 5:00 pm	Midterm Examination	Deans, Program Chairs, Faculty	Students	All campuses
Apr 6	Holy Thursday				
Apr 7	Good Friday				
Apr 8	Black Saturday				

Highlights of the Week

- ✚ Vice President for Research and Extension Andrew Eusebio S. Tan, PhD represented CHMSU during the launching of the DOST Community Empowerment through Science and Technology (CEST) “Pandayan ng Bayan in Negros Occidental” Program at May’s Organic Garden, Bacolod City, on March 22, 2023. The program aims to establish one “Pandayan” site and farmers’ association in the six legislative districts of the Negros Occidental and connect the beneficiaries to partner agencies like CHMSU for services.
- ✚ CHMSU participated in the simultaneous turn off of non-essential lights for Earth Hour organized by the Province of Negros Occidental and the Provincial Environment Management Office at Ayala Malls Capitol Central on March 25, 2023. Rhoderick K. Samonte, CIER Director, and select students from Talisay Campus represented the university in the event. Bachelor of Public Administration student Kurt Philip Espiritu performed a song number during the intermission.
- ✚ In line with the observance of Fire Prevention Month, Public Administration Students Society (PASS) under the Bachelor of Arts in Public Administration program, held the seminar

- "Kinaadman: Raising Consciousness on Fire Prevention, Drill and Safety Measures" on March 25, 2023 at the Function Hall, Green Building, Talisay (Main) Campus. Guest speaker during the event was CSupt. Jerry D. Candido, DSC, Regional Director of the Bureau of Fire Protection Region 6.
- ✚ Alijis Campus Institute of Integrated Electrical Students Society conducted a fire safety seminar in the campus AVR on March 27, 2023 in observance of Fire Prevention Month. Operations & FSES Chief SFO1 Rustan P. Sayson of the Bago City Fire Station served as the resource speaker.
- ✚ The Guidance Services Office and Gender and Development Office held a “Coffee... Conversations... Collaborations and More” huddle activity with students and faculty on March 28-31, 2023 across the four campuses. This was in celebration of National Women’s Month. The activity included sessions on spotting symptoms of suicide and depression, gender and development issues in the classroom and adolescents, spirituality in the workplace, and coping with stress.
- ✚ CHMSU DRRMO, headed by its director Elmer A. Gumban, PhD, collaborated with BFP 6 Talisay Fire Station for a seminar entitled “Fire Safety



Awareness” on March 27-29, 2023 at the Multi-purpose Gym, Talisay (Main) Campus with resource speaker FO1 Kyrle Patrick Gilo. The first two days were participated by the four colleges in Talisay Campus and the last day was participated by security guards and Job Order and GASS personnel.

President Norberto P. Mangulabnan, PhD, along with Library and Information Services Director Ruvy Tuble, PhD, Quality Management Director Yrika Marie Dusaran, PhDTM, College of Fisheries Dean Imee Perante, DFT, and College of Industrial Technology Dean Engr. Russel Dela Torre, PhD, attended the 36th AACCUP Annual National Conference and General Assembly at Century Park Hotel, Malate Manila on March 27-29, 2023. The assembly had the theme “Strengthening a Culture of Quality Assurance in Higher Education through Partnerships in Accreditation.”

The College of Criminal Justice held its Pinning Ceremony and Donning of Ranks for the student interns on March 28, 2023 at the Binalbagan Campus field. The ceremony presented 144 students who will start their training as interns in their respective bureaus and stations.

Project PEACE (Partnership for Empowerment, Advancement, and Continuing Education), led by Rhoderick K. Samonte, CIER Director, conducted a training-workshop on Social Protection Program Planning at Nature’s Village Resort, Talisay City on March 28, 2023. This was in partnership with Sugar Industry Foundation Inc. (SIFI).

The Human Resource Development Office conducted a seminar entitled “HEI’s Journey to Digitization: Best Practices vs Best Fit” with resource speaker Hernani D. Manalo, PhD. CIPD, FHEA, Assistant Professor for Business at Higher Colleges of Technology, on March 29, 2023 at the Conference Room, Administration Building, Talisay (Main) Campus. The seminar was held in line with the university’s Breakthrough Goal of digital and technological transformation. President Norberto P. Mangulabnan, PhD and other key officials of the university attended the activity.

FAVORITE PINOY FOOD COMBINATIONS

one isn't as delicious without the other

<p>PUTO AND DINUGUAN</p> 	<p>Dinuguan is good when served with rice, but wait until you taste it with putong puto, a type of rice cake. The sweet and starchy taste of the puto complements the savory and meaty flavor of the dinuguan. The yin & yang of Filipino food combinations, puto and dinuguan easily wins the heart of every Filipino who's looking for a heavy merienda.</p> <p>To eat, just dip the puto into the sauce of the dinuguan. Make sure to get some of the meat!</p> <p><i>Trivia: First Filipino astronaut-to-be Chino Roque loves puto and dinuguan!</i></p>
<p>TUYO AND CHAMPORADO</p> 	<p>Before salted caramel became a craze, Filipinos were already enjoying the marriage of salty & sweet by partnering tuyo & champorado. A comfort food for many, tuyo and champorado is best enjoyed during rainy mornings.</p> <p>Quick champorado recipe: Dissolve tablea (pure chocolate) into boiling water. Add glutinous rice, and stir constantly for about 15-25 mins. until cooked. Add sugar and top with milk. Serve.</p>
<p>MANGGA AND BAGOONG</p> 	<p>Mangga & bagoong cravings are no longer exclusive for pregnant women! Everyone can have random cravings of the fruity sour taste of green mango combined with flavorful bagoong.</p> <p>Quick bagoong recipe: Sauté garlic and onion, then add the bagoong (shrimp paste). In bowl, mix equal parts of soy sauce and vinegar, add a little sugar then mix with the bagoong. Let it reduce for a bit. Add chili if desired.</p>
<p>TAPSILOG</p> 	<p>Big day? Start it up with a big breakfast of beef tapa, sinagag (fried rice), and itlog (fried egg)—better known as tapsilog! Aside from the fact that tapsilog fills our stomach, Filipinos also love it because it can be served quickly. Perfect for morning rush hours!</p> <p>Over time, Filipinos have also come up with other “silog” combinations - hotsilog (hotdog), longsilog (longganisa), consilog (corned beef), and hamsilog (ham). Extra fried rice, please!</p>
<p>KAPE AND PANDESAL</p> 	<p>“Walang matigas na pandesal sa mainit na kape,” a popular Filipino saying goes. That saying may have a deeper meaning, but one thing’s for sure: pandesal - whether freshly baked or a day old - always goes best with a steaming cup of coffee.</p> <p>To eat, just dip your pandesal into your hot coffee. It’s better than eating or drinking either separately. Just make sure you have a bag of pandesal, ‘cause a single piece is definitely not enough. A perfect jump-starter in the morning, but can be enjoyed any time of the day.</p>

Source: <https://www.gmanetwork.com/news/newstv/ijuander/354189/infographic-pinoy-food-combinations/story/>

TAKtime!
TAYO ANG KALIKASAN

EARTH habits

- Refuse plastic straw
- Buy preloved items
- Start composting
- Use water tumbler
- Shop with ecobag
- Go paperless

Start a zero-waste lifestyle now!

Source: <https://r2.denr.gov.ph/index.php/e-library/print/iec-materials/infographics>