



Carlos Hilado Memorial State University CHMSU Messenger

Stay Connected. Get Engaged. Be Animated.

Filipino Food Month
Pagkaing Sariling Alin, Mahalin at Pagyamanin.

National Literature Month
"Kultura ng Pagkakaisa: Pagsilip sa Pagkakaisa 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
April 11	8:00 am – 5:00 pm	Midterm Examination	Deans, Program Chairs, Faculty	Students	All campuses
April 12 - 13	8:00 am	Internationalization Orientation Seminar-Workshop	CIER, Office of the President	Admins, Faculty	Function Hall, Talisay (Main) Campus
April 13 – 14	8:00 am	Communication and Social Media Training Workshop	CIER	Selected students, faculty, and staff	Global Learning Café, Talisay (Main) Campus

Highlights of the Week

- + Vice President for Administration and Finance Rosalinda S. Tuvilla, JD and Records Management Officer Rebecca C. Gegantoni attended the Freedom of Information (FOI) Bootcamp for newly designated FOI Officers on March 29-31, 2023 at the PIA Building, Quezon City. This was organized by the Freedom of Information – Program Management Office (FOI-PMO). Tuvilla is the CHMSU FOI Decision Maker, while Gegantoni is the FOI Receiving Officer. The training-workshop included discussions and hands-on activities on FOI program, Information Disclosure, eFOI Portal Management, and FOI Requirements. Participants also developed Action Plans for promoting and strengthening FOI and took an exam to measure their level of understanding, skill, and expertise with regard to the FOI Program.
- + Binalbagan Campus held its first CHMSU Night with the theme “CHMSUans develop camaraderie through social engagement” on March 31, 2023 at the campus covered court. The University Student Government and United Senior Organization spearheaded the celebration. The event featured the turn-over of duties by student officers, a tribute to faculty and staff, and exchange of tokens and candle-lighting of 3rd year and 4th year students. Hon. Emilio “Dino” Yulo, Congressman of the 5th District, graced the occasion and gave a message of support to the school.
- + All four campuses had the Midterm Exams on April 3-5, 2023. The last day of exams will be on April 11.

FAVORITE

PINOY FOOD COMBINATIONS

one isn't as delicious without the other

PUTO AND DINUGUAN

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.

To eat, just dip the puto into the sauce of the dinuguan. Make sure to get some of the meat!

Trivia: First Filipino astronaut-to-be Chino Roque loves puto and dinuguan!

TUYO AND CHAMPORADO

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.

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.

MANGGA AND BAGOONG

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.

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.

TAPSILOG

Big day? Start it up with a big breakfast of beef tapa, sinangag (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!

Over time, Filipinos have also come up with other “silog” combinations - **hotsilog** (hotdog), **longsilog** (longganisa), **cornsilog** (corned beef), and **hamsilog** (ham). Extra fried rice, please!

KAPE AND PANDESAL

“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**.

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.

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