



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 Sariling Alin, Mahalin at Pagyamanin.

National Literature Month
"Kultura ng Pagkakaisa: Pagsilay ng 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
Apr 17	8:00 am	Project PEACE Assembly of ARBOs	CIER, SIFI	Farmers, International Guests	Function Hall, Green Building, Talisay (Main) Campus
Apr 17	8:00 am	1st Cycle Internal Audit Opening Meeting	IQA, QMO	All process owners, DQMRs, and IQAs	All campuses
Apr 18	9:00 am	Opening of Exhibits (Advoca-Fest)	CIER	CHMSU Students Organizations	Global Learning Café, Green Building, Talisay (Main) Campus
Apr 18 – 28	8:00 am – 5:00 pm	Advoca-Fest Exhibit	CIER	CHMSU Student Organizations, students and faculty	Global Learning Café, Green Building, Talisay (Main) Campus
Apr 21	8:00 am	Internationalization Seminar Workshop Phase 2	CIER, VPAA	Administrators and faculty	Function Hall, Green Building, Talisay (Main) Campus
Apr 21	Eidul-Fitar				

Welcome!
CHMSU - SIFI Partnership for Empowerment, Advancement, and Continuing Education (PEACE) of Agrarian Reform Beneficiary Organizations (ARBOs)

SIFI Guests:
Edith Villanueva (President and COO)
Judy Gonzaga (SIFI RAC, Cambodia)
Rhyann Dairo, Romel Cortones, and Markel Divinagracia (Agriculturists)
Theresa Katrina Etabag (Community Development Specialist)

International Guests:
Karen Thivya Lourdes (Nestle, Malaysia)
Rafael Vaya (AM Group, USA)
Melissa Chin and Su Shen Phan (Puratos, Malaysia)
Bradley Graham (Puratos, UK)

Forum with SIFI-assisted ARBOs
April 17, 2023 | 8:00 am - 4:00 pm | Function Hall - Green Building, Talisay (Main) Campus

construction of ITE Faculty and Advising Room on April 11, 2023. President Norberto P. Mangulabnan, PhD, VPAF Rosalinda S. Tuvilla, JD, Executive Director Edwin Bugna, PhD, and PPDM Director Engr. Jun Jun Marquez took part in the symbolic acceptance.

Highlights of the Week

- ✚ CHMSU received a Certificate of Appreciation from Youth Empowering Youth Initiative Inc. (YEY) during the organization’s 10th Anniversary celebration at San Isidro Labrador Parish on April 11, 2023. This was in recognition of the university’s support and collaborative solutions with YEY. Rhoderick K. Samonte, Director for Internationalization and External Relations, received the certificate on behalf of CHMSU.
- ✚ Alijis Campus held a mass and turn-over ceremony for the upgrading of Mechanical Shop and Service Center, construction of Access Road - Phase 3, repair of TVEP Building - Phase 2, and

- ✚ Key officials, Directors, Deans, and Program Chairpersons attended the Internationalization Orientation Seminar Workshop at the Function Hall, Green Building, Talisay (Main) Campus on April 12-13, 2023. The workshop tackled 1) internationalization of HEI’s and modeling the IZN of CHMSU with Atty. Lily Freida Milla, CESO IV, CHED IAS Director III, 2) ASEAN initiatives as Priorities with Cleo Angeline Cachapero, CHED IAS Officer, and 3) Design Thinking and IZN setting local oriented mindset with Ayessa Marie Velasquez, PhD Director for Academy of Lifelong Learning, Ateneo de Davao University.
- ✚ The Center for Internationalization and External Relations, in collaboration with the Office for Student Affairs and Services and Human Resource Development Office, conducted a



Communication and Social Media Management Training Workshop at Talisay (Main) Campus on April 13-14, 2023. Communication focal persons of different offices, student writers and public information officers participated in the workshop, with the first day held at the Global Learning Cafe and the second day at the Function Hall. Resource speakers were Keith Brandon Cari-an, Associate Editor, SunStar Bacolod, and Mark Raymund Garcia, Media and Communications Consultant, City Government of Sagay.

Ma. Chariz Demapula, OSA Coordinator, Verna Mae Larit, JFINEX Representative, and Ayessa Marie Reyes, PASOA Member of Fortune Towne Campus represented CHMSU in the Next Generation Leaders Summit in Mandurriao, Iloilo City on April 13-15, 2023.

Talisay Campus held a Thanksgiving Mass at the Global Learning Cafe on April 15, 2023. This was officiated by Rev. Fr. Michael Juan Alfredo Maria Cuenca MMHC.

TIP OF THE MONTH

Single Use Swaps



TRY A BAMBOO TOOTHBRUSH INSTEAD OF PLASTIC!



TRY BRINGING A REUSABLE CUP NEXT TIME YOU BUY COFFEE!



TRY REUSABLE CLOTH BAGS INSTEAD OF PLASTIC ONES!



TRY USING TUPPERWARE INSTEAD OF ZIPLOCK BAGS!



TRY A REUSABLE BOTTLE INSTEAD OF DISPOSABLE PLASTIC!



TRY A METAL REUSABLE STRAW INSTEAD OF PLASTIC!



TRY BRINGING REUSABLE CUTLERY AROUND INSTEAD OF PLASTIC!



TRY REPLACING YOUR SHAMPOO BOTTLES WITH A SHAMPOO BAR!

Source: <http://thetvgazette.com/main/2020/11/4/awesc-environmental-tip-of-the-month.html>

WHAT DO PINOYS EAT?

BY THE ABS-CBN INVESTIGATIVE AND RESEARCH GROUP

EACH YEAR A TYPICAL FILIPINO CONSUMES AN AVERAGE OF:

- 110 KILOS OF PLAIN RICE
- 4.3 KILOS OF EGGPLANT
- 2.9 KILOS OF SQUASH
- 2 KILOS OF RIPE PAPAYA
- 9.3 KILOS OF CHICKEN
- 2.4 KILOS OF AMPALAYA
- 3 KILOS OF TOMATOES
- 1 KILO OF BEEF
- 8.9 KILOS OF PORK
- 1.3 KILOS OF GARLIC
- 3.9 KILOS OF MANGO
- 84 CHICKEN EGGS
- 4.8 KILOS OF TILAPIA
- 2.3 KILOS OF ONIONS
- 211 PIECES OF PANDESAI
- 5 PACKS OF SLICED LOAF BREAD
- 0.26 LITERS OF FRESH OR PASTEURIZED MILK
- 4.5 KILOS OF BANGUS
- 5.2 KILOS OF GALUNGGONG

MAJORITY OF FILIPINOS STILL EAT AT HOME

- NEARLY ALL HOUSEHOLD MEMBERS ACROSS THE COUNTRY HAVE DINNER AT HOME (96%). SOME 9 IN 10 ALSO EAT BREAKFAST (95%) AND LUNCH (89%) AT HOME.
- ONLY 14% OF HOUSEHOLD MEMBERS ACROSS THE COUNTRY EAT LUNCH OUTSIDE THE HOUSE.

PINOY FARE

RICE

THE BIGGEST RICE CONSUMERS ARE IN THE AUTONOMOUS REGION IN MUSLIM MINDANAO (ARMM). Each person in ARMM consumes 2.7 kilos of rice each week or 139.1 kilos each year.

PEOPLE IN THE ZAMBOANGA PENINSULA CONSUME THE LEAST AMOUNT OF RICE. *Less than a kilo (0.7 kg) of rice per person per week, or 36.4 kilos per year. This is because more than 7 in 10 households in Zamboanga Peninsula reported corn as their staple food.

EACH HOUSEHOLD WASTES 1.68 KILOS OF LEFTOVER RICE EACH YEAR, ON AVERAGE. *Another 11.26 kilos of rice leftovers are fed to animals.

BUT IN CALABARZON, EACH HOUSEHOLD WASTES AN AVERAGE OF 68.37 GRAMS OF RICE WEEKLY —THE HIGHEST IN THE COUNTRY. *This is followed by Caraga at 63.23 grams and Davao Region at 62.90 grams of spoiled leftover rice per household per week.

VEGETABLES

Those in the Zamboanga Peninsula are the biggest eaters of eggplant and squash. Those in the NCR consume the least amount of said vegetables.

MEAT

Those in the NCR are also the biggest chicken eaters at 14.5 kilos of chicken per person each year. The biggest pork eaters are in Cagayan Valley (14 kilos per person per year). Those in the Ilocos Region and CAR are the biggest beef eaters, with 1.86 kilos and 1.61 kilos, respectively, of beef consumed per person each year.

FISH

Zamboanga Peninsula is the top consumer of galunggong, Ilocos Region is the top consumer of bangus, and Central Luzon is the top consumer of tilapia.

BREAD

Those in NCR are the biggest pandesal consumers at 354 pieces per person each year.

EGGS

Those in the NCR consume the most eggs per person at 123 chicken eggs each year, and those in the Zamboanga Peninsula, the least at 50 chicken eggs each year.

INSTANT NOODLES

Each Filipino consumes an average of 2.7 kilos of instant noodles every year. ARMM is the top consumer of instant noodles, with 4.6 kilos consumed per person every year.

Source: Philippine Statistics Authority, National and Regional Consumption of Selected Agricultural Commodities in the Philippines 2019-2016