



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 July

NATIONAL BLOOD DONOR MONTH 2023

NATIONAL DISASTER RESILIENCE MONTH
 BIDAag Pilipinas: Building a Stronger Future: DRR being grounds of disaster resilience

Health and Nutrition Month
 HEALTHY DIET gawing affordable FOR ALL

School Safety Month

GREEN CHMSU ExCELSIOR!

www.chmsu.edu.ph | chmsuofficialpage | cier@chmsu.edu.ph | (034) 712 0005 loc. 125

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
July 17 – 21	Whole Day	Enrollment for AY 2023-2024	Office of the Registrar	First-year students	All campuses
July 17	9:00 am – 12:00 nn	Nutrition Program 2023	Medical and Dental Health Services	Faculty and Staff	Binalbagan Campus

Highlights of the Week

✚ Christian Paul Nobles, Bachelor of Arts in Social Science, Dierdre Rossell Azucena, Bachelor of Secondary Education Major in English, and Jude Albacite, Bachelor of Science in Business Administration Major in Financial Management, participated in Project MINI ME (Mainstreaming and Institutionalizing for the New-generation the Investments in Monitoring and Evaluation) workshop organized under the NEDA Regional Office 6 - Western Visayas, YSEALI Professional Fellows and Global Shapers Iloilo Hub in Boracay Island on July 4-7, 2023. The participants engaged in transparency, accountability, and monitoring and evaluation processes, and visited ongoing rehabilitation projects in Boracay Island.

✚ Faculty members handling GECMAT - Mathematics in the Modern World across the four campuses participated in the GECMAT Retooling and Syllabus Review at the Function Hall, Green Building, Talisay (Main) Campus on July 10-12, 2023. This aimed to revise learning materials appropriate to the course, review existing modules, and do an item analysis of the Endterm exam in GECMAT 2nd Semester to develop a departmentalized exam for the next Academic Year.

✚ CHMSU joined the CHED SUC Fair 2023 with the theme “Navigating the Global Landscape through Innovations, Cultural and Arts Preservation, and Higher Education Quality” at SM City Iloilo on July 10-13, 2023. University President Norberto P. Mangulabnan, PhD, led the CHMSU delegation during the opening program. The CHMSU exhibit featured the products of the NOCDELIGHT FabLab and Personal Protective Equipment (PPE) designed for sugarcane farmers through the Integrated ARBO Child Labor and PPE Program (IACAP) and Farm Personal Protective Equipment (PPE) Use Among SIFI-Assisted Agrarian Reform Beneficiary Organizations: A Review of Policy and Practice research of Rhoderick K. Samonte in partnership with the Sugar Industry Foundation, Inc. (SIFI). Performers under the Culture and the Arts Office gave a production number on July 12, and student leaders from the four campuses, accompanied by Maria Victoria Violanda, Director for Student Affairs and Services, and Eduard John Advincola, MED, USG - Binalbagan Campus Adviser, participated in a session on the National Commission for Culture and the Arts (NCCA).

✚ Faculty members of the BSHM program, led by Annielou V. Mana-ay, PhD, Program Chairperson, participated in the Faculty Industry Training at the Astoria Culinary and Hospitality Institute-Boracay Island, Aklan on July 10-17, 2023. The training



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aimed to upgrade the skills of the faculty members with the latest trends and practices in the industry, establish linkages, recommend tools and equipment for instruction, and develop a research capability based on tourism and hospitality. The participants were exposed to real-time issues and practices in hotel housekeeping and food and beverage operations.

✚ Rhoderick K. Samonte, Director for Internationalization and External Relations, visited e-Formula Technologies, Inc., a total solution company for engineering services, system integration, AI and energy management system, in Neihu District, Taipei City, Taiwan on July 12, 2023. E-Formula Technologies, Inc. invited CHMSU in anticipation of opportunities for students to be interns, engineers and tech professionals in the company. The visit also included a tour of the company's partner universities, namely: Fu Jen Catholic University, Providence University, National Taiwan University, and National Kaohsiung University of Science and Technology.

BE READY! FLOODS

DURING

- Unplug appliances to prevent electrical shock when power comes back on.
- Do NOT drive or walk across flooded roads. Cars and people can be swept away.
- Gather emergency supplies and follow local radio or TV updates.
- Weather ALERT!
- Recognize Flood Risk:
 - Identify flood-prone or landslide-prone areas near you.
 - Know your community's warning signals, evacuation routes, and emergency shelter locations.
 - Know flood evacuation routes near you.
- When power lines are down, water is in your home, or before you evacuate, TURN OFF gas, power, and water.
- Throw away items that cannot be disinfected, like wall coverings, cloth, rugs, and drywall.

AFTER

- Tie down or bring outdoor items inside.
- Practice Safe Hygiene:
 - Wash hands with soap and water to help prevent germs.
 - Listen for information from your local officials on how to safely use water to drink, cook, or clean.
- Use fans, air conditioning units, and dehumidifiers for drying.
- For cleanup, wear rubber boots and plastic gloves.
- Clean walls, hard floors, and other surfaces with soap and water. Use a mixture of 1 cup bleach and 1 gallon water to disinfect.
- Caution! Flood water may contain trash.

For more information visit <http://emergency.cdc.gov/disasters/floods/>

12 Reasons Why You Should Give Blood This Summer

When seconds count, it's critical that medical experts have what they need to save lives—including a plentiful supply of blood. Donations tend to take a dip come summer, so if you haven't given blood in a while, consider rolling up your sleeves at a donation center near you. Here's how your single gift can make a big difference.

First, Some Facts

- 1 Hour**: Time it approximately takes to donate blood.
- 3**: Lives that can potentially be saved with just 1 pint of blood.
- 3 Teaspoons**: Amount of donated blood that can potentially save a baby's life.

Why Donations Are So Needed

- Every 2 Seconds**: How often someone in the U.S. needs blood.
- 37%**: Percentage of the U.S. population that's eligible to donate blood...
- 10%**: compared with the percentage of the eligible population that actually does.

How Johnson & Johnson Is Helping Boost Donations

- 100+**: Blood drives Johnson & Johnson supports throughout the U.S. each year.
- 300**: Johnson & Johnson employees who help run blood drives.
- 139,000 Pints**: Blood given at Johnson & Johnson-supported blood drives in the past five years.

So How Do All Those Droplets Help?

You've made your donation, and eaten your complimentary cookie. Now what? These parts of your donation must be transfused to a patient within a specific amount of time—which is why donating is so important.

- Within 5 Days**: Blood platelets—critical for patients with clotting problems, cancer or those undergoing major surgery—must be used.
- Within 42 Days**: Red blood cells—frequently used by patients with chronic anemia or acute blood loss—need to be transfused.
- Within 1 Year**: Plasma—commonly transfused to trauma and burn patients, as well as people with severe liver disease—needs to be used.

100 Pints: Amount of blood a single victim of a car accident may require for survival.

To find a blood drive near you, visit redcrossblood.org or americasblood.org