



# Carlos Hilado Memorial State University CHMSU Messenger

Stay Connected. Get Engaged. Be Animated.



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
Dec 18	9:00 am	Thanksgiving and Fellowship Celebration 2023	VPAA	GASS and Faculty	Sugarland Hotel, Bacolod City
Dec 22		Job Order Thanksgiving and Fellowship Celebration	VPAF / HRMO	Job Order Personnel	Gym, Talisay (Main) Campus

## Highlights of the Week

- CHMSU headed by Norberto P. Mangulabnan, PhD, SUC President III and Elvie Samson, PhD, Director for Gender and Development and Corazon Locsin Montelibano Memorial Regional Hospital led by Dr. Julius M. Drilon, Medical Chief II and party signed a Memorandum of Agreement for Gender and Development related programs, activities, and projects on December 11, 2023, at the Global Learning Café, Green, Building, Talisay (Main) Campus.
- The Culture and the Arts Affairs held a 3-day Intercampus Meet: Culture and the Arts Festival on December 11 – 13, 2023, at the CHMSU Talisay (Main) Campus.
- The Gender and Development Office held a Blessing and Inauguration Ceremony of the Gender and Development Projects in the Alijis and Fortune Towne campuses on December 12, 2023.

- Research and Development Services conducted a CHMSU\_PRIME Fiesta 2023 on December 12 – 14, 2023, at the CHMSU Talisay (Main) Campus.
- The Teacher Education Students sponsored an activity, "Project Yuhom: Bulig sa para sa Kabataan," and the United Seniors Organization sponsored the Christmas Gift Giving with the theme "Pag-amigahay Bisan sa Ginagmay" with their recipients at the campus on December 14 at Binalbagan Campus. The activity was celebrated with the DAIGON and BARKADAHAN DANCE SHOWDOWN 2023, sponsored by USG, featuring the Daigon contest and a dance competition at Binalbagan Covered Court.
- Students from the Bachelor of Science in Entrepreneurship (BSE) through their organization, Young Entrepreneurs of the Philippine Society (YEPS), held their Thanksgiving party on December 14, 2023, at the Carlos Hilado Memorial State University-Fortune Towne Campus covered court from 2:00 pm to 5:30 pm



together with their chairperson, Ms. Jonah Perulino, MBA, and invited Mr. Stanley T. Sabuya, CPA, MBA, and Mr. Ernesto Java Jr., PhD.

✚ The faculty and students of Fortune Towne Campus gathered at the Audio-Visual Room (AVR) for the Seminar-Workshop on Research writing on December 14-15, 2023 with the theme "Research Writing: The EAR Approach (Explore, Analyze, Reflect)" and invited Mr. Hernani D. Manalo, PhD, M-CIPD, F-HEA as the Speaker.

✚ The Organization of Criminology Students and their advisers celebrated a Gift giving activity and Christmas Party for the 50 children of Barangay Carabalan on December 15, 2023, at the CHMSU-Binalbagan campus Covered court. On the same day, the CPF held a team-building activity entitled "Unleash the Team: Building Camaraderie and fostering Growth" at the Accreditation Room with the officers and advisers as participants.

**The Universal Declaration of Human Rights**

Adopted by the General Assembly of the United Nations in 1948, the Universal Declaration states basic rights and fundamental freedoms to which all human beings are entitled.

**WE ARE ALL BORN FREE AND EQUAL**

**EVERYONE IS ENTITLED TO THESE RIGHTS**  
NO MATTER YOUR RACE, RELIGION OR NATIONALITY

**EVERYONE HAS THE RIGHT TO LIFE, FREEDOM AND SAFETY**

**You have the right to own property.**

**Everyone has the right to belong to a religion.**

**Freedom of Expression: You have the right to free thought and to voice your opinions to others.**

**Everyone has the right to gather as a peaceful assembly.**

**You have the right to help choose and to take part in governing your country, directly or through chosen representatives.**

**You have the right to a fair and public trial.**

**Everyone is innocent until PROVEN guilty.**

**You have the right to privacy. No one can interfere with your reputation, family, home or correspondence.**

**Workers' rights: Every adult has the right to a job, a fair wage and to join a trade union.**

**You have the right to leisure and rest from work.**

**Everyone has the right to an adequate standard of living for themselves and their family.**

**Everyone has the right to education.**

**Your intellectual property as an artist or scientist should be protected.**

**We are all entitled to social order so we can enjoy these rights.**

**You have the responsibility to respect the rights of others**

**NO ONE CAN TAKE AWAY ANY OF YOUR RIGHTS**

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- Install and set a programmable thermostat.** Save an estimated 10 percent per year on heating and cooling costs by using a programmable thermostat.
- Use sunlight to your advantage.** Choose window treatments that allow you to use natural light while reducing heat loss and gain.
- Switch to ENERGY STAR appliances, fans and electronics.** Using ENERGY STAR certified products throughout your home could save nearly \$750 over the lifetime of the products.
- Choose energy-saving lighting.** Replacing 5 of your home's most frequently used lights with energy-efficient ENERGY STAR bulbs could save you \$75 a year in energy costs.
- Use an electronic power strip for your electronic equipment.** Help reduce phantom loads – and save up to \$100 a year – by plugging electronic devices into a power strip and turn it off when not in use.
- Reduce energy for water heating.** Take simple steps – like lowering your water heater's temperature and installing low-flow showerheads – to reduce your water heating bills.
- Hire a professional to maintain your heating and cooling system.** Check and replace your air filters regularly and arrange for annual maintenance with a qualified technician.
- Consult a home performance contractor to achieve large savings.** These professionals will do a comprehensive audit of your whole house using special tools to measure home energy efficiency.

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**NATIONAL VOLUNTEER MONTH** 2023 DECEMBER

"Igniting Inclusion-Led Innovation for Future Growth and Social Transformation"