



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
Nov. 11		Thanksgiving 2024 Fellowship Committee Meeting No. 3	VPAA/VPF/AVPAA	Identified Committee Members	VPAA Office, Talisay (Main) Campus
Nov. 13-15		2nd Phase Seminar Workshop on Writing Proposals with Geographic Information System	Research and Development Center for Applied GIS	Faculty Researchers	Conference Room, Alijis Campus
Nov. 14	3:00-5:00 pm	Due: Submission of Midterm Grades	VPAA, AVPAA, College Deans, Registrars, ICT	Faculty	All campuses
Nov 14	1:00 pm	19th Provincial Wildlife Quiz	CIER	Students from Highschools across Negros Occidental	Talisay (Main) Campus
Nov. 15		Walkthrough: Training Through Mentorship	Deputy Director for Ethics Review and Outsourcing, RDSO	Ethics Review Panel (of Colleges), Faculty Researchers, Research Mentors	Talisay (Main) Campus
Nov. 16	8:00 am - 12:00 nn	NSTP1: Volunteerism NSTP1-ROTC: Core Values, Followership 1, and Drills & Ceremonies	NSTP	NSTP Coordinators, Area, Subject Coordinators	All campuses

Highlights of the Week

- The Bacolod City Government and CHMSU signed the Deed of Donation for the 3.5-hectare lot of Alijis Campus last November 4, 2024. Mayor Albee Benitez and University President Dr. Norberto Mangulabnan led the formal signing at the Bacolod City Government Center, witnessed by Councilors Israel Salanga, Thaddy Sayson, and CHMSU officials, including VP for Academic Affairs Jay

Estrellas, VP for Administration and Finance Rosalinda Tuvilla, and Alijis Campus Executive Director Edwin Bugna.

- The College of Criminal Justice celebrated their Criminal Justice Week from November 6 -7, 2024. On November 4, 2024, the students of CCJ underwent the Pinning and Donning of Ranks ceremony.



- The Guidance Office from the College of Computer Studies organized an activity for the Freshmen called "FRESHIES MOMENTS" on November 7, 2024. This gathering of first-year students gives them a moment of interaction, realization, and internalization of the college life situation.
- In celebration of RCY Month, RCY student members from the Alijis Campus participated in the Red Cross Youth Camp held at John B. Lacson Colleges Foundation from November 8-10, 2024.
- The RCY student members of the Binalbagan Campus also joined the Red Cross Youth camp at Dona Montserrat Lopez Memorial High School from November 8-10, 2024
- The staff and faculty members from all four campuses underwent a two-day Disaster and Response Preparedness Training organized by the National Service Training Program at CHMSU Talisay (Main) Campus Function Hall on November 7-8, 2024.
- A Friday Mass was held at the Global Learning Cafe, Green Building of CHMSU Talisay (Main) Campus on November 8, 2024.

REPRESENTATION OF THE SELF IN FILIPINO CULTURE

FILIPINOS ARE FAMILY-ORIENTED LIFE

The Filipinos take pride in their families and let family members know who they are, where they come from, and what they stand for. Parents, grandparents, uncles and aunts, cousins, and very close friends are all integral parts, moving down generations by generations.



FILIPINO CUSTOMS AND TRADITIONS

This culture serves as the basis for how we connect, express ourselves, and conduct ourselves as a community. Filipinos follow a variety of traditions and rituals. Every fiesta has huge street parades with floats, music, dance, and delicious local food.



FILIPINOS ARE VERY RESILIENT

The Filipino people are always able to overcome challenges in times of disaster. They are able to pull themselves up and smile instead of stressing themselves. They usually talk to each other in helpful words and by encouraging one another.



FILIPINOS HELP ONE ANOTHER

Filipinos help each other without asking for anything in return, which often goes by the name "bayanihan" and also refers to "community spirit," which makes it much easier for them to carry out the tasks and responsibilities.



HAVE THE LONGEST CHRISTMAS CELEBRATIONS

You may hear Christmas music and jingles being played in Philippine marketplaces and houses as early as September. Filipinos genuinely love the holiday season because of the giving and receiving of gifts.



Prevention Tips for Drug Abuse

- ✔ Don't be afraid to say no
- ✔ Avoid negative peer pressure
- ✔ Talk to your parents
- ✔ Enjoy life without drugs and alcohol
- ✔ Follow the family rules about drugs and alcohol
- ✔ Learn basic information on drugs and alcohol
- ✔ Set a positive example
- ✔ Plan ahead
- ✔ Take control
- ✔ Ask for help



SAY NO TO DRUGS

Love life without drugs.