

**Tradition.** Students perform their mass exercise routine during the opening of the BU Olympics during the 46th Founding Anniversary last September 22, 2015 at the BU Oval. *Earl Eposon L. Recamunda/OP*

## The PRESIDENT'S OUTBOX



*"BU at 46... the best is yet to come!"*

*The Bicol University's Founding Anniversary has always been one of its most anticipated events. This year is no exception. It also marks the first foundation celebration and BU Olympics I am officiating.*

*My promise of better things to happen is still a thing of the future but indeed something to look forward to. We are working slowly but surely towards becoming a world-class university that produces graduates who will become leaders and change agents towards social transformation and development.*

*As we celebrate BU's birth, let us also celebrate change. Let us be happy that we continue to find opportunities for improvement, while building on the gains and achievements of the previous years.*

*To all students, faculty, and non-teaching personnel of Bicol University, I wish you an enjoyable, fun-filled celebration of success and of greater things to come!*

*Mabuhay ang Bicol University!!!*



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# the BUzzette

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## BU celebrates 46th anniversary

**Bicol University (BU) formally opened its yearly Olympics on September 22, with the traditional foot parade from Peñaranda Park to the BU grandstand, announcing anew to the public its celebration of its founding day.**

The university kicked off its 46th foundation anniversary with a Holy Mass on September 19, at the BU College of Engineering Gymnasium. This was immediately followed by the celebration of Alumni Day, where BU high school alumnus Brig Gen Guillermo Molina Jr. II of the Armed Forces of the Philippines was special guest and keynote speaker.

Bearing the theme, "BU@46: The best is yet

to come," the week-long celebration included various activities involving students, faculty, non-teaching staff, alumni, and retirees of the university.

Monday, September 21 gave way to a special flag-raising ceremony combined with the launching of the BU Bird Watch in partnership with the Department of

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## BUESC Hosts US EDEN Visit



From left to right: Vicente Dayanghari, DA-ATI; Vilma Patindol, DA-ATI; Ma. Teresa Cusico, DA-ATI; Joey Salceda, Albay Governor; Beverly Samuel, USDA National Institute of Food and Agriculture; Keith Tidball, US EDEN; Virginia Morgan-White, US EDEN; Helen Llenaresas, BU Vice-President for Academic Affairs; Amelia Dorosan, BU Vice-President for Administration; and Antonio Payonga, BU Extension Service Center Director. *(Photo courtesy of Ma. Elma L. Mirandilla/ ESC)*

**The Bicol University Extension Service Center (BUESC) facilitated the visit of the United States-based Extension Disaster Education Network (EDEN) representatives last September 18, 2015.**

In an afternoon program held at the BU-Higher Education Regional Research Center (HERRC) Amphitheatre at BU East Campus, Legazpi City, the US-EDEN team headed by Dr. Beverly

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## Food safety, quality assurance reg'l center launched

**As part of the celebration of the 46th Bicol University Founding Anniversary, the BU Research and Development Center (RDC) inaugurated the Higher Education Regional Center for Food Safety and Quality Assurance (RCFSQA) on September 24, 2015.**

The inauguration was headed by no less than the BU President, Dr. Arnulfo M. Mascariñas, who happens to be the former director of the RDC, together with the Vice President for Academic Affairs, Dr. Helen Llenaresas, the Vice President for Administration, Dr. Amy Dorosan, the Extension

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Retired BU employees doing a dance number during "An Affair to Remember" on September 23 at the BUCE Training Hall. *Jona V. Castañeda/OP*

**Retirees join BU Founding Celebration**  
**"An Affair to Remember" was organized by the Bicol University Retirees Association (BURA), held on September 23 at the BUCE Training Hall.**

The program started with a Eucharistic Celebration officiated by Rev. Fr. Segue.

BU's sixth president and incumbent BURA president, Dr. Susana C. Cabredo, gave her welcome speech, where she assured the retirees' support to Bicol University.

"The challenges we faced during our time are different from the challenges that BU is facing now, but we

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by Dr. Tony Andes also took part in the open forum implying their interest in Dr. Tan's lecture titled "From Quiapo to Legazpi." Other students also gave their feedback on Dr. Balingit's lecture.

During the event, Dr. Ruben Caragay, Dean of the College of Medicine, gave a Plaque of Appreciation to Dr. Nagato Azuma for his continuous support to the

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Samuel, Child and Family Consultation Service (CFCS) National Program Leader of the National Institute of Food and Agriculture (NIFA), Washington DC, USA, with Dr. Virginia Morgan-White, US EDEN Past Chair, who at the same time represents Auburn University of Alabama, and Dr. Keith G. Tidball of Cornell University, New York. Said team was accompanied by the Department of Agriculture (DA) Agricultural Training Institute (ATI) national representatives headed by Dr. Vilma Patindol, Mr. Vicente Dayanghirang and Ms. Ma. Teresa Cusico.

In the said program, Dr. Helen M. Llenaresas, BU Vice President for Academic Affairs (VPAA), lauded the historic initiation of Dr. Caroline Crocoll,

will always be a part of the university," she said.

BU President Arnulfo M. Mascariñas expressed his gratitude to the retirees.

"Bicol University cannot thank you enough for all the years you have work hard and contributed to our collective success," he declared.

Games, raffle draws, and song and dance numbers were carried out during the program. *(Jona V. Castañeda/OP)*

college through his book donations, and as the co-founder of the activity.

Soon after the event, Dr. Tan shared his insights about the college in his article published in the Philippine Daily Inquirer. "Bicol University's medical students are curious, less intimidated by their books, and much more animated by their encounters with real people," he wrote. *(Christine Z. Andes/BUCEM)*

who in April 2010, was the main speaker of seminar-workshop on disaster risk reduction (DRR) in the university. Dr. Llenaresas further stressed that there is a need to pull together different resources from government, non-government organizations (NGOs) and other socio-civic groups to lessen the impacts of disasters.

Meanwhile, Albay Governor Joey Sarte Salceda warmly welcomed the guests and participants, extending the hospitality of the province while at the same time praising the purpose of US EDEN in creating a global network that would help lessen the effects of disasters particularly in the Bicol region.

"We are happy that there is such a network as

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Environment and Natural Resources (DENR), and the planting of 46 trees to mark BU's 46 years of existence. "Instead of blowing 46 candles, we will be planting 46 trees," BU President Arnulfo Mascariñas said.

The evening of the same day saw the awarding of retirees and employees of the university in the program dubbed "BU Awards." Retirees from October 2014 to September of this year, and teaching and non-teaching staff were given recognition for loyalty and dedicated service, as well as exemplary performance in research and extension.

The Opening Program of the BU Olympics was held right after the foot parade, where President Mascariñas gave an inspirational speech,

Dr. Mascariñas leads the planting of the 46 trees in celebration of the 46th founding anniversary of Bicol University. *Earl Epton L. Recamunda/OP*



reminding all BU athletes to play fair and be exemplars of Bicol University's four pillars of scholarship, leadership, character, and service.

"Particularly, let us show strong character through true sportsmanship," he said.

The Mr. and Miss Bicol University pageant held on September 24, crowned Ms. Psalm David Preña of the College of Business, Economics, and Management (CBEM) Mr. BU 2015, and Ms. Christine Arnedo of the College of Nursing (CN) Miss BU 2015.

Other activities within the week-long celebration were the BU Voices, Techno-Expo and Mercatus, Medicine Day, and NSTP Day. *(Ma. Celina G. Meneses/OP)*

US EDEN and Bicol EDEN who would educate further our people when it comes to disaster preparedness," Salceda stressed.

Legazpi City Mayor Noel E. Rosal also expressed his support for the information, education, and communication campaign in championing climate change adaptation (CCA)-DRRM aiming at prevention, resiliency, and "zero-casualty" that contributed to the city's garnering national awards on best practices with regard to DRRM.

"We are constantly visited by typhoons every year, [and] not only that, we have with us Mayon Volcano which is also a threat and at the same time a tourist attraction. With EDEN, we learn a lot of things in

safeguarding our people," Rosal expressed.

In behalf of the US EDEN team, Dr. Beverly Samuel, pointed out that through the United States Department of Agriculture (USDA) in collaboration with DA-ATI they wish to model a Philippine EDEN set-up together with different state universities and colleges (SUCs) and other stakeholders. She also acknowledged the move by the university extension office. Meanwhile, Dr. Antonio P. Payonga, BUESC Director, presented the different undertakings made by Bicol EDEN. He also recognized the leadership of Dr. Leilani D. Pavilando, former BUESC Director, for her role in developing the different programs of Bicol EDEN.

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Dr. Mascariñas together with the officials of the university unveils the plaque for the BUHERRC and BURCFSSQA during its launch last September 24, 2015.

Director, Dr. Antonio Payonga, and the Research and Development Associate Director, Dr. Lester Narvaez.

A symposium on Food Hygiene was conducted at the HERRC Amphitheater before the inauguration, with resource speaker Victor Angelo Colina, MD.

The center aims to address the food safety concerns of the industry by providing researches, services, and trainings in order for them to comply with food safety standards.

The objectives of the center are to: initiate in the creation of a collaborative research program participated by the different HEIs and agencies for the improvement of local food products; provide efficient laboratory services for

researchers, students, and food related SMEs and other industry partners; prepare laboratory protocols and apply for the ISO/IEC 17025 laboratory accreditation by the Philippine Accreditation Bureau (PAB); serve as University's showcase of laboratory activities for students and educational institutions in the region; provide food safety related trainings, workshops, and seminars for interested individuals and institutions; continue the initial research efforts on the food safety and quality assurance of Bicol exportable products; and produce revenues and other sources to sustain its operation as laboratory service provider in the region. *(Earl Epton L. Recamunda/OP)*

An open forum followed after the different presentations made by both the guests and university officials. Representatives from the Bureau of Fire Protection (BFP), Albay Public Safety and Emergency Management Office (APSEMO), Philippine Institute of Volcanology and Seismology (Phivolcs), Office of the Civil Defense (OCD), the Armed Forces of the Philippines (AFP), Tactical Operations Group V (TOG-V), Commission on Higher Education (CHED) to name a few, shared their experiences and best practices when it comes to disaster preparedness and management. Dr. Beverly Samuel was impressed by the different strategies and collaborations reported by each stakeholder. "There is really a need for more visibility in the community, exploring into the DA-ATI framework in regional centers through SUCs. I express my thanks to everyone," Samuel added.

On September 19, the US EDEN team had the chance to visit some of the places in the province of Albay.

Landmarks such as Cagsawa Ruins in Daraga, Albay was included in their itinerary, too. In the town of Sto. Domingo, Albay, the group witnessed the capacity building program on DRRM executed by selected elementary pupils together with some faculty members in the "Move Philippines" program (see related story on p. 8).

"I'm very happy to see what these young people are doing. They have just integrated DRR activities in their classroom so effectively," Dr. Keith Tidball commented as he took several footages of the activity.

At the Mayon Rest House, the team was given the opportunity to view several documentaries of the destructive eruption of Mayon volcano. They were able to glimpse the fire and fury of Mayon's rampaging eruption. "The footages of Mayon spitting red-hot lava up in the air was just too awesome," Dr. Virginia White stated. *(Ping B. Peralta and Ma. Corazon R. Naz/BU-ESC)*

**HRMO from p. 4**

and updates on the latest trends and developments on retirement schemes so as to allow would-be retirees to make more informed choices on improving cashflow, getting rid of debts, setting an emergency fund, and becoming financially independent.

The topics discussed in the seminar revolved on the theme, "Retire Happy: Make Retirement the Best Years of Your Life." Joel R. Defeo, the Branch Manager of GSIS Legazpi, talked on "Knowing about Retirement Modes/Option and Benefits from Government Services (RA 660, PD 1466, RA 8291, and RA 1616)." Defeo also gave tips on how to decide whether to get lump sum or monthly pension depending on the needs of a retiree.

Sierna L. Cedro, Administrative Officer and Acting Head of BU HRMO, spoke on the topic, "Processing of Retirement Claims: Procedure and Documentary Requirements," and Paulette Gay S. Menguilla, a Research

Specialist from Bangko Sentral ng Pilipinas, talked about "How to Spend Retirement Money Wisely." Menguilla gave some advice on improving cashflow, getting rid of debts, setting an emergency fund, and becoming financially independent.

To address health issues, Dr. Ruben N. Caragay, Dean of BU College of Medicine, discussed "Health and Physical Stability Consciousness - A Priority of a Retired Employee." Caragay emphasized that one should not just focus on physical matters, and that there are three things to be considered to find balance, and these are the Mind, the Body, and the Spirit.

For the closing activity, Jennifer T. Barrameda, Administrative Officer I, facilitated the sharing of learning among the participants. *(Jona V. Castañeda/OP)*



Dr. Mascariñas welcomes the alumni during the Blessing of the Balai Alumni in celebration of the 46th Founding Anniversary *Earl Epton L. Recamunda*

**Extension Review from p. 4**

Commission on Higher Education (CHED), Philippine Information Agency, Fundacion Educacion y Cooperacion (EDUCO), and the Department of Interior and Local Government. Dr. Manuel Mendoza of CHED V was designated as Chairperson of the panel of evaluators.

Eight nominees vied for the three awards, namely, Outstanding Extension Project, Outstanding Implementing College, and

Outstanding Extension Practitioner. Transparent tabulation of scores was made possible through technical support from the BU Information Management Office.

Winners of the search were announced at the end of the event; plaques and monetary prizes were also awarded during the BU Awards Night on September 21, 2015. *(Ma. Elma L. Mirandilla/ESC)*



Dr. Michael L. Tan shares his experience in dealing with faith healers in Quaipo during his talk on Filipino Indigenous Health System at the BU Amphitheater last September 12, 2015 *Earl Epton L. Recamunda/OP*

**BUCM conducts 2nd IH&MS**

The 2nd Integrative Health and Medicine Seminar (IH&MS) was successfully conducted through the Bicol University College of Medicine (BUCM) in partnership with Dr. Nagato Azuma last September 12, 2015 at the BU College of Arts and Letters Amphitheater, Legazpi City, as part of BU's 46th Founding Anniversary.

The topics 'The Filipino Indigenous Health System' tackled by UP Chancellor, Dr. Michael L. Tan and 'Rediscovering Filipino Tradition on Health and Wellness' discussed by Integrative Medicine Practitioner, Dr. Susana M. Balingit, became the core of the discussion.

explained several indigenous healing practices present in the Filipino community and how it is being patronized in rural areas.

Different BU personnel and staff together with medical students and faculty joined the event. Representatives from Bicol Healers Association, headed

The speakers

BUCM/ Page 2



BUCE bags the Acacia Award during the BU Voices on September 22 at the BU Amphitheatre. *Jona V. Castañeda/OP*

**BUCE wins BU Voices**

The College of Education bagged first place in this year's "Bicol University Voices: A Choral Competition," held September 22 at the BU Amphitheatre, and organized by last year's winner, the College of Arts and Letters. Five units competed this year, the second year of the competition.

The College of Nursing garnered second place, while Polangui Campus got third place. All the winners were given the Acacia Awards and cash prizes of fifteen thousand, ten thousand, and five thousand, respectively.

The College of Science and Gubat Campus, the two other competitors, were also awarded certificates.

Prof. Ma. Aparicion Martinez, Chair of the Board of Judges, said that they had a difficult time to pick the winners since everyone did

well and had different styles. She said they depended on who strictly followed the original tune of the contest piece, "Si Nanay, Si Tatay".

Martinez suggested that there be a seminar-workshop prior to the next competition, to study the piece chosen for next year. The song "Karangahan" was also announced to be the contest piece for 2016, during the 47th Founding Anniversary of Bicol University. *(Jona V. Castañeda/OP)*

**BUHRMO conducts seminar for Retiring BU Employees**

A Post Career Orientation and Direction for Retiring BU Employees organized Bicol University Human Resource Management Office (BU HRMO) on September 9 at the La Roca Veranda Suites and Restaurant, Gogon Legazpi City.

This activity is one of the mandated activities of the Civil Service Commission, Government Service Insurance System (GSIS), and the Department of Budget and Management (DBM), supportive of the university's commitment to provide every BU personnel with information

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**3rd extension review conducted**

The 3rd In-house Extension Review of Bicol University Extension Service Center was held on September 15, with an opening message from its Director, Dr. Antonio Payonga. He expressed his pride in the Center's endeavor of celebrating the good extension practices of the various units and colleges of the university. He said that he hopes this event would inspire both the teaching and non-teaching personnel as well as the students of the university to conduct more extension activities.

BU President Arnulfo Mascarinas was represented during the program by Vice



Dr. Salvacion Villafuerte of BUCSSP presents their extension program during the 3rd In-house Extension on September 15 at the BU-HERRC Bldg. Amphitheatre. *Jona V. Castañeda/OP*

President Helen Llenaresas. She ably delivered his message of support noting the significance of the Center to BU's role of contributing to community development through extension, the third

mandate of the University. Five external evaluators from different agencies in the province of Albay were invited, namely, Department of Social Work and Development,

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