



BSU celebrates Women's Month 2014

The BSU-Gender and Development Unit spearheaded the University's commemoration of the Women's Month 2014 themed "Juana, ang Tatag Mo ay Tatag Natin sa Pagbangon at Pagsulong"

A series of activities facilitated by different University sectors were conducted throughout the whole month of March starting with the launching of the Women's Month celebration on March 3, 2014 during the regular Monday flag ceremony at the Administrative Building.

This was followed by the launching of the Counseling Desk for Women Survivors or the Kaagapay ng Kabataan at Kababaihan (KKK) Center by the Office of Student Services on March 7. The new OSS center also conducted four consecutive seminars on group process, art therapy, and gender role and career decision making for BSU elementary and secondary laboratory school students.

Among the functions of this new center under OSS will be to: continue advocating quality, relevant, and gender sensitive student services and programs that are responsive to the emerging needs of present times; increase women's capacity to prevent and respond to gender-based violence through confidence building, enhance self-esteem and skills development; provide comprehensive psychological services to abused children, women, and their families to prevent further harm, and more importantly, initiate the healing process, and refer to other agencies for other services needed by the client/s to ensure their overall well-being.

The KKK center is open to individual, group, and couple counseling, family therapy, psychological testing or assessment, psychological first aid, life coaching and seminars/trainings on mental health, and GAD related topics.

University Library and Information Services (ULIS) supported the Women's Month by featuring a collection of gender books from March 3-31.

On March 27, a flower arrangement contest exclusively for male employees was held at the Old Administrative building lobby. Five teams with three members each signed up; they are: Philip Tom B. Asi-as, Ralph Barry Gaoaen, and Kerby Gasigas from HORTI (1st Prize); Melder Cabading, Joel Langag, and Epler Ben from the CA-Landscaping (2nd Prize); Edward Magalalit, Aldrino Dao-anis, and Dario B. Dawaten from the Administration (3rd Prize); Racson Gapad, Fernando B. Bautista, and Earle Nestor Fernandez from the ULIS (4th Prize); and Mark P. Tandoc, Gil G. Calderon, and Fermin I. Quinto Jr. from the CVM (5th Prize).

On March 28, Dr. Lorenza G. Lirio shared with 25 BSU employees and students some livelihood ideas using Job's Tears or
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VISION

A Premier State University in Asia

MISSION

Development of people imbued with academic excellence, social conscience and productivity; and actively generating and promoting environment-friendly, useful technologies to improve the quality of life.

GOALS

1. Strengthen and sustain a working environment conducive for excellence;
2. Provide quality education that will produce globally competitive and well-rounded graduates;
3. Provide quality and client-responsive research and extension services;
4. Strengthen, and enhance institutional capability in generating revenues towards self-reliance;
5. Develop and strengthen quality management systems towards economy; and
6. Strengthen and expand public-private partnerships.

-Board Res. No. 2222, s.2013



Shamag, an Ibaloi term that means news, is the official publication of Benguet State University. It functions as the University's mouthpiece for its accomplishments and is likewise a communication tool among BSU constituents. It started as the MSAC Newsletter in the 1970s to meet one of the requirements of then, the Department of Education, for a college to be elevated into a university. Hence, Shamag came out as the University newsletter in 1996.

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2014 Women's Month Celebration

I. BACKGROUND

The observance of International Women's Day (IWD) was a result of the organizing activities of women in the early 20th Century. Between 1909 and 1911, working women in the United States participated in organizing strike activities of the National Women's Trade Union League and other concerned groups. They were responding to the low wages, lack of protective legislation, and the poor working conditions to which women workers were subjected during that time.

The demonstrations were an offshoot of the tragic March 25 Triangle Shirtwaist Factory fire in New York City, which took the lives of more than 140 working girls, mostly Italian and Jewish immigrants. Subsequently, the inhumane working conditions and other unfair labor practices leading up to the disaster were invoked during observances of IWD.

In Europe, Clara Zetkin and the Socialist Women's International demanded that March 8th be the International Women's Day (IWD), celebrated each year to recognize working women around the world. The celebration of IWD has since stimulated major historical events. For instance, IWD was the inspiration for the general strike which began the Russian Revolution in St. Petersburg in 1917 when 10, 000 women textile workers demonstrated.

It is due to such history of women organizing around the world that IWD was officially recognized by the United Nations in 1917 to recognize women's contributions to all societies and promote gender equality.

II. LEGAL MANDATES IN THE PHILIPPINES

Proclamation No. 224 s. 1988 declaring the first week of March each year as Women's Week and March 8 as Women's Rights and International Peace Day;

Proclamation No. 227 s. 1988 providing for the observance of the Month of March as Women's Role in History Month; and

Republic Act (RA) 6949 s. 1990 declaring March 8 of every year as National Women's Day.

II. THEME

This year's celebration of Women's Month pays tribute to the strong and resilient "Juanas" who brought inspiring changes here in the country and across the globe.

With the recent geological, socio-economic, and political upheavals that shook the country last year,

Traditional farming practices revisited in community forum

The Benguet State University held a community-based agriculture forum in Sinacbat, Bakun, Benguet which tackled ways on how to prevent plant and animal diseases using organic agriculture.

The forum is under the BSU-Heralds-Sa-Barangay program of the Training and Outreach Division of the Office of Extension Services. It aims to activate the BSU heralds (pool of experts) in bringing good news in the form of matured technologies to host communities. This is in partnership with Iyaman Inc. and Sinacbat barangay that was conducted on March 4.

The BSU pool of experts met with 140 participants during the forum to answer queries from residents regarding crop and livestock production.

The pool included Dr. Silvestre Kudan for crop production, Dr. Asuncion Nagpala for plant diseases, Dr. Alexander Fagyan for soil science, Mary Arnel Garcia for animal science, and Cynthia Kiswa for root crops.

The participants shared their experiences and showed samples of plants and soils afflicted with diseases. They asked about diseases of rice, bell peppers, tomatoes, beans, bananas, and root crops such as taro

and sweet potato, and diseases of cattle, chicken, and pig.

Improving the condition of the soil is essential in helping the plants to be resistant to diseases.

The experts also recommended the use of clean planting materials and the practice of crop rotation and sanitation in the farm.

For animal diseases, Garcia said plants available in the community could be used to treat animal diseases. For instance, sunflower and chili pepper extract could be applied to animals' skin to control fleas.

It was also noted that most of the farmers are unaware that their practices could lead to the occurrence and spread of plant diseases.

According to the experts, plant diseases are caused by various factors such as nutrient deficiency, pest, and poor soil condition.

They said farmers should consider these factors before applying fertilizer or pesticides. Plants afflicted with diseases should not be left along the canals or in the garden. Instead, these should be collected, buried, or burned in an area away from the garden to eradicate the sources of the disease.

Participants also expressed their interest in organic agriculture as the experts explained the processes in venturing to organic agriculture.// OES



BSU experts, Dr. Silvestre Kudan for crop production, Dr. Asuncion Nagpala for plant diseases, Dr. Alexander Fagyan for soil science, Mary Arnel Garcia for animal science, and Cynthia Kiswa for rootcrops, receive tokens of appreciation from the people of Brngy. Sinacbat, Bakun last March 14, 2014 after a day of answering the community people's queries regarding plant and animal management.//JST

2014 Women's...from page 2

2014 brings a new ray of hope that will pave the way for healing, recovery, and reconciliation. From the Zamboanga crisis to the pork barrel scandal, the magnitude 7.2 earthquake that hit Bohol and Cebu, and the strongest typhoon history has ever recorded, and many disaster in other parts of the country, the Filipino spirit remains indomitable and united.

These challenges have inspired everyone to take part in recovery and rehabilitation processes.

People from all walks of life and across the world extended all kinds of help they could offer. Efforts, regardless of how small or significant they may seem, did not go unnoticed.

The 2014 Women's Month Celebration is the best time to highlight the "drivers of change" who untiringly volunteered themselves in times of disaster, conflict, and calamity. This celebration recognizes the role of women in the rehabilitation process and their over-all contributions to progress.

III. OBJECTIVES

The objectives of this year's celebration are as follows:

To recognize women's resiliency, strength, and contributions to progress;

To discuss Philippine gains, gaps, and challenges in implementing the Beijing Platform for Action (BPfA).

-from <http://www.pcw.gov.ph/>

Fulbright scholar proposes management of aflatoxin contamination for Northern Luzon peanuts

Fulbright scholar, Dr. Janet S. Luis is home after completing her six-month Fulbright- Philippine Agriculture Scholarship Program (FPASP) at the University of Georgia (UG) from September 2013 to February 2014.

Dr. Luis hopes for the eventual funding and implementation of her conceived development project, "Development of Aflaguard-like and/or Aflasake-like Philippine Indigenous Isolates as Biological Control Agents for Pre-harvest Aflatoxin Contamination Management in Prevailing and Target Peanut-Associated Farming Systems in Northern Philippines".

"When realized, the insights that I have gained from all the exposures and experiences from this FPASP will bear 'seeds' particularly in the form of biological control agents as weapons for farmers to use in transitioning into organic farming. This is based on the premise that peanut is either a regular component or a rotation crop in prevailing farming systems in Northern Philippines," said Dr. Luis

According to Dr. Luis, peanuts, cassava, corn, ginger, pepper, and all other legumes are hosts to Aflatoxin. Aflatoxin is associated with stunted growth, liver cancer, and miscarriage in animals. She added that it is also more prevalent in developing countries.

In the United States and Africa, a non-aflatogenic *Aspergillus flavus* strain registered by Syngenta with the brand name Aflaguard (US) and Aflasafe (Africa) are commercially used by peanut and corn farmers to control aflatoxin. However, the efficacy of Aflaguard is expected to vary under the

Philippine environment aside from the fact that it will be difficult to import Aflaguard and Aflasafe to the Philippines. Dr. Luis' proposal will search for indigenous non-aflatoxigenic strains of *A. flavus* and evaluate these for the same purpose.

Dr. Luis was one of the ten qualified applicants chosen for the Fulbright Program out of 72 applicants coming from different areas all over the Philippines. She is grateful to her host professor, Dr. Robert C. Kemerait Jr of the University of Georgia-Tifton Campus; her collaborating scientist, Dr. Anthony E. Glenn of MTRU; R. B. Russel Agricultural Research Center; Ms. Jane Marian S. Luis, a UG graduate student of MS Plant Pathology; and the BSU Administration for the support given to her.//

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adlay while the UPAO facilitated a poetry reading event.

The two month-long photo exhibits were also set up to heighten awareness about the Women's Month, one at the Old Administration building lobby by the UPAO and the other at the BSU Museum by the CAS.

The result of the search for the Strongest and Most Resilient Juana launched by the BSU-GAD Unit at the start of the month proclaimed Dr. Marcelina Bolona (Individual Category) of the College of Teacher Education and the CA-DevCom YOURS project (Group Category) as this year's Strongest and Most Resilient Juanas.

Incidentally, the BSU-GAD Unit has pledged to fund the printing of the Shamag March 2014 issue.//



Mr. Yoshio P. Labi of the La Trinidad Municipal Disaster Risk Reduction and Management Council shares some knowledge and practices about disaster risk reduction management with BSU employees at the Admin. bldg. lawn on March 27, 2014. This activity was spearheaded by the Office of Security Services and the Human Resource Management Office.//JST

OSShayao 2014 presents RSOs, stude awardees

In celebrating students' exemplary leadership, service, and academic excellence, the Benguet State University through the Office of Student Services (OSS) held a Special Program to recognize the efforts and services of Recognized Student Organizations (RSOs) and individual students rendered to the University as well as to the community for the School Year 2013-14. They were presented during the annual OSShayao on March 14 held at Shimumura Park.

OSShayao, from the words OSS and shayao, is a thanksgiving moment for and of the RSOs organized by the OSS. The name OSShayao evolved from OSALAMAT which is coined from the theme, pasasalamat ng OSA. OSA is OSS now. Moreover, shayao, is an Ibaloi term, which means honor and/or worship.

According to Ramon C. Fiangaan Jr., Head of the OSS-Student Organization and Activities, "on its 16th year, OSShayao is an occasion of honoring the students for their accomplishments and above all the Almighty God for giving them the leadership skills and wisdom."

From the search result for University-based Outstanding RSOs, the Supreme Student Government (SSG) was awarded the Outstanding RSO followed by The Mountain Collegian and the College Red Cross Youth Council as 2nd and 3rd, respectively. Other nominees were Encounter Christian Campus Ministry, Ladies' Dormitory Residents Association, and Society of Scholars & Grantees.

For the College-based, on the other hand, the Future Educators' Government of the College of Teacher Education (CTE) out-ranked the nine nominees for the Outstanding RSO. Second in rank was the Nursing

Association of Responsible Students (College of Nursing) followed by the Interdependent Study Organization for Students, College of Veterinary Medicine (CVM).

The other nominees were Philippine Association of Nutrition Beta-Zeta Chapter, College of Home Economics and Technology (CHET); Philippine Association of Technology in Home Economics in State Colleges & Universities, CHET; Philippine Society of Agricultural Engineers Pre-professional Group, College of Engineering and Applied Technology; Rodeo Club Philippines, CVM; Samahang Statistika (College of Arts and Sciences); Shontog (College of Forestry); and Venerable Knight/Lady Veterinarians Fraternity/Sorority, CVM.

For the individual student awards, Safrone Jade P. Dicam, BSN IV topped other nine nominees to receive the Outstanding Leader of the Year Award (Graduating). Flordeliza I. Nebrija, BSN IV followed as the 2nd Outstanding Leader.

The other eight were: Daryl Ann C. Dep-as, BSN IV; Jomar G. Lesino, BSN IV; Jhay Mae Duane T. Mendoza, BSDC IV; Trex Dave Matias, BSA IV; Haydee L. Tacloy BSAB IV; Mercedes A. Thomas, BSN IV; Jerma

G. Sacbat, BSE IV; and Jessieca C. Waya-an, BSET IV.

On the other hand, among 18 non-graduating nominees, Rhe-Ann B. Ngayaan, BEE III emerged the Outstanding Student Leader and Giselle I. Ocyaden, BSE III came next the 2nd Outstanding Student Leader.

The other nominees were: Isagani C. Agayao, BSA III; Niki Therese S. Alcos, BSN III; Jennilyn A. Anacioco, BSND III; Kevin Jake Angyab, BSE III; ; Jehazel Faye O. Bastian, BSN III; Febronia E. Bugnay, BSHE III; Keren Joy T. Compelio, BSN III; Roden Glen P. Dangsian, BSAS III; Rozelle A. Elitan, BSHE III; Bobby McGee O. Lee, BSE III; Airl Keith L. Mindaro, BSE III; Roderick A. Nierva, BSE III; Rencel Finnos V. Sabog, BSN III; Rico S. Siaron, BSE III; and Jethro John S. Simbulan, BSIT III.

"These titles we received will further motivate us to serve more, inspire more, and empower more lives", said Ocyaden

The outstanding RSOs and student leaders were given certificates of recognition and gifts.

"I challenged you to continue making BSU proud of you," stressed Dr. Jean Jannette D. Sibayan, OSS director. ---by Rhe-Ann B. Ngayaan



CHED RQ80 team evaluates IPA. Dr. Santos Jose O. Dacanay, III and Dr. Rhodora A. Ngolob of the CHED Regional Quality Assurance Team in a meeting with BSU VP for Academic Affairs, Dr. Percyveranda A. Lubrica, and Institute of Public Administration, Dr. Felipe A. Comila, on March 25, 2014. IPA's curriculum for the degree Bachelor in Public Administration to be offered next school year (SY 2014-2015) was evaluated by the CHED-RQ80 team.//

Juana's corner

This corner features the poems recited during the poetry reading activity organized in celebration of the Women's Month 2014 at the Strawberry Hall on March 28, 2014.

Inspired by a Binga Childhood

For Grace and Cesar

Love is a river,
a river that willingly
flows to the sea's
embrace, of a child's
summer from long ago.
You pulled me back
when I floated too far,
when I called you away
from your books,
always, you pulled me
to the riverbanks.
Now, as we are here
in this ocean,
vast and troubled,
this restless ocean called
life, where brothers
and sisters are washed
apart, towed away
by the rising tides,
that in its wake the
memory of rivers and
childhood and bonds of
love drifts off to sea,
Brother, in this ocean
you still pull me
back to shore.

Written by Ria Rebolledo

Recited by Grace T. Bengwayan

Susan B. Anthony

On the long hard road, in the fight to be free
No woman worked harder than Susan Anthony.

She lived in a time when most men said
There's nothing important inside a woman's head.

So women set out to prove that this was wrong
There was lots of work to do, the journey was quite long.

Even lots of women didn't want equality
Wanted things to stay the same for eternity.

But Susan B. Anthony and many others with her
Worked without rest spring, summer, fall and winter.

Talking to women, explaining what was fair
Teaching them to stand up, urging them to care.

Full equality isn't here just yet
But the work that Susan did we will never forget.

Recited by Elsie Maammo

WOMAN

I spell WOMAN as M.O.T.H.E.R.
Most Outstanding Teacher, Healer
Educator and Rescuer

I see a WOMAN as BEAUTIFUL
Beautiful Even Amidst Ugly
Things and in Faith..Only Loves...

I believe a WOMAN is WISE
Wonderful in Spirit
Every single day...

I know a WOMAN is FAITHFUL
Fierce and In Times of Hardships,
Faithful, Understanding and Loving...

Written and Recited by Bernadette M. Bao-idang



The Flower by my Journey

There was a flower
by the journey
Its petals so radiant
Pigments so vibrant.

In the tricky grind
of everyday
Flowers lighten the load
Brightens the mode.

Yet in the complex
Heaven's way
The flower I find
Not mine by design.

Everyday, I can only
pray
The flower's soothing
blaze.

Be secure in her place
Written by Richard H. Kinnud
Recited by Mark Tandoc

A woman will get only what she seeks

Choose your goals carefully.
Know what you like
and what you do not like.
Be critical about what you
can do well and what you
cannot do well.
Choose a career or lifestyle
that interests you
and work hard to make it
a success but also have fun

in what you do.
Be honest with people
and help them if you can
but don't depend on anyone
to make life easy or
happy for you
(only you can do that for
yourself)!
Be strong and decisive
but remain sensitive.
Regard your family, and the
idea of family

as the basis for security,
support, and love.
Understand who you are
and what you want in life
before sharing your life with
someone.
When you are ready to
enter a relationship,
Make sure that the person
is worthy of
everything you are physically
and mentally.

Strive to achieve all that
you want.
Find happiness in everything
you do.
Love with your entire
being.
Love with an uninhibited
soul.
Make a triumph of every
aspect of your life.
Written by Susan Polis Schutz
Read by Honda C. Sabado

SHAKE THE DUST

by Anis Mojgani

This is for the fat girls.
 This is for the little brothers.
 This is for the school-yard wimps,
 this is for the childhood bullies who
 tormented them.
 This is for the former prom queen,
 this is for the milk-crate ball players.
 This is for the nighttime cereal eaters
 and for the retired, elderly Wal-Mart
 store front door greeters.

Shake the dust.

This is for the benches and the people
 sitting upon them,
 for the bus drivers driving a million
 broken hymns,
 for the men who have to hold down
 three jobs simply to hold up their
 children,
 for the nighttime schoolers and the
 midnight bike riders who are trying
 to fly.

*Shake the Dust...page 8***A Womans Worth**

© Ashanti Holliday

She gave life. She is a wife.
 She is a mother and she is a friend.
 She is a sister a survivor to the end.

Appreciate her, we don't dare.
 Ask her worries, we don't care.
 Wipe away her tears,
 they are invisible as air.

She works, cooks, and clean.
 She laughs, helps comfort,
 and hides her pain.
 When you struggle she pulls you
 through.

All this is she and what do we do?
 Complain and create a mess.
 Provide stress and leave her feeling
 depressed..

Push her away and ignore her advice.
 Tell her she is nothing without thinking
 twice.

*A Woman's...page 8***Hail Desk Workers!**

This constant asking if a task is done
 Then piling on another one
 Sometimes I could hate that s**m
 For making some days very glum.

This pile of tasks that never end
 These paper cuts might never mend
 As one is finished, more will come up
 Yet 'vacation' and 'raise' hardly show up.

So dusk until dawn for the desk worker
 Spins around doing tasks for a moniker
 Desk work is like living in a cage
 With a hamster's wheel for a wage.

Yet I am proud for the work I do
 So carry on, like a good soldier I go
 Because at the end of the day, I see
 The world goes out of balance--
 without desk workers!

*Written and Recited by Jen Sabado-
 Tabangcura*

THE WOMAN AND I

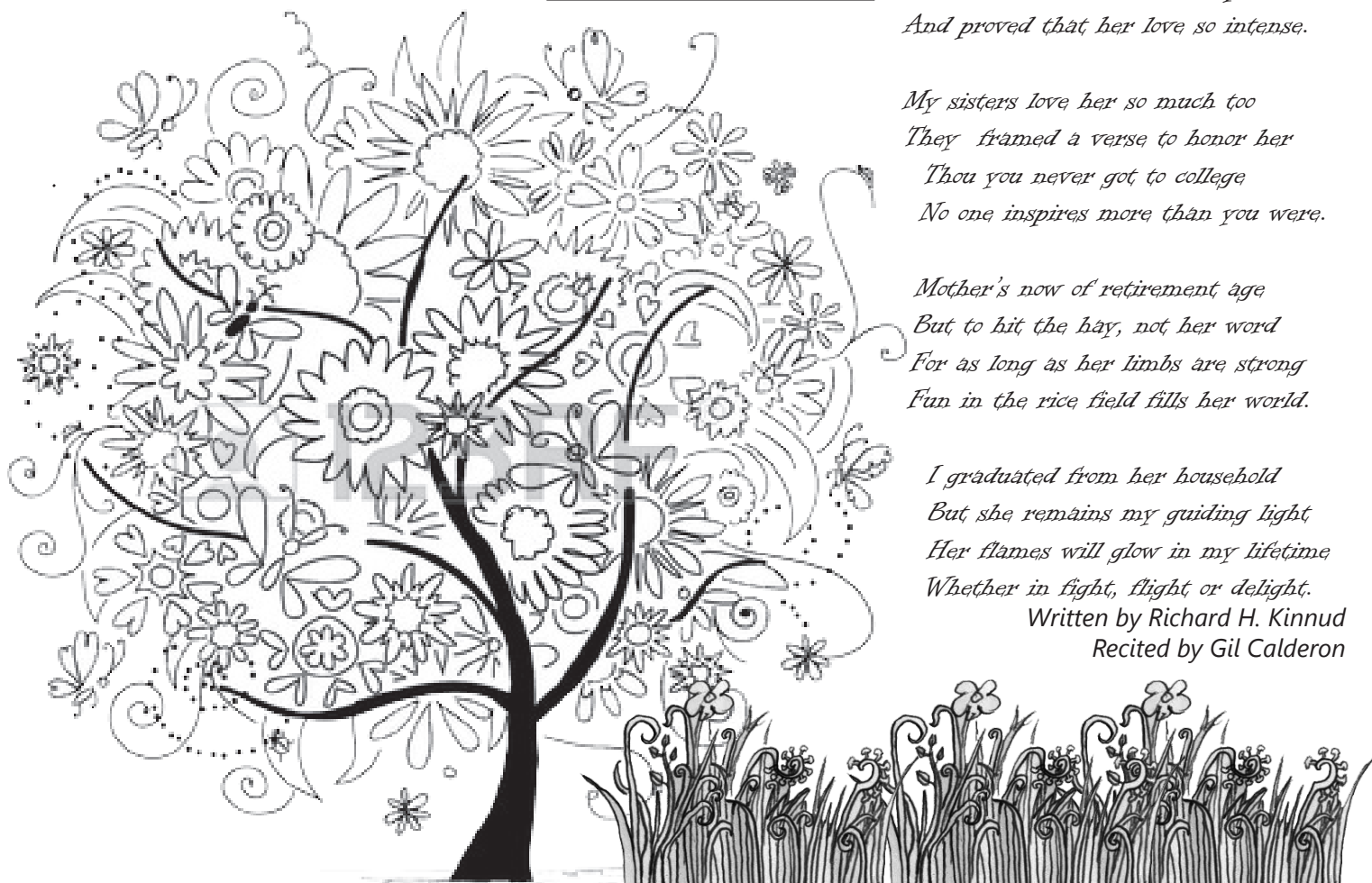
*I can be with her anytime
 And my lover won't take offense
 I have lived with her in the past
 And proved that her love so intense.*

*My sisters love her so much too
 They framed a verse to honor her
 Thou you never got to college
 No one inspires more than you were.*

*Mother's now of retirement age
 But to hit the hay, not her word
 For as long as her limbs are strong
 Fun in the rice field fills her world.*

*I graduated from her household
 But she remains my guiding light
 Her flames will glow in my lifetime
 Whether in fight, flight or delight.*

*Written by Richard H. Kinnud
 Recited by Gil Calderon*



Shake the Dust...from page 7

Shake the dust.

This is for the two-year-olds who cannot be understood because they speak half-English and half-god.

Shake the dust.

For the girls with the brothers who are going crazy,
for those gym class wall flowers and the twelve-year-olds afraid of taking public showers,
for the kid who's always late to class because he forgets the combination to his lockers,
for the girl who loves somebody else.

Shake the dust.

This is for the hard men, the hard men who want to love but know that it won't come.
For the ones who are forgotten, the ones the amendments do not stand up for.
For the ones who are told to speak only when you are spoken to and then are never spoken to.
Speak every time you stand so you do not forget yourself.
Do not let a moment go by that doesn't remind you that your heart beats 900 times a day and that there are enough gallons of blood to make you an ocean.
Do not settle for letting these waves settle and the dust to collect in your veins.
This is for the celibate pedophile who keeps on struggling,
for the poetry teachers and for the people who go on vacations alone.

For the sweat that drips off of Mick Jagger's singing lips and for the shaking skirt on Tina Turner's shaking hips, for the heavens and for the hells through which Tina has lived.

This is for the tired and for the dreamers and for those families who'll never be like the Cleavers with perfectly made dinners and sons like Wally and the Beaver.

This is for the biggots,
this is for the sexists,
this is for the killers.
This is for the big house, pen-sentenced cats becoming redeemers and for the springtime that always shows up after the winters.
This? This is for you.
Make sure that by the time fisherman returns you are gone.

Because just like the days, I burn both ends and every time I write, every time I open my eyes I am cutting out a part of myself to give to you.

So shake the dust and take me with you when you do for none of this has never been for me.

All that pushes and pulls, pushes and pulls for you.

So grab this world by its clothespins and shake it out again and again and jump on top and take it for a spin and when you hop off shake it again for this is yours.

Make my words worth it, make this not just another poem that I write, not just another poem like just another night that sits heavy above us all.

Walk into it, breathe in it, let it crash through the halls of your arms at the

millions of years of millions of poets coursing like blood pumping and pushing making you live, shaking the dust.

So when the world knocks at your front door, clutch the knob and open on up, running forward into its widespread greeting arms with your hands before you, fingertips trembling though they may be.

Recited by Geordane Tabo-oy

A Woman's...from page 7

She was raped tortured and abused.
Told she was nothing and would always be used just for pleasure forget her pain.

She swallows her pride, put her feelings aside. Does as you need in order for you to be free.
Ignores your ignorance and tolerates your flaws.

You call her B***h, S**t, Hoe, and Tramp

She answers with pride, dignity, and a complete loss of self.

You call her nothing.

I call her Strong, Smart, Sensual, Caring, Giving, Surviving, Tolerant, and Powerful

I call her WOMAN!

Recited by Sheryl I. Fernando



The first Mr. BBEAL is from BSU. BSU candidates to the 1st search for Mr. and Ms. BBEAL Martin Blando and Alysa Denise Rosimo bagged the Mr. BBEAL 2014 and 3rd Runner Up Ms. BBEAL 2014 titles, respectively. They were mentored by Mr. Armando Cabanas. As of press time, the overall champion to the BBEAL 2014 is still being decided. It will be published by the UPAO upon release. The pageant was held on March 1, 2014 at the University of Baguio Gym.//