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First published in 1996, Shamag is one of the official publications of Benguet State University. It was named after the Ibaloi word for news. It is a medium for employees, clients, students and partners to disseminate their programs, achievements and advocacies. Shamag aims to help the University goals in developing proactive programs for quality service by developing effective and efficient innovative platforms for cascading information and strengthening public-private partnerships.

Articles, pictures, comments, suggestions, reactions, and letters to the Editor may be submitted to the Editor or Associate Editor of Shamag at the Benguet State University Public Affairs Office through (074) 422-2127 loc. 69 or through email at publicaffairs@bsu.edu.ph.

Submitted materials will be acknowledged but Editors will determine whether materials submitted for publication shall be printed based on the Filipino Journalist's Code of Ethics. The editors also reserve the right to edit submitted materials for mechanics. The Shamag is guided by the journalistic standards of the Associated Press. Any opinions expressed are those of the writer and do not necessarily reflect the views or opinions of the Shamag staff.

VISION\*

A PREMIER UNIVERSITY delivering world-class education that promotes sustainable development amidst climate change

MISSION

To provide quality education to enhance food security, sustainable communities, industry innovation, climate resilience, gender equality, institutional development and partnerships

CORE VALUES (SLIDES)

- Student-centered
- Leadership
- Integrity
- Diversity
- Efficiency
- Service

GOALS AND OBJECTIVES

Goal I. To develop proactive programs to ensure relevant quality education

Objectives:

- 1.To benchmark curricular and co-curricular programs with national and international standards
- 2.To develop alternative learning experiences to enhance skills that match industry needs
- 3.To develop innovative and relevant curricular and co-curricular programs
- 4.To enhance proactive student welfare and development programs

Goal II. To develop proactive programs for quality service

Objectives:

- 1.To enhance relevant human resource development programs
- 2.To develop effective and efficient innovative platforms for cascading information
- 3.To enhance and develop employee welfare programs

Goal III. To enhance responsive systems and procedures for transparent institutional development

Objectives:

- 1.To enhance and develop innovative financial management systems
- 2.To ensure transparency in all transactions in the university
- 3.To ensure inclusive and consultative decision making

Goal IV. To develop relevant and gender sensitive research and extension programs for institutional development, sustainable communities, climate resilience, industry innovation, and partnerships

Objectives:

1. To develop relevant multimedia tools in disseminating technology, knowledge and information generated from RDE programs
2. To develop relevant RDE activities that will address current problems and support cultural advocacy
3. To partner with strategic local, regional, national and international entities

Goal V. To strengthen and expand public-private partnership

Objectives:

1. Sustain and pursue functional University-relation with the alumni and other organizations both in the government and non-government entities
2. To strengthen the linkage among academe, industries, LGUs and community

\*Board of Regents Approved Resolution # 2494, s. 2016.

Revised Quality Policy:

"Benguet State University is continuously committed to improve its Quality management System, satisfy requirements of relevant interested parties and provide excellent service for quality education and innovative research aligned with sustainable development and client satisfaction.."

Board Resolution # 2736, s. 2018

Talk to us!



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# Macanes is Benguet Achievement Awardee

Prof. Valentino Macanes of the College of Agriculture is one of the four Benguet Achievement Awardees 2019. He was recognized for his leadership qualities, achievements and accomplishments that are worthy of emulation. He received the award on November 22, 2019 at the Ben Palispis Hall, Benguet Provincial Capitol. He was nominated by Ms. Freda Gawisan, Benguet Provincial Director of the Department of Trade and Industry (DTI). Gawisan and Macanes worked together as members of the Technical Working Group (TWG) for the DTI Shared Service Facilities project.

Prof. Macanes is known for his research and extension work in coffee farming. He had been in various places in the country sharing his expertise on coffee. He was also director of the Institute of Highland Farming Systems and Agroforestry (IFHSA). The institute is mostly known for its age-old coffee trees raised under pine trees.

Among the things he shared with farmers, he considers the post-harvest processing techniques as the most important because it is critical in the production of quality coffee.

“If you don’t process right, the coffee flavor will be ruined. Sa arabica kasi we go for wet processing, traditionally our farmers do dry processing, ibilag dan ngay and then haan da pay ngay nga pilpilien day nauloom,



kaguyod da. Idi sinumrek tayo, we really taught them to pick ripe (With arabica, we go for wet processing. Traditionally, our farmers do dry processing by sun drying the coffee cherries and they pick even the unripe coffee so we really taught them to pick ripe),” said Macanes.

Wet processing is depulping or removing the outer skin of the coffee berries immediately after harvest, soaking them in clean water for 12 to 24 hours until the slimy membrane around the berries are totally dissolved, then washing the berries in clean water before finally sun drying.

Macanes observed that the quality of coffee produced in CAR has improved citing that most winners of the National Coffee Cupping competitions by DTI are mostly from the region such as the Atok Arabica Coffee Growers Multipurpose Cooperative (ACOGMAC) and Ms. Jenny Rimando of Sagada, Mt. Province who were both assisted by BSU. A cupping competition evaluates the taste, aroma, acidity, after taste, body and flavor of coffee.

“We cannot compete with the production volume of other countries so we go for niche market with the quality of our coffee like the style of Blue Mountain coffee and Keisha coffee, selected and limited ang supply pero hahanapin talaga ng customers (the supply is selected and limited but there is a strong demand)” Macanes related that winning entries of the coffee cupping competitions are sold through bidding, where some farmers has sold their coffee beans for as much as Php 450.00 per kilo.

He emphasized that the award is also for BSU as an instrumental entity in the development of the coffee industry in the Cordillera Administrative Region, if not the country. He credited the work of Dr. Ben Dimas way back in the 1970s as the start of BSU being respected as Arabica coffee research center. Dr. Dimas has been awarded as one of the six coffee pioneers in the Philippines in the 1st Coffee Cup of Distinction Awards held on October 26, 2018 at the Dusit Thani Makati Hotel.

“The award humbles me and inspires me to work, tayo pala na taga Benguet could do it and I am happy to contribute to the glory of BSU,” Prof. Macanes said about the award.

//JSTabangcura



# BSU Basil Ice Cream

## tickle judges' palates in DOST invention contest

Article by: JStabancura

From study respondents to judges of the 2019 Regional Invention Contest and Exhibit (RICE), the BSU basil ice cream did not fail. The product was ranked first runner up under the creative research category of the contest organized by the Department of Science and Technology- Cordillera Administrative Region (DOST-CAR) held on November 19-22, 2019 at Bontoc, Mountain Province

The basil ice cream was developed at the College of Home Economics and Technology (CHET) by Jao-jao Somyden, Johnabel Basatan, Rhea Contada, Pelin Belino and Ruda Fe Suanding.

“Ang ice cream kasi, comfort food iyan with the cream, milk, fat and sugar. Ang labanan na lang diyen sa kung ano iyong bago na mai-ooffer sa clientele,” shared Somyden. Basil is a culinary herb with a strong aroma and astringent taste. According to Somyden, people generally do not expect basil in ice cream because it is commonly used in pasta and side dishes.

“Iba kasi iyong dating niya, agkikinatawa da ngay (the appeal of the ice cream is unique, they laugh) after tasting, but you know that they enjoy,” Somyden said describing the reaction of people who first tasted the product. The basil ice cream made an impression because it really captured the natural taste of the herb.

“It tastes weird the first time and then it comes as a surprise when you realize you’re eating ice cream,” commented one of the exhibit participants.

Basil is highly perishable and this could possibly result to a stale taste. Initially, the research team used basil

along with other freeze-dried fruits to flavor ice cream as a way to test the acceptability of freeze-dried fruits and herbs.

The freeze-dried fruits were submitted as another entry to the same contest and garnered 2nd Runner Up next to the basil flavored ice cream.

According to Somyden, freeze drying is simply eliminating the water content of the fruits through a machine and in the process, only the texture changes—from wet to dry. Results of various analysis done on the freeze-dried fruits showed that they retain the vitamin contents and do not favor the growth of microorganisms. Freeze drying also prevents undesirable changes on the nutritional and sensorial qualities of the fruits which is the problem for most processing technologies such as high sugar preservation, traditional heat treatments and the usual dehydration.

Freeze-dried products may be consumed on its own as snacks, toppings for desserts, flavoring and filling for cakes and pastries. They could also be added to cereals.



# Sinudad

## A cultural beverage with market potential

Article by: JGGarcia

Sinudad (fermented heirloom rice), an indigenous beverage served in traditional Ibaloy festivities or special occasions, is now being prepared for the local market.

Sinudad is an Ibaloy term that refers to both fermented rice wine and fermented cassava. Since it has always been a home-made beverage, it is consumed locally by household members during rituals and other occasions in Bokod.

Sinudad is simply made from water, yeast, sugar and rice, usually traditional rice. Specifically, for Bokod wine makers, it is important that the yeast should come from the locality because bubod from outside seem to carry an unfamiliar taste.

Like all produce sold at the BSU-BIGS, a periodic monitoring by the Office of

Extension Services (OES) recommended the need for wine makers of sinudad to undergo training on product standardization and food safety.

Interview data also revealed that for the wine makers themselves, problems regarding shelf life and consistency of

taste have become lingering concerns. This prompted the OES to organize and coordinate with the College of Home Economics and Technology for knowledge upgrading, hence the training on Food processing and proper food handling at Nawal Bokod, was finally conducted. Mr. Leslie Dale Umayat of the CHET-Department of Entrepreneurship introduced the participants to several principles to attaining product quality, food safety, food handling and packaging of sinudad. Critical Control Points (CCP) in the raw materials used, preparation, inoculation of bubod, fermentation and packaging were also introduced to the participants.


Umayat's lecture warned the participants to avoid the use of unsterilized jars/bottle, metal vessels and bare hands to handle the food. He also emphasized strict observance of sterilization principles because improper food processing can result to stronger taste or that too much yeast can result to bitter taste. Mr E. Pistola, the municipal coordinator of the Timpuyog Dagiti Umanamong ti BSU-Internal Guarantee System (TUBIGS) of Bokod, expressed his realizations on the benefits of 'standardizing methods and processes' especially in terms of sustaining customer satisfaction. He also agreed with the resource person on the need for budding entrepreneurs to look into the use of local resources coupled with food processing technologies to minimize waste.

The BIGS or the BSU Internal Guarantee System is BSU's mechanism of ensuring that products that passes through its marketing are pesticide-free as well as 'safe for consumers.' The phrase 'internal guarantee system' is done in such a manner that the mechanism of monitoring is regularly done and is participatory as it involves

representatives from the farmers groups. The need to train or 'standardize' procedures such as this activity, emanated from the BSU-OES monitoring activities, which is a concrete manifestation of the University's commitment for continuing relevance of its services to the communities that it served. These extension activities are also in fulfillment to certain SDG targets – specifically on Goals 3 (good health and well-being) Goal 4 (Gender equality) and Goal 1, poverty alleviation. Twenty one (21) local farmers and processors attended this particular seminar and are now ready to prepare sinudad that is not only a cultural marker but this time integrating the science of food processing and preservation.

Bokod's sinudad (cassava and heirloom rice) will soon resume its marketing at the BSU BIGS Marketing center.





School-On-Air (SOA) Student

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# MARCELO CAPIATO

Marcelo is a local of Sagpat, Kibungan and one of BSU SOA's (School-On-Air) avid listeners.

He started listening to BSU SOA when he was just a young lad until this day he still listens for educational purposes that he could apply in farming and other useful knowledge.

# Adal sin dagem

## (Lessons on air): a SOA student story

Article by: CGSFuchigami

He wanted to become a journalist. But fate has another plan. So he went back to Mt. Kil-kili and returned to farming.

“Ngem uray no haanak nga nagbalin nga journalist no agdengdenggak iti radyo, ket diay maad adal ko isu iti pangal alaak iti isursurat ko” (Even if I did not become a journalist, when I listen to the radio, I could be a journalist in my own way) mused Marcelo Capiato of Sagpat, Kibungan.

Dr. Ruth Batani, Director of OES expressed, “During my first encounter with Marcelo, he always actually has with him pieces of paper where he makes his own notes perhaps, writing an article. I remember during one of the SOA graduation, he talked about his impression and insights while he took delight in sharing. He also lamented that he forgot his notebook”.

Marcelo started listening to BSU SOA when he was a lad. It was only for entertainment not until when he took on farming seriously that he regularly listened to the educational programs aired by BSU.

Marcelo said that he started listening to SOA during the time of Dr. Edwin T. Balaki when he was a child because of the lovely background.

Like most farmers, his family resorted to using chemical inputs for their farm. However, he found out that using such resulted to health risks especially for them who are farming and eating their produce.

“Grabe gayam, umalitegteg di awak”, (the chemicals make the body to shiver) he related in dismay.

Upon listening to the BSU-SOA, his misapprehensions toward using chemical inputs in farming were validated. He then started to apply the good agricultural practices he learned from listening to the program.

In the notes of Dr. Silvestre A. Kudan, one of the former anchors, BSU-SOA started as an extension program aired through the DZWT Station. The program was titled “Mannalon: Namnama ti Pagilian.” It was aired from 5:50 AM to 6:00 AM during weekdays. It was Dr. Edwin T. Balaki who anchored the program. He was then the Di-

rector of the Office of Extension Services. The aim of the extension program was to channel agricultural information to farmer-listeners.

According to Dr. Kudan, the program facilitated the exchange of information between the experts in BSU and the listeners. A salient feature of the program is on the concept of listeners being in some kind of a school. The listeners enroll and are expected to participate by listening, taking down notes and answering questions. When the module is done, the listeners are invited to attend a graduation ceremony where they are awarded certificate of completion (for those who finished all the lessons) or certificate of participation (for those who participated but did not finish all the lessons).

“Although the radio program is only a few minutes, agricultural technologies and other related issues in the region are being discussed. With these, we can say that BSU is making some difference in the lives of the community,” shares Dr. Kudan.

At present, BSU-SOA is garnering an average of 300 listeners per module. True to its purpose, the program has introduced and instilled good attitudes and practices to its listeners. In the case of Marcelo, he learned about the importance of organic farming, crop rotation, soil fertility management, and healthy lifestyle, among others.

More than that, he is thankful to BSU for giving him opportunity to mingle with other listeners. It is as if BSU-SOA created a community of learners, of which he is very thankful of especially that he spends most of his time alone in their place.

“Ti mensahek ti BSU ket salasalamat ladta ta wada nay programa yo et sapay kuma tan man tultuloy, karo en dakami ay wadanan adawi ay lugar. Kasla isu ti pag dengdenggan mi iti maipanggep ti pagsayaatan,” (I thank BSU because your program had been of great help to us especially to us located in the remote areas, I hope that this endeavor will continue) Marcelo ended.








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