



Mr. John Ariel Rojas, ABS-CBN Resident Meteorologist and native of Bato, Catanduanes, shares his expertise on weather forecasting and disaster preparedness during his lecture at Catanduanes State University.

Climate Change Resilience CatSU Workshop Tackles Hydro-Meteorological Hazards and Forecasting

by Caroline I. Vecilles

In pursuit of the four component programs established by the Catanduanes State University Center for Island Climate Change Solutions (CatSU-CICCS), the center, led by its director Engr. Dexter M. Toyado, conducted a seminar workshop titled “Hydro-Meteorological Hazards and

Forecasting Under Climate Change” at the university auditorium on April 2, 2023. The seminar workshop aimed not only to educate participants, including faculty, teachers, and students but also to train them to incorporate climate change adaptation and mitigation into their teaching curriculum. This approach

will help raise awareness and encourage action toward reducing the impact of climate change in the community. Additionally, the seminar sought to provide information about hazards resulting from hydro-meteorological events and waste management strategies.

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CatSU GCTO, Alumni Relations Office team up to conduct Career Guidance Symposium for High School Students

by Caroline I. Vecillas

In line with the university's mission to guide students in choosing the right career path, the Guidance, Counseling, and Testing Office (GCTO) of Catanduanes State University (CatSU) Laboratory Schools, in partnership with the Alumni Relations Office, organized a symposium titled "Career Guidance Symposium for High School Students: Experience-based Insights from Successful Laboratory Schools Alumni."

The symposium aimed to provide insights on how to succeed in the chosen career based on the experiences of successful Laboratory Schools alumni. It also aimed to raise awareness of the university's admission procedures, requirements, and program offerings, as well as the programs and activities of the Alumni Relations Office.

Facilitated by Grade 9-12 Class Advisers, the event was held on April 4, 2023, at the CatSU gymnasium and was attended by all Grade 9-12 CatSU Laboratory Schools students. The symposium was implemented by CatSU Laboratory Schools under the leadership of its Principal, Ms. Ditas T. Manlangit, assisted by Prof. Joerandy C. Tablizo, Head Teacher, and Senior High School Coordinator, and Dr. Julius S. Antonio, Guidance Facilitator/Project Leader.

The symposium provided students with valuable insights into different career paths, highlighting the experiences of successful alumni. The event was an excellent opportunity for students to learn more about the university's offerings and to prepare them for their future careers.



CatSU Laboratory Schools students eagerly sign up for career guidance and exploration opportunities to prepare for their college years.





CatSU equips future graduates with essential Labor Skills through Comprehensive Seminar Workshop

by Caroline I. Vecillas

The Catanduanes State University Alumni Relation Services, and Office of Student Scholarship, Financial Assistance, Career Development and Placement Services, led by Prof. Maricel S. Cariaso and Dr. Gemma M. Samas, respectively, conducted a Labor Education Seminar Workshop for Graduating Students of Academic Year 2022-2023.

The Department of Labor and Employment (DOLE), and College of Engineering and Architecture (CEA) Alumni Coordinator collaborated to organize the seminar workshop. The objective was to prepare graduating students to enter the workforce and familiarize them with employment facilitation, workers' protection, and social security coverage for employees.

Held at the university gymnasium on April 3, 2023, the first in a series of workshops kicked off with the College of Engineering and Architecture as the audience. The seminar for graduating students in the Bachelor of Science in Civil Engineering (BSCE) and Bachelor of Science in Computer Engineering (BSCpE) programs commenced with a

welcome address by Dr. Samas, followed by an inspirational message delivered by Engr. Pedro R. Arcilla Jr., Dean of CEA.

Engr. Arcilla believes that the career guidance workshop can provide students with practical support in areas such as resume writing, interview skills, and job search strategies. He added that we need to help students make a successful transition into the workforce and achieve their goals.

Notable resource speakers for the day's workshop included Engr. Frank Mendoza from Zeniark Philippines Consulting Corp., Engr. Robert Joshua M. Valeza from JCC Construction and Supply, and Engr. Alyssa T. Tomagan from DICT MIMAROPA, all alumni of the institution.

The afternoon sessions featured an interview with CEA Guidance Facilitator, Engr. Nanette M. Valeza. Prof. Cariaso, also the PESO Manager, provided a short orientation with a discussion on the Alumni FAA Membership fee and Alumni ID.

"Leveraging career guidance for our students can definitely help in acquiring the knowledge, information, skills, and experience necessary to identify career

options and narrow them down to make one career decision. This career decision then results in their social, financial, and emotional well-being throughout," Prof. Cariaso shared.

Afternoon speakers included Mr. Danilo B. Balilo and Ms. Lorraine Del Valle from the Department of Labor and Employment, Catanduanes.

The speakers expressed their commitment to assisting students by offering customized, unbiased, and prompt guidance and resources, enabling them to make well-informed choices about their futures. They aimed to present a better understanding of various career opportunities, including details on diverse sectors, job positions, and the necessary abilities and qualifications needed to excel in specific fields.

The closing remarks were delivered by Engr. Mark D. Rojas and concluded with a Unity Dance by the participants.

The series of Labor Education Seminar workshops will continue and are scheduled in May to June for all expected 2,550 graduating students from all programs, including CatSU Panganiban Campus.

CatSU NSTP recently held GEAR UP leadership training program for NSTP student leaders in 2023.

by Caroline I. Vecilles



CatSU students attentively listening to the insights shared by Mr. Noly Benavidez, head of GTCO, during his informative talk at the university.

CatSU NSTP recently held GEAR UP leadership training program for NSTP student leaders in 2023. The program was designed to provide valuable learning and team-building experiences for its participants.

The program includes sessions on Management of Learning, Synthesis of Learning, and Unleashing the Servant Leader in Youth through Team building activities, which can help develop leadership skills and foster teamwork

among participants.

Essentially, the program seeks to promote the values of selfless service and purposeful thinking as a mission, which are important qualities for effective leaders. In the afternoon, NSTP Class Officers were inducted followed by the awarding of certificates to help recognize the achievements of participants and encourage them to continue developing their leadership skills.

Hon. Jan A. Alberto, Provincial Board

member, served as the guest speaker and inducting officer. He provided valuable insights and perspectives on leadership and service and truly inspired and motivated the participants as they take on their new roles with enthusiasm and dedication.

Overall, the GEAR UP program has been carefully designed to provide a comprehensive and engaging leadership training experience for NSTP student leaders in 2023.





COMMUNICATIONS SERVICES

Mr. John Ariel T. Rojas, an ABS-CBN Weather Forecaster and one of the resource speakers, shared his extensive knowledge in Weather System and hydro-meteorological hazards. His expertise in the field of hydro-meteorological forecasting clearly differentiated weather, season, and climate.

Furthermore, his discussion touched on specific factors affecting a place or region's climate while describing the essential characteristics of each thermal zone. Most importantly, Mr. Rojas shared his understanding of the physics, chemistry, energy, and water refluxes of the atmosphere and their coupling with the earth's surface environmental parameters.

"It is always important to stay up-to-date with the latest information on weather and climate change, especially for those who live in areas prone to hydro-meteorological hazards. I am glad to be a part of this significant event that was a collaboration between CatSU and its officials, and the local government leaders. Our aim is to always be a catalyst for crucial knowledge and information to the people and community that we serve," Mr. Rojas shared.

Mr. Jun Pantino, PAGASA-

Catanduanes Chief, along with Mr. Mike Padua, founder of Typhoon2000.com, also served as resource speakers and discussed Meteorological Observations in Monitoring and Predicting Weather and Typhoon Forecasting, respectively.

Other notable speakers included Dr. Deborah N. Tangunan, a faculty member from Cardiff University, United Kingdom, and Carpel Environment Corp, who tackled topics on Philippine Climate Change Action, Policies and Plans, Evaluation of Impacts of Climate Change on the Physical, Chemical, and Biological Landscapes, and Climate Change & Waste Management Strategies, respectively.

Provincial Vice Governor Peter "Boss Te" C. Cua was the special guest during the event, and in his inspirational message, he commended the university and its leaders, as well as the local government unit (LGU) players, for a job well done. LGU officials and staff, along with the Municipal Disaster Risk Reduction Management Office personnel, were in attendance.

The whole day activity was made possible in coordination with Hon. Jose "Bong" Joson Teves Jr., TGP Partylist.



HERALD

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The **HERALD** is the official publication of Catanduanes State University which is produced by Corporate Communications Services (CCS).

The HERALD complements the multi-platform communication arm of CCS Office which utilizes print, broadcast, television, and social media, as well as the World Wide Web, in the dissemination of the different milestones, programs, projects, activities and achievements of the University, particularly on areas of Instruction, Research, Extension, Production, Governance and Management, and Student Services.

The HERALD exists to advance the interest of development communication in higher education, and to provide another venue in informing, involving, and empowering the stakeholders of the Catanduanes State University.

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From the island to the world: CatSU alumnus wins prestigious 2023 Vascular Access Nurse of the Year Award

by Francis John B. Templonuevo | Rochellee Jane C. Idanan

In a night of celebration for the unsung heroes in the medical field, one Catandunganon stood out from the rest.

Dressed in a dapper coat and tie rather than his usual hospital scrubs, Romeo Valeza received the prestigious Bronze award in the Vascular Access Nurse of the Year category from the British Journal of Nursing (BJN) at the Banking Hall in London, United Kingdom on March 8, 2023, making him the only Catandunganon to win such an award that night.

Valeza, who hails from Virac, Catanduanes, currently serves as an Apheresis Charge Nurse at Hammersmith Hospital under Imperial College Healthcare Trust. His introduction of a unique apheresis procedure using ultrasound guidance in 2017 was a breakthrough from the usual use of femoral lines and has since created a significant impact on his patients' lives.

His outstanding dedication, excellence in his work, compassion, and unmatched work ethic made him worthy of receiving the award, which recognizes the achievements of vascular access nurses responsible for progress, continued professional development, and improved patient care within vascular access.

Furthermore, Valeza is a highly skilled hematology-oncology nurse who worked

as a lead nurse for apheresis in a major NHS hospital in London. This type of work specializes in providing patients with access to their circulatory system to perform red cell exchange treatment. As this work requires rigorous focus, attention to detail, and expertise, they are often expected to become miracle workers who make even the most impossible cases possible. During his time, he has performed miracles and helped countless patients receive safe and effective vascular access.

His list of expertise goes on, as he is also skilled in bone marrow aspiration and ultrasound-guided peripheral cannulation.

With more than 30 years of experience in stem-cell transplantation, chemotherapy administration, and general surgical nursing, he has already acquired numerous awards and commendations, such as Outstanding Alumnus, Presidential Awardee, ASFA's Choosing Wisely Initiative Champion, Terumo's Advancing Apheresis award (runner-up), and the most recent BJN Vascular Nurse of the Year bronze medal award.

In addition, he is a published researcher with two abstract publications in the Journal of Clinical Apheresis and British Society for Haematology, earning him recognition and awards in the UK and

the USA.

However, before all the commendations and accolades, he was once a student from the small island of Catanduanes at Catanduanes State University, which was then Catanduanes State Colleges. He graduated with a degree in Bachelor of Science in Nursing in 1990, with a full scholarship from the Gabriel Sorra Scholarship Foundation. His time at the University served as his stepping stone and training ground for his chosen field.

Later on, he pursued a Master of Arts in Nursing at the University of Santo Tomas under a full scholarship from the Philippine Civil Service Commission Local Scholarship Program. He then enrolled in different universities in London to continue his professional development.

As an alumnus of CatSU and the College of Health Sciences (CHS), he consistently supports the College's agenda of providing quality nursing education to its students by participating in various donation drives organized by the College.

He continues to be an inspiration to students, particularly student nurses, as well as his nursing colleagues and fellow alumni, proving that even a former student from a small island can stand out in the world.

Woman in Charge: Professor Delluza Appointed as New CICT Dean of CatSU

by Rochellee Jane C. Idanan

Professor Ma. Emmie T. Delluza was recently appointed as the new Dean of the College of Information and Communications Technology (CICT) in Catanduanes State University (CatSU) by CatSU President Dr. Patrick Alain T. Azanza through Office Order No. 021, s. 2023.

Prof. Delluza obtained her Bachelor's degree in Computer Engineering from Adamson University and completed her Master's Degree in Information Systems at the University of the Philippines-Los Baños.

She also earned 21 units for her Doctorate in Information Technology as a CHED Scholar at the Technological Institute of the Philippines.

As the new Dean of CICT, Prof. Delluza's responsibilities include overseeing curriculum revision/implementation in accordance with OBE requirements, developing and redirecting programs in compliance with the University's Vision, Mission, and Goals, implementing specific policies and programs for the college, preparing budget proposals, and providing leadership and workable arrangements for faculty growth and development.

Delluza has been involved in different committees throughout the years, including the Thesis Specialization Committee for Bachelor of Science in Information System and the Technical Working Group (TWG) to Acquire Funding for Smart Campus University, where she serves as the Chairperson and Co-chairperson, respectively.

She also became the Officer-in-Charge (OIC) of Management Information Services (MIS) in 2021, where she accomplished the CatSU email services and the Online Student and Faculty Portals.

Before becoming the Dean in 2016, Prof. Delluza served as the Officer-in-Charge (OIC) of CICT from 2014-2015.

She also served as the Chairperson of the Department of Information and Communications Technology (DICT) from



PROF. MA. EMMIE T. DELLUZA

2009-2013 before joining CatSU as an Assistant Professor I in 2012.

Furthermore, Prof. Delluza is a published research author and has presented at institutional, national, and international research conferences. She received the Best Presentation Award from the 2018 International Academy of Computing Technology and Institute of Electrical and Electronics Engineers and the Award of Excellence in Research Publication given by CatSU in 2020.

Delluza's appointment as the new CICT Dean of CatSU is expected to lead the college, its students, and faculty to reach new heights and become globally competitive, research-focused, and innovation-driven.

With her undeniable expertise in the field of ICT, research, and teaching, she is the right woman for the job, continuing the exceptional leadership of Dr. Gemma G. Acedo, the former CICT Dean, who was designated as the new Vice-President for Academic Affairs by President Azanza.

Reaping the Seeds Sown: A Story of Success of a Farm Worker Turned Permanent CatSU Employee

by Rochellee Jane C. Idanan



After 11 long years of sowing seeds as a Job Order Staff, Pastor Del Rosario Jr. now reaps the fruits of his labor, emerging as the topnotcher among the applicants for the Administrative Aide IV - SG 4 at the Panganiban Campus.

In a Facebook post by Catanduanes State University (CatSU) President Dr. Patrick Alain T. Azanza, he was delighted to share that Pastor is one of the many deserving employees who have been appointed to a permanent position.

A dedicated, reliable, and diligent farm worker, Jojo, as his friends and colleagues call him, was often the target of praise by his former superiors for the outstanding work ethic he consistently displayed over the past 11 years.

In fact, Dr. Ramon Felipe V. Sarmiento, the Vice President for Research, Extension, and Production Affairs (VP-

REPA) and one of his former superiors, could not help but thank Dr. Azanza for recognizing Pastor's worth as an employee in light of his promotion.

"...Thankful to Sir Patrick Azanza for recognizing Pastor's worth... Happy for Pastor, whose industry, reliability, and creativity I have personal knowledge of," Dr. Sarmiento said in his comment under the Facebook post.

With the commitment and excellence Jojo displayed in his new position, the seeds he had sown continued to flourish. After only a year of being appointed to a permanent position, Pastor once again reaped the fruit of his hard work as he was promoted for the second time under Dr. Azanza's term.

In his interview with the President, Pastor shared that he was thankful for the permanent position granted to him a year ago. However, he also confessed that

the position had a low salary grade for a family man like him; hence, he decided to try and apply once again, this time for a position with a Salary Grade 6.

"Mababa yung nakuha kong item, Sir, pero nagpasalamat pa rin ako na nabigyan ako ng pagkakataon na mapermanente. Pero sabi ko, susubukan ko ulit mag-apply para makuha yung pangarap kong Salary Grade 6 man lamang. Salamat sa Diyos at sa loob ng isang taon ipinagkaloob ito sa akin," Pastor shared.

Pastor Del Rosario Jr.'s story proves that no hard work goes unnoticed in the eyes of those who know how to value it. His journey serves as an inspiration and a reminder, especially to those who continue to wait, that a long time is never too late - it's just that the seeds take time before they bear their fruits. In the words of the President himself, "Huli man, naihabol din."

Rewarding Loyalty with Success: A 13-year Journey towards a Permanent Position at CatSU

by Rochellee Jane C. Idanan



If loyalty, dedication, and tenacity were personified, Ruel Zafe would undoubtedly be the embodiment.

For 13 years, Ruel has been employed at Catanduanes State University (CatSU) as a Job Order (JO) employee. He began his journey in 2008 as a laborer at the Corporate Business Operations. Since then, he has continued as a Job Order worker, moving from one office to another.

Throughout those years, Ruel consistently demonstrated unparalleled work ethic, vigor, and commitment. Despite the uncertainty accompanying his work contract and the limited opportunities for career development, he remained undeterred, always giving his best to the work he was committed to.

A BS Agriculture graduate and father of two sons, Ruel seems to have loyalty in his blood, being the son of retired

University Utility Worker, Mr. Roger Zafe.

Ruel's hard work, loyalty, and patience finally paid off when Dr. Patrick Alain T. Azanza became the University President in 2021 and opened vacant positions that had been idle for years. Just a month after Dr. Azanza assumed the presidency, Ruel was promoted to a permanent position as Administrative Aide II at the Extension Services.

This good news was announced by CatSU President Dr. Azanza himself on his Facebook page, stating that Ruel is now a permanent CatSU employee after topping the screening process for the said position.

According to the President, Ruel is very deserving of the position due to the experience and knowledge he gained over more than a decade, which he demonstrated during his interview with Dr. Azanza.

"A well-deserved position, indeed! I appreciated his humility during the entire interview, where he showcased his cumulative knowledge and experience of the job, which he gained for more than a decade," Dr. Azanza shared.

Currently, Ruel continues to exhibit the same vigor and commitment he had 13 years ago when he started at CatSU. He remains an inspiration to his family and those around him, showing how hard work and loyalty pay off as long as you are patient for the good things to come to life.



The Department of Health (DOH) Provincial Officer, Dr. Robert John Aquino, and Provincial Board Member Jan Alberto recently met with President Patrick Alain T. Azanza, Executive Vice President Dr. Lily P. Custodio, and Information Technology Services (ITS) Director Mae Ezra Abundo to discuss the schedule for a mental health awareness seminar for students.

Dr. Aquino emphasized the need to prioritize mental health awareness programs and their contribution to the overall well-being of students. He pointed out that mental health issues are prevalent among students, and without proper guidance and support, they may face difficulties in coping with stress and anxiety.

The discussion also touched on the importance of equipping teachers to respond to student mental health needs. They emphasized the need for a collaborative approach to ensure that students receive consistent support in managing their mental health.



Professor Violeta Quintana recently met with Executive Vice President Lily P. Custodio and Information Technology Services (ITS) Director Mae Ezra T. Abundo to explore the possibility of hosting a seminar at Catanduanes State University on the topic of professionalism in the workplace. The featured speaker for the event will be Dr. Mimosa Cortez-Ocampo, a retired professor who previously served as the alumni relations director at the University of the Philippines Los Baños.

Dr. Ocampo is a seasoned professional with a wealth of experience in delivering training and seminars on human organizational behavior, human resource development and management, and training management. She is widely regarded for her expertise in these areas and has worked with numerous organizations to cultivate and uphold a culture of professionalism.

Both Professor Quintana and Executive Vice President Custodio agree that a seminar led by Dr. Ocampo would provide immense value to the university's employees. The upcoming seminar will be tailored to the university's needs and will be an opportunity for the staff to learn and grow together.



The College of Information and Communications Technology (CICT) collaborated with the Department of Information and Communications Technology (DICT) Catanduanes Provincial Office and Trend Micro Philippines to conduct a Cybersecurity Awareness Seminar on April 14, 2023.

The event, held at the Accreditation Room, aimed to educate students and staff on fundamental concepts of cybersecurity and best practices for securing digital learning and teaching environments.

The seminar featured two sessions: a morning session tailored to students, discussing “How to Secure Your Digital Identity for Students,” and an afternoon session for faculty and staff, focusing on “How to Secure Your Online Teaching and Learning for Teachers.” Important topics covered included password management, secure communication, online collaboration, data privacy, secure browsing, email security, social media privacy, online shopping security, and data protection.



FCSC President and Student Regent Hon. Angelo Piolo M. Laynes leads printer turnover for SBO Advisers

Hon. Angelo Piolo M. Laynes, the Federated College Student Council President and Student Regent, spearheaded the turnover of nine (9) units of EPSON EcoTank L3210 printers. These printer units were part of a purchase request made during the term of Student Regent Renz Mickenly T. Tanael.

All nine units were distributed to the Student Body Organization (SBO) advisers, providing them with essential resources to support their work and the needs of the student body.



The College of Health and Sciences - Department of Nursing conducts Disaster Response Training Workshop with Red Cross Catanduanes

The Catanduanes State University's College of Health Sciences - Department of Nursing held a training workshop on Disaster Response (NCM 121- Disaster Nursing) over the weekend of April 15, 2023.

The training workshop consisted of two main parts. The first part was led by Mr. Raymund A. Reginaldo, Chapter Administrator of Red Cross Catanduanes, who discussed Multi-Casualty Incident and Extrication.

The second part covered the topic of Psychological First Aid, led by Ms. Jennelyn Chavez, Chapter Service Representative - Fund Raising.

After the workshop, participating students expressed their appreciation for the opportunity to gain knowledge and training in disaster nursing. They felt more confident and prepared to respond to disasters as student nurses, both physically and psychologically.



CatSU CIT Fest overcomes adversity, pushes through despite Tropical Depression threat

Despite the threat of tropical depression Amang, the Catanduanes State University (CatSU) College of Industrial Technology (CIT) pushed through with its most-awaited CIT Fest, living up to their theme "CITizens: Honing through Adversity-Leading to Ascendancy."

A day before the scheduled festivities on April 13-14, 2023, the Provincial Local Government Unit of Catanduanes (PLGU) announced the suspension of classes

in all levels due to tropical depression Amang, which impeded the preparations for the highly anticipated CIT Fest.

However, it did not hinder the College from making all the necessary preparations for the two-day event.

Luck proved to be on their side when the suspension was lifted on the day of the event, making the opening of the CIT Fest a success.

The CIT students, also known as CITizens, grouped themselves based on

their major and participated in various activities such as Laro ng Lahi, fruit carving contest, gown making, and industrial motor competition.

Some students also participated in the Research Colloquium, Basketball, and Volleyball.

The success of the CIT Fest enabled the students to showcase their talents, sportsmanship, and intellect while also creating bonds and camaraderie.

