



Buwan ng Unyon 2022, Sumulong sa UP Baguio

AUPAEU-Baguio Chapter Writers' Pool Ruel Caricativo, Ides Macapanan, Benjamin Meamo III, Grazielle Micklay, Rai Salvador

Patuloy na pagsulong. Ito ang naging tema ng matagumpay na Buwan ng Unyon 2022 sa Unibersidad ng Pilipinas Baguio. Pinangunahan ng All UP Academic Employees' Union - Baguio Chapter (AUPAEU) kasama na rin ang All UP Workers' Union - Baguio, ilang mga propesor, at kawani ang paghahanda sa serye ng mga aktibidad mula October 5 hanggang 28, 2022. Nagsimula ang mga aktibidad noong International Teachers' Day, October 5, 2022 at nagtapos sa isang pagtitipon noong October 28, 2022.

Nagkaroon ng iba't ibang tagumpay ang buwan na ito tulad ng Collective Negotiation Agreement (CNA) updates ni Prop. Carl Marc Ramota ng UP Manila; diskusyon at petition letter patungkol sa disallowance ng mga fakulti, REPS, at kawani ng UP Baguio; ang pagtalakay sa ugat ng mga suliranin bilang bahagi ng pag-aaral ng Makabayan, Progresibo, at Militanteng Unyonismo (MPMU) at; ang pagtitiyak ng sama-samang pagharap sa iba't ibang isyu sa loob at labas ng pamantasan.

Walang Iwanan, Dapat All

Nagsimula ang Buwan ng Unyon sa UP Baguio kasama ang iba't ibang kawani, REPS, mag-aaral, at mga fakulti ng pamantasan. Binuksan ang Buwan ng Unyon noong October 5, 2022 kasabay ng International Teachers' Day kung saan nagtipon ang mga fakulti, kawani, at REPS sa UP Baguio Oblation Grounds. Sama-samang sinalubong ng mga dumalo ang araw ng mga guro upang irehistro rin ang panawagan para sa nakabubuhay na sahod, seguridad sa trabaho, at pagtataguyod sa karapatan ng mamamayan.

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Oryentasyon sa Unyon at ang Kahalagahan ng CNA

Sa ikalawang linggo ng buwan, bumisita sina Prop. Carl Marc Ramota ng UP Manila at Prop. Rommel Rodriguez ng UP Diliman upang magbahagi ng ilang mga update tungkol sa Collective Negotiation Agreement o CNA sa pagitan ng Unyon at administrasyon ng UP. Binigyang-diin sa diskusyong ito ang kahalagahan ng All UP Academic Employees' Union bilang Sole and Exclusive Negotiating Agent (SENA) ng mga fakulti at REPS ng pamantasan. Ibinahagi ni Prop. Ramota na kamakailan lamang ay naihalal na bagong UP Faculty Regent, ang iba't ibang mga parte ng CNA at ang mga karagdagang fringe benefits na patuloy na ipinaglalaman ng Unyon. Nariyan ang dagdag sa taunang CNA Incentive na Php25, 000, Rice and Grocery Allowance, Annual Incentive Grant (AIG), at marami pang iba.

Tinapos naman ni Prop. Rodriguez ang aktibidad sa pagbabahagi ng isang makabuluhang sanaysay patungkol sa academic freedom sa mga paaralan at ang isyu ng pagbabawal ng mga umano'y subersibong libro sa mga State Universities and Colleges (SUC) sa bansa.

Makabayan, Progresibo, at Militanteng Unyonismo

Naging makabuluhan din ang ikatlong linggo ng Buwang ng Unyon 2022 sa pamamagitan ng isang webinar na dinaluhan ng mahigit tatlumpong mga fakulti, REPS, at kawani ng UP Baguio. Pinangunahan ni Ruel Caricativo ang diskusyon tungkol sa Ugat ng mga Suliranin ng mga guro at mga manggagawa sa loob at labas ng pamantasan. Nabanggit sa webinar ang mga isyung pang-ekonomiya at pulitika sa bansa na kabit din sa mga isyu ng bawat manggagawa ng UP. Binigyang-diin sa usaping ito ang kahalagahan ng pag-aaral upang matiyak ang patuloy na pagkilos ng mga unyonista bitbit ang Makabayan, Progresibo, at Militanteng Unyonismo o MPMU.



Pagtatapos ngunit Patuloy na Pagsulong

Patuloy na Pagsulong. Ito ang mensahe sa pagtatapos ng Buwan ng Unyon 2022 noong October 28, 2022. Dinaluhan ito ng mahigit 60 na fakulti, REPS, at kawani ng UP Baguio. Bahagi ng programa ang pagbibigay-pugay sa mga retirees ang usapin at signature campaign tungkol sa 5-5-5 Disallowance na mula sa Economic Hardship Allowance na ibinahagi noong 2020, at ang mga pagpapalano para sa hinaharap.

Naging matagumpay ang pagtatapos na ito ng Buwan ng Unyon 2022 sapagkat sa loob ng isang buwan, mula sa iba't ibang aktibidad, ay higit na napagtibay ang ating paninindigan para sa pagtataguyod ng Makabayan, Progresibo, at Militanteng Unyon.

Para sa mga update at mga kasalukuyang kampanya ng Unyon, maaaring puntahan, i-like, at i-follow ang official Facebook Page ng All UP Academic Employees' Union - Baguio Chapter gamit ang link na ito: <https://www.facebook.com/aupaeubaguiochapter>



UP Baguio and DSWD Cordillera – Social Welfare and Development Network ink Memorandum of Understanding

ROJAN A. PALENG



MEMBERS OF BOTH PARTIES AFTER THE MOU SIGNING.



DSWD-CAR REGIONAL DIRECTOR LEO L. QUINTILLA AND CHANCELLOR CORAZON L. ABANSI EXCHANGING TOKENS.

The Social Welfare and Development Learning Network (SWDL-Net) is a group of individual experts and organizations/institutions who have agreed to collaborate and ensure quality delivery of Social Welfare and Development (SWD) learning programs and services. The Learning Network was organized by the Department of Social Welfare and Development (DSWD) through Administrative Order No. 20 series of 2005.

UP Baguio Students Bag Grand Prizes in UPD Library’s First Gamification Activity

ROJAN A. PALENG

Two UPB students bagged the grand prizes at the University of the Philippines (UP) System-wide gamification activity, “The Great InfoHunt 2022.” Ms. Noemi R. Moreno, a College of Arts and Communication student, won an Amazon Kindle with a consolation prize and Mr. Lean Fidel L. Ayson, a College of Science student, won the Samsung Galaxy Tab A with a consolation prize.

The names of the winners were drawn for one of the “The Great InfoHunt 2022 (TGI 2022) stories at the temporary location of the UPD University Library at the Environmental and Energy Engineering Building Lobby on 12 January 2023 from 10:00am-11:00am. The University Library communicated the news to the respective colleges of Ms. Moreno and Mr. Ayson who personally claimed their prizes. The two winners were accompanied by Ms. Amelia C. Cendaña, OIC-University Library during the awarding ceremonies. Winners of other CUs attended in person to claim their prizes, along with their University Librarians.

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The University of the Philippines Baguio signed a Memorandum of Understanding (MoU) with DSWD CAR through its Social Welfare and Development Learning Network (SWDL-Net) on 24 January 2023 that aims to expand collaboration and partnership along Social Welfare and Development (SWD) Programs and Services through the three sectors of the University: The University Library, Office of Counselling and Guidance and Office of Student Affairs. The partnership will facilitate collaboration on Capacity Building, Research and Development, Information and Expertise Exchange, Network Building and Formation, Resource Mobilization, Library Management and Guidance and Counseling Services.

The MoU signing was spearheaded by the DSWD and SWDL-Net Team headed by the Regional Director Leo L. Quintilla, OIC Division Chief of the Protective Services Division Mary Ann G. Buclao, SWD L-Net Chairperson Lauren P. Kipaan, and Director of the Benguet State University Library.

The UP Baguio team was composed of Chancellor Prof. Corazon L. Abansi, PhD, Vice Chancellor for Academic Affairs Ms. Rosemary M. Guterrez, PhD, Counseling and Guidance Office Head Ms. Aurora P. Parcasio and Library Officer-In-Charge Ms. Amelia C. Cendaña



[From Left to Right:] Ms. Noemi R. Moreno (CAC), Ms. Amelia C. Cendaña, Mr. Lean Fidel L. Ayson (CS) UP Baguio winners during the awarding ceremonies.

The 2022 Grand InfoHunt took place from October 10 to late November 2022, but the game was extended to January 4, 2023. The Great InfoHunt 2022 is the first library gamification activity of the University Library Diliman for all UP students. Adapting to the ever-changing learning modalities of library users, the University Library Diliman in collaboration with CUs intended to introduce a modern take on promoting its resources and services through a scavenger-hunt kind of library orientation. The InfoHunt allowed the students to explore the various library databases, familiarize themselves with different library services, and execute different search strategies at their own pace and with little to no supervision.

UPB LIBRARY OUTREACH PROGRAM: STARTING THE YEAR RIGHT WITH LIBRARY EXTENSION SERVICE IN BAGUIO CITY AND BENGUET

ROJAN A. PALENG

The University Library through its Officer-In-Charge Ms. Amelia C. Cendaña and with the support of the UP Baguio administration conducted its first quarter outreach activity in various libraries in Baguio City and Benguet on 27 January 2023. The activity aims to share extra copies of resource materials relevant to the curricular programs and other reading materials beneficial to both high school and college students. The recipient libraries in Baguio City that received resource materials are Easter College Library, and CBF School of Theology and the Benguet Provincial Library and Atok Municipal Library in Benguet. Materials such as books, journals, and magazines were received by Ms. Meling B. Solis, College Librarian (Easter College), Ms. Eufemia Terre (CBF School of Theology), Ms. Leticia Bautista, Librarian IV (Benguet Provincial Library), and Mr. Oliver T. Oliem, Private Secretary II (Atok Municipal Library). The donated reading materials will also be shared with the respective community of users.

The outreach program will be continuously conducted in community libraries as part of its advocacy to help in the establishment, development, and sustainability of libraries in the academe and in the Local Government Units (LGUs).



EASTER COLLEGE LIBRARY REPRESENTED BY MS. MELING B. SOLIS, COLLEGE LIBRARIAN, RECEIVING MATERIALS FROM UPB LIBRARY STAFF.



ATOK MUNICIPAL LIBRARY REPRESENTED BY MR. OLIVER T. OLIEM, PRIVATE SECRETARY II, RECEIVING MATERIALS FROM UPB LIBRARY STAFF.



BENGUET PROVINCIAL LIBRARY REPRESENTED BY MS. LETICIA BAUTISTA, LIBRARIAN IV, RECEIVING MATERIALS FROM UPB LIBRARY STAFF.

About onion, 'ano yon?'

ELSIE C. JIMENEZ, PH.D

Onion is a member of the genus *Allium* that also includes garlic, chive, leek, shallot and scallion.

Flavorful options with onion

My Fil-Sen (Filipino-Senior Citizen) friends and I are fond of flavor, exploring culinary cravings to take pleasure in foods. Onion has a great taste, and it provides a flavor boost to any raw or cooked dish that can be enjoyed for breakfast, lunch, or dinner.

Onion adds flavor to soups, sauces, and a variety of dishes. It can be breaded and fried to prepare onion rings. It can be added to stir-fry vegetables, sizzling tofu, omelet, curry, adobo, sinigang, and beef nilaga soup. Onion can be mixed with sweet potato and shrimps to make ukoy. Taco and fajita can be topped with raw onion. Onion can be combined with soy sauce, vinegar, olive oil, and sugar for a salad dressing. It can be mixed with other fresh vegetables to make fresh green salad. To prepare a guacamole dip, onion can be added to avocado, tomato, garlic, cilantro, jalapeño pepper, and lemon juice. Caramelized onion can be added to baked foodstuffs, such as cookies and focaccia. Indeed, with onions there are endless culinary possibilities, including my 'imbento' (trial dishes).

Health benefits of onion

Onion is low in calories and is a good source of vitamins and minerals, including vitamin C, vitamin B6, folate, potassium, calcium, and iron, among others, as well as dietary fiber. Vitamin C is essential in collagen biosynthesis, immune health, and iron absorption. It acts as an antioxidant, protecting the cells against damage from free radicals. Vitamin B6 and folate play key roles in nerve function and red blood cell production. Potassium is important in maintaining cellular function, particularly in nerve transmission and muscle contraction.

Since time immemorial, the medicinal properties of onions have been known as they were used to treat mouth sores, throat infection, cough, headache and high blood pressure. Onion is an excellent source of antioxidants which are substances that inhibit oxidation, a process that causes cellular damage, contributing to heart disease, cancer, and diabetes. The antioxidants in onions consist of flavonoids, including anthocyanin which is a plant pigment that gives color in red onion, quercetin, and fisetin. Onionin A, a sulfur-containing compound in onion, was shown to mitigate tumor development and slow down the spread of lung and ovarian cancer.

Prebiotics in onion, particularly inulin, can enhance digestive health, boost gut health, improve immunity, and reduce inflammation. Also, the prebiotics can help maintain bone health by enhancing calcium absorption resulting in increased bone mineral density. Onion has antibacterial properties. It can inhibit the growth of potentially dangerous bacteria, including *Escherichia coli*, *Staphylococcus aureus*, *Pseudomonas aeruginosa*, and *Helicobacter pylori*, among others.

In summary, onion is a versatile vegetable that can be used to enhance the flavor of various dishes. Including onion in the diet tends to benefit overall health. Onion contains biologically active compounds that can lower the risk for heart disease, certain types of cancer and diabetes. It improves digestive health and immune function, increases bone density, and possesses antibacterial properties.

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Why be wary about onion?

Cutting onion leads to teary eyes caused by a volatile compound that is released. Onion absorbs sulfur that is used in the production of amino acid sulfoxides which in turn form sulfenic acids. When an onion is sliced, 1-propenesulfenic acid is converted by an enzyme to syn-propanethial S-oxide that is volatile, causing a burning sensation when it reaches the water layer that protects the eyeballs. The brain then triggers a tear response to rinse the chemical irritant. To mitigate this effect, onion may be refrigerated before it is sliced to slow down the enzyme needed in the formation of syn-propanethial S-oxide. Sweet onion contains less sulfur-containing compounds than red onion and is less likely to cause teary eyes.

The sulfur-containing compound from onion can react with the sweat leading to an unpleasant body odor. Onion contains fructans that may intensify gas and bloating for those with irritable bowel syndrome. In those two cases, eating onion must be regulated.

The world history and story about onion

The ancient Egyptians used onion as a worship item. Onion was an important part of the mummification activity. Artwork displayed onions on the altars of offerings to the gods and on the banquet tables during celebratory feasts.

Recently, a wedding photo that went viral on social media and was also covered by mainstream media showed bouquets of onions in lieu of flowers for the bride and sponsors. On another wedding occasion, onions were given to the guests as souvenirs.

With the current astronomical price of onions, my Fil-Sen friends and I have avoided using onions in food preparation. Should the prohibitive price persist, perhaps the onion will become unfamiliar in our households. By then kids can't tell what onion is and will ask 'ano yon?'

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