

VISION

A research university advancing quality education towards societal transformation and global

recognition.

MISSION

WVSU commits to develop life-long learners empowered to generate knowledge and technology, and transform communities as agents of change.

CORE VALUES

Excellence

Creativity & Innovation

Service

#WVSUexcell

WORKING COMMITTEES

Registration:	Dr. Belenda P. Nufable
Documentation:	Dr. Ruby P. Cervantes
Food/Snacks :	Ms. Shella Mae P. Conejar
Certificates:	Dr. Mary Cossette T. Corbo
Student Assistant:	Mrs. Gail Louise G. Dondiego
Oversight :	Ms. Shella Mae P. Conejar
First Aid :	Ms. Ailyn S. Cafete
	Ms. Baby Joy Donasco
	Ms. Zealdralyn Gallardo
	Dr. Virginia B. Parreñas
	Dr. Lauro E. Estecomem
	Mrs. Irene C. Penaso



Community
Livelihood for
Empowerment and
Nurturance

CLEAN

NOVEMBER 9, 2021

8:00AM TO 5:00PM

Venue: Cookery Laboratory, WVSU PC

TRAINING

- Cooking Meat Dishes

WEST VISAYAS STATE UNIVERSITY POTOTAN CAMPUS
COMMUNITY ASSISTANCE FOR RESTORING THE
ECONOMY WITH SUSTAINABILITY
(WVSU-PC CARES)

This serves as an invitation

OFFICE OF RESEARCH EXTENSION AND TRAINING

in collaboration with the School of Business & Management



WVSU

POTOTAN CAMPUS

VISION

A research university advancing quality education towards societal transformation and global recognition

MISSION

WVSU commits to develop life-long learners empowered to generate knowledge and technology, and transform communities as agents of change

for sharing her precious time and expertise as **Trainer** during the **WVSU-PC Cooking Meat Dishes Extension Activity** held on November 9, 2021

At Centralized Laboratory, West Visayas State University-Pototan Campus.

Given this 9th day of November 2021

at West Visayas State University-Pototan Campus, Pototan, Iloilo.

Ruby P. Cervantes
RUBY P. CERVANTES, DDM

Director, School of Business & Management

Lauro E. Estecomen, Ed. D.
LAURO E. ESTECOMEN, Ed. D.

Head, Research, Extension and Training

Virginia B. Parrenas
VIRGINIA B. PARRENAS, Ed.D.

Campus Administrator

Excellence

Creativity and Innovation

Services

OFFICE OF RESEARCH EXTENSION AND TRAINING

in collaboration with the School of Business & Management



WVSU

POTOTAN CAMPUS

VISION

A research university advancing quality education towards societal transformation and global recognition

MISSION

WVSU commits to develop life-long learners empowered to generate knowledge and technology, and transform communities as agents of change

for sharing her precious time and expertise as **Trainer** during the **WVSU-PC Cooking Meat Dishes Extension Activity** held on November 9, 2021

At Centralized Laboratory, West Visayas State University-Pototan Campus.

Given this 9th day of November 2021

at West Visayas State University-Pototan Campus, Pototan, Iloilo.

Ruby P. Cervantes
RUBY P. CERVANTES, DDM

Director, School of Business & Management

Lauro E. Estecomen, Ed. D.
LAURO E. ESTECOMEN, Ed. D.

Head, Research, Extension and Training

Virginia B. Parrenas
VIRGINIA B. PARRENAS, Ed.D.

Campus Administrator

Excellence

Creativity and Innovation

Services

OFFICE OF RESEARCH EXTENSION AND TRAINING

In collaboration with the School of Business & Management



WVSU

POTOTAN CAMPUS

VISION

A research university advancing quality education towards societal transformation and global recognition

MISSION

WVSU commits to develop life-long learners empowered to generate knowledge and technology, and transform communities as agents of change

Certificate of Appreciation

is given to

Baby Joy Donasco

for sharing her precious time and effort as **Student Assistant** in the **WVSU-PC Cooking Meat Dishes Extension Activity**

held on November 9, 2021

at Centralized Laboratory, West Visayas State University-Pototan Campus.

Given this 9th day of November 2021

at West Visayas State University-Pototan Campus, Pototan, Iloilo.

Ruby P. Cervantes

RUBY P. CERVANTES, DDM
Director, School of Business & Management

Lauro E. Estocomen

LAURO E. ESTECOMEN, Ed. D.
Head, Research, Extension and Training

Excellence

Creativity and Innovation

Services

OFFICE OF RESEARCH EXTENSION AND TRAINING

In collaboration with the School of Business & Management



WVSU

POTOTAN CAMPUS

VISION

A research university advancing quality education towards societal transformation and global recognition

MISSION

WVSU commits to develop life-long learners empowered to generate knowledge and technology, and transform communities as agents of change

Certificate of Appreciation

is given to

Zealdralyn Gallardo

for sharing her precious time and effort as **Student Assistant** in the **WVSU-PC Cooking Meat Dishes Extension Activity**

held on November 9, 2021

at Centralized Laboratory, West Visayas State University-Pototan Campus.

Given this 9th day of November 2021

at West Visayas State University-Pototan Campus, Pototan, Iloilo.

Ruby P. Cervantes

RUBY P. CERVANTES, DDM
Director, School of Business & Management

Lauro E. Estocomen

LAURO E. ESTECOMEN, Ed. D.
Head, Research, Extension and Training

Excellence

Creativity and Innovation

Services

West Visayas State University

(Formerly Iloilo Normal School)

POTOTAN CAMPUS

Research Extension & Training Office

Brgy. Cau-Ayan, Pototan, Iloilo, Philippines 5008

* Telefax No.: (033)-529-8716

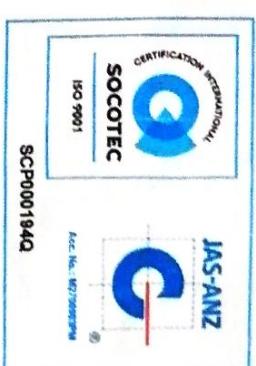
* Website: www.wvsu.edu.ph * Email Address: pototan@wvsu.edu.ph



ACKNOWLEDGEMENT RECEIPT FOR IEC MATERIALS

COOKING MEAT DISHES

November 9, 2021



No	Name	Position/Designation/School	Contact Number	Signature
1	JOCELYN T. PASTERNA	Trainee	09282048838	Play
2	Grace B. Pasterna	Participants	09387944896	Janeth
3	BONITA P. PITIBOL	Participants	091280100968	Mariel
4	Acel C. Parke	Participant	0989116177	Dagelin
5	CHARLES WAGIN	Participant	0914528005	Charvin
6	Rosana J. Rodriguez	Participants	09664969684	Munijo
7	Merched S. Gumban	Participants	09104191833	Merther
8	JARNEY M. BANTAHON	Participants		Angie.
9	Dexter Pilao	Participants	09662200267	Dexter
10	Dra. Michael	Participants	09108990013	
11	Marsan Janice C.	Participants	09071888052	Jeff.

LAURO E. ESTECOMEN, Ed.D
Head, Research, Extension and Training

West Visayas State University

(Formerly Iloilo Normal School)

POTOTAN CAMPUS

Brgy. Cau-Ayan, Pototan, Iloilo, Philippines 5008

* Telefax No.: (033)-529-8716

* Website: www.wvsu.edu.ph * Email Address: pototan@wvsu.edu.ph



ATTENDANCE SHEET

COOKING MEAT DISHES

November 9, 2021

No	Name	Position/Designation/School	Contact Number	Signature
1	Gail Louise G. Dondigo	Instructor 111 - SBM	09218011541	
2	Mary Cecille T. Lumb	Instructor 1 - SBM	09999447108	
3	Hensley E. Aguirre	Asst. Proj. II - SBM	09772355978	
4	Realdraelyn A. Gallardo	Facilitator / Student Fac.	09309975063	
5	Donesco, Baby Joy D.	Facilitator / Student Fac.	0977769316	
6	Ruby P. Arivante	SBM Monitor	09399225247	
7	Shella Mae Congar	Staff	09170076820	
8	Lorilyn P. Wee	Trainer	09170076820	
9	Alvin S. Chibete	Staff / facilitator	0938569110	
10	Belenita P. Nufarao	Campus Extension Coordinator	09185048045	
11	Lauko E. Estecom	Head, RCT		

LAURO E. ESTECOMEN, Ed.D
Head, Research, Extension and Training



West Visayas State University

(Formerly Iloilo Normal School)

POTOTAN CAMPUS

Research Extension & Training Office

Brgy. Cau-Ayan, Pototan, Iloilo, Philippines 5008

* Telefax No.: (033)-529-8716

* Website: www.wvsu.edu.ph * Email Address: pototan@wvsu.edu.ph



Acc. No.: M2709963PM

SCP000194Q

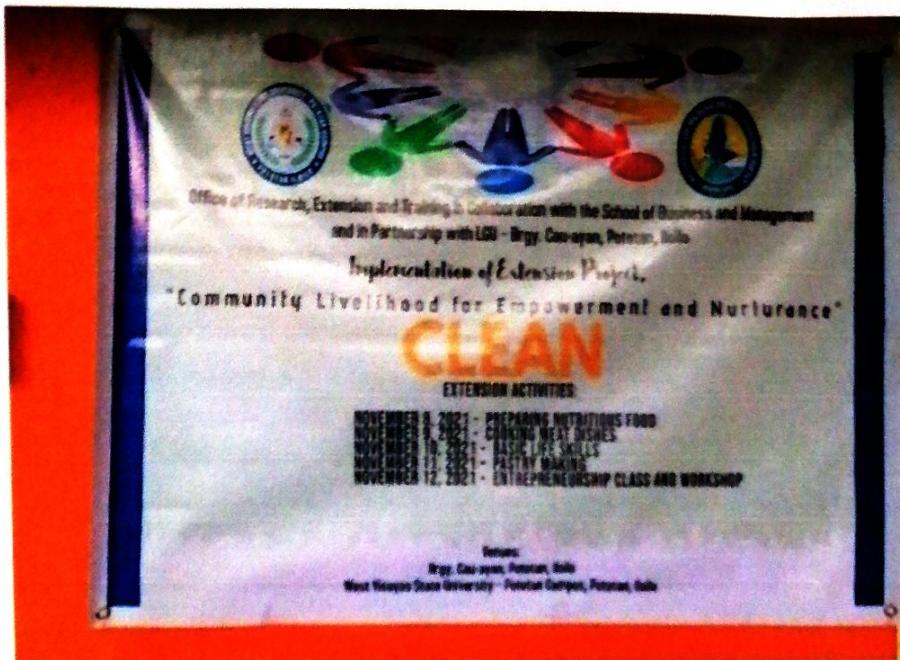
ATTENDANCE SHEET COOKING MEAT DISHES November 9, 2021

No.	Name	Address	Contact No.	Signature
1	Ferna C. Penuela	Brgy. Cau-ayan	0915973233	Fernapenuela
2	LORNA SERJO	Brgy. Cau-ayan	09299866861	Lserjo
3	Lea P. Arnaez	Brgy. Cau-ayan	09563947133	Leaarnaez
4	Melanie Patrocinio	Brgy. Cau-ayan	09240947477	Mpatrocinio
5	Maria Camille P. Gomales	Brgy. Cau-ayan	09924176600	Mgomales
6	Rosana J. Rodrigo	Brgy. Cau-ayan	09464969684	Jrodrigo
7	Menechel S. Gumban	Brgy. Cau-ayan	09104191833	Mgumban
8	CHARISTINE G. UESM	Brgy. Cau-ayan	0916528905	Charine
9	Grace Pastera	Brgy. Cau-ayan	09387964896	Gpastera
10	Aceyel Parton	Brgy. Cau-ayan	09198011671	Aceyel
11	Beverly P. PIAROL	Cau-ayan	09128016966	Beverly
12	LOCELYN T. PASTEREA	Cau-ayan	09282078838	Loelyn
13	JPNPBY M. RAYHAW	RUMBAK		
14	Christine Divinagracia	F. Parcon Ward Pototan	09515966844	Christine
15	MASISADO, JANROEL C.	Igang, P. 107AN	09071898652	Janroel
16	DIO, Michael	Igang, Pototan	0908996043	Michael
17	CORDERO, JAY VINCENT	Igang, Pototan	09098865398	Jay
18	Latumbo, Marchelle G.	Pototan	09465257875	Marchelle
19	BAGONOC, Marilyn D.	Pototan	09318357940	Marilyn
20	PROSPERO, JUDE T.	Pototan	09639391579	Jude
21	Dexter Pilar	POTOTAN	09682100307	Dexter
22	Chery Gine Bagonoc D.	Zarraga, Pototan	09124493297	Chery
23	JESCEL P. MAGNO	Ledesma St., Pototan	09062013124	Jescel
24	Colene John Bernasol	Brgy. Carraguichican	09460709548	Colene
25	SONNAH D. CHUA	Cau-ayan Pototan	09388021866	Sonnah
26				
27				
28				
29				
30				
31				
32				
33				
34				
35				

Attestation
LAURO E. ESTECOMEN, Ed.D.
Head, Research, Extension and Training



WEST VISAYAS STATE UNIVERSITY
POTOTAN CAMPUS
POTOTAN, ILOILO



Extension Activity in Tarpaulin



Orientation and Discussion of Topics



WEST VISAYAS STATE UNIVERSITY
POTOTAN CAMPUS
POTOTAN, ILOILO



Group Pictorial with the Plated Products



WEST VISAYAS STATE UNIVERSITY
POTOTAN CAMPUS
POTOTAN, ILOILO



DEMONSTRATION IN PREPARING EMBUTIDO





WEST VISAYAS STATE UNIVERSITY
POTOTAN CAMPUS
POTOTAN, ILOILO



DEMONSTRATION IN PREPARING CHICKEN LOLLIPOP





WEST VISAYAS STATE UNIVERSITY
POTOTAN CAMPUS
POTOTAN, ILOILO



TRINEES HANDS-ON PERFORMANCES





WEST VISAYAS STATE UNIVERSITY
POTOTAN CAMPUS
POTOTAN, ILOILO



TRAIINEES HANDS-ON PERFORMANCES





Feedbacking regarding the Finished Product and performances



Dr. Lauro Estecomen words of challenge



WEST VISAYAS STATE UNIVERSITY
POTOTAN CAMPUS
POTOTAN, ILOILO



PLATING AND PRESENTATION OF DISHES

