

Quezonian Newsletter

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QCLIC: a part of Writing HISTORICAL DATA of the PHILIPPINES

The National Library of the Philippines spearheaded a project that will produce a ready-reference material on Historical Data of the Cities in the Philippines – vol. 1, in which the Quezon City Library and Information Center is a part of this project, represented by Lucila Raquiño, Head of Filipiniana and Local History, Mariza G. Chico, Head of the Technical Services and Emerlina R. Tan.

See the full story on page 15

An Unexpected Gift

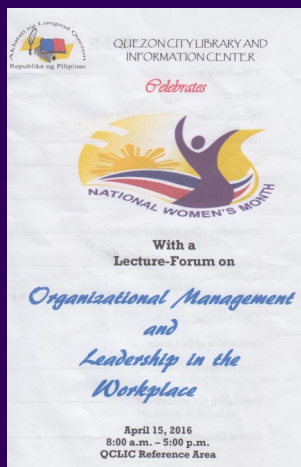
QCLIC Pasong Tamo received one of the undocumented award a small institution can ever get as a young boy composed a poem showing his gratitude for the help he gets from the library.

Gimesh Dhaniel S. Cenit, a Grade 5 Section Rizal student from the Holy Spirit Elementary School used the suggestion box to send his composition.

The poem encourages us not only to continue our services but also to provide more meaningful activities for the community.

See the full story on page 26

EXCLUSIVE!!! Behind the scenes of Children's Corner SUMMER ART ACTIVITIES!!! See them on page 16



Gender and Development Activity at QCLIC

By: Janet B. Alday

In celebration of the 2016 National Women's Month, the Quezon City Library and Information Center (QCLIC) organized a Lecture-Forum entitled "Organizational Management and Leadership in the Workplace" a Gender and Development Activity held on April 15, 2016 at the QCLIC Reference Area. This year, the Philippine Commission on Women (PCW) set the theme, "Kapakanan ni Juana, Isama sa Agenda!" which aims for women to be included in the decision-making and leadership positions in both the public and private sectors. The event was attended

by employees of the QCLIC, with a sex-disaggregated data of 84 women and 43 men.

In her welcome remarks, Ms. Lucila Raquiño, Head of Filipiniana and Local History Section, encouraged all participants to focus on the lecture and fully cooperate to truly achieve the objectives of the activity. She warmly welcomed the resource speaker and the participants as well.

The Acting City Librarian, Ms. Cynthia DJ. Tolado also delivered her inspirational talk and emphasized the importance of the lecture to each and everyone considering that every-

body will hopefully be leaders in their own fields. On the other hand, Ms. Mary Ann L. Bernal, Head of Reference Section was the one who introduced the Resource Speaker.

Mr. Michael Pinto, the resource speaker is the former Director of Libraries of the University of Saint Louis, Tuguegarao. He is the founding president of Cagayan and Kalinga-Apayao Librarian's Association Inc. (CAAKAp), former president of the Philippine Librarians Association, Inc. (PLAI) Cagayan Valley Region Librarians Council.



Mr. Pinto is the Provincial Learning and Resource Center Head in the Province of Cagayan. His lecture began with a power point presentation, wherein, he gave an Overview of his topic categorized into four outlines. The first topic was all about the Overview of Organization and Management and Understanding the Worker. Second, The Concept of Leadership, third topic, Handling Human Issues and last is Preparing Your Commitment. He also discussed the objectives of the seminar, that at the end of one-day lecture forum, participants will be able to: (1) Understand the concept of Organizational Management, its implication to individual performance. (2) Know the concept of leadership and its effect to the overall organizational performance.

(3) Understand some key issues in human resource management (4) To prepare individual's commitment towards work.

After the 1st and the 2nd topic, there was a workshop, wherein each participant should write in a piece of paper the SWOT analysis. The said workshop was a self-realization and self-test. The participants volunteered and shared their output to the audience. At 12:00 p.m., lunch was provided to the participants to allow further interaction and discussion between the attendees and resource speaker. At exactly 1:00 p.m. was the continuation of the lecture, wherein, Mr. Pinto discussed some Human Resource Issues, he enumerated nine (9) and these were the following: (1) Productivity, (2) Discipline,

(3) Appraising Employees, (4) Disengaged Employees and (5) Succession Planning.

At the end of his talk, he emphasized some words to ponder and as a leader, these can also be a guiding principle, he said "Do not work Harder, Work Smarter"

- Be proactive, not reactive
- Do not just sit there, do something
- Do not just do something, sit there
- Strategize and Prioritize.

The resource speaker also shared his personal and very inspiring experience when he was chosen as the Provincial Head of the Library in the Province of Cagayan Valley at the age of 25.

After the discussion, there was an open forum facilitated by Ms. Janet B. Alday who is also the GAD Focal Person.

Thereafter, Ms. Cynthia DJ Tolado, Assistant City Librarian and the staff, presented tokens to the resource person as the office gesture of expressing gratitude and appreciation for the expertise and time shared by the resource person.

For the closing remarks, Head of Technical Services Section, Ms. Mariza G. Chico expressed her appreciation to the resource speaker for sharing his insights and efforts in supporting the activity of the QCLIC. She also, encouraged each and everyone to apply what they have learned during the Lecture Forum and congratulated them for active participation.



APWINC LIBRARY TOUR at QCLIC

By: Mary Ann L. Bernal



Forty (40) participants of the training-workshop entitled “Lingkod: Providing a Service-Based Platform for Female Small-Medium Entrepreneurs’ (SME) ICT Literacy Education in the Philippines” which was conducted by the Asia Pacific Women’s International Network Center (APWINC) in partnership with the National Library of the Philippines, and in coordination with the Association of Librarians in Public Sector were attended by two QCLIC personnel, Ms. Janet B. Alday and Ms. Angeli M. Mariano. Altogether there were four (4) Korean nationals, thirty six (36) public librarians and different entrepreneurs.

In the course of the program the organizers included a public library tour on April 25 and the QCLIC was the one chosen to be visited.

One of the objectives of their library tour is to observe the best practices of the library that they can consult with and would help improve their craftsmanship on their field.

All the participants were warmly welcomed by the QCLIC personnel with a brief program which started with a welcome remarks by the OIC Ms. Cynthia DJ. Tolado and presentation of the QCLIC officers. In addition, representatives from the NLP and APWINC gave brief messages to the crowd. After, it was followed by short video showing featuring the library services, history, procedure at the Main and branches as well as Mob dance video which promotes love for reading.

After this, the group went on the library tour. Participants were observed very enthusiastic as they tour around the different sections even noting the small bulletin board, took picture of it and would like to copy.



QCLIC LIBRARIANS ATTENDS NATIONAL TRAINING-WORKSHOP ON HISTORY WRITING

By : Mariza G. Chico

Three (3) QCLIC Librarians namely: Ms. Lucila R. Raquiño, Head of the Filipiniana & Local History Section, Ms. Mariza G. Chico, Head of the Technical Services Section and Ms. Emerlina R. Tan, Librarian from the Filipiniana & Local History Section, participated in this two-part series of National Training-Workshop on History Writing. The first series entitled **“Training-Workshop on Data Gathering and Research Methodologies (Historical Data of the Philippines – Vol. 1 City Libraries)”** was held on April 27-28, 2016 at the National Educators Academy of the Philippines (NEAP) Training Center, DepEd Division of Angeles, Angeles City, Pampanga. While the second series entitled **“Training-Workshop on Writeshop, Proofreading and Layouting”** was held last May 26-27, 2016 at the Hotel Asia, #11 Don Avila St., Capitol Site, Cebu City.

The National Library of the Philippines (NLP) through the Public Libraries Division in partnership with the National Commission for Culture and the Arts – National Committee on Libraries and Information Services (NCCA-NCLIS), National Historical Commission of the Philippines (NHCP), Angeles City Library and Information Center and Cebu City Library held this training workshop...

The proponents also aims to make remarkable contribution to the development of Historical Data Collection in the country,

The participants during the National Training-Workshop on Data Gathering and Research Methodologies



with the aim of exploring data gathering and research methodologies in documenting historical data and exhibit participants' output in relation to the topic discussed.

The proponents also aims to make remarkable contribution to the development of Historical Data Collection in the country, through the project "Historical Data of the Philippines". Through this project, librarians in public libraries will no longer be confined in their library but will be an active member of the community and an agent for local history collection, organization, preservation and promotion.

The training-workshop was attended by almost fifty librarians from the different cities in the Philippines. Participation in these trainings will result in the inclusion of our City in the publication of this new Historical Data material.

Participants on Writeshop, Proofreading and Layouting



Training of Female Micro-Entrepreneurs

By: Janet B. Alday

The Asia Pacific Women's Information Network Center (APWINC) of Sookmyung Women's University in Korea in partnership with the National Library of the Philippines (NLP) and the Association of Librarians in Public Sector (ALPS) conducted a Training Workshop on Female Micro-entrepreneurs last April 21-26, 2016 at Ramada Manila Central Hotel. APWINC's vision is to play a leading role to overcome the "gender digital divide" and make effort to bridge the gap in ICT area. It has continuously made efforts to promote gender mainstreaming in the knowledge-information society by researching, developing educational contents and providing

trainings.

The main purpose for APWINC's diverse projects is to build women's capacity to increase their participation in the knowledge-information society.

The said training was attended by the two (2) employees of the Quezon City Library and Information Center (QCLIC), Ms. Janet B. Alday, Records Section Head, Ms. Angeli M. Mariano and Ms. Jenny Adajo who is also a member and officer of ALPS and one of the training's organizer.

On the first day of the training, Ms. Sharise Rae Lim, Liason Librarian of the National Library of the Philippines (NLP), one of the lecturers, discussed the 5 C's of Entrepreneurial Libra-

rianship: How Libraries and SMEs Interact. In the afternoon session, Mr. Ho Yean Hwang, our second lecturer from Korea and CEO, WorldPress Market, focused on the Introduction of wix.com. Wix.com is a web-page where one can create website for free and a leading cloud-based development platform with millions users worldwide. Mr. Hwang, taught us on how we navigate and use the wix.com. At the end of the lecture, the participants are grouped into six (6) and each group was tasked to create their own business name, the objectives and its services. The said output will be presented on the second day of the training.

On the second day (April 22, 2016), the participants went

The main purpose for APWINC's diverse projects is to build women's capacity to increase their participation in the knowledge-information society.



to the Lyceum of the Philippines to have a computer hands-on workshop, wherein each group applied what they learned using wix.com. Each group created their own website design and how they published it on the web online.

On the 3rd day (April 25, 2016), Ms. Lira Choi, lecturer of the Sookmyung Women's University from Korea, discussed on SNS marketing, what is SNS? and what are the best practices in SNS Marketing. After the discussion, she grouped the participants into six (6) and tasked them to develop their own Platform. At around 1:30 in the afternoon, all the thirty (30) participants including the four (4) Koreans and the Representatives from the National Library of the Philippines (NLP) headed by Ms. Dolores Carungui, Chief Librarian of Reference Division went to the Quezon City Library and Information Center (QCLIC) to have a library tour. The said tour was a part of the training program.



In the last day of the training (April 26, 2016), each group presented their output and their proposals for the Platform Development and Utilization. The participants really enjoyed the workshop because they came-out with a good platform. After, the training, the program ended with a Closing Ceremony, wherein all the participants were called one by one and the Executive Director of Asia Pacific Women's Information Network Center (APWINC) of Sookmyung Women's University in Korea, Dr. Myonghee Kim, handed down the Certificate of Completion to them.

The Training was indeed a good opportunity for us, because we learned a lot and we gained more insight especially in the field of Entrepreneurship, also we were able to create our own website in just 10 minutes using wix.com. Again, in behalf of the Organizers of this training, we really thank you.

SENIOR CITIZEN'S UPDATE ON COMPUTER LITERACY

By: Mary Ann L. Bernal



Our project to give importance to the Quezon City's Senior Citizen gave a smile in their hearts that cannot be bought nor erase in their memories.

The 5-day activity, which is divided into two batches, were slated on May 10-13; and May 30-June 3, 2016 1:00-4:00pm with a total of eighteen (18) participants.

The project activity was opened by the welcome remarks and brief orientations by the writer. Followed by the acknowledgment of the sections heads & the inspirational message by the OIC-City Library Ms. Cynthia Tolado.

The special modules for the Senior Citizens are: Day 1-Computer Basics, Day 2-Word Processing, Day 3-Internet Basics, Day 4-Email basics and the fifth day the Social Media. QCLIC I.T. experts includes Manny Fajilan, Boyet Ongkiko, Edward Bayani, Ferdie Garcia, Robert Martinez. With the assistance of Reference Staff Benny Cababat, Apple Puno, Aileen Hidalgo & photographed by Paulo Timban.

Ref magnet/bag tag bearing our QCLIC Logos were given to our participants as token. Graduation will be announced for Batch I & II.

QCLIC Share-A-Book Project

By: Manica M. Cortes

The Quezon City Library and Information Center (QCLIC) headed by Ms. Cynthia DJ. Tolado, OIC, City Library together with Ms. Mariza G. Chico, Head, Technical Services Section and staff turned-over donation books to

the Southern Isabela College of Arts and Trade represented by its Librarian, Ms. Aisa Marasigan. This institution was the latest recipient of the QCLIC Share-A-Book Program.

Likewise, Ms. Marion Salvacion Flores, Librarian In-Charge of San Clemente Municipal Library also received additional books and other reading materials for the use of their Municipal Library.



SOUTHERN ISABELA COLLEGE OF ARTS AND TRADE



Southern Isabela College of Arts and Trade represented by its Librarian, Ms. Aisa Marasigan



San Clemente Municipal Library



San Clemente Municipal Library represented by its Librarian, Ms. Marion Salvacion Flores

POTENTIALS UNLEASHED

My summer story at the QCLIC

By: **Cecill G. Artates**
(PAKIALAM Collective Co-Founder)

I was surprised to receive an invitation on my Facebook personal messaging from Ms. Marlyn Bautista, head of the Children's Corner at the Quezon City Public Library and Information Center.

It has been two years since I became a speaker about Children's Rights in two of Quezon City Public Library's (QCPL) branches at Lagro and Project 8. Ms. Bautista and I have somehow formed a connection, and thanks to Facebook, we kept in touch. But social media was not the only link we have; we also shared something in common, our love for children.

When I found out that she was interested in getting me again, not to speak, but to mentor children in singing for their "Summer Art Activities 2016," I thought Ms. Bautista was joking. Being a self-confessed reluctant artist, I even told her that I have a friend that I can recommend to teach the children, as I was not the "professional" one. But Ms. Bautista insisted, "*Ikaw na lang po Ma'am.*" I felt her sincerity, and so I agreed. She would have probably seen my photos on Facebook about our "gigs." Though she hasn't seen me perform or my group, I am pleased of the trust she put on me.

As a social development worker, giving workshops to children is not new to me. I have been teaching in different communities in and around Metro Manila, mostly on the streets, in temporary shelters, and to different indigenous groups around the country, but in a library, this is a first time. I was nervous yet excited for this new opportunity to teach in a different environment. I have to prepare I told myself, I researched the internet and asked friends how to go about a singing workshop.

First day came and I was welcomed by beautiful children of mixed personalities. Some I noticed, already knew each other, others were quieter, still "feeling" the surroundings I guess.

Our class starts with a prayer, then with simple stretches and posture exercises, breathing techniques, to solo and group singing. I even introduced a simple meditation method for them to balance for their hyperactivity. I also gave them my rules in class – "1. We are all equal and 2. We will not do or say anything that will hurt anyone."

Introductions took place. I asked for their names, favorite song, and added, "if given the chance to have a super natural power, what would it be and why?" Again, I received various answers from the simple to the outrageous. There were superheroes and cartoon characters mentioned I have not heard in my entire life.

For one week, we practiced the song “Ang Pipit,” a popular Filipino folk song. It was an easy choice and the children memorized the lyrics and learned the tune right away. I gave them the freedom to put movements in the song for their group performances. Each day, I made sure that they belong to a different group for them to get to know the other children more. I let their individuality and creativity flow but at the same time, work together as a team. They were brilliant.

I salute everyone at Quezon City Library and Information Center for their dedication and selflessness. Thank you for the opportunity once again to be part of your great team. Having to teach children from ages 7 to 12 is a real challenge but fulfilling. There was never a day that a child will not cry or complain. Good thing, I have reliable librarians by my side to assist me if children will have their tantrums. It was but normal.

But there was not a single day that I did not receive gestures of love and appreciation from the children either. I am greeted with bear hugs, high fives, or “*mano*” once I arrived, and more hugs and “Thank You Teacher” when we say our goodbyes.

Graduation came and I was not the nervous teacher and reluctant artist anymore. I was able to perform my original songs with my other band mates I invited, as intermission for the event. The audience gladly participated and I saw my students listening very intently to my songs, others joined me in singing “Bayi,” an “*oyayi*” or lullaby I played to them during one of our classes. They were my confidence booster.

For our graduation piece, I played my guitar while they performed “Ang Pipit” in front of other children, QCLIC officials, librarians, and their relatives. It was a proud moment for me when I saw them accept their certificates of participation. Even heartwarming to receive praises from strangers for teaching the kids and for appreciating me and my music.

But the transformations I witnessed in a short span of time were more gratifying. Children, who were timid at first, now lead his or her group. Those who said they can’t sing; are now belting their hearts out when they hear the song “Ang Pipit.” I witnessed sharing, cooperation, belongingness, and friendship.

As a teacher, I am confident of what we have accomplished and extremely proud of what my students have achieved. It was a team effort, I was just their guide. I let them experience, explore, and enjoy.

As a person, it made me embrace the other potentials that I still have inside me – potentials just waiting to be unleashed.

But more than that, we broke barriers of social economic status. There were no poor or rich students in my class. We welcomed everyone, whether one is wearing branded shoes or come to the library bare-foot.

All along, I thought a library was just all books and nothing else. I was wrong. I have been visiting QCLIC's site from time to time and delighted to see the different activities they are offering not only for children, students, and out of school youth, but to PWDs, Senior Citizens, parents, and the marginalized communities too. I also have a firsthand experience of how the people of QCLIC work hard to serve ALL.

True to their promise, the QCLIC is a catalyst in planning for community development and in the continuous education of the people.



MS. CECILL ARTATES & MS. MARLYN BAUTISTA

QCLIC-Nova Summer Reading Tutorials 2016

By: Cherry M. Taruc

The Quezon City Library and Information Center - Novaliches branch conducted a (2) two-week Summer Reading Tutorial last April 19- 29, 2016. It was participated by 17 children of Novaliches proper. Every summer we conduct this activity to help children to read and comprehend. The staff and the SPES (Special Program for the Employment of the Students) Volunteer patiently guided them and taught the young ones to develop their reading habit and passion to read. It was very challenging on our part specially ages 3-5 years old are very playful, that is why we had playtime and reading time.





QCLIC: PART OF WRITING HISTORICAL DATA OF THE PHILIPPINES

By: Lucila R. Raquiño

The National Library of the Philippines spearheaded a project that will produce a ready-reference material on Historical Data of the Cities in the Philippines – vol. 1, in which the Quezon City Library and Information Center is a part of this project, represented by Lucila Raquiño, Head of Filipiniana and Local History, Mariza G. Chico, Head of the Technical Services and Emerlina R. Tan.

The training –workshop includes Data Gathering and Research methodologies (Phase I) Writeshop, Proof-reading and layout(Phase II).

This training-workshop is so different from other seminars we attended. This requires talent in writing and comprehension, dedication, focus and most of all wisdom and maturity as a writer. This is very challenging considering that these cities of the Philippines are represented by the librarians, to be trained as historians and writers as well.

It was in 1951 when Executive Order No.486 when President Elpidio Quirino issued Executive Order No. 486 which provided “for the collection and compilation of historical data regarding barrios, towns, cities and provinces”. The Secretary for Department of Education then, issued General Memorandum No. 34, s-1952, entrusting all school officials and teachers to execute said Executive order of the President Quirino.

Sixty-four years have passed, and there are now relevant changes and happenings in our history and culture that need to be updated and recorded for the use of our future generations. It’s now the moment for librarians to be part of the same activity of collecting and compiling historical data.

This proves that librarians are no longer the traditional librarians involved in lending and borrowing of books, but embedded librarians, working outside the box; moves out of the libraries and creates a new model of library and information work. Librarians now functions as a team member and shares responsibility and organizational outcomes with all the other members of the team.

Writing history is a very difficult task, but challenging. We are not professional writers, but with the training conducted by the National Library of the Philippines, I think we will become one.

Hopefully, by November 2016, the output (book) of the said training workshop will be distributed to government, private and public libraries in the country. And the history of Quezon City is included in this output. We are proud to be part of the team.

Children's Corner Summer Art Activities

By: Marlyn I. Bautista

The Quezon City Library and Information Center (QCLIC) Children's Corner recently came up with another project which aims to enhance knowledge of children and at the same time make their summer vacation worthwhile. This project was entitled "SUMMER ART ACTIVITIES 2016," wherein children were taught how to develop themselves in different fields while they are on vacation.

The project was divided into four (4) phases, which includes A) Drawing and Painting, B) Storytelling, C) Singing, and D) Dancing.

In **Drawing and Painting**, the children were taught by their mentors Kuya Rommel and Kuya Jenel how to draw different shapes using pencil, eraser, and drawing paper. During the en-

tire first day, they were instructed to draw a house, trees, mountains, clouds, the sun, and the human face. They were also taught the basics of colouring. The children were also trained appropriate shaping by using pencil, and proper strokes in colouring using crayons. For their last day, the children were made to draw and colour based on what they learned on the three days. Their drawing and colouring were in relation to the theme "WHAT I WANT TO BE WHEN I GROW UP?"

Dancing was the second phase of our Summer Art Activity. The children were given time to stretch their bodies by having some calisthenics. They were motivated by their teacher Kuya Reigel and Ate Rose while they teach the children the basic steps of the dance. Slowly, the children learned the steps and they were arranged for their position in their dance.





On the last day of teaching the steps and body movements, the children showed enthusiasm and eagerness to perform what they learned.

For its third week, beautiful voices of children can be heard outside the Puppet Room for the **Singing** workshop. Children were made to sing individually to see how they deliver the words of their song and to classify their voices. They were taught the lyrics of the song entitled “ANG PIPIT” as well as its melody. The students liked the song so much and really paid attention to the instructions given to them by volunteer mentor Ate Cecill which made their performances perfect.

Proper breathing techniques, group exercises, as well as individual and group performances

were given to the children to increase their confidence, camaraderie, and cooperation.

Storytelling was the last phase of the activity wherein the kids were given the chance to enhance their reading, comprehension, and confidence to speak in front of people. The storytelling activity had two (2) segments – with and without books. The children listened intently with the stories presented. They participated in different activities such as acting out scenes from the stories.

Their mentors Kuya Jairo and Kuya Richard took turns in giving techniques of good storytelling and how to deliver it properly. Different books and visual aids were readily available at the Children’s Corner for the





entire week. Sharing stories during their summer break was a strategy of the trainers for the children to know the importance of listening when someone is speaking in front of them.

With almost seventy (70) children who participated, the Summer Art Activity was a huge

success. It has been proven not only during the entire duration of the different classes but more so at their graduation day that was held on May 3, 2016 at the Reference Section of the Main Library. The drawings were shown to the audience, an actual storytelling session was also presented by

one of the students, then a dance number was performed by the children, and lastly, they sang "ANG PIPIT" with much enjoyment. The audience including the guest and staff of the QCLIC watched in awe and really applauded the performances and outcome of the activity.



GRADUATION



Editor's Excerpt...Did You Know? How to Harness Your habits

Excerpted by: Maria Cecilia R. Magnate

When Austin's alarm clock goes off, he is sleepy. But he immediately gets out of bed, puts on the exercise clothes he laid out the night before, and goes for a brief jog-just as he has three times a week for the past year.

Laurie just had a fight with her husband. Angry and frustrated, she storms into the kitchen, pulls out a bag of chocolate candies, and eats them all-just as she seems to do every time she is upset.

What do Austin and Laurie have in common? Whether they realize it or not, both have been affected by a powerful force of habit.

What about you? Are there good habits that you would like to build in your life? Perhaps your goal is to exercise regularly, to get more sleep, or to keep closer touch with loved ones.

On the other hand, maybe you would like to break a bad habit, such as smoking cigarettes, eating too much junk food, or spending exces-

sive time on the Internet.

Admittedly, it can be difficult to overcome a bad habit. In fact, it has been said that a bad habit is like a warm bed on a cold day: it's easy to get into and hard to get out of!

So, how can you harness your habits and make them work *for* you instead of *against* you? Consider the following three suggestions based on principles found in the Bible.

1. BE REALISTIC. It can be tempting to try to change everything in your life immediately. You tell yourself, 'This week I'm going to stop smoking tomorrow, stop swearing, stop staying up too late at night, start exercising, start eating better, and start calling my grandparents.' But trying to reach all your goals at the same time is a sure way to reach *none* of them!

BIBLE PRINCIPLE: 'Wisdom is with the modest one'- Proverbs 11:2

A modest person is realistic. He recognizes that there are limits to

his time, energy, and resources. So rather than trying to change everything at once, he makes improvement gradually.

WHAT YOU CAN DO

Work on your habits in realistic increments. The following steps may help:

1. Create two 'master lists'-a list of good habits that you would like to build and any list of bad habits that you need to get rid of.
2. Prioritize the items on your lists, numbering them in order of importance to you.
3. Choose a few habits-even just one or two-from each list, and focus on those. Then move on to the next one or two habits on each of your lists.

Speed up the process by replacing a bad habit with a good one. For example, if your list of bad habits includes keeping in touch with loved ones, you could resolve: 'Instead of immediately turning on the TV when I get home from work each day, I will contact a friend or a relative

BIBLE PRINCIPLE: "Wisdom is with the modest one"

'Trying to reach all your goals at the same time is a sure way to reach none of them'

Make it harder to do the wrong thing and easier to do the right thing

to catch up.’

2.) MANAGE YOUR ENVIRONMENT.

- You resolved to eat better, but that tub of ice cream seems to have your name written all over it.
- You decided to quit smoking, but once again, your friend-who knows you are trying to quit-offers you a cigarette.
- You planned to exercise today, but even digging through the closet for your running shoes seems like to much work!

Can you see a common thread in those scenarios? Time and again, experience has shown that our environment-the situation we put ourselves in and the people we spend time with influences our success in building good habits and breaking bad ones.

BIBLE PRINCIPLES: ‘The shrewd one sees the danger and conceals himself, but the inexpe-

rienced keep right on going and suffer the consequences”

The Bible advises us to think ahead. By doing so, we can cautiously avoid situations that could undermine our goals, and we can thus actively put ourselves in more favorable situations. (2 Timothy 2:22) In short, we are wise to manage our environment.

WHAT YOU CAN DO:

- Make it *harder* to do the wrong thing. For example, if you want to eliminate junk food from your diet, try not to keep food in your kitchen that you know is not good for you. That way when temptation strikes, giving in will require more effort than not giving in.
- Make it easier to do the right thing. For instance, if you plan to exercise first thing in the morning, set your exercise clothing next to your bed the night before. The easier it is to get started, the more

likely you are to follow through.

- Choose your friends carefully. We tend to become the people we spend time with. (1 Corinthians 15:33) So limit contact with people who encourage habits that you are trying to break, and seek out those who can reinforce good habits.

3.) TAKE A LONG RANGE VIEW.

There is a popular notion that it takes 21 days to cement a new habit. In reality, though, research shows that it can take some people less time-and others a lot more-to make significant changes. Should that discourage you?

Well, think of this scenario: Imagine that you want to build a habit of exercising three time a week.

- The first week, you meet your goal.
- The second week, you miss a day.
- The third week, you are back on tract.
- The fourth week, you

Continued on page 22...

What counts in the end is, not how many times we fall, but how many times we get up again

barely exercise once.

- The fifth week, you reach your goal again, and from that point forward, you meet it each week.

It took five weeks to solidify your new habit. That may seem like a long time, but once you reach your goal, you will be glad you have cultivated a new good habit.

BIBLE PRINCIPLE: “ The righteous one may fall seven times, and he will get up again.”-Proverbs 24:16

The Bible encourages a long range view. What counts in the end is, not how many times we fall, but how many times we get up again.

WHAT YOU CAN DO:

- Do not conclude that a relapse is a permanent failure. Expect to face some setbacks as you work toward your goal.
- Focus on time when things went *right*. For example, if you are trying to improve

the way you communicate with your children, ask yourself: ‘When was the last time I felt like yelling at my children, but didn’t? What did I do instead? How can I repeat that?’ Such questions can help you to reinforce your successes rather than dwell on your setbacks.

(Ref. Awake No. 4 2016)

LAUNCHING OF PWD CORNER / Q.C. ORDINANCE AND ENVIRONMENTAL LAWS FORUM

By: Rowena G. Remiendo

The Quezon City Library and Information Center (QCLIC) branches conducted a back-to-back activity on May 20, 2016 that was held at Payatas Lupang Pangako branch library. The launching of PWD corner took place in the morning. Recipients of the said corner were three (3) branch libraries namely: Payatas Lupang Pangako, Escopa III, and Lagro. Present in the said event were Mr. Rizalio Sanchez Chief IECD and Ms. Ermie Miguel (Librarian) from National Coun-

cil on Disability Affairs (NCDA). Also, from QCLIC were Ms. Cynthia Tolado (OIC-QCLIC), Ms. Lucila Raquino (Head-Filipiniana and Local History Section), Ms. Mary-Ann Bernal (Head-Reference Section), Ms. Mariza Chico (Head-Technical Section), Ms. Rowena Remiendo (Head-Outreach Services), Mr. Alistair Troy Lacsamana (Bookmobile Coordinator), district coordinators, library in-charge, and other staff.

The Forum on Q.C. Ordinance and Environmental Laws were held in the afternoon. This forum was in cooperation with EPWMD (Environmental Protection and Waste Management). **Mr. Remelito Mahirang**, the Acting Chief Monitoring Inspection and Enforcement Section of EPWMD was the Resource Speaker.



Participants of the said forum were from EPWMD, DPOS, MDAD (representatives from Litex and Abris wet and dry markets), Districts I-VI representatives (Brgy. Captains, Brgy. Councils on Environment, and other staff), BPSO, Payatas senior citizens.



The QCLIC Puppetry performed the “Basura Monster” as intermission number. This puppetshow is their newly launched adaptation of Ms. Christine Bersola’s children’s book - Basura Monster. The group works with their mission as committed to use puppetry as an art to educate, to facilitate learning, to enhance creativity and imagination, to persuade positive attitude and character building through educational entertainment.



The Outreach Services through its branches from Districts I-VI aims to help in the information dissemination on various issues. One of the most pressing issue in our society is the improper waste disposal. That is why the public library works hand-in-hand with various organizations related to the protection of the environment.



LITTLE FREE LIBRARY

By: Alistair Troy B. Lacsamana

Mas maraming nakapagbabasa, mas masaya!

Another welcome addition to Quezon City Library services was inaugurated at Quezon Memorial Circle last May 17. It is called Little Free Library (LFL). LFL is an international NGO whose mission is to promote literacy by building mini libraries/ book exchanges. The book exchange concept is relatively new concept to Filipinos: take one, share another book. It is a big a challenge to endeavor in this kind of project but with tarpaulins explaining the mechanics of LFL and by doing a series of planned activities like book club meetings, poetry reading and storytelling, the challenges would be addressed. We are also in harmony with LFL's mission, to build a community who reads. The QCLIC is looking for other sites for the LFL and future stewards of the LFLs.

Spread the word about the LFL. And as said in our tarps: **mas maraming nakapagbabasa, mas masaya!**

Thanks to our partners for this project: Adarna House, Little Free Library and Quezon Memorial Circle. (Photos on page 22)

Launching invitation of the Little Free Library project



LAUNCHING AT QUEZON MEMORIAL CIRCLE, QC

8:30 am, May 17, 2016
Near the exercise machines

Please join us as we launch QCLIC's first Little Free Library at QMC with simple ceremonies. We will also give a brief background about the project and our partners.

This is QCLIC and our partners' commitment to bring about a culture of reading.

Donate a book at the event

There are only 19 QCLIC public libraries for our 2.7 million QC residents

Want to build an LFL? Ask us at the event

Filipinos read, we just have to provide opportunities.

Photos of the "Little Free Library" Launching



Photos few days after the Launching of the Little Free Library @ QMC

An Unexpected Gift

By: Pasong Tamo Branch Library

It was a normal day for us when we experienced a peculiar yet very meaningful event in our lives. Assisting the queries of the readers and researchers, thinking of prospective activities, and planning our future projects are few of our daily scenarios here in Pasong Tamo Branch Library. Nothing is special that day when a regular reader turned it into a very unusual day for us.

Gimesh Dhaniel S. Cenit, a Fifth Grader at Holy Spirit Elementary School, slowly approached Ms. Marivic Ocu-men and gave her a letter consists of a poem written for the Branch Library.

Many of us think that working in the library is just easy, keeping of books, assist the readers, waiting for a re-searchers to be helped and the fact that we are now in the modern ages having the computers and the inter-net is making the need of Library less important not knowing that for many children, students who are seri-ously studying, we are much more of a hero than a simple librarian.

The poem given to the Librarians really shows how much the student needs, loves and appreciates the learn-ing he gets from the Library. The poem goes like this:

Ang Library ng Brgy. Pasong Tamo

Ang Library ng Brgy Pasong Tamo
ay hindi lamang silong ng karunungan.
Ito'y naging tambayan naming mga kabataan.
Na ang layunin ay matuto at madagdagan
Ang aming kaalaman

Ang Library ng Brgy Pasong Tamo
Ay para naming kaibigan,
Maaasahan dahil lahat may paraan
Sandigan sa oras ng pangangailangan
Karamay ng mga estudyanteng nahihirapan
Ang Library ng Brgy Pasong Tamo
Ay tunay na maasahan
Kaya't dasal naming mga kabataan,
Nawa'y magpatuloy itong bukas
At dumami ang aklat na aming mababasa sa susunod pang bukas

Salamat at ito'y aming natagpuan
Hindi kami naligaw ng daan
Sa halip, patuloy pa kaming ginagabayan
Para sa aming magandang kinabukasan

By : Gimesh Dhaniel S. Cenit

Ang Library ng Brgy. Pasong

Poem
H

Ang Library ng Brgy. Pasong Tamo, ay hindi lamang -
cilang ng karunungan, Itoy naging tambayan,
naming mga kabataan, Na ang layunin ay
matuto at madagdagan

Ang aming kaalaman

Ang Library na Brgy. Pasong Tamo, ay parang
naming kaibigan, maaasahan dahil tahat may
Paraan, Sandigan sa oras

Ang ating pag-aaralan,

Karapat ng mga edukatong nabihirapan.

Ang library ng ~~pasong~~ Brgy. Pasong Tamo,

ay tunay na mababasa,

layat dahil naming mga kabataan,

Maayong magpatibay itong bukas, at

Humain ang alat, na aming mababasa

sa susunod pang bukas

Salamat at itay aming natagpuan,

hindi kami naligaw ng daan,

sa hapag patibay mo pa

haming ginagabayan,

Para sa aming magandang

kinababasa

By: Gimesh Dhaniel S. Cenit

The original copy of
the poem written by
**Gimesh Dhaniel S.
Cenit, fifthgrader
from Holy Spirit
Elementary School**



GHIMESH DHANIEL S.
CENIT

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Quezon City Public Library was established on August 16, 1948, and was inaugurated on October 23, 1948.

Vision: Quezon City Library and Information Center to be recognized as an open and world-class leading library that promotes advanced learning and literacy.

Mission: The public library, the local gateway to knowledge, provides the basic condition of life long learning. It shall provide access to all printed, cultural, historical, intellectual and literary heritages of the country and other information sources and ensures the preservation and conservation of these materials through the technological innovations for the use of the future generations.

Clientele: The general public from all walks of life.

Branch Libraries: 18

LIBRARY HOURS: Mondays– 8:20-5:00pm/ Tuesday-Friday-8:00-5:00pm/

Saturday-8:00-4:00 pm



1. That the Quezon City Library and Information Center is open during Saturdays. It is mandated by the City Government on QC Resolution 1988 No. NC-36, S-88

2. That the Quezon City Library and Information Center helps the community with their online processing such as NBI Clearance, Pag-ibig Online Registration and more in Multimedia and Internet Services Section.

3. That the Quezon City Library and Information Center started as a small unit, a joint venture of the National Library and the Quezon City government during the incumbency of the late Mayor Ponciano A. Bernardo and the first Superintendent of libraries, Atty. Felicidad Peralta.