



**39** *th annual*  
**Sariling Gawa**  
**Youth Conference**

**March 22 – 24, 2019**

**YMCA CAMP HAROLD ERDMAN  
WAIALUA, OAHU, HAWAII**



## 2019 Conference Participants

- 41 Delegates**
- 6 Program Committee**
- 11 Barangay Leaders**
- 20 Support Staff**





# Sariling Gawa Youth Council

A 501(C)3 NON-PROFIT ORGANIZATION

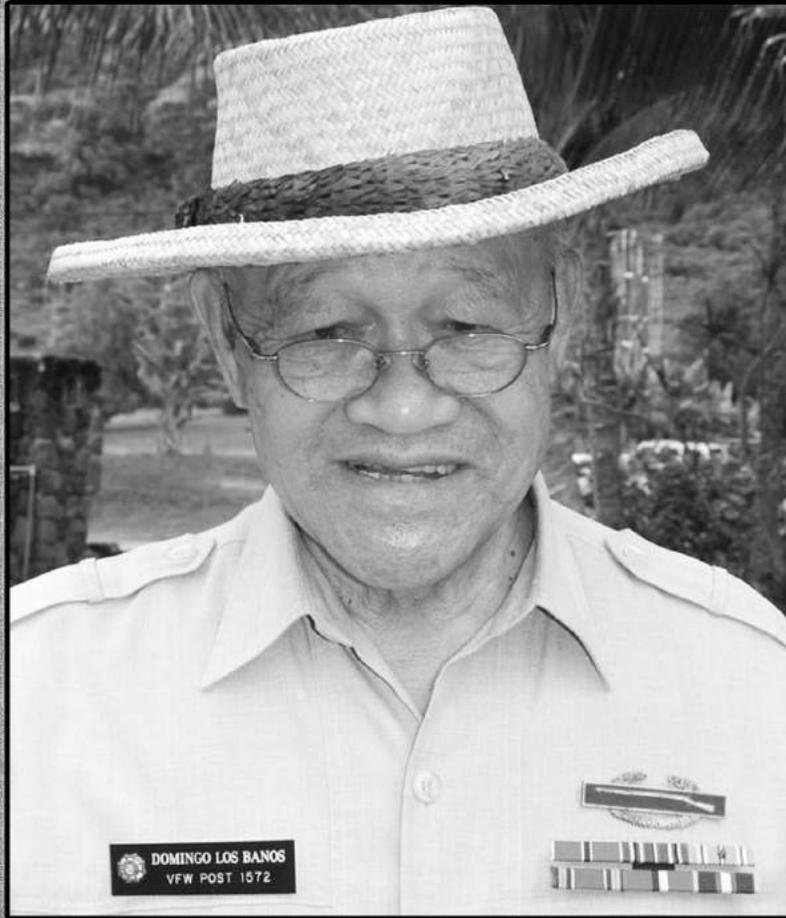
39<sup>th</sup> Annual State Conference  
March 22 – 24, 2019  
YMCA Camp Harold Erdman  
Mokulē‘ia, Waialua, O‘ahu



*Go to the people  
Live among them  
Learn from them  
Start with what they know  
Build on what they have.  
But of the best leaders  
When their task is accomplished  
Their work is done  
The people all remark  
“We have done it ourselves.”  
~Lao Tzu*

Name	
Cabin	Barangay
Group #	KP Duty

*“Let there be peace on earth and let it begin with me.”*



**Domingo Los Baños, Jr.**  
1925 – 2019

**Warrior. Educator. Mentor.**

Sariling Gawa – Our Own Work – became a reality in 1980 and none of this would have been possible without your unwavering love, guidance, and support. You have been an inspiration and a force of nature for the thousands of Filipino teens, young adults, and adults who have been involved with SG since its beginnings.

We will miss your lively laughter, your colorful stories, and your witty humor. Through it all, you never once let us forget that you’ve always been so appreciative of our efforts to help Filipino youth in Hawaii. In turn, Mr. LB, we are ever so grateful that 39 years ago, you had the faith and trust in us to let us fly on our own wings to purposefully design *our own work*, thereby charting the course for our own personal growth. We shall always remember your devotion for all things Sariling Gawa. We owe you so much, Mr. LB, and it will be our duty and honor to see that your legacy continues for years to come.

Mr. LB, you fought with every essence of your being to bring forth equality and justice through education and love. You are now one with God and we have been enriched beyond our comprehension by your selfless life here on Earth.

***Rest In Peace, Our Beloved Mr. LB.***

# President's Message

## Sariling Gawa Youth Council

P. O. Box 97-1225 • Waipahu, Hawaii 96797

Kumusta and Aloha!

It is with a mixture of heartache and honor that I welcome you to the 39<sup>th</sup> annual Sariling Gawa Youth Leadership Conference. We are heartbroken over the recent passing of our beloved advisor, Mr. Domingo Los Baños, Jr., who lit the torch for Sariling Gawa in 1980. Let us pledge to keep his legacy alive for the benefit of all Filipino youth, as he would have wanted us to do.



On behalf of the Board of Directors, it is my honor to say thank you – *salamat po* – to the program committee, barangay leaders, and support staff for giving of their time and talent in making this conference happen. To you conference delegates, we appreciate you for being here with us this weekend to *Ignite the Flame* that burns within each and everyone of you.

We have a jam-packed agenda to promote and motivate us to ignite the flame within us to best serve our family, community, state and country. It is my hope that, on this very weekend, you will find that spark needed to ignite your flame. And when you leave this conference, I am confident that you will spread your flame wherever you go, and help others ignite their own flames.

Next year in 2020, we will be celebrating our 40<sup>th</sup> anniversary. We are extremely proud to have come this far and invite you to be a part of the festivities. If you have family and friends who have participated in SG before, please let them know about our upcoming celebration. Stay tuned for more information about this milestone event!

In closing, I apologize that I cannot be with you physically, but know that I am with you in spirit. I wish you all the best and may you ignite the flame within you and let it glow forever.

Sincerely,

A handwritten signature in black ink, appearing to read 'Leon F. Florendo'.

Leon F. Florendo  
2018-19 President

[www.sarilinggawa.org](http://www.sarilinggawa.org)



Search "Sariling Gawa" on  
Instagram, Facebook,  
Twitter and YouTube.

# Welcome to Camp Erdman!

## THINGS TO DO After You Register

- Find your cabin. See MAP on the back cover.
- Pick a bunk. Organize your beddings and personal belongings.
- Look through your handbook.
- Familiarize yourself with the rules and conference program.
- Relax and introduce yourself to other delegates.
- Report to the Welcome Session.

“KP Duty” means Kitchen Patrol Duty. At your assigned time, you must report to the Dining Room **15 minutes** before mealtime. Your duties include setting up tables, serving food, and cleaning up after the meal is over. YMCA Staff will give directions when you arrive at the Dining Room.



**PLEASE BE ON TIME!**

## Safety Rules

### at YMCA Camp Harold Erdman

*These Safety Rules are for your protection and well being. If any rules are broken, your parents/guardians will be contacted immediately, and arrangements will be made for your departure from the camp and conference.*

1. **PROHIBITED** items and actions on YMCA Camp property
  - a. Firearms and other weapons that may harm yourself or others
  - b. Drugs (Exception: Medication prescribed by your doctor)
  - c. Pets (Exception: Service dog as prescribed by your doctor)
  - d. Swimming in the ocean with or without a lifeguard
2. Cabins and bathrooms
  - a. Keep cabins and bathrooms clean and tidy.
  - b. Additional shower houses are also available. See MAP.
  - c. Sleep only in your assigned cabin.
3. Be responsible for your personal belongings, i.e., cell phones, money, eyewear, etc.
4. You must remain on the campgrounds and at the conference at all times.
5. Personal visitors are not allowed at the conference or on campgrounds.
6. Be on time to all conference activities. Have your nametag & handbook/pen readily available.
7. Control your enthusiasm and temper. No swearing, fighting or hostile behaviors.
8. Telephone calls are for emergencies only.
9. Report any emergencies to conference leaders and/or YMCA staff immediately.



# Sariling Gawa Conference Rules

## NO SEX, NO VIOLENCE

All participants, male and female, are to be treated equally. Avoid comments that make reference to gender bias such as “only boys can do that” or “this is girl’s work”, etc. Take a break from your romantic relationship during the conference; refrain from public displays of affection. Be pleasant and free of tension at group activities. Arguments, fights, and profanity will not be tolerated.

## NO RIGHT, NO WRONG

Every person’s idea or opinion is valid and must not be criticized, judged, laughed at, or dismissed. Since there are no right or wrong ideas, be open minded and respectful of other people’s contributions. However, be aware that some ideas or actions may be appropriate or inappropriate. Continue to follow Safety Rules.

## BE POSITIVE

Be confident and courteous at all times. Be tactful and diplomatic when faced with something that may be disagreeable to you. Find positive ways to respond rather than reacting with negative remarks and nonverbal behaviors. For example, instead of saying, “I don’t think that idea would work”, try saying, “Thanks for sharing your idea and let’s get more comments from others.”

## PARTICIPATE

You are at this conference to actively participate in all activities. To the best of your abilities, make good use of your time by being involved and committed to the purpose of this conference.

## SMILE AND HAVE FUN

Your smile is a ray of sunshine that you share with others to brighten the mood and to show your positive attitude. You are here to learn new things, expand your friendship circle, and enrich your life. At the same time, HAVE FUN!



*In Filipino, “sari sari” means variety.*



# Conference Theme and T-Shirt Design

## Conference Theme

### *Ignite the Flame*

Imagine what our future holds. Ignite the flame within you to create the future we imagine. That flame is the energy within us, the energy to think, the energy to feel, and the energy to grow and make things happen.

As we stoke our own unique embers, let us channel our sparks together to ignite a flame that will glow brighter and stronger than if we were alone. Together, our flames will grow to illuminate any darkness that may smother our sparks. Collectively, we will blaze as a beacon to guide others to ignite their own flames, much like the many dedicated Filipino role models of Sariling Gawa.

Our theme serves as our motivation to be our best in everything we say and do. “Ignite the Flame” focuses on creating a spark in Filipino teens and young adults to become energized and passionate to do awe-inspiring deeds in our communities to create a world with the incredible future we have imagined!

**IGNITE THE FLAME AND GLOW IT FOREVER!**

## T-Shirt Design

Designed by Kurt Clemente



# 2019 Conference Program

TIME	LOCATION	DAY 1 – FRIDAY, MARCH 22, 2019
11:00 am	Rotary Hall / Theatre Round	Registration and Check In
11:30 am	Rotary Hall / Theatre Round	Welcome Session
12:00 pm	Rotary Hall	LUNCH
12:30 pm	Theatre Round	Icebreakers & Energizers
1:00 pm	Theatre Round	SG Mission, History, Rules, Theme, KP Duty
1:30 pm	Fields	Group Activity – Sky’s the Limit
2:30 pm	Various	Group Activity – Minute 2 Win It
4:00 pm	Fields, Courts, Pool	Free Time – Sari Sari Store, Sports, Karaoke, etc.
5:30 pm	Dining Hall	DINNER (KP Duty 1 @ 5:15 pm)
6:00 pm	Theatre Round	Energizers & Leaders Parade
6:30 pm	Various	Barangay Activities
8:30 pm	Theatre Round	Big Group Activity
9:45 pm	Cabins	Cabin Time / Lights Out 11:00pm

TIME	LOCATION	DAY 2 – SATURDAY, MARCH 23, 2019
7:00 am	Cabins	Wake Up Call
8:00 am	Dining Hall	BREAKFAST (KP Duty 2 @ 7:45 am)
8:30 am	Theatre Round	Big Group / Energizers
9:00 am	Various	Barangay Activities
11:00 am	Theatre Round	Cultural Workshop – Philippine Dance with Michael Javines
12:00 pm	Dining Hall	LUNCH (KP Duty 3 @ 11:45 am)
12:30 pm	Theatre Round	Big Group / Energizers
1:00 pm	Various	Barangay Activities
2:30 pm	Theatre Round	Energizers
3:00 pm	Theatre Round	Keynote Speaker – Jesand Amodo <i>aka</i> Jehzan Exclusive
4:00 pm	Various	Free Time / Back to Cabins
5:30 pm	Dining Hall	DINNER (KP Duty 4 at 5:15 pm)
6:00 pm	Theatre Round	Energizers
6:15 pm	Various	Barangay Activities
7:30 pm	Theatre Round	Big Group Activity
8:30 pm	Campfire Pit	Campfire Social
10:00 pm	Theatre Round / Cabins	T-Shirt Distribution / Cabin Time / Lights Out 11:00pm

TIME	LOCATION	DAY 3 – SUNDAY, MARCH 24, 2019
6:00 am	Cabins	Wake Up Call / Cabin Clean Up
7:15 am	Assembly Hall	Bring bags to Assembly Hall
8:00 am	Dining Hall	BREAKFAST (KP Duty 5 @ 7:45 am)
8:30 am	To Be Determined	Picture Taking
10:00 am	Various	Barangay Activities
11:30 am	Theatre Round	Big Group / Energizers
11:45 am	Rotary Hall	LECHON LUNCHEON
12:45 pm	Various	Barangay Closure Activity
2:30 pm	Theatre Round	Big Group Closure
3:00 pm	Parking Lot	Load buses and departure

# Sariling Gawa Advisors



**DOMINGO LOS BAÑOS, JR.**  
Retired Leeward District Superintendent,  
Hawaii Dept. of Education; SG since 1980

*Rest In Peace – March 15, 2019*



**ERNIE LIBARIOS, SR.**  
Retired Counselor & Professor, Leeward  
Community College; SG since 1980



**AMY AGBAYANI**  
Retired Assistant Vice Chancellor for  
Student Diversity, Office of Student Equity,  
Excellence, Diversity (SEED), Univ. of  
Hawaii at Mānoa; SG since 1980



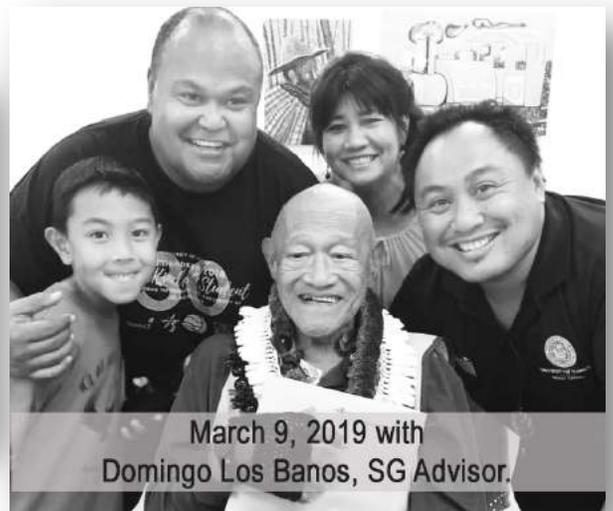
**LITO M. ASUNCION**  
Retired Program Planner, Elderly Affairs,  
County of Kauai; SG since 1980;  
Co-Founder & First SG President

## Past Presidents

Lito M. Asuncion, Co-Founder • William M. Domingo, Co-Founder  
Norie Bungalon • Randy C. Jose • Danette Bungula Bungalon  
Cynthia Cabot • Alma Trinidad • Erica Balbag-Gerard • Rouel G. Velasco



2019



March 9, 2019 with  
Domingo Los Banos, SG Advisor.



2018

*Sariling Gawa*  
Youth Council

established 1980



2018

# 2018-19 Board of Directors



**President • LEON FUIMAONO FLORENDO**  
 Master in Education Administration; Bachelor of Arts, Psychology; Associate of Arts, Liberal Arts; Counselor, Leeward Community College - Wai'anae Moku; SG since 1989



**Vice President • GEORDAN ARENAL**  
 Masters of Arts, Coaching and Athletic Administration; Bachelor of Arts, Speech Communication; Associate Head Coach of Offense, Las Lomas High School; Math Teacher, Jesse Bethel High School; SG since 2005



**Secretary • MILLI MACUGAY ASUNCION**  
 Master of Arts in Education, Educational Counseling; Professional Diploma, Elementary Education; Retired Student Services Coordinator, School Counselor & Teacher, Hawaii Dept. of Education; SG since 1980, Co-Founder



**Treasurer • LANA MARIE ALEGRE FERNANDEZ**  
 Master of Science, Counseling Psychology; Student Services Coordinator, Kapolei High School, Hawaii Department of Education; SG since 1995



**JENNIFER AQUINO**  
 Bachelor of Arts, Urban Studies Planning & Development; Office Manager, McCarthy Building Companies, Inc.; SG since 2011



**MYRNA MACUGAY BURIGSA**  
 Master of Business Administration; Bachelor of Science, Electrical Engineering; Technology-Project Specialist, Hawaiian Telcom; SG since 1980



**LAYVITA DOMINGO DAGUI**  
 Master of Science, Counseling Psychology; Guest Service Agent, Hawaiian Airlines; SG since 1997



**MICHAEL DAHILIG**  
 Juris Doctor; Managing Director, Office of the Mayor, County of Kauai; SG since 2005



**ERIKA RACHELLE DUGAY**  
 Bachelor of Science, Health Education; Teen Navigator, Mid-Peninsula Boys and Girls Club and Teen Center; SG since 2005



**BRYAN ESTOESTA**  
 Associate of Applied Science, Computer Networking Technology; Honolulu Community College, Computing, Electronics & Network Technology (CENT); SG since 2004



**ESMINIA (MIA) LULUQUISEN**  
 Doctor of Public Health; Deputy Director, Community Assessment, Planning & Education/Evaluation, Alameda County Public Health Department, Oakland, California; SG since 1981



**MICHAEL SANA**  
 Master in Education, Curriculum Studies; Post-Baccalaureate in Secondary Education; Bachelor of Arts, Biology; Science Department Head, Waipahu High School, Hawaii Dept. of Education; SG since 2001



**TRIXIA B. SORIA**  
 Master of Science, Counseling Psychology; Post-Baccalaureate in Secondary Education, World Languages; Art & Communications Counselor, Waipahu High School, Hawaii Dept. of Education; SG since 1996



**ROUEL G. VELASCO**  
 Candidate for Ed.D. in Educational Leadership; Master of Education, Educational Administration, Higher Education; Student Life Coordinator, Univ. of Hawaii-West Oahu; SG since 2004



# 2019 Program Committee



**ALEXANDER BAUTISTA**  
Bachelor of Arts in Accounting, UH-West Oahu (2017); Kapolei High School (2013); Financial Advisor at Mutual of Omaha; SG since 2010



**ANJANETTE PABLO**  
Bachelor of Arts in Public Health and Ilocano, UH-Mānoa (2018); Kapolei High School (2012); Direct Support Worker at Easter Seals Napuakea; SG since 2010



**HANNAH CLAIRE BELTRAN**  
Bachelor of Science in Biology, Pacific Univ. (2016); Waipahu High School (2012); Medical Assistant at a private dermatology clinic; SG since 2010



**JULIE TABAREJO**  
Bachelor of Arts in Business Administration - Marketing, UH-West Oahu (2015); Kapolei High School (2011); Digital Communications Specialist at HawaiiUSA Federal Credit Union; SG since 2008



**DUSTIN ESPIRITU**  
Associate in Arts in Teaching & Liberal Arts, Leeward Community College (2017); Kapolei High School (2009); Plans to study Elementary Education at Chaminade Univ.; Barista at Starbucks; SG since 2009



**VIKTOR YAGO**  
Associate of Science in Natural Science, Leeward Community College (2017); Bachelor of Science in Mechanical Engineering, UH Manoa (current); Kapolei High School (2011); Retail Sales Consultant, AT&T; SG since 2009

## 2019 Support Staff

### Full Time

Mark Nelson Dalere  
Mark Damo  
Calvin Gacuya  
Bryant Gagarin  
Arriane Galla  
Czarina Galario  
Kristine Julian  
Tiffany Kasoga  
Katrina Lamug  
Kimberly Lamug  
Glimpse Maneja  
Alfredo Polendey

### Part Time

Wendy Agpoon  
Shirell Bell  
Nathan Cantorna  
Leilani Magaoay  
Mary-Jane Ortal  
Sherwyn Ortal  
John Paraon  
Danicole Ramos

## Program Advisors: LANA & REYNOLD FERNANDEZ



### **REYNOLD P. FERNANDEZ**

Bachelor of Arts in Social Sciences with a Concentration in Psychology; Field Supervisor, YMCA of Honolulu-Kalihi Branch; SG since 1995

*(Lana's bio is on the Board of Directors page.)*



# 2019 Barangay Leaders



**ANGELICA BADUA**  
Chaminade University, Elementary Education; Waipahu High School (2015); Part-Time Teacher at Waipahu Elementary; Entertainer at Star of Honolulu; Miss Oahu Filipina 2017; SG since 2012



**RAYMART DANGANAN**  
Associate in Arts in Fashion Technology, Honolulu Community College (2017); Pearl City High School (2013); Grocery Clerk & Back Up Manager at Foodland; SG since 2011



**AMBER IMURA**  
Bachelor of Education, Elementary & Early Childhood Education, UH-Mānoa (2017), Waipahu High School (2012); Teacher at Kaleiopuu Elementary School; First Year in SG



**LOUISE JALLORINA**  
UH-Mānoa, Civil and Environmental Engineering; James Campbell High School (2016); WSP USA Civil Intern I; SG since 2015



**SHARMAINE JAVIER**  
UH-Mānoa, Electrical Engineering; Waipahu High School (2016); SG since 2015



**CZARINA LAZO**  
Kapi'olani Community College, Hospitality and Tourism/Travel; Farrington High School (2018); Intern (Cashroom Clerk, Food Service Associate) at Honolulu Zoo; SG since 2018



**ROMMEL NAPOLES**  
Kapi'olani Community College, Liberal Arts; Farrington High School (2018); Sales Associate at American Eagle & Uniqlo; SG since 2017



**MIKI NISHIZAWA**  
UH-Mānoa, major in Sociology & minor in Japanese; Waipahu High School (2015); Cashwrap Associate at Coach Women; SG since 2012



**DESEREE PABLO**  
Leeward Community College, Liberal Arts; Will transfer to UH-West O'ahu to study Hospitality and Tourism; Kapolei High School (2017); SG since 2013



**ALLAN MARK POLENDEY**  
Univ. of California-Irvine, Environmental Engineering; Kapolei High School (2017); Sales Consultant at Kay Jewelers; SG since 2014



**RHICA SAVELLA**  
Bachelor of Arts in Liberal Studies, Holy Names University (2018); Waipahu High School (2014); Part-Time Teacher at Waipahu Intermediate School; Cook at Panda Express; SG since 2011

## BARANGAY GROUPS

1

Raymart Danganan  
Sharmaine Javier

2

Louise Jallorina  
Miki Nishizawa

3

Amber Imura  
Rommel Napoles

4

Angelica Badua  
Czarina Lazo  
Deseree Pablo

5

Allan Mark Polendey  
Rhica Savella



# Leadership Skills Training

An integral component of Sariling Gawa's conference planning is to develop and strengthen the personal and leadership skills of each conference leader who would be at the forefront of facilitating the various lessons and activities to the delegates during the conference.

For three months, the program committee and advisors provide thorough training sessions accompanied by opportunities for socializing and building a sense of community. By the end of the training course, each leader will be proficient in facilitation, listening, empathic and interpersonal skills, and group dynamics.

Notably, all participants are committed volunteers who sacrifice their precious time to accomplish the mission and vision of Sariling Gawa.

More importantly and true to the nature of Sariling Gawa, these participants have established relationships and networks for a lifetime of friendship and camaraderie.



## LEADERSHIP SKILLS TRAINING COURSE OUTLINE

### The Role of Conference Leader/Facilitator

#### Characteristics and Skills of Effective Leaders and Facilitators

From Motivational Interviewing  
and Listen First Concepts:  
O.A.R.S. – Open-Ended Questions, Affirmation,  
Reflective Listening, Summarizing

Giving Feedback:  
R.E.A.L. – Respect, Empathy,  
Acceptance, Level (Honesty)

#### Facilitating and Debriefing

Skills of a Discussion Leader:  
Acceptance, Listening,  
Questioning Techniques

Group Dynamics:  
Task Roles, Maintenance Roles,  
Self-Serving Roles

#### Communication Skills

Questioning Skills

Empathy Skills

Co-Leading Groups

Dealing with Challenges

Five Stages of Group Development

# ENERGIZERS

## What is an energizer?

*A method of boosting one's inner and outer self to liven up the mood, occasion, and environment. Also, a way to awaken one's soul.*

### DEXTERITY CHECK

Ah booga booga booga  
Ah ah ah  
Ah ah, ah ah,  
Ah ah ah ah ah  
Woooooowooo!

### KUMUSTA KA

Kumusta ka  
Tayo ay Masaya  
Pumalakpak pumalakpak  
Ituro ang pa-a  
Padyak sa kanan  
Padyak sa kaliwa  
Umikot-ikot  
Humanap ng iba.

### BALIKBAYAN

Balikbayan lies over the ocean  
Balikbayan lies over the sea  
Balikbayan lies over the ocean  
So bring back balikbayan to me  
Bring back, bring back, bring back  
Balikbayan to me. (repeat 2x)



## FOCUS!

### IGNITE THE FLAME

– insert ad lib –  
**FLAME ON**

Examples of ad libs:

LOW HEAT  
MEDIUM HEAT  
HIGH HEAT  
SIMMER  
SUPERNOVA  
LAVA FLOW

### BEEBER

Beeber 0 beeber 1 let's all have some beeber fun  
Chchchchchchchchchch  
Beeber 2 beeber 3 let's all climb the beeber tree  
Chchchchchchchchchch  
Beeber 4 beeber 5 let's all do the beeber jive  
Chchchchchchchchchch  
Beeber 6 beeber 7 let's all go to beeber heaven  
Chchchchchchchchchch  
Beeber 8 beeber 9 STOP!  
It's beeber time  
Go beeber go beeber, go go go beeber!

### ING SONG

Chorus: Ing, ing, ing  
I look outside, it's tundo-ing  
I wait inside, I'm uray-ing  
My Mom's in the kitchen, she's luto-ing  
It's not baka but it's kalding ... Chorus  
My friends outside, they're ay-ayam-ing  
So I go outside, I'm taray-ing  
When I go home, I get ispunking  
I'm like a baby, I'm ibit-ing ... Chorus

### TI JEEPNEY NI JUAN

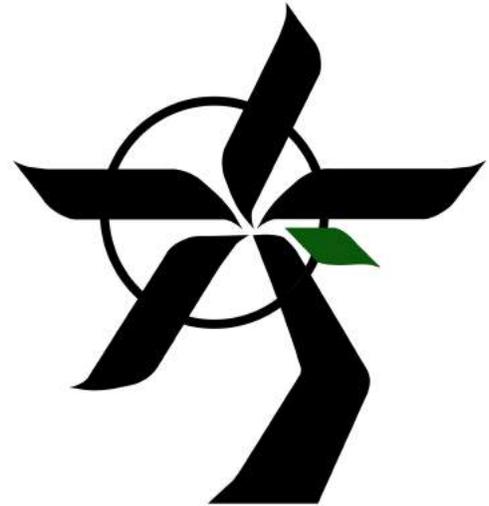
Ti jeepney ni Juan adda abot ti ligayna  
Ti jeepney ni Juan adda abot ti ligayna  
Ti jeepney ni Juan adda abot ti ligayna  
Tinakupak ti babol gam.



# The Sariling Gawa Logo

## The Current Logo

To reflect the positive changes and tremendous growth of *Sariling Gawa* in its first 25 years, the logo was redesigned in 2006, the same year of the centennial celebration of Filipino immigration to Hawaii. The current logo features a full-grown coconut tree representing *Sariling Gawa*'s growth as an organization whose commitment lies in the empowerment of young Filipinos to become active leaders and contributing citizens of their own communities. Each large leaf of the tree denotes 25 years of Filipinos in Hawaii, with the smaller green leaf symbolizing the robust future of both *Sariling Gawa* and Filipinos in Hawaii. Behind the coconut tree is the sun illuminating the determined passion, fervent fortitude, and unyielding energy that inspires *Sariling Gawa*'s members to achieve their mission to foster cultural awareness, nurture ethnic pride, and empower youth to develop leadership skills.

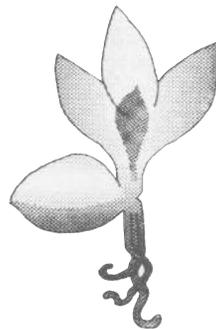


*Designed by Efren Daguio, 2006*

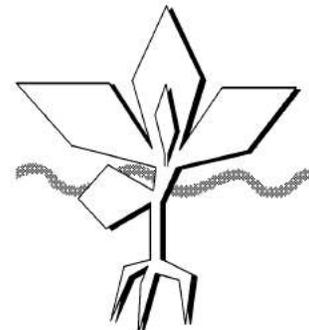
## The Original Logo



*Designed by Wil Santos, 1980*



*Redesigned by F. John Guerero, 1986*



*Redesigned by F. John Guerero, 1991*

The growing coconut sprout represents the Filipino youth being nurtured by the older, more established Filipino community in Hawaii as symbolized by the mature coconut. The coconut plant is adaptable to any tropical setting throughout the world, just as the Filipinos have adapted to Hawaii. The three developed leaves of the coconut palm symbolize the three waves of Filipino migration to Hawaii. Each leaf also denotes 25 years, therefore representing the 75 years of Filipino experiences in Hawaii. The fourth undeveloped sprout represents the future generation of Filipinos in the next twenty-five years. When a coconut washes ashore and gives birth to a sprout, it develops deep roots where it settles. The roots of a coconut are strong enough to withstand hurricanes and high waves in much the same way the Filipinos have established strong roots in Hawaii and have experienced strong struggles against discrimination in employment, education, housing, and in the government. *(This original description was written in 1980 during the 75<sup>th</sup> anniversary celebration of Filipinos in Hawaii.)*

# Sariling Gawa: Our Own Work

## History and description of a community-based, youth-directed program for Filipino youth



Adapted from Esmenia M. Luluquisen's Dissertation, Chapter 5. University of California, Berkeley, 2001

### SG's Inspirational Poem

“Go to the people  
Live among them  
Learn from them  
Start with what they know  
Build on what they have.  
But of the best leaders  
When their task is accomplished  
Their work is done  
The people all remark  
‘We have done it ourselves.’”  
--Anonymous

### The Organization's Name

Since 1980, the above poem is included in every *Sariling Gawa* brochure, conference booklet and report. The organizing theory and foundation of the organization can be gleaned from this short poem.

“*Sariling Gawa*” translates from the Filipino (Tagalog) language into “Our Own Work,” which captures the manner in which young Filipinos, youth with other ethnicities and community members are in the leadership body. That is, participating youth plan, coordinate and lead various *Sariling Gawa* program activities. The three founders of the organization commented that they carefully considered the name of the organization. One of their considerations in naming their group was the desire to emphasize the Filipino youth's role in leadership. They firmly believed that their newly conceived project would not be successful if they did not conduct the work for themselves. As young people and young leaders in the Filipino community, they had already experienced unfulfilled “promises” from Filipino adult leaders.

Moreover, the founders' intentions were to promote and institutionalize the involvement, cooperation, and leadership among Filipino youth throughout the state of Hawaii – within every aspect of the organization. The founders contended that if their project were to foster the importance of youth working among and for themselves, Filipino youths' concerns and needs would be addressed with sensitivity and caring. As a result of these guiding principles, they conceptualized an organization that was “our own work.”

*The growing coconut sprout represents the Filipino youth being nurtured by the older, more established Filipino community*

The founders also decided that the group's name should be in Filipino (Tagalog), the primary language of the Philippines, rather than in English, to emphasize the fact the “Filipino-ness” of the organization (interviews with Asuncion, Domingo, and Macugay-Asuncion, 1988).

### The Organization's Symbol

The founders wanted to establish a symbol for the organization that had roots in the Filipino culture and traditions. Two of the founders, Lito Asuncion and Helen Toribio, conceptualized the growing coconut sprout as the symbol, or logo for *Sariling Gawa*. The growing coconut sprout represents the Filipino youth being nurtured by the older, more established Filipino community in Hawaii as symbolized by the mature coconut. The coconut plant was chosen as the symbol because it is adaptable to any tropical setting throughout the world just as the Filipinos adapted to Hawaii.

Since the group formed within the historical 75th Anniversary of Filipinos in Hawaii, the three developed leaves of the coconut palm symbolize the three waves of Filipino migration to Hawaii. Each leaf denotes 25 years, therefore representing 75 years of Filipino experiences in Hawaii as celebrated in 1981. The fourth developing sprout represents the next 25 years. When a coconut washes ashore and gives

birth to a sprout, it develops deep roots where it settles. The roots of the coconut are strong enough to withstand hurricanes and high waves in much the same way the

Filipinos have established strong roots in Hawaii and have experienced strong struggles against discrimination in employment, education, housing, and government” (Asuncion et. al., 1998).

### Sariling Gawa's Mission, Goals, and Objectives

The organization, as *Sariling Gawa* Youth Coordinating Council, Inc. was established in 1980 in Hawaii to plan, coordinate, and implement educational, health promotion, and cultural activities to Filipino young people. The organization was formed by young Filipino college students and Filipino community leaders (SG Handbook, 1996).

The group's stated goal has been "Through community involvement and ongoing education, *Sariling Gawa* plans to increase the number of well-informed Filipino leaders as well as ordinary citizens who will contribute to the growth of the community."

The organization's written objectives are:

- to provide a vehicle for developing leadership, social, and life skills;
- to increase awareness of issues facing Filipino youth;
- to provide a forum for Filipino youth to voice their issues and concerns;
- to facilitate participation in local community affairs and community organizing as well as in the governmental system;
- to develop strategies that address educational, social, and health problems of Filipino youth;
- to instill a positive self-concept of being Filipino;
- to increase knowledge, appreciation, and preservation of Filipino culture and values; and
- to maintain an effective communication and social network among Filipino youth groups throughout the State of Hawaii (SG Handbook, 1996).

### History of the Organization

Originally, *Sariling Gawa* began as a project of the 75<sup>th</sup> Anniversary of Filipinos in Hawaii. The idea for developing a Filipino youth leadership body originated among the celebration organizers of the 75<sup>th</sup> Anniversary of Filipinos in Hawaii (referred to as "Committee"). These individuals named themselves "Hawaii Filipino Plus" and comprised of elder community leaders who were business owners, directors of service organization and public agencies. This group envisioned a conference for high-achieving, gifted Filipino students to be called a "Youth Congress" (Asuncion, et al., 1981).

D. Los Banos, a Filipino elder and former superintendent of schools, took the initiative to approach college students at the University of Hawaii. He contacted the Filipino-American Club at the University of Hawaii-Manoa campus and spoke with the club president, W. Domingo. The college student, at the time a senior undergraduate majoring in Philippine studies and who would eventually attend law school, challenged the elder Filipino leader regarding the intentions of the Committee. W. Domingo proposed that he would contact other Filipino students at the campus to strategize and establish a Filipino youth project.

Subsequently, W. Domingo approached two other Filipino students – L. Asuncion and M. Macugay. L. Asuncion had recently graduated with a Master of Public Health and Master in Sociology and had begun a PhD program in sociology. M. Macugay was an undergraduate with a major in Human Development. The three of them met regularly to strategize, "throw ideas around," writing freely on many, large newsprint papers their organizing strategies, ideas, names of persons to contact, timelines for completing project



activities. M. Macugay recalled "covering her apartment walls" with newsprint and transcribing their notes for future meetings (Interviews, 1998).

The core group of three college students brought into the working group several other college students with diverse academic and community organizing experience. They also requested assistance from several Filipino faculty members who were teaching in the education and ethnic studies departments (Interviews, 1998). Within weeks, this core group were able to present a comprehensive plan to include as many interested Filipino youth rather than targeting a select few. The group also planned to assess the needs of Filipino youth in Hawaii and incorporate the findings into a Filipino youth agenda.

Subsequent meetings with Committee members were for the purpose of establishing the process by which the Filipino student group would implement their plans. After the Committee met with the Filipino college students and recognized their commitment and capabilities to follow through with their plans, the Committee agreed to earmark funding from the State of Hawaii for the youth project. As the momentum and enthusiasm increased, the youth working group and Committee members led by D. Los Banos also solicited private funds to support this project (Interviews, 1998).

The college students volunteered numerous hours for this endeavor. Out of the ten youth who worked on the project, only two of the college students were paid a minimal stipend to coordinate the statewide effort. The other working group

... college students  
volunteered ...

members volunteered their time to assist with all of the logistics, lead small groups, facilitate discussions, contact schools, organizations, and service providers.

The whole group (ten Filipino college students) was charged with conducting outreach, organizing, and conducting the community meetings throughout the islands. The group decided to conduct an in-depth needs assessment focusing on local Filipino community issues by utilizing a community forum approach. The working group invited all interested Filipinos, young people, service providers, and university faculty to the community meetings.

The college students who formed the working group had strong ideas about community involvement. They believed that: "... (t)he reappearance of neighborhood board, health committees, parent advisory councils, community associations, advocacy groups, and other similar groups is - a reflection of the resurgence or coming back to participatory democracy through citizen participation in our society."

The process that went on in this conference project, its activities and decision making, followed the concept of citizen participation...people, in order to be affected by a project or program...must

*...people, in order to be affected by a project or program...must take an active role in the project...*

take an active role in the project...youth must be involved from the onset of idea formation, identification of community needs, writing and rewriting of plans, implementation of project activities, and in reviewing and evaluating their own accomplishments and failures.

An equally important reason for the conference planners to stick to the concept of citizen participation is that they wanted to avoid a common mistake where the results of information gathered are never communicated back to the community. *Sariling Gawa* subscribed fully to community Involvement and made every effort to include community input..." (Asuncion, et. al., 1981).

Community forums were held in Kauai, Maui, Molokai, Lanai, Big Island, and Oahu. The dual purpose of these community forums and the statewide conference was to gain knowledge about the concerns and problems of Filipino youth and to provide Filipino youth the opportunity to participate in leadership within the larger community. These forums and conferences were successful in bringing together several hundred Filipino youth throughout all of the islands of Hawaii and the participating youth "delegates" established a comprehensive agenda for continuing the initial efforts. As a culmination of the local forums, a statewide conference took place that brought Filipino leaders and over 150 youth together (Asuncion et. al., 1981).

#### **Sariling Gawa's Growth and Evolution**

It is again crucial to remember that *Sariling Gawa* started as a grassroots community effort in 1980, within the context of commemorating Filipinos' historical roots in Hawaii. The stimulus to create this project originated from inside a community by those concerned with the overall well being of the whole community. Social service, education and public health professionals did not create the organization – rather it was a group of college students who were reflected, analyzed, and acted on their experiences of being immigrant, Filipino, and young in Hawaii.

*Sariling Gawa* has undergone three distinct stages of growth during the almost two decades of its life. I am labeling these stages as "creation, expansion, and perpetuation."

In the creation phase, roughly the first five years of the organization's existence, the original group of founders and other Filipino youth leaders who joined them within this initial period, worked to establish an organization with a strong identity and capable leadership body. The youth who

were involved during this phase debated over the mission, goals, and direction of the organization and worked out their differences and conflicts.

Several adult leaders of the community, predominantly from the University of Hawaii who were professors, including Drs. Agbayani, Alegado, Nagtalon-Miller, and Tria-Kerkvliet, and educators in the school system: D. Los Banos, Ernie and Shirley Libarios provided the fledgling group the necessary resources. Under the tutelage of these experienced Filipino leaders and educators, who mentored them through this process, this initial group of young people was able to establish a foundation for a sustainable project.

The youth leaders utilized their skills to lead groups and conduct group process; head program committees; offer public presentations; develop training curricula, plan and conduct conferences; and fundraise to offset some of the expenses to conduct the various activities.

During the expansion phase, lasting approximately eight years, subsequent groups of Filipino young people, primarily college students from the University of Hawaii campuses, sustained and broadened the early efforts of the founding group. They brought Filipino youth together to work on cultural and social events in Hawaii. As members of various college-based clubs, they organized intercollegiate picnics, parties, celebrations, meetings and cultural events so that they could share time together and strengthen their bonds as Filipino youth. These gatherings were also used as the channels for attracting future *Sariling Gawa* participants and leaders.

One of the characteristics of this second period was the emphasis on developing sustainable leadership. The continuing youth leaders also developed other volunteer youth leaders to maintain the work of the organization despite the fact that many of the ten college students who were the in the first year's cohort of leaders dedicated less of their time to

*... they could share time together and strengthen their bonds as Filipino youth ...*

*Sariling Gawa*. They had graduated from college and established careers and families. Some moved to other islands of Hawaii or other parts of the world (interviews with Macugay, Asuncion and Domingo, 1997-98).

Two sectors of the Filipino community led the efforts to recruit and train new leaders of the organization. Professors at the University of Hawaii, Manoa, including Drs. Alegado, Okamura, Revilla and E. Libarios at Leeward Community College taught various courses in Ethnic Studies, Philippine Studies and Community Studies whereby they provided their students with a field studies option. They encouraged their students to participate in *Sariling Gawa* and to write course papers on what they learned. At least one hundred Filipino,



## Summary

other Asian, Hawaiian, Pacific Islander and European American college students became organizational members (documents review and interviews, 1998).

New leadership developed among Filipino college students who became inspired to join the leadership body after they were mentored and trained by an earlier group. New leadership group cohorts formed, sometimes annually and they continued the tradition of mentoring and training their successors. They also expanded the initial curriculum and improved upon the earlier efforts. Many of the young people returned year after year to volunteer, to lead groups, to serve on committees and/or the Board of Directors. Between 1982 through 1998, several hundred Filipino young people volunteered for various leadership roles for periods of up to eighteen years (interviews and focus groups, 1997-1998).

The current stage of “perpetuation” in *Sariling Gawa* seems to be the result of having established a core of leaders who are committed to the organization and a core set of activities that Filipino youth are committed to conducting annually. There is a general feeling that “*Sariling Gawa* will live on forever” (statement from a survey respondent, 1997 and focus group participants, 1998). Moreover, *Sariling Gawa* appears to be a well-known youth organization in Hawaii whereby the major Filipino community organizations, such as the United Filipino Councils of Hawaii who have chapters on every island, the Filipino Jaycees, the Filipino college student organizations and

The organizational structure of *Sariling Gawa* was formulated by the founders to be egalitarian and cooperative so that its youth members would share responsibilities to fulfill its original purpose that is embodied in the name “Our Own Work.” In order to operate as a federal and state registered non-profit organization, *SG* instituted a Board of Directors. Despite the existence of a more formal structure for approximately a decade, the predominant nature of the organization is one of shared leadership and shared workloads.

From the beginning of *Sariling Gawa*, core groups of youth have formed the leadership body to perform the majority of the organizational and programmatic tasks. During their self-determined tenure as leaders, these core groups have performed an assortment of organizational and program duties. Since *Sariling Gawa*’s main activity is to conduct the annual conference for Filipino youth, core groups of leaders are responsible for all planning, recruitment, fundraising and operating the full conference. These responsibilities are significant, given the fact that annually, an average of ninety high school and college students participate from the state of Hawaii.

Despite its structural and programmatic constraints, *Sariling Gawa* has ingredients of being a sustainable community-based intervention that truly attempts to address the needs of the population it serves. Young people establish



organizations such as the YMCA all have a working relationship with members or leaders of *SG*.

The current core activities involve organizing and conducting an annual conference and participating in community and cultural events. These core activities require that the volunteer Filipino youth continually recruit new leaders, network with Filipino youth and community-based organizations throughout Hawaii, and participate in Filipino social and cultural events, such as the Philippine Centennial Celebration. The organization, at this stage, is a well-known entity with a statewide presence. Therefore, the challenge in this perpetuation stage is to sustain its efforts with Filipino youth and the Filipino community. The next challenge, however, is to advocate for societal-level changes that would address deeper levels of institutional discrimination that leads to economic, social and educational barriers, as noted earlier by Agbayani (1996) and Revilla (1996).

***Sariling Gawa’s main intervention approach can be framed within a personal empowerment model that aims to enhance protective factors against at-risk behaviors.***

their priorities and programs, within their capacity and capabilities. Filipino youth are the leaders of an organization whose mission is to work towards improving their own social, educational, health and overall well-being. In choosing to address issues of self-esteem, self-efficacy, Filipino culture, Filipino identity, peer pressure and peer conflicts,

social support, family and intergenerational problems, education, future careers, *Sariling Gawa*’s main intervention approach can be framed within a personal empowerment model that aims to enhance protective factors against at-risk behaviors.

Social and health-related problems that Filipino youth face in Hawaii led to the formation of *Sariling Gawa*. Community leaders and youth formed *Sariling Gawa*, in response to their mutual concerns about Filipino youth gangs, violence between U.S. born and Philippine born youth, and the relatively low socioeconomic status of Filipino immigrants in Hawaii. What makes *Sariling Gawa* notable as an organization is that by design, Filipino youth serve as the organization’s leaders and from that vantage point, create their own programs for themselves and for their peers. ♦ [End Excerpt]

*Esminia M. Luluquisen, Ph.D., is Deputy Director of Community Assessment, Planning & Education/Evaluation, at Alameda County Public Health Department, and has taught at San Francisco State University. She is a member of Sariling Gawa’s Board of Directors.*

# 40 Years in 2020!



# 2019 Delegates

Joseph Abendanio, Oahu, Kapolei, 10  
 Charlyn Abuyo, Oahu, Waipahu, 11  
 Cherry Mae Abuyo, Oahu, Waipahu, 9  
 Jason Aguda, Oahu, Punahou, 12  
 Ashly Nicole Alcantara, Oahu, Campbell, 12  
 Dominic Arzadon, Oahu, Farrington, 12  
 Nicole Anne Baptista, Oahu, Farrington, 12  
 Sarah Barrientos, Oahu, Damien, 11  
 Micah Barut, Oahu, Damien, 10  
 Jericho Bautista, Oahu, Waipahu, 10  
 Alynna Jean, Baxa, Oahu, Waipahu, 10  
 Loriel Bernal, Big Island, Hawaii CC, Fr  
 Janelle Butac, Oahu, Campbell, 12  
 Venamae Coloma, Oahu, Campbell, 12  
 Aryanna Mae Corpuz, Oahu, Waipahu, 9  
 Marion Cruz, Oahu, Kapolei, 12  
 Mark Zedrick Dela Cruz, Oahu, Waipahu, 10  
 Stecy Dingle, Big Island, Hawaii CC, Fr  
 Jovince Echalar, Oahu, Farrington, 12  
 Micah Fonoti, Oahu, Kapolei, 11  
 Neil Bryan Ganir, Oahu, Waipahu, 11  
 Angelene Grande, Oahu, Waipahu, 11  
 Diana Gretha Guerrero, Oahu, Waipahu, 9



Justine Mae Guerrero, Oahu, Waipahu, 11  
 Geraldine Joy Javier, Oahu, Waipahu, 11  
 Reanne Cielo Laforga, Oahu, Waipahu, 11  
 Jamilah Rae Macalipis, Oahu, Kapolei, 10  
 Lorie Jade Masaoay, Oahu, Waipahu, 10  
 Denerie Monces, Oahu, Farrington, 12  
 Katelin Paderan, Big Island, UH-Hilo, Fr  
 Melody Pagador, Oahu, Waipahu, 11  
 Leynard Pascual, Oahu, Waipahu, 10  
 Daniella Pasion, Oahu, Damien, 11  
 Jaden Roi Pinera, Oahu, Waipahu, 10  
 Aidan Polendey, Oahu, Kapolei, 9  
 Eric Dalen Quemado, Oahu, Kapolei, 10  
 Benjie Ringor, Oahu, Waipahu, 10  
 Sonny Boy Ringor, Oahu, Waipahu, 12  
 Prince Tangonan, Oahu, Waipahu, 11  
 Niza Caryl Valenzuela, Oahu, Campbell, 11  
 Julia Taylor Velasco, Oahu, Kapolei, 11



**Why do we sit in a circle?**  
*Sitting in a circle encourages an attitude of support, togetherness, and collaboration.*



Your Name / Naganmo / Pangalanmo: \_\_\_\_\_

Find a different person to sign their name in a box that tells about them.  
 First one to complete bingo (five in a row) will receive \$2.00 in SG bucks.  
 First one to complete blackout will receive \$4.00 in SG bucks.

*Gayyem /  
Kaibigan*

# BINGO

First year in SG	Born in same month as you	SG Board member	Can sing	Knows how to make a Filipino dish
Knows how to play Pepito / Pusoy	Is handsome / guapo / pogi	Local born	Speaks Ilokano	SG leader
Speaks Tagalog	Knows how to play sungka	Attends a different school	Has traveled to the Philippines	5 years in SG
Born in the Philippines	Ate balut before	SG Program Committee member	College student	SG Support Staff
Can dance the Binasuan (wine glass dance)	Plays a musical instrument	Is beautiful / maganda / napintas	Met a new friend	Can dance Tinikling

*finding Your flame*

*finding Your flame*

## Keynote Guest Speaker



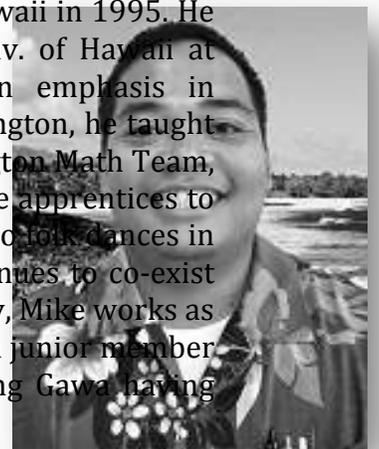
### Jesand Amodo *aka* Jehzan Exclusive

is an Oahu-born and raised emcee/artist, educator, and entrepreneur. She is a third-generation pinay Filipino-American, with family roots in Ilocos Norte and Davao City, Philippines. She holds a Bachelor's degree in Business Marketing from Hawaii Pacific University (2016) and served in the Hawaii Army National Guard (2010-2016). Currently, she works for After-School All Stars, a non profit program for junior high students, and is heavily involved in other various community work. Jehzan uses her artistic and entrepreneurial passions as platforms to inspire and educate her peers and upcoming generations. Alongside her partner, Gie Remolacio, Jehzan owns and operates 3 businesses/brands: SkyLex ENT (record label), OTDHipHop (blog), and 3RDEYEFILMZ (photography/videography), as well as her own music brand. The 2 partners recently completed their first independent international tour in Davao City, Philippines (February 2019). For more about Jehzan Excluse, visit her website at [www.jehzanexclusive.com](http://www.jehzanexclusive.com) or follow her on any social media platform.

## Cultural Workshop Presenter

### Limuel Michael Javines

was born and raised in Santa Cruz, Ilocos Sur, Philippines, and came to Hawaii in 1995. He graduated from W.R. Farrington High School and then attended the Univ. of Hawaii at Manoa where he earned his B.Ed. in Secondary Education with an emphasis in Mathematics, and his M.S. in Mathematics. As a classroom teacher at Farrington, he taught courses from pre-algebra to AP calculus, served as the coach for the Farrington Math Team, and was the advisor to the National Honor Society. He is one of many dance apprentices to Manong H. Wayne Mendoza in learning and perpetuating traditional Filipino folk dances in the community. In 2008, he started Bullalayaw Dance Group, which continues to co-exist alongside its sister group, the Philippine Cultural Group of Hawaii. Currently, Mike works as a sales and leasing consultant at Tony Honda in Waipio, and also serves as a junior member of its finance department since 2013. Mike is a proud alumnus of Sariling Gawa having served as a conference leader from 2003 to 2010.

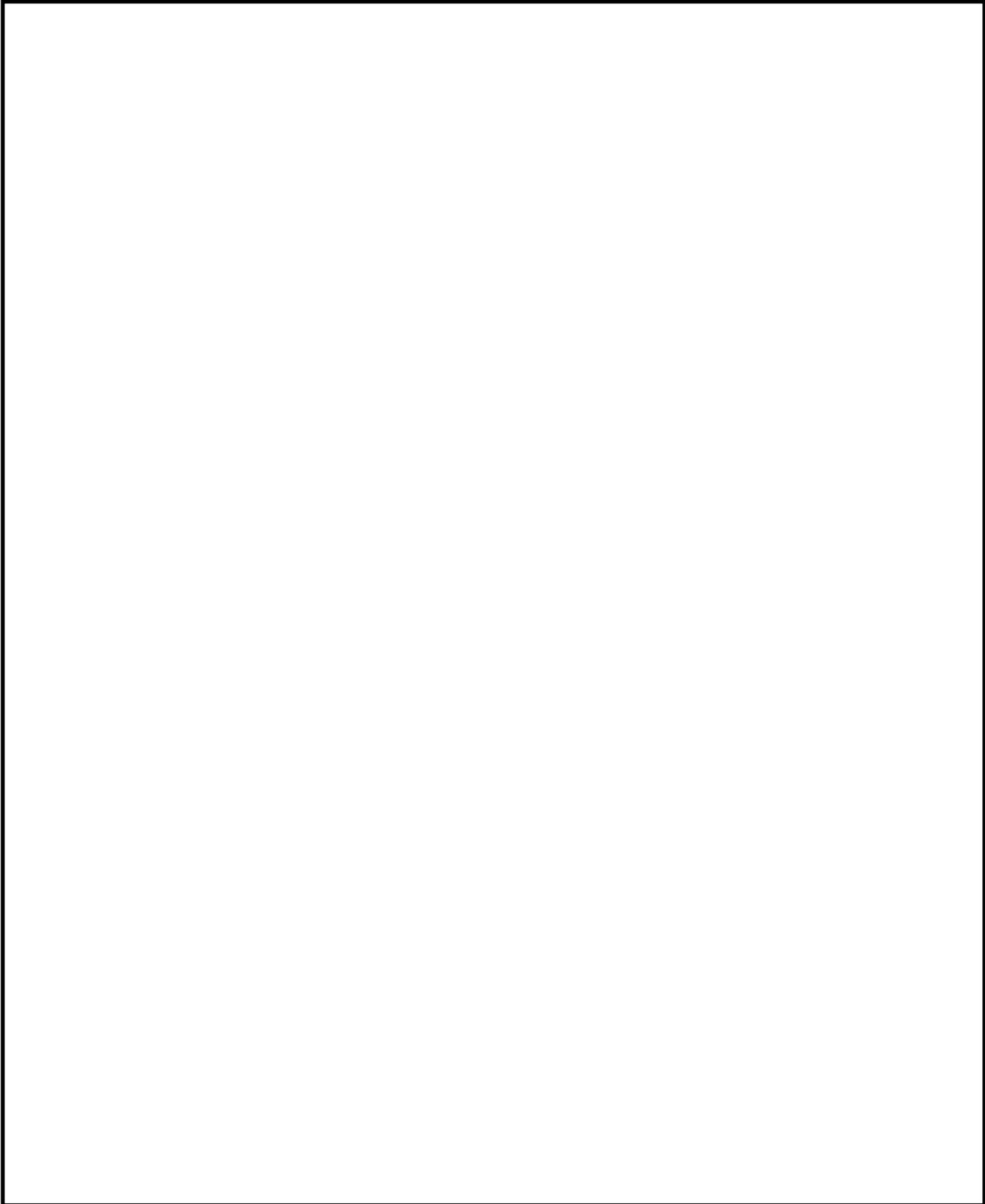


*Mike will be teaching an Ilocano folk dance entitled "Rogelia" which is the name of a young maiden being courted by a young man, and she's playing hard to get!*

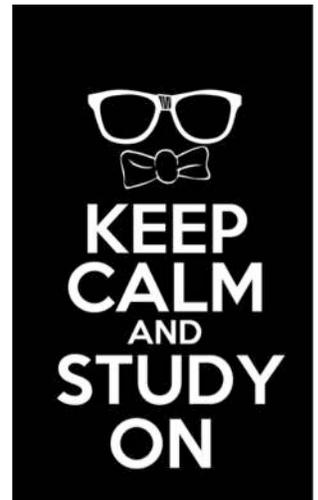




# STRIKE



# HOW TO GET GOOD GRADES



## Get Organized

- Use an assignment notebook. Take it with you to each of your classes.
- Use color-coded folders for schoolwork. They are useful to keep your current assignments and any old tests and assignments organized.
- Have phone numbers for classmates, so if you miss class you will have someone to call to find out what you missed.

## Manage Your Time Well

- Always use the time your teachers give you in class to start on homework, to ask questions or to get help.
- Create your own study plan; depending on the time you have available and the amount of homework you have each day.

## Be Successful in the Classroom

- Learn how to adapt to your teachers different personalities, teaching styles, and expectations.
- Be in school, on time, everyday.
- Be prepared mentally (ready your mind to learn) and physically (bring necessary materials) for class.
- Homework is something you must do.
- Participate in class and in work groups. Be a good group member.

## Take Good Notes

- Be an active listener, trying to understand the information being given. Take notes.
- Recognize important information to write down.
- Make your notes easy to read. Read over your notes.
- Get notes from a friend if you are absent.

## Study Efficiently

- Find a good place to study that is comfortable.
- Make most of your study time.
- Know what to study for tests. Use review sheets and notes.

## Use Test Taking Strategies

- Be prepared for the test. Have your pencils sharpened or pens ready.
- Develop a plan of how much time you will spend on each question.
- Mark questions that you want to return to.
- Be careful of wording in True/False questions.
- With multiple-choice questions try to answer the question in your head before you look at the choices. Eliminate the choices that are not correct by crossing them out.
- Know how to approach essay questions. Read each question, pick the easiest one first, brainstorm and begin writing.
- If you have time, double-check your answers.

## Reduce Your Test Anxiety

- Start studying early. Avoid cramming as it increases test anxiety.
- Mentally practice going through the testing experience.
- To relax, take a deep breath and slowly release the breath and tension. Do this until you feel relaxed.

## Get Help When You Need It

- There will be times when you'll have a question or concern. Go to the appropriate person (e.g. secretary, teacher, counselor) and explain the situation.

# COLLEGE PLANNING PROCESS

**Six Easy Steps!**

## 1. Know Yourself and Your Reasons For Attending College

Recognize your strengths and weaknesses; analyze your interests and values; achieve a personal goal; extracurricular activities and social life; influence of family and friends.

## 2. Consider College Characteristics

Majors and educational programs; type of school and degrees offered; admission policy, location and size; costs and financial aid; college affiliation and accreditation; campus activities.

## 3. List, Compare, and Visit College

Compile information from several resources (internet, website, college catalogs, college fairs, teachers and counselors); weigh advantages and disadvantages; contact the office of admission.

## 4. Apply for Admission and Observe Deadlines.

Narrow your choices; review college admission test requirements; know application fees and deadlines; submit application materials; know scholarship requirements.

## 5. Develop a Plan to Finance Your Education

Determine college costs; investigate all possible resources (parents, savings, financial aid); secure necessary forms and note deadlines; and apply for financial aid as early as possible.

## 6. Review and finalize your plans.

Show initiative and be assertive; talk with your parents and counselor; select a college that meets your needs and preferences; and follow up with colleges to which you have applied.

**COLLEGE ADMISSION**



**CHECKLIST**

## FRESHMEN YEAR

- ✓ Schedule rigorous high school courses. By graduation, you should have taken four years of English, and at least three years of math, natural science and social science.
- ✓ Take ACT's EXPLORE test. It will help you identify your strengths and weaknesses early in your high school career.
- ✓ Review your EXPLORE results with your teachers, counselors and parents.
- ✓ Become familiar with college entrance requirements. Your academic performance (grade point average—GPA, class rank and types of courses you take), ACT test scores, teacher or counselor recommendations, extracurricular activities, essays and interviews are all important factors at most colleges.
- ✓ Research college costs, scholarships and other forms of financial aid. If you haven't begun to save for college, do so as soon as possible.

## SOPHOMORE YEAR

- ✓ Continue to take challenging college prep courses.
- ✓ Take ACT's PLAN test. PLAN is great preparation for the ACT. It will also show you if you are learning the skills you will need for college level work.
- ✓ Review your PLAN results with your teachers, counselor and parents.
- ✓ Learn about the training that different careers require.
- ✓ Start collecting information about colleges through your school's guidance office or on the web/internet. You may begin getting brochures from colleges in the mail.
- ✓ Build a list of colleges in which you are interested or that you may want to visit.
- ✓ Continue researching sources of financial aid. Keep saving.
- ✓ Attend local college fairs.

# Your stress-free guide for applying to college

## Junior year

### September

**Have the "college" talk with your parents.**

Where do you want to go? What major? How much can you spend?

### October

**Take the PSAT!**

It can give you an idea of where you fall in the college applicant pool. Plus, your scores may make you eligible for national scholarships.

### November

**Consider how you'll pay for college.**

Take a look at different types of loans and scholarships. From the exceptionally tall to the llama enthusiast, there's a scholarship opportunity for everyone!

### December

**Take the ACT/SAT.**

These tests are crucial to figuring out which schools are a good match for you. Be sure to take practice tests and even a prep course to ensure that you get your best score possible.

### March

**Make a list.**

Once you have a list of possible schools, start planning your visits. Counselors often recommend visiting six to eight colleges to keep a narrow, focused list.<sup>1</sup>

## Senior year

### August

**Start your essays!**

With your top schools in mind, start drafting your work and be sure to leave yourself time for edits, edits, and more edits.

### September

**Secure letters of recommendation.**

Reach out to teachers, coaches, and employers who would be happy to write you a glowing review. Don't forget to send them a thank you note afterwards!

### October

**Submit your FAFSA.**

Some student aid programs award funds on a first-come, first-served basis so don't wait too long to submit your FAFSA.

**Consider re-taking standardized tests.**

You can also re-take your SAT to try to raise your score.

### November

**Stay on top of deadlines.**

Don't let the date for early application sneak up on you. Many schools have different application deadlines; make sure you know when everything is due.

### January

**Apps are due!**

January 1st is the universal deadline for most schools' applications, so make sure yours are in. If you applied early action, you could get your decision letter any day.

### February

**Mail's here!**

Keep an eye out for your college acceptance letters.

### March

**Watch for award letters.**

This is when you'll get financial aid award letters from the schools that have accepted you. Compare them to see which offers the best financial aid package.

### April

**Decision time!**

After deciding where you'd like to go, make sure to stay on top of communications from your school. Deposits, forms, and housing apps are all due prior to leaving in the fall.

### May

**Make a budget.**

Talk with your parents to figure out how much you'll expect to earn and pay while at school. Having a budget will start you on the journey toward financial responsibility.

### Summer

**Final to-do items.**

This is the time to attend orientation, register for your classes, and make sure the tuition bill is paid. It's also the time to have fun—and have an amazing time!

# Stay Connected!

Share your names and contact information  
to stay connected until next year ... or forever.



Visit our website – [www.sarilinggawa.org](http://www.sarilinggawa.org)  
Email us – [sarilinggawa@gmail.com](mailto:sarilinggawa@gmail.com)



Search "Sariling Gawa" on  
Instagram, Facebook,  
Twitter, and YouTube.

# Maraming salamat po! Agyaman kami amin!

*Thank you very much! We are very grateful!*

We at Sariling Gawa Youth Council extend our sincerest gratitude to the passionate and enthusiastic conference staff composed of the PROGRAM COMMITTEE, BARANGAY LEADERS, and SUPPORT STAFF. This 39<sup>th</sup> annual conference is another memorable and meaningful event for every participant because of their tireless dedication and commitment to planning, organizing, and accomplishing a monumental event. It goes without saying that these young adults have ignited a fire that will keep glowing and growing!

Each year, many of our generous and loyal alumni and friends graciously pour their financial support into Sariling Gawa. We thank them for allowing SG to confidently and positively influence the lives of Filipino teens and young adults in Hawaii. To our in-kind contributors, we sincerely appreciate your countless hours of volunteer service and wealth of resources in the fulfillment of an unforgettable event.

## **DONORS & IN-KIND CONTRIBUTORS**

*as of March 17, 2019*

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Cecilia Alvarez Dalere	Trixie B. Soria
Patrick de la Cruz	Roy Tilitile
William Domingo	Haydee Tolentino
Erika Rachelle Dugay	Eduardo & Sonia Topenio
Chris & Fe Dumlao	Alma Trinidad
Bryan Estoesta	Nena Vallejo
Lana & Reynold Fernandez	Rouel Velasco
Leon & Heather Florendo	Johnny Verzon
Friends of Niki Libarios	Adrel Vicente
Adrian & Lerina Galvez	Adriano Vicente
Nicki Garces	Elizabeth Viernes
Adrialina Guerero	Amazon Smile Program
Michael Javines	Anonymous via Network For Good

## **LECHON LUNCHEON CATERERS**

3 Star Gourmet (Lechon)

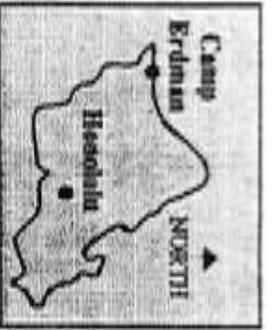
Triple RTs Catering & Lunch Wagon – Owner: Russell Tupinio, 2002 SG participant



*Ignite  
the  
Flame*

*Sariling Gawawa 2019*

# YMCA CAMP H.R. ERDMAN



♻️ = Recycling Cluster

