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8 FUN WAYS

TO SPEND
FATHER'S DAY
AS A FAMILY

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THE FASTEST WAY
TO OWN A BUSINESS

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TO RELAX
IN
FIVE
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CENTRAL LIFESTYLE

Saturday Zumba At Sundance Residences

FRANCHISING: THE FASTEST WAY TO OWN A BUSINESS



Prof. Enrique Soriano

A World Bank/IFC Governance Executive of Post and Powell Singapore and the Executive Director of Wong + Bernstein, a research and consulting firm in Asia that serves family businesses.



With the ASEAN Economic Integration firmly in place and trading policies of the 11 member countries are now being calibrated, Philippine companies have taken the big leap to go global. While some Filipino entrepreneurs have decided to expand their businesses by putting up company-owned stores, more and more Filipinos have found that the best way for a business to expand is by cloning itself -- through franchising. And with the success of many firms in franchising their brands, it is no surprise that even bigger organizations are jumping into the bandwagon and now venturing into franchising to further expand their business.

Working After Retirement

The Kauffman Foundation, in its report titled, "The Coming Entrepreneurship Boom", stated that the highest rate of entrepreneurial activity belonged to the 55-64 age group. The report goes on to state that the average age of

technology company founders in the United States is a surprisingly high 39 with twice as many over age 50 as under age 25. In the Philippines, the age median for franchisee application are anywhere ages between 25 to 35, then 45 to 55 years. And they're not all starting technology companies. Some of them are buying franchises and are more open to trying new things and new markets.

During the last 5 years, the millennials have taken the lead and have now realized the convenience of investing on a franchise business while still employed. When the business gains traction, they drop their employment and re-channel their energies in growing the franchise as entrepreneurs. This number is growing with most franchise owners becoming bolder and willing to take the risk in dreaming of bigger and more successful ventures.

The Franchise Way

Buying a system revolving under a proven business concept (which is what franchising offers) could be the way to go for those that have found themselves out of a job and close to retirement age. According to Enrique Caeg, Chairman of AFFI (Association of Filipino Franchisors) and a colleague at consulting firm FBSC (Family In Business Strategic Consultancy), while franchise ownership has its risks, the advantages of buying a franchise are too many to ignore:

- Tested and Proven concept
- Proprietary business systems
- Extensive training
- Opening Support
- Efficient Technology
- Periodic Performance Review
- Branding

Caeg also highlighted that in the Philippines, even with global brands aggressively entering the local market, local franchisors continue to compete and thrive with powerful brands like Potato Corner (PC) making waves in and outside the Philippines and cornering a huge slice of the french potato frying market.

Like Jollibee, the PC brand even grew its franchise network overseas with such speed that they have started mushrooming in the US all the way to Panama City!

Although franchises are not failure-proof, entrepreneurs favor the odds of a better return on investment, as well as tried-and-tested systematic business operations that form part of the entire package.

While the country's franchising sector is still in its growth stage, "the time is ripe for Philippine brands to go global" echoing a statement coming from Mr. Softy Founder and President Vic Perea.

Mr. Softy is the pioneering soft serve ice cream brand that was founded by Perea 18 years ago. The group has close to 150 stores nationwide and is planning to grow the network to 500 stores employing the franchise model route before pivoting to other ASEAN countries.

To be continued...

8 FUN WAYS TO SPEND FATHER'S DAY AS A FAMILY



Check out these simple and meaningful Father's Day activities that will help you bond and make new memories with your dad.

Make Him Breakfast

Ask Mom's help and make Dad's favorite breakfast food.

Take Him for a swim

Bring dad for a dip in the pool (Sundance 2nd floor). It's a great way to cool down.

Play Mini Golf

Whether Dad is a pro on the golf course or more of an ace at putt-putt, an afternoon of golf is fun for fathers and kids alike. Check out the tower black mini golf in Crown Regency Hotel.

Go Bowling

Bowling is right up Dad's alley — especially if Father's Day is a rainy day this year.

Play Catch

Dad would probably love nothing more than a special game of catch or some other favorite backyard game with the kids. Follow it up with a low-key family barbecue.

Go for a Bike Ride

Spending the day cruising around on two wheels is fun and also healthy for Dad and the kids. Try a bicycle scavenger hunt to make it even more interesting.

Go for a Hike

If dad likes the great outdoors then this is perfect. Find a local hiking or walking trail that the entire family will enjoy. Make it a picnic too. Pack some snacks to enjoy while outdoors. Don't forget to bring lots of water and bug spray.

Have a Movie Night

Order or make Dad's favorite pizza and turn on a family-friendly flick that he'll love. It's the perfect ending to a fantastic Father's Day. Here are some classic family movies to check out: Mary Poppins, The Lion King, Honey I Shrunk the Kids, Sound of Music, Mrs. Doubtfire, The Parent Trap, Wonder, Night At The Museum, and Saving Mr. Banks. Or find out what Dad's favorite movie is and make it your night's first feature.

”

There are 300 new emails in the inbox, those new pants are covered in scalding coffee, and the next conference call starts in exactly five minutes. In other words, it's the perfect time to relax. When we're feeling frazzled, a weekend at a beach resort might be just the thing to calm our nerves. But there isn't always time for tanning, let alone sleeping, eating, or going to the bathroom. Luckily we've rounded up 40 ways to relax and relieve stress in just five minutes or less. From sipping tea to trying some pranayama breathing, all these tactics can create calm during tough times.



FOOD AND DRINK

1. Sip Green Tea

Instead of turning purple with rage, get green with a cup of herbal tea. Green tea is a source of L-Theanine, a chemical that helps relieve anger. Boil the water, pour it out, and take a soothing sip.

2. Nosh on Chocolate

Just a square (about 1.4 ounces) of the sweet stuff can calm your nerves. Dark chocolate regulates levels of the stress hormone cortisol and stabilizes metabolism.

3. Slurp Some Honey

Replace stress with sweetness and try a spoonful of honey. Besides being a natural skin moisturizer and antibiotic, honey also provides compounds that reduce inflammation in the brain, meaning it fights depression and anxiety.

4. Bite Into a Mango

Take a tropical vacation without leaving the desk chair. Use a five-minute break to peel, slice, and bite into a juicy mango, which

40 WAYS TO RELAX in FIVE MINUTES OR LESS

SHANA LEBOWITZ



packs a compound called linalool that helps lower stress levels . Don't fret about the juice dripping down your chin—the stress relief is worth the mess.

5. Chew Gum

Minty, fruity, or bubble-gum flavor, a stick of gum is a surprisingly quick and easy way to beat stress. Just a few minutes of chewing can actually reduce anxiety and lower cortisol levels .

6. Munch a Crunchy Snack

Sometimes there's nothing more satisfying than munching away on a candy bar when we're stressed – one study found stressed adults craved crunchy and salty snacks more than usual. But that salty crunch doesn't have to be so sugary – a handful of trail mix or a bag of celery sticks will work just as well.

INNER PEACE

7. Meditate

No need to go on a retreat to the mountains – five minutes of peace is all it takes to reap the benefits of meditation. There's evidence that just two quick bouts of silent meditation per day can relieve stress and depression . Find a comfortable spot in a quiet place, concentrate on your breath, and feel those anxieties start to disappear.

8. Lay Your Head on a Cushion or Pillow

There are days when all we really need is a nice, long nap. But it's not always possible to start snoring in the middle of the office. If you've got a pillow, you're already on the road to relaxation. Try this visualization technique: Lay your head down for a few minutes and imagine the pillow is a sponge sucking up all your worries.

9. Remember to Breathe

Is there any simpler way to relax? Slow, deep breaths can help lower blood pressure and heart rate . For the fancy noses out there, try pranayama breathing, a yogic method that involves breathing through one nostril at a time to relieve anxiety.

The technique's supposed to work the same way as acupuncture, balancing the mind and body (and possibly eliminating the need for a tissue).

10. Try Progressive Relaxation

Anxious? Just squeeze, release, and repeat. Progressive relaxation involves tensing the muscles in one body part at a time to achieve a state of calm. The method (also used by actors) is a great way to help fall asleep.

11. Count Backward

Nope, it's not an IQ test, but it is a way to relax. When worries are running rampant, try slowly counting to 10 and then back again to calm down. It's harder to freak about an upcoming date or job interview when you're busy remembering what number comes before seven. (Hey, kindergarten was a long time ago.)

12. Use Creative Visualization

The doorbell rings. It's Ryan Gosling (or Elizabeth Banks), and he/she wants to know if you'll marry him/her. "Yes!" you shout and then—sorry, time's up. These little daydreams, also known as "creative visualization," involve thinking of something that makes us feel happy. It's an instant mood boost on hectic days when we're feeling tense.

13. Close Your Eyes

James Taylor said it: You can close your eyes, it's all right. Take a quick break from a busy office or a chaotic household by just lowering your eyelids. It's an easy way to regain calm and focus.

TOTAL BODY RELAXATION

14. Give Yourself a Hand Massage

When there's no professional masseuse in sight, try DIY a hand massage for instant relaxation that calms a pounding heart. Massages can be especially helpful for people who spend a lot of time typing on a keyboard. Hands in general can carry a lot of tension. Apply some luxurious lotion and start kneading the base of the muscle under the thumb to relieve stress in the shoulders, neck, and scalp.

15. Try Acupressure

Pressure to meet a deadline can be stressful, but acupressure can help release all that tension. Acupressure's a kind of touch therapy that works by balancing the circulation of fluids and energies in the body. Use the thumb and forefinger to massage the soft area between the thumb and index finger of the other hand. Dab on some lavender oil for extra relaxation.

16. Rub Your Feet Over a Golf Ball

Leave the clubs at home and just bring the ball. You can get an impromptu relaxing foot massage by rubbing your feet back and forth over a golf ball.

17. Squeeze a Stress Ball

On days when you want to strangle a coworker, your BFF, or the driver in the next lane, squeeze a stress ball instead. It's an easy, portable, and non-violent way to relieve tension.

18. Drip Cold Water On Your Wrists

Pass on the perfume and go with water. When stress hits, head for the bathroom and drop some cold water on your wrists and behind your earlobes. There are major arteries right underneath the skin, so cooling these areas can help calm the whole body.

19. Brush Your Hair

Really, it looks like a rat's nest. Even if you've already done your 100 strokes for the day, repetitive motions such as running a brush through your hair, washing dishes, or knitting can cause the body to relax.

NEW ENVIRONMENT

20. Alone Time

Not everyone needs a cabin in the woods, but five minutes of alone time can help you collect your thoughts and clear your head.

21. Create a Zen Zone

Hiding in a bathroom stall might not sound calming, but do make (or find) a space that's completely free of stress where you can go to relax. Set up a comfortable chair or light some incense and disappear there for a few minutes until the tension dissipates.

22. Find the Sun

Here comes the sun—and some stress relief. If it's a sunny day, head outside for an easy way to lift your spirits. Bright light can be an effective treatment for people who suffer from depression, and can even cheer up otherwise healthy folks.





23. Look Out the Window

When things get hectic, take a five-minute break to do nothing but stare out the window. Looking at nature scenes like trees and public parks can be a lot more relaxing than staring at the TV screen.

24. Get Organized

Clutter could contribute to stress. Take a few minutes to reorganize your desk (or table, or wherever you are), leaving just what you need on top.

EXERCISE

25. Do Some Yoga

Put your feet up—against the wall, of course. The Vipariti Kirani yoga pose involves lying on the floor and resting the legs up against a wall. Not only does it give the body a good stretch, but it helps create peace of mind, too.

26. Stretch It

Standing up for a quick stretch can relieve muscle tension and help us relax during a stressful workday. Why not try a shoulder roll-out or a chest-opening stretch right from the desk chair?

27. Run in Place

We may not be able to run away from stress, but it's worth practicing. Try running in place for a few minutes to get those endorphins flowing. Even brief physical activity can help beat stress.

28. Take a Quick Walk

"Now walk it out, now walk [stress] out." When you're feeling overwhelmed or having trouble concentrating, go for a quick stroll around the block. You'll get the benefits of alone time, physical activity, and a few minutes to gather your thoughts!

ENTERTAINMENT AND CREATIVITY

29. Write It Down

"Dear Diary: Today I feel STRESSED." Just putting our emotions on paper can make them seem less intimidating. Try this technique before a big exam and it just might improve your score.

30. Listen to Your Favorite Song

Beyonce, Blondie, or the Biebsters, sometimes belting out the lyrics to a favorite tune makes everything seem all right. Just listening to music can be a quick fix for a bad mood. Classical music can be especially relaxing right before bedtime.

31. Dance

Dance to the music! Research suggests people feel less anxious after a few months of modern dance, but if that's not your style, five minutes of the funky chicken probably works, too. (At the very least, dancing's a great form of cardio!)

32. Do a Crossword Puzzle

Number 10 across: Anxious, overwhelmed, or freaking out (seven letters). If you guessed "Stressed," you're in good shape to try some crossword puzzles. Brain games that require lots of concentration can help take our mind off whatever's worrying us.

SMELL

33. Smell Some Flowers

Really, stop and smell 'em. Certain odors can change our mood, and it's hard to feel angry or upset with a nose full of roses. Keep a fresh jar of your favorite flowers near your workspace or in the living room, and take a whiff whenever anxiety strikes.

34. Try Aromatherapy

It takes just a minute to drip some lavender, tea tree, or another essential oil into your palm and inhale. The soothing scents may help send stress and anxiety packing by stimulating smell receptors in the nose that connect to the part of the brain that regulates emotions.

35. Sniff Citrus

Orange you glad you're not stressed? The smell of citrus can help us relax by increasing levels of the stress-related hormone norepinephrine.

36. Nose Full of Coffee

Wake up and smell the coffee. Just the odor of coffee can help reduce stress hormones—no sipping required.

SOCIALIZING AND FUN

37. Cuddle With a Pet

A boyfriend or girlfriend is okay, but they're (usually) not furry enough. After a rough day, snuggle up with a pet for an instant slobbery smile, since pets can boost self-esteem and even ease the sting of social rejection.

38. Laugh

Stressed? Me? Ha! Laughter's one of the sillier ways to beat stress, but there's science behind it. A fit of hysterics can increase blood flow and boost immunity. Keep a book of jokes handy in the desk drawer or check out a hilarious YouTube video (maybe a piano-playing pug?) for a quick pick-me-up.

39. Talk to a Friend

When something's really bothering you, it can help to share your feelings with a friend. In fact, more talkative folks tend to be happier in general. So vent to a coworker or call a close family member and spill.

40. Start Planning a Vacation

Crashing waves, warm sand, a gentle breeze ruffling your hair. Well, at least the image is nice. Take a break from work and start browsing the web for some future vacation spots. Sometimes the whole fun of a trip is in the planning, anyway.





THE SUITES *at* GORORDO

CONSTRUCTION UPDATE

LAYING THE GROUNDWORK FOR CEBU'S MOST ICONIC LANDMARK

Worldwide Central Properties, Inc. formally marked the construction of its second vertical luxurious development, THE SUITES AT GORORDO with the ceremonial ground breaking last January at the development site in Gorordo, Lahug, Cebu City.

THE SUITES AT GORORDO is very close to the Cebu Business Park and the uptown commercial district. Along its avenue, one finds a long stretch of hotels, banks, churches, medical facilities, schools and F&B hotspots.

Taking inspiration from the Flatiron Building in New York City, THE SUITES AT GORORDO's unique crystal trophy-like facade is designed to be an iconic landmark that will change the Cebu skyline. It offers the only luxury residential suites in the Queen City of the South to be managed by a leading international property owner/operator.

Excavation Works

Excavation and soil protection works are now in full swing at The Suites at Gorordo. As of May 2019, pipe laying is 100% done while bulk excavation is at 62% and slope protection is at 50%.



Saturday Zumba at Sundance Residences

Health and wellness enthusiasts in Sundance Residences will be happy to know that Worldwide Central Properties, Inc. has begun hosting Saturday Zumba parties at the Sundance Residences Pool Area since May 04, 2019. Sweat it out with Cebu's Zumba queen, Emma Satchell, every Saturday, from 7:00 pm to 8:00 pm

For inquiries, please call 0917 849 4600

Hinalang Recipe



Ingredients

- ☐ cooking oil, for sauteeing
- ☐ 1 medium white onion, quartered
- ☐ 3 cloves garlic, chopped
- ☐ 1 2-inch piece native ginger, sliced thinly
- ☐ 1 medium native red bell pepper (atsal), chopped
- ☐ 1 1/2 tablespoons green onion, chopped
- ☐ salt, to season
- ☐ 3 to 4 native chilies (kolikot), chopped and pounded
- ☐ 1 kilo beef, (use shanks), sliced into 2-inch pieces
- ☐ 1 medium bunch baguio pechay, chopped
- ☐ rice, (steamed), to serve

How To Cook Hinalang:

- ☐ Heat oil in a large, heavy-bottomed pot or casserole over medium heat. Saute onions, garlic, ginger, red pepper, and green onions until lightly browned and fragrant. Season with salt and pepper.
- ☐ Add chilies and stir. Add beef in one layer. Add 8 cups water and season with salt. Lower heat and simmer until beef is tender, about 2 to 3 hours. Add more water, if necessary. Remove impurities that rise to the surface. Add pechay and cook for 2 minutes.
- ☐ Serve hot with steamed rice.

WORD SEARCH

Rules: Locate the given words describing Sundance Residences' features and amenities in the grid, running in one of eight possible directions horizontally, vertically, or diagonally.

K D A Y E I A M B E
D N M B T N G C C S
B U E B A T O X M U
J O N O T E Y Y L O
W R I L S R G H L H
D G T L E I A P O T
M Y I C L O R O O N
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