



Worldwide Central Properties Inc.
Member of Worldwide Group of Companies

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2019

AT HOME WITH

CENTRAL

BUILDING COMMUNITIES. BUILDING PEOPLE.

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Mechanics:

1. Promo applies to mountain view units reserved from Sept 1-30, 2019 only.
2. Buyer may choose between GCs worth 30,000 from Rustan's Dep't Store or Voucher from Plantation Bay for two night stay for two.
3. Chosen GC/ Voucher will be released upon a minimum down payment of 5% & submission of signed CTS and PDCs.
4. Bookings must be made directly to the Resort/ Dep't Store by the buyer.
5. Resort/ Dep't Store terms and conditions apply.

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SORIANO: WHY PROFESSIONALIZE YOUR BUSINESS?

FRANKFURT, Germany. The title is so appropriate as I am in the process of helping a family owned business here in the European Union transition from a family owning business to a business owning family! And my opening slides says it all..."If you become more professional, you become more efficient. If you become more efficient, you become more profitable. If you become more profitable, you can grow!"

That's the reality in business. No man is an island. Business needs talented professionals to surround the visionary and founder. So what are the characteristics of founders and business owners? Primarily, they are deal makers, opportunistic and ambitious. They are obsessed in growing the business at all cost. They started poor with literally nothing except the shirt in their backs. For founders of businesses like my former boss and mentor, Andrew Tan, he was born in China and the son of poor immigrants from Fujian province. His family migrated to Hong Kong when he was four years old. As a child, he and his family used to share a tenement apartment with four other families, with only one bathroom and one concrete table for all the families' cooking stoves.

At 16, he came to the Philippines to join his father who was then working in a transistor radio factory. Tan recalls the difficult period, "I lived with my parents in a cramped 20 square meter apartment in Sta. Cruz, Manila. I struggled throughout my college days because I had no money. To save on jeepney fare, I walked every day from my apartment to the UE campus on C.M. Recto." For lunch, Tan often ate "bananacue" (fried bananas) that he bought from vendors along Gastambide Street.

During his first two years as a student, he supported himself by selling watches and tutoring grade school students in math on a part-time basis. It was hard juggling a part-time job and going to college, but Tan never complained. He learned that whether working or studying, doing it as best as he could gave him a sense of satisfaction and fulfillment. It also helped him become a better person.

Tan was a former employee with limited or no resources and decided to make it big onto the road to dollar billionaire status.

Founders like Tan usually create a whole new paradigm for their businesses, challenging the dominant market leader in as many industries as possible. To start the road to leadership, the founder must have a long, strong vision for the future. How will this industry, this space, this company look like in 20 years?

Unfortunately, the rags to riches story of Tan is an exception. He admits that he couldn't have achieved his feat if not with the help of professionals. When Tan founded property giant, Megaworld Corporation in 1989, he had to rely on professionals as there was no one to turn to. His children at that time were still in school. When he listed the brand in 1994, professionals ably assisted him. When he grew the Emperador brand to become the world's biggest brandy, his trusted lieutenants were all non-family executives and they are still running operations up until today. Tan's children started to join only right after university with Kevin, the eldest jumping in sometime in 2001. Soon after Kendrick, the younger offspring joined. In short, the businesses under Tan were all moving at break neck speed navigated by professionals with Tan directing the efforts.

Unfortunately, for most founders, the difference ends there. Typically, the business owner is a lot better at inventing concepts than he was with more prosaic duties, such as planning and management. As he creates momentum for the business, the supporting units falters as the speed in making money takes a toll on the back end. When the business systems become more complicated, the founder finds himself in a dilemma to adopt to a new, more efficient solution.

Pride and being stubborn kicks in with this statement, "That's the way we've always done it" or "I have been successful already, what is there to fix?" Admittedly for founders, change is hard and it takes time to reconcile with the reality of professionalizing the business. Trust is Important. A business owner cannot professionalize unless he or she trusts non-family employees to make important decisions.

You've created an organization chart containing non-family names... now respect it! The key is to stay ahead of competition and hire the right people with the right skills. Start right now.



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.

Ways To Manage Stress

Stress is a fact of life. We don't always have control over what happens to us, but we can manage how we feel.

Being stressed out makes us vulnerable to colds, flu and a host of chronic illnesses so here are some tips on how to manage your stress.

1. Breathe for better health.

Most of us don't pay attention to how we breathe. There is a way to breathe for better health and for stress management. This is by breathing deeply from your diaphragm. Begin by putting your hand on your abdomen just below the navel. Inhale slowly through your nose and watch your hand move out as your belly expands. Hold the breath for a few seconds, then exhale slowly. Repeat several times. This breathing exercise oxygenates your blood, and helps you relax almost instantly.

2. Shake and loosen it up.

In a standing or sitting position, stretch your arms out from your sides, and shake your hands vigorously for about 10 seconds. This exercise loosens the muscles in your neck and your upper back; if they're strained, they can cause a lot of pain. Combine this with a little deep breathing and you'll do yourself twice as much good in managing stress.

3. Take a walk.

Long hours sitting down isn't good for you. Get up and walk. Walking forces you to breathe more deeply and improves circulation. Step outside if you can and if that's not possible, you can gain many same benefits by simply walking to the bathroom, the kitchen or pantry or the copy room.

4. Stretch.

Muscles tighten during the course of the day, and when we feel stressed out, the process accelerates. Stretching loosens muscles and encourages deep breathing. One of the greatest stress-relieving stretches is a yoga position called the child pose, which stretches the back muscles. On a rug or mat, kneel, sit back on your heels, then lean forward and put your forehead on the floor and your arms alongside your legs, palms up. Hold for one to three minutes.

5. Do Yoga exercises.

This calming exercise is for stress management: Stand with your feet shoulder-width apart and parallel. Bend your knees to a quarter-squat position (about 45 degrees) while keeping your upper body straight. Observe your breathing for a couple of breaths. Inhale and bring your arms slowly up in front of you to shoulder height with your elbows slightly bent. Exhale, stretching your arms straight out. Inhale again, bend your elbows slightly and drop your arms down slowly until your thumbs touch the sides of your legs. Exhale one more time, then stand up straight.

6. Commune with nature.

Go gardening or take a walk in a lovely garden. Appreciate the flowers and the leaves. Focus on the details – different flowers, colors, smells.

7. Do it yourself massages.

Massages relaxes people. When feeling the tension, simply massage the palm of one hand by making a circular motion with the thumb of the other. Or use a massage gadget that allows you to massage hard-to-reach spots on your back.

8. Bigger smiles when stressed.

We smile when we are relaxed and happy. So when stressed smile even more because it can also make us feel relaxed and happy. Dr Cooper explains “Smiling transmits nerve impulses from the facial muscles to the limbic system, a key emotional centre in the brain, tilting the neurochemical balance toward calm.

9. Visualize relaxation.

Spend a few seconds picturing a relaxing scene, such as walking in a meadow, climbing up a hill, having a picnic by a stream, lying down in a hammock, flying high on a swing, or lying on the beach. Focus on the details – the sights, the sounds, the smells.

10. Take a hot bath.

Nothing is more stress relieving than a hot bath. Make it extra special by adding some scented salts.



17 of the most brilliant ways to fix things with baking soda

These baking soda uses are about to make your life much easier.

By Lauren Gelman

Baking soda is one of the most versatile home remedies in your pantry. Here's how to use baking soda to clean your home, improve your health and more.

01 Make fluffier omelettes

For restaurant-quality “puffiness”, add a scant one-quarter teaspoon of baking soda to every three eggs you beat. The omelette will be light and fluffy. You can also use this trick to make big fluffy curds when scrambling eggs. Don’t add too much or your eggs will taste bland, and be careful not to oversalt since the soda adds a slightly salty taste.



02 Soften beans

Afraid those dry beans have been on the shelf too long? Help soften them by adding a pinch of baking soda to the soaking water.

03 Get rid of fishy odours

Been chopping something pungent? The smell of garlic or fish can linger on your fingers long after the food is gone. To avoid that, scrub your wet hands with baking soda (as if it were soap), then rinse in warm water. Your hands will smell sweet (and feel softer too).

04 Make a rainy day activity for kids

Avoid hearing another whiny, “I’m boooored.” Boil 2 cups of baking soda with one cup cornstarch and 1¼ cups water until thickened. Remove from the heat and cool. It makes a fun, pliable modelling clay that’s good for a day.



05 Deep-clean a funky-smelling dishwasher

Avoid hearing another whiny, “I’m boooored.” Boil 2 cups of baking soda with one cup cornstarch and 1¼ cups water until thickened. Remove from the heat and cool. It makes a fun, pliable modelling clay that’s good for a day.



06 Salvage a burned pot

By the time you've thought, "What's that smell?" and then remembered you left the stove on, it's often too late. The bottom of the pot is a blackened mess. You can save it, though. Scrape out as much food as you can and then fill the pan a quarter full of water. Pour in a half cup of baking soda and bring the water to a boil. Turn it off and let it sit overnight. In the morning, you can clean off the black stuff with ease.

07 Make tomatoes taste sweeter

If last year's garden tomatoes tasted dull, take action this year to ensure your garden harvest is as good as it can be. Sprinkle baking soda lightly on the soil around the base of your tomato plants; the resulting bounty will taste sweeter.

08 Save a mildewed book

Found mildew around the edge of a childhood classic you adored? If it's a mild case, sprinkle baking soda lightly between the pages, then put the book in a paper bag and dust the outside with more baking soda. Let it sit for several days, then remove, shake out, and dust off the baking soda, and let the book get a shot of bright sunlight. It doesn't remove mildew marks, but if you store it in a dry place, no more mildew will grow.



09 Take the sting out of sunburn

Pour a cup of baking soda into a lukewarm bath, then soak and relax. It will help lessen the pain more quickly.

10 Control cradle cap

The flaky scalp on infants known as cradle cap is harmless and will usually go away on its own, but most parents can't stand to look at it. Make a paste in your palm of a couple of tablespoons baking soda and a teaspoon of water. Rub gently on the affected area, being careful not to get near the eyes, then wipe off with a damp washcloth, using no soap or baby shampoo. Repeat for two to three days until the flakiness lessens.

11 Soothe a mouth ulcer

It's hard to believe how much pain a tiny sore on the inside of your mouth can cause. Help the sore heal faster by swishing every couple of hours with a solution of 1 teaspoon baking soda stirred until it dissolves into 1 cup warm water.

12 Make your microwave sparkle

Got a lot of gunk baked onto the walls of your microwave? Put 1 cup water and a few tablespoons of baking soda into a glass container. Microwave on high for 3 minutes. Use a damp sponge to wipe off all the loosened grime.



13 Revitalise wallpaper

Don't let a trail of greasy little fingers down your favourite hallway wallpaper upset you. Rub the stain gently with a damp sponge sprinkled with baking soda, then rinse and pat dry.

14 Soothe a sensitive stomach

Careful use of baking soda can help make certain foods more palatable. A very tiny pinch of baking soda in coffee, orange juice or tomato soup, for example, can prevent an acidic stomach after eating. Be careful not to overdo it or food will taste bland.

15 Stop a mosquito bite in its tracks

Careful use of baking soda can help make certain foods more palatable. A very tiny pinch of baking soda in coffee, orange juice or tomato soup, for example, can prevent an acidic stomach after eating. Be careful not to overdo it or food will taste bland.

16 Discourage weeds in cracks

To keep grass and weeds out of the cracks between your paving stones, sprinkle on baking soda and sweep it into the cracks.

17 Soak away smelly feet

For hot, sweaty feet or tired, achy toes, plop your feet in a basin of cool water with baking soda stirred in. Soak for 15 to 20 minutes, then rinse and dry. This will help cut down on odour and may also help ease athlete's foot.





Official Opening Of Our Sky Deck



Selected guests were invited for the opening of our sky deck last August 10. The afternoon VIP Preview was hosted at the Sundance view deck allowing guests to see the vibrant community in Banawa.. Guests were also given a preview of the Penthouse Suites at Sundance Residences.



WORLDWIDE CENTRAL PRO PLANTS 2,000 TREES IN CE

As part of its advocacy to protect the environment, Worldwide Central Properties planted 2,000 fruit trees in Barangay Gaas, Balamban last August 17, 2019.

Sharon Ong, Worldwide Central Properties VP for Sales, said that this tree planting program is just the first of many.

This exercise where our employees participated in is not just in compliance of the ECC (Environmental Compliance Certificate) but is also a team bonding exercise.

The trees planted will be monitored to ensure their survival.



Pork Menudo Recipe

Menudo is a popular Filipino pork dish. It is usually served during gatherings and fiestas. There are a lot of variations to the menudo recipe-some add hotdog slices, raisins, chunks of pickles, and even additional seasonings that amp up the umami flavors of this pork tomato stew. Every home, town, or province might have their own version!



Ingredients:

- ☐ 2 tablespoons cooking oil
- ☐ 3 cloves garlic, minced
- ☐ 1 onion, chopped
- ☐ 1 kilo pork
- ☐ 1/2 cup soy sauce
- ☐ 1 teaspoon sugar
- ☐ 3/4 cup tomato sauce
- ☐ 1 cup water
- ☐ 2 to 3 pieces dried bay leaf
- ☐ 1/4 kilo pig liver
- ☐ 1 cup potatoes, diced
- ☐ 1 cup carrot, diced
- ☐ salt, to taste

How to Cook Pork Menudo

- ☐ In a saucepan, saute garlic and onion in oil.
- ☐ Add the pork. Cook for 5 minutes.
- ☐ Pour in soy sauce, sugar, tomato sauce and water and then add the bay leaves. Simmer for 30 minutes or until the pork is tender.
- ☐ Add the liver and cook for 5 minutes.
- ☐ Add potatoes, carrots, then season with salt, and pepper. Stir and cook for 15 minutes.

Make sure not to overcook the veggies such as the potatoes and carrots. This step is easy to overlook and you might end up with too soft or mushy veggies. Don't forget to serve this fiesta dish with lots of steamed rice! You'll need it to soak up all the flavorful sauce that will accompany each spoonful.

SUDOKU

How to Play

Fill the grid so that every row, column and 3x3 box contains the digits 1 to 9, without repeating.

	5	4	6	2		1		3
	9			5			6	
2		7	4	3	1			
	4	9	1		5			
6	2				4	7		
1			2	7			8	9
5		3		6	7			2
		2				6		7
			8			9	3	

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