



in the house

AUGUST 2021
ISSUE 55

OFFICIAL MAGAZINE OF MANILA HOUSE

Time to Get Cozy

BAR | CUISINE | ART | POP-UP | EVENTS

RAINY DAYS AND LOCKDOWNS

The weather forecast has indicated rain, rain, rain for many days now. As I write, however, news of the Philippines' first Olympic gold medal, thanks to our petite-sized Amazon, Hidilyn Diaz, has swept away the dreariness of the seasonal downpours. It is a magnificent achievement: the lady from Zamboanga, all of 4'11", bested everyone else in the competition by lifting a total of 224kg. She was lifting more than weights. When she raised that weighted bar above her head, she lifted the spirits of an entire nation wearied by the pandemic and politics. Her honor was ours, too.

Amid the rains comes confirmation of yet another lockdown, a circuit breaker to curtail the spread of the Delta variant, which has now reached our shores. While most of the COVID-19 hospitalizations currently taking place are mostly among the unvaccinated, it will be a while before we drop our face masks and shields, especially whilst indoors. The Delta variant is not just a mutation of the original novel coronavirus, it is frighteningly contagious, which explains many of the breakthrough infections among those who have been double vaccinated. Which all means that vigilance must still be maintained, and all the sanitation protocols adhered to, even for those who have been fully vaccinated. And, to be outdoors as much as possible, because the aerosolized particles of the Delta variant may remain in the air for up to 16 hours, therefore proper ventilation is so important.

We have to unfortunately close the Club for dine-in, and will be operating on a takeaway basis until August 20th. We hope to see you back in the Club, weather - and Covid situation - permitting, from August 21.

Stay safe and dry.



Bambina Olivares

*Director of PR and Arts,
Culture, and Education Programs*



HOW TO SIGN UP

Manila House Rewards is easy and convenient to access. The attached hyperlink <https://manila-house.eber.co> takes you to the registration/login page.

You will be able to log in to your account using the primary email or mobile number connected to your Club membership.

Best In-House Magazine PHILIPPINES BEST BRAND AWARDS 2018



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Bambina Olivares

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Marketing Manager**
Arci Catalan

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ON THE COVER

*Rizal Room, now with teal walls,
evokes the former Anahaw
Restaurant*

AUGUST

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Intimate celebrations at the Bonifacio Main Dining

Arci Catalan

Content & Marketing Manager

A journalism graduate, **Arci Catalan** plays a huge part in the small team that creates all our announcements, advisories and social media posts. She started out in Sales, but has surely found her groove in the PR & Marketing Department.

How do you come up with your ideas for the Club's social media and PR campaigns?

The process changes. Sometimes I start with an image in my head, either an existing photo (I've probably memorized our photo bank by now!) or looking at the same space in the Club but from different angle/perspective, then the words follow. Sometimes I have to start with the concept and caption then try to capture the visuals that go with it. For webinars and the newsletter, it's a collaboration with the Marketing team. But no matter the process or the content, the inspiration is always Manila House!

How has your experience with Manila House shaped you as a person?

I'd been in sales for about 10 years, then the pandemic happened and I had to take up this role in marketing. I'm not usually too keen about major changes, but I'm always thirsty for knowledge. I took the challenge even if it's out of my comfort zone because it's an opportunity to learn, grow, and contribute more to the Club. I have more responsibilities now and a small team to manage, so I can say I'm very different from who I was just a year ago. I'm very grateful to my superiors for the guidance because I still am learning every day, and for trusting that I can do the job.

What made you want to study Journalism?

It wasn't my first choice of major! I really wanted to take up Architecture, but fate (and my parents) wanted me to be an engineer. I spent three years in Engineering before I was able to convince my parents I wanted to shift to a different course. By that time, if I'd shifted to Architecture, I would have needed to start all over again as a freshman. So I thought of the next thing that I liked doing, which is writing. Looking back, I'd always been part of the school journals until High School. After college though, I avoided actually writing for a living (but worked in media--- tv and radio productions), and I find it funny that my name still ended up being in this e-magazine!

What do you usually do on your days off?

I bake and cook A LOT. I'm in my best mood when I'm in the kitchen! Either that or watching some K-Drama, stand up comedy, or movies on Netflix.

Where do you see yourself in ten years time?

In a small but cozy house, with a spacious kitchen and herbs in my garden. And a dog. A husband would be nice too... but no kids, thank you very much!



POP QUIZ

- **Binge worthy movie or series....** F.R.I.E.N.D.S. --- I can't count the times I've watched the whole thing from start to finish!
- **The best dessert in town is....** Anything with ice cream!
- **The top destination on my bucket list is...** Australia. Would be nice to spend quality time with my cousins and nieces!

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membership@manilahouseinc.com

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Manila House
Private Members Club

@manila_house

@manila_house

Manila House Private Club



MEMBER REFERRAL AND REWARDS PROGRAMME

We're accepting membership applications again. Refer a friend, family member or business associate for membership to Manila House and we'll reward you!

For every new Member you refer, you will receive a P10,000 voucher that is

- redeemable against food and beverage consumption for dine-in and takeaways
- non-transferrable and not convertible to cash
- valid for six months from date of issue
- valid for single transaction and shall not be claimed with any discount and promotions

The voucher is released only upon the payment of membership joining fees by the new Member. The value of the voucher is fixed, regardless of membership type.

For inquiries and more information regarding Member Referral Programme, please call +63 917 805 5941 or email membership@manilahouseinc.com

2021 ANNUAL DUES AND CONSUMABLES

Annual Dues must be settled within the first month of each year. Annual Dues are inclusive of P700 and P500 monthly consumables. Founding, Regular, and Associate Members will be entitled to P700 in monthly consumables. For Junior Members, the monthly consumable amount is P500. The consumable amounts may be used in all F&B outlets.

If unused, the monthly consumable amount will be forfeited at the end of every month.

After February 28, 2021, unpaid Annual Dues for 2021 shall be charged late payment interest of 2% per month.

For more information regarding Membership concerns, please call +63 917 805 5941 or email membership@manilahouseinc.com

F&B VOUCHERS

We continue to encourage Members to purchase in advance the P10,000 F&B vouchers that are fully consumable and may be used for dine-in and takeaway. They may also be used as payment for webinar registration fees which include food delivery options.

SUPPORT MANILA HOUSE VIA TAKEAWAY

The current lockdown restrictions have meant that the Club is closed for dine-in until further notice.

In the meantime, we urge all Members to support the Club, and its employees, by ordering from our Takeaway Menu.

For your convenience, we offer several ways to order Takeaway:

Order from our website (shop.manilahouseinc.com), through food delivery services (**Pick-a-Roo, Grab Food, Foodpanda and JustpayTo**), or by calling us directly (+63 917 816 3685).

Thank you for being part of the Manila House community, and for supporting your Manila House family.

Please note that our safety protocols are subject to change depending on pronouncements issued by the IATF and the LGU. The Club reserves the right to refuse service to Members and their guests who do not comply with the safety protocols.

Essentials in the Time of COVID

A curated selection of necessary items from our partners

STAY WELL AT THE FARM AT SAN BENITO

Detox, de-stress and emerge refreshed. Special rates at **The Farm** await Manila House Members.

Room rates begin at P10,000++ per night and includes Nutrient-rich vegan breakfast for two; Holistic Health Orientation with our integrative Doctor; Participation in Mindful Movements: Yoga Sessions, Mandala Flower Meditation, Immune Boosting Juice and Blends Prep Class, Wellness Talks, and Nature Walks; Use of facilities; Complimentary WiFi

To ensure a safe and comfortable stay, all guests are required to take a 15-minute FDA-approved rapid test on-site prior to entry at P2,500++ per person additional fee.

Contact details: +63 918 884 8080, +63 917 572 2325
info@thefarm.com.ph
www.thefarmatsanbenito.com



CLOSER TO HOME AT AMANPULO

Blissfully marooned in the tranquil waters of northern Palawan, the private island of **Amanpulo** beckons family and friends to immerse in a serene summer escape together. Manila House Members may enjoy an exclusive complimentary upgrade from a Deluxe Hillside Casita to a Beach Casita on weekdays (Sunday to Thursday) for stays from May 1 to September 30, 2021, available for booking until September 25, 2021 only.

Immerse in the pleasures of paradise with a two-night stay in a Casita starting at P106,000++ inclusive of daily breakfast, and a choice of a 50-minute massage at the Aman Spa or an a la carte lunch for two persons

To ensure a safe and comfortable stay, all guests are required to submit negative COVID-19 PCR test swab results. This will ensure that the entire family / group will be cleared to join the flight and will facilitate a quicker and smoother transit from the Medical Reception to the Lounge.

To book, please call +63 (2) 7976 5200 or +63 (2) 8854 0276 or email amanpulores@aman.com and copy Carla David cdavid@aman.com



SAFE & SOUND



Our staff is now fully vaccinated!

We thank the Taguig LGU led by Mayor Lino Cayetano for an efficient vaccination campaign. Together we are on track to the #RoadToZero!



WE TAKE YOUR HEALTH AND SAFETY SERIOUSLY

Manila House is a certified safe space and has been issued the Safety Seal by the Taguig Safe City Task Force.

Thank you, Taguig City! And thank you to our Members, Staff and Guests for your compliance with our protocols.

WE RISE BY LIFTING OTHERS

Recently, thanks to our Members' generosity, we delivered Hot Meals for Heroes to our frontliners at the UST Hospital!



UST Hospital Staff receiving packed meals

Manila House launched its feeding program Hot Meals for Heroes in April 2020, and we have fed hundreds of frontliners and essential workers since then.

We are very grateful for the generosity of our Members and friends of Manila House, and this campaign is still ongoing!

For those who wish to donate to Hot Meals for Heroes, please see information below:

HOT MEALS FOR HEROES



Look out for those who look after us. For as little as **Php150**, you can feed a frontliner, essential worker and security staff!*

Call us at **+63 917 816 3685** to make a donation and we'll prepare** the hot meals, freshly cooked and packaged by our kitchen.

*Minimum 30 meals per order

**Meals will be ready for pick up at Manila House

Please send your donations to:

Account Name:
Manila House Private Club Inc.

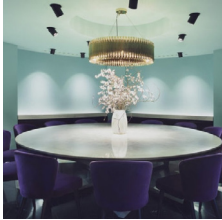
Unionbank BDO
002020031640 006858008791

Paypal
accountsreceivable@manilahouseinc.com



please scan the QR Code
for GCash payments

Manila House Members now enjoy reciprocal rights at the following Clubs



12 HAY HILL
London
United Kingdom



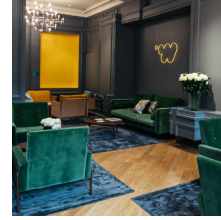
ALL BRIGHT
London
United Kingdom



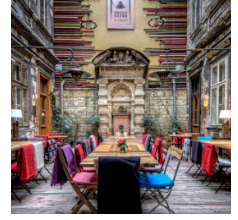
THE COURT
London
United Kingdom



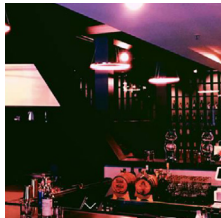
KJARVAL
Reykjavik
Iceland



WE ARE
Paris
France



BRODYLAND
Budapest
Hungary



MODERNIST
San Francisco, CA
USA



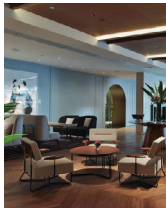
THE BATTERY
San Francisco, CA
USA



PERSHING
Austin, TX
USA



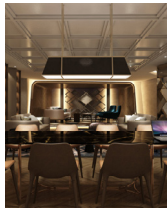
HERE HOUSE
Aspen, CO
USA



ARTYZEN CLUB
Hong Kong



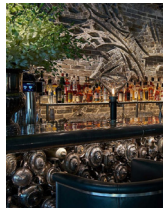
TOWER CLUB
Singapore



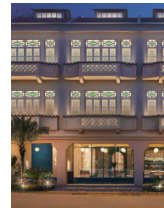
THE CITY SOCIETY
Beijing



THE AMERICAN CLUB HONG KONG
Hong Kong



1880
Singapore



STRAITS CLAN
Singapore

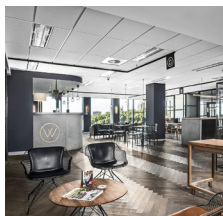


THE QUORUM
Gurugram &
Mumbai



UNITED SERVICES RECREATION CLUB
Hong Kong

WORK CLUB GLOBAL Australia



SYDNEY SUPREME



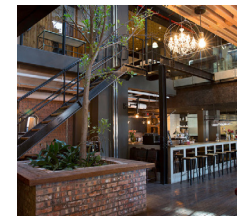
SYDNEY BARANGAROO



SYDNEY BARRACK PLACE



CANDELA NUEVO
Melbourne
Australia



CARTEL CLUB
Cape Town
South Africa

Please note that all requests for visits to and bookings at our reciprocal clubs must be coursed through Manila House at least three (3) days before your intended visit. Please include the dates of your visit, as well as the number of guests you wish to bring, as each club sets its own limits. We kindly remind you to wait for email confirmation that your visit has been approved before proceeding to the reciprocal club. Please refrain from calling the reciprocal club directly to announce your visit.

You may also be required to present your Manila House Membership Card when you arrive at the reciprocal club.

SAVE IT FOR A RAINY DAY

Staying in during the
rainy season?

Avail of our Rainy Day
Takeaway promo* and get
10% off of your order!

*Valid from July 17 to August 31, 2021;
no minimum spend required



Members enjoy exclusive discounts by using the promo code **MANILAHOUSE**

5% for purchases made from May 16, 2021 onwards
Valid to use online at www.airintellipure.com, or email ask@airintellipure.com

air  intellipure



MANILA HOUSE TAKEAWAY SERVICE

Our takeaway service is open to the public!



Bring your Manila House favorites to the comfort of your home by ordering through different channels

1
**MANILA HOUSE
ONLINE
ORDERING
SYSTEM**

Visit us at shop.manilahouseinc.com



Scan the QR Code to view our menu

2
**FOOD DELIVERY
SERVICE**

Check our promos on GrabFood,
Foodpanda, Pick.A.Roo &
Justpay.to



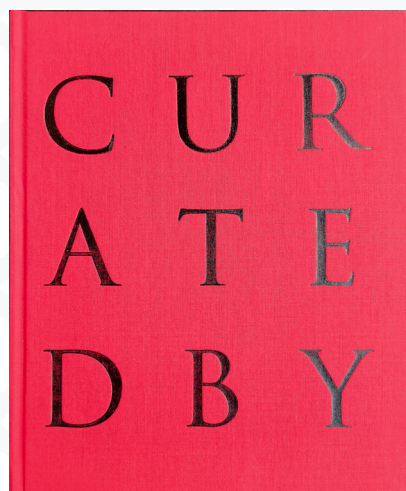
3
**CALL
AND TEXT**

Contact us at
+63 917 816 3685 or email
reservations@manilahouseinc.com
to order



RETAIL THERAPY

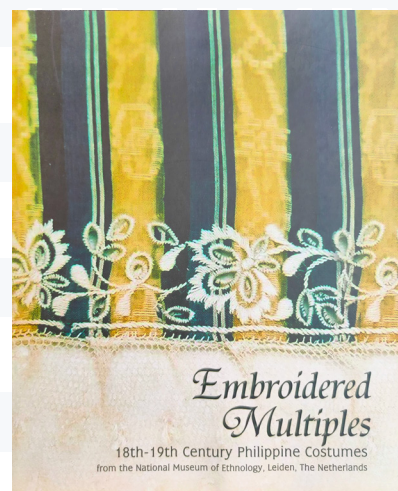
Rainy days call for cozying up with a good book. So what should you read next? Check out the new art books from Ayala Museum now available at our Retail Corner!



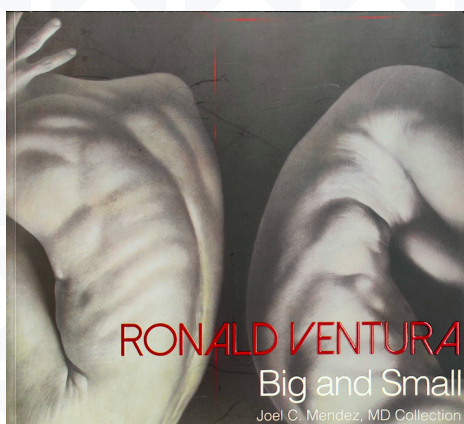
***Curated by
Federico de Vera
Php4,950***



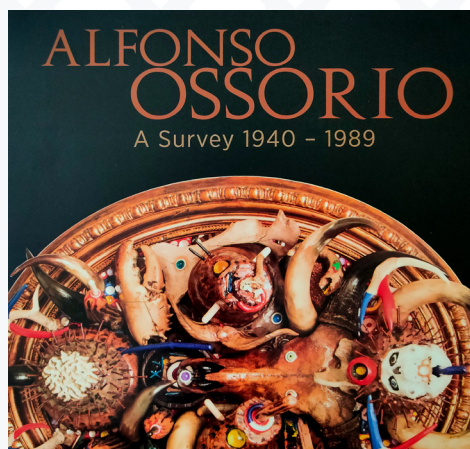
***Contrapuntos
Zobel
Php3,000***



***Embroidered Multiples
18th-19th Century
Philippine Costumes
Php1,500***



***Big and Small
Ronald Ventura
Php500***



***Alfonso Ossorio
A Survey 1940-1989
Php3,500***

For inquiries, contact Ms. Gic Capongcol at +63 917 560 0201

CELEBRATING BEING A FILIPINO

Manila House Members share what they like most about being Filipino



Noell Niro

When I was young, I went to both local and international schools, and my friends and I all grew up in a typical Filipino household, which meant that we would often go to each other's houses and experience a similar family culture – mostly warm and welcoming. At an early age, we were taught to be respectful of others and our elders – our roots, and their lessons and stories passed from generation to generation. When I studied abroad for university in California, there were also many Filipinos. Although most had never been to the Philippines, the Filipino culture was intact and this familiar feeling I felt, mostly warm and welcoming, I had felt before. For me, being Filipino is not only being from the Philippines, but being Filipino is sharing our warm and welcoming culture to others, respecting our roots, and helping each other. That's what I love most about being Filipino.



Penny Estrada

I love having grown up in an archipelago comprised of different islands and in a culture that sees the good in every situation and person.



**Atty. Joselito
Thomas Ghadry
Baena**

The food. I love the taste of Filipino food.



**Quintin
Pastrana**

I love that to this day, we are a work in progress as a people, culture, and shared identity.

To paraphrase the foreword of one of my books, we are 'protagonists of a novel that has barely been written; we bleed the ink, and only we hold the pen.'

I like to think and hope that despite all the challenges outside and within our nation, from Sinophilic subservience to omnishambles governance, that we can and are still developing a good sense of postcolonial identity, and a greater sense of agency. Hopefully this new, watershed decade and formative time helps us redeem and re-affirm the Filipino as: one who flourishes through rediscovered roots, ecumenical in ideas, seekers of our place in the world where our kindness and talent shine, as it has more often than not when we leave our benighted shores.

My wish is that we, even after the last few years of backsliding, finally transcend this Sick Man of Asia bogeyman with the metrics to prove it.

In the final analysis, what I love is the living possibility that we can become true ambassadors of Excellence, Malasakit, and Faith (our best traits) inside and outside our borders, open to, and inspiring change for good.

ENRIQUE & MONIQUE GONZALEZ

answer the Manila House Questionnaire

“Our ability to be resilient, cope with stress, achieve extraordinary things, inner peace, happiness, it all revolves in one’s ability to have a certain state of mind. The ability to positively influence and impact the world around you first comes from within.”

Tell us what you do.

Enrique: I am a serial entrepreneur and constant venture builder. While most have been technology facing, the most impactful one has been in healthcare particularly due to COVID19 pandemic. One of our companies IP-Biotech introduced the most widely used COVID19 vaccine in the Philippines for 2021 (SINOVAC). Our primary mission is to save lives with a focus on prevention rather than cure. We believe prevention is more affordable and has proven ‘silver bullets’. Affordability and accessibility also rank very high in our mission statements.

Monique: I am a mother of two; Alexi is six and Brandon, five. I have a passion for health, fitness and wellness, and from this I own a brand called YogaLove, our eight year old hero product is the Cooling Cream! It is a mentholated anti-inflammatory cream that is non greasy with the best aroma of Chamomile, Ginseng and Peppermint extracts. I am about to launch our premium line, YogaLove PURE, mindfully crafted products using pure essential oils in the form of roller blends, diffuser blends, hydrating after bath oils, face and body mists and ultrasonic diffusers.

We have also opened Nanboya, one of the largest store networks in Japan, specialized in purchasing preloved luxury items with more than 80 stores worldwide. As part of our trade, we don’t sell locally-purchased, pre-loved luxury goods in the Philippines. The items purchased are shipped to Japan and get sold to their new owners through a global auction platform. I am excited about this, even if the local luxury market is small compared to that of other Asian countries, it is a progressive one, and we definitely see it growing in the coming years.



How do you define success?

Enrique: Success is normally defined as getting what you want. True success for me is not being needed (by the venture) one day.

There are many forms of success. In the business sense it is first achieving your short term and long-term goals, and ultimately having an exit plan with succession in place. There is a saying there is no success without succession.

Many founders build ‘founder centric’ companies that revolve around them. Entrepreneurs are mostly guilty of this as it is essential in the early stages of any business. However organizations have to be built to stand the test of time and ‘outlive’ the founders. My definition of success moving forward is for the business to not need me one day but to continue operating along the same founding principles and values.

What life lessons did you derive from the pandemic?

Enrique: The pandemic changed my perspective. It reminded me of what really matters. Family & health sometimes took a back seat because of heavy work obligations, but one blessing during the pandemic is having lots of time for family, and personal health (exercise). While work is still important, I feel like I have achieved a healthy work/life balance now.

The prolonged lockdowns and quarantine conditions meant I have not travelled overseas since Feb 2020 (vs. pre-pandemic I was on a plane twice a week). The lack of travel and mostly work from home arrangements have given me more time. This has allowed me to become more introspective and deliberate in my actions. I have found this has translated to greater success both at work and personal.

Monique: Keep your family close, closer than ever before. Like many, I have come to appreciate the simpler things in life and embrace every moment given to us.



What's the last movie/series you watched?

Best time of the day — we are on Netflix, Amazon Prime and AppleTV!

We rewatched old to new seasons of Homeland — it's a great series to watch again, packed with action and suspense. Ice Skaters, New Amsterdam and Good Doctors. Billions — wondering when the next episode will be, totally left us hanging. Documentaries like The Men Who Built America, Explained.

Monique watches the Real Estate listing shows, Selling Sunset, Luxe Listing Sydney and the like. I also enjoy subscribing to and watching short videos from YouTube: Open Door by Architectural Digest and Quintessence. But quite honestly the kids have taken over prime time and we are likely to watch all things Disney, DC and Marvel.

What song can't you get out of your head right now?

Butter of BTS! Haha our whole household is listening to it.

What would you like to see in the "next normal"?

Everyone giving more importance to maintaining good health and integrating sustainable living in their everyday lives.

What's your favorite thing about Manila House?

Monique: I love how consistent Manila House has been, with their ambiance, great service and the well trained and well mannered staff. Ever since MH has opened its doors, they have always been on the ball and never fail to make us feel at home. Recently I have started coming for my girl dates, it was so nice to start dinning and enjoying cocktails at the bar again.

Enrique: It is my go to place when hosting Partners, having quiet meetings. Pre pandemic I used to be in MH multiple times a week hosting back to back meetings and even a few events. The F&B is very reliable, the venues are always spotless with great service.

If you had to be quarantined (again) which country would you choose to be in?

Probably a place closer to nature with enjoyable seasons and fantastic WiFi connectivity.

DETOXING: THE INSIDER INFORMATION

Our partner, LifeScience, the country's foremost Functional Medicine center, separates the myths from the facts.



MYTH

Detox is the same for everyone.

FACT

The process of optimal detox can vary from one person to another.

The key is to ask if it's necessary and if it can help enhance your body's natural detox ability. That's why it's best if it's personalized. You need to understand how your body detoxes and know how to support that. Your detox should provide the right ingredients to the organs you're supporting.

MYTH

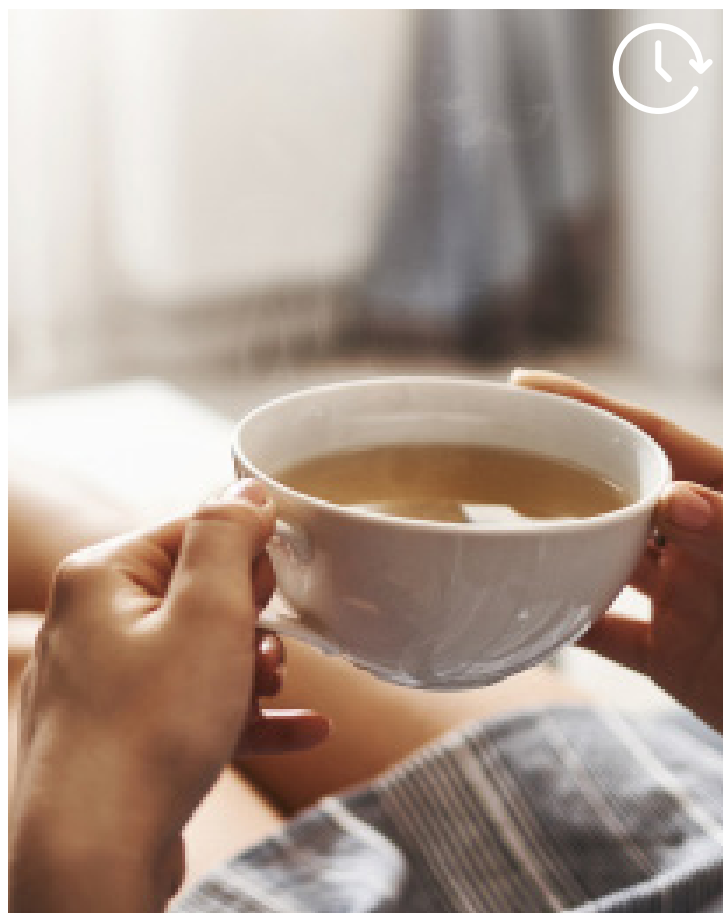
A weekend detox is effective.

FACT

Detox is not a one-weekend process. You can't detox now, then go back to your normal eating habits and lifestyle tomorrow and expect results.

To achieve optimal results, you need to do an optimal detox. It has to be sustainable and personalized specifically for you. This way, you'll know exactly why you are going on a detox, what nutrient deficiencies you're addressing, and the results you want to see.

That's why cleansing diets and green juices are not the only components of detox. Sure, juicing can be helpful because it can help increase your fruit and veggie intake. But there's more to detox than just those. A sustainable and personalized detox plan is the way to go.





MYTH

I only get toxins from the food I eat.

FACT

Toxins are everywhere – from the food you eat, the air you breathe, the skincare you use, to the toxic relationships you have.

Because of this, you don't just detox through proper nutrition. There's more you can do aside from that. Some of the things you need to know to address the other toxins in your body are:

- your nutrient deficiencies and excesses
- the heavy metal toxins in your body
- how your genes are influencing your body's ability to get rid of these toxins

From here, you'll need diagnostics, a food plan, and supplements, among others to help you properly detox. Having a health professional guide you through the process is not only more beneficial, it is safer.

Manila House has partnered with LifeScience, the country's leading functional medicine clinic, to offer the following packages specially designed for our Members:

- Get a complimentary Heart Health Monitor session worth Php4,000 when you book Health Management Consult
- Get 20% off on the Cardiometabolic Profile Test, and advanced biomarker test that will help you know if you're on your way to developing heart disease
- Purchase doctor-grade supplements from LifeScience and have them conveniently delivered right to your house

Book your appointment with LifeScience here: <http://bit.ly/MHxLifeScienceAppointment>

Or schedule a free 15-minute call here: <http://bit.ly/MHxLifeScienceCall>



Covid-19: Delta Variant

Debunking the myths

Variant Myths

The vaccine does not work with the new Delta variant.

The Delta variant is more deadly than any other variant.

The vaccine is causing the Delta variant.

Young people aren't at risk for Covid-19 or Delta.

Variant Facts

Each approved vaccine is very effective against Delta, as they are with previous variants.

About 99.5% of recent deaths have been in unvaccinated individuals.

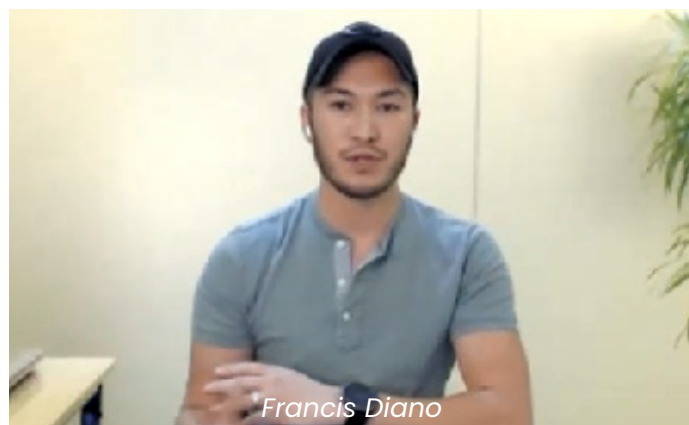
Delta is a new mutation of the Covid-19 virus. Vaccination is the best protection against Delta.

Because Delta is more transmissible, all unvaccinated persons are at higher risk of infection.

Source: Banner Health

ADJUSTMENT PERIOD

Work from Home (WFH) has been an adjustment for everyone during the pandemic, and not just in the sense of moving the workplace to the home. Orthopedic and sports specialist **Francis Diano**, who runs the PACE Prehab & Recovery studio in Uptown, BGC, spoke of the adjustments we have to make to our posture and alignment while working remotely in order to create the optimal safe and healthy work environment that does not put additional strain on our necks, shoulders and backs. This enables us to perform better at our tasks and remain productive members of the workforce.



[To watch the full webinar, visit our YouTube channel](#)

MENTAL GYMNASTICS

Elite athletes are often extolled, idolized and admired for their physical excellence at their sport. But reaching the pinnacle of sport is as much a mental endeavor as it is physical. Olympic swimmer Akiko Thomson, former Azkals team member and owner-player of Maharlika FC, footballer Anton del Rosario, Alaska Aces assistant coach and FIBA basketball player Tony de la Cruz joined sportscaster and mental health advocate TJ Manotoc and adolescent medicine specialist at Centre Medical Internationale Dr. Natasha Esteban-Ipac for a conversation about sports and mental well-being, what it takes to be a champion, and what happens when you reach the end of your athletic career.



"As an athlete, especially as a male athlete, you're always socialized and taught to be tough,... suck it up... you're not allowed to have these feelings... and I didn't know how to process all that and throughout the years I've had how to manage stress, cope with stress. Stress is inevitable but I think the demands right now on athletes are at an all-time high, and of course there's going to be pressure jobs, pressure situations, but we need to educate young athletes especially how to get help, how to manage the stress."

- Tony De La Cruz



"Mental preparation is a huge component for an athlete when they're in the sport, but another aspect is also when athletes transition out of the sport. When your whole life is revolving around your sport, your training schedule... my mother used to joke that I majored in swimming in college! So when you transition out of the sport, it can be very shocking to the system. There's a huge hole for an athlete. It's a time of reflection, of thinking, oh my God, is this it, is there anything else I'm good at?"

- Akiko Thomson



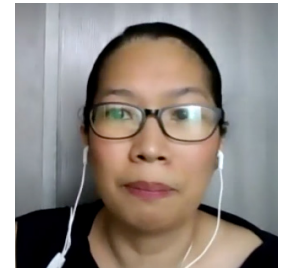
"Football was always my end goal, my passion. That's what got me through everything... But sometimes, it comes to a point that you fall out of love with the game, and these are hardships that people outside of that whole team, they don't really understand. It takes a toll on you, playing at a certain level and devoting your life to a sport. We find it to be a religion, we live and die for it. And if it's not going the right way, it can take a toll on everything and lead you down a very bad spiral."

- Anton Del Rosario



One lessons I'll never forget learning from all the interviews I've done is the one with our kababayan NBA champion coach Erik Spoelstra of the Miami Heat. This was in 2013, the year of their first championship, with the big three, LeBron James, Dwayne Wade and Chris Bosh - he was dealing with the egos of all these professional athletes, uber superstars. He said, "In the basketball court, they are just who they are, playing their roles. This guy is the power forward, this guy is the point guard, this guy's the center, and I'm the coach...Outside of the court, they're something else, they're the parent, the entrepreneur, the endorser." He made it a point to make clear cut those boundaries. I think that's such a powerful mindset to have when you're involved in elite sports."

- TJ Manotoc



"Sports also benefits mental well-being just by being able to enhance the self-efficacy and mastery. If we are good at something, if we have control over something that we enjoy, like sports, it boosts our self-confidence, our self-esteem. Sports also makes us have a goal or purpose, which also adds to the meaning and value of our daily life. And lastly is the social factor: sports would allow the athletes, or just regular people enjoying sports, to have social interactions and just be supported by their family, teammates, even their coaches. It adds up to the sense of belonging and connectedness."

- Dr. Natasha Esteban-Ipac

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A SENSORY ENGAGEMENT

Enhancing the dining experience doesn't necessarily have to involve over-the-top table styling or expensive porcelain and cutlery. There are certain elements, however, that contribute to making any meal, from the simplest to the grandest, a truly memorable occasion, as our industry experts detailed at a recent webinar.



"The five senses are pretty much what you need to focus on: what I care about and what the guests see, what they hear, what they touch and what they taste, all of that... And this can also be for the staff. It's also for them, what they feel, what they see, what they touch - it's the same thing. So when you categorize the five senses, [you think] what do the guests see, aside from the food; how beautiful is the ambience of the place, how well is it maintained, the interiors, the colors... there's a lot of psychology actually in interior design, and even the colors and shapes, and the use of energy, not necessarily feng shui but just the way a space is used and how things are arranged. That also adds something to the experience."

- Isabel Lozano

Design Curator and Service Consultant
Decorum by MIL

"There's still an art [to takeaway]... Even though it was pre-pandemic, we always offered to lend our platters to guests, we lend out platters for banquets in your home, so we say just leave it to us, all you have to do is put the food on the buffet table, or the dining table. Now with Covid, people are of course wary, they prefer disposable, so it's really up to the client. We can still lend platters, that's more environmentally-friendly, they can return it the next day, but if they're wary, then the packaging has to be disposable, properly identified with stickers, so my sister Pops, she works with me and she's very good at that and was able to fix it for all the restaurants. What's important, what I always tell myself is, from the moment the order is taken, the experience starts then. So we've been trying to simplify the order-taking and come up with different sets so that you don't even have to think about what you're going to order. So we have these greatest hits sets from all our restaurants, good for two for four, so just order that and you're done."

- Malu Gamboa Lindo

Restaurateur
Cirkulo, Tsukiji, Azuthai and Milky Way



"When I start training, I tell household staff it's not just the physical that we're training, it's also about mental health. Most of them work for their families, because they want to send their children to school, but is there that love for service also? With love for service, I really explain to them, you know, your boss or employer hired me because you know they also want to enrich your life by having you learn a skill that will give you confidence... and they can tell themselves, I can take this skill anywhere I work. So it's really empowering them, and I'm showing them the love for service... For their bosses, too, they need to have that peace of mind to know that when they're at work, their home is well run, safe, their kids are taken care of, their pets, too... Of course in Europe, it's a different level, that's why they hire butlers. Here there are some homes with their own butlers as well. Of course you can acculturate that training to your own staff, the way they serve, the proper way to set the table, there's training for that... It really matters to have teamwork with your team, you know, they're your support. There'll be activities when they're doing things on their own, and activities when they work as a team. So they really need to value teamwork because they work together in the same home."

- Sanj Licaros

Founder
The Daily Butlery



"Since we are a membership club, we know the preferences of our Members, so we actually know who their favorite server is, or who they would like to serve them. But if we don't know the client or guest well, at the time when you are taking their orders, that's when you are actually introducing yourself, that's the time you are actually engaging with the guest, and you get to know them. In talking to them you get to know their preferences, so in terms of service, you know what to do at their table... [In certain circumstances] it's difficult to [hire servers] on demand on the same day, when there's no background or experience [in the Manila House culture]. So the people below me, I tell them, you need to shadow these [new servers]. You have to have respect for the [senior] servers [with more experience]."

- Joanne Moronia

F&B Operations Manager
Manila House



[To watch the full webinar, visit our YouTube channel](#)

CHEFS IN PRINT

One of the upsides of this pandemic and subsequent lockdown has been the rediscovery of the joys of cooking at home. Most of us who've done that have looked for inspiration from cookbooks – including the ones authored by our guest chefs on the panel this this most enjoyable and refreshingly honest panel.



"One of the commitments we made when I started this was to make sure now that all my recipes can be done at home, and you can usually get everything in one store. It always bothered me when I was trying to follow these Food Network chefs, that I had to go to three different stores just to do this one recipe. For me, the idea behind all my recipes is just go to Unimart or just go to SM Hypermart and then everything you need is there and that encourages more people to cook. But there are secrets, secret recipes that I'd like to keep - the ones I don't include in my books or in my website, those I would like to keep for for family or for business, so there are certain things that you don't share."

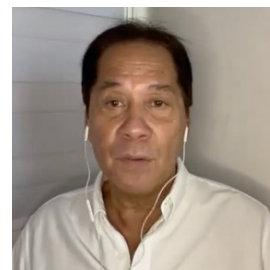
- Sharwin Tee

Gospel of Food, So You Want to Be a Chef

"What I do first is identify which market I'm catering to. Number one, it's a credibility issue if I bring out the recipe and it doesn't work. You know, it comes back to me that binobola nyo lang kami, so I kitchen test everything... There are recipes I keep secret; those I don't share. But if I share a recipe, it definitely has to work. I learned this when I was doing the Del Monte Kitchenomics - budget saving, easy to make, delicious, ingredients are available. And I consider all so that the ingredients can be found here or abroad... I've heard people say, oh, I'm not made for the kitchen. I don't believe that. I want to call the simple recipes confidence-building recipes. Like anything you do the first time you did something, you were nervous. If I give a very good simple recipe and you get a very good reaction, you'll want to cook more because you feed it to your family and they say, oh this is good, you'll want to cook In the same way, if you're given a lousy recipe and you cook it, then they might say, kumanta ka nalang, then you won't be encouraged to cook again, right? Confidence-building, simple recipes that are good. It starts that way."

- Sandy Daza

Cooking with Sandy



"If I don't teach you a certain recipe, it's because I don't want to teach it. But if I teach it it's because I have no secrets and I want you to learn. That said, that's the reason why I think Notes from My Kitchen, why it works, because it's literally notes from my kitchen. They are notes made by my students during class, that they've annotated, so that all the recipes in my cookbook are written by them. And I do my notes under their notes. Because sometimes when it's done by us [professional chefs], they think it's intimidating, so, when we do it it seems easy but when they do it it seems hard. But when they do it amongst themselves, and they take notes the way they do, it's easier for the students to understand... sometimes we take it for granted that it's understood, do this, do that. But for some people you really have to say saute for three minutes. For us we know exactly when to put it. There are different levels of cooks that come into our kitchen, so the easier we make it for them, the more inspiring cooking becomes for many."

- Reggie Aspiras

Notes from My Kitchen

"Of course baking is a science and many of my readers, they prefer to get the measurement in cups, not in grams, I don't know why. When they see it in cups, mas madaling basahin at mas madaling sundan, for them. The challenge is, when you measure in cups, pagmasmabigat and hagod mo, mas dumadami yung dry ingredients mo. Pag mas magaan ang hagod mo, mas lighter. So what I do, and I've been doing this, before I publish a recipe, I distribute the recipes first to some baking groups. I say, this is a new recipe that I want you to try, I post it on Facebook or I send it to them through our group on Messenger or Viber and then I wait for them to try it and look at the finished product. Iba-iba ang results. But if [there are] three results, lahat ay maganda, I publish the recipe. Nagkakaiba sila depending on the butter that they use. Some people are price-conscious; if you say one cup of butter not all butters are the same. And not everyone will buy Magnolia or Anchor, because they're on the pricier side. Some people would use refrigerated margarine, compound butter and some might use lard... so the challenge on my part is, when I test recipes I use different kinds of ingredients. So it's a lot of kitchen testing whenever you release a baking recipe."

- RV Manabat

Baking Secrets, More Baking Secrets



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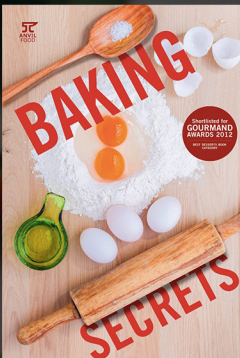


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COOKBOOK BUNDLES

Still available for purchase

BUNDLE A (Php 400)

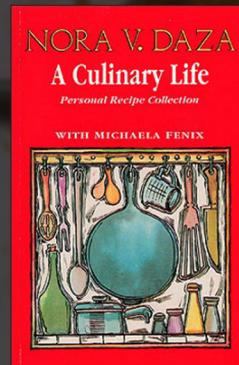


Baking Secrets

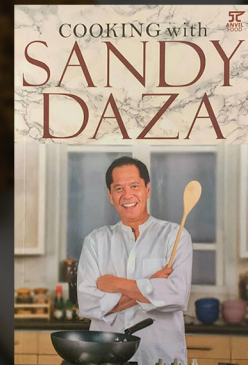


More Baking Secrets

BUNDLE B (Php 625)

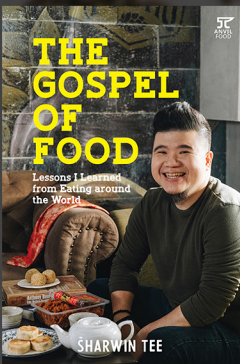


Nora V. Daza
A Culinary Life



Cooking with
Sandy Daza

BUNDLE C (Php 600)



The Gospel of Food:
Lessons I Learned
from Eating around the World

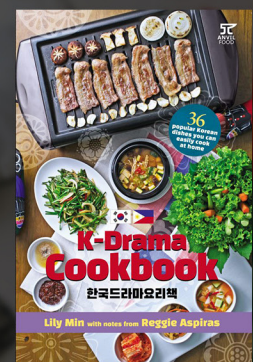


So, You want
to be a Chef?

BUNDLE D (Php 986)



Notes from my Kitchen



K-Drama Cookbook

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ZOOMING IN

Join us on Zoom for our programme of informative, entertaining and illuminating talks which encompass art & design, culture, history and current events

CLOTHES AND CULTURE: Defining National Identity through Fashion

**August 12, 2021
Thursday at 4PM**

"Fashion is a product of its socioeconomic and cultural environment, it functions on many levels, it can be political, concept or statement driven, craft and production or a mannerism, style or image and it is a multi-million pound business. In recent years the subject of Fashion has also raised its status as culturally significant and as a serious area of theoretical and academic debate and is also an important part of a country's cultural capital, creative industries and economy."

– Dr Jessica Bugg
The Shifting Focus: Culture, Fashion & Identity

Clothes define the man, it is said. But can they define a nation? How do you weave national identity into fashion, and is it commercially viable?

Our panel of fashion designers and entrepreneurs from here and abroad weigh in on this issue.

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Amarie



Craig Jacobs
Founder & Creative Director
Funduzi



Gabriele Frantzen
Designer
Gabriele Frantzen



Mons Romulo
Founder
Katutubo Pop Up Market



STIRRING THE POT: What's Next for Philippine Cuisine

August 25, 2021
Wednesday at 3PM

News that the Department of Trade and Industry was seeking to standardize our national dish - in a country of 81 provinces, eight major dialects and more than 80 indigenous languages - had Filipinos from Luzon through to Mindanao up in arms.

Can you really standardize adobo? Where is Philippine cuisine headed? Is there room for innovation?

Join us for lively discussion with chefs, culinary innovators and cookbook authors **Victor Magsaysay**, **Gilbert Pangilinan**, **Claude Tayag**, **Angelo Comsti**, and **Bryan Koh**.

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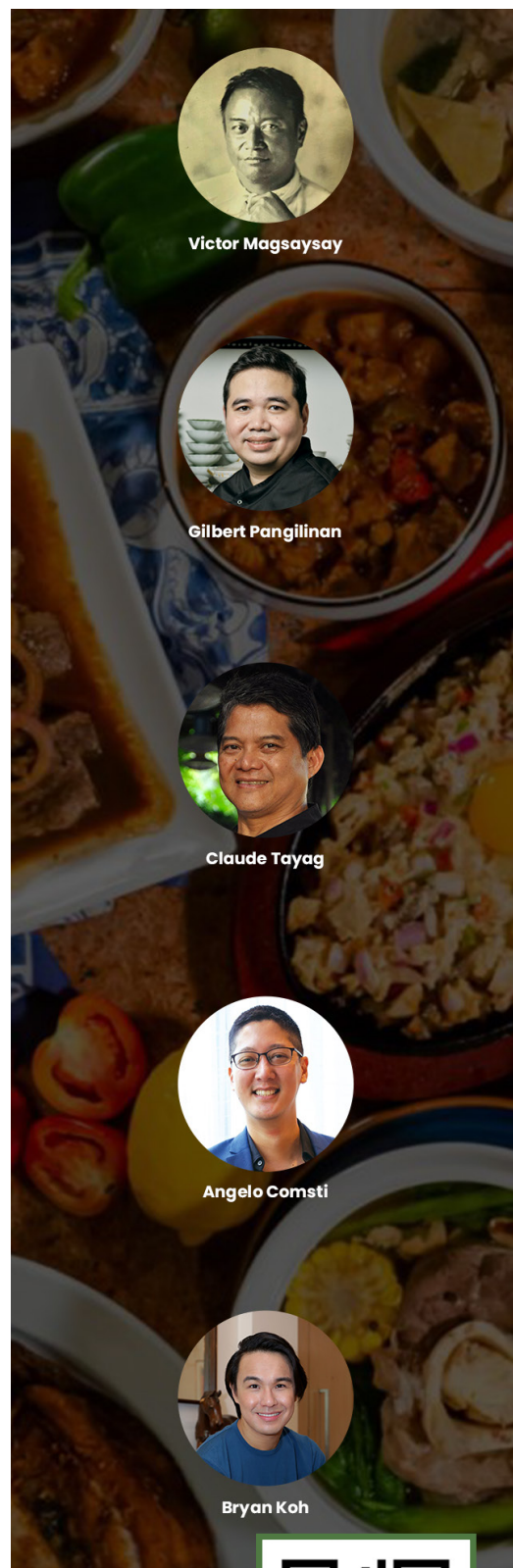
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PERSPECTIVES ON THE PRESIDENCY: Leadership Lessons for No. 17

August 26, 2021
Thursday at 2PM

The qualifications for an individual aspiring to become the President of the Philippines are outlined in Article VII, Section 2 of the 1987 Constitution. According to the constitution, an individual may become President provided he or she meets the following criteria: (1) a natural born Filipino; (2) a registered voter; (3) must be able to read and write; (4) is 40 years of age at the day of the election; and (5) must have resided in the Philippines ten years before the election is held.

As history has taught us, the criteria above represent the barest minimum; to be President of the Philippines requires far more in terms integrity of character, sincerity of intentions and willingness to serve.

What should we expect of the next occupant of Malacañang? Political scientists and historians discuss presidential character and leadership in the pre-Duterte era, to acquaint the audience with the best practices of our past presidents such as Manuel L. Quezon, Ramon Magsaysay, Corazon Aquino, and Fidel V. Ramos.

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Manuel L. Quezon III
Political commentator & Writer



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