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# Manila Women's Forum

A Network of Women Professionals

August 2002

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## Head for the Hills

By Megan Drennan Meline

**A**re you looking for a weekend get-away that doesn't require a plane ticket or a pre-dawn departure to beat the traffic? If so, then look to the hills of Antipolo. Located about 15 kilometers from Makati, Antipolo is home to talented artists, good restaurants, and one of the Philippines most important religious icons, Nuestra Senora e la Paz y Buen Viaje (Our Lady of Peace and Good Voyage).

It's easy to spend a day in Antipolo and make it home in time for dinner — still feeling relaxed. While there are many places to visit, here is one itinerary that hits some of the highlights.

### Antipolo Cathedral

The cathedral is home to Our Lady of Peace and Good Voyage, the patron saint of travelers. Carved in Mexico long ago, the small, dark statue came to the Philippines in 1626 and was brought to the Jesuits in Antipolo. Over the centuries, many miracles have been attributed to her. As the patron saint of Manila's famous galleons, she accompanied ships on their trips between Manila and Acapulco. Between 1641 and 1748, she made eight successful round-trip voyages. Since that time, the faithful have believed that no one should undertake a journey without first visiting Nuestra Senora e la Paz y Buen Viaje.

Today, the statue is ensconced in a large, modern cathedral. The plaza out front feels like a fiesta. Vendors sell candles and flowers as offerings. Inside the long, covered market nearby, women sell cashews, peanut brittle, and other pasalubong. Crowds of people mill around, some moving inside for mass or a prayer, others wandering across the street to visit the fresh fruit

and vegetable stands. Parking is a bit tight in this busy part of town, so if you see a spot on the street, go for it.

The cathedral itself is airy and spacious. The statue is perched high above the altar in a protective glass shrine. She is removed at certain times for prayer and also for celebrations, such as the one on May 1<sup>st</sup> when devotees come from all over to worship her. The cathedral is located in the middle of town, on busy Mt. Quezon Avenue, near the City Hall.

### Lunch Options

Antipolo has two unusual restaurants that offer peaceful settings and good food. The Crescent Moon Café is more than a lunch spot. It is also a tranquil garden, complete with fountains and fish ponds (kids will love the big Japanese goldfish), and a pottery studio. Plan to spend a couple of hours here wandering around the grounds, watching the artists make their wares, and browsing in the small shop that offers over-runs of ceramics orders. They use the Mount Pinatubo glazes that are unique to the Philippines.

The café is actually a large, screened-in porch set in the middle of the garden. It's a bright, cheerful room and all the food is served on dishes made in their studio. On Sunday, lunch is a buffet. A typical menu might include: vegetable soup, chicken curry, steamed fish, sweet and sour pork, rice, green beans, and garbonzo bean and corn salad, sticky rice, and coffee or tea (P440). From Tuesday through Saturday, lunch is a set menu. The café is closed on Monday. For more information, call 630-5854. The café is open from 9 a.m. to 4 p.m. Follow the main road out of

town toward Teresa for about 1.5 kilometers. Soon after the second Shell station, you will see a small sign on the right. Turn right, down the hill and go about 100 yards.

If you are in the mood for European food, then head for the Vieux Chalet Swiss Restaurant. Set on a hill above Antipolo, Vieux Chalet offers a wonderful view of Makati and Manila. This cozy restaurant features Swiss fare, especially fondues (cheese and meat), crispy potato pancakes, and mouthwatering smoked pork chops. They also make their own breads, sausages, and pastas. No one leaves here hungry! For more information, call 697-3110/0396 or 0919-237-2140. It is open Monday to Sunday, from 8:00 a.m. to 10:00 p.m. At the center of town, bear left at the large Ynares Center and follow the signs for Villa Christina to find Vieux Chalet.

### Pinto Art Gallery

For a special treat after lunch, visit the Pinto Art Gallery. The gallery, its

*(Continued on page 4)*

### Next MWF Meeting

**When:** Monday, August 19, 2002, 6:30 p.m.

**Where:** Liza Cadiz's house, 10 Dap Dap Road, North Forbes Park, Makati.

**What:** Mari Tan Delfin will speak about her involvement in several development foundations and Perla Manapol will speak about her poverty reduction and renewable energy projects in Palawan and Aklan.

**Bring:** A contribution to the potluck dinner.

**Next meeting:** Sept. 16, 2002



## Voice of the Chair

By Lisa Kircher Lumbao

# Let Women Choose Careers Over Children

By Gail Collins  
Wednesday, April 17, 2002,  
International Herald Tribune

NEW YORK

**A** century ago, American women were experiencing a spectacular burst of energy and opportunity. For the first time, they were going to college in large numbers. For the first time, they could choose from an assortment of professional careers. The number of female doctors was higher at the beginning of the 20th century than it would be at any time until the 1980s. Most of those suddenly liberated, high-achieving

women did not marry or have children. Almost instantly, the country started worrying about "race suicide."

It's always comforting in a time of crisis to note that we have been down this road before.

The author of the hour, Sylvia Ann Hewlett, is making the talk show rounds warning about "an epidemic of childlessness" among professional women, which she recounts in her book, "Creating a Life: Professional Women and the Quest for Children." In it, she worries that close to half of the women who get graduate degrees or pursue heavy-duty careers in business are failing to reproduce.

Hewlett is more worried about personal happiness than the protection of the gene pool. But she has definitely touched a nerve, or perhaps the entire spinal column. She argues that too many women count on being able to become pregnant in their 40s, then discover it's a long shot.

All this is weirdly resonant. From 1890 to 1920, when the number of women entering professions like college teaching, social work and library studies was soaring, 75 percent stayed single. Three-quarters of the women who earned doctorates from 1877 to 1924 remained unmarried.

"Race suicide" - a shorthand way of saying that immigrant women were having lots of babies while Anglo-Saxons were failing to reproduce themselves - was the talk of the nation.

The women who were failing to marry seemed pretty sure that the problem was a shortage of men worth marrying.

As early as 1885, a young woman was explaining in the Ladies' Home Journal that she and her friends had decided to pursue professional careers because a good job "could supply a woman with both interest and support, two roles in which husbands just now fail."

But society in 1900 was concerned that the women who appeared to be the smartest, the most energetic and the most competent were not reproducing. Society was, it turned out, wrong. Other women - less well educated but obviously equally smart and competent - were doing a fine job raising families. The spinsters, meanwhile, were doing a fine job teaching children, running settlement houses, building libraries and exposing sweatshop conditions.

A century ago, American women for the first time had the luxury of career crises, of worrying whether they wanted to choose work or home. But they did not believe that they could have both. Having it all was not on the 1900 menu.

Public opinion has come around. In fact, women tend to feel guilty now for failing to acquire all the big three: husband, children and world-class career. One of Hewlett's least convincing theories is that most of the childless career women are feeling robbed. Her best evidence is that a vast majority had expected to have children when they were in college. They probably also expected to keep up with their French and stay in touch with their roommates, but life has a way of paring priorities.

Chances are many women instinctively realize that they don't have the energy to go for the trifecta, and they veer off in one direction or another. Many others manage children, a spouse and a demanding career very well indeed, deeply irritating everybody who believes that two is the appropriate quota. The secret may be a helpful husband or easygoing offspring, or just the ability to keep focused on the task at hand.

Of course, it's regrettable that having it all is easier for men. But frankly, the fact that women who choose hard-charging careers often do not have children is pretty far down on the list of American social problems. ■

### What Gender Is It? (From the e-mail circuit)

Hammer - male, because it hasn't evolved much over the last 5,000 years, but it's handy to have around.

Kidneys - female, because they always go to the bathroom in pairs.

Shoe - male, because it is usually unpolished, with its tongue hanging out.

Tire - male, because it goes bald and often is over inflated.

Hot air balloon - male, because to get it to go anywhere you have to light a fire under it... and, of course, there's the hot air part.

Sponges - female, because they are soft and squeezable and retain water.

### The Manila Women's Forum

The Manila Women's Forum (MWF) is a cross-cultural network for women. It provides opportunities to build friendships, to talk to women of various cultures, and to share information about resources. Our meetings are intended to provide intellectual stimulation and lead to personal and professional development. All women are welcome to join. The current officers are **Lisa Lumbao**, Chair, Programs, Treasurer, and Newsletter. **Penny Poole**, Programs, Newsletter. **Beaulah P. Taguiwalo**, Newsletter.

Cost of membership is P300 per year. Members receive a copy of the current mailing list in addition to the newsletter, which is also sent to non-members. A contribution is collected at each monthly meeting: P20 for members, and P40 for non-members. Please contact Lisa Lumbao at Tel. 818-2887 or 813-0168, or at [lumbao@mozcom.com](mailto:lumbao@mozcom.com) for more information about MWF.

# Women's Friendship:

It's a very healing experience.

**F**riendships between women are special. They shape who we are and who we are yet to be. They soothe our tumultuous inner world, fill the emotional gaps in our marriage, and help us remember who we really are. But they may do even more.

Scientists now suspect that hanging out with our friends can actually counteract the kind of stomach-quivering stress most of us experience on a daily basis. A landmark UCLA study suggests that women respond to stress with a cascade of brain chemicals that cause us to make and maintain friendships with other women. It's a stunning finding that has turned five decades of stress research - most of it on men - upside down. "Until this study was published, scientists generally believed that when people experience stress, they trigger a hormonal cascade that revs the body to either stand and fight or flee as fast as possible," explains Laura Cousino Klein, Ph.D., now an assistant professor of biobehavioral health at Pennsylvania State University in State College and one of the study's authors. It's an ancient survival mechanism left over from the time we were chased across the planet by saber-toothed tigers. Now the researchers suspect that women have a larger behavioral repertoire than just "fight or flight". In fact, says Dr. Klein, it seems that when the hormone oxytocin is released as part of the stress response in a woman, it buffers the "fight or flight" response and encourages her to tend children and gather with other women instead. When she actually engages in this tending or befriending, studies suggest that more oxytocin is released, which further counters stress and produces a calming effect. This calming response does not occur in men, says Dr. Klein, because

testosterone - which men produce in high levels when they're under stress seems to reduce the effects of oxytocin. Estrogen, she adds, seems to enhance it.

The discovery that women respond to stress differently than men was made in a classic "aha!" moment shared by two women scientists who were talking one day in a lab at UCLA. "There was this joke that when the women who worked in the lab were stressed, they came in, cleaned the lab, had coffee, and bonded," says Dr. Klein. "When the men were stressed, they holed up somewhere on their own. "I commented one day to fellow researcher Shelley Taylor that nearly 90% of the stress research is on males. I showed her the data from my lab, and the two of us knew instantly that we were onto something." The women cleared their schedules and started meeting with one scientist after another from various research specialties.

Very quickly, Drs. Klein and Taylor discovered that by not including women in stress research, scientists had made a huge mistake: The fact that women respond to stress differently than men has significant implications for our health. It may take some time for new studies to reveal all the ways that oxytocin encourages us to care for children and hang out with other women, but the "tend and befriend" notion developed by Drs. Klein and Taylor may explain why women consistently outlive men. Study after study has found that social ties reduce our risk of disease by lowering blood pressure, heart rate, and cholesterol. "There's no doubt," says Dr. Klein, "that friends are helping us live longer."

In one study, for example, researchers found that people who had no friends increased their risk of death over a 6-month period. In another study, those who had the most friends over a 9-year period cut their risk of death by more than 60%. Friends are also helping us live better.

The famed Nurses' Health Study from Harvard Medical School found that the more friends women had, the less likely they were to develop physical impairments as they aged, and the more likely they were to be leading a joyful life. In fact, the results were so significant, the researchers concluded, that not having a close friend or confidante was as detrimental to your health as smoking

or carrying extra weight! And that's not all: When the researchers looked at how well the women functioned after the death of their spouse, they found that even in the face of this biggest stressor of all, those women who had a close friend and confidante were more likely to survive the experience without any new physical impairment or permanent loss of vitality. Those without friends were not always so fortunate.

Yet if friends counter the stress that seems to swallow up so much of our life these days, if they keep us healthy and even add years to our life, why is it so hard to find time to be with them? That's a question that also troubles researcher Ruthellen Josselson, Ph.D., coauthor of *Best Friends: The Pleasures and Perils of Girls' and Women's Friendships* (Three Rivers Press, 1998). "Every time we get overly busy with work and family, the first thing we do is let go of friendships with other women," explains Dr. Josselson. "We push them right to the back burner. That's really a mistake, because women are such a source of strength to each other. We nurture one another. And we need to have unpressured space in which we can do the special kind of talk that women do when they're with other women. "It's a very healing experience." ■

Taylor, S.E., Klein, L.C., Lewis, B.P., Gruenewald, T.L., Gurung, R.A.R., & Updegraff, J.A. (2000). *Female responses to stress: Tend-and-befriend, not fight-or-flight*. *Psychological Review*, 107 (3), 411-429.

*Contributed by Helena von Seth*

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## What Gender Is It?

(From the e-mail circuit)

Ziploc bags - male, because they hold everything in, but you can always see right through them.

Web page - female, because it is always getting hit on.

Swiss Army Knife - male, because even though it appears useful for a wide variety of work, it spends most of its time just opening bottles.

Copier - female, because once turned off, it takes a while to warm up. Because it is an effective reproductive device when the right buttons are pushed. Because it can wreak havoc when the wrong buttons are pushed.

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**Head for the Hills...** (From page 1) grounds, and hosts are so welcoming that you may not want to leave. The bright and airy gallery highlights the work of Antipolo's painters, sculptors, and furniture makers. It also houses lovely antiques and religious icons from northern Luzon.

The gallery's unusual architecture is a blend of old Spain and modern Santa Fe. Antonio C. Leano, a well known artist, designed the building in just a few days. Construction began in January 2001 and it opened nine months later in September.

The gallery is the brainchild of Dr. Joven R. Cuanang, the Chief of Neurology at St. Luke's Medical Center and an art aficionado (he also owns the Boston Gallery in New Manila). Dr. Cuanang has been retreating to Antipolo for 25 years. His gracious week-end home sits next to the gallery. Over the years, he has turned his land into a haven for artists and art lovers alike. The gardens include sculptures and fountains,

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#### Playing, being

"When we come together to play and be we are truly ourselves. When we are truly ourselves it is wonderful and when we act collectively in that wonder we do transformative work for our community and our world."

— Brad Colby

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even a small chapel filled with antique Catholic carvings.

Dr. Cuanang not only loves to collect Philippine art, he also enjoys supporting Filipino artists. The Bahai Silangan (the East House) is an important part of his compound. Young artists work and live there, displaying their paintings and other artwork on the second floor. They also offer art classes and workshops, which are open to the public.

If you are lucky enough to visit when Dr. Cuanang is home, he is a gracious host and an expert on Filipino art. But be sure to ask him about his other interest - community health. Every month, he supports 15 medical interns to work in squatter communities and in the community health centers that he has built.

Pinto Art Gallery is located in the Grand Heights section of Antipolo. At the Ynares Center, bear right and soon there is a sign on the right for the gallery. Turn right up the hill to Grand Heights. Pinto is open Tuesday to Sunday, 10 a.m. to 7 p.m. For more information call 697-1015 or visit [www.pintoartgallery@pinoymail.com](mailto:www.pintoartgallery@pinoymail.com).

If you need a merienda on your way out of town, there is a small Rizal Farms café and shop located on the right, just after the Chubby Chub Café. Rizal Farms is known for its organic foods, including fresh milk, home-made pastas, and delicious salads. Other visitors to Antipolo highly recommend its golf courses, Las Brisas Resort, and the butterfly sanctuary and collection

at Assumption College (P50 per person). Whatever you find to do in Antipolo, you'll be glad that you headed for the hills. ■

#### Directions to Antipolo

Antipolo is only 11 kilometers from Mega Mall, but it can take a long time to get there if you decide to travel at a busy time of the week. The best day to go is Sunday when the traffic is relatively light. On Sunday, it should take about 30 minutes to get there from Mega Mall.

Whether you're coming from the north or the south, take EDSA to Ortigas and get on Ortigas Avenue heading toward Antipolo. There are several ways to get onto Ortigas Avenue from EDSA, so consult a map to see which way is the easiest for you.

Soon after getting on Ortigas Ave., you will come to a big Y intersection. Bear left to stay on Ortigas Avenue. Home Depot will be on your right. Follow Ortigas Avenue over the river, past S&R Price Club, and through the woods of Manila traffic for about 9 kilometers until you start to ascend a hill. At the top of the hill, you will see a giant Jollibee billboard. Bear left and take the smallish road uphill. You'll pass a Rustan's Express and a McDonald's. Shortly after that, you will see the gateway welcoming you to Antipolo.

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