

# Manila Women's Forum

A Network of Women Professionals

January 2012

## My Favorite Things

By Christine Purka

**L**ast Monday 10 October 2011, MWF members gathered at the home of Joanne Weston Edes in North Forbes to try something new. Instead of the typical MWF format of listening to an expert share their insights on a particular matter, we instead turned to MWF members themselves to seek wisdom. The October 2011 MWF topic was appropriately called “My Favorite Things” and it tapped on some of the most unique aspects of MWF—the opinions and insights of a diverse mix of local and international women; some who have been in Manila for 30 years while others for only a few weeks.

Here’s how it worked: In preparation for the meeting, participants were asked to bring their own top 5 recommendations across 10 fun categories – half based on Trips & Travel, the other half based on Things to Do & Get. Many MWF members came armed and ready with the details of their personal favorites.

The meeting was facilitated by Ms. Julia Cummins, Principal of Nous Group. After a lively potluck dinner and our usual round of introductions, Julia kicked off the “My Favorite Things” meeting by walking us through the 10 categories. The group of about 30 women then split up into smaller groups

of 5-8 to collectively share and discuss their individual suggestions. The storytelling that ensued was a highlight of the evening for many – some shared amazing travel discoveries, others shared the distressing trial and error required to find just the right service, while others shared quirky finds in Manila they never imagined possible. After a round of spirited group discussion, we proceeded to write-up and post our recommendations on the 10 flip charts positioned around the room.

The “golden nuggets” of wisdom produced from that night were compiled to a single MS Word document that will be emailed along with the newsletter and posted on the MWF yahoo group. While perhaps not as polished as other Manila guides may be, the recommendations are tried and tested by women many of us know and respect. The output contains contact details (when available), a brief description of the service/place,

and two reasons why it makes the MWF Favorite Things List. In most cases, MWF members have also agreed to include their own names and contact details should you be interested to find out more about a particular recommendation.

### Summary of My Favorite Things

The following table is a Summary of the “Favorite Things” revealed on 10 October. Complete details can be found in the MS Word file.

### Trips & Travel

#### *Escapes from the Concrete Jungle*

- Acuatico Beach Resort (San Juan, Batangas)

*(Continued on page 2)*



Acuatico Beach Resort

**JANUARY MWF Meeting** ■ **When:** Monday, 2012 January 16, 6:30 p.m. ■ **Where:** Home of Victoria Hoffart, 17A So, Pacific Plaza Towers, Fort Bonafacio, Taguig. ■ **What:** Marie Gonzalez is the chief vegetable whisperer and mastermind behind Kitchen Revolution, a company that specializes in holistic, healthy, and vegetarian cooking classes, workshops, consulting, and catering. Through her work, she hopes to inspire Filipinos to cook and eat their vegetables with gusto. On the 16th, Marie will speak about the benefits of adopting a more plant-based diet and how it can help you fulfill your New Year's resolution to be healthier. ■ **Bring:** Something to share for the potluck dinner.  
■ **February Meeting:** Monday, 2012 February 20.

*My Favorite . . . from page 1)*

- Antonio's Restaurant (Tagaytay)
- Pagsanjan Waterfall (Laguna)
- Hiking Batulao (Tagaytay)
- Montemar Beach Club (Bagac, Bataan)
- Corregidor Island (Cavite)
- 88 Resort and Spa (Calamba, Laguna)
- El Nido or Kusima Island (Palawan)
- Ace Water Spa (Pasig City and Quezon City)
- Taal Culinary & Heritage Tour (Taal, Batangas)

**Philippine Adventure Holidays**

- Kapuluan Vista Hotel (Pagudpud, Ilocos Norte)
- River Rafting (Davao City)
- Sta. Maria Resort (Talisay/Taal, Batangas)
- Planet Adventure (Moalboal, Cebu)

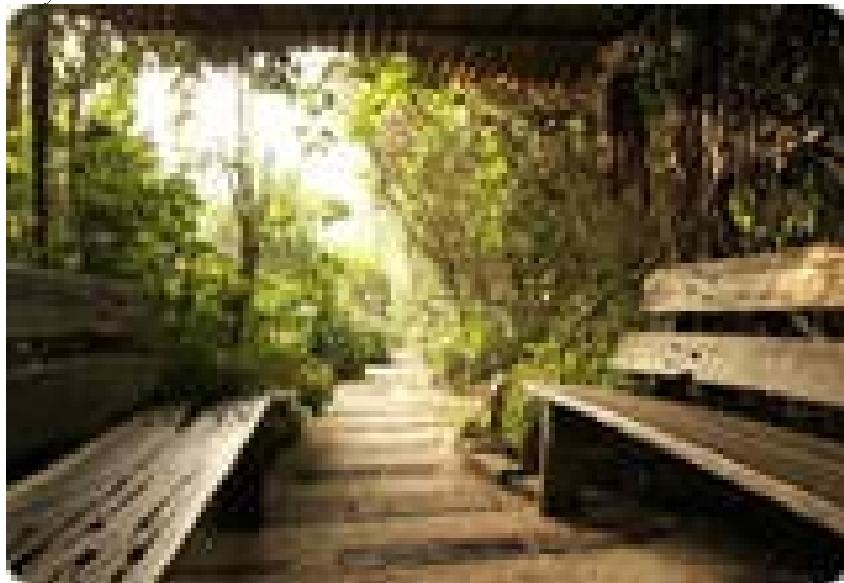
**Off the Beaten Path**

- Expat Summer Camp for Kids (Usually July. Outside San Pablo, Laguna)
- Mt. Pinatubo Tours (Mt. Pinatubo, Pangasinan)
- Daluyon Resort, Sabang Beach (Palawan, near the Underground River)
- Tao Tours (Palawan)
- Fundacion Pacita (Batanes)
- Pahiyas Festival (Lucban, Quezon)
- Maya Restaurant (Mexican food) (Cebu City)

**Girls' Weekend Away**

- Sonya's Garden (Barangay Buck Estate, Alfonso, Cavite)

*Sonya's Garden*



*Pagsanjan Falls*

**Romantic Destinations**

- Abaca Resort (Mactan Island, Cebu)
- Discovery Country Suites (San Jose, Tagaytay)
- Alegre Resort Cebu (Calumbuyan, Sogod, Island of Cebu)

**Things To Do & Get**

**Made to Order**

- Curtains & Furniture Upholstery by Albert Mendoza (Home Service)
- Signs by Lydia Bartolo (Home Service)
- Edna Rosas Quilts (Home Service)
- Recycled Bags by Berdesoco, Jan Harris (Makati)
- Wetsuits by Liza (Home Service)
- Dive Suits by Nautilus (Makati)
- Cakes by Mrs. Yulo's (North Forbes Park, Makati)
- "Kimonos" – bejeweled shawls (Wack Wack, Greenhills and AWCP bazaar)
- Pastry Chef - Karen Murphy (Makati)
- Desserts and Cakes by Jenny Silayan (Magallanes, Makati)
- Uniforms by Tina Andaya (Home Service)
- Duvets by Emmy (Pampanga / AWCP Bazaar)
- Besa Shoes and Services (Multiple locations throughout Makati and Manila) (Continued on page 3)



*(My Favorite . . . from page 2)*

- Sugarbox Custom Cakes and Confections (Quezon City but will deliver to Makati)
- Marta’s Cakes - Rica (Bonifacio High Street, Serendra and Alabang)

***Pamper Me***

- Massage R Us Home Salon Services (Home Service)
- Spaworks (Home Service)
- Foot Options (LRI Design Plaza, N. Garcia St., Makati)
- Manicure, Pedicure, Waxing by Aileen (Home Service)

***Can’t Believe You can Hire Someone for That***

- Veterinarian - Dr. Racky Velasquez (Home Service)
- Boxer - Ronel (Home Service)
- Photographer - Stanley Ong (Home Service)
- Moroccan Food Caterer (Magallanes Village)
- Organic Beef by Janice Powell (Home delivery)
- Lactation Consultant - Zeny Feliciano (Home Service)

***Mind and Body***

- MBTI “Know your Personality Type” Seminars by Joanne Weston Edes, Mimosa Solutions (North Forbes, Makati)
- Team Insider Boxing Gym - Jules (Kalayaan St., Makati)
- Xandros Fitness (Home service)
- Chiropractor - Dr. Jameson Uy (Pasig City)
- Executive/Career Coach - Shana Montesol Johnson (Makati)
- Ace Water Spa (Pasig City and Quezon City)

*(Continued on page 4)*

## Recommended Resources

**W**e also thought this might be a good opportunity to share some existing resources that can help people navigate through Manila and the Philippines. Below are recommended blogs, websites, email listserves, and even iPhone Aps for easy access to expert recommendations and reliable info.

***Our Awesome Planet***  
by **Anton Diaz**

“Slice of Manila's Hidden Places. Food/Travel Secrets thru Word-Of-Mouth. Shared through our Awesome Family Adventures.”  
[www.OurAwesomePlanet.com](http://www.OurAwesomePlanet.com)

(subscribe for regular blog feeds)  
Contact Details: +63917 5683-627 (LOVE-OAP); [anton@diaz.ph](mailto:anton@diaz.ph)  
Why Our Awesome Planet? Anton is a foodie and local travel expert and he felt that the Lonely Planet Guide was not representing the Philippines very well. He wanted to share food and travel discoveries in the Philippines that were never published before. Usually these are secrets that are only shared through word-of-mouth. Recommend to sign up to receive regular blog feeds and to search for great restaurants and interesting places to travel. Anton is a father of two young kids so he regularly posts kid-

friendly recommendations.

***Martin Recommends / SinagTala Monthly newsletter***

Distributed via email by Martin Lopez containing a performing arts calendar for Manila.

Email: [sinagtala1@yahoo.com](mailto:sinagtala1@yahoo.com)

***Click the City***  
<http://www.clickthecity.com/>

Also available as a downloadable application on iPhone and Android. Very handy! An on-line searchable resource for movie listings, restaurants, TV, events, live performances, music, arts & culture, etc. ■

*(My Favorite . . . from page 3)*

- Templa Wellness (Legaspi Village, Makati)
- Language school (Makati)
- Reflexology by Fiona Clark (Dasmariñas Village, Makati)
- Plyometrics (workout) - Coach Aries (Fort Rock, Polo Club)
- Red Cord Suspend Pilates/Stott and Reformer Pilates - Options Studio (Makati)

- Yoga by Josh (Home service)
- Philippine Center for Creative Imaging, offers website design classes (Makati)

***Finding the Hard to Find***

- Melbourne Prime Australian Beef by Thessa (Makati)
- New Hatchin Japanese Grocery (Makati)

- Pier 3 Gate (Roxas Blvd., Manila)
- Aussie meat pies and sausages by Ozfood Asia (Sunday Market, Legaspi Village)

We hope this document will serve as a useful resource for both new and long-timers as they seek to discover the special treasures of Manila and the Philippines: new destinations to explore, exciting adventures to embark upon, and valuable services to try. ■



*Desserts and Cakes  
by Jenny Silayan*

### **Manila Women's Forum**

Manila Women's Forum (MWF) is a cross-cultural network for women. It provides opportunities to build friendships, talk to women of various cultures, and 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: **Amy Alexander**, Message Board. **Julia Holz**, Treasurer, Membership and Programs. **Lisa Lumbao**, Chair. **Junie Navarro**, Message Board. **Lisa Stuart**, Message Board Moderator. **Beulah P. Taguiwalo**, Newsletter, Website.

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 P50 for non-members. For more information about MWF, please contact Lisa Lumbao at Tel. 813-0168, or at [lumbao@mozcom.com](mailto:lumbao@mozcom.com).

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[www.geocities.com/manilawomensforum](http://www.geocities.com/manilawomensforum)