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Pamper yourself and your loved ones this holiday season.





Celebrate your Christmas family gathering with wholesome games for kids ages 4 to 64. Keep the gadgets and on this day let's just have some good family bonding. Here are some games that will surely elevate your Christmas gathering.

SANTA LIMBO

Like the limbo rock in a party, this time participants have to put a "santa belly" under their shirt using a pillow. Place a limbo stick at a starting height. Then line up, and one by one try to limbo underneath (with the Santa belly) until everyone has tried. Slightly lower the stick and have those who made it through go again. Continually lower the stick until one winner remains!

CHRISTMAS MEMORY GAME

Pick eight Christmas images (ex. gift, Santa, snow, reindeer, star, Belen etc), draw/print two of each, so you'll have a total of sixteen cards. Now place cards on the table in a 4x4 layout. Each player gets a chance to pick a card, then try to find the match. When a player finds the match, they keep it, get a point and get to try for another match. Play until someone reaches the predetermined amount of points to win.

PIN THE NOSE ON RUDOLPH

You remember this – it's a party favorite among kids. This time it's not a donkey that needs a tail but it will be Rudolph and his big red nose.

Draw (or print out a picture) of Rudolph and place it on the wall. And get a red circular piece of paper (for his nose) with a piece of tape. Then blindfold the participant, spin them in a circle, then have them try to pin the nose on Rudolph. Mark their attempt with their name. Give everyone a chance to pin the nose and whoever pins it most accurately, wins.

PENGUIN WADDLE GAME (at least 6 players)

Now this is a fun foot relay. Separate the players into two teams of at least three players. Set up cones 15 to 25 feet apart for each team. The first player puts a balloon between their knees and waddles like a penguin down to the cone and back. Then they pass the balloon to the next team member so they can go. If any team member drops the balloon, they have to restart! The first team to complete the relay wins.

FIND SANTA'S FRIENDS

It's your Christmas treasure hunt. Hide a variety of plastic or stuffed elves and reindeer throughout the house. For the younger kids, make the items easy to find and give them a head start. Hide Santa's friends in trickier places for the older kids and let them look after the younger ones have had a chance. Consider giving prizes based on how many of Santa's friends each participant finds.

STOCKING FILL-UP

Form two teams based on how many players there are. Place a Christmas stocking for each team on the other end of the room.

Condo Living Tips

The players will then race to their team's stocking with a spoonful of candy, deposit the candy and return to their team. This relay continues until one team fills up their stocking to win the game

STOCKING GUESSING GAME

First, you need a host to put random items in a stocking. Once it's stuffed, tie a ribbon or string around the top of the stocking so that no one can peek. Sit in a circle and pass it around to let everyone feel what's inside. Give them note cards so that they can write down their guesses. The person who guesses the most correct items wins.

Now here are some games for much older family members or when you're celebrating with friends.

ORNAMENT GUESS

The game involves getting your guests to guess the number of ornaments you have on your Christmas tree while they walk into the party hall. The winner can get an ornament to take home.

HOLIDAY STORYTELLERS

Everyone stands in a circle as one person begins a made up holiday story with one sentence. Each person after them must recite what the previous player(s) said and add their own sentence. If someone forgets a detail while recalling the whole story, they're out. The story keeps building until only one person can recall all of the details and wins the game.

HOLIDAY A-Z (at least four players)

Distribute papers with the alphabet written vertically on each paper. Teams must then compete to fill in the entire alphabet list with a holiday word for each letter. The first team to complete their list wins. Have a judge check the winning team's list and make sure the words qualify as holiday words. If their list isn't accurate, check the list from the second fastest team.

CHRISTMAS CHARADES

First, print out a list of Christmas terms to act out. Separate everyone into teams, then get one person from each team to do the acting. Like regular charades, the actors are not allowed to talk or make signals of any letters. Every time a team guesses correctly within the time limit, they get one point. The first team to get twenty points wins the game.

Example: Grandma making Christmas cookies, Rudolph the red nosed reindeer, Making a snow angel, Elves making toys, Building a fire in the fireplace, The Grinch stealing presents, Olaf in Frozen.

BLIND PAPER PLATE CHRISTMAS SCENE

First, grab some paper plates and markers. Players are blindfolded and hold their paper plate on top of their head. One person gives drawing instructions while everyone else tries to draw the Christmas scene they describe onto the plate. The most accurate drawing wins!

CHRISTMAS TRIVIA

Like Trivial Pursuit with Santa, this game asks guests multiple-choice questions about various holiday traditions and famous figures, awarding points for every correct answer.

CHRISTMAS CAROL Pictionary

Write down a list of Christmas carols on separate flash cards. Divide players into teams. One person draws from the pile of cards and has one minute to illustrate the Christmas carol. If their team guesses correctly, they get one point. Make sure to alternate the team artist. Teams take turns until one reaches twenty points.

JINGLE IN THE TRUNK

The aim of the game is to bang as many jingle bells as you can out of a tissue box that's hanging over your head. The trick: you have to do this without making use of your hands.





Business Failure: What Are The Tell Tale Signs? Part 3

Prof. Enrique Soriano

Failure happens all the time especially for entrepreneurs who are naturally risk takers. In a recent interview initiated by ICON Executive Search related to business failures, I was asked a question that entrepreneurs must take to heart.

Question:

“Professor, in your more than 10 years of coaching business leaders and turning around companies in the ASEAN region, what do you think are the biggest blunders a typical entrepreneur makes?”

Answer:

Sometimes you win and sometimes you learn! For business owners, losing is not an option, learning is. It’s all part of an expensive tuition fee. But as an entrepreneur you have responsibilities to your customers and to your employees so you have to do everything you can to guard against any possible red flags.

I am sharing a portion of my interview as a key take away for business owners so they can navigate their way on crucial minefields that will surely cause irreversible damage to the business. This is also part of a continuing series related to Business Failures:

1. Inexperienced Management Team

One of the major reasons that a business fails is its management. Top management is the backbone of a strong business, decisions and strategies made by management can decide the fate of a business well before it gets off the ground. Many decision makers, especially the startups are often not aware of the business capabilities and importance of creating long term strategies. I understand where they are coming from. The cost of having a good team is high but the dangers of having an inexperienced team can inflict irreversible damage to the business.

No business can survive and prosper without competent people. The latter creates the energy and the drive toward greater productivity and increased profit. Compensate them well, train them and they will deliver. A high turnover rate means constantly hiring and re-training personnel. Simply put, hiring incompetent people is an additional operational expense. Additionally, if you have bad eggs in the team, they must also be weeded out fast lest they become a liability.

2. Differentiate or Die

I also overhear entrepreneurs say, “we are cheaper than anyone else!” Being cheaper is not something to be proud of. It is tempting but dangerous. You are falling into a commodity trap where the end game is a bruising price war. In the end, if your organization is not calibrated to sustain cost leadership, you will surely fail. Being cheap is not a badge of honor, it is just a matter of time when a competitor will come along sooner or later who will be cheaper than you. Pushing for a cheaper product without the backbone is a death wish.

3. Mismanaging Inventory and Overhead Costs

Keep a firm grasp of inventories to avoid burdensome financing costs on excess inventory and to maintain liquidity. This means rationalizing costs whether they are for inventory or addressing routine expenses. The key is “spending smarter” – tightening up and examining the costs and options of things that are usually taken for granted (representation, transportation, etc.).

4. Poor Accounts Payable Management

For clarity, accounts receivable are the amounts owed to a company by its customers, while accounts payable are the amounts that a company owes to its suppliers. In your accounting books, receivables are classified as a current asset, while payables are classified as a current liability. No matter what size your business is, paying bills will always be part of it. By implementing “best business practices” you can streamline your accounts payable process and be prepared for future growth. Keeping current on your payables is essential to retaining good credit status. However, you have to set priorities. Study who must be paid first to keep things running, followed by primary suppliers and so on.



Prof. Enrique Soriano

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

Elements of a Healthy Diabetes Diet



Weight loss should be your first goal when it comes to managing diabetes. Whatever strategy you choose for this — whether it's low carb, high-protein, or something else — it's important to make healthy choices. This will help you control your diabetes, your blood pressure, and your cholesterol while also giving your body what it needs for a long and healthy life.

One way to do this is to follow the strategy set out in the Healthy Eating Plate developed by nutrition experts at the Harvard T.H. Chan School of Public Health. The advice is simple and straightforward.

1. Divide your plate in half.
2. Fill one side with vegetables (preferably non-starchy ones) and fruits.
3. Fill the other side with whole grains and healthy protein.
4. Minimize refined grains such as white rice and white bread, from which fiber has been removed.
5. Choose healthier protein sources, such as fish, poultry, and beans, instead of processed meats like bacon and cold cuts.
6. Use healthy oils.

Nutrition research is increasingly exploring connections between eating patterns and health. A healthy eating pattern should help you lose weight and control your blood sugar, blood pressure, and cholesterol. It should also be good for your heart, your brain, and every other part of your body. Here are some common eating patterns of special importance to people with diabetes that closely follow recommendations on diet from the American Diabetes Association.

Vegetarian.

Vegetarians eat mostly food from plants. Some include milk and other dairy foods (lacto vegetarian), while others include eggs (ovo vegetarian) or both dairy and eggs (lacto-ovo vegetarian). Some even allow for a little bit of animal protein within an overall plant-based diet. Though this doesn't strictly count as vegetarian, people sometimes call themselves vegetarian if they eat mainly vegetarian but with a little chicken (pollo vegetarian), fish (pesco vegetarian), or the occasional serving of red meat, chicken, or fish (flexitarian). Clinical trials have shown that vegetarian diets may be better than traditional low-fat diets for helping people with type 2 diabetes control blood sugar and cholesterol.

Vegan.

Vegans eat only food from plants. They do not consume any animal products or byproducts. That means no meat, poultry, fish, eggs, or dairy foods, such as yogurt or cheese. In a 2015 review of vegan diets and diabetes, University of Illinois at Chicago researchers found that, like vegetarian diets, traditional vegan diets improve blood glucose and cholesterol levels in people with type 2 diabetes better than standard low-fat diets.

Mediterranean-type.

In the 1950s and 1960s, nutrition research pioneer Ancel Keys and his colleagues studied eating patterns in 16 different populations in seven countries. They observed that people living in Crete, other parts of Greece, and southern Italy tended to live longer than others in the study and had lower rates of heart disease and some cancers. Keys was convinced that the regional diets, together dubbed the Mediterranean diet, were an important reason for the good health in those populations. Over the past four decades, studies have shown that a Mediterranean-type diet can help prevent and treat type 2 diabetes, heart disease, and other chronic conditions. There's no such thing as the Mediterranean diet, since more than a dozen countries — each with distinct foods and dietary habits — border the Mediterranean Sea. Here are the general features of a Mediterranean-type dietary pattern:

- plant foods as the main source of calories: vegetables, fruits, whole grains, nuts, and legumes (like beans, peas, and lentils), with a preference for foods that are fresh and minimally processed to preserve nutrients
- olive oil as the main source of fat
- low to moderate amounts of cheese and yogurt with meals
- moderate amounts of fish and poultry as the preferred sources of animal protein; minimal amounts of red meat
- fresh fruit with meals instead of desserts
- for those who drink alcohol, wine consumed in low to moderate amounts (no more than two glasses a day for men or one a day for women), usually with meals.

Life Tips

DASH.

The Dietary Approaches to Stop Hypertension (DASH) trial, done in the 1990s, showed a substantial reduction in blood pressure from a diet rich in fruits, vegetables, and low-fat dairy foods, and with reduced sodium, saturated fat, and total fat. In several small trials among people with type 2 diabetes, a DASH approach has been shown to help control blood sugar, blood pressure, and other cardiovascular risk factors.

You can find information about the DASH diet at <http://www.health.harvard.edu/dash>.

Look AHEAD. This important trial didn't examine a specific eating pattern. Instead, nutritionists helped participants create meals and snacks that each day delivered enough calories for good health and weight loss (1,200 to 1,800 calories a day). Fat provided less than 30% of calories, while protein provided more than 15%. Participants were also encouraged to replace one or two meals or snacks a day with alternatives such as portion-controlled shakes, bars, or meals that contained 150 to 220 calories. Those who used meal replacements had better diet quality and lost more weight than those who didn't.

Any healthy eating pattern should spread meals evenly over the course of the day: breakfast after you wake up; lunch in the middle of the day; dinner or supper toward the end of the day, but not too close to bedtime; a snack or two if needed in between meals. Missing a meal often means eating extra food later, which can lead to a big spike in blood glucose and put extra pressure on the pancreas to make insulin.

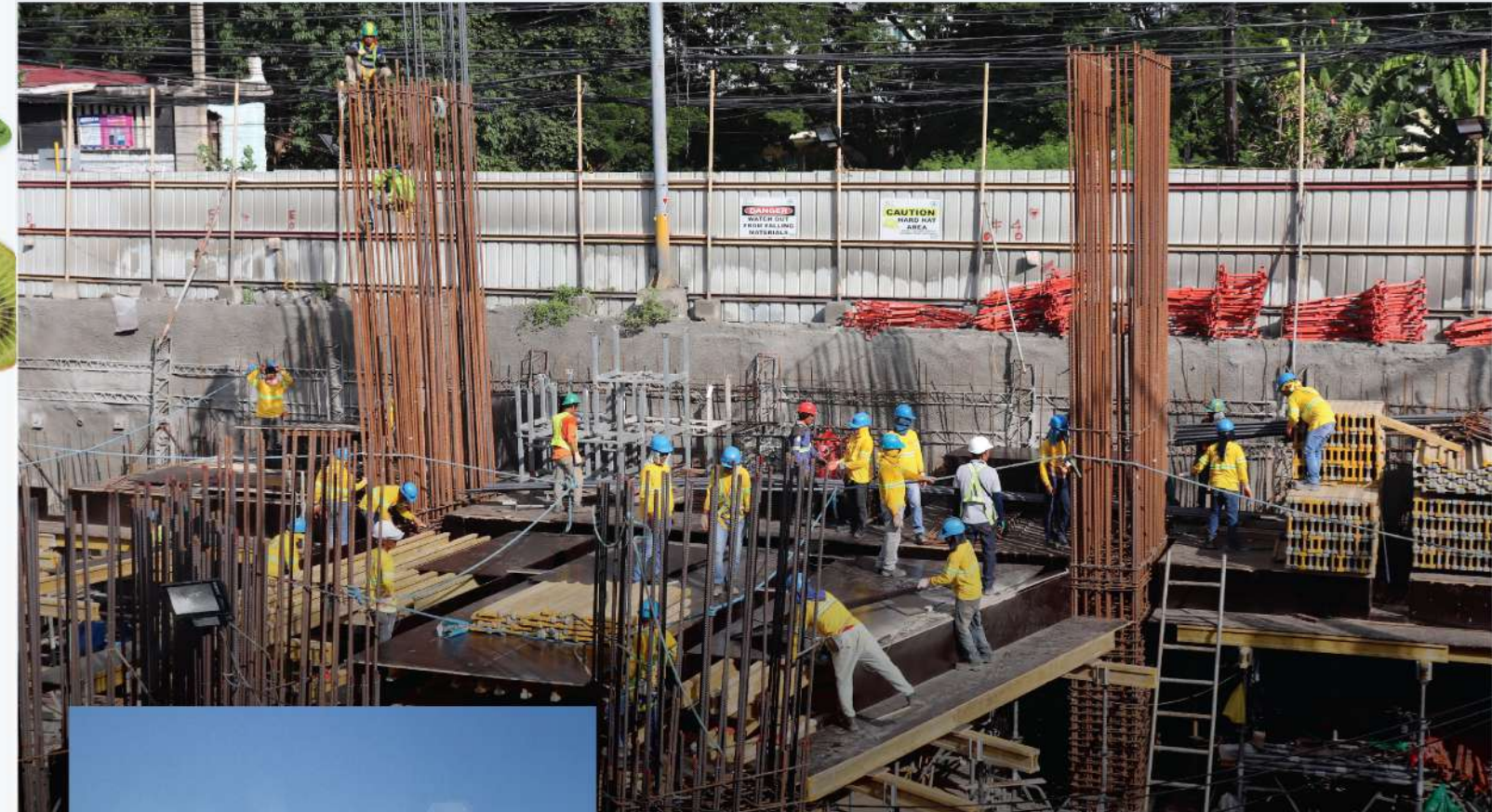
Source : Harvard Medical School



Central Site Scope



Cebu's Most Iconic Landmark Nears Ground Level



Model Units Are Ready For Viewing at
L.O. Building, Gorordo Avenue, Lahug Cebu City

Creamy Macaroni Salad Recipe

Macaroni salads are easy to make and can feed a crowd. It's a Filipino favorite that is a must-have at parties and big family dinners!



Ingredients:

- ☐ 1 400-gram pack elbow macaroni
- ☐ 5 slices bacon, chopped
- ☐ 1 red onion, small, peeled, chopped
- ☐ 2 cloves garlic, peeled, chopped
- ☐ 1 carrot, small, peeled, chopped finely
- ☐ 1 red bell pepper, small, chopped finely
- ☐ 1 bunch string beans, cut into 1-inch lengths
- ☐ 1 cup sweet kernel corn, drained
- ☐ 1 cup all-purpose cream
- ☐ 1 227-gram block cream cheese, cubed, softened
- ☐ salt and ground black pepper, to taste
- ☐ water, as needed

How to Cook Chicken Estofado

- ☐ Bring a pot of salted water to a boil. Cook pasta according to package directions. Drain and transfer to a large bowl. Keep warm.
- ☐ Heat a large nonstick pan over medium heat while pasta cooks. Cook bacon until crisp. Scoop bacon from pan, and transfer to a rack over paper towels. Remove excess bacon fat, leaving just enough to cover the bottom of the pan.
- ☐ Saute onion then garlic in the same pan until translucent. Add carrot, red bell pepper, string beans, and finally, corn, cooking each until just heated through. Season to taste with salt and pepper. Transfer to bowl with macaroni.
- ☐ Heat cream in the same pan over low heat. Add cream cheese, and stir until melted. Season with salt and ground pepper, to taste. Pour over macaroni, and toss with bacon to coat. Season to taste, and serve while warm.

SUDOKU

How to Play

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

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

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