

# The PHC Christmas Newsletter

December 2015

First Issue

INSIDE: Christmas Program - Guide to Street Food - #PHCAIDubNation

## “Paskuhan sa Kalye” Is On!

By Architect MARLON L. REYES

The Christmas season was finally felt in PHC as the Yuletide’s annual celebration commenced on the first week of December. With this year’s theme “Paskuhan sa Kalye” and “Street Party at PHC,” everybody will surely experience an urban-dubbed atmosphere all throughout the hospital complex.

The wave of pre-December street-themed Christmas cheer started as you may have spotted some of the famous “Christmas Lanes” street signage throughout PHC. You may wanna catch your breath in a colorful jeepney stationed in the heart of MAB Main Avenue or wait for the MRT along DAPA Station. Feeling hungry, searching for treats, or hunting for Christmas gifts for your kris kringles? Then head to the PHC Christmas Street Market at the Pagbubungkos Plaza and PHC Breezway Bazaar for all your craving needs.

As December stepped in, we solemnly observed our first Thanksgiving Mass at 8 am at the Chapel in Pagbubungkos Plaza, celebrated by Fr. Evan Paul Villanueva, MI. On December 2, our ears were captivated in the afternoon by the delightful carols of the Arkipella choir from the University of Santo Tomas, jump-starting one of the series of musical renditions of “Concerts at the Lobby,” which will be held every Wednesday.

The first week ended with the official launching of the Christmas program on December 4. The program started with a street mime contest participated in by the Administrative and Medical Services. The participants were stationed at the MAB and hospital lobbies between 3 and 4 pm, miming their way to the viewers’ delight, and collecting as many likes as they can from the audience dropping ticket stubs. Ruby

Ann Velitaro of Laboratory Medicine garnered the most tickets, worth P12,780 (picture below right).

A colorful rendezvous was initiated, ending at the MAB drop-off area where PHC’s 40<sup>th</sup> Christmas Celebration was launched. Dancers and participants gathered in separate areas of the complex where they started their parade, culminating in the Canopy area for the formal festivities.

This year’s Christmas Committee Overall Chairman, Dr. Jerry Obaldo, delivered his remarks and formally declared the Celebrations open. He gave an overview of the events for the entire month and thanked the committee members for their efforts.

We were then stupefied by the dance craze of Ignite Dance Company to spark the upcoming competition the whole hospital was waiting for . . . the street dance battle of the Services. The judges were introduced by Competition Committee chair Ms. Cleopatra Palencia, who made a very dramatic entrance with dance moves of her own, to the great delight of the audience. Then the dance battle began, starting with the



Medical Services followed by Administrative Services. Both groups showed very professional hip hop and other street dance moves. The clash ended but the continuous loop of the music then started a fusion flash dance mob among the contestants together with

the other participants of the Christmas Celebrations. The dance battle was won by the Medical Services group (picture left).

In between all these happenings, winners of the first set of 40<sup>th</sup> Christmas Celebration raffles were announced by batches. Each of the 40 employees won P1,000. As a fitting finale, everybody were then treated visually by fireworks and sparkling light displays to cap the joyous evening.





## 40th Christmas Celebrations Begin



Left: Art Exhibit Committee during the opening of the one-man show of Nelson dela Cruz (Dec 2). From left: Anna Lissa Ogayon, Art Exhibit and Chorale committees chair Archt. Rogelio Caringal, the artist with donated painting, Alan Fruelda, Renato Doctor. Below: the Arkipella choir of UST Architecture sing Christmas carols during the first Concert at the Lobby.



Below: Overall Chairman Dr. Jerry Obaldo formally opens the 40th Christmas Celebrations on December 4. Ms. Aytette Velasco (left in green, Socials co-chair) and emcee Dr. RJ Bautista (right, Competition co-chair) led the organizing efforts for the event.



Whether busing at the Hospital building lobby (below left) or at the MAB lobby (below middle), the Street Mimes (Ariel Sulit, Ruby Ann Velitario, Randy Pero, and Michael Rombano) were a huge hit with the crowd. Below right, contest winner Ruby Ann is surrounded by her Laboratory Medicine colleagues.



Below: Guest performers Ignite Dance Company show them how it's done. A couple of them also served as competition judges.



Above: Competition Committee Chair Cleopatra Palenda makes a dramatic dancing entrance before introducing the judges, cracking every up, including our Assistant Directors Maria Linda Buhat, Gerardo Manzo and Josephine Lopez.



Above: Administrative Services stalwarts show support for their mime contestants. From left: Dolina Manangu, Emilia Olbes, Ana Marie Manio, ADAS Josephine Lopez, Imelda Viena, Corazon Perez, Rosalio Odlares, and Randolph Sakai.



It's all friendly competition. Left: members of the Medical and Administrative street dance groups mix it up after the show-down. Administrative Services wows the crowd with professional dance moves (below left) but somebody has to win, and Medical Services (below) came out on top, with their bombshell finale probably giving them an edge.



Left and below: Spectacular fireworks light up the early evening sky over PHC, capping the very successful opening ceremonies.





# PHC Joins AIDub Nation!

By HERWIN JOHN M. AYCOCHO, MD. Division of Nuclear Medicine.

Unless you have been living under a rock for the past several months, you have surely heard of the “AIDub” phenomenon. And you can count many PHC employees as among its most ardent fans, who are collectively known as AIDub Nation.

## Tale of the Tape

Accidents are seen as tainted coincidences, often unforeseen and most of the time unwanted. This might not be the case in today’s sensation — “Kalye-Serye” where, as the TV show’s directors admit, this segment was indeed the fruit of an accident. It all began in July 16, 2015, when Yaya Dub (Maine Mendoza), named so because of her propensity to “dubsmash,” broke character and smiled at Alden Richards, hinting that the actress may be truly attracted to the young stud. From there, the segment “All for Juan, Juan for All” seemed but a prologue of today’s “Kalye-Serye.” Famously, the segment is drawn in a simultaneous split-screen setting, with Alden in the studio and Yaya Dub covering an outside site, communicating through song verses and old school picket writing. With no actual and direct conversation, the two amazingly expressed their strong feelings amidst the forbidden courtship interrupted by a wave of fans’ cheers.

But what is really different in this love story that makes it so popular and engaging? I tried to read a couple of articles about the segment and watched an episode or two of the said show. At first, I saw all gaiety and overall joy on how the characters were projecting their roles. The surprising thing about it is how the entire cast; even the Rogelios (bodyguards of Nidora) are chorally improvising. The spontaneity is very genuine and the acting was all in the spur of the moment. It’s an escape from the typical show business working class where artists are petrified with glamor, a socially-programmed perspective of beauty on top of beauty and a hunger-driven body. Here Yaya Dub is evidently a simple lass, an “un-Belofied” or “De-Calayanized” personality who portrays the typical girl-next-door compartmentalized

away from Alden by what seems to be an antagonistic Lola Nidora. Another observation is the mutual sharing of expectancy portrayed by the main characters and the masses. The anticipation of the climactic meeting and overall progression of AIDub’s relationship as a romantic couple inspires waves of fanaticism among the audiences.

## Transference

The mass attraction to the show is probably because the Filipino people see a slice of their lives in the AIDub segment. This opens a door in our psyche as a culture, how has it been and how it presently is evolving. First, Lola Nidora’s overall character is viewed as antagonistic in relation to the main characters. It may be unintentionally projected but in scrutiny, “Lola” denotes age, and with it comes wisdom from accumulated experiences. The hindrances set-up by Lola Nidora are guiding reminders that emotions are seemingly deceptive and painstakingly hamper prudent decision-making. A big chunk of the fan base are those expatriated Filipinos that are magnetized by the show’s mirror-like portrayal of their lives, the OFW’s self perception exuded by Alden’s determination and somewhat unlimited hope that no matter how far and how long, one will be united with his loved one. Then, there is Lola Nidora and Tinidora, who provide braces, support systems that make our lives a little lighter. The funny makeup where eyebrows have eyebrows, and the ridiculous matching outfits provide a background of comic relief imbued with real-life punch lines.

Perhaps the most striking fact that made the show a continuous success is the setting of it all. The same streets where we all walk, cross and tread to write our lives on a daily basis, has made way to an epiphany of consciousness. It is where all that is ideal is constantly clashed to what is real, and in the process, give us true-to-life lesson — the ones we pass on. In, short it is where everything unfolds, where everything is celebrated.

One of the highlights of the December 18 Christmas party will be a Kalye-Serye competition, where our employees emulate the segment’s characters, as PHC officially joins AIDub Nation.





# From The Organizing Committee

by JERRY M. OBALDO, MD MHA. Overall Chairman, 2015 Christmas Committee



I received the memo assigning me to head this year’s Christmas Committee, feeling a mixture of surprise and amusement, as this sort of thing does not exactly fall within my so-called core competency. But with enthusiastic contribution from the Committee members, we came up with a program that ought to please our employees. So here’s a *pabebe*-wave to the people who have conceived and expertly executed these activities.

Our motivation for organizing this year’s Christmas celebrations was to make it very memorable and to engage as many employees as we can. And we are doing this by: organizing unique activities throughout the Celebration month; providing exclusive amenities for the employees during the December 18 program; as well as creating souvenirs like this newsletter. The Physical Arrangements Committee are building multiple photogenic backdrops appropriate for *selfies* to remember this Christmas by.

The theme chosen for this year is the bilingual “*Paskuhan sa Kalye*”/ “Street Party at PHC: The 40th Christmas Celebrations.” So all activities, including the décor, will reflect the themes, “*Kalye*,” “Street,” and “40.” DAPA Hall will be converted into an inner city street, suitable for a *barangay*-style party *sa kalye*. The traditional *tiangge* is a Christmas Street Market.

The opening ceremonies on December 4 had Street Mime and Street Dancing contests. At least once a week, there will be Street Busking in the MAB Lobby. The hottest thing on Philippine television today is “*Kalye-Serye*,” and we will have a contest for that on our

Christmas program.

Instead of the usual Christmas program, on December 18, we will have a Street Party. Of course it’s not a party without food and drinks. So this year the Food Committee will be preparing these, with street style food stalls. If we can manage the accounting and auditing rules, we will have various amenities like photo booths so everyone can have souvenirs.

This year we will start promptly at 1:30 pm. Come early because in keeping with the 40th Christmas celebrations, we will be giving away P40,000 in cash as “Early Bird Raffles,” starting at 1:15 pm. And for those who will stay inside DAPA Hall until the end, there will be P40,000 in cash as door prizes. Those who are unable to attend the party can still win the P120,000 in cash prizes in the 40th Christmas Celebration raffles, with a top prize of P40,000 going to one very lucky employee.

We will cap the party with a *Rakrakan* (rock band music contest), live bands, eating and drinking, like a December version of Oktoberfest, surely lots of fun.

There’s an old adage that “Christmas is for children.” We will have the annual Christmas party for the kids on December 21. Expect lots of games and give-aways.

But we should never forget what Christmas is really about. So the very first, the very last, and by far the most frequent activities, are religious celebrations of the birth of Christ, to remind us of the true meaning of Christmas.

On behalf of the Organizing Committee, here’s wishing you a sincere Merry Christmas and a Joyous New Year!

# Christmas Program Calendar for December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Opening Mass, 8:00 am DAPA Hall	2 Christmas Concert at the Lobby, 3:00 pm MAB Lobby	3	4 Opening Ceremonies, 4:00 pm, MAB Canopy. Street Mime and Street Dancing competition.	5
6	7	8 Immaculate Conception Mass, 8:00 am and 5:00 pm DAPA Hall	9 Christmas Concert at the Lobby, 3:00 pm MAB Lobby	10	11 Judging of Best Decorated Unit	12
13	14	15 OPD Children’s Christmas Party, 8:00 am to 1:00 pm. DAPA Hall  Simbang Gabi 5:00 pm, Chapel	16 Christmas Concert at the Lobby, 3:00 pm MAB Lobby  Simbang Gabi 5:00 pm, Chapel	17 Simbang Gabi 5:00 pm, Chapel	18 Christmas Party Mass 8:00 pm, DAPA Hall  PHC Employees’ Christmas Party, 1:30 pm	19 Simbang Gabi 5:00 pm, Chapel
20 Regular Sunday Mass 8:00 am, Chapel  Simbang Gabi 5:00 pm, Chapel	21 Employees’ Children’s Christmas Party, 1:00 pm, DAPA Hall  Simbang Gabi 5:00 pm, Chapel	22 Community Outreach 9:00—11:00 am  Simbang Gabi 5:00 pm, Chapel	23 Christmas Concert at the Lobby, 3:00 pm MAB Lobby  Simbang Gabi 5:00 pm, Chapel	24 Nativity Mass 5:00 pm, Chapel	25 Christmas Day Mass 8:00 pm, Chapel	26 Anticipated Mass 5:00 pm, Chapel
27 Regular Sunday Mass 8:00 am & 4:30 pm, Chapel	28 Regular Daily Mass 7:30 am, Chapel	29 Regular Daily Mass 7:30 am, Chapel	30 Regular Daily Mass 7:30 am, Chapel	31 New Year’s Anticipated Mass 5:00 pm, DAPA Hall	January 1 — New Year’s Day Mass, 8:00 am Chapel January 2 — Regular Mass, 5:00 pm, Chapel January 3 — Regular Sunday Masses, 8:00 am and 4:30 pm, Chapel January 4 — Thanksgiving Mass, 8:00 am, DAPA Hall	



# A Guide To Philippine Street Food

By HERWIN JOHN M. AYCOCHO, MD. Division of Nuclear Medicine.

It is maybe a product of our innovation and overall efficiency as a culture that our culinary arts are not restricted by four walls. Our field of delicacies is so vast that it extends beyond our homes, and by that I mean the streets. In this article, I present the some of the most commonly loved and revered street foods (sometimes pegged as exotic – even set as a challenge in the show “Fear Factor” a decade back), which reflect our ingenuity and resourcefulness as Filipinos.

## Attack of the poultry

We hate to waste anything. This may be the mindset of the first people who bore the idea of propagating poultry refuse as a street delicacy – “Refuse to be Refuse.” The most common are “helmet,” “isaw,” and “adidas,” which are chicken head and neck, intestines and feet respectively. These are cleaned and put on a “special” marinade overnight and grilled to a gummy and crunchy delight. Other parts of the chicken used, with their street names, include *balun-balunan* (gizzard), *proben* (short for proventriculus, or that part proximal to the gizzard), and heart (*corazon*).

“Shelled mouth bombers,” are also under this category. Famously these are peddled at night through the streets with as many and as fun accents to catch the ear of potential customers. “*Balut*” and “*penoy*” are well known for the hot and peculiar “*sabaw*” to go with a dimple of salt and vinegar.

Fried fritters are also great as snack or viand, using every growth stage of poultry, and are musts in any food kiosk in the street. Quail eggs, and chicken or duck eggs, dipped in orange-colored batter and deep-fried, are colloquially known as “*tokneneng*,” and “*kwek-kwek*,” respec-

tively. If large eggs are used, some jokingly call it “*toknanay*.” These snacks are versatile and go well with either a flour and sugar based sauce, or just simple vinegar with minced onions. For the more culinary braced person, day-old chicks, complete with limbs and fully formed head, are also fried to crunchy perfection. Breaded, fried fully-grown chicken is now commonly sold in street corners, thus the moniker Kanto-ky Fried Chicken or KFC.

## “Sauciology”

We are all too familiar with the various “balls” and “*kikiam*.” Fish balls, squid balls, shrimp balls, beef balls, and what have you. These have been a favorite in the streets, with groups of *manongs* having the same color-coded carts and sauce. Having the same products, the battle in this business becomes the sauce, with combinations of sweet and spicy, and minced red onions boiled in vinegar.

## The iron-grill chef

During the afternoon, a bustling street in the metro would not be complete without the fragrant aroma of grilled fresh livestock meat and innards. These delights include “Rambo” (formerly known as “Betamax”). This grilled cuisine is denatured blood that is somewhat put in simile with the movie cartridge back in the day hence the name. It goes well with a spicy vinegar sauce with ample chili, and from what I have observed a perfect match for your ale. Next is the “*isaw baboy*,” which are actually pork intestines. These are marinated usually in a ketchup-soy-sauce-vinegar mix overnight, and grilled to whatever your preference. Lastly, one winner with the crowd is the “Walkman” or “*tenga*” Yes, it is literally pork ears, similarly marinated, then grilled or fried.

To wash down all of these is *samalamig*, ranging from *arnibal*-laced *gulaman-at-sago*, to various juices.

These street foods stand witness to our love for food as a people and a culture. They illustrate our complexities and simplicities at the same time, from the raw materials, method of cooking, to the actual means of eating and savoring each food. Finally they reflect our ingenuity by adapting unorthodox food selections with our own mark and unique signature.

Delicious food is available in the Christmas Street Market throughout the month, for the enjoyment of our employees.





## The Christmas Committee At Work



Initial organizational meeting. From left: Publicity & Documentation Chair Renato Doctor, Secretariat Chair Celia Segovia, Competition Chairs Dr RJ Bautista and Cleo Palencia, and member Daisy Algenio, Food Co-Chair Camille Franz Mercader, and Bro. Seo Jung Ju, MI.



Face to camera from left: Dr Nerissa Atienza-De Leon (Ways and Means Chair), Dr Allanbert Sampana (Overall Co-Chair), Engr Ricardo Limpin (Physical Arrangement Chair), Grace Yra (Finance Co-Chair), Albert Jimenez (Finance Chair), Nerissa Remojo (Ways and Means Co-Chair), Celia Segovia and Overall Chair Dr Jerry Obaldo.



Food Committee Chair Dolina Manangu, Outreach Committee Chair Emilia Oibes, and Agnes Balid (Chorale member) during the overall planning conference.



Socials Committee Co-Chair Marietta Velasco discussing the December 4 parade route with Secretariat Chairs Celia Segovia and Jeanette Burillo.



From left: Fr Joseph Wang and Bro Seo Jung Ju, MI of the Spiritual Committee listen, while Competition Chairs Cleopatra Palencia and Dr Raniel Joseph Bautista describe the contests to be held.



Engr Ricardo Limpin shows their plans for transforming the PHC, while Albert Jimenez and Nerissa Remojo see how we can pay for all these. Secretariat member Edelita Mamaradio and Chair Cely at the back.



Socials Chairs Marietta Velasco and Dr Gilbert Vilela present their initial plans, with Food Committee Chair Dolina Manangu at the back.



The Socials and Competition Committees working closely together. From left: Dr Gilbert Vilela, JesFer Peralta, Charisse Magallanes, Ayette Velasco, with Competition Co-Chair Dr RJ Bautista.



From left: Competition Committee Chair Cleopatra Palencia, Jesus Ferdinand Peralta (Socials member), and Dr Gilbert Vilela.



Dr Nerissa De Leon presents her committee's fund-raising activities. At the back are Overall Co-Chair Dr Allanbert Sampana and Secretariat member Nica Villanueva.



Sitting in with the Ways and Means Committee (above center). From left: Dr Jerry Obaldo, Cely (Secretariat), Henry Danas (representing Neri Remojo), Jeanette (Secretariat), Rita Estrada, Co-Chair Dr Jose Melanio Grayda, Jean Wong, Grace Kayanan, and Margaret Rose Clavejo. And (above right) discussing design options for the Christmas bazaar with Physical Arrangements and Socials Committees Co-Chair Archt Marlon Reyes (left).







The Secretariat check out the preparations. The jeepney taking shape (above left), and ready for selfies (above middle) at the MAB lobby. From left: Dr Allanbert Sampana, Lydia Dela Cruz, Dr Danieson Lampano, Deserie Garcia, Dr Herwin Aycocho, Nica Villanueva, Argel Sebastian and Apolonio Molina. Above right: Danilo Muyco and Dess Garcia count down the days till Christmas.

At the PHC Christmas Street Market checking out the merchandise (below left and middle). Right: admiring the street scene backdrops and train tracks, from left: Alvin Villalon, Dan Muyco, Dr Michele Ogbac, Edith Mamaradlo and Cely Segovia.



As always, the first Christmas activity was a mass held at DAPA Hall on December 1 (below). (Right) The PHC Chorale group provided the music during the mass, from left: Albert Jimenez, Francis Despabiladeras, John Kenneth David, Marilou Tolentino, Judy Macani-Dy, Dolores Mercolita, Agnes Balid, Alice Bucton, Rachel San Miguel, Perla Esguerra, Rudolf John Madali, Archt. Rogelio Caringal, Romeo Real, Jr., with pianist/choir master Gene Vito.



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