

all smiles!

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MAGAZINE



Wonders of All Smiles

We continue our happy mission of spreading cheers, by flashing a smile, inspired by our favorite smiling saint, Mother Teresa.

Did you know that smiling is significantly important to one's well-being. Beyond that polite greeting it is a powerful vibe that can do wonders from lifting moods to boosting one's immune system.

Mood Enhancer

Smiling triggers the release of natural mood lifters like endorphins, serotonin, and dopamine. These help reduce stress and promote a sense of well-being.

Stress Reducer

It decreases the production of stress hormones like cortisol and adrenaline.

Improves Relationships

It's the universal sign of friendliness. It makes social interactions smoother and more positive and helps build trust and rapport.

Communication Enhancer

It conveys warmth and understanding, making communication more effective and pleasant.

"Every time you smile at someone it is an action of love, a lift to that person, a beautiful thing. Peace begins with a smile,"

Immune System Booster

It enhances the immune system by promoting relaxation and reducing stress and improves overall health.

Pain Relief

Releases endorphins that act as natural painkillers. In professional settings, it creates a positive impression.

Positive Perception

You appear more confident, approachable, and competent.

Customer Engagement

A genuine smile enhances customer satisfaction and loyalty.

Spreads Positivity

It's contagious. It encourages others to smile and create a more positive environment.

And so 'All Smiles 'is our simple way of spreading good cheer!

Enjoy reading our fun activities like the painting session at Sip & Goh and the international frisbee competition featuring the kids in Boracay.

All Smiles would also like to share the foundation's visit to the Missionaries of Charity and the fun gift-giving activities.

We close the issue with the highlights of the gala night and the Legacy Awards.



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For sisters, Julia 14, Jade 12, and Jude 10 , painting is a favorite after-school activity. Sometimes they are even joined by their parents Archie and Judith Tan.

If you enjoy splashing colors on canvas while enjoying your favorite drink, then you will have so much fun at Sip & Gogh. The painting studio is a haven for creative individuals who wish to unwind and unleash their artistry at any given time, without worrying about the proper venue, art materials, or the availability of their favorite beverage.

Now in its 12th year of operations, Sip & Gogh studio was established by three friends Carlo De Leon, Christopher Cruz, and Norman Santos. According to their website, the three friends love hanging out together as they share travel experiences, sample wines, and learn about different cultures. Their regular leisure activity served as the inspiration for their unique business, a premier paint and sip studio that combines their appreciation for fine wine and good art.

The owners quickly emphasize that they are neither wine connoisseurs nor painting masters. They simply want a cozy venue where individuals can explore their creative side with fellow enthusiasts while enjoying their favorite drink. The goal is to promote creativity, self-development, and social bonding.

“We enjoy painting and find it to be a wonderful way to express creativity,” explains Sip & Gogh events coordinator Katrina Cruz. “It’s always rewarding to see how everyone brings their unique perspective to their artwork and discover ways to de-stress and promote better mental well-being. We’re just passionate about sharing that experience with others!”

Wine appreciation is a major component of the unique activity. “It’s nice to share a glass with friends and explore different flavors together. We believe that enjoying wine can enhance experiences, whether it’s a simple meal or a special event.”

The studio also pays tribute to the famous Dutch Post-Impressionist painter. As stated in their website “Like Van Gogh, we want our customers to paint with their hearts and see beauty in all things. So come and share a sip with us as you discover your inner Van Gogh. “

Every painting session promises to be a relaxing, fun, and memorable experience. Those who have never painted before, are recommended to join the guided sessions where instructors work closely with first-timers on how to recreate the featured painting. The participants are free to infuse their personal touch to make the artwork their own.

The studio also has open sessions for those who like to express their creative side on their own. After the activity, expect to be surprised as you bring home your finished masterpiece.

“ Our featured sessions focus on a specific artwork and our art instructors will demonstrate the steps, providing everyone with a visual guide. Additionally, we have open sessions, where guests are free to choose any painting from our gallery to create their versions. Regardless of your preferred option, both sessions are guided by our art instructors from start to finish.”

The place is open to everyone interested in art, including those with no painting experience. ”As long as you know your shapes and colors, you can create a masterpiece with the help of our instructors. More than 95% of our guests were first-time painters and we always receive positive and encouraging feedback that they had fun creating their very first paintings with us -- one off their bucket lists!”

“ We see a wonderful mix of both adults and children at our studios. Many families come together for a fun and colorful activity that all members can do when they join our sessions or when they hold private events to celebrate special occasions. Adults often enjoy the experience as a way to relax and unwind. We also offer private painting sessions to corporate clients as a building activity to promote employee welfare and art appreciation. It's great to see people of all ages expressing their creativity and having a good time together!”



Art Benefits

Art appreciation is just as important as math, science, reading and other school subjects.

Fine arts cover the colorful realm of drawing as well as painting, artistic expression in music and theaters even fun activities like working with clay, creating mosaics, three dimensional paper creations, puppetry and making mobiles. It also covers photography, cooking, flower arrangement—any activity in which self-expression bursts forth.

Art activities are fun especially for children. The creative process helps motivate young minds to create something unique. The possibilities are endless.

According to child development specialists, the left hemisphere of the brain is for logical thinking and analytical processes—often used in math, reading and science subjects. The right hemisphere of the brain is for emotional, intuitive and creative activities—artistic types of activities. Ideally children need to develop both sides of the brain. Both sides must work together for optimal learning success.

Aside from the fun experience, learning process takes place when a child hold a paint brush, molds a multi-colored play dough, or plays a shepherd in the Christmas play.

Motor skills

Handling paintbrushes, drawing with a pencil, cutting safely with scissors, require precision. Correct placement of fingers on piano keys, learning to play a scale, and strumming a guitar all build motor skills.

Language skills

Arts entail whole new vocabulary. They learn about famous painters, colors and shapes. They learn to describe their drawing and identify various artistic processes such as shading, adding focal points and concepts such as perspective.



Visual-spatial skills

Developing an art work entails arranging elements on paper, connecting pieces of a three dimensional work, or molding clay into a desired shape.

Cultural awareness

In art appreciation, children will learn about diversity found in artistic expression around the world. They build cultural awareness, for example as they discover the intricate details of origami which originated in Japan, or the uniqueness of pointillism a technique of painting in which small, distinct dots of color are applied in patterns to form an image.

Decision making

In creating an art piece, there a series of decisions need to be made. What color, what shape, how big or small? Should I use watercolor or tempera? Art leads to experimentation that can spill over into creativity in other areas of life.



- Children who sing, act or create art learn to express their feelings either with or without words. They learn to express themselves in many different ways.
- Children who might tend to be shy or fearful develop confidence when taking part in the arts. Singing with a group, reciting a poem with classmates, taking a chance on the bright purple paint all work together to build confidence in the decisions they make.
- Because there is not just one way to create, children in the arts learn to embrace multiple points of view. If ten children draw the same apple, there will be ten different apples. And that's okay.
- Art helps children learn to observe, describe, analyze and interpret. These critical thinking skills will be necessary in academic subjects such as math, science and writing.
- Children in the arts will learn to reflect on a project and see ways to improve or change. They will envision how they might say a line or how they might project their voice in the next performance. They'll brainstorm ways to sculpt the clay so it looks more like a giraffe the next time.
- Children learn collaboration. Working in a singing group, acting a part in a play or working on a class mural are all projects that require communication, shared goals and working side by side to achieve those goals.
- Children who participate regularly in the arts have been found to achieve better grades and win more awards than those children who don't have that luxury. (As reported in a ten year study by Shirley Heath of Stanford University.)

Ultimate frisbee may be a popular pastime, but for some kids in Boracay island, it's a serious sport.



Assistant Coach Anaïs Silvestre

believes that the Island Kids Boracay team is the biggest group of young ultimate frisbee players. “I am not aware of any country that would have these many players. In Boracay alone, we can easily have five to six teams for the 6-13 year old category.”

The players were recently cited for their remarkable performance in the Asia Oceanic Beach Ultimate Championship (AOBUC), an exhibition game held in Shirarahama Beach, Wakayama, Japan

While it may seem natural for islanders to excel in beach sports, the kid’s love for ultimate games stemmed from their parents who happen to be members of the Philippine Ultimate (Frisbee) National Team.

Coach Anaïs started playing during her college days in UP. She officially joined the national team in 2012. “Many of us frisbee parents continue playing even after getting married and having kids. And we want our kids to enjoy the sport as much as we do.”



When her family moved to Boracay she was just as happy to be amongst fellow players. “The ultimate games are a big thing in Boracay. I was surprised because they are very competitive. They have been fielding teams to compete in France Dubai, and London and they have been winning.”

In 2023, they decided to join the Ultimate Beach Championship in California. The entire island witnessed the rigorous training leading up to the tournament. Everyone was so thrilled by the experience that after the US, it was decided that the team would join the Ocean Beach Championship in Japan. “When the kids heard about it they asked if they could also join. The parents asked the organizers, and since the Philippines will field different teams, the kids were included.”

With the cooperation of parents, friends, and relatives, the Island Kids team was officially formed composed of kids from Boracay and Iloilo. “We made sure that they played every day and coordinated who among the parents would be available to train them. I had the most flexible schedule so I was with them almost every day.”

Apart from the training, several tournaments were held to prepare them for The Asia Oceanic Beach Ultimate Championship (AOBUC), in Japan “At some point, we started getting excited because these kids are so good. A lot of kids from the island have been playing for a long time and we really should start organizing tournaments for all the kids.”

It was the first time the Philippines sent a delegation of 10 kiddie players (aged 6-13) for the prestigious exhibition games. Apart from the three Gold medals for the Philippine team, the Island Kids won six developmental games.

Coach Anaïs and other frisbee parents plan to bring the kids to the same tournament next year. “We plan to do this regularly,” she said. To date, there are no professional ultimate frisbee players in the kids category. The exceptional talent and commitment of the Island Kids team in Boracay usher in a new set of professional players and further broaden the scope of ultimate sports.



Missionaries of Charity

The founders of the Philippine Missionari della Fondazione Di Carita, Inc. are deeply influenced by Mother Teresa's work



Mother Teresa is small in stature, yet with rock-like faith nun, who devoted her life serving the unwanted, unloved, and uncared people of the world. She is the latest among the Saints declared in the Vatican on September 4, 2016 by Pope Francis.

Born to Nikola and Drana Bojaxhiu in Skopje, capital of the Republic of Macedonia, Mother Teresa was the youngest child of the Albanian couple. She was born on August 26, 1910, and was baptized the following day as Agnes Gonxha Bojaxhiu, a date she considered her 'true birthday'. She received her First Communion when she was five and a half. Raised in a devoutly Catholic family, her father was an entrepreneur by profession. Her mother was religious and was an active participant in the local Church activities.

As Agnes turned 18, she found her true calling as a nun and left home for good to enroll herself at the Institute of the Blessed Mary Virgin, also called Sisters of Loreto, in Ireland. It was there that she first received the name Sister Mary Teresa after St Therese of Lisieux.



On September 10, 1946, Mother Teresa experienced a second calling, the "call within a call" that would forever transform her life. She was riding in a train from Calcutta to the Himalayan foothills for a retreat when she said Christ spoke to her and told her to abandon teaching to work in the slums of Calcutta aiding the city's poorest and sickest people. She received the Vatican permission on October 7, 1950 to start the diocesan congregation that would become the Missionaries of Charity. Its mission was to care for, in her own words, "the hungry, the naked, the homeless, the crippled, the blind, the lepers, all those people who feel unwanted, unloved, uncared for throughout society, people that have become a burden to the society and are shunned by everyone."

It began as a small congregation with 13 members in Calcutta; by 1997 it had grown to more than 4,000 sisters running orphanages, AIDS hospices and charity centers worldwide, and caring for refugees, the blind, disabled, aged, alcoholics, the poor and homeless, and victims of floods, epidemics, and famine.

In 1952, Mother Teresa opened the first Home for the Dying. She also opened a home for those suffering from Hansen's disease, commonly known as leprosy, and called the hospice Shanti Nagar (City of Peace). The Missionaries of Charity also established several leprosy outreach clinics throughout Calcutta, providing medication, bandages and food.



As the Missionaries of Charity took in increasing numbers of lost children, Mother Teresa felt the need to create a home for them. In 1955 she opened the Nirmala Shishu Bhavan, the Children's Home of the Immaculate Heart, as a haven for orphans and homeless youth.

Mother Teresa then expanded the congregation throughout the globe. Its first house outside India opened in Venezuela in 1965 with five sisters. Others followed in Rome, Tanzania, and Austria in 1968; during the 1970s the congregation opened houses and foundations in dozens of countries in Asia, Africa, Europe and the United States. The Missionaries of Charity Brothers was founded in 1963, and a contemplative branch of the Sisters followed in 1976. Lay Catholics and non-Catholics were enrolled in the Co-Workers of Mother Teresa, the Sick and Suffering Co-Workers, and the Lay Missionaries of Charity. In answer to the requests of many priests, in 1981 Mother Teresa also began the Corpus Christi Movement for Priests, and in 1984 founded with Fr. Joseph Langford the Missionaries of Charity Fathers to combine the vocational aims of the Missionaries of Charity with the resources of the ministerial priesthood. By 2007 the Missionaries of Charity numbered approximately 450 brothers and 5,000 sisters' worldwide, operating 600 missions, schools and shelters in 120 countries.

In the Philippines, the founders of the Philippine Missionari della Fondazione Di Carita, Inc. were deeply influenced by Mother Teresa's work and the time they spent with her. Ms. Judith Tan, one of the founders, had the privilege of working alongside Mother Teresa in Samar during her early years. The experience left an indelible mark on her heart and became the driving force behind her desire to continue Mother Teresa's legacy of compassion and service.



Inspired by Mother Teresa's profound impact on her life, Ms. Judith Tan and the other founders established the Philippine Missionari Della Fondazione Di Carita, Inc. Their aim was to create a sustainable support system for missionaries of charity in the Philippines, ensuring that they could carry out their vital work in a more effective and impactful manner.

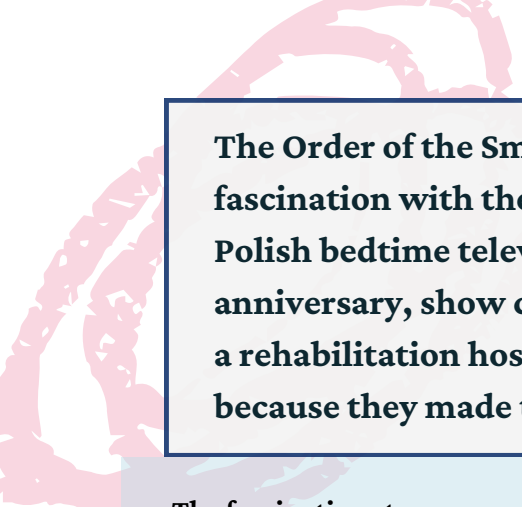
The Missionaries of Charity and the Philippine Missionari Della Fondazione Di Carita, Inc. both share a common purpose: to bring hope, love, and sustainable assistance to the most vulnerable members of society. Their dedication to serving the poor and their unwavering commitment to the principles of compassion and selflessness continue to inspire others to join their noble cause.

ORDER OF THE SMILE LAUREATES

WHAT DO OPRAH WINFREY, JK ROWLING, POPE FRANCIS, AND STEVEN SPIELBERG HAVE IN COMMON?

ASIDE FROM BEING ACHIEVERS IN THEIR CHOSEN FIELD, THEY WERE ALL HONORED BY THE ORDER OF THE SMILE, AN INTERNATIONAL AWARD GIVEN BY CHILDREN TO ADULTS AS DISTINGUISHED FOR THEIR LOVE, CARE, AND AID FOR CHILDREN.





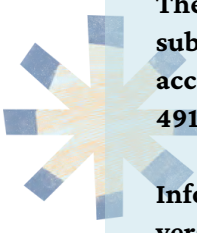
The Order of the Smile started in the '60s and was born out of the children's fascination with the puppets Agatka and Jacek, the two characters in the Polish bedtime television show Goodnight. During the show's 5th anniversary, show creator Wanda Chotomska shared how a sick child from a rehabilitation hospital said that he would gladly give the puppets a medal because they made the children laugh.

The fascinating story was published in the Polish magazine Kurier Polski. Since readers were so amazed that a child wanted to give a medal to the puppets, the publication was inspired to organize the very first Order of the Smile Award in 1967, where children of all ages were invited to send letters to the editorial office and nominate candidates whom they felt had shown exceptional love and care for children.

After several years a chapter was created to screen all the nominations and the winners were called laureates of the Order of the Smile. In 1979 UN Secretary General Kurt Waldheim officially declared the recognition an international order and in November 1992, the International Chapter of the Order of Smile was officially registered in Poland as an association.

Chapter member Leszek Wiecech shared that there are around 1050 laureates from all over the world. The stellar list includes Pope Francis, Pope John Paul II, Nelson Mandela, Dalai Lama, Prince Anne, JK Rowling, Steven Spielberg, Oprah Winfrey, Sarah, Duchess of York Queen Silvia of Sweden, and many others.

The medal, a badge with a smiling sun, is awarded by Chancellor Marek Michalak at the international headquarters in Warsaw. Traditionally, upon receiving the medal, each recipient must drink a cup of lemon juice while smiling throughout the process.



The Order of the Smile is the only award given by children to adults. "The nomination should be submitted by a group of children," Mr. Wiecech said. "It is enough to contact us by e-mail, but all accompanying materials should be sent to: International Order of Smile, ul. Marii Konopnickiej 6, 00-491 Warszawa, Poland."

Information about the Order of the Smile is available online. "We are currently working on the new version of the webpage, including the English version." Mechanics on the nomination are in Polish, but an online translator can be used. Nominations can be sent in English, as the members of the Chapter are from different countries.

The Chapter is composed of 59 representatives from Poland, England, Argentina, Australia, Belarus, Belgium, France, Israel, Canada, Germany, Russia, Tunisia, Ukraine, USA, Hungary, Italy, Romania, Lithuania, Czech Republic, Georgia, Armenia, Japan, Serbia and Montenegro.

Authenticity is vital according to Mr. Wiecech. "There is no form available on the web, we prefer hand-written proposals of the children." The Chapter of the Order meets twice a year to evaluate the proposals.

HONORING EXCELLENCE AND SUSTAINING NOBLE MISSIONS



THE PHILIPPINE LEGACY GALA, the flagship project of the Foundation, is a grand charity event commemorating the prominence, goodwill, benevolence, and excellence of remarkable individuals who have willingly shared their lives and showed deep compassion for the less fortunate.

They are honored and recognized with the Legacy Award for Excellence in various fields of humanitarian missions.

Their advocacies help sustain the noble mission of The Philippine Missionari Della Fondazione Di Carta, Inc.

The Legacy Award with the Highest Distinction was presented to the Chief Presidential Legal Counsel Juan Ponce Enrile, for his immeasurable contributions as an exceptional Legislator and Constitutionalist in the Philippine Government and for his immense knowledge of International Politics and Government Affairs. The Legacy Award of Excellence in Public Service was given to Senator Christopher Lawrence T. Go, for his numerous contributions to the implementation of the Malasakit Health Program that nationally benefits millions of indigent beneficiaries who cannot afford medical attention. The Award of Excellence in Cultural Heritage Protection was presented to Kusug-Tausug Party List Representative Shernee Tan-Tambut, for her countless contributions to the implementation of various programs and as principal author of bills for the preservation, conservation, protection, and promotion of Tausug culture. Excellence in Provincial Good Governance was presented to Governor Sharee Ann T. Tan of the province of Samar, for her exemplary visionary leadership in the transformation of the Province of Samar through the implementation of Provincial Government Projects towards environmental, social, cultural, and economic development of the communities. Excellence in City Legislation and Governance was presented to Mayor Sheilah Lacuna-Pangan of the City of Manila, for her ceaseless contributions to the full implementation of various city government programs and as principal author of Landmark Legislation related to Gender Equality, Consumer Protection, and revival of Escolta as the “Queen of Streets” in Manila, among other ordinances that are in full implementation under her leadership.



The Legacy Award of Excellence in City Good Governance was also presented to Mayor Josemarie L. Diaz of the City of Ilagan, Isabela, for his exemplary visionary leadership in developing and implementing City Government Projects towards social, technological, cultural and economic development of the communities, thereby, fulfilling The Liveable City of Ilagan 2030 vision. The Award of Excellence in charity works of volunteerism was given to Hon. Consul Helen Ong, for her unwavering compassion for her fellowmen in need and her continuing support for charity programs that help alleviate, if not eradicate, the sufferings of her countrymen. Excellence in Philanthropic Missions was given to Margarita “TingTing” de los Reyes Cojuangco, for her sustainable humanitarian projects benefitting the less fortunate members of the Philippine society and for her work among Muslim communities. The Award of Excellence in Humanitarian Missions was given to Kaye Tinga and Tessa Prieto Valdes, for their sustainable programs benefitting the marginalized sectors of our society.

In the field of business and industry, the Excellence in Entrepreneurship and Philanthropic Missions was presented to Veronica Yu, for her exemplary lifelong mission in organizing initiatives and assisting the underprivileged and the marginalized sectors of Filipino society as Mrs. Universe 2022, a Woman-Firefighter and an Outstanding Entrepreneur. The Excellence in Corporate Finance Management was presented to June Cheryl “Chaye’ Cabal-Revilla, for her exceptional financial planning and analysis capability making her the youngest and most successful Finance Leader in the Philippines. Likewise, her continuing commitment to Gabay Guro, an education advocacy project she founded. The Award of Excellence in Women Empowerment was presented Myrna Tang-Yao, for her extraordinary dedication and commitment to uplifting women’s dignity, upholding women’s rights protection, and emboldening women empowerment.



The highlight of the gala is "The Impalpable DREAM of España," the rare Couture collection of Michael Cinco, who has brought honor and prestige to the Philippines in the Fashion Capitals of Paris, Milan, New York, and the Middle East to name a few. The pieces were inspired by the magnificence of the design details of Gaudi’s Sagrada Familia Cathedral, the traditional Islamic details of the frescoes and columns of Alhambra architecture, and the undying painting, sculpture, print and even writing masterpieces of Pablo Ruiz Picasso. The global designer also received the Legacy Award of Excellence in Global Fashion for his exemplary contribution in introducing and sustainably strengthening the presence of the Philippines in the Fashion Capitals of the World, thereby, gaining global recognition of Filipino Fashion Designs and Concepts.



In the field of arts and performance, the Legacy Award of Excellence in dance was presented to Shirley Halili-Cruz, of the Halili-Cruz School of Ballet, for her outstanding leadership in the field of Dance exemplifying her tireless efforts and resounding success in promoting Filipino Culture through dance globally. International jeweler Ann Ong received the Legacy Award of Excellence in Handcrafted Jewelry for setting global trends in jewelry artisanship through her high-fashion jewelry designs, concepts, and excellent creations. The movers in the film and television industry were also given due recognition.

The Legacy Award of Excellence in Television Entertainment was presented to actor Coco Martin from the television series Probinsyano and Batang Quiapo Teleserye. For his inestimable contributions as an exceptional Director, Producer, and Actor of the longest running teleseryes in Philippine television highly acclaimed by Filipino audiences worldwide. The Award of Excellence in Film was presented to actor Piolo Pascual, for his prodigious contribution as an exceptional Actor in Philippine Movies and Television Programs highly acclaimed by Filipino audiences all over the world. The Excellence in Music was presented to Sharon Cuneta for her several contributions as an exceptional Singer in Philippine Movies and Television Programs highly acclaimed by Filipino audiences all over the world. And, for Outstanding Achievement in the Entertainment Industry, the Legacy Award was presented to Actress Ruffa Gutierrez, for her significant contribution in film and television.



