




# PHILIPPINE RETIREMENT NEWS

The Official Newsletter of the Philippine Retirement Authority



## PRA adds Glitter to its Traditional Yuletide Retirees' Get-together at the PICC

by *Mervin A. Magbuhat*

Retirees and other PRA stakeholders sparkled in their best glitz and glam attires as they joined the Authority in its annual yuletide and thanksgiving celebration. As PRA moves towards a bolder and more focused thrust of its new GM, SRRV members joined the PRA officers, partners, and industry stakeholders in an intimate fellowship and family-oriented gathering held at the Philippine International Convention Center.

PRA hosted a dinner with fun-filled performances from the national gymnasts of the Philippine Gymnastics Association, showcasing world-class talents and skills in aero and rhythmic floor exercises.

This was symbolic of the GM's passion for bringing an extra and needed vibe to the usual and traditional cultural performances, which gathered a full-crowd thrill and appreciation during the night.

*(continued on page 4)*

# Message from the General Manager

Season's greetings to our beloved PRA Retirees! Again, let me express my heartfelt thanks for trusting us to be part of your retirement journey.

The yuletide season is a time for family. Thank you for being part of our PRA family! It is embedded in our culture --- that we Filipinos consider the family as the centerstage of our lives. We value strong family ties, and top priority is the well-being and happiness of our family members above all else. So join us again to cherish, renew and reinforce PRA's deep sense of unity, support and connection with you all.

My past two months at PRA was not all a bed of roses. But the challenges have given me great motivation to improve and innovative processes and programs so we can serve you better: (1) We look forward to having the Philippine Immigration Green Express Lane soon for our SRRV members; (2) We are now jointly preparing our in-house capacity on data-sharing with the Bureau of Immigration to lessen visa processing time and ambitiously enjoy by end of 2024 our digital system in visa processing, that includes capacity

to issue electronic visa; (3) We will continue to conduct the very meaningful and sacred public Oathtaking Ceremony of incoming members as a formal declaration of your commitment to embrace our laws, and to happily belong to the community of SRRV members; (4) We have re-activate our membership with the Interpol for our easy access to criminal records of our visa applicants and members --- to make sure that our SRRV community is wholesome; (5) We will soon launch our Retiree Welfare Care and Monitoring Program. These are pockets of activities in the countryside. We want to connect, commune, and communicate with you all. We wish to let you feel that we are here, reachable and ready to care for you; (6) As part of this retiree care program, we shall roll out soon the Exclusive SRRV Members App as your easy platform to access the best deals from our care partners; and (7) We will soon produce our PRA YouTube Channel. We would appreciate your participation. Please get in touch with PRA Marketing team to share your stories, your laughter, your experiences and your community engagements.



**“Let us enjoy the celebration of our close family ties. Thank you for the experiences we have shared together. I assure you that we at the Philippine Retirement Authority will continue to be with you. Rest assured you are all cared for by PRA and we hope the best of your retirement journey.”**

Enjoy the unique way of celebrating the yuletide season in our beautiful country. Merry Christmas and a happy new year to all!

**CYNTHIA LAGDAMEO CARRION**  
*General Manager / CEO*



# A Barbietastic Marketers' Appreciation Night

by Camille Anne M. Maitem

The Philippine Retirement Authority held the Marketers' Appreciation Night, in celebration and recognition of partners on November 22, 2023 at the Grand Summit Ballroom of The Heritage Hotel Manila.

Inspired by the iconic Barbie and Ken dolls, this year's theme promised a playground of creativity and style, which when applied to marketers' marketing and promotion strategies can lead to innovative campaigns and generate impactful brand engagement. As the night progressed, the attendees wholeheartedly embraced the spirit of Barbie and Ken, using the theme as a canvas to showcase their unique personalities.

The Marketers' Appreciation Night was a time to celebrate the hard work and perseverance of our Marketers. PRA acknowledged the 10 top-performing Marketers whose outstanding contributions and achievements have significantly impacted the development and success of PRA. Awards were presented by General Manager Cynthia Carrion to marketers who have demonstrated extraordinary passion, innovation, and results.

GM Carrion expressed her sincerest gratitude for the Marketers' continuous support of the retirement program and urged them to join her in revitalizing the PRA Management Team in its commitment to giving a meaningful experience to retiree-members.

In addition to recognizing the Marketers' achievements, the event featured the achievements of PRA. The ballroom was crowded with marketers celebrating their shared successes, cultivating relationships, and establishing a sense of solidarity. The Marketers' Appreciation Night not only honored individual achievements but also emphasized the cooperative spirit that characterizes the retirement industry.



## Top 10 Marketers

- (1) JNJ BIRON MANAGEMENT CONSULTANCY
- (2) MRL DOCUMENT PROCESSING
- (3) JRC VISA CONSULTANCY & IMMIGRATION SERVICES
- (4) VAN INGEN MANAGEMENT
- (5) 3D2Y DOCUMENTATION SERVICES
- (6) NO.1 ACTIVITY NETWORK SYSTEM INC.
- (7) YUANHANG INTERNATIONAL SERVICE CORP.
- (8) EMPIRE INTERNATIONAL TRAVEL & TOURS
- (9) FEI YUE INTERNATIONAL SERVICES CORP.
- (10) 1MVP IMMIGRATION SERVICES

# Barbie

## PRA adds Glitter to its Traditional Yuletide...

Another high-energy vibe from this year's curated program was a dance-rock-inspired line dance engaging on-spot participants from the crowd to the tune of James Brown's "I Got You", sending the entire hall to dance and laughter.

Another highlight of the celebration was the Retirees Got Talent where some retirees showcased their talents, impressing the audience.

Mr. Masato Miyachi, a Japanese ballroom dancer, performed a medley of Foxtrot, Rhumba, and Salsa, while Ms. Angela Chilton, a gospel singer and missionary, belted out a Whitney Houston Classic. Ms. Jeanette Ann Kamphuis, a Swedish philanthropist shared a danceable ABBA Classic, while Mr. Timothy David, an American retired military, sang a Latin Pop chart-topper by Enrique Iglesias.

Guests were treated to a sumptuous Filipino dinner by PICC's in-house concessioner Via Mare, and concluded this with raffle draws. Dancing and singing continued as the 6-piece band performed crowd favorites.

Evident in this year's yuletide celebration is the new PRA GM's style of leadership: renewed, vibrant, and dynamic.

Stay connected and never miss out on our exciting events! To ensure that you receive exclusive invitations, please update your email address with us at [servicing@pra.gov.ph](mailto:servicing@pra.gov.ph)



*Ms. Angela Chilton*



*Mr. Masato Miyachi*



*Ms. Jeanette Ann Kamphuis*



*Mr. Timothy David*





**A Glimpse of PRA Yuletide 2023 Celebration**





# Unwrapping Joy: A Guide to Experiencing the Unique Christmas Magic of the Philippines

by Camille Anne M. Maitem

## Christmas in the Philippines: A Tapestry of Traditions

The Philippines, known for its deeply rooted cultural diversity, comes alive during the Christmas season. The holiday is not just a celebration; it's a vibrant woven tapestry of diverse beliefs and festive customs, reflecting the country's historical and cultural influences.

### Warm Welcome to Foreign Retirees

In the spirit of the Filipino hospitality known as "malasakit," foreigners are graciously invited to immerse themselves in the distinct and heartwarming Filipino holiday traditions. The warm welcome extends beyond the festivities, embracing visitors with open arms into a community that values sharing, togetherness, and the joy of the season. This invitation is an opportunity for foreigners to not only witness but actively participate in the magic of Filipino Christmas, fostering connections and creating lasting memories amid the enchanting backdrop of the holiday season.



### Filipino Christmas traditions

**Simbang Gabi (Night Masses)** - Simbang Gabi, a cherished Filipino tradition, comprises a series of nine dawn masses leading up to Christmas. Rooted in deep religious significance, these masses symbolize the spiritual preparation for the birth of Christ. Beyond its religious importance, Simbang Gabi serves as a poignant reflection of unity and devotion within the Filipino community. Attendees experience a shared journey of faith, reinforcing the bonds that strengthen the cultural fabric of the Philippines during the festive season.



**Parol-making and Lantern Festivals** - The enchanting tradition of parol-making unfolds as artisans craft traditional Filipino Christmas lanterns, turning the holiday season into a visual spectacle. The intricate artistry involved in creating these lanterns is a testament to Filipino craftsmanship. These lanterns, known as "parols," symbolize the Star of Bethlehem and illuminate streets and homes across the country. Exploring the world of parol-making not only unveils the creativity embedded in Filipino culture but also invites tourists to witness the radiance that these lanterns bring to the festive atmosphere, both literally and symbolically.

**Noche Buena and Traditional Dishes** - Noche Buena, the pinnacle of Filipino holiday feasting, is a grand Christmas Eve celebration deeply ingrained in the cultural fabric of the Philippines. Understanding the significance of the elaborate feast as families come together. From succulent lechon (roast pig) to bibingka (rice cake) and other traditional dishes, tourists will embark on a culinary journey through the diverse and delectable offerings that grace Filipino tables during this festive night. Noche Buena not only satisfies the palate but also embodies the spirit of togetherness, making it an indispensable part of the Filipino Christmas experience.



### Festive Decorations and Displays

**Vibrant Street Decorations** - Streets across the Philippines transform into enchanting wonderlands adorned with vibrant decorations during Christmas. Discover the lively atmosphere created by colorful lights, elaborate displays, and festive adornments. Beyond the sparkle and dazzle, it aims to capture the contagious holiday spirit that permeates the bustling streets, inviting both locals and visitors to revel in the festive ambiance.



### Special Holiday Events

**Christmas Concerts and Performances** - Immerse in the musical and artistic festivities that define Christmas in the Philippines. A variety of Christmas concerts, live performances, and cultural shows captivate audiences during the holiday season. From traditional songs to modern interpretations, locals and tourists are encouraged to experience the vibrant artistic expressions that contribute to the festive atmosphere.

**Experiencing Caroling Traditions** - Uncover the charm of Filipino caroling traditions, which go beyond the typical door-to-door singing. This sheds light on the unique approach Filipinos take to spreading Christmas cheer, including the use of traditional instruments and the joyous interaction between carolers and their audience. Tourists are invited to partake in or appreciate this heartfelt and melodious way of celebrating the season.

**Joining Local Festivities and Processions** - Dive into the dynamic celebrations by participating in local festivities and processions. Whether it's a grand parade or a community procession, these festivities encourage tourists to join the lively events that mark the holiday joy. Exploring the cultural significance behind these activities provides a unique perspective on how Filipinos come together to celebrate Christmas.

Many things make Christmas in the Philippines unique. You still have the next years to enjoy, celebrate, and spend the holiday festivities in the Philippines. You will be guaranteed beautiful smiles, friendly people, great feasts, and a memorable experience.



# MASATO MIYACHI: PRA'S DANCE DYNAMO

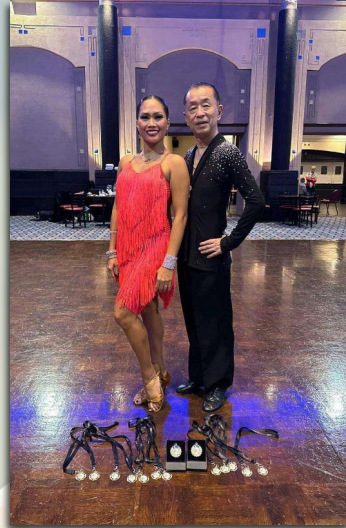
by Rubie Jane Baguio

Mr. Masato Miyachi, a Japanese citizen has been serenely enjoying his retirement in the Philippines for over a decade through the SRRVisa Program.

A renowned World Champion in Senior Amateur Male (over 50 years old Category) at the UK Blackpool Ballroom World Competition, he has won 14 gold medals with his dance partner, Ms. Che Che; the latest was on 05 June 2023. He was also the Asian Champion in Thai Ballroom held in Bangkok last November 2022 with Ms. Carol as his partner.

Prior to retirement, Mr. Miyachi spent his professional career with the San Miguel Yamamura Packaging Co., and with the Asian Development Bank (ADB) where he, interestingly, had discovered his talent for dancing.

Mr. Miyachi has been into Ballroom Dancing for 16-long years, competing and winning against younger talents. He has been doing daily routine exercises and maintains a healthy diet, apart from training three to four times a week which entails a lot of discipline. To top it all, he has been teaching ballroom for beginners, mainly to Japanese PRA members.



Fortunately, Mr. Miyachi was able to showcase his talent during PRA's Yuletide Celebration last 18 December 2023 as one of the most-applauded performances.

Mr. Miyachi is a multi-talented performer who also plays the guitar with his Japanese band, Manila Express.

As he wears many hats, the 73-year old retiree, is also one of the directors of the PRA Japanese Club, an organization that takes charge of the Japanese members' affairs relative to their SRRVisa membership and retirement living in the country.

Truly one of PRA's pride, Mr. Miyachi inspires and motivates other retirees to live the best years of their lives with passion and zest.





#Wellness

#GreenTherapy

#NaturallyVibrantNuevaVizcaya

## Nueva Vizkawa Integrated Wellness Farm: Your Oasis of Serenity

*by Carmel Joy Llabore-Lorete*

Have you ever dreamt of escaping the hustle and bustle of city life and immersing yourself in a sanctuary of tranquility? Look no further than Nueva Vizcaya, a province in the Philippines that provides a serene and laid-back lifestyle for foreign retirees.

Nueva Vizcaya, often overshadowed by its more popular neighboring provinces, has been quietly making a name for itself as a prime destination for foreigners seeking a place that seamlessly integrates natural beauty with wellness activities. Boasting lush landscapes, cool climate, and a rich cultural heritage, Nueva Vizcaya offers a unique attraction on a journey to rejuvenation.

Tucked away in the heart of this serene province lies a hidden gem, the Nueva Vizkawa Integrated Wellness Farm, promising an unparalleled retirement experience. This premier wellness village is dedicated to blend of services, products, and

customer experiences with an authentically down-to-earth traditional healthcare encounter, catering to the holistic needs of both mind and body.

As the holiday season blankets the Philippines with cooler temperatures from December to February, the importance of indulging in a wellness retreat becomes more pronounced. In the midst of festive celebrations and chilly days, there's no better time to discover the rejuvenating embrace of Nueva Vizkawa Integrated Wellness Farm.

Wellness Retreats. Nueva Vizkawa offers a range of wellness retreats designed to rejuvenate both the body and mind. One of its standout features is the seamless integration of the Hot Kawa Herbal Bath and the time-honored Filipino art of "Hilot" (massage) as the primary avenues for an authentic and rejuvenating care and healing experience.



#Wellness

#GreenTherapy

#NaturallyVibrantNuevaVizcaya

## What is a Kawa Bath?

**A** Kawa Bath is a traditional Filipino wellness practice that involves soaking in a large cauldron called “kawa” filled with warm water infused with therapeutic herbs. This practice dates back to ancient times when it was used for cooking. Today, the kawa has been repurposed for its healing properties, and continues to be a popular practice in the Philippines.

In addition to the Kawa Bath, the Nueva Vizcaya Integrated Wellness Farm offers a range of other wellness activities to enhance your overall experience:

**Spa Treatments.** Indulge in rejuvenating spa treatments that complement your Kawa Bath experience. From soothing massages to invigorating body scrubs, these treatments will leave you feeling pampered and revitalized.

**Yoga and Meditation.** Engage in yoga and meditation sessions led by experienced instructors. These practices help to promote mindfulness, improve flexibility, and cultivate a sense of inner peace and balance.

**Nature Walks.** Take a leisurely stroll through the farm’s lush landscapes and immerse yourself in the beauty of nature. Breathe in the fresh air, listen to the sounds of birds chirping, and let the serenity of the surroundings calm your mind and nourish your soul.

**Sustainable Living.** Embrace a sustainable and eco-friendly lifestyle at Nueva Vizcaya. The integrated farm not only provides organic produce for its residents but also serves as an educational center for sustainable farming practices. This is a great opportunity to reconnect with nature and gain a deeper understanding of where your food comes from.

**Cultural Immersion.** Expand your knowledge and participate in workshops and seminars conducted by wellness experts. Topics may include nutrition, stress management, herbal remedies, and holistic healing. Experience the warmth of Filipino hospitality, participate in traditional activities, and discover the rich history and heritage of Nueva Vizcaya.

**Comfortable Living Spaces.** The wellness farm provides well-appointed living spaces that blend modern comfort with the charm of the surrounding nature. Choose from villas, cottages, or eco-friendly cabins, each offering a unique and peaceful retreat.

As the cold weather envelops the surroundings, this integrated wellness farm offers more than just comfort; it presents a sanctuary where mind, body, and spirit find solace. It’s time to elevate your holiday experience by embracing the therapeutic touch of Filipino tradition in the midst of Nueva Vizcaya’s enchanting landscapes.





*Exclusive Promo  
for*

## **PRA RETIREES**

### **DISCOUNTS/PRIVILEGES**

**10% OFF** for all PRA ID Holders  
& Accredited Visitors

- Priority in Reservation

### **PRODUCTS/SERVICES OFFERED**

- Wellness Packages and Services
- Farm Stay and Accommodation



## **Reach us!**

**Nueva Vizcaya Integrated Wellness Farm**

Address: Purok 6 Barangay Magapuy,  
Bayombong, Nueva Vizcaya

Representative: **Mr. Leonardo P. Perez**

Email Address: [nueva.vizkawa@gmail.com](mailto:nueva.vizkawa@gmail.com)

Contact Number: **0968-880-6168**

Website: <https://nueva-vizkawa-wellness-farm.business.site/>



(more photos from page 5)



**SRR Visa**  
Special Resident Retiree's Visa

**LOVE TO LIVE**  
IN THE PHILIPPINES

## PRA Satellite Offices

**Clark-Subic Satellite Office**  
3rd Floor Savers Mall, Best Western  
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Angeles City, Pampanga 2009  
Telephone No: +639178553811  
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Crown Regency Hotel & Towers,  
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**Learn all you need to know  
about the Special Resident  
Retiree's Visa (SRRV)!**

SRRV Applicants and  
Representatives:  
[https://bit.ly/  
PRARetireesBriefing](https://bit.ly/PRARetireesBriefing)



Marketer's  
Accreditation  
Orientation:  
[https://bit.ly/  
PRAMktrsBriefing](https://bit.ly/PRAMktrsBriefing)



## TALK TO US!

For inquiries, clarifications, and  
concerns, please course them  
through the following email  
addresses and mobile numbers:

For SRRV members:  
(+632)8848-1411  
[servicing@pra.gov.ph](mailto:servicing@pra.gov.ph)

For submitted SRRV  
Applications:  
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[processing@pra.gov.ph](mailto:processing@pra.gov.ph)

For SRRV inquiries:  
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[clientrelations.pra@gmail.com](mailto:clientrelations.pra@gmail.com)

For feature/interview  
of PH experience:  
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