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BACK TO OUR BEST ... EVEN BETTER

By Charlie Greene

hen one considers just how much Boracay has suffered of late, six hard months of rehabilitation closure, then almost two and a half years of enforced Covid-19 lockdowns, our island home of Boracay has bounced back remarkably well and quickly.

The predominantly tourist-related workforce suffered more than most, but they pulled through and are once more in productive and gainful employment. Smiling, happy faces are once again to be seen all across the island.

Boracay's roads and alleys were always tough to navigate with too many potholes and the rainy season made them even more perilous. But now the newly paved sidewalks and concrete roads are a pleasure instead of an eyesore.

There appear to be more trash bins around, and they are emptied more often than before. This was a huge problem before the lockdown, but we are happy to report it's well on its way to not being such an issue as before.

Laketown is probably the most visible sight of massive improvements.

No more smelly polluted water to steer ourselves away from. It's nice enough now to actually attract tourists to take pictures around the newly paved central arena area. This space could be home to some regular entertainment for tourists, maybe a cultural show or live musical performances. Or a portion could possibly be utilized as a tourist information centerwe could certainly do with one somewhere on the Island. Food for thought ...

The recent introduction of international flights in and out of the Boracay Airport in Caticlan has added a more convenient gateway to our shores for foreign tourism. The Kalibo International Airport has always served us well, and will



hopefully continue to do so, but there's nothing wrong with both airports ferrying passengers to and fro ... more choice is better, right?

Improved broadband speed, internet services and cable connections have made a huge jump forward lately. No more two to three megabits per second (Mbps) if you were lucky to find somewhere that had an internet connection. Foreign tourists who were used to high-speed, reliable internet at home, regularly griped that we were way behind them. No longer is that the case, we are happy to say.

More quality medical facilities and doctors are now available to help us in our hour of need should they arise, something that was sadly lacking several years back. However, we could still do more and get extra accident and emergency equipment

and services operating. Medical tourism is a booming industry in many parts of the world. Boracay could become a serious contender to attract this market if we addressed the need for specialist treatment. I know of one local doctor who is currently exploring this avenue ... best of luck!

The local government unit (LGU) and Department of Tourism (DOT) have put in consolidated efforts to make things easier, more convenient and attractive for tourists coming to and entering the Island, which was not easy to achieve with all the challenging restrictions imposed upon travelers both domestic and international. It must have been like navigating their way through a minefield while being blindfolded. Many critics say there's still too much red tape, but the situation is

being regularly assessed and hopefully, things will be less stressful very soon.

And the withdrawal of the old motor tricycles and the introduction of the new electric tricycles or "etrikes" has transformed the public transport system on the Island. No more ugly old dangerous trikes, the new ones not only look better, they are better (we need more of them though). The Hop On Hop Off buses have brought us to a new level of convenient and affordable ways to get around. Clean, modern, reasonably priced, and above all, efficient.

There's still a long way to go for everyone, and improvement will always continue to be a work in progress.

But we are getting there! *





A NOTE FROM THE PUBLISHER

elcome to our second issue of the year, and, well, our second issue of the relaunch of Boracay Sun News (BSN) after almost three years of us all being put into isolation and mothballs.

As the BSN team resurrects Boracay's community newspaper, our editor-in-chief Freida is inundated with the "back-ofhouse" tasks involved in the rebirthing process-a work in progress, so I've been pushed to the forefront this month.

Pandemic times were extremely tough, but as it always does, Boracay has bounced back better than ever. We have such a resilient and quite unique community on our tiny little island, and I truly love it.

As an island newspaper, we try very hard to bring you news and community views of what's going on in our Island home. This home of ours serves people from all around the globe and it's great that we all pulled together when the going got tough.

Our Local Government Unit (LGU) pulled its weight and did what the rest of officialdom in the world was doing, some of it was good, some of it was harsh, but we all pulled through the hard times together as best as we could, in light of the impossible circumstances we faced. So thank you all for helping us get through it. Everything is looking up now. So, let's

make the most of it, together. It's good to see our Korean friends throwing so much support into the Island, opening up new businesses and bringing tourism back from their home to ours.

Thank you, guys. Every month, we will be including a whole new section of this newspaper for the Korean businesses and community. I hope all concerned enjoy and benefit from it.

Everyone, please let us know what you think of the newspaper and our new mobile app as we greatly value your opinions and views and welcome any ideas and suggestions that you might have.

Please send them in to us and we'll do our best to deliver a more compelling newspaper, and a more engaging lifestyle app, each month.

So, as long as it's good for Boracay, it's good for us.

Have a great day, week and month

Send any comments, views, ideas, complaints, or simply say what's on your mind to vjeff@boracaysunnews.com.





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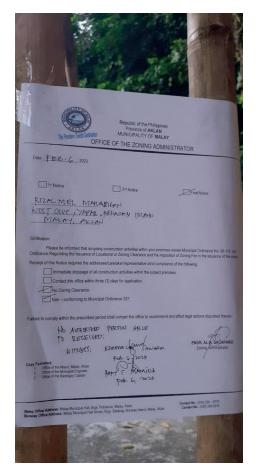


ISLAND NEWS

REGISTRATION FOR BUSINESS MAYOR'S PERMIT UNTIL MARCH 31

By Jun N. Aguirre

he local government unit has announced that it is extending the renewal of business permits until March 31, 2023 this year.



This developed after the Sanguniang Bayan of Malay passed the resolution 23 series of 2023 for the said purpose. The original date for renewal of all business permits was supposedly scheduled for January 22 of every year. The announcement was posted at the official facebook page of LGU-Malay - Business Permit and Licensing.

The registration of business permits developed amidst the crackdown of the local government by closing several establishments mostly coming from this

Among the reasons cited were the absence of having a business permit, no zoning clearance and non-conforming to certain municipal ordinances.

Ernesto Bandiola Cruz, president of the Boracay Photographers Association Inc (BPAI) has called his members in and out of Boracay to immediately renew their respective business permits. In Malay, event photographers especially for weddings were encouraged to get business permits.

"As soon as possible, I urged all the members to renew their business permits so that there will be no problems if ever they need it," he said.

The amount for business permits to be paid depends upon the nature of the business. *



ISLAND EYE

The HUE Hotel relaunches its LA-UD restaurant with new decor, menu and vibe.

Head chef, Erwin Rarijgal, told us that after leaving the Island in 2011 he couldn't wait to get back in April 2021. That's a long while to be away from the island that you love. But now he's back working this time at the LA-UD restaurant and creating some delightful

Chef Erwin, originally from Marikina, has created a menu that he said is colorful and typically Filipino. It's his desire to bring this cuisine to the hotel's international clientele. The Chori Burger is something that he's particularly passionate about, along with the nachos and pizzas that add a touch of Mexican and Italian to the menu, but with the chef's own special touch.

The hotel's daily buffet is temptingly delicious with an array of Filipino dishes that add to the many attractions of this well run and modern hotel.

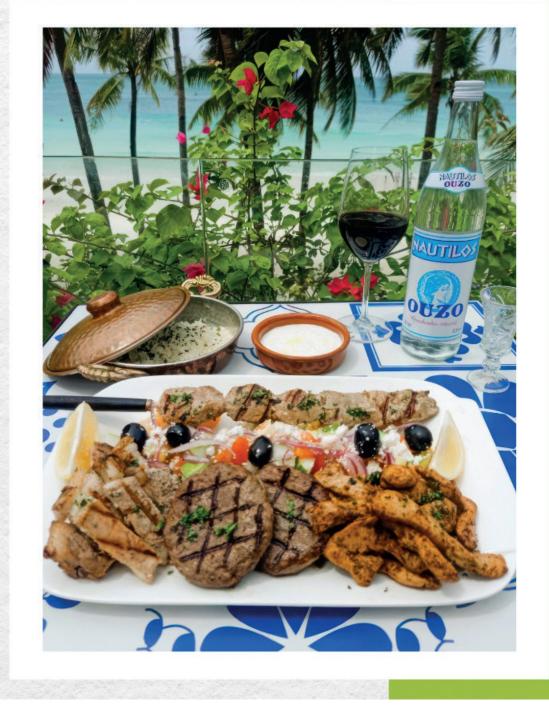
Give it a try...*



Enjoy the flavours of Greece under the Boracay sun.









BORACAY DIARIES

COMING HOME TO BORACAY

Text & photos by Seema Manohar

phone. I disabled my social media. I bought a one-way ticket.

But I did not disappear, I went home. To my soul home. When you are a vagabond, your love stories are defined by places and the way they touch you. That's the difference between a traveler (short-term explorations) and a vagabond (stay

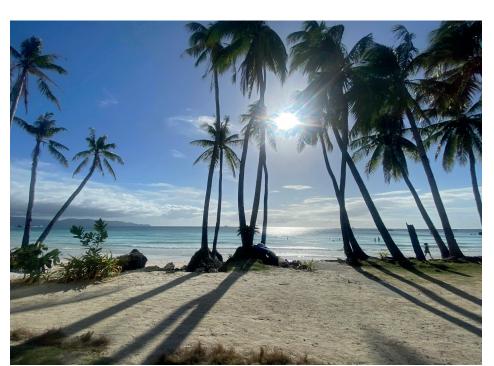
't's a new year, 2023. I switched off my

I am a vagabond with a 20-year love

long enough to create memories). I am a

vagabond.

affair with Boracay. I first came to Boracay in 2003. Like any love story, you always know the minute you make first contact. I just knew. I knew we would become deeply involved. It was not going to be one of those temporary encounters where we then go our ways, maybe forget each other's names, and only have a fleeting memory of our time spent together. And so, I committed immediately–committed in a way I never did before and will never do again–and moved to Boracay.



For always waiting for me to come back, Boracay will always be home.





The author, always the happiest in Boracay!

It was a different island back then, slow, easy and simple. Friends became family. We had one sunset spot to meet every evening and one place to go dancing. We walked and rode bicycles; we swam and dove and sailed and climbed and floated on the type of bliss that can only be experienced when you simultaneously feel love and freedom.

Over the years, I lived and left and returned to Boracay. Every time I left, I said to myself, "This is home, I can always come back but if I don't leave, how will I explore possibilities and have new experiences?" And I've had some amazing experiences, traveling to over 30 countries, finding a purposeful career, meeting fascinating people, becoming part of new communities, learning, growing, thriving.

But Boracay always finds me. And in my vagabond existence, Boracay is the one place I am always certain of.

For always holding me, loving me, lifting me. For being so kind and unconditionally accepting of me, making me believe in magic, making me feel my most beautiful, and filling me with gratitude, openness and compassion. Where smiles reach the eyes and where hugs come from the heart, where I always feel a sense of peace and belonging. And so,

to you, my isla Boracay, I return yet again, for us to continue our journey and to meet again in many lifetimes to come. **

Editor's note:

A self-proclaimed vagabond, Boracay has become the one place she calls "home," and it was on her very first visit 20 years ago that we met and have since become soul sisters, with Boracay as our soul Mother. She lived on the island from 2003 to 2008, with extended visits over the years, and recently returned last January. An international public health expert in humanitarian emergencies for 22 years, she has worked in 18 countries, having been deployed to emergencies from wars in Syria, Iraq and Ukraine, to the Philippines for Typhoon Haiyan and to Liberia during the Ebola outbreak.

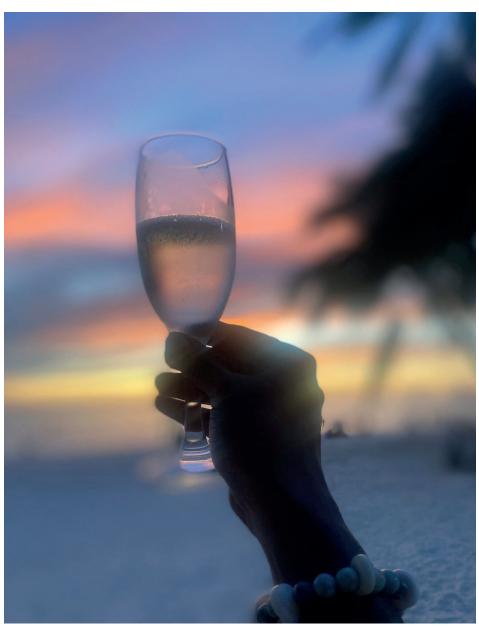
When she is not saving the world, she feeds her passion for environmental fashion with Luxe Vagabond, an online lifestyle boutique "to share my passion for fabric, conscious fashion, slow living and a coastal lifestyle!" Follow her on Instagram @luxe.vagabond.lifestyle.

Born in Singapore, raised in Bahrain and graduated in the US, she now shuttles between NYC and Liberia, and will soon move back to Boracay–permanently. I can't wait!

-Freida Dario-Santiago

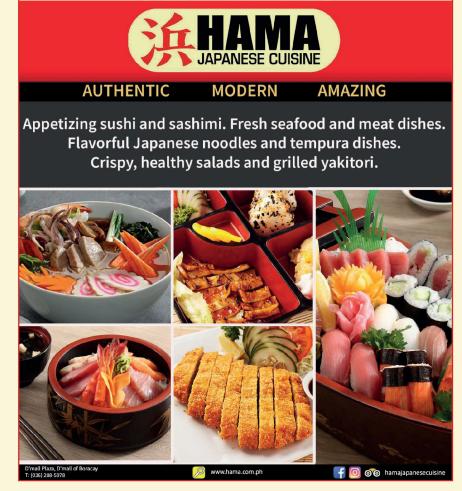


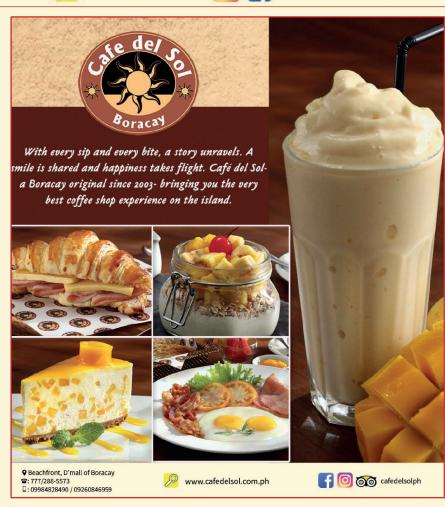
To the view that never fails to take my breath away.

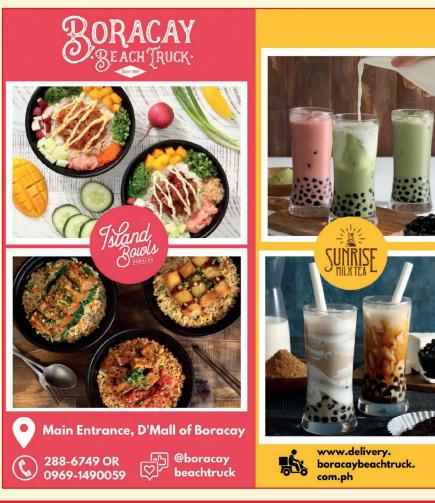


For my days revolve around your sunrises & sunsets!











By Amanda Virrey

t is fun being on the beach, especially when you are on the fine white sand of Boracay. But when the sea is too wavy or sometimes crowded, and you are looking for quieter water to swim or laze in, then having a pool definitely comes as a fantastic option.

For a world class tourist destination, like Boracay, countless resorts and hotels are on hand with spacious and well-maintained swimming pools that cater to all ages, with utmost consideration to children and seniors as well.

These accommodations also ensure a pleasant ambience with snug bedrooms, delicious food and beverages, and a scenic view of the island's finest to fulfill the Boracay experience.

So check out our 15 Amazing Pool Hotels and Resorts on Boracay here.

• Discovery Shores

Guests of this reputably hospitable beach hotel at the finest white sand section of Station 1, White Beach houses two areas for swimming. One is at Discovery's foregrounds where you could juggle between the sea and in its rectangular swimming pool or in the big warm jacuzzi at your ease. The other is on top of the hotel's newest building, where the 360 Roof Lounge bequests a heated infinity pool, two warm jacuzzis and an all-encompassing view of Boracay Island. Being in these pools render privileged indulgences of eating finger foods and drinking beverages while in the pool, as well as getting the Discovery signature service. Visit Discovery Shores to learn all about them.

• The Lind Boracay

Imagine an extensive swimming pool where you could swim in laps while your children swim comfortably in a shallow pool, surrounded by palm trees, bridges, verdant islets to lounge in and pockets of jacuzzi to simmer in. It is the kind of pool that allows you to swim blissfully with nature and stay connected with your loved ones who are sunbathing by the pool. As guests of the Lind, you have exclusive enjoyment of this fantasy-inspired pool, as well as the rooftop infinity pool, the long white beach of Station 1, the crystal clear sea, the beautiful sunset, and more. If you want your own private pool, there is the Garden Room with its own dipping pool. Check out The Lind Boracay to know more.

• Ambassador in Paradise

Also at Station 1, Ambassador in Paradise stands as a haven that opens up to the grandeur of Boracay's white beach. That said, most of their rooms and their facilities, including the open-air restaurant and their long sinewy-shaped swimming pool are facing the sea. Guests who have swum in Ambassador's pool enjoyed the simplicity of its shape and its unperturbed access to the beach. With a restaurant serving international cuisines nearby and cushy beach beds conveniently laid around, this swimming pool is among guests' all-time favorites in Boracay.

• Movenpick Resort and Spa Boracay

Tucked in the northwestern pocket of the island is Movenpick Resort and Spa Boracay. This five-star resort boasts luxury rooms, a spa, a gym, specialty restaurants and a massive swimming pool that beautifully tiers towards Punta Bunga cove. You could spend your time between the sea and the pool, intermittently lounging on the beach beds or savoring Italian food at Brezza and assorted grubs at the Fun Hub, which are both adjacent to the pool. While these indulgences are instantly available to in-house guests, outsiders could also partake in these by availing of Movenpick's Day Pass at a very good price. If you spend a day here during 3:00 to 4:00 p.m, you will also be able to indulge in the Chocolate Bar's assortment of decadent chocolate offerings within the Chocolate Hour.

• Sea Wind Boracay

Being one of the oldest resorts in Boracay, Sea Wind Boracay offers the old island feeling with rich traditional Filipino elements and Filipino cuisine to its guests. Aside from these, in-house guests are privileged to enjoy the beach front swimming pool and gaze at the magnificent sun setting on the sea beyond.

• Feliz Hotel

This five-storey hotel in the heart of Boracay's d*mall, presents a unique experience filled with comfort, luxury and convenience. Amid Feliz Hotel's Spanishinspired design, plush rooms, sumptuous gastronomy and gym, in-house guests are certain to have a heavenly time there, especially on the rooftop where a bar and two infinity swimming pools are situated. This spacious roof deck also has sun lounges and beach beds that are perfect for viewing the sunrise, the sunset and even the full moonrise.

• 7Stones Boracay Suites

If you are looking for a full-service apartment on the beach, 7Stones Boracay Suites is among the top choices on the island. Each unit offers snug living spaces, a kitchen, access to Bolabog Beach and the swimming pool at the ground floor. With the pool encased a few meters off the beach, you are given the blissful sensation of being immersed in the sea and in the pool simultaneously. Catch the sunrise from the shore front of 7Stones!

Savoy Hotel Boracay

The appeal of staying in a far-off place that has everything you need, including an exclusive beach and a swimming pool is what Savoy Hotel Boracay in Newcoast has. This hotel in the Northeastern side of the island features complete hotel amenities, highlighted with sprawling swimming pools that are adjunct with a bar to keep you cool in the water while having something to eat and drink.

Boracay Ocean Club

At the Southern part of Boracay's four kilometer white beach is Boracay Ocean Club. Known for its hip pool parties, this beachfront hotel in Angol offers a cozy location for people around the area who simply want to swim in the pool. Outside guests are welcome to use the swimming pool, either on the ground floor or at the rooftop, and partake in the hotel's restaurant.

• The Coast Boracay

Set in modern minimalist design, The Coast offers a cosmopolitan feel where you could sleep, dine and swim in absolute pleasure. This hotel at Station 2 caters to guests who want to eat good food and sip cocktails at Cha Cha's in view of the sunset, as well as to those who want to stay in snug bedrooms and enjoy its facilities, which includes a game room and two spacious swimming pools that are perfect for dipping and swimming in laps.

• Red Coconut Hotel Boracay

If you prefer to be at a beachfront hotel that is near to the island's commercial centers and most sought-after bars and restaurants, then you should try staying at Red Coconut Hotel Boracay. Not only does it have comfy bedrooms, it also has a beachfront restaurant and a swimming pool where you could revel for hours on end.

• Boracay Tropics Hotel

Boracay Tropics Hotel boasts neotraditional bedrooms, delicious dining, a

swimming pool and verdant surroundings along the island's main road. This hotel gives off an oasis for guests who do not mind being a few minutes' walk away from White Beach, but still get to delight in its tropical ambience and spacious swimming pool.

• Diniview Villas

When utmost privacy, class and comfort are needed, you could count on Diniview Villas in Diniwid for these. Beautifully landscaped in dense nature, this compound of hillside villas offer a heavenly hideaway with full-serviced accommodations that are set apart from one another to give you exclusivity and serenity. It features a swimming pool where you could refresh in, and a dining area where you could hold a private pool gathering with your loved ones. This lush compound leads to a path down to Diniview's beach bar and restaurant, called DiniBeach Bar, where you could have your healthy food choices made while swimming in the sea or sip its signature cocktails while watching the sunset.

• Aqua Boracay

If you want to experience staying on the quieter side of Bolabog Beach and be pampered with ultramodern settings and facilities, then sample Aqua Boracay. This beachfront hotel offers spacious minimalist bedrooms, a gym, a function room, a restaurant and two swimming pools to guarantee you absolute comfort and elegance. While the sea in front of Aqua is calm during the monsoon Habagat season, the swimming pool is nevertheless where you can bask in even on low tide and consume its hearty offerings.

• Shangri-la Boracay

For a luxurious beach and pool indulgence, the place to be is Shangri-la Boracay. This exclusive five-star beach hotel in Punta Bunga boasts beautiful bedrooms, as well as superb dining and leisure facilities under the Shangri-la trademark. Among the facilities of this massive international hotel chain are game rooms for children and adults, a stateof-the-art gym and swimming pools that are big enough for laps. Guests staying outside of Shangri-la could also use the hotel's facilities by purchasing a Day Pass per person, which is partly consumable for dining in the restaurants and access to its facilities, especially its prized seaview swimming pools.

So with these 15 Amazing Pool Hotels and Resorts on Boracay, you are guaranteed a place to stay and swim in on the island no matter what the season is.

ARMAND TJ

SINGER SONGWRITER, BORACAY MUSIC AMBASSADOR, **GLOBAL ISLANDER**

By Leonardo Edaj

he anthems "Bora-Bora-Boracay," "See You in the Philippines," and "One Island, One World" are original songs by Armand TJ. Not only are these songs heard and sung by audiences in Boracay, but they have reached and echoed throughout the far corners of the globe. These songs were heard by the hundreds who gathered to hear him jam on the beaches of Barcelona and Rio de Janeiro. He was heard by tourists along the canals of Venice as he performed on a water taxi. Heard in an underground art gallery in Amsterdam, in the pubs of London, in the hostels of Thailand and Bali, and sung in the streets of Berlin. His music leaves a lasting impression on the hearts of every backpacker who yearns to live a life less ordinary. Most especially the travelers who make their way to the Philippines and, upon encountering the charismatic performer and his music, find themselves getting lost in a euphoric trance as they dance on the beaches of our tropical islands. And they couldn't stop singing the lyrics, like a mantra that was embedded deep into their travelers' souls. "I always give audiences a warning that these songs will be stuck in their heads for the next twenty-four hours, days, weeks, months, even years," the songwriter claims.

In fact, the WannSea Dragons dragon boat team of Berlin has been singing along to Armand's CD album and Youtube

videos during every dragon boat festival win and celebration. They heard Armand's songs for the first time in Boracay back in 2007. Through the years, Armand has also been invited to and performed at dragon boat events in Berlin.

At the beginning of his career, former MTV Asia VJ Donita Rose hailed Armand as "Boracay's best-kept secret." She met him while he was performing at the baby grand piano of Steve's Cliff restaurant. The restaurant is part of Boracay Terraces Resort, among the pioneer resorts of Boracay. Built by Armand's parents in the 1980s, it's located at the north end of White Beach. The most significant landmark of the resort is the cross on the cliff, the final resting place of Armand's father, Steve.

Armand's charisma as a performer is unchallenged. In the early stages, he used to jam with the island musicians of Bom Bom and Pat's Bar as an exercise in mastering the art of engaging audiences from around the world. Eventually, he became the regular host and performer of the legendary "pasta nights" at Frendz Hostel Boracay. The hostel even garnered the "Best Hostel in the Philippines" title from Hostel World two years in a row. Soon enough, invitations to perform across Europe were pouring in. And for the sake of getting out of his comfort zone, Armand has accepted almost every invitation he can accommodate.

He has jammed in the most unusual



venues, such as a hair salon in Switzerland, singing and playing the piano at Amsterdam Central Station, with his guitar on a train in Sweden, at a street food alley in Taipei, and even in a wine cellar in Eger, Hungary. And the numbers of his audiences vary too, from jamming on a beach for six people in Dubai to performing in front of 7,000 people for an event in Gothenburg, Sweden—his biggest crowd abroad to date.

In 2021, Armand eventually reached another milestone in his evolution when he accepted the invitation to perform in Brazil. Back in 2014, he was in Rio de Janeiro when he won the "Sony We Are One" video contest with his "One Island, One World" music video. During his second visit, however, he found himself immersed deeper in the music and spirit of the Brazilian people. In his three months in Rio, he performed in hostels and bars. He's also made some recordings and written a song about the vibrant freedom loving city, which he plans to release soon. He even crossed off on his

bucket list of attending the 'world's biggest party', Rio's famous Carnival. Brazilian people, he claims, are the best audience for live music in the world because of their zest and "no inhibitions" approach to celebrating life through music and dance. He even joked about becoming Brazilian after his experience and time there.

As a Filipino, however, no other artist in the Philippines has celebrated our island destinations with so much pride through music as prominently as Armand TJ. His songs have become the soundtrack for thousands of travelers enjoying the 7,641 islands of the Philippines. One of Armand's main goals this year is to join forces with the DOT (Department of Tourism) in promoting our world-class destinations. A music documentary series about his global adventures on NETFLIX is also among his wildest dreams and plans. Who knows what else this rising artist and trailblazer is capable of. Taking on the music festivals of the world maybe? Composing music soundtracks? Among his notable achievements so far is his international network of friends he keeps in touch with on social media - a growing global tribe. His reunions with them all over the world have become unforgettable events in his life and theirs.

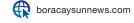
He pioneered being the first original singer songwriter of Boracay, releasing his CD album that captured the island soul, which is uniquely "Boracay." However, for this dreamer, Boracay was just the beginning. Even with his vast experience as a traveling musician, the rest of the world still awaits the energies of his songs and live performances. "I'm just about to launch myself like a message-in-a-bottle into the world.", he shares. Spoken like a true islander.

His "One Island, One World" phrase, which started as lyrics to a song, has become his life's quest in using the universal language of music to celebrate humanity as one race, as one world, as one story. *



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ISLAND NEWS

FOR THE LOVE OF HUMANITY

By Karen Bermejo

he love month is all about saving lives for Philippine Red Cross Boracay Malay Chapter. The chapter was able to successfully conduct blood donation drives and attract more people to its membership program.

Blood Donation Drive

Blood, being one of its main services,

the chapter regularly conducts donation drives on the island. Last February 23, a total of 132 blood bags were gathered during the most recent blood drive hosted by the Henann Group of Resorts. Among those who joined the bloodletting activity were members of APO Boracay and Malay Police Station.

The activity gathered new blood donors and blood galloners who shared their most precious gift to humanity - the gift of blood, the gift of life.



Certified blood galloner. Mr. Dindo Miguel Martin, AVP of Henann Group of Resorts, donates blood for the 17th time last February 23.



Whether it's donating blood or through signing with our membership program, you can already make a difference. To inquire about our membership program and blood donation activities, give us a call at (036) 288-2068 or email us at boracay@redcross.org.ph. ₹

The Hennan blood donation drive.

The blood donation drive activity was made possible through the support of the Philippine Red Cross Aklan and Capiz Chapter, Malay Municipal Health Office, MedExpress Medical and Diagnostic Center, TJMC Medical and Diagnostic Center, Ciriaco H. Tirol Hospital, Boracay Fire, Rescue and Ambulance Volunteer (BFRAV), and Red Lace Boracay.

Furthermore, the chapter sent three Red Cross Youth Volunteers to Iloilo for the Training of Disseminators, to help in advocating voluntary blood donation.

Since the need and demand for blood never stops, the chapter is enjoining everyone to continue donating their precious blood. Any establishments on Boracay can also host their own blood drive, as long as they can ensure at least 30 successful blood donors.

As a member, an individual is entitled to accidental death, disablement and dismemberment, hospitalization and burial reimbursements. It also covers dengue, animal bites, and a portion of the ambulance fee. Membership fund drive program gives you access to all services of the Red Cross in times of emergencies, sickness and disasters.

The membership policy is valid for one year and renewable. Unused portions of the policy will go to the PRC disaster fund.

The current membership program of the Philippine Red Cross.

The membership committee of the chapter is currently headed by Dir. Joven Antolin, a new member of the Board of Directors of the PRC Boracay Malay Chapter.



La Casa De Arte



The artistic 'La Casa De Arte' offers a selection of 1-2 bedrooms, all with very invidualistic layouts and individual fully equipped kitchens. Located next to the International School in Cagban. All appartments contain all mod cons plus fast internet. With swimming pool, back-up generator, central entertainment area. Set in landscaped gardens with night security.

30 to 50 thousand pesos per month and your electrical consumption to be paid extra. Cleaning, separate storage areas, child minding and in-house taxi services available.

Call: Rovie 09495060979 Cipy 09338109054

Email: info.boracayaccomodations@gmail.com



Here's a guide to those interested to donate:

Must be 16-60 years old 16-17 years old must secure parent's consent Regular donors can keep giving blood up to 65 years old Must be 50 Kgs or 110 and above.

Tattoo should be more than 1 year old

Before donation:

At least 6 hours of sleep Eat a light meal before donating Avoid fatty foods for 2 hours Hydrate No alcohol and medications for

No alcohol and medications for 24 hours

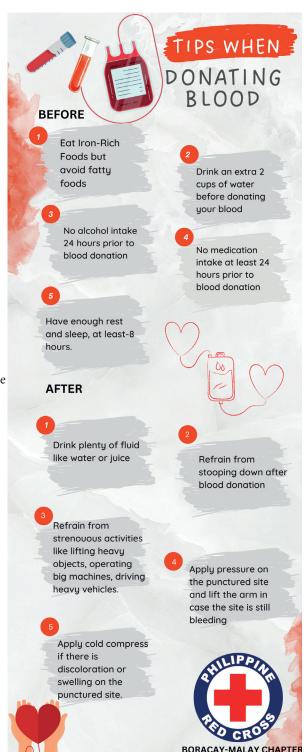
After Donation:

Apply pressure on punctured site Rest for about 5-10 mins Avoid strenuous activities No lifting of heavy objects Hydrate

Membership

Besides donating blood and doing volunteer work, availing the membership program of the chapter is also a way to help the chapter in implementing its programs and services.

The Philippine Red Cross Membership Program gives an individual self-worth as you are extending help to the most vulnerable Filipinos. Philippine Red Cross Membership is a form of donation that has an accident insurance policy intended for anyone between 5 to 85 years old.



THE CRUISE SHIP **DILEMMA**

By Toni Reyes

oracay's residents and stakeholders are once again expressing concern following the recent announcement that as many as 18 cruise ships could be visiting the island this year, after a hiatus of over three years due to the COVID-19 pandemic.

The first of these — MV Seabourn Encore, of Seabourn Cruise Line, arrived on Monday, February 13th, carrying almost 600 tourists and 500 crew. Three additional cruise ships are expected to make port this March, bringing approximately 5,000 more passengers to our shores, with the day-trippers typically spending eight hours touring the island.

In 2019, Tourism Undersecretary Arturo Boncato Jr announced that Boracay would be off-limits to cruise ships during peak-season months and holidays, adding that those allowed to dock at other times should have a maximum capacity not exceeding 2,000 passengers. Currently, the island's daily tourist arrivals are capped at 6,400, with no more than 19,215 visitors allowed at any given time.

"We're doing this because we always have the carrying capacity in mind," he

In the wake of the pandemic, however, these guidelines appear to have changed, and it is unclear as to what we can expect, moving forward.

Questions have also been raised as to the environmental impact and sustainability of these 'floating cities', particularly following the closure of Boracay in 2018 for rehabilitation.

"A luxury cruise ship releases ten times more carbon emissions than all of Europe's cars," marineinsight.com observes.

"A 3000-capacity cruise ship generates 150,000 gallons of sewage and graywater, enough to fill ten swimming pools. Many other hazardous wastes such as oily bilge water and bio-waste containing viruses are generated on a cruise trip."

These, together with the noise pollution, pose a severe threat to marine life and coral reefs.

Meanwhile, residents expressed fears that the island's infrastructure is ill-equipped to cope with the additional traffic and congestion brought about by the sudden influx of day-trippers, while others worry that cruise ship tourism will not prove beneficial to the local economy as a whole, despite the inconvenience and strain on our resources.

According to a study published by Ranggo Magazine (www.myranggo.com) in 2018, cruise ship passengers typically avail of all-inclusive package deals, with meals, entertainment and activities all provided onboard. As a result, they leave the island before the night-life begins, are far less likely to dine at their port of call, and spend markedly less per day than "traditional" resort tourists, who have no time constraints.

"When guests are required to pre-book tours via the ship, which are significantly more expensive than tours booked directly, the guest spends less money in the destination itself," the study also revealed.

As usual, members of the local community were keen to share their thoughts on the subject; here's what they had to say:

A big NO! These are all pre-paid visits...the island itself doesn't actually gain. In fact all they give are basura.

We already have more than enough local and foreign tourists coming to the island. And that's everyday 365 days a year. If these cruise ships begin to add more, the island itself couldn't cope with the influx of tourists coming in. And that's against the rule of the island's carrying capacity of 6K per day.

- Butch Boracay, resident

Cruise ship tourism... is it as good as it seems? In my personal opinion, as a Boracaynon, only the greedy businesspeople in the Local Government Unit and their Provincial Government benefit from

- Diosdado Torre Lacoste, resident The economic benefits of a cruise ship are quite small for local businesses compared to the transportation woes it will bring to a small island.

- Joven Antolin, resident

Monetarily it would be little to gain. Publicity will really put us in the annals of tourist destinations. But Boracay is already up there in the rankings. The real recipients from the natural beauty of Boracay are the cruise ships who will claim a regular stop at the famous Boracay. It will increase the impact on our environment and traffic and the residents. So overall there is little to gain except for the port authorities.

- Boracaynon resident (name supplied) Aside from the fact that day-trippers do not spend much money, the island isn't set up to accommodate them. There are no public toilets, no beach beds, chairs or sun-umbrellas. Not to mention the strain they put on our public transportation. It's almost impossible to catch an e-trike on cruise days. Let's focus on more sustainable forms of tourism.

- JB Garcia, resident

In 2018, Boracay was closed for environmental reasons. After this, anyone running a hotel is now required to have a lot of environmental documents to pass the DOT accreditation to be allowed to have tourists come in on the island. A carrying capacity quota was also set.

The cruise ships don't benefit the environment; this is a world wide fact.

For us who were closed for environmental reasons, it feels like a slap in the face, that cruise ships are allowed, as suddenly the environment that we all care for and so strictly have to follow government rules to run our business, don't apply to this category.

The facts we have are that the guests of the ships just cause traffic jams in the port and on our only road, used by all of us for one point entry. Our e-trikes that are the only mode of transport are all suddenly chartered to cater to the cruise ship tourists that just stop to have a look. The luxury cruise ships are all-inclusive, meaning the guests don't dine or benefit the island economy except for the island terminal fees.

They tell us that many of the cruise line passengers may like what they see and visit Boracay in the future. I have never heard of this happening ever. The average age of the cruise line guest also makes this very



doubtful.

So who is benefiting?

- Hotel owner/resident (name supplied)

I don't think the port or island is equipped to handle cruise ships because:

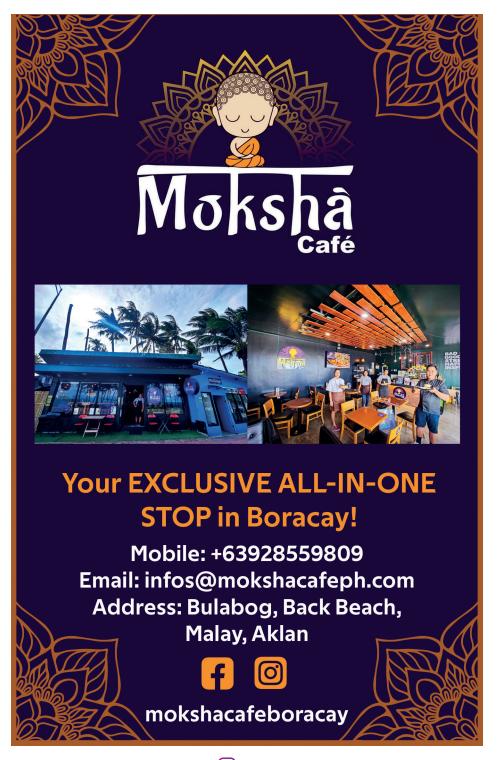
- 1. No public toilets
- 2. Not enough garbage/trash cans
- 3. Vendors that harass tourists with overpriced cheap goods
- 4. Too many commissioners for island hopping and price gouging
- 5. Too many LGU standing sitting around in groups on cell phones but when asked for help or information they have no idea of English language
- 6. Transport overpricing and refusal to pick up local people

- 7. The endless power outages. The cruise guests don't understand why, as it's all about international standards when it's
- 8. No real viable hospital to meet any guest in emergency
- 9. The carrying capacity of the island is compromised
- 10. Cruise passengers don't spend a lot of money. They don't have a lot of room in luggage and they eat all meals on board

So that's a HUGE NO! to cruise ships because of the above.

- Dorothy Ann Franklin, resident Cruise ship brings no good to the

continued on page 10



continued from page 9

majority of the stakeholders and residents of Boracay. Only some pockets in the government enjoy the benefit and the privilege attached to it.

It doesn't bring profit to the island. It only becomes a venue for excursions that exceed the carrying capacity of the island. Boracay does not even need introduction to the world. We are one of the most popular, the most awarded, the most visited tourist destinations in the world already.

 Gil delos Santos Native Boracaynon

Cruise ships, in general, have a terrible impact on our environment because of their use of bunker oil for fuel, an incredibly dirty fuel and the waste generated by all those people.

The stress of many hundreds of tourists suddenly arriving on Boracay island and needing transport, guides, facilities, internet access, etc.

The impact of a sudden flood of tourists on the island will detract from the vacation experience of other island tourists unless it's very carefully managed.

Will the potential additional income offset the cost of managing the passengers' needs on the island?

I have been on several cruises around the Caribbean and the experience, for the islands visited, is very mixed. Unless carefully managed it can lead to negative experiences for passengers and islanders, and badly impact the existing tourism.

- Jeremy Taylor, resident

I'm convinced that the mass tourism that the cruise ships will bring can't be good for most places. Boracay is already a vulnerable environment with the reef, fruit bats and the coral beach, so the environmental pressure will increase enormously. I believe that it is better to deliver a high quality but more original experience, rather than have a huge expansion of tourist numbers that have to share the scarce resources, not to mention the pressure this will add onto the already stressed environment. There are many things that the LGU can do to attract tourists, while keeping the environment in good shape for future generations.

- Michel van der Kleij, Aklan Animal

Rescue and Rehabilitation Center (AARRC)

I think it is terrible! Mostly from an environmental point of view. The sea, corals and sea life are already struggling here so these massive ships with all the pollution are devastating. Personally I think there are already too many tourists here too, so to bring in hoards of people who do little to nothing to the economy makes no sense.

- Karoline Rodriguez, resident

The cruise ships don't necessarily benefit the island. They congest the island.

- Lee Rosaia, restaurant owner

Personally, it doesn't bother me either way, but after closing the island to clean it up and limit tourist numbers it seems a strange decision to let cruise ships back - it goes against everything the DOT, DENR etc have said about restoring the island.

- Jon, hotel owner

The government keeps bashing on about how many people the island can support. Are cruise ship tourists included in this? There are too few public toilets to cope with the one day surge of tourists from cruise ships...for starters.

- Jenny Wallum, resident

It's good for tourism. Boracay is a tourist destination, so anything that would bring in tourists and business will be good for the island.

- Erielyn Gaston, resident

There are potential negative impacts of cruise ship tourism. The large number of tourists arriving on a single day can overwhelm the island's infrastructure and natural resources, causing congestion, pollution, and environmental damage. There is also a risk that the benefits of cruise ship tourism may not be distributed equally among the local community, and the influx of foreign visitors could have a negative impact on the local culture and way of life.

Therefore, the impact of cruise ship tourism on Boracay depends on how well it is managed and regulated. The authorities and tourism industry need to work together to ensure that the benefits of tourism are maximized while minimizing the negative impacts. This can include measures such as limiting the number of cruise ships that can dock at any given time, promoting sustainable tourism practices, and investing in infrastructure and services to support the increased number of tourists. - Jenny Ring, resident

For me it's good to promote the island and also good for tourism, like advertising. Then the people from the cruise ship will definitely share their experience of the island and tell how beautiful it is now since the pandemic, and the progress. But one thing I'm looking forward to is, hopefully the government will do something for the local people, that will

help them to promote their local industry.

Not only those big companies. - Togo, dive instructor/resident

Cruise lines, when trying to negotiate additional ports, will sell it to the DOT on the basis that people that get to spend one day in a destination are more likely to book a longer stay later.

Is that really the case for Boracay and how do we get access to such data? Research from Venice and New Zealand islands show that this is rarely the case.

Passengers arriving on the island will have to travel along the main road to get to the beach (which is what they most likely want to see first). That journey is going to be full of half-demolished buildings, piles of trash that haven't been collected etc.

Depending on which station they access White Beach from, that could be their same view too, on the beach.

The questions really are as follows: Is Boracay really at 'showcase' level? There's still so many half-demolished buildings, unpaved roads and flooding.

Will people want to visit Boracay again, or will their cruise pitstop tick the box of having seen "the number 1 island". I mean, do cruise passengers really use the cruise to form a list of future vacations? Or do they see it as a way to see as many places as possible for one price and vacation?

Will the passengers spend any significant money on the island? Most will have feasted at a large buffet breakfast or lunch and will probably hold the attitude of making as much use of the ship's

facilities and food stations, as they've spent a lot to be on that cruise already. Plus, they're not on the island long enough to really want to grab a souvenir to remember the island by, or to try all the activities available.

Are the cruise lines paying Malay for garbage disposal from the ship, when they've docked? The garbage has to go somewhere and it's usually somewhere where they've docked. Is there a designated area and has it been segregated or is it just being added to the massive landfill on the mainland, already full of Boracay's own trash?

- Island resident (name supplied)

It's lovely to go on a cruise and tour around different places. There are nice places to visit in Europe, North Africa, Scandinavia and the Caribbean. These places cater for large numbers of people all arriving at the same time. But Boracay is a tiny island that has problems with a couple of small plane loads arriving at the jetty port at the same time.

We are not geared up enough to accept this sort of volume in the space of a few

And another problem is when you are on a cruise, it's full board for everything. When the tourists get off the boat, they have already had breakfast or lunch which is paid for on the boat. They rarely eat again in the restaurants. They obviously don't stay in the hotels. Maybe a few might buy some cheap T-shirts or trinkets, but they spend very little money whilst they are here. What do they do - overcrowd the beach.

But, of course, someone benefits massively from the terminal and boat fees, plus the environmental fees. But it's not us hardworking business owners who get any

- Stephen Gonzales Restaurant Operator/Partner

Thanks everyone for your comments and input. *



WELL DONE ...

his time last year, we had just signed a new lease contract and we were frantically starting to put the pieces together for a new restaurant that had to open in time for summer.

Recently, Percy Seafood was included in the Tatler Dining guide and recognized as one of the best restaurants in the

Thank you, Isabel Martel Francisco and Lauren Golangco of Tatler Dining Philippines for including us on your list! We're honored and humbled to be in such great company.

Of course, thank you to Chef Natalia Moran, for putting together a stellar menu and making it happen in record



time. Being in this list is proof of your immense talent!

And thank you as well, to David Ong, for creating the bar menu and drinks program for Hello, Sailor, the partner bar of Percy Seafood, making it complete.

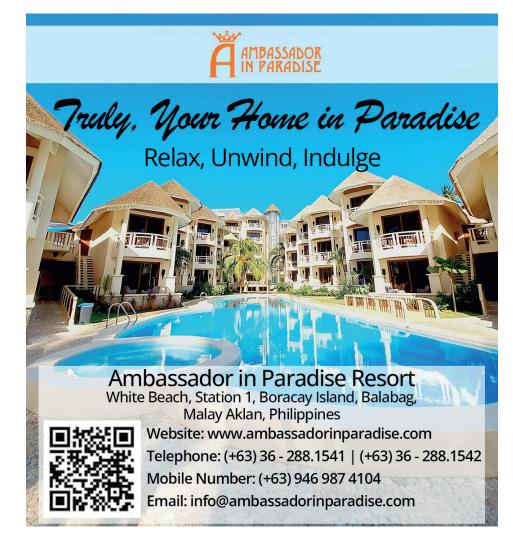
See you all at the beach and at Percy.

Congratulations on all your achievements... *











IT'S ALL **ABOUT** BACON...

By Jen Freeman

rispy, juicy, salty, sizzling This humble cut of pork belly has been described as the ultimate comfort food, and is as indulgent as it is unpretentious.

With the perfect combination of salty, sweet and smoky, there's no denying that this cured meat is one of the most beloved foods in the world, and is even reputed to be addictive.

Bacon-lovers, therefore, will be thrilled to learn that the irresistible appeal of their favorite feel-good food has now been harnessed under one roof - and it's no longer just for breakfast!

The aptly-named /bacon is the brainchild of Araw Hospitality Group Inc; a boutique hospitality outfit led by Chief Enlightener (CEO) Jean Henri Lhuillier and Chief Astounder (COO) Augie Lontok; the same group that crafted exciting concepts such as Kommons, UNWND and Lihim Resorts.

Their vision was to open a no-frills type of restaurant that offers straight-up good food and casual all-day dining, all

Associate Director of Marketing Maui Mauricio explains: "Araw Hospitality Group wanted to bring a fun concept to Boracay. Each dish is meant to surprise you in terms of the serving size, wow you in terms of the flavor, and make you feel good, as you know every cent you spent is worth it. This fresh food concept is meant to serve travelers who want to feed their souls through filling comfort food and of course, individuals who are looking to satisfy their never-ending craving for bacon," he said.

"The menu is a collaborative work of the late Chef Jino Limjoco (a proudly Kapampangan culinary pillar), Chef Richard Sumo (Araw Hospitality Group's Junior Corporate Executive Chef), and Chef Efraim Quiao (a fiery gastronomical talent)," says Maui.

"The focus at /bacon is comfort cuisine, and the bill of fare offers nostalgic dishes, each with their own signature twist. It aims to appeal to your emotions, whether you're feeling jolly or under the weather, it is meant to comfort you." he continued.

The ambience at this modern and stylish eatery is best described as industrial with a hint of pop, and the whole space can accommodate up to 40 diners, between the air conditioned bar and restaurant and the al fresco seating area.

Bacon's kitchen is headed by Chef Efraim —- a proud local resident of the island —- who honed his culinary skills in the Middle East and Vietnam, and whose flair is generally influenced by Asian flavors.

There's something on the menu to delight every diner, from all-day breakfast classics such as Cereal Chicken, Bacon and Waffle (chicken tenders crusted in cornflakes served with bacon strips, waffle mountains, and maple syrup) and the Bacon Breakfast Burrito (made with hearty breakfast bacon, savory eggs, cheese, avocado and hash brown potatoes)

to pinoy favorites, including Bacon Bagnet (a fresh take on the famous silog; home-cured thinly sliced bagnet, fried to perfection, and served with egg over garlic rice) and Bacon Sisig (the restaurant's signature dish; premium bacon, red onion, chopped red chili, chef's secret sauce and egg, served with calamansi).

As you'd expect, there is a good selection of sandwiches and burgers, like the pan-grilled Three Cheese and Bacon (a lovely combination of a trio of cheeses sandwiched by bacon) and the Ultimate Bacon Burger (a monstrous take on a classic burger, with button mushrooms, onions and cheese), and the choice of appetizers includes Candied Bacon Smokies (little smokies wrapped in bacon then tossed in caramelized sugar) and Bacon Parmesan Wings (flavorful chicken wings tossed in garlic, melted butter, parmesan and bacon) – dishes that are perfect for sharing with friends, accompanied by a cold beer or cocktail.

The main course menu features innovative bacon-inspired temptations such as Fish Française with Bacon (lightlybattered fish filet with creamy white wine sauce, topped with bacon), Steak and Bacon (pan-grilled filet mignons seasoned with peppercorns and salt) and Bacon BBQ Pork Ribs (tossed in a homemade BBQ sauce).

The restaurant, which opened its doors in October of 2021, is located on the ground floor of Kommons Hotel, and attracts an eclectic mix of guests, from foreign flashpackers and digital nomads to groups of friends traveling together and even young families.

At the /bacon Bar, hip trip and popular swank sounds combined with on-the-rise indie tunes set the scene, with amazing local DJ talents spinning at weekends. **

Location: Main Road, Station 3 Contact: 0906 4661267 Facebook: Alldaybacon





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ISLAND GIRL CHRONICLES

SURVIVING THE LAST THREE YEARS

ight at the time when the island was celebrating its six-month celebration of the reopening from the closure and rehabilitation efforts, I got the chance to return here to Boracay and work at a radio station. The Love Boracay mood was very festive, and although the events were limited to around the Laketown area, everyone was just so happy and excited that, finally, things were beginning to look up.

This was the summertime of 2019 I still remember the roads being constructed, a lot of one-way traffic routes, dust and sand blinding your eyes for a wee bit, well-loved establishments that had seen better days which were now in ruins, partially or completely. I would say my return to island living was bittersweet. It was thankfully picking up, albeit slowly. Tourists were flocking back again. Music played in bars and restaurants, workers came back, and locals revived businesses and even launched new ones. Seemed like we were on the right track.

But another misfortune struck when a typhoon hit Christmas morning that

By Abigail Lei L. Bardeñas

same year. This storm did not bring much rain, but winds that took down roofs, signages, houses and shanties, and it left the island without electricity and telecommunications services for up to over a month in some areas. Tourists were stranded without cash, and so were forced to overstay even, and with no means to electronically pay for food or basic needs. It was chaos. A few establishments who had generators were the go-to places to have your mobile phones charged, but for what? You got no service, anyway. Imagine

Again, once power and network services were restored by the new year, as resilient and optimists we are, we got back on our feet. Of course, there was a bit of a struggle here and there, but we did manage to keep on our smiles and again, pull ourselves together, and up.

I had a good run for Christmas 2019 and New Year 2020 and as a reward, I decided to go on a solo Cebu trip for its Sinulog Festival. This was in the third week of January and apparently there was already news about Covid, but it wasn't gaining enough traction yet to worry

people. But on my flight back to Caticlan, once I landed, I heard that back in Cebu they had just started advising people to wear masks, and that there was already an impending lockdown.

Still, people paid no attention. It's just another breakout, we said. We kept shrugging it off, very confident and complacent, keeping our lives as they were. Until it all became very real with the official World Health Organization announcement, followed by the country's Department of Health.

I believe everyone was in denial, and kept up the positive spirit that this will go away in just a couple of months, which was the initial claims from the health authorities. Just two months of lockdown and we will go back to normal, they said. And it took two years or so.

Blow after blow after blow. Well, some businesses just could not, and did, not make it. Workers were sent home. A lot of places were either closed or downsized. I consider myself fortunate to be part of the broadcast or media industry because I did not lose my job. But our operation hours were cut down, and naturally, our paychecks. So, I can only imagine the plight of those that went all the way down to zero income.

Tourism plummeted, and so did our vibes. You could hear hearts sinking everywhere. The air was just generally somber. A lot of us lost hope. Our spirits were just crushed. There is no telling what we all went through, facing the reality of being stranded away from our families, and not knowing when you could see them again, and at the same time, having little to no income. Anxieties were at an all-time high.

And myself, well, although I go to the beach a lot, I had become a house person, I rarely partied or socialized anymore then, but during the lockdown, I found myself feeling like I was drowning inside my own room. This was supposed to be my peace, my retreat. What now?

I started going out to a couple of places that remained in operation. There was music, people, and well, coffee, as we would call it, but it was really any alcoholic beverage we could salvage or bring along in our tumblers. Curfew was killing us. Socializing had become the only refuge of an otherwise occupied, overthinking mind, and yet, we could only do it until nine in the evening. But, as they say, it was better than nothing. So, we kept at it.

Food businesses which offered home delivery flourished to accommodate quarantine and lockdown restrictions. Prices were lowered, too, as establishments knew the island folks left here were trying to make ends meet. Community pantries and food donation drives were also organized. Overall, a bayanihan spirit emerged and it was infectious.

I became friends with locals and islanders I wouldn't have met at all prepandemic, because we all had different work schedules and preferred places to hang out in. I even dated. Ticked more from my bucket list. I visited low mountains and waterfalls on the mainland. I also completed my scuba training up until I was a divemaster, which I consider my own silver lining to the lockdown era. I made more connections than I ever did in the normal world. Ironic, isn't it?

One may wonder, how did you cope with all the stress and anxiety of all the island's recent misfortunes happening right on top of each other?

I guess, from my perspective, I could only have survived it with friends, both old and new, who proved that we humans are no islands, indeed. We need each other to make it through each day. Even when there are no words spoken, or no physical reassurances of hugs or whatever else, just our presence is more than enough. Even when the curfew allowed only a little of our time to be among each other, it mattered so much, especially to our sanity and for our hope to never be lost, even if it did often waver.

The barter community was also a huge savior. We re-learned and re-evaluated the so-called happiness that material possessions bring. In our mindless consumer-driven world, we accumulate so much of what we actually do not need. And in this revived barter system during lockdown, we were reminded that we need only the basics: food, shelter, clothing. And human interaction, most importantly.

Adopting a pet also helped me with my sense of purpose. Having no family on the island can take its toll on you, and pets offer so much love and are given way less credit than they deserve. But, a gentle reminder, having a pet is a lifetime commitment so do not do it for temporary and wrong reasons. Now, I have two dogs and a cat, my little island fambam. I only hope we soon have a pet hotel for when we need to go on trips out of the island and more pet-friendly apartments and establishments.

Another great lockdown story was when tourists, both domestic and foreign, found themselves stranded here but eventually found their home instead. Some of them remain island dwellers to this day, and I am so happy for them.

I would say that, whenever we find ourselves in situations that try to take the life out of us, bringing the human spirit to its lowest, like the first rule of scuba, never stop breathing, slow and deep. If you need help, reach out. There is no shame in admitting we are at low points in our lives. And if you find yourself in a position to be able to help, please do. Pass it on. Goodness always comes back, either to you or to more people. It is, after all, the ripple effect.

Now that tourism and businesses are back in full force, may we continue to remember the life lessons for always. When we look back at the last three or so years, may it not discourage us or put fear for the future, rather may it inspire us and make us smile, knowing we survived it together, and even fought back harder to enjoy what we do have now. *





OUT AND ABOUT

10 THINGS TO DO DURING HABAGAT

By Amanda Virrey

njoy the summer months ahead, but it's also a good time to plan your next vacation here and see what you can do from June to October.

Habagat, or the southwestern monsoon season depicts Boracay as an island that may be tantamount to uncertainties and unpredictabilities in terms of tourism volume and weather conditions; it is nonetheless the spice that adds an enticing flavor to the island. In fact, for locals, this low season is an opportunity for them to enjoy the island with less tourists and more free time for themselves. For tourists, it is the perfect time to put on a hooded jacket plus a sarong, and experience the island differently, like in this list of 10 Things To Do During Habagat.

• Learn kitesurfing on White Beach

As the wind shifts towards the western side of the island, you could just stay put on white beach and do most of the fun and adventure-filled activities there, like kitesurfing. Kite schools are in position at the designated kite spots, which are at the opposite ends of the four-kilometer beach If you are just beginning, it would be best to learn kitesurfing at the end of Station 1 where the waves cascade gradually onto the shore; otherwise you may opt to go to the south end of the beach, at Angol where the sand slopes deeper from the shore and the waves get bigger. Thereafter, a welldeserved sunset cocktail at your favorite beach bear would be in order.

• Eat warm noodle soup

While the symphony of the rain and wind may play tricks on your vacationing mood, it would be best to follow what the old wise men in the Orient did, which was to slurp noodle soup. Savoring a warm soupy bowl filled with a delightful combination of meat, veggies, spices and herbs may be all the elements that would keep your chilled tummy at ease and your soul satisfied. Taste the Curried Laksa Noodle Soup at Lemoni Cafe in d*mall, or the Vietnamese Beef Pho with vegetables and herbs at True Home in Station 1, or

any of the sumptuous ramen offerings at Nagisa Japanese Restaurant in Angol, White Beach.

• Bond with your friends over a cup of coffee at a beach front cafe

It has been written that, "A cup of coffee shared with a friend is happiness tasted and time well spent". Indeed! What else would keep you happy and warm in this damp habagat weather, but the heat and joy generated from bonding with your good friends over a warm cup of gourmet coffee at the island's cozy cafes, like Real Coffee or Cafe del Sol on White Beach, or at Lazy Dog Bed and Breakfast in Bulabog.

Hang out at the locals' joints

It's nice to feel like a local anywhere you go, as it gives you a feeling of being one with the place. On Boracay, you would most likely catch the island local vibe at the usual joints like Exit Bar at Station 2, White Beach, at DiniBeach Bar on Diniwid Beach and at the newly opened Bulabar on Bolabog Beach where locals just go to unwind over a glass of iced cold beer while listening to their friend spinning at the DJ's booth.

• Listen to live music at Nigi Nigi

They say that practice makes perfect. So, with Nigi Nigi's resident live music band, The Calamity Survival Band playing every night, you are always guaranteed top quality performance. Watch them play the all-time hits from the 60s to the present, and dance and sing with them when you hear them play your requested songs. This experience is clearly a local tradition not to be missed on Boracay.

Stroll along the Boardwalk in Bulldog

When the habagat wind blows along White Beach too strongly, shift to the opposite beach and stroll along the boardwalk in utter calmness. Perfect for running and biking, this newly paved pathway attracts locals and tourists who want to do some sports away from the more touristy white beach. This is where local island kids like to ride on their bicycles or scooters, and even do skateboarding. You may as well be here on a full moon to catch the perfectly round moon rising above the sea.

• Stay longer and have a Staycation

As habagat in Boracay boasts the season that offers lower room rates, as well as the most idyllic location to spend the rainy season, especially for remote working, then you might as well stay longer and have a Staycation on the island. Be on the lookout for beach front accommodations offering low season promos and rates, or long-term accommodations near the beach. For sure, this will give you a Boracay Island state of mind that is worth remembering.

Keep on dancing

A great way to shake off the erratic habagat vibe is through dancing, and yet swaying your hips and twisting your upper body generate the heat that you would need to live up to this windy season. Naturally, you could dance anywhere and at any time you feel like doing so, but if you are looking for a dance floor, then head out to Epic Bar or Om Bar, which both offer spacious dance floors overlooking white beach.

• Go on a bicycle guided tour

During this low season, the scenery is more lush and the roads are less populated. Thus, it makes for a fantastic opportunity to explore the island on a bicycle. Rent a bicycle or go on a bicycle guided tour with Unisikad and acquaint yourself with the hidden gems of the island, like the Keyhole at Boracay Newcoast, Ilig-Iligan Beach and more. Pedaling around the island is one exhilarating experience not to be missed.

• Food trip

They say that the most delicious dining experience happens during the cool season. While food does warm up the body, satisfy the soul and comfort the mind, it is definitely felt magnified when the temperature is low. So, surrender to the ruminations of your senses and go on a food trip to the island's succulent food offerings. Check out d*mall and savor your meals at Island Chicken Inasal, Ole Spanish Restaurant and at Little Taj Indian Restaurant, or go fusion at Pig Out Bistro and at Salsa Fusion by the Main Road near Boat Station 1.

So, with this list of 10 Things to do During Habagat, you are certain to embrace and enjoy the uncertainties, unpredictabilities, and the dramas that may unfold during your stay on Boracay, such are the reasons why the locals actually anticipate this very unique season. 🌴



OPINION

PUFF. PUFF. PUFF...

By Pebbles Mendoza

f you haven't tried smoking yet, don't dare start. And if you are already smoking, you better quit the habit before it's too late. Otherwise...

"Tobacco kills one person every four seconds," says the Geneva-based World Health Organization (WHO). Despite a steady reduction in tobacco use globally, tobacco still kills over 8 million people every year. Another one million die due to secondhand smoke exposure.

A report by the Southeast Asia Tobacco Control Alliance in 2014 showed the Philippines has about 17 million smokers – or nearly a third of the adult population. Nearly half of all Filipino men and nine percent of women smoke. The study said the habit costs the economy nearly \$4 billion a year in healthcare and productivity losses.

If you smoke, there's no way you can escape from its consequences. The reason why cigarettes harm nearly every organ of the body is due to what it contains. The WHO says there are some 4,000 known chemicals in tobacco smoke.

"Smoking causes addiction to nicotine, a stimulant drug that is in tobacco," says the website www.medlineplus.gov. "Nicotine addiction makes it much harder for people to quit smoking." That's why if you haven't started smoking, don't do it!

Smoking makes you twice as likely to die if you have a stroke, and the more you smoke, the greater your risk of stroke, warns the Stroke Association of the United Kingdom. "If you smoke 20 cigarettes a day, you are six times more likely to have a stroke compared to a non-smoker," the association said.

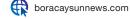
Quitting Smoking

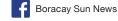
It's never too late to quit smoking. And so, what happens if you decide to stop smoking? Citing a study done by the American Lung Association, Dr. Willie T. Ong said the health benefits "begin just 20 minutes after your last cigarette. Your blood pressure and heart rate will decrease, and the oxygen content of your body will increase."

If you really want to quit smoking, you must identify the situations that trigger you to smoke, and do your best to avoid them. It could be your social life, drinking alcohol, even the company that you mix with.

Whatever it is - try to stop smoking









INDULGE

CHOCOLATE - THE FOOD OF LOVE

By Tony Reyes

"As long as there is chocolate, there will be happiness."

Wayne Gerald Trotman

ew sweet treats hold such a global appeal as chocolate, and while its initial allure was that of a rare and exotic commodity, it is now more popular than ever, with more than seven million metric tonnes consumed worldwide every year.

Our love affair with chocolate began 4000 years ago in Latin America, where ancient Mesoamerican civilizations such as the Olmec and later the Mayans and the Aztecs turned cocoa beans (from the Theobroma cacao tree) into the first chocolatey beverages and ritual medicines, typically consumed at special celebrations for war or harvest.

And while the Mayans revered their thick, spicy xocolatl (meaning "bitter water") as the drink of the gods, by the 15th century, the Aztecs were using cocoa beans as currency, a ceremonial drink and even an aphrodisiac.

It is thought that the explorer and conquistador Hernán Cortés may have introduced chocolate to his homeland of Spain in 1528, having acquired it courtesy of an Aztec emperor on an expedition to the Americas, although other accounts credit Christopher Columbus with transporting the first cocoa beans across the Atlantic.

The Spanish version of drinking

chocolate, which was sweetened with sugar and honey, soon became a desirable luxury among the wealthy. Over the next century, demand continued to grow, with fashionable chocolate houses springing up across the rest of Europe, and with royalty and even Catholic priests enjoying the decadent beverage.

It was not until the 1800s however, that the modern era of chocolate-making truly began, with the invention of the chocolate press revolutionizing what had formerly been a laborious and time-consuming process. As a result, cocoa powder could easily be extracted from the beans and used to make solid bars of chocolate, such as we enjoy today. Milk chocolate, surprisingly, was not invented until 1875, when German pharmacist Henry Nestlé added evaporated milk to the traditional bitter recipe.

Chocolate and Health

While it will certainly come as no great surprise to chocolate-lovers that their favorite confection is comforting, helps you relax and combats stress, there's ample scientific evidence to support this view.

"Cocoa boosts brain serotonin," says Chris "The Medicine Hunter" Kilham, an ethnobotanist who studies traditional, plant-based medicines. "Almost every single antidepressant aims at either enhancing serotonin or keeping it in the brain longer. Chocolate or cocoa does that very well."

Serotonin is a neurotransmitter (chemical messenger) which appears to affect mood and emotions, as well as aiding in the production of healthy



sleeping habits.

And according to a study published in the Journal of Psychopharmacology, those who consumed a polyphenol-rich chocolate drink once daily (the equivalent of 1.5 ounces of dark chocolate) reported feeling calmer and more content than those who did not.

The higher concentration of beneficial phytochemicals (particularly flavanols and methylxanthines) in dark chocolate - containing 70 percent or more cocoa - make it the most beneficial to our health. As well as having anti-aging and anti-inflammatory properties, this "superfood" may also affect cognitive function, cardiovascular health and endurance during physical activity.

In short: the higher the cocoa content, the healthier the chocolate.

The Cacao Capital

Seventy percent of the world's cocoa beans are grown in West African countries, including Nigeria, Cameroon and Ghana. However, many countries in Central America, Asia and the Caribbean also grow cacao (the raw, unprocessed version of cocoa).

First introduced into Philippine agriculture by Spanish colonizers four centuries ago, the country now produces between 10,000 and 15,000 tonnes of cacao annually, most of which is farmed in the Davao region of southeast Mindanao, as well as Cebu, Bohol and Batangas.

Such is the importance of cacao production in the area - particularly in terms of rural development and potential export earnings - that in 2021, President Rodrigo Duterte declared the city of Davao as the "Chocolate Capital of the Philippines", with the entire Davao Region, responsible for some 78 percent of the country's annual production, dubbed as "Cacao Capital of the Philippines".

"Life is like a box of chocolates. You never know what you're gonna get." Tom Hanks in Forrest Gump

Since its introduction to the country, Filipinos have also embraced the Mexican tradition of enjoying chocolate as a hot beverage. Tablets of pure cacao (known as tablea) are used to make sikwate, and this much-loved breakfast drink is often consumed with warm pan de sal (soft, fluffy bread rolls). Another popular cacaobased specialty is champorado, a thick, sweet porridge made with glutinous rice, milk (or coconut milk) and sugar, which is commonly paired with salted, dried fish.

And although chocolate is typically associated with desserts - and we're all familiar with chocolate cake, cookies, ice cream and brownies - cocoa beans in their natural state have a bitter, savory flavor. Dark chocolate in particular lends itself well to dishes such as chilli and mole (a rich and spicy Mexican sauce), and compliments dark meats such as venison and beef.

The Gift of Chocolate

While the ancient Aztecs believed that cacao was a precious gift from

Quetzalcoatl, the serpent-bird god of wisdom, the explorer Hernán Cortés may have been the earliest known recipient of a chocolate basket.

And where chocolate had once been an expensive and decadent pleasure enjoyed only by the wealthy and bestowed as lavish gifts by the aristocracy in the royal courts of Europe, by the 1800's manufacturers were able to produce cocoa in much greater quantities, making it far more affordable and therefore accessible to the working classes.

British chocolatier J S Fry and Sons are credited with the introduction of the first mass-produced chocolate bar in 1847, while the first mass-marketed boxes of chocolates became available in 1853, courtesy of John Cadbury. The attractive, heart-shaped boxes soon became hugely popular for occasions such as birthdays, Mother's Day, Christmas and of course Valentine's Day, which, in Western cultures, has been commemorated with gifts and love letters since the Middle Ages. And thus the enduring bond between chocolate and romance was forged.

Chocolate Easter eggs (also created by Cadbury's) are a relatively new tradition, although the symbolic giving of decorative eggs around the time of the spring equinox predates Christianity and has its roots in pagan beliefs.

Chocolate and Love

Chocolate has been considered a powerful aphrodisiac since the time of the Aztecs, but is there any biological basis for this claim?

It appears that the answer is "yes!"

Dark chocolate, in particular, contains a potent cocktail of substances which have been proven to get us "in the mood", both mentally and physically.

Flavanols (antioxidant agents) and nitrates boost cardio-vascular health, dilate blood vessels and enhance blood flow to the heart, while polyphenols lower our stress levels and promote relaxation.

"Dark chocolate is, in fact, physiologically arousing. This is because it both smells good and contains caffeine, as well as phenethylamine (PEA), a naturally occurring chemical compound that stimulates humans' central nervous systems." says Nan Wise PhD, a certified sex therapist and neuroscientist.

"PEA also releases dopamine, which is the main [thing] people think of as the pleasure neurotransmitter. Plus, chocolate actually has key compounds in it that are precursors for dopamine and also serotonin [which] is more of a soothing neurotransmitter." she continues, in a study published in www.wellandgood. com.

The endorphins released when we consume dark chocolate give us a euphoric feeling comparable to that of falling in love, while L-arginine (an amino acid and natural aphrodisiac) promotes blood flow to the sexual organs, which enhances sensation, desire and satisfaction.





ISLAND EYE

APPRECIATING ART

rom our longtime Boracay artist Eric Egualada Humbly honored to be part of Philippines-India Art Exchange. It was a blissful experience to collaborate and share the same language of Art and heART thought diverse in culture and dialect.

Congratulations for the Success of this Cultural, Historical, and

Memorable Event.

Can't wait for the 2nd leg of this project in India.

Kudos to our Project director Mr. Augusto Ortega Santiago, Nemi Miranda Founder and Adviser of AAA, Sir Juno Galang and the whole team of Angono Ateliers Association.

Cheers to all of us...*



OUT AND ABOUT

MALAY TOWN GEARS UP TO BECOME A COMPONENT CITY

By Jun N. Aguirre

he local government of Malay is now in the thick of preparation gearing up to become a component city in the years to come.

Malay Councilor Alan Palma Sr told the Boracay Sun in an interview that he joined the Malay delegation meeting in both senate and house of representatives. The delegates composed of the Technical Working Group (TWG) congregated in Manila on February 15-17.

The group came with the support of Second District Congressman Teodorico

"We met with various senate and congress leaders there to look for their support in creating legislation that would make Malay a component city. We are

hopeful," he said.

Among those they met and committed support were Senators Win Gatchalian and Francis Tolentino including House Speaker Martin Romualdez and Sandro Marcos. The team was led by Malay Mayor Frolibar Bautista and Vice Mayor Nino Cawaling.

Haresco for his part said that Malay is aspiring to be the very first city in the Province of Aklan as he filed the House Bill No. 6401 - An Act Converting the Municipality of Malay in the Province of Aklan into a Component City to be known as the City of Malay.

"Normally it would take seven years to process the legislation, but with their lobby for support, we hope it will be sooner," he

ISLAND EYE

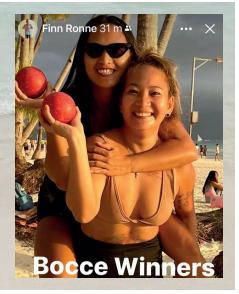
BEACH BOCCE

Regular winners Claire A. Cruz and Li Ly Smith took the honours once again at the beach bocce competition up at Kasbar in

Another great fun day for our local friends and family.

Many thanks to Kasbar for hosting the competition and for the superb food.

Also, thanks to Finn Ronne for the photo...





ISLAND EYE **POWER BLUES**

oracay is widely lauded as the No 1 tourist destination in the country.

Yet why do we have so many power outages, and why do they last so long?

The continuous running of generators, for those who have them, is not only bad for the environment, but seriously adds

to the cost of doing business.

And for those that don't have them, aside from the colossal inconvenience, it deprives us from effectively doing business.

Surely it's time for us to move out of this 3rd world era and bring our Island up to date with the rest of the world's major tourist spots. *



OUT AND ABOUT

ASEAN SECRETARIAT COMMENDS PHL FOR SUCCESSFUL MEETING IN BORACAY

By Jun N. Aguirre

he Association of Southeast Asian Nation (ASEAN) Secretariat has commended the Philippines government for the successful hosting of the Digital Ministers Meeting here. The meeting focused on the 3rd

ASEAN Digital Ministers Meeting (ADGMIN) held at the Shangri-la Boracay on February 5-10, 2023. This year's theme is "Synergy Towards a Sustainable Digital Future".

Dr. Le Quang Lan, Director of Market Integration Directorate at the ASEAN

three days meeting and said they were especially impressed by the hospitality and beach of Boracay. Dr. Lan comes from Vietnam.

The Philippine counterpart host of the said event was spearheaded by the Department of Information, Communications and Technology (DICT) headed by Secretary John

Among those who participated were ASEAN State Members and ICT Ministers in the ASEAN such as: Brunei Deputy Permanent Secretariat Hairul Mohd Daud Abdul Karim, Telecommunications Regulator of Cambodia Chairman Chenda Thong, Indonesia Head of Int'l Affairs Centre Ichwan Makmur Nasution, Lao PDR Director General Phavanhna Douangboupha, Malaysia Secretary General Mohammad Bin Mintek and Singapore Assistant Chief Executive

Representing the Philippines were DICT Undersecretary Jocelle Batapa-Anna Mae Yu Lamentillo, Thailand Permanent Secretary Wisit Wisitsora-at, Vietnam Department of International Cooperation Tran Thanh Ha, ASEAN Secretariat Assistant Director Sivaram Supermanian and ASEAN ICT Center Director Nizam Othman.

"The Digital Ministers also enjoyed dining at the beach after the event,"

Some of them have reportedly vowed to go back to Boracay Island soon

The Ministers have come up with the so-called Boracay Island Digital Declaration of 2023. The Boracay declaration emphasizes the need of ASEAN member countries to help one another recover from the recent COVID-19 pandemic and share best

It also aims to help each nation to achieve a digitally inclusive society in designing relevant digital solutions and unlocking the full benefits of digital transformations and improving the productivity and the lives of the people.

Also, encouraging ASEAN member countries to cooperate and implement, through a people-centered approach, the actions and measures outlined in the

The successful hosting was led by the Aklan and Malay local government, other

Secretariat spoke to the media after the

Ian Mak,

Sigue, Myanmar Permanent Secretary Soe Thein, Philippines DICT Undersecretary

as tourists.

ASEAN Digital Masterplan 2025.

Police Regional Office-Western Visayas, government enforcers and multipliers among others. *



BEACH CLEAN UP

orning Beach Clean-Up on the 29th Feb by the Boracay Photographer Association, Inc.(B.P.A.I)

The program went all the way from Station 3 to d*mall beachfront and was lead by BPAI President Ernesto Bandiola

Thank you for a great job guys and for your continuous efforts for our Boracay community.

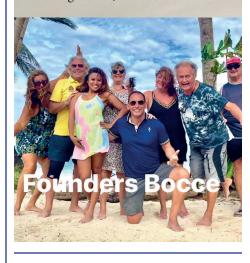


ISLAND EYE

BOCCE FOUNDERS

he guys were hot at Founders Bocce at Levantin bar on Monday and won both games on a very windy day

Thanks guys... Life's good... *



ISLAND EYE

SENT IN BY ONE OF OUR READERS

bsolutely disgraceful behaviour. Whoever did this needs to be banned from the Island...

Good morning, this is a photo taken today by my husband and I while jogging at Mt Luho, we didn't see this yesterday, so it probably happened last night by some idiot who has no brain throwing this garbage - too many bags of plastics.





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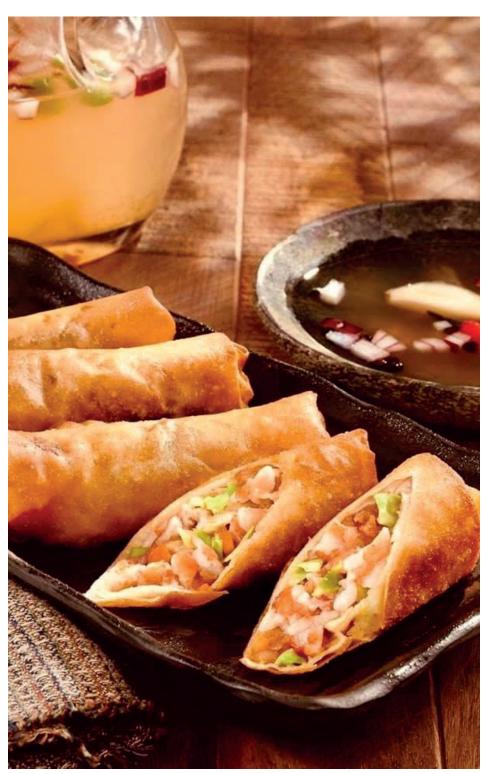




PHOTO OF THE MONTH

Watch out for the Korean section of

Boracay Sun News coming soon.

Thanks for a great evening. *

great food and fun with our

Korean friends Soojin Kim

up at Gecko restaurant in

By Jack Jarilla

INDULGE **BORACAY BEACH TRUCK**

ocated in the bustling hub of D'Mall, it's hard to miss this distinctive, eye-catching new eatery, and nor will you want to miss out on the exciting and vibrant dishes it has to offer.

Boracay Beach Truck comes to you courtesy of the team behind Aria Cucina Italiana and Café del Sol: esteemed restaurateurs Juan Manuel Elizalde and Paolo Occionero, who have more than 50 years combined experience in the food and beverage industry.

Having noticed a gap in the market, the pair were inspired to introduce a different style of dining to Boracay - aside from the ubiquitous sit-in or fast food options - and the vision of a high-quality food truck on the island began to take shape. Originally scheduled to launch in April of 2020, due to pandemic lockdowns the official opening took place somewhat later than planned, in April of this year.

While the concept is similar to those mobile kitchens typically found in the USA, the design itself was modeled on a European Citroën truck, and was built and customized right on the island.

The head-turning bright red truck is unmissable, and while not actually drivable, guests can experience sitting inside the cab, for fun photo opportunities and Instagram-worthy moments.

Orders are placed at the truck's windows, and the dining area surrounds the vehicle, on two levels. The second floor has a modern, contemporary feel, with wall murals using bright and vibrant colors and a view facing the newly rehabilitated Lake Town Park.

Around the World in a Bowl

The menu at Boracay Beach Truck features a tempting variety of Southeast Asian classics, including Chinese, Korean and Japanese dishes, and focuses on colorful rice, noodle and soup bowls, which taste as good as they look.

This flavorful and satisfying menu was created by Executive Chef Peter Montemayor, who honed his considerable skills at Makati's Shangri-La, as well as renowned Boracay establishments such as Friday's Beach Resort, Lemon Cafe, Mandala Spa and True Home Bistro, having further broadened his culinary horizons as a chef in Thailand and the Caribbean.

Best-selling dishes include Chinese braised pork belly with fried rice, chicken satay with peanut sauce and nasi goreng fried rice, vegetarian kimchi fried rice with teriyaki tofu, Pinoy chicken adobo, and the fresh and healthy salmon or tuna poke bowls. Be sure to check out the noodle bar, to sample favorites such as tom yum soup and abura ramen, and lovers of lumpia (Filipino-style crispy egg rolls) will not be disappointed, with several tasty options to choose from.

To compliment your meal - or as a delicious drink to go - try the Beach Truck's very own house blend Sunrise milk teas, flavored black teas or matcha teas, with boba pearls or nata de coco.

Delivery service is available within the



Looking at Willy's Rock from a different angle during a wonderful Boracay sunset.





Come to Jeepney Stop for the most delectable Filipino food on the island! Try our original Borachon (Boracay style lechon) served everyday, and indulge in our cooling Halo Halo.

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- C5 Percy
- C5 Ole Tapas Bar
- C5 Cafe del Sol
- C5 Aria Italian
- C5 Hama Japanese
- C5 Aria Gelato
- C5 Boracay Beach Truck
- C5 Jeepney Stop C5 Lemoni Cafe
- C5 Hobbit Tavern

- C5 Jammers
- D3 Bistro Des Amis
- B6 Kasbar
- C4 Isla Polyanna
- C6 Moksha Cafe
- C5 Paraw World
- C5 Jardin
- D2 Casa De Arte
- C5 Totally Bananas
- C6 Fish Eye Divers

ISLAND NEWS

BODY-WORN CAMERAS FOR THE LOCAL PNP

By Gilbroun B. Quinicio

alay mayor Hon. Frolibar S. Bautista donated six (6) body worn cameras to Malay ■ PNP last Friday March 3, 2023 to enhance the capability of our local police officers in their campaign against criminality.

The body cameras were accepted by PLT./COL. Don Dicksie L. De Dios at the Mayor's office of Malay in a simple turnover ceremony.

According to De Dios, the body cameras provided by Mayor Bautista will equip their ranks to comply with the Supreme Court Resolution A.M. No. 21-06-08-SC (Rules on the use of Body-Worn Cameras in the execution of warrants).

Boracay island as a prime tourist destination and is known all over the world is also a haven for unscrupulous criminals hiding from the law. The donated equipments will augment the local police in their execution of warrants of arrest in correct manner.

ARTICLE III SEC. II of 1987 Constitution

"The right of the people to be secure in their persons, houses, papers, and effects against unreasonable searches and seizures of whatever nature and for any purpose shall be inviolable, and no search warrant or warrant of arrest shall issue except upon probable cause to be determined personally by the judge after examination under oath or affirmation of the complainant and the witnesses he may produce, and particularly describing the place to be searched and the persons or things to be seized."

In accordance with the law of the land and to ensure lawful order in serving a warrant of arrest or search warrant, the presence of a police officer with a body worn camera will render the procedure of arrest or search justifiable.

The Supreme Court resolution in some of its "whereas" state that the use of body-worn cameras can produce video and audio recordings of the circumstances surrounding the execution of warrants;

Such recordings can deter the excessive use of force by law enforcement officers in the execution of warrants and can aid trial courts in resolving issues that may become relevant in the criminal case, such as conflicting eyewitness account.

RULES ON THE USE OF BODY-WORN CAMERAS IN THE EXECUTION OF WARRANTS

Supreme Court resolution states under the rules on the use of Body-Worn Cameras that

(Rule 2, section 1) ISSUANCE OF WARRANT AND REQUIREMENTS TO USE BODY-WORN CAMERAS.

Under this rule, upon finding probable cause, the trial court shall issue an arrest warrant with an order requiring the use of body-worn cameras and one recording

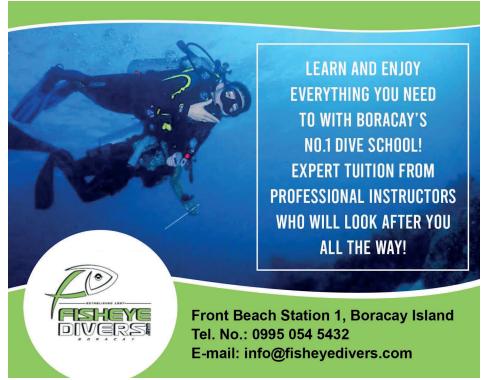
Based on this premise, the use of this equipment in serving a warrant of arrest or search warrant will compliment to the lawful execution of arresting criminals.

Other features of this resolution in the use of body-worn cameras in local police operation against criminalities, especially on illegal drugs it will provide the court actual footages of arresting, searching and processing of evidence at the crime scene that is admissible by the court.

De Dios revealed that in the whole province of Aklan, the municipality of Malay got six (6) body-worn cameras for its operation while Kalibo PNP has two (2) and other municipalities still awaits for their supply to arrive.

The use of body-worn cameras was ordered under the leadership of then PNP National Director Police General Guillermo Eleazar, but only Metro Manila and other regions received their allotment of the equipment before the distribution stopped.

Mayor Frolibar S. Bautista on his part, pledged to help the Malay PNP to secure more cameras for efficient police operation in the municipality. *





Mayor Frolibar Bautista and Police Chief Don Dicksie De Dios.







Cocktails & food

Our restaurant is open daily from 7am to 11pm.. Serving international cuisine. Happy hour with a wonderful view daily from 12 noon to 6pm



Events & Weddings

creating a memory that will last a lifetime. From private dinner's to a boutique wedding or a team building event.



Specials

Try out our weekly specials in the restaurant or check out our latest promotion by scanning the link below



For all the Boracay Sun readers, post your best travel picture on social media at Villa Caemilla Beach Boutique Hotel and receive a free handcrafted cocktail, juice or shake

Tag us and use the following hashtags #villacaemilla #vcexperience



