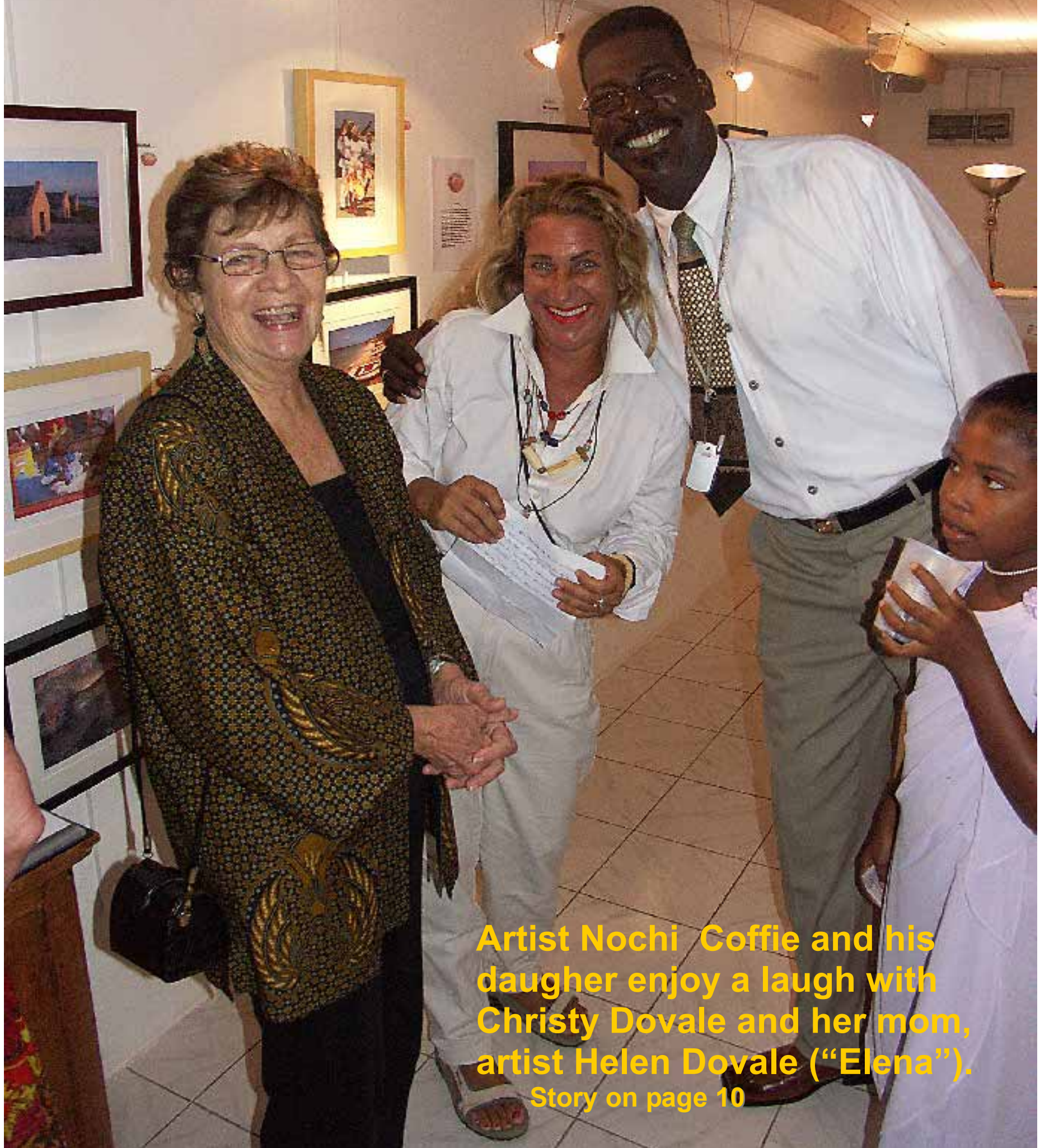


**IT'S  
STILL  
FREE**

# The **BONAIR** REPORTER

Kaya Gob. Debrot 200 • E-mail: [reporter@bonairenews.com](mailto:reporter@bonairenews.com) • 717-8988 SINCE 1994



**Artist Nochi Coffie and his daughter enjoy a laugh with Christy Dovale and her mom, artist Helen Dovale ("Elena").  
Story on page 10**



# FLOTSAM AND JETSAM



*TWR's Rich Fuller (Director of TWR Bonaire) and Maggie Fuller, Tom Corcoran (ex-Director of TWR Bonaire), David Tucker (President of TWR worldwide) and Jean Tucker, Joan and Bill Mial (First Director of TWR Bonaire)*

In one way Trans World Radio (TWR) was the first to put Bonaire on the map. Forty years ago it began Christian content broadcasting with the tagline, "From the beautiful island of Bonaire." The phrase stuck in the minds on many since the range of that signal was from Samoa in the Pacific to the middle of Africa. Last week TWR celebrated its 40<sup>th</sup> anniversary with reunions, lunches, worship and other activities.

On August 13, 1964, TWR began regular broadcasts from the newly installed 500,000-watt AM transmitter, one of the most powerful in the world, using 760 ft. high towers. It was a transmitter so powerful it required its own power sta-

tion! For four decades, TWR has continually broadcast on 800kHz. AM in the medium wave band. It also broadcast programs on short-wave and satellite. Times have changed and TWR changed with them to exploit the evolving technology. Today, Trans World Radio-Bonaire broadcasts using a state-of-the-art 100,000-watt medium wave transmitter, on 800 AM and 89.5 FM. The programming is aimed at helping the spiritual and social needs of all people. Broadcast schedules and additional information about Trans World Radio-Bonaire are available on the website [www.twrbonaire.com](http://www.twrbonaire.com)

►The three labor unions representing employees of Dutch Caribbean Airlines (DCA) have proposed bailing out the airline by converting their NAf25 million redundancy fund (*cessantia*- used for retirements and layoffs) into shares of the troubled airline.

The pilots' union, the cabin personnel union and the ground workers' union presented their proposal to Curaçao Commissioner in charge of the Island Government-owned airline, Ivar Asjes. Using the money owed the employees would keep DCA from going into bankruptcy, so there would be time to work on a longer term solution such as finding a strategic partner, the unions say.

In the meantime, the Island Government has designated former ALM director Valdemar Marcha as its representative on a tripartite committee that is supposed to come up with possible solutions for DCA in the next three and a half weeks. The employers and labor unions still have to nominate the other two members.

The Curaçao Island Council will hold talks later this week with Venezuelan airlines Aeropostal and Avior, which have expressed interest in DCA.

In a separate action the Curaçao Island 2004 Budget is over expended due to a large number of extra expenditures, among them the NAf22 million financial injection to Dutch Caribbean Airlines (DCA). It is interesting to note that when ALM, DCA's immediate predecessor, failed, it left behind a NAf345 million debt. DCA has already received NAf23 million in government bailout money in 2004.

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►KLM purchased the vacant ALM Catering building in Curaçao at auction last week. KLM itself put the three and a half year old building up for bid. As the creditor, KLM was asking a NAf1.35 million minimum bid. Considering the fact that they were the only ones to place

*(Continued on page 3)*

(Flotsam. Continued from page 2)

a bid, the building was sold for that amount. The plan is to start catering again in mid-January 2005.

Just as in Bonaire, KLM is planning to partner with **Goddard Catering**. Catering for KLM flights will happen first, but other airlines will also be welcomed.

► According to published reports, **Sint-MaartenExel will probably start flying between Curaçao and St. Maarten within a month**. Because of the distance, it wants to use a long-range version of the ATR-42 (the 500 series) prop-jet it now uses for flights between the ABC islands. During the six- to eight week certification process for that aircraft Exel intends to lease other planes.

SintMaartenExel plans two round-trip flights a day, one at the beginning and one at the end of the day. The ATR-42 500 can cover the 1,000-kilometer distance in an hour and 40 minutes, only 20 minutes more a pure jet.

► **KLM will run 12 round trip flights a week using MD-11s from Amsterdam to Quito, Ecuador, and Lima, Peru, through Bonaire (five to Quito and seven to Lima)**, allocating Bonaire an average of 50 passengers per flight. KLM will increase its flights to St. Maarten from two to three times a week for the winter season; Curaçao will have seven flights and Aruba five. In addition, KLM plans extra flights to the Antilles just before Christmas.

(Continued on page 4)



*Jakob Gelt Dekker*

► Recently the **JADE Foundation (organized by entrepreneur and philanthropist Jakob Gelt Dekker) in cooperation with Rabo Bank Amsterdam B.V. donated 30 computers** to Bonaire's elementary schools and learning centers: Kolegio Papa Cornes, Hobenan Aktivo di Rincon, Skol Wapapana; Komunitat di Skol Boneriano/CAV, Fundashon "Leren is Leuk," Kolegio Kristu Bon Wardador; Kresh Bon Kwido i Kolegio San Bernardo. The JADE Foundation believes access to computers will give Bonaire youngsters the opportunity to achieve and extend their potential to become upstanding citizens as adults. JADE and RABO Bank would like to especially thank Don Andres N. V.'s Mrs. Idelda De Jong and Miss Connie Ferreira for their great service and cooperation in getting the computers to the island. *Delno Tromp*

► This year's **BONAIRE BIKERS Motorcycle tour** begins on the evening of **Thursday, September 2<sup>nd</sup>** at the Biker's Saloon (\$10 entrance fee). There'll be a free BBQ and drinks. It'll continue through a farewell party at Habitat on **Monday, September 6**. Activities will cover most of the island at one time or another.

About 500 people are expected, 360 of them bikers. Along with the bikes will be 18 classic cars from Aruba and Curaçao. All hotels are booked. This is one of, if not the, biggest privately sponsored events that draws people from off island.

The organizers know that if it is anything like past years noise could be a nuisance to many people. They issued the following statement:

**"There have been many complaints lately by Bonaire residents of motorcycle noise. This is why we want to ask all riding visitors and local residents to ride without excessive revving and roaring of engines and refrain from**



*The Bonaire Reporter -  
The Official Biker newspaper?*

**doing wheelies and burnouts, especially when riding at night and in residential areas when families are asleep. Let's all do this as a courtesy to the residents so we can continue to celebrate this event every year with the support and cooperation of everyone. Helmet wearing is not mandatory and should be at the discretion of each rider.**

**Remember: PLEASE KEEP OUR ISLAND CLEAN! RIDE FREE"**





VBO photo

**Governor Domacassé speaks with the Indian Ambassador and businessman Ram Boolchand.**

► Last week the Indian Ambassador for India to the Caribbean Basin, His Excellency Mr. Bhosjwani, paid an official Bonaire. Following an official visit with Bonaire Governor Domacassé he hosted a dinner for the Governor and many of Bonaire's Indian businessmen at Croccantino Restaurant.

(Flotsam & Jetsam Continued from page 3)

► **The language of instruction in school is one of the topics being discussed in the Antillean Education Summit** presently taking place in St. Maarten. The debate is certainly not a new one, and centers on the idea that children can best be taught in their "mother tongue," the predominant language spoken at home. The Antilles is in a peculiar situation, where the main spoken language is Papiamentu in Curaçao and Bonaire, while it is English in the Windward Islands (St. Martin, Saba and Statia). As part of the Dutch Kingdom, however, the main language of instruction in schools on all the islands is still Dutch. Apart from practical considerations, the debate has often been an emotional one in Curaçao and to a lesser extent Bonaire. In this issue (page 17) we present the views of one of the Caribbean's foremost linguistic scholars.

► **Dutch marines will assist law enforcement** within the 12-mile zone of Antillean territorial waters. They were sworn in as extraordinary police officers of the Netherlands Antilles before the Solicitor and the Coast Guard Commander. The marines are to be stationed on the Royal Navy frigate *Willem van der Zwaan* and will enable the vessel to perform Coast Guard duties and act against drug transport, human smuggling, illegal fishing and environmental violations.

► The Central Government Parliament is expected to act soon on the draft of a Central Government ordinance to amend the Property Tax Ordinance of 1908. The ordinance was sent to Bonaire more than three months ago, but no comments have been received, according to Parliament registrar Frank Hanze. The draft-law proposal includes a reduction of the property tax to 0.3 % and the elimination of the differentiation between a property with construction on it and an empty property.

► **Future planning information: Europe is warming up more quickly** than the rest of the world and cold winters could disappear almost entirely by 2080 as a result of global warming, researchers predicted last Wednesday. Heat waves and floods are likely to become more frequent, and three quarters of the Swiss Alps' glaciers might melt down by 2050, the study prepared by the European Environment Agency (EEA) said.

► A promise was made to lower the excise on locally brewed beer by 50% on July 1, but because the legislation was not completed in time it was decided to move the date up a month to August 1. At the end of last month Finance Minister Ersilia de Lannooy did not dare predict how much longer the legislation would take. The brewery says it's losing NAf350.000 guilders a month because protective duties on imports were low-

(Continued on page 5)

## OPINION

The *Bonaire Reporter* has been pushed into the Referendum debate as a result of our personal comments on a draft of the English language translation of the Referendum's Committee's non-partisan information release. **Our hope was to get clarification before the Commission's information was released to the public.** However, our observations, misquoted and taken out of context, were leaked to the Dutch language press (*Amigoe*). We are not amused by that tactic.

As of press time the official translation has not been released. We can only hope that appropriate corrections will be made before it is. When it is we will publish it.



Since early this year we've been providing information on the upcoming Referendum in our Chronicle section **without bias towards one choice or the other, and we will continue to do so.**

Turn to page 6 for this week's Referendum Chronicle. □ G.D.

## POLICE UPDATE

**Charles Souriel of the Police Department reports:**

- On Tuesday, August 17, police arrested a total of six suspects: G.C., 25; G.C. 44; A.M., 29; B.M., 37; P.M., 33; S.P., the first two for burglaries, the last four for threatening and violent behavior. After interrogating the suspects, all but G.C. 25 were released.
- On Wednesday, August 18, at 11 am, the police, with the permission of Public Prosecutor E. T. Wesselius, arrested a suspect (G.B., 34) for a robbery in a house in Playa Pabao. At the moment of arrest, the suspect went into a rage and tried to resist police officers. He was jailed and an investigation follows.
- There was a break-in on Wednesday evening, August 18, on Kaya Carlos A. Nicolaas. Stolen were 7.000 euro and a purse containing important documents. According to the victim the thief pulled off the ornamental metal bars which covered a window. Police say it was remarkable that none of the neighbors saw anything. Police are investigating.
- Wednesday morning, August 18, the Flamingo Team at the airport called "Bingo" when they intercepted two suspects with more than 10 kilo of cocaine in their suitcases. Both suspects were aboard the flight KL742 for Amsterdam when the cargo was intercepted. J.F. (21) had a total of 6,250 grams in his suitcase. R.H. (42) had 4,260 grams in his luggage. Both suspects were detained while the police conduct an intensive investigation.
- Friday, August 21 a vehicle hit a donkey on Kaya Korona in front of Flamingo TV. The vehicle was no longer on

the scene and the police found only the donkey cadaver. Police controlled traffic in the area until Dick St. Jago of Selibon carted away the dead donkey.

- Also on Friday at 5:15 pm a woman driving a Jeep on Kaya Karibe lost control of the vehicle which was speeding and ran into a garden. The woman said she was going to Kibrai Montanja. No one was hurt.
- On Saturday, August 22 in the early morning a fight started at El Encuentro, then moved to the front of the hospital. Police passing by noticed the crowd and stopped to check. A woman said her brother was having problems with two other men and that she would file a complaint against the two.
- Saturday, August 22 in the early morning hours the Flamingo team detained a European Dutchman, D.V., 34, for carrying 1.2 kilo of cocaine in his suitcase. Another suspect, E.S., 33, was also arrested in a hotel in Playa. Apparently E. S. was the brains behind the act. They were jailed pending investigation. Also B.N.J. was caught at the airport with a total of 300 grams of drugs in his suitcase. He also was jailed.

The police would like the public to know that they will be controlling the illegal acts in the coming weeks and months. Now that school has started it is not permitted for people to "hang around" the entrance to the schools during the hours the schools are open. Police will take any steps necessary to enforce this rule. □ L. D.

*Flotsam and Jetsam* (Continued from page 4)  
ered and the imports can be sold for less.



**Members of the board of Foundation Development Fund Netherlands Antilles SONA (from left to right): Secretary Eugene Holiday, Chairman Jaime Saleh and Treasurer Pieter Korteweg.**

► **Shortening the cycle** from submitting the projects to the actual receiving of funds from the Netherlands and getting rid of red tape and irritations are some of the goals of the recently established Foundation Development Fund of the Netherlands Antilles SONA, chaired by former Governor of the Netherlands Antilles, Jaime Saleh. **This marks a significant departure from the current procedure of having to submit projects to the Central Government and then on to the Netherlands.** Islands can now directly submit projects to SONA.

► A group of Antillean actors living in Holland are going to **perform in Bonaire on August 27th, 28th and 29th.** The play, *Shèbèrèbè den Karta*, is a comedy about gossiping, in Papiamentu. The group had great success in Curaçao two weeks ago. (See Happenings, Page 19) call 717-8448 or 786-8448 for more info.

► Helen Dovale reports that there is a **very easy way for American citizens on the island to vote:** get in touch with a woman in charge of voting applications in Curaçao, email: rossinva@state.gov.

► It's about time for a party! This Thursday could be your lucky day! **BonaireExel is celebrating its 1st anniversary and they want you to be a winner!** On this Thursday evening, the 26th, BonaireExel will give a big party at downtown Wilhelmina Park starting at 6 pm. A fun filled evening with music from Drumband Bonaire and Glenn I Su Gang, food and drinks and Big Prizes, like round trip tickets to Curacao, Aruba and Amsterdam.

► Did you know that **the Netherlands Antilles has a champion Little League baseball team?** The kids from Curaçao defeated Saipan 3-0 on Tuesday. This leaves the Netherlands Antilles team as the top seed in their pool (3-0 record). They'll meet Mexico in the Semi-finals. They need to win two games to be the international champions and to meet the US champions in the final. The NA team looked good batting and in the field. Lots of heads up baseball.

► And finally, don't miss the **Special Olympics benefit Latin Jazz** concert aboard the *Freewinds* this Sunday, August 29<sup>th</sup> from 7:15 to 9 pm. Tickets are NA\$17,50 and are available at Croccantino Restaurant, Sharon Barlass (717-8658) or any Special Olympic board member. □ *L./G. D*

## PETRA SINT JAGO 28 June 1916

If you have been in Bonaire for a while you know her. She was called "The Gum Lady" or "Petra Pinda" (Peanut Petra), because she sold chewing gum along the seafront promenade. Never begging, always proud, she gently offered her wares to locals and tourists alike, often pondering whether to give you one more piece of gum for your contribution.

Born in Rincon she, like her brothers and sisters, was involved with folk music and singing. She worked hard during her life selling peanuts, fruit bread and coconuts. In her later life she switched to selling chewing gum and candy, mostly in the evening hours around Karel's Beach



*Painting of Petra by Rien van Silfhout*

often relaxed by playing in the Divi Bar. She was still a terrific dancer and Flamingo Casino. □ *G.D.*



## THE PLACE TO BE THIS SATURDAY -THE RINCON MARSHÉ

*August 28 starting at 6 am*

"The Sea" is the theme of this week's Marshé. Special guests, *Pal'I Wiri* band. Taste *pastechi di karko* (conch), buy fresh fish, fresh fruits and vegetables, gifts local treats. Relax under the awning with a cold drink and snack and enjoy the ambiance of Rincon, the "heart of Bonaire." Don't miss the Soldachi Tours: Alta Mira Nature Walk, Town Walking Tour, Bus Tour. (Call Maria 717-6435) □ *L.D.*

# Referendum Chronicle



**A**s the final countdown to the September 10<sup>th</sup> Referendum begins, the two most popular choices seem to be between B (close ties with Holland) and C (a separate status in the Dutch Kingdom). In the May 15<sup>th</sup> issue, The Reporter printed some of the items to be considered when choosing a new form of government. Some of them are reprinted here, recognizing they may not apply if no change (A) or independence (D) are chosen

## What Can Bonaire Do Without?

There is no real need for a *central government*, a *prime minister*, a *plenipotentiary minister* in The Hague, a *host of department chiefs* and *specialized agencies* checking on, and generally only adding bureaucratic delays and job-padding costs to the islands down-to-earth evaluations and decisions.

There is, in other words, a whole layer of "Land" governance based in Curaçao which can be done away with, perhaps to the personal distress of the civil servants concerned but to no real cost to the island population at large.

There is no real need of *central*, "Land," *taxation, customs and excises, police force* and sundry services which collect and distribute monies which pertain to the individual islands economics and/or security measures.

Finally, there is no need of the "*Staten*," the Netherlands Antilles Parliament, which is now restricted to a role of wheeling and dealing between

island interests and their political parties' clout on the national scene. The vote of a single island party, like Saba's and St. Eustatius, may make or break a coalition, with far-ranging consequences for the other, much more populous islands

## What Central Functions Can Bonaire NOT Do Without?

- **First, a Governor** (appointed by the Kingdom) as the symbol of the historic ties between the five former "Curaçao Colony" islands and also as the lynchpin of certain central functions that should be maintained. Even though some bad blood has crept up between the islands in recent years, it is undeniable that there are many family ties between the islands making up the leeward Antilles (Curaçao, Bonaire, Aruba) or the windward Islands (St. Maarten, St. Eustatius, Saba). The present governor of the Antilles is a Bonairean (as were his predecessors); the Lt. Governor of Saba is an Aruban, and

so on. (Also business wise, there are many ties. Banks, trade firms, local builders and entrepreneurs, whether in Lebanese, Jewish, Indian or Dutch hands, have always extended their commercial endeavors over all the islands, and it should remain so.)

- Then, a *central bank*, and a common *currency*. No person of a sane mind would suggest that Bonaire would operate its own central bank or currency (the "Aloë"?). The same holds for the *social security* (SVB), the *central N.A. pension fund* (APNA), the *coast guard*, and a few other central agencies, including the liaison with vital US government services such as the *DEA* (Drugs Enforcement Agency).
- Then, the *court of appeal*, including the high judge's circuit (now also comprising Aruba), the central fiscal agency (IRS in the US, FIOD in the Netherlands, BBA in the Antilles).

This list may be extended. There is hardly any argument about the need to maintain these highly qualified (as to professional status) bodies, only a question of who is going to supervise and politically control them.

## What Can Bonaire Handle On Its Own?

**First, as to split (central) functions:** In order to make clear what we mean by this category, we will use the example of the certifying agencies for the vital air and sea links, the *Luchtvaartinspectie* and the *Scheepvaartinspectie*.

On the one hand, it cannot be so that a Curaçao-based *inspectie* frustrates essential air links (like BonairExel) and sea



links (like the Bonaire-Curaçao ferry) by withholding certificates and permits, solely on the basis that such links do not benefit Curaçao interests.

On the other hand, passenger safety simply demands that adequately trained personnel check thoroughly on safety services and procedures, the airworthiness of planes and the seaworthiness of vessels.

So, the *professional* capability of the inspection personnel should be guaranteed by *internationally* recognized certification, which requires centrality and its "island neutrality" guaranteed by an island-based authority, supervised by an

(Continued on page 7)



(Referendum. Continued from page 6)

inter-island-based body of governance, not influenced by island-based priorities, jealousies and rivalries.

This we term a "split responsibility" between the islands completely divorced from the political expedience of the day. There are other central-split functions like this. Education and medical standards, health care, telecom, law enforcement, taxation, even the police force may be subject to such a standard, as it is never a wise solution to have a small community policed by its own sons and daughters.

(An old tradition in Holland requires the big city police to be manned, and especially staffed at the top, by officers from the far-out provinces. Thus, even today, one unsuspecting Dutch tourist may be ticketed by a Frisian policeman in Amsterdam and by a Groningen-origin policeman in Rotterdam).

#### **Then, as to the contracted inter-island functions**

There are functions in which a bigger island or territory with better access to management, resources and controls can perform better than a small island. Thus, Bonaire might want to *contract* with Curaçao for the treatment of rare illnesses at the St. Elizabeth Hospital, Sehos, being much better equipped for diabetes patients or CAT scans than Bonaire's San Francisco Hospital, for mental patients (the Capriles Clinic), for detention of heavy-duty criminals (the Bon Futuro Prison) or higher education (the UNA *Universiteit*).

These are *contracts* with an economic

and performance content and need no central government. If Venezuela offers better terms, Bonaire should be free to treat with them.

#### **Finally, as to Subsidation**

This principle declares that whatever can be done effectively and economically on a *lower* level of governance should be done there rather than on a central level. Some advances have been made in recent years, but not enough. If Bonaire were to repatriate a number of its promising sons and daughters, the island could well perform a number of functions which now the "Land" claims as its prerogative: labor law applications, social development, NGO supervision, airport authority, family law applications, mediation, to name but a few.

□ *The Chronicler*

The aim of the **Chronicle** team of editorial and staff writers is to inform, not to influence public opinion or "sell" a particular option. Critical comments, useful additions and questions by the readers are welcomed and published whenever possible. Active co-operation and exchange of information is sought with the local/regional media (press, radio, TV), and the official Referendum Commission. Any item in the Referendum Chronicle may be freely quoted and/or downloaded via Internet. Opinions expressed are solely those of the writers. □

# PICTURE YOURSELF WITH THE REPORTER

How many readers can say they were lucky enough to take a photo of a man who makes his livelihood from the ocean (Walt Stark), standing in front of a statue of King Neptune, the God of the Sea, while holding a *Bonaire Reporter* - that just happens to have a picture of him (Walt, underwater in technical diving gear) on the cover?

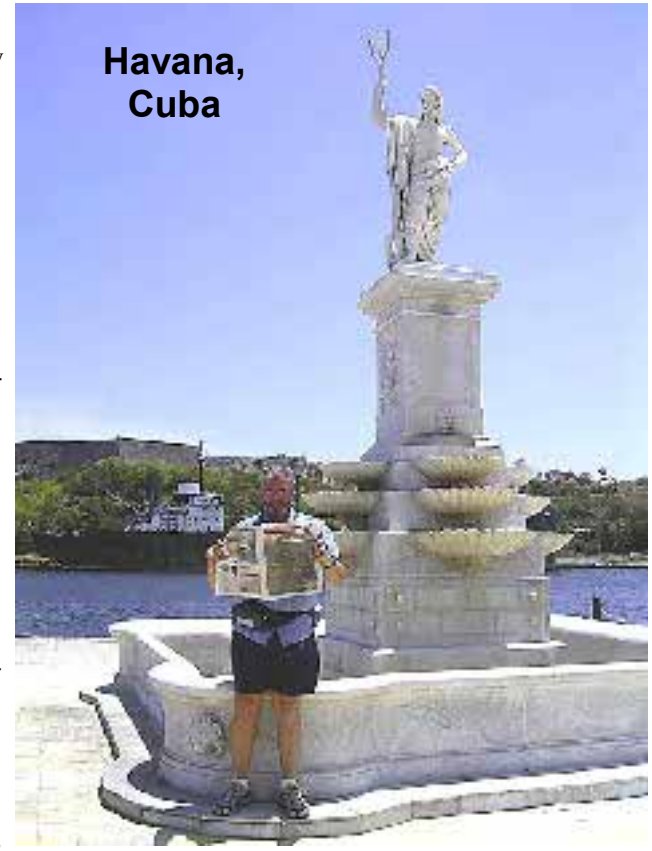
Well, Bonaire's Mary DiSanza was, and snapped this photo on the Malecón, one of the most famous avenues in the city of Havana.

Mary says the *Malecón* is an 8 km-long seawall built by the American administration in 1901 and is

a favorite promenade for the citizens of *La Habana*. The view out over the Straits of Florida is very nice, and the breeze off the ocean helps temper the heat of the city. If you have a special girlfriend, you would take her walking on the Malecón - it is simply expected. The locals say it is a place for lovers and thieves and everything in between. □

**WIN GREAT PRIZES!** Take a copy of *The Bonaire Reporter* with you on your next trip or when you return to your home. Then take a photo of yourself with the newspaper in hand. THE BEST PHOTOS OF THE YEAR WILL WIN THE PRIZES. Mail photos to Bonaire Reporter, Kaya Gob. Debrot 200-6, Bonaire, Netherlands Antilles (AN). E-mail to: [picture@bonairereporter.com](mailto:picture@bonairereporter.com). (All 2004 photos are eligible.) □

Havana,  
Cuba



# AMFO PROVIDES SUPPORT FOR JONG BONAIRE



**Rene Hakkenberg, president of Stichting Jeugdwerk Jong Bonaire signs the financing agreement for Jong Bonaire flanked by Werner Wiels of AMFO and Jong Bonaire Treasurer (penningmeester) Alan Gross. They were joined by members of**

AMFO (Antiliaanse Medfinanciering Organisatie) has signed a three-year support agreement with Stichting Jeugdwerk Jong Bonaire to help provide a wide range of activities for the members of the Jong Bonaire af-

ter-school program for teens. The activities will include homework help, music, cultural programs and many sports activities such as windsurfing, snorkeling and diving, volleyball, ping-pong and many others. This was the

50<sup>th</sup> project funded by AMFO in the five Antillean islands since it began full operations in April of 2004. Sixteen of the approved projects have been for NGO projects on the island of Bonaire, and five more micro-projects have also been approved via the NGO Platform Bonaire.

“The financing of projects on Bonaire is going very well,” said Werner Wiels, Director of AMFO. “Bonaire is well organized, and the NGOs seem to be working together easily. The support of the NGO Platform and especially the work of Pancho Cicilia, Manager of the NGO Platform, and his team has put Bonaire at the forefront of dealing with the social problems that the AMFO money is designed to help deal with.”

“This support from AMFO will allow Jong Bonaire to continue to serve the teenagers of Bonaire and their parents with activities de-

signed to help them reach their full potential mentally, physically and as good citizens of our country,” said Rene Hakkenberg, President of the Stichting (Foundation). “Jong Bonaire will be opening



again this month for the school year 2004-2005 and will be able to serve more teens than ever with a wide range of programs,” said Hakkenberg. “We look forward to enrolling many new first-year students at SGB as well as welcoming back our existing members.”

According to Wiels, “Bonaire NGOs have submitted almost 60 projects so far of the 162 we have received from all the islands. But we hope to see more come in.” Wiels would like to export the

*It is interesting to note that Bonaire, with less than 10% of the population of the Netherlands Antilles, has been awarded 37% of the project grants.*  
Editor



# BONAIRE'S BEST RIDERS OVERSEAS

## FUERTE ACTION

After a great exciting competition at Lanzarote, the action went on as we, Jayson Jonge (Worldsails, HiFly, Jibe City), Ruben Petrisie (Brunotti Boards & clothing, Palm Trading, Solar), Taty Frans (Gaastra, Starboard, Fiberspar, Jibe City), Tonky Frans (Gaastra, F2, Fiberspar, Jibe City), Kiri Thode (Gaastra, Starboard, Fiberspar, Jibe City, Banco di Caribe) and I, Femke van der Valk, (Van der Valk vakanties & hotels) left for Fuerteventura. We took the ferry which brought us within a half hour from one island to the other. When we arrived we all got excited about going sailing. After a great session on the water, lasting until late in the evening we all came to the conclusion that in these conditions it was much more likely for Bonaire to score even higher points. The water at Sotavento is much flatter and the wind much steadier. The usual conditions are around 25 – 35 knots, enough to make radical moves and just right to also be able to hold on to the sail. Between our arrival and the competition there was one day of registration and training. Everybody made full use of it,



A "Brunotti spock"



Kiri hangs a "One-handed spock"

showing off to one another and checking out one another's level. The 18<sup>th</sup> of July was the big day, the first day of competition. The boys from Bonaire were really showing what they were worth as Ruben, Kiri, Taty and Tonky all came through the first round every day scoring great points. Kiri was really ripping, winning over great sailors such as Colin Sifferlen (NC). Taty and Tonky ended on the top

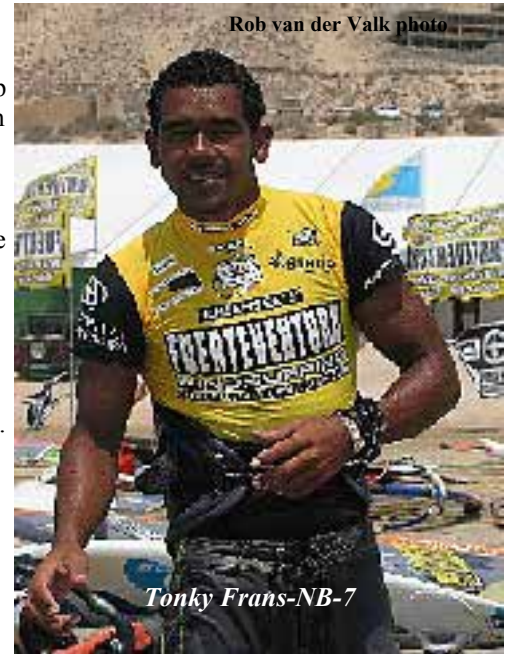
of the list. Taty showed one of the latest moves, the "air chacho," in his heats. This scored massive points as well for technical as for style. Of course Tonky showed off with his incredible high forward loops. We got to see both of them in several quarter finals and half finals.

In the end only Tonky made it up to the stage, in a well deserved 3<sup>rd</sup> place. Second place went to Douglas Diaz and the first place once again went to Ricardo Campello. By fighting hard and winning this event he again is one step closer to becoming world champion in freestyle once more. Taty started well in the event but unfortunately he couldn't hold on to the high spot until the end. Despite that he still got ranked in a great 9<sup>th</sup> place after the competition. Kiri was sailing just like he does at home, looking comfortable and relaxed. He worked his ranking up to 21<sup>st</sup>, a place many others wish to have. After some great heats Ruben worked his ranking up to 29. This definitely shows that he is moving upwards in the competitions. If he keeps going like this also he will definitely get a great spot in the world ranking. Jayson was training hard on Fuerteventura, learning new moves and making the old ones better. Although he was not ready to show it in the heat we are still full of expectations for this strong radical sailor.



Jayson Jonge -NB1111

That's the update of Fuerteventura. Don't forget to check *The Reporter* regularly



Tonky Frans-NB-7

for the great heavy duty Pozo story. Till next time. □ Femke van der Valk, NB-05

### KRALENDIJK TIDES (Heights in feet, FT)

Remember: Winds and weather can further influence the local tides

DATE	TIME	HEIGHT	COEF
8-27	7:18	0.8FT.	75
	22:33	2.1FT.	
8-28	7:54	0.9FT.	85
	12:50	1.1FT.	
	13:54	1.0FT.	
	23:22	2.0FT.	
8-29	0:05	1.9FT.	93
	8:24	0.9FT.	
	13:14	1.1FT.	
	15:38	1.1FT.	
8-30	0:57	1.8FT.	97
	8:54	1.0FT.	
	13:49	1.2FT.	
	17:01	1.1FT.	
8-31	1:49	1.6FT.	97
	9:20	1.1FT.	
	14:25	1.3FT.	
	18:41	1.2FT.	
9-01	2:51	1.5FT.	94
	9:29	1.2FT.	
	15:23	1.4FT.	
	21:16	1.2FT.	
9-02	4:18	1.3FT.	87
	9:08	1.2FT.	
	16:14	1.5FT.	
	23:55	1.2FT.	
9-03	1:39	1.1FT.	77
	17:09	1.6FT.	

### VESSELS MAKING A PORT CALL:

3T	Jacuzzi	Santa Maria, Sweden
Angie	Macaby, Netherlands	Scintilla, Germany
Alegria, USA	Makai	Side by Side
Alaluya	Marathon	Sirius
Aleria	Marina Em	Sojourner
Avatar, USA	Marnel IV	Southern Cross
Batje	Misty Blue	Sylvia K
Brehorn	My Dream Israel	Ti Amo, USA
Bright Sea	Natural Selection, USA	TopCat
Camissa, Chan Is.	Nonesuch, USVI	Tothill
Camperdown	Pamela Jean	Ty Dewi, USA
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Delphinus	Pomona	Varedhuni, Germany
El Sabor	Pow Wow	Wind Born III
Flying Cloud, USA	Precocious Gale, USA	Wingin It
Gatsby, USA	Rumbacon	Windmillier, Canada
Gonzo II	Safari	Ya-T, BVI
Guaicamar I, Venezuela.	Sandpiper, USA	Zahi, Malta



## NOCHI COFFIE EXHIBIT AT CINNAMON ART GALLERY



*Nochi has always been known for capturing the essence of the clouds. Here's one of his latest renditions.*

Popular local artist Nochi Coffie was the man of the evening last Saturday evening at the Cinnamon Art Gallery's opening of his latest works. Family, friends and well wishers were on hand to view Coffie's latest works in his show, "Identitat, Model and Sombrando." Coffie is inspired by rural and natural Bonaire and "paints with his soul," as he describes it. He's a true natural talent and Bonaire can be proud.

The show at the Cinnamon Art Gallery will continue until September 25. The Gallery is located just off Kaya Grandi in Playa, behind Banco di Caribe (Kaya A.P.L. Brion #1), open Monday through Friday, 9-12 and 2-5, or by appointment, phone 717-7103, 786-9563 or 786-9700. □L.D



*Gallery guests overflowed into the street and were treated to drinks, Middle Eastern snacks from Garden Café and local music.*

## NEW YORK CITY TEACHER VISITS KOLEGIO KRISTU BON WARDADOR

Joan Zale (rear), a reading teacher at PS 24 in the Bronx, NY, with first cycle teacher Carolina Hart, who asks her students, Dyanna Antoin, and Laura Meiya, both 6, "Wat is dit?" in Dutch at Kolegio Kristu Bon Wardador School in Nikiboko. The students responded in Dutch, "Dit is zand." In English the word is sand.



Photo Alan Zale

Joan was scuba diving on Bonaire this month and was asked by a friend on the island if she would like to visit a local school. The Zales have been coming to Bonaire since 1995 and just completed their 17<sup>th</sup> trip. On August 13<sup>th</sup> they celebrated their 21st wedding anniversary on Bonaire, something they've done every year for the last seven years.



\*\*\*\*\*

Alan Zale, a freelance photographer for The Journal News in Westchester County, NY, joined his wife on the school visit. They own a two-bedroom condo at Sand Dollar and are scuba divers. □Alan Zale



# FIRST ANNIVERSARY Fly BonairExel

## “BONAIREXEL HAS BROUGHT A NEW DIMENSION TO AVIATION IN THE REGION!”

At the celebration of the first anniversary of BonairExel, we look back automatically towards the time when it all started and to the importance of this airline company for the island of Bonaire. The many ways that have been crossed to literally get this aviation project from the ground were not easy. With hard work, perseverance, limited funds, a good teamwork between Dutch Eagle Express N.V. “BonairExel” and Air Exel Netherlands B.V., as collaborating parties, the company managed to get two ATR 42-320 in the air on the routes between Bonaire, Curacao and Aruba.

The general development of this airline is, despite all obstacles which had to be surpassed and the enormous loss suffered, positive and shows a steady growth! All attempts to obstruct and to title this project as an illusionary adventure were in vain.

The success of this operation has to do with a new dimension in the capacity and mentality of doing business in the air transport business, whereby members of the Exel task force have committed themselves to working day and night to comply in the first place with all requirements to obtain the so-called Air Operator Certificate (AOC) and further to start with the operation. It was demonstrated that things can be done differently and better and that this not only a unique achievement and pride for the island of Bonaire and its community, but certainly also a victory for the pioneers, who stood closely at the cradle of its birth. Their endurance, their energy and their loyalty deserve our most appreciated praise and recognition.

We will certainly elaborate separately regarding the significance and value of their personal input to get the job done. The excellent teamwork was obviously the key to success, whereby the ego was absolutely

non-existent, but surely plenty of room to pertinently reach the goal, which was the ultimate target that everyone had in mind. Congratulations to everyone!



Although we have a year of operation behind us, the job has just begun. Support and participation of the forerunners is needed, their stake and experience need to be conveyed to the newcomers who also have dedicated their best efforts to the advance and progress of the company. Aviation is universally an utmost dynamic phenomena, subject to abrupt changes— a reason why prompt attention is always readily needed. In this situation much is expected from the management and collaborators in an airline company who must confront new developments which are daily challenges in the aviation industry. We are sure that the community will support us, and this support gives us the impetus to continue our activities which contribute substantially to the economic welfare of Bonaire and of the other islands.

Obviously we wish to grow and to be profitable in our operation, but we firmly take into consideration the social aspects of the community. In our continued commitment to the general public, we experience these aspects as an integral part of our responsibility. Our target is, and will remain, to provide the people and the industry with reliable service, whereby on-time performance and safety always will prevail in our banner. Airlift is of vital importance to the islands! Air transportation continues to increase and airplanes cannot be thought away from the logistic pattern of the worldwide social and economic structure. A blessed BonairExel is certainly part of this pattern, and we hope to serve all our passengers, namely business-people, vacationers, travelers for health-reasons and family-visitors for many more years. □ *Raymundo Saleh*



*A message from Raymundo Saleh, Managing Director of the Bonairean holding company for BonairExel, Dutch Eagle Express.*

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# HUSH-HUSH SEASIDE SPOTS

**I** have chosen this week's spots for their wonderful snorkeling sites and remote locations. Reaching both beaches will take some time so you will need to plan ahead for your day out, but I can guarantee that you will enjoy your day in the sun as much as I did.

## Boka Bartol

This is another piece of paradise that you will find in Washington Slagbaai National Park where Boka Bartol is advertised as a diving and snorkeling site. After quickly scanning the somewhat lengthy rocky shore, you will



Boka Bartol

wonder why I am writing about a beach at Boka Bartol. But I can guarantee that if you look closely, you will find a small patch of white sand the size of two beach towels... perfect to picnic and relax with your lover after spending some time in the water.

I found that the easiest access into the water was not too far to the left of this tiny beach where the calm water made is quite easy to put on my fins and goggles. I have to say that the best thing about Boka Bartol is its underwater life. You need not swim far from shore to see it at its best, which might be good for people who feel uncomfortable swimming far into the sea. Here again, as on so many beaches found on Bonaire, shade is non-existent. But if you need a change of scenery, you only need to look behind to admire a beautiful view of a small saltpan filled with flamingoes with a mountainous background.

## Nukove Beach

Since my arrival on Bonaire I have always chosen Atlantis whenever I wanted to spend time in the sun, but now I have a new favorite spot... Nukove Beach. This little treasure is actually located in a cove on the northwest coast of the island, and getting there is only half the fun. To reach Nukove Beach, you need to travel to the very



Nukove Beach

gates of the BOPEC oil depot, turn right and then follow the signs to Playa Frans. The dirt road to the beach is very rough, so when visiting Nukove be sure you are with someone who is strong enough to change a tire – just in case. The beach is at the bottom of a half-moon-shaped rock formation. Do look around to find the small path that will lead you down to the wonderful white sandy beach. If you are as lucky as I was, you will even enjoy the sight of large fishes feeding in the shallow water of the cove from the top of the cliff. As you can imagine, snorkeling at Nukove Beach is an amazing experience, but be aware that for some distance you will need to almost glide on the surface of the water in order to avoid the many coral formations that rise from the sea floor. An additional bonus to this treasure is that you will find a grove of trees at the top of the cliff that will provide you with some wonderful shade and a wonderful view of the Caribbean Sea. You need only to remember to bring some beach chairs.

This is the time of year when we all usually go back to our daily routines, and in many cases there are no more vacation days available until next year. So until your next vacation, what better way to enjoy Caribbean living than outings on the weekends? I believe that this week's spots are perfect escapes from everyone's weekly routines. I don't think that many people will venture to these beautiful spots on a regular basis so you might end up enjoying these beaches with only your lover. I can't imagine a better place to let go of the stresses of the week. As for me, I will continue to scout the island for the perfect Hush-Hush Seaside Spot with my husband in tow. □ José Bolduc Frosst

## THE PET PROFESSOR



## ENFORCING THE RULES

**B**efore correcting your dog, first be sure your request or rule was understood, and that it is your dominance that is being challenged.

Dogs in a pack establish dominance and enforce the rules in various ways, including physically correcting one another. But you are no match for him physically and he knows this. He can out run, out jump and out bite you. Physical punishment (this includes choke chains and shock collars) is often ineffective as a means of coercing good behavior

and it undermines trust. However, we can take some guidance from the way one dog corrects another. When a dog breaks the rules (pestering an older dog, sleeping in a more dominant dog's spot etc.) the offended dog will first glare at the offending dog. If this doesn't work he may growl low in his throat. If this still doesn't get the message across, he will show some teeth and maybe snarl. It rarely gets as far as the final step, which is to snap. It is always a good idea for us to use a similar kind of escalation in our "threats", to always start with the most subtle correction (ignoring) and work our way up (physically handling). If you start with the latter, and it doesn't work you may very well lose the power struggle.

So, your dog is on the sofa, and you have taught him that you do not approve of this (by saying "Off!" calling him to his own bed and then rewarding him, every time he has done this before). First, if he is looking at you, you glare disapprovingly at him. If he does not move, you say "Off" in a low growly tone. If he still doesn't move, or worse, looks away from you, you then clap your hands (or smack the wall or make any other alarming noise) saying "Off!" again. This should do the trick, but if it doesn't, then you will have to take his collar and remove him -- "I said OFF!" You must then stay there, ignoring him, to be sure he doesn't return to the sofa, and to watch for any rewardable behavior on his part (like slinking over to his own bed).

Another example: you come in the house to find your dog chewing on your



One of the best trained dogs on Bonaire, "Immo" of Botu Blaknu Marine

Birkenstocks. You have taught him that this is not an approved toy (asking him to "leave it" every time he has gotten it, and replacing it with any available dog toy). What do you do now? You do not run over to him yelling "no," and chase him until you can wrestle the shoe from

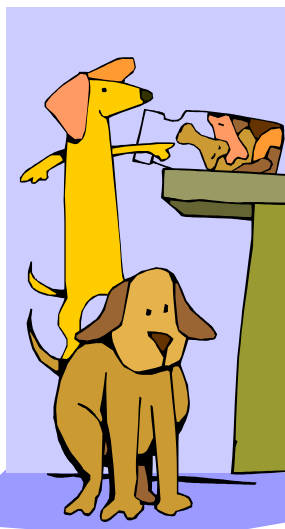
his mouth. Instead, you gasp loudly and clap your hands to your face (maybe even shriek a little). He may be startled enough to

drop the shoe, in which case you tell him how good he is. If he doesn't drop it, you lower your hands and growl, "Leave It!" If he still doesn't drop it, you stomp towards him clapping and glaring down at him as you say "I said LEAVE IT!"

Give him every opportunity to drop the shoe, rather than yanking it from his mouth, and reward

him the second he does. Also reward him if he subsequently picks up a more appropriate toy. (Note: if your dog runs away from you when you treat him this way, with or without the shoe, then consult a professional). You'll notice that in each example the trainer (that's you) responds a little differently, but both responses are based on how a dog would correct another dog. Escalating the correction also gives the dog a chance to understand/remember what it is he has done wrong.

Dog training needs to be a fair exchange, based on trust and respect. In other words, he will trust you to understand and take care of his basic needs and wants, and, in return, you will expect him to defer to you, and try to understand and comply with your ridiculous rules. Next time: Problem Behaviors. □ Susan Brown



"Dog training needs to be a fair exchange, based on trust and respect."

Susan Brown is a professional dog trainer on the island who has been in the "pet business" for 28 years. "I do anything related to pet care," she says, "training, pet sitting, grooming, even help with the after care of recuperating animals." For all your dog training or pet care needs contact Susan at the Pet Professor, e-mail: bandbfarm@yahoo.com or call 717-2620.



# PET of the WEEK

“Pim,” our Pet of the Week, may not make it to a color page in *The Reporter* this week so we want to let you know she has the most beautiful gray cropped fur coat and the bluest eyes. And to complete the color scheme, the soles of her feet are coal black. Maybe there was a Weimaraner somewhere in her family tree. She was found wandering in the street all alone. She’s only about seven weeks old, much too young to be left like that. But wherever Pim came from she must have been treated



“Kim”

well because she’s a beautifully well adjusted pup and full of fun. Like all the other pets available for adoption at the Shelter Pim has been examined by the vet, given her shots, de-wormed and declared healthy and ready to go. You may see Pim at the Bonaire Animal Shelter on the Lagoen Road, open Monday through Friday, 10 am to 2 pm, Saturdays until 1. Tel. 717-4989. Did you know that it has been proven that

how a young puppy or kitten is treated in the early weeks of its life determines how it will act, whether it will be a loving, social pet or one who is fearful, snappy or aggressive? That’s why it’s so important to give your new pet as much attention and love as possible. Keeping the Shelter pets “social” is paramount with the staff. If you have some time and enjoy animals, call or drop into the Shelter and hang out with the “residents.” They’ll love you for it. □ L.D.

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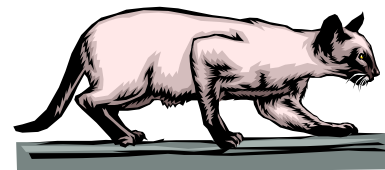
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# PAPIAMENTU IN THE EARLY GRADES IN SCHOOLS WHY IS IT SO IMPORTANT?

**R**ecently in Curaçao there was a Conference on Creole Languages and a joint meeting with the Society for Caribbean Linguistics and the Association for the Study of Spanish and Portuguese Based Creole Languages. According to Dr. Nick Faraclas, Professor of Linguistics, the scope of this conference has not been replicated for a long time. The conference was organized by the Erasmus School of Curaçao (K to 12, where classes are in Papiamentu), the Foundation for Linguistic Planning and UNESCO.

Creole languages, of which Papiamentu is one, occur all over the world. Professors presented 50 different papers on Creole languages in the Indian Ocean, West Africa, Caribbean and the Pacific Ocean. Nearly 200 people attended with a large delegation from the ABC islands (teachers, local linguists, government officials responsible for language education, local writers interested in culture, musicians).

In the ABC islands Papiamentu is used in crèches (nursery schools). The government has proposed and passed legislation for Papiamentu to be taught up to grades 4 to 6 as the main language of instruction with Spanish, English and Dutch as subjects.

Dr. Faraclas, who was recently in Bonaire researching the essence of Papiamentu and recording 16 different interviews with elderly Papiamentu speakers, explains:



## START WITH THE 'MOTHER TONGUE'

“The main thing is for children to learn to read and write in the language they know best before they go on to another language. Learning to read and write are not easy tasks; they’re two very difficult tasks that students are expected to perform in their first years of school. It makes no sense to complicate those two tasks with a third very difficult task which is learning another language. In education the main principle we follow is to go from the known to the unknown. You use the knowledge that your students have as a foundation on which to build more knowledge. You go from the knowledge they do have to the knowledge they don’t have. So normally a child goes from the knowledge of their mother tongue, their first language. They use that knowledge to gain skills in reading and writing. So you use what they’ve got – they already know their mother tongue – so you teach them to read and write in their own language so in that way they’re going from something they know to something they don’t know. At least they have something to hold onto. But when you teach children to read and write in a language they don’t know, they have nothing to hold onto. They’re going from the unknown to the unknown. Most children are just going to get lost. A lot of children are very intelligent but they just can’t cope with learning to read and write and learning Dutch at the same time. So what happens is they never get a good foundation in reading and writing.

They never get a good foundation in Dutch. And they never get a good foundation in Papiamentu either, so they’re really lost. Their whole academic career suffers as a result so they go from failure to failure instead of from success to success.

I think that’s another big reason why Papiamentu is so important in establishing a good foundation for the students for the rest of their academic career.

## HOW DOES IT AFFECT CULTURE?

Also we have the whole question of culture because when students go to school and they open up their books they see the language in the books doesn’t correspond to their own language. So how does that make the children feel? It makes them feel, ‘Well, my language isn’t that great because it doesn’t get to go in the book. The language that’s really important gets to go in the book.’ It gives children the idea that their language is inferior. And when they look at the book they see that the people in the book are from Holland. The person in the book doesn’t look like their father but somebody from another country; the mother looks like someone from another country; the house from another country. So the children start to believe that the father in the book is a good father and their own father isn’t such a great father because he doesn’t get into the book. The mother in the book is a good mother, but their own mother is not really a good mother. The house in the book is a good house; their own house is not such a good house because

they never see it in the book.

What that means is the child thinks that not only is his language not good, his father, mother, his house are not good. In the end the child feels the same way about himself, ‘Well, I’m just not as good; I’m inferior to somebody else.’

And of course when he feels inferior he doesn’t have confidence; he doesn’t have belief in himself. Without confidence and belief in himself he can never succeed in school. The basic ingredient to success in school is confidence. A child who has confidence and belief in himself will do well in his studies. So if we try to build up the child’s confidence at an early age then he’ll do well in school later. But if the child’s confidence is destroyed at an early age you’ve destroyed most of his chances of succeeding in school.

It’s a very big problem and a problem that is faced by many students here on Bonaire. It’s not just here. In many other countries children are forced to learn to read and write in languages that are not their own. In Papua, New Guinea, for instance, most children are out of school by grade three or grade four. But here in Bonaire, the law says the child has to stay in school, but it’s questionable as to how much he’s learning. A lot of children are passed to the next grade because of their age, rather than how much they’ve learned.

Back to culture – children appreciating and valuing their own culture. If a child is forced to learn to read and write in a language that’s not his own and learn about a culture that’s not his own before he learns about his own culture and his own language he’s going to tend to feel that his own language and culture are not as important as the other – the Dutch culture and language. So what that does is give the child a basic negative value for his own culture and language.

What happens to the majority of students who never do well in school is they don’t really feel at home in the village, but when they come to town they don’t feel at home either. They don’t feel at home in the *kunuku*; they don’t feel at home in town, so what happens to these children? They don’t want to work on the *kunuku*; they don’t want to work in the rural setting, but they don’t have the qualifications to work in an urban setting. So I think this is a big source for crime and other activities that Bonaire is having to face right now.

But then what about the children who do succeed (under this system)? But when they succeed because they’ve learned that their own culture and language are not as important as Dutch language and culture – when they have this lack of confidence - then the chances are that they’re not going to come back to Bonaire after their studies – and you’re going to get the “Brain Drain” that we have in Bonaire. So many of the most talented people from Bonaire are not in Bonaire. They’re

in Holland; they’re in the US; they’re in some other country, whereas they should be here in Bonaire helping to build up their own country. They’re somewhere else because they appreciate the foreign culture more than their own. They put a higher value on the foreign culture.

## WHAT PARENTS MAY FEEL

Many parents believe that teaching children to read and write in Papiamentu will stop them from learning Dutch, or English or Spanish. So a lot of parents are really afraid right now of what it’s going to mean for their children. Actually it’s the complete opposite. A child who learns to read and write in Papiamentu first has much better chances of eventually becoming proficient in the other languages. So the child who has the good foundation in his own language is the one who will have the best chances of being able to build on that foundation to get a good knowledge of Dutch, English and Spanish.

This has been proven in many countries. At the Erasmus School in Curaçao the children are taught to read and write in Papiamentu. All their lessons are in Papiamentu, but they take English, Dutch and Spanish as subjects. I was there four days ago and the children, ages 9 and 10, were already reading, writing and speaking very proficiently in English. So this proves that right here in Curaçao that children who learn to read and write in Papiamentu can very quickly go on to other languages. **So the best way to teach a child a foreign language is to teach them in their own language first.**

□L.D. from an interview with Dr. Faraclas



**Dr. Nick Faraclas, Professor of Linguistics, speaks on his subject**

Next week the series continues covering subjects as teacher and parent support, how to change the system, word banks, etc.



# BONAIRE BARRACUDAS SWIM NEWS



*Guy Edson of the American Swim Coaches Association with coaches from the Bonaire Barracudas coaches: (l to r) Ralph Sint Jago, Valarie Stimpson, Simone Sweers and Paco Veeris.*

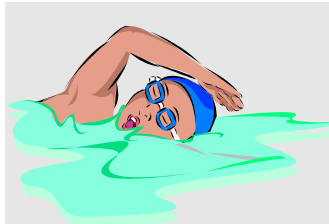
The Swimming Association of the Netherlands Antilles (NAZB) in cooperation with the American Swimming Coaches Association (ASCA) held a swim coach clinic in Curaçao from 9 – 13 August. Attending from Bonaire were Ralph Sint Jago, Valarie Stimpson, Simone Sweers and Paco Veeris, all volunteer coaches for the Bonaire Barracudas Swim Team. Course work included Principles of Teaching, Principles of Motivation, Stroke Technique, Designing Season Training Plans and Designing Dryland Training Plans for Novice, Age Group and Senior level swim programs. Sessions lasted 8 to 10 hours per day, including classroom work and pool training sessions with swimmers from several Curaçao clubs.

During the clinic the coaches from Bonaire had the opportunity to meet and exchange ideas with coaches from the other islands of the Netherlands Antilles. Many of the Curaçao coaches have family members living in Bonaire so acquaintances were made quite easily.

Several swim clubs in Curaçao have been active for more than 30 years, and their coaches were helpful in providing tips on training technique and frequency.

Coaches from St. Maarten proved to be a useful source of information about the development of a new swim program as they have been involved in competitive swimming for a much shorter period of time than Curaçao. Even so, Bonaire is no longer the youngest member of the Antillean swimming community. St. Eustatius sent a coach to the clinic in preparation for setting up a swim program for that island as well. Representatives of the NAZB were also on hand throughout the clinic to lend their expertise and support to the delegation representing the Bonaire swim program.

The coaches did not have to wait long to put their new-found knowledge into practice as the Bonaire Barracudas opened their season on Monday, 16 August at the Meralney Vacation Village Pool. □ *Valerie Stimpson*



**The Bonaire Barracudas swim club welcomes new members and invites girls and boys between the ages of 7 and 16, accompanied by a parent, to visit the pool during a workout session to watch the Barracudas in action.**

Workouts are currently Monday 17.30 – 18.30 and Tuesday 17.00 – 18.00. Children should have an “A” level swim diploma or be able to pass the club swim test to join the team. There is a monthly club membership fee. □



# WHAT'S HAPPENING

## WEEKLY MOVIE SHOWTIMES

**New! Usually 9:00 pm**  
**King Arthur**  
 (Clive Owen)

Early Show (usually 7pm)  
**Spiderman 2**

Kaya Prinses Marie  
 Behind Exito Bakery  
 Tel. 717-2400

Tickets - NAf10,50 (incl. Tax)  
 High Schoolers - NAf7,75

NEW FILMS BEGIN EVERY FRIDAY

**SATURDAY 4 PM Garfield**  
**SUNDAY MATINEE 4 PM**  
**CALL FOR INFO**

### THIS WEEK

**Thursday; August 26—HAPPY FIRST YEAR BIRTHDAY CELEBRATION BONAIREXEL** –at Wilhelmina Park—Food, drinks games, prizes, music. Everyone invited! Starting at 6 pm.

**Friday, Saturday Sunday, August 27, 28, 29** a play in Papiamentu, **Shèbèrèbè den Karta**, at SGB, Friday and Saturday 8:30 pm (tickets NAf25), Sunday 4 pm (tickets NAf15) Call 717-8448 or 786-8448

**Sunday, August 29—Special Olympics Bonaire Fundraiser -Let's Go Latin/Jazz Concert** aboard the visiting cruise ship, *Freewinds*, 7:15 to 9 pm, tickets NAf17.50 from Croccantino Restaurant, Sharon (tel. 717-8658) or any Special Olympics board member.

**Saturday, August 27—Rincon Marshé & Soldachi Tours**, 6 am to 4 pm (more on page 5)

**August 21-September 25**, at Cinnamon Art Gallery an exhibition of "Nochi" Coffie's works.

**September 2 through 6, Big Biker (extended) Weekend.** There will be rides, parades and lots of parties for the participants and everyone else.

### COMING

**Sunday, September 5<sup>th</sup> - Bonaire Local Fishing Tournament.** Only Bonaire registered boats. Crew may be from anywhere. Sign up at Doei Diaz' (next to Richard's Restaurant)

### EVERY WEEK

**Sunday** -Live music 6 to 9 pm while enjoying a great dinner in colorful tropical ambiance at the **Chibi Chibi Restaurant & Bar**. Open daily 5 to 10 pm. Live **Fla-Bingo** with great prizes, starts 7 pm, Divi Flamingo  
**Monday -Soldachi Tour of Rincon, the heart of Bonaire**, 9 am-noon. \$20- Call Maria 717-6435

**Monday -Rum Punch Party on the beach at Lion's Dive.** Dutch National Products introduces Time Sharing and how to save on your next vacation. 6:15 to 7 pm

**Tuesday-BonaireTalker Dinner/**

**Gathering** at Gibi's Terrace-6:30pm -call Jake at 717-6773 or e-mail jake@bonairetalk.com for more infor.

**Tuesday -Harbour Village Tennis, Social Round Robin** 7 to 10 pm. \$10 per person. Cash bar. All invited. Call Elisabeth Vos at 565-5225 /717-7500, ext. 14.

**Wednesday -Meditation at Donkey Beach** from 7:30 to 8:30 pm. Open to all. Call S.H.Y. 790-9450

**Wednesday -Sand Dollar Manager's Cocktail Party**, Mangos Bar and Restaurant

**Friday -Manager's Rum Punch Party, Buddy Dive Resort**, 5:30-6:30 pm.

**Friday- Open House with Happy Hour** at the **JanArt Gallery** at Kaya Gloria #7, from 5-7 pm.

**Saturdays during summer Rincon Marshé opens at 6 am - 2 pm.** Enjoy a Bonairean breakfast while you shop: fresh fruits and vegetables, gifts, local sweets and snacks, arts and handicrafts, candles, incense, drinks and music.

**Every day by appointment -Rooi Lamoenchi Kunuku Park Tours** Authentic Bonairean kunuku. \$12 (NAf12 for Bonaire residents). Tel 717-8489, 540-9800.

**Daily-** The Divi Flamingo Casino is open daily for hot slot machines, roulette and black jack, Monday to Saturday 8 pm– 4 am and Sunday 7 pm– 3 am.

### FREE SLIDE/VIDEO SHOWS

**Sunday- Discover Our Diversity** Slide Show, Buddy Dive at the pool bar, 7 pm 717-5080

**Wednesdays** (2<sup>nd</sup> and 4<sup>th</sup>) Turtle Conservation Slide Show by Andy Uhr. Carib Inn seaside veranda, 7 pm

**Friday- Week in Review** Video Presentation by the Toucan Dive Shop at the Plaza's Tippy Seagull, 5 pm. 717-2500.

**Friday- The Captain Don Show-** Conversation, fun, yarns, a few slides. Guaranteed 85% true. Aquarius Conference Room. Captain Don's Habitat 8:30 pm Tel. 717-8290

### VOLUNTEER OPPORTUNITIES

**The Bonaire Swim Club-** Contact Valarie Stimpson at 785-3451 or Valarie@telbonet.an

**Cinnamon Art Gallery** - Volunteers to help staff gallery during the day. Contact Wendy Horn, at 717-3902 or 785-9700.

**Bonaire National Marine Park** - 717-8444.

**Bonaire Animal Shelter** -717-4989.

**Donkey Sanctuary** - 560-7607.

**Jong Bonaire (Youth Center)** - 717-4303.

**Sister Maria Hoppner Home (Child Care)** Tel. 717-4181 fax 717-2844.

**Special Olympics** - Contact Delno Tromp, 717-7659

### CLUBS and MEETINGS

**AA meetings** - every **Wednesday**; Phone 717-6105; 560-7267 or 717-3902.

**Al-Anon meetings** - every **Monday** evening at 7 pm. Call 790-7272

**Bridge Club** - **Wednesdays**, 7:30 pm at the Union Building on Kaya Korona, across from the RBTT Bank and next to Kooyman's. All levels invited. NAf5 entry fee. Call Cathy 566-4056.

**Darts Club** plays every other **Sunday** at City Café. Registration at 4, games

at 5. Tel. 717-2950, 560-7539.

**Kiwanis Club** meets at APNA Plaza, Kaya International, every other **Tuesday**, 7 pm. Tel. 717-5595, sec. Jeannette Rodriguez.

**Lions Club** meets every **2<sup>nd</sup> and 4<sup>th</sup> Thursday** of the month at 8 pm at Kaya Sabana #1. All Lions are welcome.

**Rotary** lunch meetings **Wednesday**, 12 noon-2 pm - Rendez-Vous Restaurant, Kaya L.D. Gerharts #3. All Rotarians are welcome. Tel. 717-8454

### BONAIRE'S TRADITIONS

**Mangazina di Rei, Rincon.** Enjoy the view from "The King's Storehouse" while learning about Bonaire's history and culture and visit typical homes from the 17th century. Daily. Call 717-4060 or 790-2018

**Go to the source.** Visit the **Bonaire Museum** on Kaya J. v.d. Ree, behind the Catholic Church in town. Open weekdays from 8 am-noon, 1:30-5 pm. Tel. 717-8868

**Washington-Slagbaai National Park, Museum and Visitors' Center.** Open daily 8 am-5 pm. Closed on some holidays. 717-8444/785-0017

**Sunday at Cai-** Live music and dancing starts about 12 noon at Lac Cai. Dance to the music of Bonaire's popular musicians.

**Rincon Marshé-** every Saturday - 6 am to 3 pm. Open market in Bonaire's historic town. **Soldachi Tours show you the Rincon area . Alta Mira Nature Walking Tour at 6:30 am.**

**Town Walking tour at 9:30, Bus Tour at 10.** Call Maria at 717-6435 to reserve.

### CHURCH SERVICES

**International Bible Church of Bonaire** – Kaya Amsterdam 3 (near the traffic circle) **Sunday Services at 9 am; Sunday Prayer Meeting at 7:00 pm** in English. Tel. 717-8332

**Protestant Congregation of Bonaire.** Wilhelminaplein. Services in Papiamentu, Dutch and English on **Sundays at 10 am. Thursday Prayer Meeting and Bible Study at 8 pm.** Rev. Jonkman. 717-2006

**The Church of Jesus Christ of Latter Day Saints**, Kaya Sabana #26 Sundays 8:30 - 11:30 am. Services in Papiamentu, Spanish and English.

**Catholic San Bernardus** in Kralendijk – Services on **Sunday at 8 am and 7 pm** in Papiamentu 717-8304 .

**Saturday at 6 pm** at *Our Lady of Coromoto* in Antriol, **in English.** Mass in Papiamentu on Sunday at 9 am and 6 pm. 717-4211.

**Assembly of God (Asemblea di Dios)**, Kaya Triton (Den Cheffi). Services in English, Dutch & Papiamentu on **Sunday at 10 am. Wednesday Prayer Meeting at 7:30 pm.** 717-2194

**New Apostolic Church**, Meets at Kaminda Santa Barbara #1, Sundays, 9:30 am. Services in Dutch. 717-7116.

\* \* \* \* \*

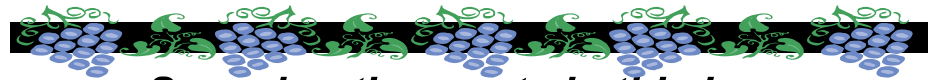
Send events to *The Bonaire Reporter*

Email reporter@bonairenews.com

Tel/Fax. 717-8988, Cel. 791-7252



# DINING GUIDE



See advertisements in this issue

RESTAURANT	PRICE RANGE / WHEN OPEN	FEATURES
<b>Bella Vista Restaurant</b> Sea Side Restaurant at Buddy Dive Resort 717-5080, ext. 535	Moderate. Breakfast, Lunch, Dinner Open every day	Magnificent Theme Nights: Sunday: Beach Grill; Wednesday: Mexican Night; Friday: Manager's Rum Punch Party and All-You-Can-Eat B.B.Q
<b>Calabas Restaurant &amp; Chibi Chibi Restaurant and Bar</b> At the Divi Flamingo Beach Resort. Waterfront 717-8285	Moderate-Expensive Breakfast, Lunch and Dinner Open 7 days	Get a view of the beach and beautiful turquoise setting when enjoying a breakfast buffet or a la carte lunch and dinner at the 'Chibi Chibi' restaurant & bar. Enjoy inspiring vistas and a high standard of international cuisine.
<b>Crocantino Italian Restaurant</b> Downtown at Kaya Grandi 48 717-5025	Moderate-Expensive Dinner Closed Monday	Skilled chef direct from Tuscany prepares exquisite dishes. Authentic ingredients and romantic setting make dining a total delight. Be served in a garden setting under floating umbrellas or in air-conditioned comfort. Take out too.
<b>Garden Café</b> Kaya Grandi 59 717-3410	Moderate Monday-Friday, Lunch & Dinner Saturday, Dinner. Closed Sunday	Finely prepared Middle Eastern cuisine plus Venezuelan specialties. Excellent vegetarian selections. Pizza and Latin Parilla
<b>La Balandra</b> On the Water at the Harbour Village Resort 717-7500, ext 62; 785-0902	Moderate Breakfast-Lunch Special Dinners on Friday, Sunday	Cuisine by Chef Alberto Roldan of the Bonaire Culinary Team. If you are using the NA/25 Beach Pass, a NA/15 credit is given for meals Bonaire's best seaside location.
<b>The Last Bite Bakery</b> 717-3293 Home Delivery or Take Out	Low-Moderate Orders taken 8 am-4 pm; Deliveries 6-7:30pm, Closed Sunday	Enjoy a delicious dessert or savory baked meal in the comfort of your home or resort. This unique bakery offers <b>gourmet class items</b> - always from scratch- for take out or delivery only.
<b>The Lost Penguin</b> Across from MCB Bank in downtown Kralendijk Call 717-8003. <b>CLOSED Sept. 1 to 26.</b>	Low-Moderate Breakfast, Lunch, Early Dinner Closed Tuesdays & Wednesdays	Watch the bustle of downtown from this street side Caribbean-style bistro owned and run by a European educated Master Chef and his wife.
<b>Nonchi's at Cultimara</b> 791-4280	Low Open 5 am-8 pm Monday-Saturday	Delicious local and international food to take out, or eat there. Everyday a different combo. Sandwiches and roast chicken too. Lunch from NA/7-
<b>Pasa Bon Pizza</b> On Kaya Gob. Debrot ½ mile north of town center. 790-1111	Low-Moderate Open from 5-11 pm Wednesday-Sunday	Bonaire's best. The <b>Real Thing!</b> Freshly prepared pizzas made with the finest ingredients. Salads, desserts. Eat in or take away. Nice bar too. Call ahead to eat-in or take out 790-1111
<b>The Seahorse Cyber Café</b> Kaya Grandi #6. Phone 717-4888	Low-Moderate Open 7 am - 7 pm Closed Sunday	Tasty breakfasts, pastries, fresh tropical juices, homemade bread, special sandwiches, delicious desserts and more make this a favorite.



# SHOPPING GUIDE

See advertisements in this issue



## AIRLINES

**BonairExel.** Bonaire's own ON TIME airline flying between Bonaire, Curaçao and Aruba. Look for *The Bonaire Reporter* on board.

## APPLIANCES/FURNITURE/COMPUTERS

**City Shop** is Bonaire's mega-store for TV, Stereos, Air conditioning, large and small kitchen appliances, computers. Name brands, guarantees and service center.

## BANKS

**Maduro and Curiel's Bank** provides the greatest number of services, branches and ATMs of any Bonaire bank. They also offer investments and insurance.

## BEAUTY PARLOR

**Hair Affair.** Expert hair cutting, styling, facials, waxing and professional nail care.

## BICYCLE / SCOOTER/ QUADS

**De Freewieler** rents scooters and quads; professionally repairs almost anything on two wheels. Sells top brand bikes. Have your keys made here.

## BOOKS

**Watercolours Bonaire** and **Eye on Aruba, Bonaire, Curaçao** are the most original ways to remember Bonaire and the islands at their best. At Photo Tours and many other island shops.  
**Bonaire Diving Made Easy**, Third Edition, is an essential in your dive bag. The latest information on Bonaire's shore dive sites.

## BUILDING AND CONSTRUCTION

**APA Construction** are professional General Contractors. They also specialize in creating patios and walkways with fabulous sprayed and stamped concrete pavement.

## CYBER CAFES

See Restaurant Guide for **The Seahorse Cyber Café.**

## DIVING

**Carib Inn** is the popular 10-room inn with top-notch dive shop and well stocked retail store. Best book trade on Bonaire. Good prices on regulator repair, dive computer H.Q.

**Dive Inn** Seven studio apartments and dive shop/school directly on the waterfront in the heart of town. Friendly, highly experienced with an exceptional staff.

## FITNESS

**Bonfysio** offers comprehensive fitness programs to suit your needs whether they be weight loss, sports or just keeping in shape. Convenient schedule.  
**Fit 4 Life at the Plaza Resort Mall.** Classes in Pilates, Aerobics, TaeBo and more. Professional trainers, fitness machines and classes for all levels.

## GARDEN SUPPLIES AND SERVICES

**Green Label** has everything you need to start or maintain your garden. They can design, install and maintain it and offer plants, irrigation supplies and garden chemicals.

## HOTELS

**Golden Reef Inn** is the affordable alternative with fully equipped studio apartments in a quiet Bonaire neighborhood. Just a 3-minute to diving and the sea.

## METALWORK AND MACHINE SHOP

**b c b- Botterop Construction Bonaire N.V.,** offers outstanding fabrication of all metal products, including stainless. Complete machine shop too.

## PHOTO FINISHING

**Kodarama-** the only digital lab and studio handles all digital media and offers the largest variety of professional services -across from MCB Bank

**Paradise Photo** in the Galeries Shopping Center offers fast, fine processing for prints and slides plus a variety of items and services for your picture-taking pleasure.

## REAL ESTATE / RENTAL AGENTS

**Harbourtown Real Estate is Bonaire's oldest real estate agent.** They specialize in professional customer services and top notch properties.  
**Re/Max Paradise Homes:** International/US connections. 5% of profits donated to local community.  
**Sunbelt Realty** offers full real estate, rental, and insurance services. If you want a home or to invest in Bonaire, stop in and see them.

## REPAIRS

**Bon Handyman** is here if you need something fixed or built. Ultra reliable, honest and experienced. Electrical, plumbing, woodworking, etc.

## RESORTS & ACTIVITIES

**Buddy Dive Resort** offers diving, Adventure Fun tours including kayaking, mountain biking, cave snorkeling and exploration.

## SAILING

**Woodwind** has it all: Smooth trimaran sailing, to Klein Bonaire, affordable prices, snorkeling with equipment, guide, drinks, snacks. Call 560-7055

## SECURITY

**Special Security Services** will provide that extra measure of protection when you need it. Always reliable. Call 717-8125.

## SHIPPING

**Rocargo Freight** Air and sea shipments in/out of Bonaire. Customs agents. Professional and efficient. **FedEx agent.** Call 717-8922/8033.

## SUPERMARKETS

**Tropical Flamingo** is convenient, clean, modern, efficient and has the lowest prices on Bonaire. Located behind NAPA.  
Visit **Warehouse Bonaire** to shop in a large, spotless supermarket. You'll find American and European brand products. THE market for provisioning.

## TOYS AND GAMES

**Laur'an** is a store dedicated to providing quality toys and games to Bonaire. Find them on Kaya Gerharts in the Lourdes Shopping Mall

## WATER TAXI

**Get to Klein Bonaire by Ferry.** Call Bonaire Nautico at 560-7254. Ride the *Kantika di Amor* or *Skiffy*. Hotel pickup too.

## WINES

**Antillean Wine Company.** You've tried the rest; now try the best: best prices, highest quality wines from around the world, kept in a cooled warehouse. Free delivery.

## YOGA

**Yoga For You.** Join certified instructors Desiree and Don at Jong Bonaire for a workout that will refresh mind and body. Private lessons too.

**ATTENTION BUSINESSMEN:**  
Put your ad in *The Bonaire Reporter*.  
The most advertising for your guild.  
Phone/Fax 717-8988, Cel 791-7252



## Hans Voerman

*I t's a long and dusty road that leads to the kunuku where he's living, but as always, it's worth it. There's something very beautiful in a place that has no structure, that's not developed. It is as if life has become a matter of sky and earth and just a roof to separate them and to hold on to.*  
Hans Voerman (39) lives there.

"The quality of life is high here," he smiles. "I don't miss a thing and I wouldn't want it any other way. You need to be a little bit adventurous. I don't have electricity; I don't need it. The light of a kerosene lamp is just beautiful at night and so is the darkness. I don't have TV or a radio, but I hear the sound of the wind in the trees; I hear the dogs, the birds, and when the rain comes I hear the frogs and the cicadas. And there's silence. The light of the kerosene lamp is enough to read by - I couldn't live without books - but I don't have a refrigerator and it doesn't matter to me. This *kunuku* belongs to the DeJong family. When they said I could live here it was like everything fell into place. It must have been for a reason.

The first time I came to Bonaire was in 1990. I was a diver with the military. My sergeant, Rene Faro, came to Bonaire for a vacation. I decided to visit him for a week. It became a month. I arrived at night; I'd been to the tropics a lot and expected to be chased by taxi drivers, but on the contrary - nobody showed up. Great! The customs officer asked

where I was going to sleep. I wondered why he'd ask me such a thing. I told him, and it appeared he knew the person. That was impressive! Back in Holland after I got out of the service I arranged everything to move to Bonaire. The easiest thing was to become a dive instructor and Buddy Dive hired me. At the time the business was small: 10 apartments and a container as an office. I was 25 and having a good time. Before I went into the military I'd been a helmsman on a tramp freighter with *Rederij Spliethoff* in Amsterdam for five years, and now I felt I was getting restless again. Maybe I was too young to settle down. My girlfriend and I planned to travel aboard the Trans-Siberia Express to the Far East and from there to Australia and New Zea-

land.

Soon after World War II my parents had immigrated to New Zealand where my two brothers and sister were born. They stayed for 15 years, and I was 'made in New Zealand,' but I was the only one born in Holland after they'd returned because my mom was so homesick. The only one who was born in Holland! Can you believe that! How terrible! I still feel bad when I think about it! I could have had two passports! They have!

My girlfriend and I split up and I went to Australia by myself. I traveled through the northern part in the rainy season - flooded roads and bridges and I had to sleep in a bus or roadhouse. I met a helicopter pilot and some aborigines and we traveled with two trucks through the outback. It was the trip of my life! The aborigines caught a reptile one night and we ate it. I still don't

know what it was. The trip ended when we got stuck in a river. I ended up on a cattle station half the size of Holland—no money, no transport, so I did the dirty work. Once they went 'hunting' with the helicopter to find a suitable cow. They shot it, tied it to the helicopter, then flew back and landed the cow next to the barbecue! Unbelievable!

But my heart was still in Bonaire. Buddy Dive said I could have my job back. Three months later I was back on the island. I thought I'd find some peace of mind this time but I didn't. Still, I didn't want to leave the island. I started working on a two-

masted ship, the *Insulinde* from Curaçao for six months. Then I helped friends of mine, Henk and Sylvia Rotteveel, to build an apartment on their *kunuku* 'Dos Iguanas.' At the same time I was the operator of the recompression chamber. However, the rules were different then. I didn't have an official job so I was 'illegal' on the island. I didn't like it and I thought it was absolutely unfair, as Antilleans could go and live in Holland anytime.

Together with a friend, Marielle Sengers, I left for South America. The first day in Caracas we were robbed in broad daylight and it annoyed me terribly. From there we went to Merida, Colombia, Quito and Peru where Marielle wanted to stay longer. I went on to Chile and to Easter Island. That was

impressive, very remote, at the back of beyond, and the Polynesian culture mixed with the South American culture—very special! And—an island! (Ever since I was a little boy of five I wanted to live like Robinson Crusoe.) From Easter Island I went to Tahiti and finally I ended up in New Zealand and... was arrested immediately at the airport. The drug dogs had gone out of their minds the moment they'd smelled me and

I was also the only passenger who looked somewhat shabby. No more kindness. They read me my rights and I was arrested. 'Why?' I asked. 'You've got cocaine somewhere,' the officer said, and he kept on searching my suitcase. Then I remembered. I had this Bonairean goatskin that I'd prepared myself three months before. That was it! They let me go with compliments for the preparation. After they'd disinfected the skin I got it back.

I traveled through New Zealand, back to Australia, to Indonesia, Malaysia, Thailand and Hong Kong where I sailed along with a friend on a ship. He told me about this job, 'naval survival instructor,' so I went to Holland to see about it. A naval training center trains everyone who works offshore and on ships and who's obliged to follow this training. It's about going out in a dingy in high seas and bad weather to rescue people, ditching helicopters and escapes, fire fighting on ships and oil-platforms—just a golden job! Every year three to four months off because of the overtime, so I could go traveling. I did it for seven years, then it became more and more about theory and about course members who were not willing to do the course because they were afraid. After seven years, it was enough! I also wanted to leave Holland."

*He strokes his blue-eyed Siamese kitty and says:* "All my life I've been looking for a place to live. When I was a child I used to say I didn't want to stay in Holland. Then I heard that regulations in Bonaire had softened up for the Dutch, so in 2002 I was back with the idea of becoming a dive guide. The notary told me it wasn't allowed anymore as there were so many already. That was really disappointing and I didn't know what to do. For a while I worked



**"It's about going out in a dingy in high seas and bad weather to rescue people, ditching helicopters and escapes, fire fighting on ships and oil-platforms—just a golden job!"**

for Yellow Submarine as a dive instructor. But then I heard they needed someone at the Caribbean Club to do eco tours. This was what I'd done all my life: caving, hiking, biking, climbing, rappelling—the only thing I hadn't done regularly was kayaking in the mangroves. So, for a year I've been doing the eco tours. I founded my own business, 'Outdoor Bonaire—Do Something Different.' It takes times to get a steady clientele, but I'm prepared, I can live very cheap! When for a while absolutely nothing came in, I went into retreat and I fasted for 12 days. Can't be bad! And if I'm really hungry, there's always the roosters!"

*He smiles:* "I've been very, very lucky in my life with my jobs, but I don't believe in security. I think it's a shame not to do what you want to do because you might lose your pension. I don't think that's the meaning of life. I see it as a very big challenge to live in a way that you have to do everything yourself with nobody taking care of you. I think it builds up character. Many people on Bonaire live like this.

I still want to see Antarctica though. I know how to get there. Bonaire is beautiful but it isn't the most beautiful island I've ever seen, however, I think it's the best place to live. I've been back and forth so many times and I've seen so much of the world, but still, I came back to live here." □ *Greta Kooistra*



**Greta Kooistra**

**"On The Island Since..." is brought to you each week by**





Angélique Salsbach

## ASK THE DIETITIAN WHAT YOU SHOULD KNOW ABOUT DIABETES MELLITUS



Diabetes is a metabolic disease is characterized by hyperglycemia (high blood sugar) resulting from defects in insulin (hormone produced by the pancreas) secretion, insulin action, or both.

### Symptoms of hyperglycemia are:

- extreme thirst
- blurry vision from time to time
- frequent urination
- unusual tiredness or drowsiness
- unexplained weight loss

There are two types of diabetes: **Insulin Dependent Diabetes (IDDM or Type 1 Diabetes)** and **Non-Insulin Dependent Diabetes (NIDDM or Type 2 Diabetes)**. When the pancreas does not make enough insulin, the sugar (glucose) level in the blood gets too high. The bodies of persons with Insulin-Dependent Diabetes do not make any insulin, therefore these people must always take insulin. The bodies of persons with Non-Insulin Dependent Diabetes make some insulin or occasionally, too much insulin, but this insulin doesn't work very well. **No matter which type of diabetes you have, it is important to understand that diet and exercise will play a big part in your life from now on. Diet and exercise are important in controlling diabetes.**

Here are some helpful nutrition guidelines for people suffering of Diabetes Mellitus:

- **Lose weight if overweight.** A weight loss of even 10% can significantly improve glycemic control in persons who are overweight. These are usually persons with Type 2 Diabetes.
- **Reduce dietary saturated fat and cholesterol for overall cardiovascular health.** Reducing total fat intake also helps to reduce caloric intake which is important in weight control and the management of Type 2 DM, and other diseases that increase the risk of coronary heart disease.
- **Reduce sodium intake if hypertensive.** You can reduce sodium intake by not adding salt to food and by seasoning your food with salt free seasonings.

- **Increase dietary fiber intake.** You can increase your dietary fiber intake by choosing products such as: whole wheat bread, whole wheat pancakes, brown rice, whole wheat pasta, whole wheat crackers, as well as cereals high in fiber, beans, fruits, vegetables, potato, etc.
- **Follow a meal plan with good spacing of carbohydrates over the day and by eating at regular times.**
- **Limit your alcohol consumption.** Do not use alcohol on a daily basis and do not exceed two glasses.
- **Quit smoking**
- **Exercise appropriately.** Exercise on a daily basis or at least five times a week for about one hour. Use proper footwear. Inspect feet daily after exercise. Monitor blood sugars and eat appropriately to prevent hypoglycemia (too low blood sugar). □ *A.S.*

Angélique Salsbach, a dietitian with Bonaire's Department of Health and Hygiene, has a radio program every other Tuesday 9 to 9:30 on Bon FM. Write her at [dietitan@bonairenews.com](mailto:dietitan@bonairenews.com) □

## YOGA FOR YOU

### YOGA PROVIDES RELIEF FOR HEADACHES.

#### EVERYONE HAS HIS OWN DANCE

*"Some of us want to spread our arms wide to new adventures. Some of us want to open the curtain just a little bit for the time being. Some of us want to light a huge bonfire. Some of us want just a little flame to radiate our own special light into the world. Never worry if you are doing it 'wrong.' There is no wrong. It's your dance. Every day it's a new dance for all of us. Trust your own rhythm. It suits you."*

Susan Jeffers

Most headaches are due to stress and tension held in the head, neck and shoulders and upper back. When these muscles are continuously contracted, they constrict the flow of blood, oxygen and *prana* (energy) to the head.



When you feel a headache coming on, the first thing to do is stop what you are doing and take a break. Close your eyes, relax and take a few deep breaths through the nose into the belly. Scan your upper body for tension and tightness and consciously allow it to release and relax.

Adjust your posture: reach the crown of the head up to lengthen the spine, let the shoulders drop down and back to open the chest. Or give yourself a shoulder, neck and face massage. Gently press and lightly circle on the tops of the shoulders, the back of the neck, the third eye and temples.

Practice yoga in a calming environment with low lights and soft music. Focus on calming and restorative postures like child's pose, puppy stretch.

Finish in *shavasana* (relaxation) with a folded towel placed over the eyes; slow deep breathing in the belly and chest.

A regular yoga practice, focusing on postures that will release tension in the neck and shoulders, increases circulation and stimulates the nervous system.

Talk to your doctor if you are having more than two or three headaches per week, or if a bad headache lasts for several days. Migraines and cluster headaches can be helped with yoga, but you must have the supervision and approval of your doctor. □ *Desirée*

Don and Desirée of "Yoga For You" offer classes from beginners to advanced. Call 717-2727,785-7688



# BONAIRE SKY PARK\*

\*to find it, just look up

## The 2<sup>nd</sup> and The 6<sup>th</sup> Planet Have a Super Close Meeting on August 31<sup>st</sup> and September 1<sup>st</sup>

If you want to see something really nifty then mark August 31<sup>st</sup> and September 1<sup>st</sup> on your calendar as two mornings you'll want to get up an hour before sunrise to see a super close meeting between planet number 2, the brightest planet of them all, **Venus**,

and planet number 6, the most beautiful planet of them all and the one that we're visiting right now with our Cassini spacecraft, **Saturn**.

Let's go back in time a bit to Sunday morning, August 1, an hour before sunrise, facing east where the brightest stars you would have seen would have been those of **Orion the Hunter**, **Aldebaran**, the eye of **Taurus the Bull**, **Castor and Pollux**, the two brightest stars of the **Gemini** twins, and **Capella**, the brightest star of **Auriga**, the charioteer. And nestled between these wonderfully bright stars, the brightest planet of them all, planet number 2 from the sun, 8,000-mile-wide Venus, our so-called sister planet because it is the same size as our Earth. And huddled close to the horizon, much dimmer but absolutely spectacular through a small telescope, the 75,000-mile-wide wonderful ring world Saturn.

Now on August 1<sup>st</sup> Saturn and Venus were 25 degrees apart from each other, or if you like to think of it this way, since a full moon is 1/2 a degree wide we could have fit 50 full moons between Saturn and Venus. But the heavens are very dynamic because everything in the cosmos is moving including our Earth. So if you had gone out a week later on August 8<sup>th</sup> you would have seen that Saturn and Venus had moved closer and were only 20 degrees apart or 40 full moons distant from each other. And if you had been paying close attention you would have also noticed that they had moved relative to the bright stars, especially Orion. One week later on August 15<sup>th</sup> they had moved 5 degrees closer, only 15 degrees apart, or 30 full moon widths distant. And then things really began to speed up because by last Sunday the 22<sup>nd</sup> they were only 9 degrees or 18 full moons apart, Venus noticeably much farther away from Orion.

But this week is the week the action really begins because in just seven days, by this Sunday the 29<sup>th</sup> Venus and Saturn will be only 3 degrees or 6 full moons apart and getting ready to close in. In fact, they'll reach their absolute closest and be a visually stunning mere 2 degrees apart on Tuesday morning, August 31<sup>st</sup>, and Wednesday morning, September 1<sup>st</sup>. Astronomers call this meeting of two planets a conjunction, but it's all an optical illusion created by our vantage point on planet Earth as we and all the planets constantly move in our orbits about the Sun. In fact, on the morning of the 31<sup>st</sup> Venus will be only 76 million miles away while Saturn will be a whopping 905 million miles away. And if you want to see how things really change quickly in the cosmos, on September 1<sup>st</sup> Saturn will be a million miles closer. So get thee out on the 31<sup>st</sup> and 1<sup>st</sup> for a super close meeting of two of the loveliest planets around. □ *Jack Horkimer*



Conjunction photo from 2001

**Moon Info** ● Full Moon on August 30 ☾ Last Quarter on September 6<sup>th</sup>  
● New Moon on September 14<sup>th</sup> ☽ First Quarter on September 21<sup>st</sup>.



# THE STARS HAVE IT

For the week:  
August 27 to September 3, 2004

By Astrologer Michael Thiessen

**ARIES** (Mar. 21- April 20) Education may be the answer. Erratic behavior may confuse others, and mood swings may result in isolation. Your ideas are right on the mark and your work commendable. Do not confront situations unless you are sure you have a good understanding of the dilemma. Your lucky day this week will be Saturday.

**TAURUS** (Apr. 21- May 21) Social activities that involve the whole family will be enjoyable. Keep a lookout for any individuals eager to confront you with unsavory situations. Don't be too quick to blame others for your bad mood. Unexpected romantic connections can be made if you go out with friends or take a pleasure trip. Your lucky day this week will be Saturday.

**GEMINI** (May 22-June 21) You can get your point across if you don't beat around the bush. Pleasure trips will promote new romantic encounters. Take time to find out if anyone has a better suggestion before you make arrangements for the whole family. Uncertainties about your personal life are probable. Your lucky day this week will be Sunday.

**CANCER** (June 22-July 22) Control your emotions and everything will fall into place. Don't let others know about your private affairs. If possible, rely on coworkers to back your objectives, and talk to superiors in order to get approval. Try to control your irritability if you're experiencing emotional problems with your partner. Your lucky day this week will be Saturday.

**LEO** (July 23-Aug 22) Visitors may relieve the tension. Don't reveal anything about your personal life to those who may use such information against you. Don't put all your cash in one place. Don't be too quick to judge those you live with. Your lucky day this week will be Friday.

**VIRGO** (Aug. 23 -Sept. 23) Channel your efforts into achieving your goals. Make plans to meet again in the near future. You may want to pull out some of those unfinished project you've got tucked away. Inharmonious situations at home may be extremely upsetting for you this week. Your lucky day this week will be Sunday.

**LIBRA** (Sept. 24 -Oct. 23) You will have the getup and go to contribute a great deal to groups of interest. Don't deny yourself this week. A change of attitude has probably disrupted your home environment. You can make drastic changes in your professional direction this week. Your lucky day this week will be Wednesday.

**SCORPIO** (Oct. 24 - Nov. 22) You may find that doing odd jobs around the house will be successful and appreciated by loved ones. Travel may be confusing. Don't be too shy to promote your own interests. You will impress others with your initiative and ability to accomplish while on short business trips. Your lucky day this week will be Friday.

**SAGITTARIUS** (Nov. 23 -Dec. 21) Talking to those you trust and respect will help you sort out any problems. Children may be demanding, and entertainment could cost a lot more than you can really afford. Don't let your partner goad you into wearing your heart on your sleeve. Secret love affairs may be enticing; however, you must be prepared for the restraints that will follow. Your lucky day this week will be Saturday.

**CAPRICORN** (Dec 22.- Jan. 20) Confusion at an emotional level will cause you to make wrong decisions concerning your personal life. It might be best to work on your own; if possible, do your job out of your home this week. You may find it difficult to communicate with someone at work. Set a limit, or you'll wind up on a tight budget. Your lucky day this week will be Thursday.

**AQUARIUS** (Jan. 21 -Feb. 19) Romance will unfold through business trips. Relatives will be cordial. Don't be too quick to react. Do not yield to children or relatives when they really don't deserve it. Your lucky day this week will be Wednesday.

**PISCES** (Feb. 20-Mar. 20) The locks, stove, gas, or electric wires may not be secure. Your mind will be wandering to exotic destinations. You can spend a passionate evening with someone you cherish if you make your plans early. Visit someone who hasn't been feeling well lately. Your lucky day this week will be Tuesday. □