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FREE**

**BONAIRE** Feb 13-27, 2017- Year 24, Issue 4  
**The REPORTER**

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**BES Island News Too**

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**Mangazina di Rei**  
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Heleen Christaan-Quartel photo



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**The Executive Council of Bonaire** lost its majority backing last week, just two months being in power, when two members of the MPB (blue party)-led coalition withdrew their support. Island Governor Edison Rijna confirmed he received a letter signed by Council members **James Kroon (UPB) and Jeanoushka "Nunu" Raphaela (Independent)** saying they are unhappy with the social policy and an alleged lack of action on improving living conditions for the needy. Councilman Kroon said his main objection was the awarding of a job at the Bonaire Holding Company valued at \$10,000/month to MPB leader Elvis Tjin Asjoe.

**"Without a majority there is no island government,"** said Governor Rijna. Unlike the national government the island government cannot be dissolved to hold new elections, so the Council members remain in office until a new coalition is formed to complete the rest of the governing term. Editorials in the local Papiamentu language newspapers expressed frustration at the behavior of the political parties involved at the expense of the people of the island.

► **Bonaire placed in the top 10** across the board in all three nominated categories in *USA Today's 10 Best* Reader's Choice. This is an amazing tally because Bonaire receives a much, much smaller number of visitors (who vote) than most Caribbean vacation destinations.

• **Klein Bonaire: #3** Best Caribbean Dive Site

• **Bonaire's Flamingo Sanctuary: #5** Best Caribbean Attraction

• **At Sea Restaurant: #10** Best Caribbean Restaurant

► **February 15 is the last date to pay the first half of 2017 road tax and not risk a fine.** Because again, no "sticker" is being given, you must keep your payment receipt handy to prove payment. Annual fee for a gasoline powered car or truck is \$190, diesel powered \$838.

If you have not received a tax bill, apply for a "crib number" to the Caribbean Netherlands tax office or contact the Finance Department. Telephone on weekdays by phone +599 717-5330 x-637 or 713. Or e-mail [belasting-olb@bonairegov.com](mailto:belasting-olb@bonairegov.com). The Finance department is at the J. A. Abraham Boulevard 27. The visiting hours are on weekdays from 8-11:45am and 2-4pm.

► SEO Economic Research has been commissioned by the Ministry of the Interior and Kingdom Relations to do a **feasibility study on the possibilities of building a cultural center called "Heart of Bonaire"** -a new multifunctional cultural center for local art exhibitions and international exhibitions, including facilities for music, dance or theater, conferences, concerts and parties.

If you want to participate in the feasibility survey, please contact SEO researcher Julie Bobby Fijnje through [survey@seo.nl](mailto:survey@seo.nl).

► **Persons who receive an Old Age or Widow & Orphan Pension and who live in care institutions are now eligible to receive pocket and clothing allowance directly** rather than through the institution. The amount is \$59 per month for Bonaire. Saba and St. Eustatius residents get more, \$71 or \$72.

► **Amsterdam's Schiphol Airport will be the first in the world to employ shoe scanners, eliminating the need for passengers to remove their shoes during security checks.** Last November, the Airport began testing another new form of security scanner which removes the need for passengers to take liquids and laptops out of their luggage. It is not clear when the new scanners will be widespread.

► Other Caribbean former colonial possessions besides Bonaire and St. Eustatius are agitating for a change in status. In early February **Puerto Rico Governor Ricardo Rosselló announced a law to hold a non-binding referendum** that would allow the US territory to vote on statehood. The referendum, to be held in June, will allow the voters to choose between statehood and independence/free association.

► During a recent press conference at police HQ top island officials said **crime on Bonaire is going down.** The number of home and business break-ins dropped by 25% in 2016, but "other" thefts including that of scooters increased. Authorities arrested 187 persons last year, 125 for violent crimes. They also checked 273 foreign-



ers for their residency permits, of which 37 were deported. There were 867 traffic accidents, 168 with injuries and three road fatalities, two more than in 2015. The Police force had 145 employees in its service on December 31, of which nine are "Marechaussee," military police. Eleven officers are still in training and a new batch of 10 students will start the course later this month.



► On Bonaire there appears to be minimal campaigning and general interest in the upcoming Dutch National elections. **Of the 81 political parties which originally announced their intention to run in the March general election in The Netherlands, 31 have met the conditions for inclusion on the ballot paper, the election council has confirmed.** New parties have to show they have support in all 20 voting districts to qualify and some have complained that local authorities have made it more difficult than necessary to collect the necessary paperwork. Of the 31 parties which have been approved, 19 have been given until Friday to make sure they have gathered sufficient support. This includes two of the three right-wing populist parties led by supporters of last year's referendum on Ukraine: Geen Peil and VNL. Read more at DutchNews.nl: <http://www.dutchnews.nl/news/archives/2017/02/31-parties-approved-to-contest-dutch-general-election-in-march/>

► **The average inflation rose on Bonaire to 0.5% over the full four quarters of 2016.** This had been only -0.9% in 2015. Consumer prices on Bonaire increased by 0.5% in Q4 relative to one year previously. Since Q1 2016, Bonaire's inflation rate has remained at more or less at the same level. Inflation was kept low due to the price reduction of electricity over the past quarter, a decline by over 6%. The increase in the price of petrol on the other hand, had an upward effect on inflation. Although more or less equal to Q3, the price of petrol did

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Available on-line at:  
[www.bonairereporter.com](http://www.bonairereporter.com)  
Printed Every Fortnight,  
On-line every day, 24/7  
Next edition printing on  
**Monday, February 27**






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Flotsam and Jetsam (Continued from page 2)

rise considerably less year-on-year than was the case in the previous quarter .

► Every year Special Olympics Bonaire (SOB) organizes their famous Walk-A-Thon to earn funds for the athletes so they can participate at the World Games and other games in foreign countries. These trips bring a lot of expenses with them. Just think about the tickets, accommodations, clothes (shirt, jeans, socks, shoes, etc.), food, drinks, etc. for the athletes. To be able to pay all these expenses, SOB organizes the yearly Walk-A-Thon. This year it is celebrating its 15th annual Walk-A-Thon on Sunday 12th of March. It will start at 5am sharp at the White Slave huts and the finish is at Pasadia Kariño in Rincon.



The price for the ticket is only \$15 and this includes a shirt, water and fruit on the way from the White Slave huts to Pasadia Kariño and breakfast at the finish. We would like to invite all of Bonaire to come and support our athletes who are going to represent Bonaire and who always return with a lot of medals.

**Registration and pick up of the t-shirts and gadgets will be on Friday, March 10, from 5pm to 7pm and on Saturday, March 11, from 10am to 4pm at El Mundo restaurant.**

For more information and tickets, you can contact one of the members of the Board or the coaches, or +599 9 5258496 or +599 7954043. Special Olympics Bonaire has a Facebook page.

► A new bakery and pastry shop named Alma Lusa recently opened at the old Montacatini location, on the corner of Kaya Grandi and Kaya Aruba in Playa. It's received high praise for its excellent fresh bread and other treats offered like soft, stuffed mini-

(Continued on page 15)



### Developments in the InselAir Meltdown

Local air transport developments following the grounding of all InselAir MD-80 jets several weeks ago:

→ Insel Air reported it is losing \$1.5 million a month

→ On February 1, the US Consulate General Curaçao informed US citizens that it temporarily prohibited US Consulate personnel from flying on Insel Air. The Consulate adopted this policy following an internal review of safety-related considerations. On December 27, 2016, an Insel Air flight bound for Curaçao was forced to land in Colombia due to an inability to pressurize the cabin. On January 13, 2017, an Insel Air flight bound for Miami lost cabin pressure and was forced to make an emergency landing.

→ In the last six months, five and perhaps more Insel Air flights have returned to airports after takeoff due to pressurization or other critical problems.

→ Dutch Kingdom civil servants working or traveling in the Caribbean part of the Kingdom were temporarily also not allowed to fly with InselAir for business trips.

→ Violence broke out at Curaçao's Hato airport where hundreds of in-

transit passengers were stranded. Delays of up to eight hours were common, but some desperate passengers had been stuck for as long as five days. Police had to be called to restore order.

→ Four InselAir MD-80 jets and the Fokker prop jet registered in Aruba remain grounded at Hato Airport by the Aruban Civil Air Authority.

→ Air Aruba, Aserca Airlines of Venezuela and Avianca of Colombia have approached Aruban Minister of Transportation Mike de Meza showing their interest in taking over Curaçao-based InselAir's routes from Aruba. "The Dutch government also indicated that they want to know what role KLM or other Dutch airlines can play in this," said the Aruban minister. A decision was made to de-register all InselAir planes. If that is done, InselAir Aruba will no longer be viable.

→ If the InselAir Aruba planes are subsequently certified as OK by Curaçao authorities, experts feel that will compromise Curaçao's integrity to certify airworthiness of aircraft.

→ The new Chairman of InselAir has said he is considering discontinuing InselAir's Aruba division.

→ InselAir Curaçao had another MD-80 jet written off as obsolete and taken out of service, while the remaining two are currently without engines awaiting a major overhaul. Three Fokker-50 planes are still flying and providing ABC island service.

→ InselAir flights to St. Maarten, the Dominican Republic and Haiti are being flown by old "wet-leased" aircraft, a Dominican Wings 26-year-old Airbus 320 . Flights to Miami are flown by a 25-year-old Boeing 737 from Spanish airline Swiftair. Most of these flights have long delays. Wet lease prices are negotiable but are typically \$2000-\$3000 per hour for a B-737 class aircraft.



→ At least 22 InselAir flights have been cut significantly, to St Maarten, Barranquilla and San Juan, in order to increase the reliability of Insel's core network

→ The BES Island Health Insurance Office (ZVK) told its policy holders that they will be transported for medical services by charter flights from Bonaire for the next three months.

→ Is interisland air service for Bonaire equivalent to train and bus service in The Netherlands? If it is then it deserves government assistance argued several elected officials in Bonaire and Holland. ■ G.D/ Press releases

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# On the Island Since... October 1995 - Romy Gerling



Romy Gerling

“I was born in Surinam in 1986. My mother is of Javanese descent and my dad is a real Surinamese mix. Because he’s light they call him a ‘Boeroe,’ which is the name for a white Surinamese person. I’m the eldest. I have one sister who is six years younger, Martina, and a brother, Kevin, who is one year younger. In Surinam we lived with my grandparents from mother’s side. They had a very big property and during the weekends the whole family, including all our cousins, would come over and we would play outside from dawn till dusk. My mom worked at the library and my dad was a teacher, but I remember him always sitting at the window, painting. I used to pick him flowers, making small bouquets, just for fun, just for love, and he really appreciated it.

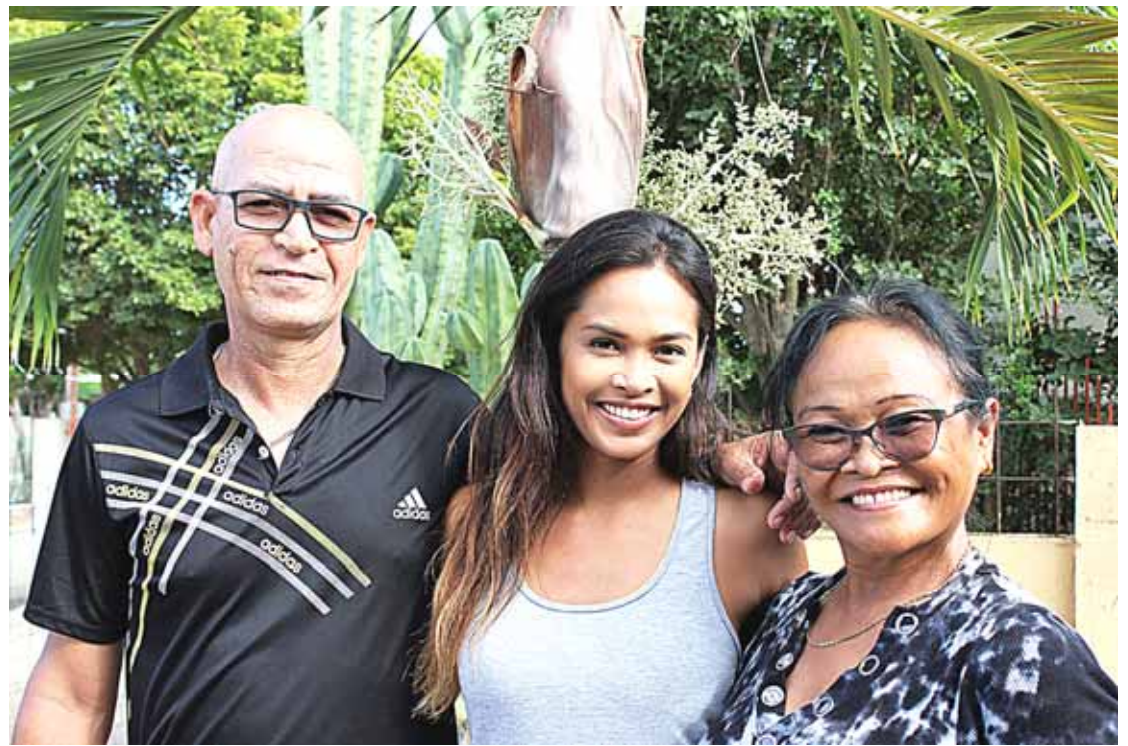
When things in Surinam got bad and the money was devaluated, my parents started looking for a better future for us. First they concentrated on Aruba, but when it didn’t work out Bonaire came up out of nowhere. My dad arrived here first and six months later we followed. I was nine and I remember it clearly. We moved into a house in Rincon, the last house before Altamira. Once we even climbed the Altamira from our house all the way to the top! We also started with judo and we made the connection there with the people, and until this day we have that bond with the people from Rincon. We lived there for about six years.

When I was 15 we moved to Kralendijk ‘where it was all happening!’ We did a lot of swimming at Flamingo Beach and climbed the ropes when the occasional cruise ship came into town. We went to the movies and the game room which was a really big hit! Every end of the month it would be ‘hot’ on main street with everybody in town, mainly walking between City Café and Karel’s, just hanging out.

Then I finished high school and still I didn’t know what to do. I wanted to do something with art, but I didn’t have a portfolio so I

couldn’t get into art school in Holland. However, I had to make a choice because the next step was moving to Holland to study. I talked to my dad about it. I didn’t want a very complicated study because I am dyslexic. The most important thing to me was that it would be fun! My dad advised me to become a teacher so I would have long vacations which I could spend painting. So I decided to become a teacher in healthcare and wellbeing. It was a perfect little group; only 12 girls and it just clicked. Five years later I graduated from the Hogeschool van Amsterdam, the Amsterdam University of applied sciences.

I really enjoyed my time in Hol-



Romy and her parents

land. I was very quickly on my own and it was quite challenging because I missed home and I had to adjust to the big city and the fast pace, but at the same time I matured and learned and made new friends. I am grateful for the experience.

**“If I had my own school I would focus on basic things like building a healthy community where there is kindness and care for each other...”**

I’d always said that I wanted to go back to Bonaire some day, but I didn’t expect it to be this soon. I came back with my ex-boyfriend. We were ready for the next chapter in our lives and we wanted to settle here, but... it didn’t work out. When I was still in Holland I’d applied for a job as a teacher with SGB, but after I came here it took another three months to get a reply, which – in a way – turned out to be just perfect! It gave me the time to think, to land and to adjust again. I got a job at Zen’s Bar & Restaurant, working with one of my best friends, meeting all my old friends and making new ones. I was networking at work and having fun as well. My parents were definitely happy to have me back and for me it was also important to spend time with them because I’d left in 2005 and

land. I was very quickly on my own and it was quite challenging because I missed home and I had to adjust to the big city and the fast pace, but at the same time I matured and learned and made new friends. I am grateful for the experience.

projects where students learn about construction and how to put together a tool box. We’ve also organized trips to Selibon where they can see what the company is about, but also what kind of job opportunities are available.

My students are from 13 to 16. Today’s children are all the same around the world. Kids will be kids. We give them a lot of freedom to make decisions together with the adults. So they feel they have a lot to say and then it can be difficult for parents and teachers as well to set boundaries. You have to be flexible because that’s when you win them, but when it comes to structure and discipline – which they really need – you have to step up and be the teacher. Then it’s all or nothing, a very critical moment which decides whether you’re successful or a failure. I think every teacher has his/her own way when it comes to approaching the child and connecting with the students and I think you have to know exactly why you are there. I feel these young kids have to have this adult to talk to and connect with.

Being a teacher you need to create a safe space where the child can blossom and learn to be kind and good hearted in connecting with others. We have to make them realize that we are all one and the same. We all want to succeed and we all want to be treated well and we all have our differences which we need to learn to

respect. This is my main message in teaching, but every teacher has their own.

If I had my own school I would focus on basic things like building a healthy community where there is kindness and care for each other, and I would get inspirational people like sportsmen, artists, painters, chefs and farmers but also spiritual teachers to teach the children the basics of existence.” *She laughs.* “Maybe in 10 years I will be experienced enough to start a school like that! However, in the meantime, I feel good at SGB. I feel needed. There is a lot to work on! I have many enthusiastic colleagues and we all have the same goal: to make SGB a better place. A change was put into motion; we’re going in the right direction.

When I came back to Bonaire I gave myself five years to try this out because it seemed like a reasonable time to really connect to the island. Eighteen months have gone and I feel great. I am happy to be here. I have a purpose, which is my work. I am happy to have my parents close again and I

am in a brand new relationship which gives me a whole new outlook on life. When I am free I walk with the dogs. I would like to pick up singing and painting again and I feel ‘chill.’

Bonaire has definitely changed and I think it’s a good thing we’re growing. For some people growth comes easily while it’s a struggle for others. We have to make sure those people catch the flow as well. We have to respect the culture and the authenticity while we are growing, and we have to prepare the children so they will be able to make the transfer and fit in with the new society of this world – not only within the Bonairean community. I wish they find their place in society and I hope they’ll understand their value to the island and that in the future they will be able to share their knowledge and skills with the people of Bonaire.

And when I speak about adapting, I am speaking out of experience because I know what it is to adapt. When I moved from Surinam to Rincon I lost my big beautiful family that had to stay behind and we were alone. Then I moved from Rincon to Kralendijk and from the capital of Bonaire I moved to Amsterdam which again was a change and a challenge. Then I came back to Bonaire and had to adapt again. So I know change can be a very good thing because it expands the way you think and feel and you learn more about people, but mostly about yourself.” ■

Story & photos by Greta Kooistra





## Letters to the Editor

### MORE BATS

Dear Editor,  
Nice article about the Hummingbirds of the Night in *The Reporter*.  
Since early December last year we have them coming every night, flying in the garden. They even visit our porch when we are outside. I also tried to make some pictures. Here is one, not the best, but you can see they fly in and out for a drink. In the morning two bottles are empty ...so we bought some new and bigger ones.

*Bert Poyck*



### SELF DEFENSE

Dear Editor:  
Picture this scenario. It is late at night, you are half asleep and watching TV. You hear a noise and find that someone has entered your house to rob you. The first thing you do is ask the thief if he is carrying a weapon. If he says yes then you ask if it is a knife or a gun. He says a knife. Now you ask him what is the length of the knife. He says 7 inches. You now ask him if he can wait a minute or so until you find a knife that is not longer than 7 inches so you can protect yourself.

According to the laws here on Bonaire and according to the police who say



this is true, you may not use force greater than that of the person attacking you. If you do, you will be arrested! So I assume everyone must ask the questions above before defending themselves. If this were a joke it would almost be funny but sadly it is not.

So the bottom line is basically you cannot defend yourself against an attacker. I can't imagine what one asks if the attacker has a gun. Do you have two and can I borrow one that is not more powerful than the one you will use against me?

*One scared resident.*

*Editor's note:* Many US states have a "Stand Your Ground Law" which allows armed homeowners, who believe they are in imminent danger from intruders, to use deadly force without penalty. ■

## Award Winner

The Cargill Ebony Council Spotlight Award recognizes exceptional high performing individuals at all levels within the organization. Recipients of the "Spotlight" award are leaders who contribute to our organization by their innovative ideas, driven behavior, and collaborative partnerships. Their exceptional efforts have helped our organization strengthen relationships with customers as well as our communities.

**We are excited to announce that Robert de Palm was a chosen recipient of Cargill's Ebony Council 2016 Spotlight Award. Congratulations, Robert!**

Robert is a leader in the business and in the community – something he demonstrates day in and day out. For the last 25 years, he has been an active member for the Red Cross, taking his knowledge and passion for safety into action and building Cargill Bonaire's very first Medical First-Response Room. Today, Robert has a passion for his work and continues to share his knowledge and bring the outside in – long before it was a part of our Leadership Expectation. Most recently, he was a key stakeholder in collaborating across the facility to better manage stock inventories, part locations, and re-order protocol, an effort that started small, but quickly expanded.

As one of only four recipients of this award, Robert will be recognized at a breakfast held in Minneapolis, MN, hosted by Cargill President and CEO, Dave MacLennan. Thank you, Robert for your ongoing hard work and dedication to our business. And again, congratulations! ■ *Cargill Corp. Press release*



*Robert de Palm*

## Picture Yourself With The Reporter in Uganda, Africa



We've had photos from the Equator in South America, but this is the first from Africa. Bonaire TCB Ambassadors Karen and Roger Hamilton take a day off from their teaching trip to East Africa to visit the Equator in Uganda. ■

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## Fitness Why is Spinning Special?

The Bon Bida complex in the North Hotel Row offers a large variety of workout possibilities. Aerobic machines, group exercise classes, resistance training equipment and personal training coaches. Each selection provides an opportunity to attain a healthier state of being for each of us. It is Bonaire's only location where you can "spin"-that is stationary cycle in a group.

**Spinning® has established itself is a routine to become physically stronger, mentally tougher and more aerobically powerful. Bon Bida's certified Spinning instructor can assist participants with setting up their bike, maintaining efficient resistance and targeting appropriate intensity levels.**

Spinning also offers the advantage of being a low-impact form of training, which is a unique characteristic among cardiovascular training activities. Since the joint stress is minimal, a Spinning class can be ideal for people recovering from knee or hip surgery or someone who experiences discomfort during extended training periods. Among the many advantages of Spinning is the ability of each rider to select the amount of resistance that best fits their needs and capabilities.

Perhaps the greatest advantage Spinning has over all other group exercise options is that classes can include participants who are new to fitness. When people start to create their personal fitness schedules, they may feel intimidated by the fast-moving, choreographed structures offered by many other programs. A well-designed Spinning class is inclusive to everyone attending the class, whether they are new to exercising or an experienced athlete. A Spinning instructor has a selection of movements to accommodate the needs of every rider. Within any class objective, a certified instructor can provide an environment that challenges a person's fitness safely and efficiently.

In our Spinning class, a person becomes part of a community. Each member contributes their energy that helps to build a strong social bond, shared with each rider in the room. Using powerful music and positive coaching techniques, the instructor elevates the performance of their students. When the session concludes, riders will likely feel as if their efforts have made them stronger, calmer and cognitively clearer. While the challenges they face in life may still be there, the stresses presented by them may now seem more manageable. ■ *G.D.*





# Fishing Tournament Results



The 29th International Catch and Release Bill Fish Tournament as well as the associated Local Fishing Tournament were considered very successful. In the International Tournament 29 boats from Bonaire, Aruba, Curacao and Venezuela took part. This is somewhat more than previous years. Last year there was a fantastic 59 releases compared to this year's more normal number of 34 releases. The Local Tournament on the other hand had a decline in attendance with only eight boats participating. This tournament is open to all boats and targets fish for eating. The fishermen are able to keep or sell their own catch, so there was a big variety of "fish of the day" around the island this week!

## Results:

In the catch and release tournament, **Pasa Largo from Curacao reeled in the prize for the first release** on Friday, 35 minutes after baits in the water. In the catch and release each fisherman takes pictures of the fish at the boat along with a card with a particular code given over the radio so the judges can be sure it is not an old picture. The fish are then released to roam the seas again. Sailfish and White Marlin are worth 150 points each, while the larger and feistier Blue Marlin is worth 300 points. If a fish of over 300 lbs is caught, it may be brought in for additional points.

The three winning teams were tied with 900 points. The **First prize went to Naria from Aruba** who reached that total first at noon time on Saturday. They also won for the first release on Saturday only 39 minutes after the baits hit the water. **Pasa Largo** with only a captain and one fisherman on day one and two fishermen on day two, compared to all other boats with three or four fishermen, reached the same total two hours later to secure **second place**.

**Ilisa, an all-ladies team from Aruba**, held third place until **Tara also from Aruba** snatched the **third place** prize in the very

end, managing to call in a strike only one minute before the lines out deadline and release.

Dean Hendricks on **Le Grand Blue from Bonaire brought in a monster Yellow Fin Tuna of 44kg to win the prize for most tuna**.

The local tournament saw fewer than normal boats, but also extremely varied results. **Andy on Fatima placed first in the large boat category (over 17') with 55 fish totaling 108.5kgs**, while **Giordano** arrived with nine fish tipping in at 41 kg. **Grace**, the only sailing boat in the tournament had zero environmental impact with a solar electric engine, sails, but also no fish. As said, everyone can participate!

In the small boats, **Randolf on Kuna managed to bring in 77 fish for a total of 86kg for first prize. There were no other fish in this category**, guess he caught them all!

The evening parties were great with a different buffet each evening and super music from RPM live and Esso. There was even a pop up boat party for the boats along the shore on Saturday as a last minute feature for the event.

None of this would be possible without the help of the many sponsors that contribute to the great success. Customs and Immigrations clear the boats in and out at the event so the crews do not all have to go to town to do this. The sponsors who made this possible were Bonaire Tobacco & Liquor, Polar / Best Brands, Bonaire Tourism Corporation, Akkermans Auto Supplies, Rocargo Services, Vinnie Designz St Augustine FL, Bonaire Affair, MCB Bonaire, Budget Marine, Luciano's Ice Cream, Don Andres, Bonaire Marine Center, Window Wizard, Bonaire Nautico Marina, Caribbean Laundry, Stone Crusher, Shipyard Dog St Augustine FL and last but not least the main sponsors to power the event, It Rains Fishes and NAPA ABC Group. ■

Pam Werdeh-Tietel



## DARK CHOCOLATE: A DELICIOUS HEALTH FOOD?

For many people it seems that eating healthy involves giving up many of the things they love. Many of us prefer high-fat, high-sugar foods to vegetables and fruits, red meat to fish, French fries to brown rice, etc. But the good news is that it has become increasingly clear that chocolate, one of the true comfort foods that many people love, is not only good to eat but good for your health as well.

Cacao has been cultivated for almost 2000 years, but only recently has it been the subject of formal scientific investigation. More than 400 articles have appeared in the medical literature concerning the health effects of chocolate, and the consensus is that chocolate is one of the new health foods! However, before you run out and stock up on chocolate bars from the grocery store, there are a few simple things you need to know.

There are three main types of chocolate; **white chocolate, milk chocolate and dark chocolate**, and it appears that greater health benefits come from consuming dark chocolate than the other varieties.

Research has centered on two main types of ingredients found in cacao and chocolate: **stearic acid and bioflavonoids**. Stearic acid is a saturated fat, meaning it is solid at room temperature. Since dietary saturated fats tend to raise both total cholesterol and harmful **LDL cholesterol** levels in the bloodstream, health authorities such as the American Heart Association and the National Institutes of Health recommend that people limit their consumption of saturated fat to less than 6 to 10% of daily calories. Stearic acid is the most common type of fat found in chocolate, yet studies have shown that it is unlike most other types of saturated fat and does not raise either total or LDL cholesterol levels. It also changes the platelets in the blood stream and reduces the risk of blood clots. Studies have shown that **dark chocolate** may actually boost your HDL ("good") cholesterol, too.

Bioflavonoids are dietary antioxidants. Many of the mainstays of a healthy diet such as fresh fruits and vegetables, green



tea, and red wine are rich in bioflavonoids. Bioflavonoid intake has been found to lower the risk of having a heart attack or stroke. **Dark chocolate** contains more bioflavonoids than green tea, apples, onions and red wine. Dark chocolate also has two and half times more bioflavonoid content and much less sugar than either milk chocolate or white chocolate, which is why it is the preferred variety.

Silent inflammation is currently regarded as the common pathway leading to numerous diseases such as heart disease, cancer, arthritis, diabetes and Alzheimers disease. Inflammation in the body is measured with a blood test known as the C reactive protein (CRP) and studies have shown that consumption of dark chocolate significantly lowers CRP levels.

A relation with stress has also been found. When we are stressed our body signals out chemicals that raise our blood pressure and help us fight the stressor. A recent study looked at how the body responded to stress by measuring these chemicals (cortisol, epinephrine, adrenocorticotropic hormone [ACTH], and norepinephrine) in 31 men consuming dark chocolate ("Noir 72%"; Chocolat Frey AG, Buchs/Aargau, Switzerland) versus 34 men who received a placebo chocolate that did not contain flavanols. The men then underwent a significant stress test. What these researchers found about the effect of chocolate was significant. Those men consuming dark chocolate had lower levels of cortisol and epinephrine after the stress.

You should buy dark chocolate bars that contain at least 70% cocoa content. I typically eat two small squares about four to five times a week and I usually combine that with some nuts like walnuts or almonds or some blueberries to make this snack even healthier.

The benefits of dark chocolate need to

(Continued on page 7)

## Scheduled Water Taxi TO KLEIN BONAIRE

From Bonaire Nautico Marina in front of It Rains Fishes Restaurant

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# Artist Debut

**D**iana Sint Jago (photo at right), a self-taught promising new artist, had a successful first exhibit at the Bistro di Paris that closed last week. Twelve of her paintings were on display. The works, done in acrylic on canvas, are inspired by nature and filled with color. Several of her bird paintings are reminiscent of the work of American naturalist John James Audubon. We look forward to her next show. ■ G.D.



# More At Mangazina



historian Boi Antoin gave an informative talk about local family trees and their continuation. As part of the presentation he explained the history of the nationalities of the ancestors of the island. At the end of the presentation Mr. Antoin handed out information containing websites where one could find their family history.

Also as part of the program Mrs. Heleen Christiaan described the project, "Kunuku Lifestyle Challenge," another project of Mangazina di Rei. The twins, "Semy" and "Sammy" Janga, who received international recognition, gave a musical presentation for the crowd. At the end they received big applause. There was also the presentation of culture-related scarf tying which has become a great hit. This time there were even live performances from the local bands, "Grupo Krioyo" and "Grupo Wayaka."

As usual you could have a traditional breakfast consisting of fresh bread from the oven or a pumpkin pancake. There was

even the traditional Johnny Cake. For lunch as usual, you could get the local traditional plates like goat stew, salted fish and other local specialties, served with the local traditional side dishes funchi (polenta) and tutu (funchi and beans mixed).

To get an impression of the ambience during the last Cultural Market visit the Facebook page, [www.facebook.com/mangazinadirei](http://www.facebook.com/mangazinadirei).

A special thanks goes out to all the entrepreneurs, organizations, media and visitors who help sustain and promote the Cultural Event "Nos Zjilea" of Mangazina di Rei with the aim to make the area of Rincon more attractive for tourism and leisure on the island.

The next Cultural Event "Nos Zjilea" will be on **Saturday, March 4, from 8 o'clock in the morning till 2 o'clock in the afternoon.** ■

Izain J. Mercera. Photo by Heleen Christiaan-Quartel



**L**ast month the Mangazina di Rei Cultural Park launched a culturally themed series of events called "Nos Zjilea." This expands the usual Cultural Market Day with a variety of cultural and educational activities such as educational talks, demonstrations, actual and musical presentations. The first "Nos Zjilea" was on January 28. During the day at Mangazina di Rei, journalist and

# Happy Birthday

Happy Birthday to Neriya, the sweetest girl.

Greetings from all your fans.



# Birdwatching



**J**oin STINAPA on Saturday February 18, at LVV to learn more about Bonaire's birds. LVV has a fresh water pond that is great for bird watching. This is the best site for watching a big variety of birds on island. The fresh water pond attracts migratory birds and birds that are very rare. At this moment you can find the rare Greater Ani, the Smooth Billed Ani from South America and the Grooved billed Ani that is breed-

ing here. Bring your binoculars and good shoes. If you don't have binoculars, STINAPA has some that you may use. Join STINAPA from 4:30-6 pm at LVV. This activity is free of charge but donations are always appreciated. Space is limited so please RSVP at 717-8444. LVV is located on Kaminda Lagun next to the wastewater treatment facility. ■

(Food and Vitality Continued from page 6) be carefully considered with the calories consumed, but in general it looks like there are multiple heart-related advantages with frequent consumption. ■ Lucinda van der Wardt owns the Food and Vitality Dietitian practice at Bona Bida Health Center. More info: [www.foodandvitality.info](http://www.foodandvitality.info) tel: 599-785-0170



Choose from 80 'jobs' on [www.bondoet.com](http://www.bondoet.com) and sign up to volunteer! Do good & feel good!



# 10 & 11 march 2017





# Karnaval Taste of Bonaire



Little Queen of Karnaval, Solanoushka Raphaela, and Mini Queen Selishah Agostien

Last week's Taste of Bonaire at Wilhelmina Park took the Karnaval spirit and ran with it.

There were stands selling all kinds of foods, including even the cuisine of the Philippines, arts and crafts, a well stocked bar, Eating, drinking, chatting spectators were introduced to some of the Karnaval "royalty" (see photos) and entertainment by Grupo ESO, Proyecto 2000, Steelband Silver Bullet and Bomazamba. These "Taste" events are becoming more and more popular among residents as well as tourists. It's the place to see old friends and make new ones. ■ L.D.



Maria Luisa Troncon, First runner up Teen Queen Karnaval



Karnaval Prince and Pancho presented their Karnaval show

## Main Karnaval Events

Feb 18-- **Karnaval Youth Parade in Rincon** The Village of Rincon presents its own children's parade.

Feb 19-- **Karnaval Youth Parade in Kralendijk** includes all of the island's children's Karnaval groups. Hundreds of children show off their dancing skills and colorful costumes.

Feb 25-- **Karnaval Grand Parade in Rincon** Local musicians create an exceptional ambiance in Rincon to the delight of hundreds of marchers dressed in resplendent costumes.

Feb 26-- **Karnaval Grand Parade in Kralendijk** The largest Karnaval parade. This parade is filled with unforgettable music, spectacular floats and original costumes.

Feb 28-- **Karnaval Farewell** The end of the Karnaval season is marked with a parade ending in Kralendijk followed by the symbolic burning of "King Momito" which takes place at the parking lot of the stadium. ■

# Bonaire On TV

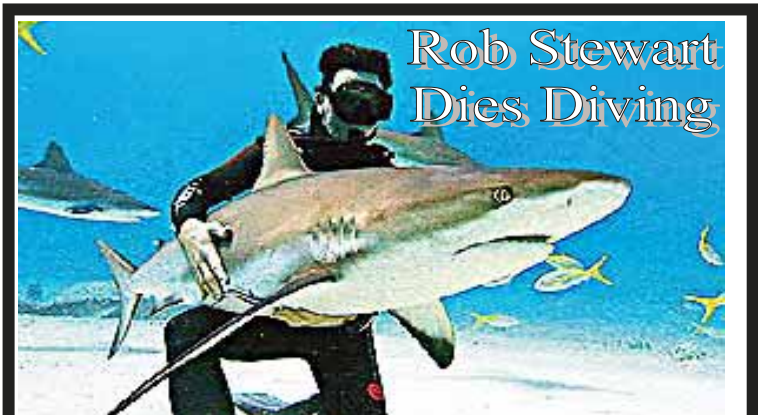
H<sup>GTV</sup>

(House and Garden TV) just finished filming several future shows on Bonaire. An episode featuring Bonaire and RE/MAX Paradise Homes was aired on January 29 this year.



The next Bonaire episode is on February 19th, this time featuring Sunbelt Realty. The show is about a video game developer, Jez, and his partner, real estate agent Lisa, who left their native England more than a decade ago and settled in Austin, Texas. Now the couple is tired of the hustle and bustle of big city life and wants to expose their son, Luke, to outdoor living in Bonaire. Jez and Lisa are hoping to

find a three-bedroom house close to dive sites, and a Sunbelt Realty agent is on hand to find them the ideal spot with a gorgeous outdoor patio close to the beach. Watch on Sunday, February 19, at 9:30pm, and Monday, February 20, at 12:30am. See <http://www.hgtv.com/shows/caribbean-life/episodes/diving-into-bonaire> for more. Both Telbo and Flamingo TV have free HGTV channels. ■ G.D.



Award winning Canadian film maker Rob Stewart died on a film shoot in the Florida Keys. He had a love for the sea and its inhabitants....particularly the much maligned apex predator, the shark, and promoted preservation of the species.

The 'shark mafia,' those that plundered sharks, did everything possible to stop him. He was arrested, beat up, shot at but

through it all resisted. His film "Sharkwater" won many awards as did the accompanying book. That was a decade ago. Recently he had turned back to his first interest, the shark and was close to finishing

Rob died doing what he loved. He will be greatly missed by those legions who appreciated his work and all who knew and loved him. ■ George Buckley

## In Memory of Victor

February 14, 1991 – July 15, 2011

"As children we are not afraid of the future or ashamed of the past." (M.R.)

We'll meet again. (Presumably)

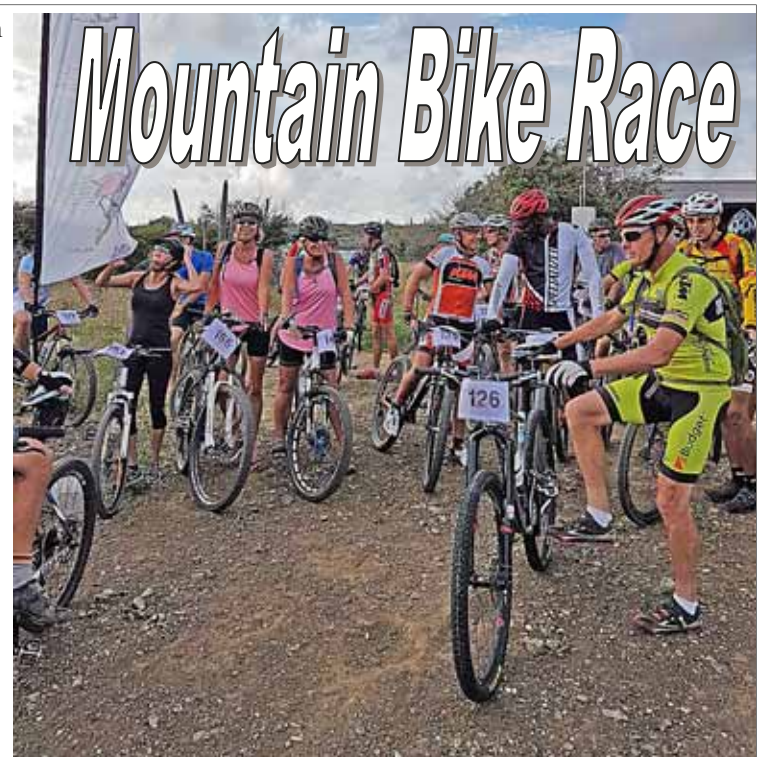


The first Bonaire Mountain Bike race of 2017 was held in January sponsored by De Freewieler bike shop. It featured a new trail which is beautiful, technical, with plenty of ups and downs. Challenging yet simple.

### RESULTS

Position	Name	Time
<b>Elite Class</b>		
1	Virgillio Batista	1.14.32
2	Nick Ruhe	1.16.23
3	Tom Lensink	1.17.08
4	Dennis Lensink	1.17.18
5	Frank Böhm	1.18.52
<b>Fun Race Class</b>		
1	Jerome Spruit	1.09.17
2	Ronald Nauman	1.25.58
3	Dick Hanekamp	1.28.30
4	John v.h. Hof	1.31.25
5	Kathy Walker	1.41.19

■ G.D.





# New Crab Discovered In Bonaire

How about a little eye candy? A new species of hermit crab discovered in Bonaire is just the ticket.

It's called the candy striped hermit crab, named for the bright red stripes that run up its white claws and legs.

Ellen Muller, a photographer and naturalist on the island, inadvertently snapped a photo of one while taking a picture of a flaming reef lobster on a night dive in Bonaire's National Marine Park.

As Ellen herself writes, "On a night dive, in December of 2015, I took some photographs of a Flaming Reef Lobster (*Enoplometopus antillensis*). Back home, when I looked at the photos on my computer I noticed an unusual looking, extremely small hermit crab with coloring unlike any that I had seen before.

I sent the photo to a crustacean expert, Arthur Anker, who suggested that I forward the photo to Rafael Lemaitre who specializes in hermit crabs. Neither had seen any-

thing like it, but the detail in the photo was too poor to make a positive identification. I was told to try and get some better close up photos.

Thinking this was going to be like finding a needle in a haystack I went back to the area where I photographed the lobster and luckily I found three of the hermit crabs and got some decent photos.

Rafael's message, upon seeing the photos, "This is amazing, it shows how little we know of the Caribbean. I still can't be sure, but even with your earlier photo I had the suspicion it might be a species of *Pylopaguropsis*, of which several species in the Pacific have similar striking color patterns. There are 16 described species worldwide, but only one is known from the western Atlantic (and it is not that one on just color differences). The species in this genus tend to have very massive right chelipeds, with a flattened chela, much like it appears to be in the photos you just sent. All subject to confirmation by examination of specimens."

After obtaining the proper

paperwork a few specimens were sent to the Smithsonian Institution and it was confirmed that these hermit crabs are indeed a new species. Special thanks to Rafael Lemaitre who was so enthusiastic about describing this beautiful little crab. Thanks to VIP Diving, Frank van Slobbe, Paul Hoetjes and CIEE's Rita Peachey and Amy Wilde for their help with this new species.

■ Story & photos by Ellen Muller



"The Candy Striped Hermit Crab's official name is *Pylopaguropsis mollymullerae*, named after my granddaughter in hopes that she will continue the tradition of celebrating and protecting the amazing diversity of marine life in Bonaire's waters."

Link to the scientific article... <http://zookeys.pensoft.net/articles.php?id=11132>



The crab: Claw above, with eggs below



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# A Garden? Just

So

# Do It



Any kind of container will do



Garden bounty

is best for your pocket: hour price or job price? When the price is based on a the whole job, the gardeners work fast to get the money fast and go for the next job. (It's up to you to make sure that all the work is done). But when it's going by the hour, they go slowly to take more hours, so more money. And lastly, sometimes it brings the price down when you have your own gardening tools and equipment. So bring this up when you are busy settling on a price. And make sure when they are leaving that all your gardening tools are still there. Most of time, I'm also busy in the yard when they are, so I have supervision over the whole situation.

**Don't pay in advance.** You might not see them again. Make a deal when and how you pay. Some expects some food and or water. some comes with their own drinks.

When you want to **take a tree out**, I've heard you need to ask certain organizations to remove the tree. Some trees are protected and even when it's in your yard you need permission to pull it out. Check with Stinapa (717-8444) or LVV (717-8836). **Certain trees are good to make charcoal.** Some people from Rincon will be very happy with the wood from your trimmed trees. They will pick it up. You don't need to pay for that. And some **people who have cattle in their kunukus are very happy with certain leaves and grass from your yard.** For example the banana tree which contains a lot a water is very nice for cattle. So make some kunukeros happy with all that fresh stuff from your yard. Your gardener might know someone who will be pleased.

I have gathered a lot of nice fruit and vegetables from my yard this week, maybe the last for this season. Yes, last but not least They are terribly sweet and good, right from the garden. ■

Story & photos by Angliet, Nature Lover



## DRYING OUT

Of course you have noticed that the rainy season is at its end. Some drops here and there, but the heavy showers are over. And you know that plants are getting dry again. How is it possible that the soil got so dry and hard so quickly again after all those months of rain? . Now I have to water my garden every three days, otherwise I will lose my beautiful plants, veggies, fruit trees and their developing young fruit. But even with my help, the plants don't look as nice as when there was so much rain. And the strong blowing wind together with the harsh sunlight have made me lose some nice ones already. They were too sensitive to survive.

Don't fight against it. Now is the time to let the land rest. Clean your garden, trim trees, add manure and compost to the soil and let it rest. And enjoy the harvest of a good rainy season.

Yes, nature has no mercy but still it's always good. It depends how you look at it. For example, while that grass was growing like crazy with all that rain (and we did complain about that grass) gardeners had a lot of work, while for a long time there hadn't been so much to do, so less money to earn. But for building contractors the rain was terrible because often they couldn't continue their job. Now they are happy once again.

So in nature there are always some who benefit from the situation and some who have to wait for awhile.

Now there will be a lot of people who need a gardener to fix the yard with all that grass and wild plants.

**A subject worth talking about is "The Gardener."** There are many around who have different ways of doing the job and the prices they ask. To avoid trouble, which can happen a lot, make sure all is clear to each other and put it on paper and have it signed when it's a big job. We often think that gardeners know about plants. And that is the first mistake. Often they don't have any knowledge about your herb garden or your fancy tree. They know about trimming, cutting and raking and that is what you want them to do. But often they trim too much of your trees or not only take grass away but also all your herbs and a just-planted new collection of exotic plants.

**So be there** while the gardener is busy in your yard and show him exactly what you want and how you want him to do the job. How, when, where, what and how much those words are important.

**The price.** Do you want him to only take grass away and /or to trim trees or to take trees away? To rake, trim your fence, dig holes for new plants and take all that stuff to the landfill? Make sure you have been clear enough and that he understood you well. As I said before, put it all on paper including the price.

About the price there is **job price and hour price.** If it's just a small job you can go by the hour price. But when it is a big job, you have to figure out what

# BONDIGRO Opening Party



Owner Ronald Schalker and Manager Carla van Ballegooijun were the hosts



Hot, delicious BBQ provided by the SGB culinary students

## Grand Opening BonDiGro Bonaire/Kralendijk –

BonDiGro did it again! They surprised the people of Bonaire with the biggest organized lunch ever. Over a thousand persons enjoyed a free lunch with more than plenty of food and drinks to celebrate the opening of the brand new BonDiGro supermarket building on Kaya Industria, opposite Don Andres and close to Warehouse and Van den Tweel supermarkets. In the days preceding the event customers spending \$40 or more were given a ticket for the free lunch.

Weather conditions were excellent. Partly cloudy, a little bit of refreshing rain and natural cooling supplied by the trade winds. All the visitors enjoyed the free lunch between 10am and 4pm. Around noon Kaya Industria got almost clogged with traffic because of the enormous event. Luckily the BonDiGro team organized and sup-

plied sufficient locations to park all cars as close as possible to the supermarket.

Live music was supplied by Mimoun and his RPM band. The Plaza Resort and the SGB (high school) took care of the cooking and a whole bunch of students volunteered during the entire day. Rum Runners and Spice organized seats and tables. Sky-view shot hundreds of pictures of this unique event. They also made a documentary about the BonDiGro enterprise from the very beginning in an old hangar to the present.

All in all another very successful event, organized by BonDiGro. This is the supermarket Bonaire had to wait for so long. Yes, we can. BonDiGro first! ■

Story & photos by Jan Brouwer





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	04:06	09:45	15:10	22:57		
Mon 13	0.39 ft	0.16 ft	0.60 ft	-0.13 ft		6:57 18:41
	04:52	11:11	16:10	23:32		
Tue 14	0.48 ft	0.14 ft	0.51 ft	-0.10 ft		6:57 18:42
	05:32	12:23	17:06			
Wed 15	0.56 ft	0.10 ft	0.42 ft			6:57 18:42
		00:02	06:09	13:25	17:58	
Thu 16		-0.07 ft	0.63 ft	0.05 ft	0.36 ft	6:56 18:42
		00:30	06:42	14:18	18:47	
Fri 17		-0.05 ft	0.69 ft	0.01 ft	0.30 ft	6:56 18:42
		00:56	07:15	15:06	19:31	
Sat 18		-0.03 ft	0.73 ft	-0.03 ft	0.25 ft	6:56 18:43
		01:20	07:48	15:52	20:14	
Sun 19		-0.02 ft	0.77 ft	-0.05 ft	0.20 ft	6:55 18:43
		01:44	08:21	16:37	20:56	
Mon 20		-0.01 ft	0.79 ft	-0.07 ft	0.16 ft	6:55 18:43
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Tue 21		-0.00 ft	0.81 ft	-0.08 ft	0.13 ft	6:54 18:43
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Wed 22		0.01 ft	0.81 ft	-0.08 ft	0.11 ft	6:54 18:44
		03:01	10:10	18:56	23:20	
Thu 23		0.02 ft	0.80 ft	-0.08 ft	0.10 ft	6:53 18:44
		03:36	10:51	19:38		
Fri 24		0.04 ft	0.77 ft	-0.07 ft		6:53 18:44
		00:20	04:28	11:37	20:17	
Sat 25		0.13 ft	0.07 ft	0.72 ft	-0.07 ft	6:53 18:44
		01:20	05:44	12:28	20:50	
Sun 26		0.18 ft	0.11 ft	0.65 ft	-0.06 ft	6:52 18:44
		02:13	07:24	13:26	21:22	
Mon 27		0.26 ft	0.14 ft	0.58 ft	-0.05 ft	6:52 18:44
		03:01	09:07	14:29	21:54	
Tue 28		0.37 ft	0.12 ft	0.50 ft	-0.05 ft	6:51 18:44

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The Bonaire Reporter, George DeSalvo (G.D.), Publisher;

Laura DeSalvo (L.D.), Editor

Address: P. O. Box 407, Bonaire, Dutch Caribbean. Also available on-line on  
Facebook® and at: [www.bonairereporter.com](http://www.bonairereporter.com) Published every two weeks

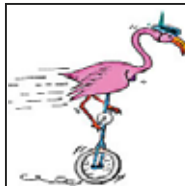
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Distribution: Marlene & Co. (Playa), Yuchi Molina (Rincon), Divi-Divi Airline, Ava  
Rose Wuyts (mailing)

Housekeeping: JRA. Printed by: DeStad Drukkerij, Curaçao

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# What's Happening

## REGULAR EVENTS

- Rooi Lamoenchi Kunuku Park**  
Tours \$21 (includes tax). Discounts for residents and local people. Tel. 717-8489, 540-9800.
- Soldachi Tours**—See the Real Bonaire and be transported back in time. Learn about the history, culture and nature by Bonaireans from Rincon. Call Maria Koeks for more information: 796-7870, 717-6435.
- Parke di Libertat -Park-playground and canteen (formerly Dare to Care Park)** Behind the hospital. Open Monday-Saturday 8am-7pm. Free entry.
- Nature Organization, STINAPA**, has frequent events—bird watching, sunset hikes, lectures, etc. Go to their website for more information of events for the rest of 2016: [stinapabonaire.org/events](http://stinapabonaire.org/events)
- Saturdays**
- **Marshe di Playa (Bonaire Duodero)**—Every Saturday, 8am-1pm, across from Warehouse Bonaire, locally made and grown products. .
  - **Tera Kora Ranch Market—2nd & last Saturdays**- local produce, clothes, food, games for kids, 2<sup>nd</sup> hand items
  - **Monthly Cultural Market at Mangazina di Rei—Usually the last Saturday of the month**, 8am-1pm. See the real Bonaire: traditional music, crafts, local produce, Creole kitchen, educational presentations. Mangazina di Rei is on the Rincon Road, at the eastern entrance to Rincon. Free entrance
  - **Bonaire Animal Shelter's Garage Sale (Pakus di Pruga)**—every Saturday, 8am-5pm. At Kaminda Liberador Simon Bolivar, across from Brandaris Café. Tel. 717-4989. Drop off cast offs on Saturdays or at the Shelter on the Lagoen Road weekdays. 717-4989
  - **Last Saturday of the month** – donate foods and household items to Food Bank (*Stichting voedselbank Bonaire*) from 9:30am-2pm at Van den Tweel Supermarket
  - **Wine Tasting at Antillean Wine Company's warehouse** on Kaya Industria, **Second Saturday of the month**, 7-9 pm. (*Always call to make sure it's on: Tel. +5999-560-7539.*) Snacks and tasting of six wines for \$10 per person.
  - **Petanque- Jeu de Boules**, 2:30-6 pm, Landhuis De Tuin on the road to Lac Bai. Info: 786-0150
- Sundays**
- **Landhuis DeTuin- Real Jamaican BBQ on the terrace** of the land house in the quiet countryside. Jerk Chicken, BBQ Chicken, Seafood Curry, Veggie Dish, Child's plate, Bread Pudding. On the road to Lac Bai – Kaminda Lac #101. Follow the signs, 12 noon to 6 pm. Tel. +599-786-6816, +599-701-1982. A Forsa training school.
- Mondays**
- **Bonaire Goat Farm Tour—9 am.** Meet the goats, see milking, and more. **\$10 includes tea. Kids \$5.** 786-6950- Also on Wednesdays & Fridays.
  - **Happy Hour at Captain Don's Habitat Bar.** The books of Bonaire's dive pioneer, Captain Don, will be available: Island Adrift, Shangri-la, Sea Trauma and the newest book, Reef

Windows. 5:30-7pm. Tel. 717-8290.

## Wednesdays

- **Bonaire Goat Farm Tour—9am.** See Monday for more information.
  - **Sea Turtle Conservation Bonaire (STCB)** presents an informative slide show: *Sea Turtles of Bonaire*, at 8pm, every **2nd and 4th Wednesday**. STCB presentation will be taking place upstairs at Yellow Submarine Dive Shop, Kaya Playa Lechi 24 courtesy of Dive Friends.
  - **Chess Club** meets to play starting at 6 pm at Tera Cora Ranch.
  - **12-step meeting (AA/NA).** Every Wednesday at **Bonaire Basics**, Kaya Korona #47. Walk in from 18:45, starts at 19:15, ends at 20:30. Feel free to mail : [12stepsbonaire@gmail.com](mailto:12stepsbonaire@gmail.com) or [12stappenbonaire@gmail.com](mailto:12stappenbonaire@gmail.com) for more information.
  - **Echo** offers free (donation-based) Public Conservation Tours at 4:30. No reservation needed. For optimal birding, you can also book a private tour by calling 701-1188 or email [info@echobonaire.org](mailto:info@echobonaire.org). Please give at least one day's notice. Private tours are \$25/person with 2 person minimum.
- Fridays**
- **Bonaire Goat Farm Tour—9am.** See Monday for more information
- BONAIRE'S MUSEUMS**
- **Mangasina di Rei, Rincon.** See, Feel and Taste the Culture of Bonaire. Enjoy the view from "The King's Storehouse." Monday-Friday. Cultural Market last Saturday of the month. Call 786-2101
  - **Chichi i Tan Museum.** Step into the past—a typical old Bonairean home, furnishings and garden. Open Thursdays through Sundays. Call for reservations 717-3183 or 795-2021 Free but donations appreciated. Kaya Melon #4, behind Rose Inn in Rincon.
  - **Washington-Slagbaai National Park Museum and Visitors' Center.** Open daily 8 am-5 pm. Closed on December 25th and January 1st. Call 788 - 9015 or 796 - 5681
  - **Bonaire Museum**-on the waterfront at the old Kas di Arte. Monday-Friday 9am-noon, 2-4pm. Free
  - **Terramar Museum** at Terramar Shopping Mall, on the waterfront. Monday-Saturday 9am-6pm. Sunday, closed. Cruise ship days 9am-6pm, \$10, \$5 for residents, children free
  - **Tanki Maraka Heritage Park and Open Air Museum.** Site of an American soldiers' camp during WWII. Self guided tour with excellent signage. After leaving Kralendijk on the Rincon Road watch for sign to the park on the right. Driveway to entrance just a short distance. Free entry.
- CLUBS and MEETINGS**
- Lions Club** meets every 2<sup>nd</sup> and 4<sup>th</sup>

## Cruises

DAY	DATE	NAME	ARR/DEP	CAP	C.LINE
Mon	February 13	<i>Adventure of the</i>	0800-1700	3114	RCCL
Tue	February 14	<i>Royal Princess</i>	1200-1900	3600	Princess
Tue	February 14	<i>Sea Cloud</i>	0800-2200	98	
Wed	February 15	<i>Carnival Vista</i>	1300-2200	4000	CCL
Thu	February 16	<i>Thomson Discovery</i>	0700-1400	2076	Columbia
Thu	February 16	<i>Caribbean Princess</i>	0700-1700	3200	Princess Cruises
Mon	February 20	<i>Serenade of the Seas</i>	1300-2000	2500	RCCL
Tue	February 21	<i>Mein Schiff 5</i>	0730-2000	2500	TUI
Wed	February 22	<i>Eclipse</i>	0900-1800	2850	CEL
Wed	February 22	<i>Aida Diva</i>	0700-1800	2194	Aida
Thu	February 23,	<i>Navigator of the Seas</i>	0700-1700	3114	RCCL
Fri	February 24	<i>Koningdam</i>	0800-1800	2650	HAL
Sun	February 26	<i>Rotterdam</i>	0800-1800	1404	HAL

Thursday of the month at 8 pm at Kaya Sabana #1. All Lions welcome. For more information call 510-0710.

**Rotary lunch meetings Wednesdays**, 12:15-2 pm - Divi Flamingo Beach Resort in Peter Hughes meeting room upstairs above the dive shop. All Rotarians welcome. Call Gregory Obersi 785-9446.

**Toastmasters Club** meets every two weeks. For more information call Cruxita de Palm at 786-3827 or Lucia Martinez Beck, at 786-2953.

## CHURCH SERVICES

**The Church of Jesus Christ of Latter-Day Saints** --Kaya Sabana 26 Sunday Services - Papiamentu/ Espanol 9:00 am to 12 noon Add'l Info (599) 701- 9522 Dutch/English 1pm to 3pm Add'l Info (599) 701-2892

**Protestant Congregation of Bonaire:** ( VPGB ), Kralendijk, Plaza Wilhelmina; Sunday service-10 am in Dutch. Rincon, Kaya C.D. Crestian; Sunday service-8:30am in Papiamentu/ Dutch.

Children's club-every Saturday from 4:30-6 pm in Kralendijk, (annex of the church.)

Contact: [Marytjin@gmail.com](mailto:Marytjin@gmail.com) or [Daisycoffie@hotmail.com](mailto:Daisycoffie@hotmail.com)

**International Bible Church**, Kaya Papago 104, Hato, behind Bon Fysio/ Bon Bida Spa & Gym on Kaya Gob. N. Debot. Sunday 9am-Worship service in English; 10:45am-Sunday school for all ages. 717-8332 for more info or ride [bonaireibc@gmail.com](mailto:bonaireibc@gmail.com).

**Catholic: San Bernardus in Kralendijk** – Services, Sunday at 8am and 7pm in Papiamentu.

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

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

## CLOSE-IN EVENTS

**Karnaval Main events Feb. :**  
18 Children's Parade Rincon  
19 Children's Parade Playa  
25 Grand Parade Rincon  
26 Grand Parade Playa  
27 Feb Karnaval Mon Holiday  
28 Burning of King Momo

**Tuesday, February 14**— Presentation on the Great Backyard Bird Count by STINAPA at CIEE

**Friday, February 17** — Backyard Bird Count gathering at The Cadushi Distillery in Rincon.

**Saturday February 18**— Bird-watching with STINAPA at LVV See page 7.

**Sunday, February 19** — Special Open House at International Bible Church, 10am. Special worship service followed by a cookout at Coco Beach. International Bible Church is behind Bon Bida, across from Sand Dollar Resort.

**Saturday, March 4**— Mangazina Di Rei Cultural Market Day. See page 7.

**Wednesday, March 8**—The Terramar Museum special "night at the museum" event.

**Friday, Saturday, March 10,11** - Bon Doet. Annual volunteer event, sponsored by Oranje Fonds and NGO Platforma Bonaire. [WWW.bondoet.com](http://WWW.bondoet.com)





# SHOPPING, SERVICE and DINING GUIDE

Check these places first  
When shopping, needing services  
or dining

Advertisements in this edition

## AIRLINES

**Divi Divi Air**- Bonaire's "on time airline" with 16 flights a day between Bonaire and Curaçao. Your first choice for inter-island travel. Reserve early to ensure a seat.

## BANK

**ORCO Bank** offers one-on-one attention, personal banking. Each client is a person, not a number. The office is the historic building at Kaya Grandi 48.



## BEAUTY

**Hair Affair.** Expert hair cutting, styling, facials and facial waxing. Great new shop on Kaya Grandi. Walk-in service too. Find them on Facebook.

## BIKES

**De Freewieler** sells bikes and all kinds of bike accessories. They do professional repairs on almost anything on two wheels. **Have your keys made here too.**

## DENTURE REPAIR

**All Denture Lab**—for the best denture care by an experienced professional. Repairs while you wait. Next to Botika Korona on Kaya J. G. Hernandez.

## FITNESS

**Bon Bida**— Complete Physiotherapy, Fitness and Beauty facilities under one roof. Class, exercise machines and Bonaire's only spinning studio.

**Yoga Terrace at Eden Beach**— Offers yoga classes M-F 8-9am, Monday 5:30pm, Saturday 9am

## ON and IN the WATER

**Dive Friends** has four dive schools and three retail shops so you always get the best deals and can be assured of top notch training. Remodeled shop, Dushi Style on Kaya Grandi and new dive retail shop at the roundabout in Hato.

## OPTICIAN

**Buena Vista Optics** is Bonaire's most up-to-date place to get eyeglasses or contact lenses. The combination of experienced personnel and advanced equipment and technology make it a top value.

## PHOTOGRAPHER

**Bonaire's most creative above or underwater video and still photographer for the wedding or other important events in your life.** Drone photography too. ScubaVision, recently renamed Bonaire Vision Films & Photo, has a new website at [www.bonairevisionfilms.com](http://www.bonairevisionfilms.com).

## REAL ESTATE /RENTAL AGENTS

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**RE/MAX Paradise Homes** is your one-stop-shop for Selling and Buying real estate; Purchasing an existing business; Commercial or residential development; Holiday rentals and Long term rentals. See page 3.



**Sunbelt Realty** offers full real estate, rental, and insurance services. If you want a home or to invest in Bonaire, stop in and visit. Ad on back page



## RESTAURANTS

**Bobbejans**— Bonaire's quintessential "rib joint" not only has some of the best ribs but tasty extras like Gado-Gado, pork chops and fries. Open Friday night and weekends only.

**BonAroma**— One of Bonaire's newest fine restaurants. Just five tables, continental cuisine and superb service

**Pasa Bon Pizza**—Bonaire's quality pizza. Best ingredients, best baking and best taste. Great salads and lasagna too. Eat in or take away.

## RETAIL

**Dushi Shoes & Dive Friends Shops** – featuring Clarks, Guess, DC Shoes, Reefs – as well as Tee Shirts for men and women.

**The Tung Fong Store** is a great asset to everyone on Bonaire because it stocks so many things we want: clothes, hardware, food, auto and bike supplies. If you don't see it... ask for it. They probably have it. See page 2.

**Penny Lane** is Bonaire's first upscale fashion consignment store. Buy fashionable, top brand clothing, high quality toys and more for a fraction of their original price.



## SECURITY

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

## STORAGE

**The Storehouse (Mangazina** in Papiamentu) offers Secure Storage for Vehicles, Household Items, Diving and Sporting Gear, Business Files or Inventory. Across from the northern hotel row.



## SHIPPING

**Rocargo Logistics Services B.V.** Air and sea shipments in/out of Bonaire. Customs agents. Professional and efficient. **What would we do without their superb services?** See ad on page 5



## WATER TAXI

**Get to Klein Bonaire by Ferry.** Ride the *Kantika di Amor*. Hotel or downtown pickup The only water taxi to Klein Bonaire with an easy on/off built-in ramp at Bonaire Nautico (It Rains Fishes Restaurant)

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# THE STARS HAVE IT

## End of February 2017

**ARIES** (Mar. 21- April 20) Don't involve yourself in the emotional problems of those you work with. Extend an invitation to clients you enjoy spending time with. Beware of someone who is trying to make you look bad. Plan events like camping or white water rafting. Your lucky day this month will be Monday.

**TAURUS** (Apr. 21- May 21) Take precautions while traveling; you don't have to get anywhere that fast. Opportunities to get ahead will be evident. If you work in conjunction with someone else you may find they're trying to steal your thunder. Your determination and stamina will make your work look less and effortless. Your lucky day this month will be Saturday.

**GEMINI** (May 22-June 21) You may be likely to have difficulties with females. You will feel better about yourself and you may also meet potential lovers. Try not to argue about trivial matters. Try to make amends by planning a nice dinner for two. Your lucky day this month will be Wednesday.

**CANCER** (June 22-July 22) Relax and enjoy what you've accomplished when you're finished. Do not get involved in joint financial ventures. You could lose a good friend because of it. You may have a rather hectic day due to events that children are involved in. Your lucky day this month will be Wednesday.

**LEO** (July 23-Aug 22) Your time, not your cash, will do a lot more for your relationship. Don't hold back. Don't push your opinions on others this month or you may find yourself in the doghouse. You'll get to your destination just as quickly. Your lucky day this month will be Sunday.

**VIRGO** (Aug. 23 -Sept. 23) You will get great satisfaction from your efforts. Look out for yourself this month. It might be best to spend time fixing up your premises and making changes that will be appreciated. Join a club to work off that excess energy; but consider ways of doing that without spending the money. Your lucky day will be Sunday.

**LIBRA** (Sept. 24 -Oct. 23) Do your best, but don't make too many promises or you may exhaust yourself. Emotional relationships will be plentiful if you attend group activities. You will inspire confidence in

others. Put your efforts into your work or money making ventures rather than your emotional life. Your lucky day this month will be Tuesday.

**SCORPIO** (Oct. 24 - Nov. 22) Extend an invitation to clients you enjoy spending time with. If you can mix business with pleasure much can be accomplished. Don't let coworkers get wind of your ideas or they might try to take credit for your hard work. You can learn a great deal more if you listen rather than rant and rave. Your lucky day will be Monday.

**SAGITTARIUS** (Nov. 23 -Dec. 21) Family talks may get a little combative. This may not be the day to get involved in risky joint financial ventures. You will find it easy finalizing personal papers if you make an effort. Someone you work with could try to undermine you. Your lucky day this month will be Friday.

**CAPRICORN** (Dec 22.- Jan. 20) Gambling will be a waste of time and money. You may have taken on a little too much, but you will enjoy every minute of it. You can expect changes in your financial situation as well as in your status. Self-deception is likely. Your lucky day this month will be Saturday.

**AQUARIUS** (Jan. 21 -Feb. 19) Plan a nice evening for two. Chances are you split up the last time because you didn't really want to make a commitment. Do not get involved in joint financial ventures. You can expect sorrow to evolve from the information you discover. Your lucky day this month will be Friday.

**PISCES** (Feb. 20-Mar. 20) You can enjoy the company of others and come in contact with an ideal mate, if you get out and mingle. You can make major accomplishments while on short trips. You can bet that someone in a higher position is watching to see how busy you are. Short trips will prove to be more fruitful than you imagined. Your lucky day this month will be Monday. ■  
*Michael Thiessen*

These horoscopes are cast as an "in general" type. They may not apply at all to some because many other factors may be involved (cusps, ruling houses etc.). They are meant to entertain and to be of use in daily life.

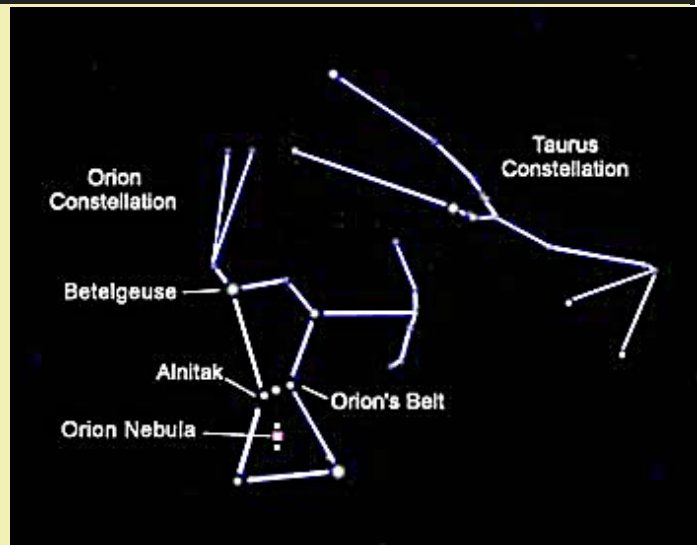


# BONAIRE SKY PARK\*

\*to find it... just look up

## The Great Orion Nebula

One of the best things about winter is that it always brings the return of one of the true wonders of the universe, an object in deep space. On any night this week at about 8 pm look to the southeast and you'll see what has to be the second most familiar pattern of stars (after the **Big Dipper**, that is), a pattern which is loaded with bright stars, known as **Orion the Hunter**.



To find him look for his belt of three stars in a row. These are the stars, **Alnitak, Alnilam and Mintaka**.

Above these three belt stars you'll see two brilliant stars marking Orion's shoulders, **Betelgeuse and Bellatrix**. And below his belt, two other stars mark his ankle and his knee, **Rigel and Saiph**.

We've written about Orion's bright stars, but for this time we would like to zero-in on one of Orion's more subtle objects. Look below the belt stars for three much dimmer stars, the stars we call the **Sword of Orion**. There we will find one of the most awesome wonders of our nearby universe.

If you look very carefully at these three stars you'll notice that no matter how sharp your eyesight, the middle star always seems to look fuzzy or slightly out of focus. That's because this star is not a star at all, but something we call a **Nebula**. A nebula is a cosmic cloud of gas and dust and the great Nebula of Orion is actually a stellar recycling center. Within this Nebula, brand new stars have been, and are still being born from the surrounding cloud. In fact, you can see this Nebula using even the cheapest pair of binoculars. This cloud is illuminated by four recently-born stars arranged in the shape of a baseball diamond called the **Trapezium**. These four stars can actually be seen with a small telescope. Now, although the Orion Nebula looks tiny, in reality, its size is mind-boggling.

Believe it or not, there is enough material in this Nebula to produce over 10 thousand

stars the size of our **Sun!** But if you really want to be impressed, check out the width of the Orion Nebula. As Nebulae go, this one is gigantic, spanning over 30 Light Years in diameter.

Just to give you a refresher, a **Light Year is not a measure of time, but a measure of distance**. Space is so big and the stars are so far away that astronomers don't measure the distances between the stars in terrestrial units like miles or kilometers. We use the term Light Year.

**Light travels at a whopping 186,000 miles per second**, which is almost **670 million miles per hour!** This means that if you were to travel at the speed of light from the **Earth** to the **Moon**, you could make the trip in a little less than two seconds. If you traveled from the Earth to the Sun at that same speed, you could make the trip in a little over eight minutes. And if you were to travel from Earth to **Pluto** at the speed of light, you could make the trip in a little over five hours.

Modern telescopes have allowed us to look deep inside the Nebula and see newborn stars and discs of material. These discs could be forming planets like those in our **Solar System**. It could take thousands or even millions of years for these **protoplanetary discs** to turn into Solar Systems, but we'll keep watching and you should too! Look for the Orion Nebula this week and peer deep into space ■  
*Dean Regas & James Albury*



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# DID YOU KNOW?

Photo credit:  
Arjen van Dorsten



Sphinx moth

**T**hat the rains are bringing unusual critters to Bonaire?

With the recent rains, Bonaire has transformed into a lush, green island again. It has been so dry for so long that I had almost forgotten how beautiful and vibrant the *mondi* (countryside) could be. The vegetation is flowering and producing fruits and seeds. Trails that were easy to walk a few months ago are now completely overgrown.

On one hike near Playa Frans on our way to do the Caribbean Waterbird Census, a colleague of mine and I spotted what looked to be a VERY small hummingbird flitting from one flower to another in search of nectar. Then we saw another and another. They were everywhere, busy feeding on the nectar of the flowers, especially the flowers of what appeared to be **basora kòrà/Black Widow/Melochia tomentosa**.

We tried to take some photos, but the little buggers wouldn't sit still for even a second. We were able to get some beautiful photos from Arjen van Dorsten who, with the help of Herman Sieben and Johan van Blerk, identified the moths as **Aellopos/Clavipes Sphinx moths (Aellopos clavipes)**. Distributed throughout the tropics and subtropics of the Americas, they begin as caterpillars, form pupae that develop in underground

chambers, and emerge as moths. Unlike most moths, they are active at dawn, dusk and in the middle of the day.

They are strong fliers and have been known to carry on with their greedy feeding even when it's raining. Moths from this family have extremely long tongues (proboscises) that may extend longer than 12 inches/30 cm in order to reach the nectar from very long flowers. If you haven't spotted one of these adorable moths yet, it's time to find a field of flowers (they are abundant in the northern part of the island), be patient, and hopefully you'll get lucky. ■ *Caren Eckrich, STINAPA Biologist. Connecting people with nature.*



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# Pet Of The Week



### MISS MISHA

**T**his classic calico cat is as sweet as she is beautiful! Calico cats have personalities as varied as their coat colors, and Misha happens to have one of the best types. She is calm and affectionate, without being demanding or "persnickety." She relishes attention and snuggling....at your discretion.

Misha's calico coat is a true patchwork, with swirls, stripes, freckles, and splashes in the classic tri-color: white, black and orange. She is about two to three years old, so her personality is formed and stable....what you see is what you get. She can be "chatty" and talk with you when you address or caress her...and as

you can see from the photo she loves napping in sun spots!

Misha is healthy, vaccinated and sterilized and would be a perfect match for someone looking for a loving companion to share a lap and a cozy sofa.

You can visit Misha and her shelter companions at Animal Shelter Bonaire, Kaminda Lagun 26, Tuesday through Saturday 9 am-12noon and 3 - 5 pm, Saturday 8 am - 3 p.m. nonstop. 717-4989 ■

Story by Jane Madden Disko. Photo by Nathalie Peterson



## Give Nolly A Chance

**O**n the morning of February 8, STCB staff received a call on the Sea Turtle Hotline. "Nolly," a local Divermaster, had found a **stranded Olive Ridley sea turtle** on the east coast of Bonaire, close to the Willemstoren Lighthouse.

The turtle, which was named after its rescuer, is missing her front left flipper and has a deep wound on her left side - possibly caused by the stranding.

STCB would like to set up a tank for "Nolly" and try to save his life. But it needs help to cover the associated costs, medication and nutrition. Truthfully, it is rare that a stranded sea turtle can be saved. But STCB would like to try and everyone knows that Bonaireans have



done difficult things before.

### How you can help:

- Share our campaign on Facebook, Twitter, Instagram or by e-mail. [https://www.facebook.com/search/str/sea%20turtle%20conservation%20bonaire/keywords\\_places/](https://www.facebook.com/search/str/sea%20turtle%20conservation%20bonaire/keywords_places/) Please check out our Crowdfunding campaign and make a donation. <https://www.indiegogo.com/projects/save-bonaire-s-critically-endangered-sea-turtles/#/> ■

*Flotsam and Jetsam (Continued from page 3)* pastechis, but especially the coffee. A few small tables allow for a cozy eat-in experience or you can "take away."

► **Bon Aroma Restaurant at Yacht Club Apartments** continues to get rave reviews. A new chef has been hired and is continuing the presentation of excellent food in a terrific ambience.

► **Barrel Wine Bar** has a new "boss." Roy Celestijn has taken over management of the South Pier mall site.

► **New clothing stores** seem to be popping up all over city center. Most recent addition is located at the former Botica on Kaya Grandi. As of this writing, no name on the new business. This new



store is in addition to the recent openings of **Hola** clothes (former Lost Penguin location) and **Macho Macho** men's store (former Cambes location, next to Mega shoes) and **Your Store** relocated across from El Mundo restaurant.

► **If you really want to "style" for Karnaval**, shop the new stores or go up one flight to **Penny Lane, Bonaire's classy vintage clothing shop**. Their selection of specialty clothes and "bling" will make your Karnaval experience memorable.

► **Perhaps it is time** to start seriously considering the carrying capacity of our beautiful special island? Posted on FB by Wild Conscience



► **We love our readers. Happy Valentines Day!** ■ G.D. /L.D./ Bula Bonchi





## Lagoen, Lagoen Hill 8

### Highlights:

- located within the Lagoen Hill park
- great family home or vacation home
- quiet residential area
- rental possibilities
- freehold land (registered 4-E-2068)
- lot size: 4,734 sq.ft / 440 m2
- living area: ± 872 sq.ft / 81 m2

**Asking price**  
**US\$ 129,000**  
Buyers cost



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