

**It's Still  
FREE**

**BONAIRE** December 4-18, 2017, Year 24, Issue 23  
**The REPORTER**

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**Bon Bini Sanikolas**  
**Page 7**



Laura DeSalvo photo



**A funeral cortege led by a tall man in a black frockcoat and top hat, brandishing a baton was one of the wonderful surprises Bonaire sprang on us.** But now this formal and revered tradition is coming to an end. Undertaker Raphael Rodriguez has resigned, a casualty of "modern times." It was customary for him to lead funeral processions from the Catholic church in Playa to the cemetery dressed in formal attire. But outside pressures and regulations have motivated him to retire.

► **American Airlines service from MIA to BON was confirmed last Friday. The connection was thought to be in danger because of threatened budget cuts to the TCB.** As of press time the schedule was not yet on the American Airlines website. The **Island Government (OLB) announced planned budget cuts** in a number of island operations like the Center for Youth and Family (CJG), the TCB (Tourist Corporation), FCM (Public Housing) The Chamber of Commerce (KVK).

► **InselAir won't be flying to Surinam, soon.** The service set to begin December 18 won't start until the airline pays its outstanding debts in Surinam. That's according to the *True Time News* of Surinam.

► **Aruba Airlines began AUA BON flights one day early bringing officials and Aruba press to Bonaire for a brief tour and a gala lunch at Posada Para Mira.** Commercial flights began on No-



*Aruba Transportation Minister Chris Romero and Bonaire Director of Tourism Maurice Adriaens behind a battery of microphones at the gala lunch.*

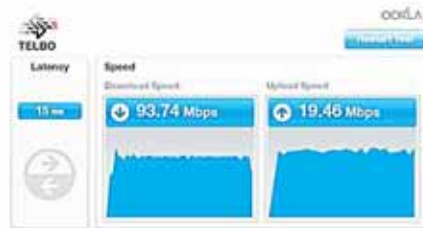
**vember 30<sup>th</sup>.** Four round-trip flights a week are planned with a 50-seat Bombardier CRJ-200 jet. Medical insurance (ZVK) flights to Aruba will be carried on Aruba Airlines. For more information call 717-6825 or visit <http://www.arubaairlines.com/>.

► **The negotiations between Synergy, Avianca's parent company, and InselAir are still ongoing. ..** But slowly.

► **New fuel prices took effect on 1 December 2017.** There's a price reduction for gasoline and price increase for Diesel and cooking gas cylinders. Diesel goes to its September 2017 level.

Below is a list of all prices of fuel products as determined by the Bonairean island government and that are in effect at the pump

Mogas 95	\$1.11	per liter.
Kerosine	0.61	
Diesel	0.67	
LPG 100LBS	40.50	per cylinder.
LPG 20LBS	9.90	



► **All private customers of TELBO will receive a free doubling of their internet speed beginning 1 December.** In addition, residents of Bonaire who have access to the

fiber optic network can now use the competitively priced up to 100mb speed, five to 20 times faster than previously possible.



► **Tourism Corporation Bonaire is recognizing visitors that have been visiting Bonaire year after year. Bonaire has an average of 40% repeat visitors.** The Bonaire Ambassador program was created with the purpose of recognizing Bonaire's loyal visitors with an official certificate and ambassador medal. With this recognition visitors become official Bonaire ambassadors. If you are a multi-year visitor to Bonaire ask your hotel's manager to nominate you to be honored as a Bonaire Ambassador.

► **Aruba has a female prime minister for the first time in history.** Evelyn Wever-Croes of the MEP party forms a coalition with the parties POR and RED. The ministers were sworn in on Friday. The formation took five weeks. The island has a coalition for the first time in 16 years. At elections in September, the AVP of the then Prime Minister Eman lost the absolute majority. The Wever-Croes Cabinet consists of eight ministers.

► **The Green Book of the Dutch Language Union contains more than 400 words of Dutch Caribbean origin.** This week the latest edition was presented to the Minister of Education. These are words that occur frequently in Dutch language newspapers in the Caribbean Netherlands, such as: *atrakoteam, back porch, blenchi, fruit bar, maribomba, masbangu and megapier.* What other words can you think of?

► **During certain times of the year, like now, the rain that falls on Bonaire**

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#### BONAIRE PARTICIPATES IN CONSUDE GAMES FOR THE FIRST TIME

On Thursday morning, November 30, a delegation of 12 athletes, ages 12 to 14 years, and their coaches left for Cochabamba in Bolivia. The delegation leader **Peter Silberie** said that Bonaire is going to participate in the Consude games for the first time. Consude stands for *Consejo Suramericano de Deporte Escolar* - South American Council for School Sports. It's a sports competition for athletes from South America and the Caribbean. Bonaire will participate in the following sports: track and field, swimming, chess and table tennis.

Financing for the team's transportation is made possible by the Bonaire Government. The Consude organization will provide for room and board. The delegation returns to Bonaire in the evening on December 11. Hopi Exito! ■ *L.D.*

**Flotsam and Jetsam** (Continued from page 2) leaves a coating of dust after it evaporates. According to NASA part of it comes from Saharan dust absorbed in cloud droplets and washed out of the shower as rain. Local people also feel the dust comes from the dirt blown from the big trucks with uncovered loads of construction material.

►The recently held Sea Turtle Conservation Bonaire (STCB) Fundrais-

ing Auction at Landhuis Wanapa proved to be a very successful event and the total raised was a staggering \$13,569! These funds help STCB meet their goals in 2017 and 2018.

► For several days last week Bonaire land line phones could not be accessed from the USA. The problem did not appear to be at the Telbo end. AT&T was unable to pinpoint the cause, ■ *G./L. D*

## Farewell Isabella

Around the end of 2014 I first met **Gilbert Isabella** on one of his early flights to Bonaire, traveling coach class. He impressed me in that he was so different from **Wilbert Stolte**, the man he was replacing: younger, humble, modest, and seemingly not totally aware of the job he was taking on. All three BES Islands were his responsibility.

On August 23 he was prematurely removed from his job as Kingdom Representative (*Rijksvvertegenwoordiger*). Not because he was doing a poor job, but, reportedly, because of the political whim of an outgoing Dutch Minister.

In his farewell speech at Eddy's restaurant, he made it clear that he did want to leave.

The *Rijksvvertegenwoordiger* job is not a Dutch political plum. It's a little known function in the Dutch state structure, for the Dutch as well as the Caribbean Netherlands. The job is poorly defined and its functions are still developing. One thing seems clear- the supervisory responsibility and authority are out of balance. The job might be described as sort of a super Island Governor (*Gezaghebber*) responsible for maintaining order, ensuring good governance and monitoring island integrity. But the *Rijksvvertegenwoordiger* has few concrete resources at his disposal to be able to take real control when it proves necessary. Isabella said, "The Hague will have to make a clear choice (relating to the *Rijksvvertegenwoordiger* position, and there are only two in my opinion: or you abolish the job - which I am certainly not



in favor of - or you give this important function more body, powers and tools to really get there."

Isabella's open personal style, frequent reports, transparency, and use of social media gave him a positive reputation with the BES islanders.

Lt. Governor Edison Rijna at Isabella's farewell dinner, while admitting they did not agree on all points, extolled him as "an energetic man who always strives to achieve his goals. This is an excellent character trait that we have also experienced here on Bonaire." Rijna closed his speech with a special wish: "Gilbert, I want to thank you for your dedication and input during the years in your position as Kingdom Representative of the Dutch Caribbean. May Bonaire stay your second home. Good luck in your further career!"

He will be missed. But as Isabella said in this farewell speech, paraphrasing a quote from the movie *Terminator*, "I promise you, I'll be back." ■ *G.D.*

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# Bonaire Traffic Explosion

Have you been driving during Bonaire's "rush hours" - when cruise ships are in port, when schools and work hours start and end, during a big event? Does it seem like there is a lot of traffic? We asked the Bonaire (OLB) Finance Department to tell us how many motor vehicles there were on the island. We wanted to compare that with the number of possible legal drivers.



The box below is "as of 15 Nov. 2017. It changes every day," says the OLB.

License Plate	Quantity	Description
AB	20	Buses with permit
B	8,591	Cars
D	118	Official cars of OLB, RCN and KPCN
MF	1,361	Motorcycles and scooters
TX	35	Taxis with permit
V	4,100	(Auto) Trucks
Z	46	Heavy Equipment
<b>Total</b>	<b>14,271</b>	<b>Motor vehicles</b>

Notice: a lot of Heavy Equipment is improperly using a V license plate. With the new planned registration in 2018, this will be corrected.

At the end of last year the official island population was 19,179 people (9,198 men and 9,261 women). Based on CBS statistics about 15,000 island residents are between the ages of 18 and 85 (legal age to drive), but this does not account for the numbers of disabled or elderly who don't drive.

We expect that before more roads and routes are built present roads will be repaired. But that won't help road congestion much. What might help is car pooling, limits on the number of cars a person can own, a requirement, as in Bermuda, to dispose of your old car before buying a new one. We will write about parking those cars another time. ■ L./G.D.

## Pasa Bon Moves Downtown



The new Pasa Bon Pizza restaurant is in the building that previously housed Sunbelt Rentals and Rendezvous restaurant.

Pasa Bon Pizza is moving. Yes, you read that right. Bonaire's original and still tops "pizza place" is heading downtown after 18 years in the same location. Hopefully, they will re-open at their new spot, next to MCB on Kaya L.D. Gerharts, by the end of this week. On December 4 they will begin to move their 1,000 lb. ovens and take the next few days to set them up. Our question now is will Bonaire's only traffic light, the iconic Pasa Bon Pizza symbol, still flash? □

## Scheduled Water Taxi TO KLEIN BONAIRE

From Bonaire Nautico Marina in front of It Rains Fishes Restaurant

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### ILLEGAL MUSIC

The following letter refers to an article in the Flotsam and Jetsam section of The Reporter, Nov. 6-20 edition, that "snack restaurants on Bonaire will no longer be allowed to play music due to a new "music directive." Police on Bonaire will be checking for this "illegal music."



Playing in front of the Island Executive Office Building

Dear Editor:

If the people who were born on Bonaire, raised on Bonaire and still live on Bonaire cannot play their music, music they have created and played since day one, because some recently arrived higher power now deems it unpleasant, then will that higher power also stop the extremely loud motorcycles and motor scooters?

Will that higher power also stop the cruise ships from blasting their horns for what they think amuses the greater Kralendijk area and especially stop the cacophony of the Love Boat theme if it returns? (I have heard six-year-old kids with their first trombone lesson sound far better.)

And before anyone says that cruise ships have to blast their horns due to some obscure maritime law, then why are they inconsistent in the amount and some do not at all?

-A questioning resident

### WHAT BONAIRE REALLY DOESN'T WANT

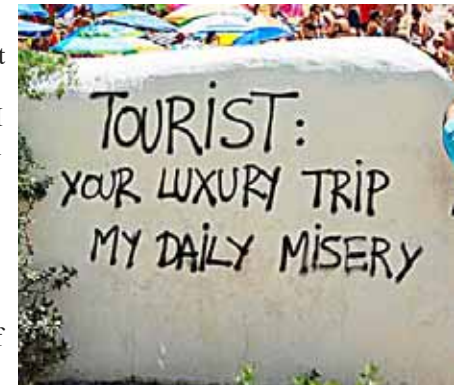
Dear Editor:

On the dialogue on what we do or don't want on Bonaire I've been thinking what can damage life on the island most, and I found out that it's not the small scale and easy to solve problems like parking space, sun tan lotion and bringing-their-own-bikes.

We don't want Bonaire to end up a cheap must-see for tourists and a hell hole for locals like the old city centers of Venice, Barcelona and Amsterdam, the tourists outnumbering the locals by the millions. (Well, OK, in Barcelona they found the ultimate solution to decimate tourism...)

The small number of people profiting from tourism do not compensate for the annoyance the thousands of ignorant sailor boys and girls cause among the 'normal', the 'suffering' rest of the island population. I say: tax the hell out of them..

- Gijs Borsten



### WORTHLESS SIGNS

Dear Editor:

Here's yet another monument to ignorance from our arrogant friends at Chippie who feel compelled to pepper our landscape with their trash.

Between Chippie and our buddies at Digicel they claim the the largest collection of worthless and annoying signage on Bonaire.

Are these people so narcissistic they feel the on going need to demonstrate their important presence to a population that is weary of the propaganda.

Rather than subjecting us to unwanted solicitation as we go about our shopping efforts, they could be compelled to apply the same resources to cleaning up their unsightly mess.

-Brian McCarley



# On the Island Since... 1994 and 2007 – Mireya Marmol



Mireya Marmol and her son, Victor



Mireya and Victor while a customer checks out the products.

“The first time I came here,” Mireya explains, “was 1994 because my ex-husband was transferred from Venezuela to Bonaire. He was doing all the inspections for BOPEC. At the time I was a housewife and I didn’t have a work permit. I loved the island; it was quiet – many donkeys, few people and hardly any cars. I came from Maracaibo, a big city, so it was a big change. But I had three small kids and it was just wonderful for them to grow up here and enjoy every bit of the island. Then I got divorced and went back to Maracaibo in 2000 with the children who were six, 10 and 14.

From Maracaibo the children and I moved to the States for four years. Then in 2005, I came back from Miami to live in Curacao where my brothers were, and I opened a souvenir shop. On Curacao I met Erik (Niels) again. We’d met once on Bonaire when I lived there, but we hadn’t seen each other until that day on Curacao. When Erik had an opportunity to work on Bonaire, we came together in 2007. We started working for an oil inspection company and after some time I quit the job.

Erik and I got married in 2009, I’d bought Exito and made some changes, but in the end I sold it back to the owner. I always wanted to have a café, but the right conditions weren’t there yet.

Three years ago my son Victor and I talked about setting up a café with products from Venezuela, like cacao and chocolate and everything related to coffee. It planted the seed for what I wanted. At the time Victor was working in Ohio for mini-casinos. Ohio turned out to be a pretty special place where supermarkets were working together with the farmers, selling mostly organic, Non-GMO products. I went to Ohio and Victor and I discussed the subject once more and came to the conclusion that it would be a wonderful idea to make a combination between our primary plan and selling unwrapped organic products from dispensers.

As Bonaire has entered a conscious, eco-friendly mindset, we thought this would be the best moment to start. So, after a year of preparation, we opened ‘Peanuts’ the 20<sup>th</sup> of November. I do the products and Victor takes care of the designs and the marketing. Some of our products are 100% organic, others are not, but they are

Non-GMO and we’re working on getting everything organic at reasonable prices. We also provide the source of the products, so the clients know where it’s coming from. We sell dried fruits, grains, nuts, all sorts of beans and flours, many different kinds of rice and teas, couscous and quinoa and coffee, chocolates and dried herbs and hemp, flax, and sesame seeds. Everything is sold by weight. Every morning you can build your own yoghurt with fresh fruits and granola, and we sell arepas, breads and sandwiches. We also make our own non-sweetened juices. We have real fresh orange juice and almond milk and people can make their own pea-

nut butter. We work with returnable bottles, so you only have to buy the bottle once. We’re trying to go completely non-plastic. People can bring their own jars and mugs or we get you a paper cup or wrapping. For now we’re not using straws as we are trying to get biodegradable ones.

Our main aim is to give people the possibility to pay for the product, not for the package as that is what makes it more expensive. No packaging also means that it’s better for the environment, as all foam and plastic used for wrapping ends up at the landfill.”

Victor adds, “I came here with my parents, my brother Frank and my baby sister Ruby when I was four. I was 10 when I left. Then we lived in Miami, Houston and Ohio, but I would come here often for vacations. Now I am back, I’m 26. This is a good place, not many distractions, but it has enough to offer for somebody my age.

To start a business with my mom has been an idea of both of us and it is my challenge! I’ve always been working on a healthy lifestyle- going to the gym every day and being very conscious about food - so for me it makes totally sense to open a fresh-market café like this.”

“What made me decide to stay here,”

Mireya says “was Bonaire itself. I have another daughter with Erik, Jade, who’s going to be 10 in December, and it’s wonderful for her to grow up here. When I lived in Venezuela I wasn’t so conscious about food or the environment, but ever since I came here, I saw the difference between Bonaire and my country. On the beaches in Venezuela I saw all the trash, plastic bottles and bags. There’s no consciousness at all. Bonaire is different because it’s clean. Throughout the years I’ve become more aware about the environment and I taught my children too. And, as you get older, you start feeling the damage bad food and eating habits can

going to get married in Miami and the whole family will gather there for the wedding. We are very close-knit and everybody gets along with everybody, like Lolymer Sanchez, who’s my ex-husband’s sister. She’s still part of our family. My ex-husband and his wife have a daughter who is the same age as my daughter with Erik. These two girls came to the conclusion that they are sisters, because they share the same siblings. So, when I am not working, I am with my family. I love going to the beach, anything that has to do with getting out of the house and the routine! I love simple things like going for a ride, seeing nature. It makes me happy.

The island has changed a lot since I first came here. It’s more crowded, but in a way I like it because it brings more opportunities for all of us. However, I don’t think we can handle more people at this point because you already feel it in the traffic. The roads are collapsing. By the way – I loved the initiative people took the other day by putting flowers in the potholes to draw attention to the problem. Maybe one day we can handle more people, but first they have to take care of the roads and the infrastructure.

My vision for Bonaire is not so different from what it is now. It is a spectacular island as it is, but I also feel there are more opportunities and people should learn to appreciate competition. It’s good for the clients. If you work hard and don’t give up, you can really accomplish something. People should learn to be open for new things and young people who leave to study or work abroad should return with a fresh and open mind and plenty of ideas to put into reality here. By doing so they will create jobs and opportunities for others. Bonaire has numerous challenges which people can turn into a success and I would say to all those people who are thinking about it, ‘Go for it, make it happen.’ ■

Story & photo by Greta Kooistra



**“The island has changed a lot since I first came here; it’s more crowded... you already feel it in the traffic. The roads are collapsing!”**

# Grow Our Own Food



Animal feed harvest Photo Gijs van den Heuvel

If the proper conditions are met, Bonaire can produce up to 40% of its own fruit and vegetables, says the Plattenlands-development program (POP). Growing almost everything is possible on the island, but watermelon, spinach, tomatoes, papaya, pumpkin, herbs, lettuce and okra would be best for a start.



Sherwin Pourier and agronomist Jan Jaap van Almenkerk

The production of more locally grown food is in the spotlight due to a study by the Ecorys agency of the causes of high food prices in the Caribbean Netherlands. One of the recommendations was to stimulate the island's own food production to reduce dependence on imports. The government in The Hague has adopted this recommendation and is in discussion with the local governments. Old timers on the island can recall the days when this was a normal part of island life,

Project leader Sherwin Pourier and agronomist Jan Jaap van Almenkerk believe local food production can be a reality on just one hectare (2.5 acres) of land... as long as sufficient water is available.

POP's plan is to start growing crops at the LVV agricultural center on Lagoen Road which has a water purification plant nearby. There is a two-hectare plot ready for fruit and vegetable growers to begin. "The plan is on paper, but the money is still missing." For some years now, animal feed has been grown on the site as a pilot project for goat farmers, another project from POP. A lot of things have to be done before commercial vegetable cultivation can start. A pipeline must be laid from the purification plant.

The pilot for animal feed production was a success. Feed is harvested throughout the year. If the food plan comes off the ground POP is optimistic about the opportunities. "Now 99% of the vegetables come from abroad. We think we can produce 40% of the local market here. That would be very nice. You cannot grow everything here," said van Almenkerk, "cauliflower and potatoes you will have to keep importing." □  
Press release

# Picture Yourself With The Reporter in Cincinnati, Ohio, USA



Howard and Kim Harrison from Sand Dollar; wrote, "I'm trying to keep up with Allen Zale for appearances in Picture Yourself. This was taken in front of the Great Wolf Lodge where we spent a week with our grandkids. It's located outside of Cincinnati, Ohio. The Great Wolf Lodge is family entertainment facility with games and an indoor water park.. ■

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# Sanikolas Arrives!

Sanikolas and his *Swartepieten* (Black Petes), arrived by tugboats at the main pier last Saturday, November 25, greeted by an enthusiastic record-breaking crowd: kids of all ages, parents, grandparents, tourists. The *Swartepieten* danced, threw candy, cavorted, hugged kids and made everyone laugh. The *Pieten* arrived in Bonaire in black face, by popular demand, despite the controversy going on in The Netherlands where some feel the *Pieten* should be "dusky," not black. As well, the *Pieten* in Bonaire seem to be different from those in Holland, where children fear them. Who can blame the kids when they're told if they're bad they'll be put in a sack and taken to Spain! In Bonaire we see nothing but friendly *Pieten* who spend a lot of time throwing candy, posing with the crowd and giving hugs!

Sanikolas and his retinue slowly made their way up in a "train" to the Telbo parking lot, a new venue this year to accommodate the bigger crowds, where there were all kinds of activities: face painting, bouncers, food and drink, Tio Pepe, Dance Sensation, Casa de Musica and Lito of MCB.

Later in the week Sanikolas and his *Pieten* went through town, spreading joy and fun to the hospital, the old folks home, businesses and other groups. They traditionally arrive at the end of November every year. Don't miss them! ■ L.D.



Santa and helpers arrives aboard a tugboat



"Girl Power" Pieten (plus one guy at right) with Ava Rose Wuyts

## ADVENTURES OF "BAKABOE"

Hey y'all, my name is Blake the bull, also known as "BakaBoe" on Bonaire. I am a rescue animal and I was fostered by my human mom and rescue dog brothers and sisters. I survived, yeah, and am now living on a farm with my new cow-girlfriend and many more farm animals. Let me tell you my life story and new adventures.....

For starters, I suspect I am in cow heaven. When I was born, now almost one and a half years ago, my cow mom was ill and she couldn't feed me or take care of me. After my first day of life I was dehydrated and became very ill. The next day a man came to pick me up. The other cows told me I was going to cow heaven and said their good-byes. It was dark when I arrived at cow heaven. I was very weak and couldn't stand on my four feet. I felt

(Continued on page 14)



Bakaboe enjoying delicious milk



Bakaboe with his "brothers"

## BEST CARE ZORGWINKEL



Soon in our new home

The island's health care foundation offering products and services for sale and rent: hearing aids, special food products, diapers, diabetics, disability aids, impaired vision devices, wheelchairs, walkers, crutches, electric scooters, patients beds and more. Cooperating with Bonaire's health care insurance

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# Good Food = Good Mood

Is there a connection between feeling good and the foods we eat? Do some foods make us feel grumpy? Is it possible to plan a diet for a good mood?

## Carbohydrate = Glucose = Brain Power

The ability to concentrate and focus comes from the adequate supply of energy – from blood glucose – to the brain. In fact, the brain uses 20% of all energy needed by the body! Glucose is also vital to fuel muscles and maintain body temperature. The glucose in our blood comes from all the carbohydrates we eat: fruit, vegetables, cereals, bread, rice, potatoes, sugars and lactose in milk. Eating breakfast and regular meals containing some carbohydrate ensures you will have enough glucose in your blood. Healthier sources of carbohydrates include whole grains, vegetables, fruits, legumes and lower fat dairy. These are an important source of nutrients as well, such as calcium and B vitamins. Not having enough glucose in the blood (hypoglycemia) makes us feel weak, tired and “fuzzy minded.” This may happen when we don’t eat enough carbohydrate-containing food, and is a particular risk for people with diabetes and people doing extreme exercise. It can also happen with people following very restrictive diets.

However, although glucose ensures good concentration and focus, once your blood glucose is

within the normal range, you cannot further boost your brain power or concentration by increasing your glucose levels! And if you consume some carbohydrate foods, additional sugary “energy” drinks are not needed and not helpful.

## Comfort eating

There is a messenger chemical in the brain called serotonin, which improves mood and how we feel. Serotonin is made with a part of protein from the diet (tryptophan), and more of this may get into the brain when carbohydrate-rich foods are eaten. This suggestion has been used to explain “carbohydrate craving” – eating sweet, comfort foods to boost mood. There is not enough research to show that eating lots of tryptophan or eating a lot of carbohydrates can really support mood improvement in humans. But it may be that not consuming adequate amounts of carbohydrate (for example through a high protein/high fat diet) leads to low moods.

## Caffeine and the “drug-effect”

Caffeine, found in coffee, cola and energy drinks, is often called a “drug:” it acts as a stimulant and can improve the feelings of alertness and counter the effects of fatigue. Too much caffeine, particularly in people who are not used to it, may cause the adverse effects of irritability and headache. Such symptoms also occur with caffeine withdrawal in people used to lots of caffeine.

## Vitamins and Minerals - effect on mood and what foods can help

When you don’t eat enough nutrient-rich foods, your body may lack vital vitamins and minerals, often affecting your energy, mood and brain function. You should aim to get your vitamins and minerals from eating a healthy, balanced diet with plenty of fruit and vegetables but in certain circumstances or for certain people, supplements may be beneficial.

## A few examples of how missing some vitamins/minerals can affect your mood, and what you can eat to replenish your body:

### Missing vitamin/minerals:

**1.Iron:** This results in low levels of oxygen carrying hemoglobin in the blood, resulting in the condition anemia.

**Effect on mood:** Feeling weak, tired and lethargic all the time.

**Foods which can help:** The risk of anemia is reduced with adequate intakes of iron, particularly from red meat, poultry and fish, beans and fortified cereals.

**2.Thiamin B1, Niacin B3 or Cobalamin B12 (all B vitamins)**  
**Effect on mood:** Tiredness and feeling depressed or irritable.

**Foods which can help:** Fortified foods including wholegrain cereals, animal protein foods such as meat/fish, eggs and dairy.

### 3.Folate

**Effect on mood:** Increased



chance of feeling depressed, particularly important in older people.

**Foods which can help:** Folate is found in liver, green vegetables, oranges and other citrus fruits, beans and fortified foods such as yeast extract (marmite) and fortified breakfast cereals.

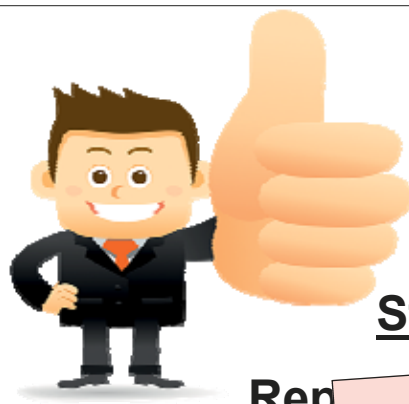
**4.Selenium**  
**Effect on mood:** May increase the incidence of feeling depressed and other negative mood states.

**Foods which can help:** Brazil nuts, meat, fish, seeds and whole meal bread.

**So does food affect mood?** There are many ways that foods can affect how we feel, just as how we feel has an influence on what foods we choose. Some of the mood/food effects are due to nutrient content, but a lot of effects are due to existing associations of foods with pleasure and reward (chocolate) or diet and deprivation (plain foods). Some foods also have religious, eco-

nomic and cultural significance, which will influence how we feel when eating them.

**Summary**  
Feeling good comes from a diet that provides adequate amounts of healthy choice carbohydrate at regular times to keep blood glucose levels stable, and eating breakfast is a sensible habit. Diets should also contain a wide variety of protein and vitamin and mineral containing foods to support the body’s functions. As a rule, plenty of fruits and vegetables and wholegrain cereal foods, with some protein foods, including oily fish, will support a good supply of nutrients for both good health and good mood. □  
*Lucinda van der Ward*



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# Dania Art Competition

Since September there has been a Winfred Dania Retrospective Art Exhibition at Kaya Amsterdam #23, presented by Mr. Peter van de Mosselaar, a philanthropist. The late Winfred Dania was one of Bonaire's most famous contemporary artists and was also known as the "Van Gogh of Bonaire."

The exhibit has been open for free to visitors since then. In September and October students from the primary and secondary schools also visited the exhibit. It was the idea of Peter van de Mosselaar that the students receive a copy of Winfred Dania's last painting that he had not finished, with the assignment to use their creativity and impressions received from the exposition and finish the painting in a manner they thought Winfred would have approved of.

As a result there were about 200 entries from the primary and secondary schools of Bonaire. A selection committee chose 33 paintings and from these a jury voted to select the first 10 finalists, five from each primary and secondary school. Then there was a final round where the first, second and third were voted on. The winners' drawings were then framed in gold, silver and bronze respectively. They received gift checks respectively of \$25, \$50 and \$75 to buy art supplies. All 33 paintings will remain on exhibit until the end of the exposition on December 31..

It is the intention to organize a competition every year to commemorate Winfred Dania. The department of Culture (SKAL) will scan all entries. The transportation to the exposition was sponsored by the project for Children's Rights and they, together with SKAL, will sponsor a painting workshop for 12 students from the pool of winners, finalists and "selected."

**WINNERS (note: some students only wrote their first name)**

#### Primary Schools

1. Marieke v.d. Linde Aquamarine
2. Nicole Schrijver Aquamarine
3. José Falcon groep 8 Skol Amplo Papa Cornes

Secondary school (Voortgezet Onderwijs) V.O.

1. Bonnie Roefs V4

2. Kelly Schrijver Mavo 3
3. Qhyzhanne Martines V4

#### FINALISTS

##### Primary:

Jedapearl van KKBW  
Anyibell van KKBW groep 6B

##### Secondary:

Maria Luisa Troncon  
Jaeden Crestiaan V4

##### Selected:

##### Secondary - Liseo SGB

Kaylee de Jongh V4  
Amber ?

Camila DeAnda V4  
Tyrick Pourier V4  
Brandon Schreiner V4  
Germainy Ramackers V4  
Gianni ElHage  
Deyamira Verolme V4  
Shardae V4

##### Primary:

##### Kolegio Kristo Bon Wardador

Daiymeriantely KKBW  
Lizhaina KKBW  
Andrea Minuti 7a KKBW  
Anna 7a KKBW  
Shary Anne Mersera 8a KKBW  
Hiaventely Melaan 8a KKBW  
Pamela KKBW  
Rutson KKBW

##### Skol Amplo Papa Cornes

Loisgarny Alfonso 8a SAPC  
Nathan Susana 8a SAPC  
Joel Thomas 8a SAPC

##### Kolegio Strea Briante

Ezjelmar Martijn Strea Briante  
Samantha Molina Strea Briante

##### Aquamarine

Sara de Jeu Aquamarine

##### Jury members were:

Mr. Norwin "Nochi" Coffie - Artist and cultural agent at the Department of Culture, Art & Literature of Bonaire "SKAL"

Mr. Timotheo Silberie - Director of SKAL

Mr. Christopher Frans - Acting Head Department of Education & Culture at the government of Bonaire & Project Coordinator UN Children's Rights

Mr. Peter van de Mosselaar - Philanthropist & Owner Exposition Winfred Dania



The finalists artwork framed and displayed



The winners

Ms. Mikki Eliens - Art teacher, the Netherlands

Mr. Freek Strating - Art Restorer, the Netherlands

Ms. Yvette Anthony - Foundation for Arts & Culture Bonaire

Ms. Julietta Coffie, Artist & museum guide

Ms. Liliane de Geus, Coordinator Exposition Winfred Dania  Story by Liliane de Geus, M.A., M.Sc./ L.D.

**Note: The Exhibit will remain open until Sunday, December 31.**

Wednesdays through Sundays, 9am-2pm, 4-8pm. Entrance is free.



Peter van de Mosselaar

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# Sports Weekend Coming Up

Bonaire Water Front Events presents an action filled Sporting Weekend **Saturday and Sunday, December 16 and 17. There will be no shortage of action and fun!**

Budget Marine began this initiative last year with a triathlon and sailing races. This year it is expanding into much more.

Last month, the 50<sup>th</sup> Regatta saw the first return of the historic Boto Piskado, fishing boats from the days of sailing. To continue the momentum, Saturday afternoon and Sunday will kick off the weekend with a **Sailing Regatta**, including not only the Boto Piskado, but Optimist, Sunfish, micro boats, wind surfers and more. The action will be in front of the Kas di Regatta. The sailing will primarily be between there and Klein Bonaire so that everyone can enjoy the sights of the boats in the bay. Tents, music, BBQ and bar will also be present to entertain!

Later that evening at 5:15 there will be a **5k Run** chased directly by the **Santa Hat Walk**. This weekend is dedicated to the efforts of restoring and making a sustainable future for the Boto Piskado. The proceeds from the main events of this weekend will all go to the restoration project. The 5k run will begin at the Kas di Regatta and will go towards town, then across by Kaya Carlos Nicolas to Budget

Marine, continue on Kaya Djabao to Kaya Amsterdam, at the circle back towards town, then along the waterfront and finish at Kas di Regatta.

Moments after the runners depart, the walkers will follow behind with Santa hats and maybe even some costumes. There will be prizes for great costumes so dress for success! The group will be led by a truck with music to keep everyone energized.

Sunday morning at 7:45 the **Budget Marine Triathlon** will begin. There are two distances, a **Sprint Distance** which is 1/8<sup>th</sup> of a full triathlon and a **Mini Triathlon** being half of that. Either competition can be done as an individual or a team (2 or 3 person teams welcome). The Sprint is 750m swimming along the shore, 20k bike, taking 4 laps of the route of the run and walk the evening before and a 5k run following the same route for one lap. The mini will do half the swim, two laps of the bike route for 10k and a 2.5k run to town, back to the top of the waterfront and finish at Kas di Regatta.

The **Sport Festival** will be expanded by Indebon this year to include sport clubs and fitness activities groups who would like to participate. The various activities can showcase their sport and let you know when they train and how to join. Creating



The Fishermen's Class boats will race

an audience gives the perfect opportunity to have loads of fun activities for fund raising as well. Clubs will have tents set up to sell things, offer games and races, present shows, food, and other entertaining activities along the boulevard. Did you know you could play field hockey on Bonaire? Athletics has more than only running? Jong Bonaire has more activities than you can list here? What is Indebon? Industry of Activity is not only for kids... swimming, water polo, Judo, Karate and more will be there to show you what they have to offer.

The clubs will also pre-sell **BBQ tickets** to benefit their own clubs, so look out for tickets. Budget Marine will also have tickets available to benefit the Boto Piskado project. To make the festive atmosphere, there will be DJ and live music during the day ending with RPM Live!



Will they win again?

It is not too late for clubs to join. Email [bonairewaterfrontevents@gmail.com](mailto:bonairewaterfrontevents@gmail.com). To participate in the other events, sign up at [bonairewaterfrontevents.com](http://bonairewaterfrontevents.com) or come to Budget Marine, Kaya Neerlandia 21. □

Pam Tietel

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TRIATHLON

SUNDAY 07:45

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Short: 350m Swim / 10k Bike / 2.5k Run

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SUNDAY 10:00

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# A Garden? Just Do It

NATURE SURPRISES ... WELLNESS TEA



Yerbihole (Bonairean basil),

**E**nd of the year. After a whole year of hard work we are tired. The body is in need of rest, but with our stressful life nowadays we're not able to put a blanket over the body and sleep for days. But in nature that is just what some animals are doing. They dig a hole and sleep there until the body feels strong and relaxed again.

When a body doesn't get all its needs in time, it gets sick easily. Flu and colds are the most common sicknesses around the end of the year. These viruses and bacteria can quickly spread around and before you know it you may catch one of them.

It's good to say that nature is on our side when we're lying in bed with fever, pain, coughing and a runny nose. There are a lot of plants growing easily on Bonaire which can support the body to get rid of problem.

Here is a combination of plants which I call the BIG FIVE.

**Yerbihole** (Bonairean basil), **Malva** (wild oregano), **Bislips** (this is the Bonairean name. I don't know the common name but it is a kind of oregano. Just ask locals for Bislips), **Lemon Grass** and **Ginger**. I have all of them in my garden.

### Wellness Tea Recipe

When you have a cold or flu, just pick some leaves from each of these plants and take a piece of the ginger root. Rinse all, cut ginger in small pieces, put all together in a teapot. Pour hot water over, add some lemon drops and honey and let it sit for about 20 minutes.

You can drink this tea the whole day as much as you like, the whole time you feel sick. And it's even better to drink it a few more days after the body feels good again. It's not only helping to fight against the sickness but it's also a good remedy to build up the body again.

These herbs have high concentrations of minerals and vitamins; they protect

and heal. I have had such good experiences with this remedy, and my neighbors always pass by for tea and plants when the flu goes around.

These plants can grow in pots as well as directly in your garden. **Bislips, Yerbihole and Malva** grow easily and iguanas do not eat them (well, not in my yard). Just break pieces of the stems and plant them in soft soil or in pots. Yerbihole needs more water than the others. All of them like part sun and part shade. A good place to put them all is around your *beerput* (septic tank). They grow easily with each other.

Ginger grows best in big pots in black soil mixed with other dirt or compost.

Lemon grass is another story. It does not grow easily. Take root pieces and let them stay a while in water to get new roots, or just plant each one in soft black soil in a pot. Put them in the shade and water every other day. Don't let the soil get dry. If you are lucky, after a while you'll notice the plant is growing. If not, try again. It can grow in the yard because it can become very big. But it needs a lot of water, so you need to keep an eye on it.

Besides this combination tea against "end of year" sicknesses, just a cup of tea with any one of them or in another tea combination is also possible.

You can also add these herbs to *stobas* (stews), salads or wok vegetables. Lemon grass, Bislips and Malva are also delicious in soups, and Yerbihole and Ginger can be added fresh to different recipes. There is so much to do with them.

So make sure you have these great herbs in your garden. You will need them soon. Just do it! □

Story & photos by Angliet, Nature Lover



# Tree Planting Days

**L**ast Friday, November 24<sup>th</sup>, STINAPA celebrated the 9<sup>th</sup> Tree Planting Festival (*Festival di Planta Palu*). Students of grade 5 elementary schools planted over 100 trees at the entrance of the Washington Slagbaai National Park.

Schools participating: Pelikaan School, Kolegio Rayo Di Solo, Kolegio Kristu Bon Wardador, Kolegio San Luis Bertran, Kolegio Papa Cornes, Kolegio San Bernardo, Kolegio Strea Brianta.

And on the next day, Saturday, 15 Echo volunteers planted 800 more trees in the Washington Park Conservation zone. The trees got a good start due to the rain. □

Press releases



Echo/STINAPA photos

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# What's Happening

## BONAIRE'S MUSEUMS

- **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, 717-0423, 780-4327
- **Bonaire Museum**—on the waterfront at the old Kas di Arte, Kaya Kachi Craane #34. 717-8868. Monday-Friday 9am-noon, 2-4pm. Free
- **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
- **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.
- **Yana's Fine Art Museum at Lagoen Hill 19-** Call for appointment: 599 785-5002. Free entry.

## 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. Entry fee based on income level.
- **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 2017: [stinapabonaire.org/events](http://stinapabonaire.org/events)
- **Saturdays**
- **Marshe di Playa (Bonaire Duodero)-** Every Saturday, 8am-1pm, near Warehouse Bonaire, locally made and grown products.
- **Marshe di Kunukero (Farmers Market) at Kriabon-First Saturday of the Month.** Kaminda Jatu Baco #55, next to Aquamarin School, 8am-12noon
- **Monthly Cultural Market at Man-**

gazina 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

### 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.

• **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

### CLUBS and MEETINGS

• **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 welcome. For more information call 510-0710.

• **Rotary** lunch meetings **Wednesdays**, 12:15-2 pm - Divi Flamingo

## Cruise Ships

Date Day	Day	Ship	Time	PAX
Dec. 4,	M	Eclipse	0800-1800	2858
Dec. 5,	T	Monarch	0700-1800	2744
Dec. 5,	F	Reflection	0700-1500	2858
Dec. 6,	W	Royal Princess	1200-1900	3600
Dec. 6,	W	Crown Princess	0700-1700	3150
Dec.10,	Su	Sliver Muse	1300-2300	596
Dec.11,	M	Crystal Serenity	0900-1700	1070
Dec.11,	M	Mein Schiff 3	0700-1900	2500
Dec. 12,	T	Adventure of the Seas	0700-1700	3114
Dec. 12,	T	Sliver Wind	1300-2200	294
Dec. 13,	W	Navigator of the Seas	0700-1700	3114
Dec. 13,	W	Aida Diva	0700-1800	2194
Dec. 15,	F	Koningsdam	0800-1800	2650
Dec. 16,	Sa	Royal Princess	1200-1900	3600
Dec. 16,	Sa	Sea Cloud	0800-2200	98
Dec. 17,	Su	Adonia	0800-1900	777

No Cruise ships on the following days:  
Dec. 7, 8, 9 (Thursday-Saturday)  
Dec. 14 (Thursday). Enjoy our island!!

Two Cruise Ships on days in bold highlighted

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 Crusita de Palm at 786-3827 or Lucia Martinez Beck, at 786-2953.

• **General 12-step meeting (AA, NA, CoDa etc.)**

• Every Wednesday at Bonaire Basics, Kaya Korona 47. Starts at 19.15, ends at 20.30, walk in from 19.00. For more information, email: [12stepbonaire@gmail.com](mailto:12stepbonaire@gmail.com)

### CHURCH SERVICES

• **The Church of Jesus Christ of Latter-Day Saints** –Kaya Sabena 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. Debrot. 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.

### EXHIBITIONS

— **Coral Restoration Exhibit-** Terramar Museum

— **Stormvogel Salute to the Sailors** maritime photo exhibit, Plaza Resort, sponsored by Bonaire Marine Heritage Foundation and the Prins Bernhard Cultural Funds.

— **Yana's Fine Art Museum at Lagoen Hill 19-** Call for appointment: 599 785-5002

— **Winfred Dania Exhibit**— Kaya Amsterdam 23, next to KVK. Hours Wed.-Sunday 9am-2pm, 4-8 pm. Free. Closes 31 December.

### CLOSE IN EVENTS

**Wednesday, Dec. 13**—Geminid Meteor Showers—page 15

**Friday, Dec. 15**—Kingdom Day—Holiday

**Saturday, Dec. 16**—*Christmas Shopping Night* 6-8pm, Kaya Grandi Stores open late.

**Saturday, Sunday, Dec. 16, 17**—Walk, Run, Sail, Triathlon Event. See more on page 10

**Saturday, Dec. 16**—Seniors Dinner. Asking for donations \$25 per person. They are expecting 220 persons. Contributions to ANASA Consultancy & Services EZ at RBC Bank account 8400000900022387 -Donation Dinner Senior December 16, 2017

**Sunday Dec. 17**—Juventus Christmas Walk, start at north entrance of Coco Beach at 5:30 am \$10 Santa hat included

**Saturday, Dec. 23**—Nos Zjilea at Mangazina di Rei. 8am-2pm

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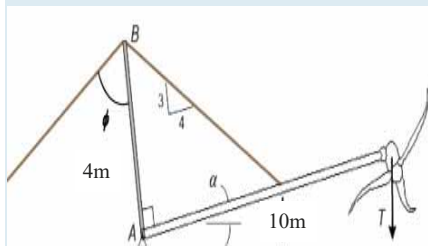
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Day	High	Low	High	Low	High	Sunrise	Sunset
Mon 20	14:13 0.93 ft	23:35 -0.12 ft				6:35	18:07
Tue 21	14:51 0.92 ft					6:36	18:07
Wed 22		00:07 -0.13 ft	15:28 0.90 ft			6:36	18:07
Thu 23		00:35 -0.13 ft	16:05 0.88 ft			6:36	18:07
Fri 24		01:00 -0.12 ft	07:55 0.46 ft	10:36 0.44 ft	16:43 0.85 ft	6:37	18:07
Sat 25		01:23 -0.11 ft	07:54 0.50 ft	11:54 0.43 ft	17:21 0.80 ft	6:37	18:07
Sun 26	First Quarter	01:44 -0.09 ft	08:04 0.56 ft	13:06 0.41 ft	18:01 0.73 ft	6:38	18:07
Mon 27		02:04 -0.07 ft	08:23 0.64 ft	14:16 0.37 ft	18:44 0.64 ft	6:38	18:08
Tue 28		02:25 -0.05 ft	08:47 0.73 ft	15:28 0.32 ft	19:31 0.54 ft	6:39	18:08
Wed 29		02:46 -0.03 ft	09:18 0.84 ft	16:43 0.25 ft	20:25 0.42 ft	6:40	18:08
Thu 30		03:10 -0.01 ft	09:55 0.95 ft	17:58 0.15 ft	21:32 0.31 ft	6:40	18:08
Fri 01		03:38 0.01 ft	10:36 1.05 ft	19:09 0.05 ft	22:54 0.22 ft	6:41	18:08
Sat 02		04:11 0.04 ft	11:23 1.13 ft	20:13 -0.06 ft		6:41	18:09
Sun 03	00:31 0.18 ft	04:51 0.08 ft	12:13 1.19 ft	21:10 -0.16 ft	Full Moon	6:42	18:09
Mon 04	02:10 0.18 ft	05:42 0.13 ft	13:07 1.22 ft	22:02 -0.24 ft		6:42	18:09



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# ANIMAL SHELTER NEWS

Keep pets safe this  
**Holiday  
Season**



## A SAFE HOME FOR THE HOLIDAYS

Animal Shelter Bonaire is so pleased that 31 of our residents found their forever homes in just the last two months! Between October 1 and November 30, 14 dogs and 17 cats were placed in loving families...that's about one adoption every other day! **As of November 30, a total of 270 former Shelter residents found families and individuals to call their own.** Goal for next year....365 days....365 adoptions!!

With 31 adoptees that will have a "home for the holidays", it's a good time to inform new pet owners and remind seasoned pet owners about holiday risks for pets. Many of the things that bring joy to humans during the holidays can also pose a danger to our furry friends. Here is a list of 10 common holiday pet hazards. Some of the items may surprise you.

**1. Chocolate.** As tasty as chocolate can be for us, it can be plenty dangerous for our pets.

**2. Alcohol.** It's unlikely any household guest would dare give your pet a sip of their alcoholic drink, but they may not think twice about a piece of rum cake. Pets may also inadvertently become poisoned if they eat any unbaked bread dough. The stomach acts as an artificial oven that can metabolize the yeast into ethanol and carbon dioxide, causing the animal to bloat from the excess carbon dioxide and suffer from alcohol poisoning from the ethanol.

**3. Grapes and raisins.** Grapes and raisins are other common hazards for pets. Candied raisins found in fruit cake or grapes could spell bad news for your pet.

**4. Medications.** You may be cautious when it comes to pet-proofing your house, but once guests arrive things may change. Guests often leave open suitcases on the ground, where pets can easily get into prescription medications.

**5. Tinsel.** Anyone who has a cat needs to really watch out when using this decoration around the house. Tinsel is thin and sharp and can easily wrap itself around the intestines or ball up in the stomach once ingested.

**6. Xylitol.** Xylitol is a sugar substitute found in some sugar-free candies, gum and recipes. When ingested by pets, xylitol can cause vomiting, loss of coordina-

tion, seizures, and in severe cases, liver failure.

**7. Plants.** Mistletoe and holly are two of the more toxic holiday plants to pets, causing severe gastrointestinal disorders, breathing difficulty, even heart failure in extreme cases. Lilies, Amaryllis and Daffodils are also quite toxic to pets. Poinsettias can cause nausea and vomiting.

**8. Liquid Potpourri.** This can cause severe damage to your pet if ingested. Cats are super curious about simmering potpourri and may drink the liquid which poisons them. It also contains a cationic detergent, which is corrosive and can cause burns on a pet's tongue, difficulty breathing, and even excess liver enzymes.

**9. Holiday Ornaments.** Although not poisonous, many ornaments have sharp edges that can cause perforations and lacerations to pets that try to chew on the decorations. Please safeguard them for the sake of your pet.

**10. Electrical Cords.** Christmas is lights, lights, and more lights — along with electrical cords. Curious puppies and kittens are most intrigued by the wiring and so most in danger of burns or fluid accumulation in the lungs associated with electrical shocks. Take care where you place electrical cords and outlets, and when possible, place them out of reach from your pets. **Story by Jane Madden – Disko**



## Pet Of The Week

REGGAE



"You're only as old as you feel!"....that's Reggae's motto. You'd never guess that Reggae is six years old, which in dog years, based on his size and mixed breeds, is about 45-47 human years.

He's considered a "senior" dog. But you'd never know it from the way he acts. Reggae loves to play fetch, throw around his toys and run like a young pup. He just loves to play...with humans, other dogs...or just by himself. And he loves attention and affection. Despite his playfulness, Reggae will also make an excellent dog to watch over your family and home. He would be a great companion for a family who wants a "real" dog to play with and to love.

You can meet Reggae at Animal Shelter Bonaire, Kaminda Lagun 26, Monday through Friday 9 a.m. - 12 p.m. and 3-5 p.m., Saturdays 9 a.m. - 3 p.m. nonstop. Visit their website <http://www.animalshelterbonaire.com/> to donate or watch the live cat cams. **Story by Jane Madden – Disko Photo by Luvinia Rodriguez**

*Bakaboe (Continued from page 7)*

pretty miserable, but the cow heaven nurse was like an angel. She stayed with me the whole night and was very sweet. She gave me fluids and medication through a tube and it took a long time before I could stand up again. I can't even remember anymore how many days or weeks it took. What I still can remember is the day when I woke up and smelled the milk. Yeah, I was hungry again. The cow heaven nurse angel was sitting in front of me with two big bottles of milk, and it was delicious!

After more bottles of milk, medication and days passing by I found out I had really funny looking cow brothers and sisters. They were all different colors and sizes and made strange sounds but they were very funny and great to hang out and play with. They told me the nurse was also our mom. She also gave us really cool names! We all sounded like rock stars: my best buddy Bruno (like Bruno Mars), my best girlfriend Jesse (like Jess J) and many more. And of course my own name Blake, like Blake Shelton, the country singer from the Voice! OMG he is so cool and we watch him all the time with mom when the Voice is on TV. We all love it!

And yes I know now that I am Blake, the sexiest man alive, Moeemoe! This cow-heaven life was so amazing! Until the day my older grumpy sister Nena came up to me and told me she had news for me. (Nena was named after this German singer. I don't know this singer but apparently she was famous singing about balloons). Nena is very pretty, so smart and awesome. She knows many tricks and funny behaviors, the things I also want to learn. I look up to her and I really, really try to make her feel special, but I have a feeling she doesn't like me that much nor do I just not fit in her life.....?

Was it true what she told me that day.....**I am not in Cow Heaven??**

**Story & photos**

by Nathalie Peterson



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## SUPERMOON AND GEMINIDS

Did you see the "Supermoon" on December 3? It was the closest it gets to Earth, 221,000 miles away. But did you notice a super difference from the moon on previous nights. Probably not.

But what if we compare a Supermoon to a puny moon – a full Moon that is farthest from the Earth? The next, puniest full Moon will be on July 27th, 2018. If we put this puny Moon next to this year's Supermoon...there would be a noticeable difference. The puny moon will be over 251,000 miles away! That's 30,000 miles farther than the 2017 Supermoon.

This makes the diameter of our Supermoon appear 14% larger than the puny Moon and, in total, makes the surface area 30% larger. So a Supermoon is significantly brighter than your average full Moon. You might not be able to detect the changes day to day, but they are real!

The best time to see the Supermoon in all its glory, is just as it rises in the Sky Park. The Moon always looks larger to us when it's near the horizon. That's called the "Moon Illusion", but... that's a topic for another column.

If you missed the December 3 Supermoon, because *The Reporter* isn't published until the next day, December 4, don't fret, because on that day, December 4th, the Moon will be almost exactly as close as it was on December 3rd. In fact, it'll be less than 1% farther, so you won't be able to tell the difference. It won't be the fullest Moon... Or the super-est...but still great.

But there's a lot more going because this month the famous **Geminid Meteor Shower** will put on a fantastic show. After being washed out by the "Supermoon" in 2016, there will be no moonlight to interfere this year. Mark your calendars for the night of **December 13** when the bright Geminids peak with over a meteor a minute.

What is the Geminid Meteor Shower? The Geminid meteor shower is one of the most active and reliable meteor showers. It is unique because the meteors are visible all night long, since the **Constellation Gemini** arises just an hour or two after nightfall. Most meteor showers require you to wait



Geminid Shower

until midnight for the best viewing.

The Geminids occurs every year from about **December 4 to 16, peaking the night of December 13 into the morning of December 14.** This is the shower's "maximum" or time when the most meteors per hour fall.

The Constellation Gemini is the radiant of the Geminid Meteor Shower, which means that it is the meteor shower's point of origin. The Geminid meteors will appear to fall away from the Constellation Gemini. Geminid meteors can be seen all night long because Gemini rises so early, and Gemini is at its highest point (offering optimal viewing) a little after midnight. Because the **Sun** sets so early in December, the meteor shower is in full swing by 9 pm.

Interestingly, Geminid meteors didn't seem to be associated with a comet until recently. The Geminid meteor shower was thought to be caused by an **asteroid** called **3200 Phaethon**, which was first detected by NASA in 1983. Since then Phaethon has been reclassified as an extinct comet that has lost its outer covering. This helps explain why the Geminids are so bright. They're little pieces of mostly rocky material which take longer to burn up as they fall into the atmosphere.

The Geminid meteors also move more slowly than other meteors like the **Perseids**. The decrease in speed makes viewing much easier. The Geminid meteor shower is also relatively new. All other major meteor showers have been observed for centuries, but the Geminids were first observed in 1862 in Manchester, England. □

Dean Regas & James Albury



# THE STARS HAVE IT

December 2017

**ARIES** (Mar. 21- April 20) Be prepared to encounter new friendships that will provide you with valuable information. You should focus on moneymaking matters and stay away from emotional disputes. You will be full of energy and you need to find something constructive to do. Your ability to help others will win you points. Your luckiest events this month will occur on a Saturday.

**TAURUS** (Apr. 21- May 21) Lending and borrowing may be a problem. You could be blind to the defects of those you love. Your interests could lead you down avenues you never realized existed. Real estate investments will be extremely profitable in the long run. Your luckiest events will occur on a Tuesday.

**GEMINI** (May 22-June 21) You can come into money that you don't necessarily work for. Listen and formulate your course of action. You will be indecisive. Strong willpower will come to your rescue. Bring work home if it will help you get caught up. Your luckiest events this month will occur on a Friday.

**CANCER** (June 22-July 22) Spend some time with the one you love. Pleasure trips will be satisfying. Take your time. Curb your mood swings; they could result in loneliness. Don't spend more than is necessary on travel or friends. Your luckiest events this month will occur on a Monday.

**LEO** (July 23-Aug 22) Your sensitive, affectionate nature will capture the heart of anyone you are attracted to. You may meet that special person if you attend fundraising functions. You will learn a great deal from the foreigners you meet. You should get involved with activities that can be enjoyed by both young and old alike. Your luckiest events will occur on a Saturday.

**VIRGO** (Aug. 23 -Sept. 23) This is a great day to spend with family. Curb your mood swings; they could result in loneliness. Don't be too eager to cut those who have disappointed you from your life. Don't count on correspondence to clear up major problems. Your luckiest events will occur on a Friday.

**LIBRA** (Sept. 24 -Oct. 23) Don't expect support from your mate. Try to channel your energy into physical work. Children will keep you busy. Older members of your family may try to take advantage of you. Your luckiest events this month will occur on a Wednesday.

**SCORPIO** (Oct. 24 - Nov. 22) You may want to have a heart-to-heart talk with a close and trusted friend. You need to concentrate on solving existing problems. You are best to avoid confrontations. You could have a tendency to spend too much on your home or entertainment. Your luckiest events this month will occur on a Thursday.

**SAGITTARIUS** (Nov. 23 -Dec. 21) Make changes regarding your friendships. You can't live your life for others. You need to get involved in groups that offer physical activities. Relatives will be happy that you dropped by. Your luckiest events this month will occur on a Sunday.

**CAPRICORN** (Dec 22.- Jan. 20) Don't overspend on luxury items. Find out all the facts before you jump to conclusions. Make changes to your living quarters that will please the whole family. Try to control your irritability if you're experiencing emotional problems with your partner. Your luckiest events this month will occur on a Wednesday.

**AQUARIUS** (Jan. 21 -Feb. 19) Real estate should be lucrative for you. You will be looking for creative ways to make a little extra cash. Find a quiet spot where you can work diligently and stay out of the way. You can handle situations that require contact with institutions or large corporations. Your luckiest events this month will occur on a Friday.

**PISCES** (Feb. 20-Mar. 20) Take positive action. If you act with anger you may blow the relationship. Based on your excitement, serious-minded individuals will be more than interested in backing your ideas. You have so much to offer; open up and let your thoughts be known. Your luckiest events this month will occur on a Sunday. □

Michael Thiessen

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