

**It's Still
FREE**

BONAIRE Feb. 26-Mar. 12, 2018, Year 25, Issue 5
The REPORTER

P. O. Box 407, Bonaire, Dutch Caribbean, Phone 786-6518, 777-6125, www.bonairereporter.com email: reporter@bonairenews.com

**Running Season
Club S.V. Athene Bonaire
Page 9**



Coaches/Organizers: Obed Martis, Arviena Vis, Lisandra Marchena



The first race begins

Take part in Bonaire's biggest volunteer event, Bon Doet, on March 9 and 10... all over Bonaire. One of the things that makes Bonaire so special is the spirit of its people who are ready to help one another. You can choose a team and/or a job by registering on line at www.bondoet.com. Open to residents and visitors. For more info see the poster on page 10.



Join the Special Olympics Walkathon on Sunday, March 4. Every year Special Olympics Bonaire (SOB) organizes their traditional Walk-A-Thon to raise funds for the athletes to participate at the World Games and other games in foreign countries. You can walk, ride a bike, skate or whatever. Next year our athletes will be participating at the World Games in Abu Dhabi



The Walk-A-Thon will start at 5am sharp at the White Slave Huts, near Pink Beach, and the finish at the Pasadia Kariño at Rincon. The price for the walk is \$15, and thanks to sponsors, includes a T-shirt, water and fruits on the way from the White Slave Huts to Pasadia Kariño and breakfast at the finish. The registration and pick up of the goodies will be on Friday, March 2, from 5 to 7pm and on Saturday March 3, from 10am to 4pm at El Mundo Restaurant. For more information and tickets, see poster on page 10.

Three-quarters of Bonaireans between the ages of 15 and 24, who are not in school, are working. They work full-time, nearly as often as people aged 25 and over, most likely as salespersons. This was reported last week by Statistics Netherlands (CBS).

In 2016, 85% of the young group worked 35 hours a week or more. This compares to 88% among 25 to 44-year-olds and 84% among 45 to 74-year-olds. Seven percent were working part-time between 28 and 35 hours a week. A smaller share, 5%, worked fewer than 12 hours per week. Eleven percent of young people on Bonaire don't have jobs or go to school. In St Eustatius the figure is 26% and 8% on Saba. **Learn more at** <http://jeugdstatline.cbs.nl/Jeugdmonitor/publication/?VW=T&DM=SLNL&PA=20226NED>

►With its relatively affluent population and lack of food production or factories, **it's difficult for Bonaire to get a positive trade balance unless the price of salt skyrockets.** Last year the island's exports were \$11 million, an increase of 25% mainly due to more salt production. However, the island's imports were \$213 million which included machinery, building materials, food, etc. Never before has the difference between import and export been so great, said the CBS.

►**Bonaire's airport (BIA) has new leadership.** Last week **Jurgen R. Benschop**, previously the Chief Operating Officer (COO) at Aruba Airport, was named President Director and **Mario G. Bikker**, with experience in airport operations, named Technical Director.

►**Divi Divi Air announced it launched flights out of Curacao to Aruba on February 15 and operations to Aruba out of Bonaire on February 17.**

The expansion means that Divi Divi Air has now joined Aruba Airlines and InselAir as the scheduled airlines connecting the Dutch Caribbean's ABC islands.

The local airline operates the Curacao-Aruba service 6 times a week, while the flights out of Bonaire are scheduled as once weekly. All flights will be operated with the new Twin Otters. Divi Divi Air does not operate scheduled services beyond the ABC islands.

►**KLM has stopped its cooperation with Insel Air.** Travelers who fly to the Antilles via KLM and then want to travel to one of the other islands must now buy a separate ticket. The reason given is failure of Inselair to meet its schedules.



►**It seems CN Express is flying after all.** Its first direct flight from St. Eustatius to Bonaire on Monday, February 26, will be greeted with great fanfare. The RCN has reached an agreement with Winair for the flight between the BES islands.

Tickets can be booked via the Winair web-

site. www.fly-winair.sx. Two return flights are scheduled per week, on Mondays and Fridays. Finally there is a direct connection between Bonaire and St. Eustatius, and from St. Eustatius to Saba. CN Express flights can save considerable time and cost compared to flights via Curacao to our sister BES islands.



►**Construction of the Time to Smile Chogogo Dive and Beach Resort on the land of the former Sunset (Bonaire) Beach Hotel** (photo above), scheduled to start in mid-year 2017, has finally begun. The 'TIME TO SMILE' formula, a concept of European resort operator TUI, will have **197 apartments**. It will be developed by the Schellevis family, the owners of the Chogogo Dive & Beach Resort on Curaçao and in cooperation with tour operator TUI. The developers emphasize that the beach remains public. The design has been made and is being developed by Jacobs Architects.

►**The Bonaire harbor tugboat Indusbank that caught fire last month is still afloat and remains tied to a pier.** From dockside it looks fine, but below it is a total loss. The fire and explosion destroyed the engine room and equipment. Expectation is that it will be towed to Curacao and scrapped. **The cost of cleaning it up and sinking it to become a dive site is very high.**

►**The 'emergency' repairs to the south pier have begun.** The pier behind the customs office will be lowered so that the RO / RO ships like the Don Andres can load/unload with more ease. Two new strong bollards will also be installed to better handle the mooring of larger ships.

Demolition work will begin first. Since demolition work is very dangerous the central pier will be temporarily closed to the public which will limit parking options for at least

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How to contact us

Find Bonaire Reporter on Facebook. Press "Like"

The Publisher: George DeSalvo
George@bonairenews.com
Phone 777-6125

The Editor: Laura DeSalvo
Laura@bonairenews.com
Phone 786-6518
Box 407, Bonaire, Caribbean Netherlands

Story, tip, question or idea:
info@bonairenews.com
Phone 777-6125

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Flotsam and Jetsam (Continued from page 2) the next three months in the area around the pier.

- ◆ The area in front of the center pier and next to the customs office is only for tour operators during the cruise ship days.
- ◆ If there are one or more cruise ships, security guards will close the area for through traffic in the morning until 4 pm.



► **Wondering what happened to the Coast Guard employee** who assisted the illegal entry of the man and his confederates who invaded a Bonaire home and killed **police officer Ferry Bakx**? He appeared in court last week. The Public Prosecutor has demanded 12 months in prison for the 57-year-old employee of the Coast Guard. **He passed on information to one of the gang of criminals that allowed them to evade patrols and come ashore.** Dereliction of duty is one thing but participation in the murder of a policeman is another. The penalty demanded is inappropriate compared to the much longer prison terms given to the gang members, especially since a violent crime and murder was the result. Some say this bordered on an act of treason, considering his position.

► **The Venezuelan-ABC Island border blockade remains in effect** despite the lack of proof on the charges of smuggling and gold trading leveled by Venezuelan President Maduro. As observers noted, Maduro is applying pressure in hopes of getting favorable decisions for Venezuelan oil interests on the three islands.

Now The Netherlands wants the European Union to **step up pressure on Venezuela to resolve the situation** and perhaps impose sanctions for non compliance. The blockade seems one-sided since Venezuela's PDVSA tankers continue to call on the BOPEC terminal while the "fruit boats" are forbidden to sail here. This week the EU Council of Foreign Affairs meets in Brussels. Hopefully a resolution will be provided.

► **The Tourism Corporation Bonaire lobby is showcasing local art in its lobby for the ninth time. Now it's featuring Nochi Coffie**

(Juan Guillermo Norwin Coffie) from Rincon. His works offers a combination of Bonairean culture, history and nature.



The TCB invites everyone to come visit its art gallery located at Kaya Grandi # 2 to admire the work of Nochi Coffie.

(Continued on page 4)

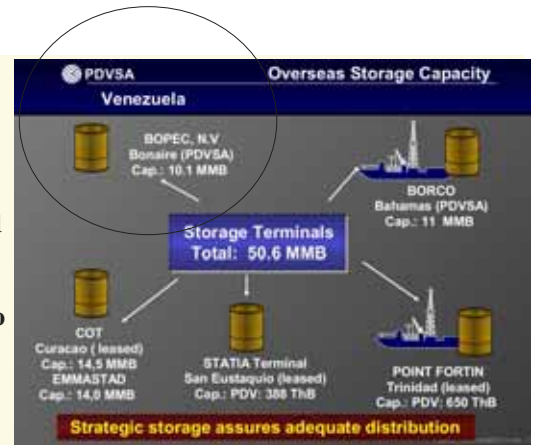
BOPEC Terminal Update

Last Wednesday the two responsible Dutch/BES regulatory agencies (The Living Environment and Transport Inspectorate (*Inspectie Leefomgeving en Transport*) (ILT) and the *Rijkswaterstaat* (RWS) **decided not to shut down Bonaire's Venezuelan state owned BOPEC terminal** after receiving new repair assurances. But "sharpened supervision" will follow to ensure the maintenance work is accomplished in a proper and safe way, the agency added.

ILT and RWS reported this after an inspection visit. During the visit of the ILT, BOPEC demonstrated that it has the financial resources to address the main overdue maintenance promptly. The company had already started correcting the most urgent flaws that pose risks to people and environment. The increased supervision will ensure that this will be executed in a proper and safe way. BOPEC also agreed to stop operation of the terminal for the necessary major repairs.

The sharpened supervision consists of multiple inspections this year in order to check if BOPEC is taking sufficient short term steps to comply with applicable regulations. In addition multiple conditional non-compliance penalties will be enforced. This is aimed at keeping high pressure on the progress of the most urgent and necessary repairs.

Reportedly, only two of the large tanks of the 12 at the 10-million-barrel oil terminal are currently operational. The BOPEC



Terminal is critical to PDVSA's (Venezuela's state owned oil company, the 4th largest in the world) logistics in the Caribbean, and its closure could hurt fuel shipments to customers in Asia at a time when the OPEC-member country is desperate for export revenue. (Reporting by Gary McWilliams and Marianna Parraga in Houston)

BOPEC was built in 1974. At that time it was acknowledged as the largest, most efficient oil terminal in the world. The company has had an environmental permit since 2014, but suffers serious delays in the maintenance of storage tanks, piers, pipes and electrical installations. Since that time inspections have been carried out at the three storage and transshipment companies for fuels on Bonaire (BOPEC, Curoil Hato and Curoil Airport), following the island's becoming a Dutch Public Entity in 2010. These inspections are carried out jointly by the ILT with RWS and the fire department (Safety Region Rotterdam Rijnmond on behalf of the *Brandweer Korps Caribisch Nederland*). This year the Inspectorate of Social Affairs and Labour (I-SZW) will join the inspections. □ G.D. /Press release

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Flotsam and Jetsam (Continued from page 3)

The art is for sale as is an appointment calendar featuring reproductions of his paintings. **Coffie's** works are also in private collections in Bonaire, The Netherlands and the US.

► **On Friday, March 9, The Classical Music Board of Bonaire (CMBB) will present a high level piano concert** featuring the piano duo **Lestarie Scholten and Gwylim Janssens**, fresh from a tour through China and the US including a performance at Carnegie Hall. See poster on page 14.

The program will include music from Schubert, Ravel, and powerful pieces from the Russian classics of Mussorgsky and Stravinsky as well as some classical Antillean music! Ticket sales start this week. See poster on page 14 for details. Be quick because there are not many seats available.

► **The day is nearing when convicts currently being held in Bonaire's downtown prison will be relocated to the new detention facility on the Lagoen Road.** Guards and other personnel are being familiarized with the new buildings. It's anticipated that once the transfer is complete the containers that were converted to prison cells will be sold.

► **The new Experiential Learning Center of the Project Orthopedagogisch Centrum Foundation was officially opened by Dutch State Secretary Blokhuys** of the VWS Ministry last week. The state secretary cut the ribbon together with a youngster from the **Stitching Project**, making the opening official. The new Experiential Learning Center is located in the building previously occupied by the Xavier Medical School at the edge of Hato. The state secretary was given a tour of the building and there were demonstrations of the activities that take place there (karate, creative, catering kitchen, music, group dynamics). The Experiential Learning Center consists of day care for young people with behavioral problems who cannot participate in mainstream education. They follow a track in which the young people work on skills and competences that are necessary to be able to return to school. In addition, there is the after-school daycare, intensive guidance for school-age youngsters who experience problems at home and / or at school.

► **New fees for boat registration were set on January 1.** Costs begin at a base of \$5 to register, plus a license fee related to the size of the vessel from \$7 (up to 10 m.) to \$21 (up to 24 m. long).

For the registration and / or license application vessel go to the **harbor office on Tuesdays or Thursdays from 2 to 5 pm.** The harbor office is right next to the fort behind the parking lot of the Public Prosecutors building.

For more information you can mail the port office via boatregistration@bonairegov.com and/or go during office hours. After payment at the Civil Affairs Department, the boat owner can collect the registration and/or permit with the proof of payment from the office.

► **The 2017 sea turtle nesting season has come to a very successful end.** Sea Turtle Conservation Bonaire (STCB) says that based on its conservation, at least 11,930 baby turtles safely reached the sea. This remarkable effort will be continued.

With the 2018 nesting season starting in just over two months, STCB is now looking for companies wanting to again support this year's **Adopt-A-Nest program.** It's not only good for turtles, but good for business since contributing to Bonaire's environmental preservation creates goodwill and STCB promotes its supporters in various ways. Adopters receive an Adopt-A-Nest certificate, share in STCB publicity and have their name and/or logo displayed on STCB's Nest-O-Meter.

To Adopt-A-Nest you can call (+599) 717-2225 or send an email to STCB's Communications Officer at cepa@bonaireturtles.org. For more information, please have a look at STCB's website: www.bonaireturtles.org.

► **The Curaçao North Sea Jazz Festival,** popular with many people on Bonaire, is back for 2018 and set to begin August 30. Headliners to appear are Silvestre Dangond, Jason Derulo, Carlos Vives and Sean Paul, Spyro Gyra and the Michel Camilo Trio. The organization is still busy with various other artists who will be announced in the coming months. The eighth edition of the festival opens with free concerts at the World Trade Center.

► **Please remember to mention** their ad when shopping or dining at a *Bonaire Reporter* advertiser. Thank you, lovely readers. Their ads keep *The Reporter* "Still Free." □ *G.D.*



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- Team work:** Participates, instructs and motivate mechanics and technician in the assembling, reconditioning and repair of automobiles, trucks, tractors, graders, loaders, other standard/specialized heavy duty machinery and production equipment.
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- Strong leadership and collaboration skills, ability to prioritize and work effectively within a team

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Application closing date: March 2, 2018

On the Island Since... 2013 – Gerty Koffijberg



Greta Kooistra photo

Gerty Koffijberg (right) and her office manager Esther de Palm

“I started as a legal assistant at a lawyer’s office in Amsterdam where I worked for 25 years. During those years I often noticed how hard it was to find well-trained employees in middle management, so I started writing down all the work I did at the office with the idea of creating a curriculum for it. When I felt I was prepared, I resigned my job and started my own training institute at home in one of the bedrooms I’d turned into an office where I tutored the students one-on-one.

My company grew fast; the second bedroom was also sacrificed and a new bedroom for us was created in the attic. My husband did the financial administration and I had an assistant. Soon enough lawyer and notary offices in Holland – it’s a small world – approached me because they needed well-trained personnel. Then I thought, ‘I’m going to start a legal (judicial) employment agency.’ So that’s what I did.

I was approached by a legal (judicial) publishing house to write a study book because they’d heard about the training courses I had developed. I accepted the proposal, although I’d never written a book before. It was published under the name, Practice Book for the Legal Secretary. It’s in its sixth edition.

After five years, the company – the employment agency and the training institute – had grown so much that we moved to an office building. Then one day the director of the Hanzesteden University of Applied Sciences in the city of Deventer called to ask if I wanted to set up the legal assistant training at a higher vocational education level for their school. I said ‘yes.’ Together with my office manager I developed and elaborated the training for them. Then we also offered it at our institution.

Then the notary offices asked me to do the same for the notary profession. I didn’t have enough knowledge about that, but with professional help I managed to do so. Also, I rented a second location in the city of Utrecht where the legal assistant training was given every Saturday morning by lawyers and notaries.

One day I was asked by a lawyer who had an office in Amsterdam as well as on Curacao if I could give my training on Curacao. Of course I immediately said ‘yes!’ My husband I flew to Curacao where I was introduced to other lawyers and officials like the public prosecutor.

Back in Holland, I redid the book I’d written to conform to Curacao law. Shortly after, a training institute on Curacao also invited me to teach and organize my own course and the legal assistant training at their site. So I flew to Curacao on a regular basis to teach and set up the legal assistant training together with Curacao lawyers who taught in certain jurisdictions. My own company in Holland was still in full swing.

“... people evolve and invest in themselves by learning. I want to do anything to help them in doing so, because for me, that’s what it’s all about.”

Then I got a message from the Hanzesteden University of Applied Sciences that they were withdrawing the legal (judicial) sector. The consequence for me was that the legal assistant diplomas could no longer be certified by Hanzesteden and so, I had a problem. I started talking to people and was advised to talk to Windesheim University of Applied Sciences in the city of Zwolle. They accepted me and I started working with them. I became the coordinator for Windesheim and was also checking for Windesheim (who issued the diplomas) the training on Curacao. Later on I set up Middle-Management, HRM, Project Management and my own legal assistant training on a higher vocational education level on Curacao while I was the coordinator.

While I was working on Curacao I heard about Bonaire and the fact that there was no higher vocational education available on the island or legal (judicial) training for adults in the evening. So, I adjusted my training to BES law this time. I put an ad in the Extra newspaper to announce I was going to give my training on Bonaire. Immediately I had 22 students. I rented a location in Playa and started with my own training, ‘General Law.’ Also, I was asked to teach the inmates in prison and I agreed. I was scared to death because I have a little phobia about closed spaces and all the doors were locked behind me, but everybody helped me and I’ve done it with great pleasure!

What makes it all worthwhile for me is



Group photo of the employees of OLB receiving their diplomas for the training in Dutch they took last year June (Gerty is in the center) Private photo

that people evolve and invest in themselves by learning. I want to do anything to help them in doing so, because for me, that’s what it’s all about. And you know, here people are very eager to learn. That gives me a lot of joy!

In the meantime we had moved to a rental apartment in Germany, where we lived in a beautiful mountainous area, surrounded by vast forests. I was not working in Holland anymore, just on Curacao and Bonaire, and I was still associated with Windesheim University of Applied Sciences. When the coop-

eratie voor Examinering U.A. which is an independent examination institute. As well I have a great number of MBO-4 courses (intermediate vocational education). People who are interested in all the different courses and training may go to www.oibonaire.com or to OIB Opleidings Instituut Bonaire on Facebook.

Meanwhile, I was approached by someone who has an institution for adult education on Aruba, to ask if we could organize our training there as well and at the moment I’m very busy doing it.”

She laughs. “Many people say I’m crazy to work this hard at my age (I am 71) and that I should enjoy life more, but you know, this is what gives me joy! I have 12 teachers – they all live on Bonaire – who are helping the students to accomplish their goals. It’s a great team and I am proud of it. My life is work, but I’m not working full-time anymore, just from 9 am till 2 pm and often at night, but when I am very tired I don’t go. I am enjoying my life immensely. In the afternoons we go to the beach or have lunch, or we go for a drive or to Gio’s and we have a very cute little house which I love very much, so, staying at home makes me happy too.

This coming August we’ll celebrate our 50th wedding anniversary and we’re looking forward to it. I could have never – ever – done this without **Frans**. He is my rock. You have to have a partner who supports you in every way, because when I come home, I don’t have the time to cook, do laundry or clean the house. Frans does everything, and when I come home, I don’t have to do anything anymore. Alas, we never had children, but it made it easier for us to move here because we didn’t leave anything behind.”

She laughs: “One more thing! I still have a mission in life! My mission is to establish a University of Applied Sciences (*Hogeschool*) on Bonaire and I’ve got it all planned and worked out. I’ve got people in Holland who are going to help me accredit, but what I’m looking for is people who want to support the project financially which will cost about

US\$50,000. If that could be accomplished then I can stop working... although... you never know!” ■

Greta Kooistra



Picture Yourself With The Reporter at The Georgia Aquarium

Dolphin trainer, Sami Chase, and Kei, a dolphin at the Georgia Aquarium located in Atlanta, GA, USA, takes time to pose with a copy of the July 31st to August 14th, 2017 issue of *The Bonaire Reporter*.

A graduate of Colorado State University with a degree in Marine biology, Sami spent her semester abroad here on Bonaire at CIEE, studying marine biology and coral reef ecology.

Sami is an award-winning photographer for *The Bonaire Reporter*. On her United Airlines flight down to Bonaire for her semester abroad in 2015, she met Joan and Alan Zale who asked her to take their picture for the paper. The Zales were looking to set a record for the highest altitude the paper has been taken to, knowing it was the only way they could surpass the Mt. Everest photo. The picture Sami took was eventually cited naming Joan and Alan as the 2015 winners of The Picture Yourself with *The Bonaire Reporter* contest.

That moment on the plane showcased how *The Bonaire Reporter* is not only your best source of local news and information, but also how it helps you to meet people,

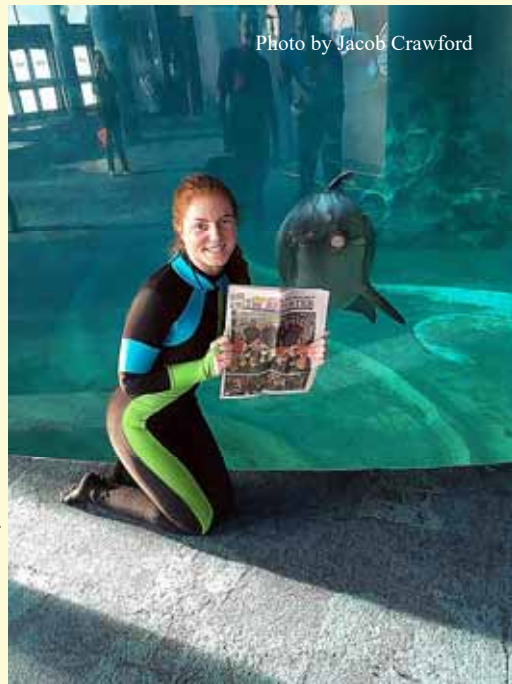


Photo by Jacob Crawford

leading to lasting friendships. The Zales also continue to keep in touch with Sami's roommates. The paper Sami is holding at the aquarium is also significant. It features cover photos by Alan, and a story written by Alan and Joan about the Bonaire Fire Department. □

WIN GREAT PRIZES! Take a copy of *The Bonaire Reporter* with you on your next trip or when you return to your home. Then take a photo of yourself with the newspaper in hand. **THE BEST PHOTOS OF THE YEAR WILL WIN THE PRIZES.** Mail photos to *Bonaire Reporter*, Box 407, Bonaire, Caribbean Netherlands (CN). E-mail to: picture@bonairereporter.com. All 2018 photos are eligible for the next contest.



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The driver's license must be valid for the entire rental period. If the driver's license is in a language other than English, and the rental is in the United States, an **International Driver's Permit is recommended**. In all cases, a valid driver's license issued from your home country must be provided, whether or not you possess an International Driver's Permit. You will **not be allowed to rent** a Hertz vehicle with only an International Driver's Permit. A Bonaire driver's license is acceptable. You can add insurance to your rental with a Bonaire license.



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Less Light, Please!

Parts of Bonaire are seriously polluted. We're talking about light pollution, the loom from streetlights, stadium lights and residential lighting that overwhelm viewing the heavens. The lights at the landfill are especially troublesome.

Bonaire's "Sky Park" is special; the island's proximity to the equator allows viewing many southern constellations, like the Southern Cross, that are not visible in the northern latitudes most of our visitors come from. The air is free of industrial contamination; there is no exhaust smog.

But unless you travel to the southern or northern extremes of the island viewing is difficult. What can be done?

Brad Swanson, an island resident, enjoys astrophotography. He writes, "I'm still photographing the night skies, whenever it is dark and clear, which isn't all that often. I wasn't interested in astronomy until I encountered the pristine nighttime skies of Bonaire in the 1970s. I used to ride my bike home to Hato, at 2 am, from the TWR transmitter site down south, and I was awestruck by the night sky as I passed through Belnem. Houses were only located on the sea side of the road back then, and the streetlights were few and far between. Then after passing through

a very sleepy Playa, (except for Friday nights) there was absolutely nothing between the TWR studios and Captain Don's Habitat. As Bonaire has grown, there is a LOT more lighting out there. I have to go out in the boondocks to see things (like the complete Little Dipper or the Beehive Cluster) that I used to be able to see in residential areas of Hato or Nikiboko. I suspect that this is somewhat inevitable, given the growth of Bonaire over the last 40 years, so while I gripe from time to time, I'm not wringing my hands in despair."

Hawaii had a compelling need to fix its light pollution problems because it hosts one of the world's foremost observatories on Mauna Kea. Even at 4,200 meters high, the manmade light was a problem. **The cure was obvious. Put a "hat" on the streetlights, the same for athletic, security and home lighting.**

Many of our streetlights are poorly designed, and direct some of their light directly up into space, where it is wasted. Athletic lighting is particularly wasteful, with lots of the light spilling onto adjacent properties or lighting up the sky. Fully shielded light fixtures, which direct their light downward only, dramatically reduce light pollution and increase safety and visibility by reducing glare, which can be a particular problem for older people.

Use of fully shielded lights reduces energy costs, because all the light is directed where it is needed. **The city of Calgary in Canada has just replaced all of its streetlights with fully shielded fixtures that use lower wattage lamps, yielding \$2 million per year in energy savings. How much can Bonaire save with effective lighting?**

Brad Swanson adds, "Alerting people to these kind of fixtures and promoting their use would be a win/win situation, saving expensive electricity and saving the night sky. You can probably get a lot of information from the International Dark Sky Association, <http://www.darksky.org/>."

The dark sky has become a tourist attraction in Hawaii, and Bonaire's "Sky Park" (see page 15) can as well. Many of Bonaire's visitors have never seen a dark sky. Let's make it easy for them to do it even as the island grows.

Brad's personal solution to the increasingly bright nighttime skies here on Bonaire: "I head to the various coastal areas, depending on which part of the sky I want to see. So far, I still feel reasonably safe out in the middle of nowhere in the middle of the night. If I want to observe southern stars, I head south, so I can look out over the water, and so on." □ G.D. with thanks to Brad Swanson for his commentary and photo.



The summer Milky Way from the Red Slave huts. This is a multi-row, multi column stitched panorama, shot to the south over two nights. Photographer Brad Swanson has a 30"x40" print of this in his office.

The yellow glow in the sky near the horizon is light pollution from Venezuela.

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What better motivation is there to see how hard you can push your body, knowing that your tremendous effort is going to help fellow Bonaireans and their families who suffer from cancer?

That was exactly the incentive for 10 bike riders who participated in the second **Uphill Challenge by Ride for the Roses**, at Sabadeco West on Sunday, February 18.

Riding to Help Others



It takes more than just riders to stage an event like this. Riders and race organizers and counters pause for a photo



Virgilio Batista, #4, received a \$100 gift certificate, generously donated by the de Freewhieler, for having the most climbs (54).

Bonaire's **Virgilio Batista**, for the second year in a row, had the most climbs, 54, in the four-hour event.

Ride for the Roses Bonaire Foundation, which organized the Uphill Challenge, raises money for the Princess Wilhelmina Fund, which currently helps 90 cancer patients and their families on Bonaire.

Starting in the late afternoon, and, for some, riding into the dark, riders set out to see how many climbs they could complete in the four-hour time allotment.

It was a steep climb.

The course, though only 600 meters (1,968 feet) to the top of the hill where



Frank Böhm was among the main organizers and made 40 return trips to the top

riders would turn around, saw an increase in elevation of 52 meters (171 feet). This rapid change gradually took its toll. Besides Virgilio, only three others lasted four hours: **Arjen van Doster (52 climbs)**, **Manuel Sarmiento (41 climbs)**, and **Frank Böhm (40 climbs)**.

As the number of climbs increased for each rider, the pace it took to complete each ascent decreased. When Frank started, his pace was 15 km/hour (9.3 mph) to make the climb. By the time he reached his goal of 40 climbs, his pace had dropped to 6 km/hour (3.7 mph). Coming back down hill was obviously

easier with reaching speeds of up to 68 km/hour (42 mph).

For his last 10 climbs, as night descended, **Frank**, who raised \$1,100, switched to a bike decorated with flashing lights. He said, "The most important thing was people sponsoring me, not what I was doing."

As the riders returned to the bottom of the hill, each pass was recorded by **Jane Anthony** and her daughter, **Jany**, the official climb counters.

Also participating in the event were **Ahmed Sassouna (22 climbs)**, **Yorick van Blerk** and **Roël Broere (both with 20 climbs)**, **JoriekeHaarhuis (15 climbs)**, **Andrea Magni (14 climbs)**, and **Jan van Tilburg (10 climbs)**.

Ride for the Roses Bonaire Foundation is currently preparing for its main event for the year, the Ride/Swim/Walk for the Roses to be held on April 8. Each participant in the RSW will receive a rose, which will symbolize "a hopeful tomorrow for all" at the finish. For more information on sponsoring the event you can send an email to sponsors@ridefortheroses.org □

Photos by Alan Zale. Story by Alan Zale with reporting by Joan Zale.



Aisha Beaumont, Raul Ortega and Rosandy Ortega from Krus Kòrà Bonaire were there in the case any riders needed first aid.



Riders were diverse ages



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SALT AND HEALTH

Our body tissues are made up of a vast number of cells of different shapes, sizes and functions, and all of these cells require enough salt to function properly. Salt plays a vital role in transporting water around the body and in transmitting messages between the brain and the rest of the body. However, as with most things, too much salt in our diets can lead to problems such as water retention, elevated blood pressure, and ultimately a higher risk of heart attack, kidney disease and stroke. So it's worth keeping within safe limits.

Salt and everyday foods

Many everyday foods are not obviously salty, but they can contain high amounts of 'hidden salt.'

While we may add salt to our food during cooking or just before we eat it, about 75% of the salt we eat is

already added to the food we buy. Most of this comes from salt added to foods like processed meat products, snacks (such as crisps and biscuits), ready meals, soups and pasta sauces.

Even breads and breakfast cereals can contain a lot of salt. However, many manufacturers have recently made some positive changes to the amount of salt they add.

How do I know which foods contain a lot of salt?

Due to recent changes in food labeling legislation, almost all food products now display a 'traffic light' label to help you make a healthier choice. 'Traffic light' colors help you to see, at a glance, if a food has high, medium or low amounts of each of these nutrients in 100g of the food. For foods that don't yet display the 'traffic light' label, here is a handy guide:

Low Medium High

To get an idea of how much salt you consume in an average day, it can be helpful to look at the amount of salt per serving, which you should also find on the label. The Scientific Advisory Committee on Nutrition (SACN) recommends no more than 3g/day for children aged four to six years, and no more than 6g/day for healthy adults, however, national food surveys show that many of us still exceed this recommendation by up to 33%.

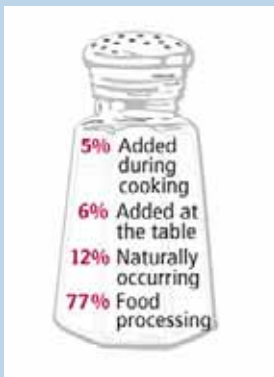
Be Salt Aware:

- Use little or no salt in cooking – try using extra herbs and spices instead such as black pepper.
- Leave the salt shaker off the table.
- Cut down on salty processed foods and ready meals and try and make your own if you can.
- Check out food labels for salt and go for lower salt choices. There can be a really big difference between different types and brands.

- Use the traffic light labels on the front of packaging to help you make smarter choices.
- Compare salt levels among similar products and try to choose those lower in salt.
- Ask in restaurants and take-aways for no added salt.
- Be wary of gourmet salts and salt substitutes claiming to be better for your health than table salt – these product ranges are still likely to add some form of salt to your diet.

Sodium vs. Salt: what's the difference?

Salt is the everyday term we use for a chemical compound called sodium chloride; salt is made from two components, sodium and chlorine, which give salt this chemical name. Although legislation does not require it, some manufacturers may still quote sodium content on their labels. When thinking about salt intakes, it's important to know that each 1g of sodium translates to 2.5g of salt, and to take this into account when looking at your everyday salt consumption.




| Nutrition Facts | |
|-----------------------------|---------------------|
| Serving Size 1 can (165 mL) | |
| Amount per serving | |
| Calories 30 | Calories from Fat 0 |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 520mg | 22% |
| Total Carbohydrate 6g | 2% |
| Dietary Fiber 1g | 4% |
| Sugars 5g | |
| Protein 1g | |

Foods worth checking for salt content:

- salted meats and processed meat products, e.g. ham, bacon, sausages, pate, salami
- ready-made and powdered soups
- ketchup, soy sauce, mayonnaise, pickles
- stock cubes, gravy powder and salted flavorings
- tinned food containing salt
- smoked meat and fish, prawns and anchovies
- meat and yeast extracts
- cheese
- salted snacks like crisps, nuts, biscuits, popcorn
- ready meals, sauces and takeaway meals
- pasta sauce
- bread and breakfast cereals.

Summary

Most of us are still eating too much salt. High salt intakes lead to high blood pressure that can pose significant health risks. Reducing your intake of salty foods can dramatically improve your health outcomes. Simple steps that can reduce salt intake include adding less salt during cooking and at the table, eating fewer processed foods and being aware of food labels and choosing lower salt options. □ *Lucinda van der Wardt*

Lucinda van der Wardt has been a registered dietitian and sports instructor for more than 20 years. After working for more than 10 years in a University hospital in Amsterdam and later in her private practice she is currently owner of Food and Vitality Dietitian practice located at Bon Bida health centre in Kralendijk.

*More info: www.foodandvitality.info
tel: 599-785-0170
lucinda@foodandvitality.info*

S. V. Athene Fundraiser

COVER STORY



The second group gets ready

S.V. Athene Bonaire is a track club for youngsters, 6 to 15, who train at Kralendijk Stadium at least twice a week. The club, subsidized by the government, costs only \$5 per month per child. The stadium where they practice is impressive with synthetic turf and a competition grade track. Last Thursday, February 22, the sports club held a fundraiser for its members, by its members, at the stadium. The child athletes asked family and friends to sponsor so much per lap of the 400-meter-long track. The funds will be used for uniforms, equipment and future travel expenses. Some of the athletes have already traveled to competitions in Curacao and Bolivia.

Over 40 kids participated, from 7 to 15 years, divided into three groups. There was a high level of excitement among the athletes, the parents, the staff. There was lots of support from the stands—clapping, whistles, shouts of encouragement. The kids surprised themselves at the number of laps they accomplished.

As the racers passed the coaches on each lap they were handed water and watermelon to keep up their hydration. A DJ played energizing music in the background. At the end all the kids got cotton candy. The coaches and organizers - **Obed Martis, Arviena Vis and Lisandra Marchena**—did an amazing job of organizing and keeping up the enthusiasm level.

This activity for Bonaire kids is a real treasure. The kids keep in shape, they learn sportsmanship and they make good friends. With a cost of only \$5 a month, anyone, no matter from what economic group, can join. To keep the program going fund raisers and donations are very much appreciated. □ *Story & photos by L.D*

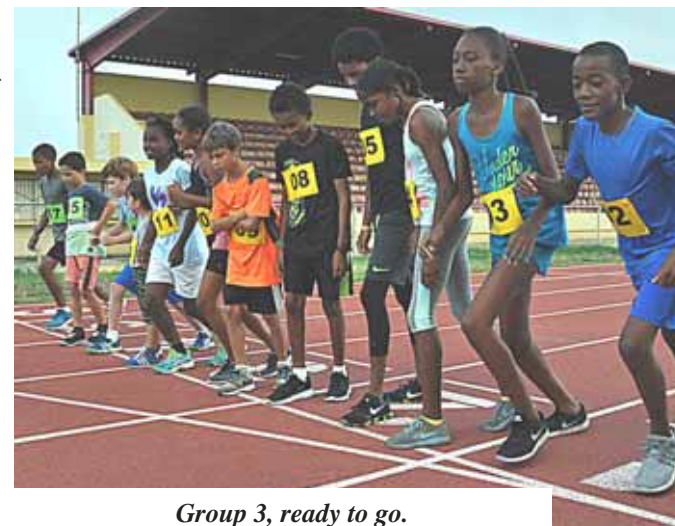
To donate:
S. V. Athene Bonaire, MCB Account # 412 545 02.
Deadline for donations: March 15.



Rocky gets his number from Lisandra.



This is going to be fun!



Group 3, ready to go.

DID YOU KNOW?

Last week, a Portuguese Man of War (*Physalia physalis*) was spotted at Baby Beach on the east coast and in the Lac area. Usually the Portuguese Man of War lives in colonies far out at sea, but during strong winds they may be blown onto shore.

Did you know that the Portuguese Man of War is actually not a jellyfish? **It is a species of siphonophore and is actually a colony of organisms connected and working together to survive.** The Portuguese Man of War consists of four different groups of organisms, all with their own function. One of the groups forms the float and the tentacles are made up of the eating, stinging and reproductive groups.

The Portuguese Man of War can be recognized by its beautifully colored float, which is blue, violet or pink and may reach a length of 25 cm. The float looks like a balloon filled with gas which catches the wind to 'sail' on the ocean's surface. Scientists have speculated that these color pigments may function as a sunscreen. The float reaches a maximum of 15 cm above the water surface, but below the surface, the thin tentacles may extend up to 50 meters in length! That's half a football field! Their long tentacles are capable of delivering extremely painful stings but are rarely deadly to humans. They use their tentacles to kill and eat fish and other



small creatures, like small shrimps or tiny crustaceans. The prey is slain by the minuscule poison-filled harpoons on the tentacles. After the meal is digested, the nutrients will be spread throughout the entire colony of organisms.

Even though the sting of a Man of War is deadly to small sea creatures, certain fish

live among the tentacles, such as yellow jack, clownfish and man-of-war fish. Clownfish produce a mucus that protects it from the Portuguese Man of War's sting.

Other fish have developed specialized swimming patterns to avoid the tentacles and thus the stings. The man-of-war fish is truly specialized to living among the tentacles of the Man of War. It avoids the poison-filled 'harpoons' on the tentacles and, believe it or not, actually feeds on the tentacles! The fish also feeds on leftovers from the Man of War's meals. The man-of-war fish uses its agility and speed to avoid being stung and it finds protection from other predators by living among the tentacles. Every now and then, it makes a mistake and gets stung, but research has shown this specialized fish is able to tolerate much stronger venoms than other fish. Some believe this relationship is mutually beneficial because the man-of-war fish may act as a lure and attract other prey to the Portuguese Man of War's net of tentacles. The Portuguese Man of War is also able to regenerate its tentacles. So, the Portuguese Man of War and the man-of-war fish are living in symbiosis, but is it beneficial to both? You decide!

When washed ashore, the Portuguese Man of War will die. But did you know that their tentacles can still deliver a sting weeks after? □

Bibi Brongers, STINAPA Education Assistant. Connecting people with nature.



Yoga-Freedive Workshop



Yoga and Freediving practitioners came together last weekend at the One-Breath "Yoga and Freedive Friendship" event at Eden Beach, organized by Theo, Carlos and Sara. Enthusiasm was such that a follow-up event will be held later in the year in Curacao.



Thanks to sponsors: Deep Sea Free Diving, Nature's Discount, Cressi, Bon Bida, Eden Beach. □ *Press release/L.D.* More info: Go to Facebook: One Breath Yoga

SUNDAY: MARCH 4 TH, 16TH EDITION WALK-A-THON 2018

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A Garden? Just Do It

PLANT PROPAGATION

In gardening one can do so much with cuttings. But what are cuttings? In horticulture, cuttings are the pieces of a plant that a gardener intentionally takes to create clones of the plant in which the cuttings were taken. The mother plant should be large enough that removing one or more cuttings will not harm or kill it.

Cuttings can be from the stem, root or leaves and are plant material from the mother plant. When they take root and start becoming new plants, they are no longer cuttings, but clones.

How to take a plant cutting, step by step:

Step 1-Cut off old section of stem. Select healthy growth 3 to 6 inches long.

Step 2-Remove the lower leaves. Clip off the leaves on the lower half of the shoot so you have a bare stem to insert into your potting mix.

Step 3-Pot up your cutting.

Technique:

Some plants from roots grow much more easily than others. Stem cuttings from woody plants are treated differently, depending on the maturity of the wood:

-Softwood cuttings come from stems that are rapidly expanding with young leaves. In many species, such cutting from roots is relatively easy.

- Semi-hardwood cuttings come from stems that have completed elongation growth and have mature leaves.

-Hardwood cuttings come from fully matured stems and are often propagated while dormant.

Most plant cuttings are stem pieces and have no root system of their own so they are likely to die from dehydration if the proper conditions are not met. They require a moist medium, but not too wet otherwise they will rot.



Yucca root cutting

least one leaf node. The cutting is able to produce new roots, usually at the node.



A banana cutting sprouting

-Scion cuttings, which are used in grafting.

-Leaf cuttings, in which a leaf is placed on moist soil. They have to develop both new stems and new roots. Some leaves will produce one plant at the new root or at the base of the leaf. In some species, multiple new plants can be produced at many places on one leaf, and these can be induced by cutting the leaf veins.

Although some species can be grown simply by placing the cutting into moist soil, the majority of species require more attention. Most species require humid, warm, partially shaded conditions. Some difficult species may need cool air above and warm soil. In addition, with many more difficult cuttings, one should use the type of cutting that has the most chance of success with that particular plant species. Depending on the type of soil being used, several additions may be needed to create good soil. These additions may include:

-chalk, to increase the pH-value of the soil.

-organic substances like humus, to increase nutrient load.

-sand or gravel, to increase the soil's water permeability. Garden soil contains spores and other pathogens that could kill the cutting before it ever takes root. So it's best to use soilless mix that also drains better than

Types:

Many parts of a plant can be used. The most common are:

- **Stem cuttings**, (above) where a piece of stem is partially buried in soil, including at

Making Bonaire "Accessible"

OUR WHEELCHAIR-CHALLENGES ON BONAIRE, PART 4.

SIDEWALK ABDUCTION

The rainy season is wonderful for nature. We need that wonderful water from heaven, but when you depend on a wheelchair, or need to push a baby in a stroller, or are a 60plus-er, it is far from pleasant. Water puddles all over...the streets, the side-walks. And if you need to go somewhere, you better wait till it dries up.

And speaking about the sidewalks... they are become even scarcer than they once were.

A restaurant along the boulevard decided to claim the sidewalk alongside their establishment. When we passed by, we saw people working hard to get tree-trunks out of the way. Then we saw the walls being painted and the building being renovated. And then the side-walk was gone. Now we have to cross the street as we cannot walk there anymore. How is this sidewalk abduction possible? Aren't sidewalks public terrain? Are we being forced to walk on the street like many years ago? Does our government get paid rent for these appropriated sidewalks? Bonaire is for everyone and should be inviting for everyone, and safety should get preference to an attractive image.

And then this real-estate-office... The building went smoothly, got a wonderful authentic face. Then when we saw the entrances being built, we were really scared. They were very high. But as the opening came closer we saw it: a wonderful set of ramps. A great entrance.

But we must still walk on the now narrower road shoulder to pass by on that side of the street to go to the Boulevard.

When we were invited to a birthday-breakfast it made us very happy. When you have physical challenges you hardly get invited to parties anymore because people seem to think that you change when you have a handicap and depend on your wheelchair.

The restaurant was very nice, but very full. The breakfast-bar was in the back of the restaurant and all the food could

be eaten in the garden soil and achieves a moist, but not wet quality.

Tips for cuttings.

- Early morning is usually the best time to take cuttings because the plant has the most moisture then.

-Keep cuttings cool and moist until you've potted them up. Avoid exposing the cuttings to direct sun.

- Many cuttings root faster if they are kept warm and humid, so misting the cuttings frequently can help them grow.

Some plants root more quickly than others, so be patient. On average, it takes a month or two for cuttings to root and become established enough that you can transplant them. A rooting hormone may be administered to encourage growth and can increase the success rate of plant growth. A



Double ramps at the real estate office make access easier

hardly be seen from a sitting position. But we are practical people, so I took my time explaining to my husband what was offered to eat. As soon as he made his choice, I had to wheel him between all these tables again, haul a few chairs and leave him there. Then it was my turn to choose. But first I had to load his tray, take it to him and go back for mine. The food was great and we had fun with our visit, till we had to get to the bathroom. The stalls were too small to get in, the room was too small for the wheelchair to wheel into. It took us a while, and because we are pros, we handled the situation. But it was far from comfortable.

For Karnaval we stayed at home. Although there is a stand that was made especially for persons with physical challenges, we decided not to make use of that offer. One has to wait very long before the carnival passes by, it is very hot, so one has to drink a lot and the only toilet close by is a "porta-potty," which is not handicapped accessible. *To be continued.*

By Ria Evers-Dokter

For 2018 *The Bonaire Reporter* plans to work with MiVaBo, Bonaire's Foundation for the Handicapped, to make the island's streets and airport more accessible for handicapped persons.

natural rooting hormone is **honey**. Though it does not contain any plant hormones, it can aid in rooting success through its natural antiseptic and antifungal properties. Cinnamon or an aspirin tablet in water can also aid the rooting process.

With all this information you can start immediately with cuttings. And this is the cheapest way to get plants! So save your money, share cuttings with friends and start gardening now with cuttings!

Just do it. ▣

Story & photos by Angliet, Nature Lover



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

•**Museo Bonaire** 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.

•**Bonaire Museum of National History** Kaya Julio C. van der Ree #7, open Wednesday through Sunday and cruise ship days, 10am-4pm. Free entrance

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

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 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 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. **Presentation** upstairs at Yellow Submarine Dive Shop, Kaya Playa Lechi 24 courtesy of Dive Friends.

•**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

•**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. 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 2nd and 4th Thursday of the month at 8 pm at Kaya Sabana #1. All Lions welcome.

| Date | Name | In Port | . Pax |
|--------|------------------------------|-----------|-------|
| 26-Feb | <i>Eclipse</i> | 0800-1800 | 2858 |
| 27-Feb | <i>Monarch</i> | 0700-1800 | 2744 |
| 27-Feb | <i>Celebrity Reflection</i> | 0700-1500 | 2858 |
| 28-Feb | <i>Crown Princess</i> | 0700-1700 | 3150 |
| 02-Mar | <i>Koningsdam</i> | 0800-1800 | 2650 |
| 05-Mar | <i>Mein Schiff 3</i> | 0700-1900 | 2500 |
| 06-Mar | <i>Adventure of the Seas</i> | 0700-1700 | 3114 |
| 06-Mar | <i>Costa Magica</i> | 0700-1400 | 3470 |
| 07-Mar | <i>Navigator of the Seas</i> | 0700-1700 | 3114 |
| 07-Mar | <i>Aida Diva</i> | 0700-1800 | 2194 |
| 11-Mar | <i>Thomson Celebration</i> | 0700-1800 | 2076 |
| 12-Mar | <i>Eclipse</i> | 0800-1800 | 2858 |

Tentative: No cruise ships on Mar. 1, 3, 4, 8, 9, 10, two ships on three days

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

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 or 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.

•**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

•**Prayer Walk at Rooi Lamoenchi every first Sunday of the Month** (or on request) for all followers of Christ. Hours: 4.30 pm till 7.30 pm.

Contact Ellen Cochrane-Herrera at ellenherrera@cochrane@yahoo.ca or phone 717-8489 or +5999-540-9800 English/Papiamentu/Dutch/Spanish ■

EXHIBITIONS

— "Salute to the Sailors"— old maritime photos from the Bonaire Maritime Heritage Foundation, Museo Bonaire, Kaya Kachi Craane #34, free.

—**Coral Restoration Exhibit**-Terramar Museum

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

—**Nochi Coffie** exhibit at TCB. More on page 3

—**Photo Works on Canvas** by underwater photographer Catherine Salisbury. Bistro de Paris Restaurant, until March 31

CLOSE IN EVENTS

Sunday, March 4 —Special Olympics Walkathon— Walk from slave huts to Rincon. Start training now! Poster on page 10

Friday, March 9—Classical Music Board Bonaire presents a Piano Concert with Gwylim Janssens and Lestarie Scholten, Plaza Resort, 8pm. Tickets \$30, available at Addo's Book Store, Valerie's Airport Shop, Joshantie's Book & Office shop. Poster on page 14.

March 9-10—Bon Doet — Bonaire's Volunteer Extravaganza— Poster on page 10



Sunday, March 11 —World Cup Walk to benefit Juventus Soccer Team's trip to Aruba. Start at Hato (Coco Beach) Roundabout. at 6 AM. Info at Juventus Kids on Facebook.

Sunday, April 8— Ride For The Roses Ride, Swim and Walk 2018, More in upcoming editions.

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Reporters: James Albury, Angliet Nature Lover, Bibi Brongers, Caren Eckrich, Ria Evers-Dokter, Greta Kooistra, Jane Madden-Disko, Gary McWilliams, Marianna Parraga, Dean Regas, Luvi Rodriguez, Brad Swanson, Michael Thiesen, Lucinda van der Wardt, Alan Zale, Joan Zale.

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Bonaire-Sun Rise/Set, Moon Phase and Tides

Winds and weather can further influence the local tide's height and time

| Day | High | Low | High | Low | High | Sunrise | Sunset |
|--------|--------------|----------|---------|----------|-----------|---------|--------|
| Mon 26 | | 02:39 | 09:21 | 17:39 | 22:14 | | |
| | | -0.12 ft | 1.03 ft | -0.22 ft | 0.16 ft | 6:52 | 18:44 |
| Tue 27 | | 03:33 | 10:13 | 18:31 | 23:18 | | |
| | | -0.09 ft | 0.99 ft | -0.22 ft | 0.19 ft | 6:52 | 18:44 |
| Wed 28 | | 04:36 | 11:09 | 19:23 | | | |
| | | -0.05 ft | 0.91 ft | -0.20 ft | | 6:51 | 18:44 |
| Thu 01 | 00:26 | 05:50 | 12:08 | 20:14 | Full Moon | 6:51 | 18:45 |
| | 01:34 | 07:17 | 13:13 | 21:03 | | | |
| Fri 02 | 0.33 ft | 0.05 ft | 0.69 ft | -0.15 ft | | 6:50 | 18:45 |
| | 02:38 | 08:52 | 14:22 | 21:49 | | | |
| Sat 03 | 0.42 ft | 0.06 ft | 0.58 ft | -0.12 ft | | 6:50 | 18:45 |
| | 03:35 | 10:22 | 15:32 | 22:33 | | | |
| Sun 04 | 0.52 ft | 0.02 ft | 0.49 ft | -0.09 ft | | 6:49 | 18:45 |
| | 04:26 | 11:39 | 16:40 | 23:13 | | | |
| Mon 05 | 0.61 ft | -0.03 ft | 0.41 ft | -0.06 ft | | 6:48 | 18:45 |
| | 05:12 | 12:45 | 17:43 | 23:52 | | | |
| Tue 06 | 0.69 ft | -0.09 ft | 0.35 ft | -0.03 ft | | 6:48 | 18:45 |
| | 05:54 | 13:41 | 18:38 | | | | |
| Wed 07 | 0.74 ft | -0.13 ft | 0.30 ft | | | 6:47 | 18:45 |
| | | 00:27 | 06:34 | 14:30 | 19:28 | | |
| Thu 08 | | -0.01 ft | 0.77 ft | -0.15 ft | 0.27 ft | 6:47 | 18:45 |
| | Last Quarter | 01:00 | 07:13 | 15:16 | 20:13 | | |
| Fri 09 | | 0.01 ft | 0.79 ft | -0.16 ft | 0.24 ft | 6:46 | 18:45 |
| | | 01:31 | 07:50 | 16:00 | 20:54 | | |
| Sat 10 | | 0.02 ft | 0.79 ft | -0.15 ft | 0.21 ft | 6:46 | 18:45 |
| | | 02:01 | 08:27 | 16:43 | 21:34 | | |
| Sun 11 | | 0.03 ft | 0.77 ft | -0.13 ft | 0.18 ft | 6:45 | 18:46 |
| | | 02:30 | 09:03 | 17:26 | 22:16 | | |
| Mon 12 | | 0.05 ft | 0.75 ft | -0.10 ft | 0.17 ft | 6:44 | 18:46 |

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Pet Of The Week

SPOCK



out to be quite the character. This gentleman likes attention and will get jealous if you share it with others, just like a cat! He might be little, but he thinks he's the biggest dog we have. Spock is estimated to be about 4 years old, likes to go for walks, enjoys playing with younger dogs and he's also very good with kids. Spock has been sterilized but still has some of his macho behavior, which includes being protective. He is vaccinated, chipped and healthy. Are you interested in meeting Spock or one of his other friends? Do stop by the Animal Shelter Bonaire. We are open Monday through Friday, 9 a.m.-12 p.m. and 3-5 p.m., Saturdays 9 a.m.-3 p.m. nonstop. 717-4989/701-4989. □

Want a cat but someone in your home has an allergy? Why not a dog with the character of a cat instead? Meet Spock. He was found along the road and brought to the shelter and has turned

Story & photo by Luvi Rodriguez



ANIMAL SHELTER NEWS

VOLUNTEER WITH THE ANIMAL SHELTER FOR BON DOET 2018!



Bon Doet is the yearly island wide volunteer days project that has a major positive impact on all the non-profit organizations that seek help as well as creating a feeling of camaraderie and community with the volunteers that participate. This year on March 9 & 10, Animal Shelter Bonaire has two projects and we need your help. Here's a summary of our Bon Doet projects:

health and behavior evaluation. Often they are very frightened to be in a new place that is not home. The current quarantine area is old, dark and deteriorating. We want to make it a safe and happy place for our new arrivals. We will clean and paint the ceilings and walls with bright new paint to help make our new arrivals feel at home. If you are interested in helping with this project on Saturday, March 10 from 8 a.m. to 3 p.m. please contact Luvi Rodriguez at animalshelter-bonaire@gmail.com /717-4989/701-4989

Pakus di Pruga
Animal Shelter
Bonaire

HELP US DESIGN AND EXPAND OUR PAKUS DI PRUGA (FLEA MARKET STORE)

The Pakus di Pruga is the Animal Shelter's "flea market store" where we sell good quality second hand items at low prices to the community. We sell everything from furniture to socks...Bonaire's "Walmart"! All the items are donated so all proceeds benefit the animals at Animal Shelter Bonaire and the sterilization project. Through the generosity of Larry Gerharts we are expanding the store and need help preparing the new space and building and painting shelves and display facilities. This is a two day project on Friday, March 9 from 8 a.m. to 3 p.m. and Saturday, March 10 from 8 a.m. to 3 p.m. You can volunteer for one or both days, please contact Paul Wichers 796-0466, paulwichers.asiel@gmail.com



Hasi bon, pasa bon! Nos ta on! Do good, feel good! We are on. □ Story by Jane Madden -Disko



HELP OUR NEW ARRIVALS FEEL SAFE AND WELCOME!

When cats and dogs arrive at the shelter they must stay in quarantine for 3 days for

classicalmusicboardbonaire

Piano concert
Gwylim Janssens
en
Lestarie Scholten
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toegang \$30
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PLANETS OF THE MORNING

Even if you are not a morning person, set your alarm this week to wake up before dawn, about 5am.

If you are a morning person you've been noticing three planets in the sky before the Sun rises: **Jupiter, Mars and Saturn**. And to add some extra flavor the **Moon** will be passing through.

On Monday, March 5th, face southeast. It's dark, it's clear, it may be cool, but what a view!

Among the stars, you can find three planets among the constellations. And they're all lined up. Jupiter is about halfway up in the southern sky and is the easiest to find since it is the brightest. Jupiter is significantly brighter than any star at this time of night – er, I mean morning. It is suspiciously bright.

If you have a really good imagination you might be able to imagine Jupiter up and to the right of **Scorpius the Scorpion**. Scorpius is usually a summer constellation but one of the joys of waking up early, is that you get a preview of the stars of the coming months.

And, just to the left of Scorpius we come to our next planet and it should shine with a steady reddish glow.

That is Mars. Now you may notice another red star in the vicinity. Back in Scorpius you can find **Antares**. Antares may look a little like Mars, but man-o-man, there are some big differences!

First off, notice the name of this star: Antares. Ares was the Greek god of war and the equivalent of the Roman god Mars. So Antares is like the Anti-Mars. They're both the same color.

But that is where the similarities end. Mars is a planet about 4200 miles wide and is about 125 million miles away. Those sound like impressive numbers but... Antares is a red supergiant star almost 600 million miles in diameter and about 600 light years from Earth. That's the equivalent of 3.5 quadrillion miles away.

That leaves one more planet to find and Jupiter and Mars can help. Connect a line from Jupiter through Mars and keep going. You will run into another pretty bright star



This planetary alignment will dominate at dawn as Saturn, Mars and Jupiter will seem to hover near each other in the sky plus a bonus appearance of waning gibbous Moon.

that should be a little yellow in color. That is actually the ringed planet Saturn. My favorite! Saturn is about one billion miles away but is so big and reflective that it still shines brightly in the morning skies.

And here's where it gets even better. If we advance to Wednesday, March 7th, look what joins the planet line-up... The Moon! It'll be right next to Jupiter. And then as the week progresses, on the 8th and 9th, the Moon will get closer and closer to Mars. And on Saturday morning, March 10th, it will lie between Mars and Saturn.

And to round out next week, Sunday morning, March 11th, the Moon will be just to the left of Saturn.

Wow, what a week to get up early.

I love seeing the planets even if it is 5am. And you'll see Jupiter in the south, Mars and Saturn in the southeast, and don't forget the Moon passing through from March 7th to March 11th.

And if you can, take a look at all four objects through a telescope. The craters of the Moon look totally awesome through even a simple telescope. And with Jupiter you can see stripes on the planet and four moons. Some tiny features on Mars, and the breathtakingly beautiful rings of Saturn. It's all there when you visit the Bonaire Sky Park.

□ Dean Regas & James Albury

Knowledgeable about astronomy? You can help the Junior Rangers. Call STINAPA for info: 717-8444



THE STARS HAVE IT

Last of February 2018

ARIES (Mar. 21- April 20) Get them to pitch in, if you need help. You can make a huge difference to children if you are able to put yourself in their shoes. You must be careful not to ignore the needs of the youngsters in your family. Your temper could be short if someone criticizes your efforts. Your lucky day will be Saturday.

TAURUS (Apr. 21- May 21) Don't make large purchases or investments. Your temper could get the better of you if you confront personal situations. Concern yourself with legal matters and formulating contracts rather than finalizing your objectives. Look into attending seminars that can expand your perception. Your lucky day will be Tuesday.

GEMINI (May 22-June 21) Don't hesitate to visit someone who hasn't been well. You need to get out and challenge yourself. Your partner may be somewhat irritable this week. Your ability to visualize will help you convince others of the possibilities. Your lucky day will be Saturday.

CANCER (June 22-July 22) Spend time by yourself to avoid any conflicts with family members. You don't want to give anyone fuel for the fire. You will be able to work in fine detail and present the best possible proposal. Don't overspend or give too freely to others. Your lucky day will be Saturday.

LEO (July 23-Aug 22) Take matters in hand when it comes to dealing with clients or colleagues. You can pick up additional responsibility that will lead to higher wages and a better position. There's a good chance that they won't come back. Avoid functions that will bring you in contact with those you find difficult to get along with. Your lucky day will be Wednesday.

VIRGO (Aug. 23 -Sept. 23) Your passionate mood will be well received by your mate. You can ferret out secret information if you just listen to what others have to say. Your creative talent will prove to be lucrative if put to proper use. Minor health problems may lower your vitality. Your lucky day will be Tuesday.

LIBRA (Sept. 24 -Oct. 23) Learn some new skills that will increase your income. Visitors may drop by unexpectedly, resulting in tension with your lover. Trips will be enjoyable, and communication with your lover will clear up any misconceptions. Concentrate on work. Your lucky day will be Thursday.

SCORPIO (Oct. 24 - Nov. 22) Get involved in the activities of children. They will teach you far more than you expect. They didn't fully understand what was expected. Unexpected bills may set you back. Your involvement in organizational events could open doors to new and exciting opportunities. Your lucky day will be Wednesday.

SAGITTARIUS (Nov. 23 -Dec. 21) Get the whole family involved in a worthwhile cause or cultural event. Sort situations out as best you can. Watch your spending habits. The battle continues. Don't blow situations out of proportion. Your lucky day will be Saturday.

CAPRICORN (Dec 22.- Jan. 20) Make sure that you take time to remember those you love. Groups you belong to will not only enjoy your company, but they will also share your interests. Sudden changes regarding your circle of friends could prove interesting and stimulating. You can't live your life for others. Your lucky day will be Wednesday.

AQUARIUS (Jan. 21 -Feb. 19) They won't get away with it. Don't be too quick to respond to a plea for help. Trips, educational pursuits, or projects that could lead to new outlooks should be on your agenda. Don't blame every thing on your mate. Your lucky day will be Wednesday.

PISCES (Feb. 20-Mar. 20) Don't be afraid to lay your cards on the table. Don't be disappointed if you don't get your way emotionally. You can make new friends who could turn into intimate connections if you join clubs or take creative courses. You must not allow them to force you to rush. Your lucky day will be Thursday. □

Michael Thiessen

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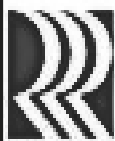
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