

**It's Still
FREE**

BONAIRE August 13-27, 2018, Year 25, Issue 17
The REPORTER

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at Taste of Bonaire
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The Complete Outfit

Wilna Groenenboom photo

The Bonaire Police (KPCN) got an early start their planned August kickoff of "alcohol controls" when they arrested a driver involved in a collision at the intersection of Kaya Korona and Kaya Papa Cornes at 10:30 at night on August 7.

They previously had announced that beginning this month the Police Force, in collaboration with the BES Public Prosecution Service, will start road stops to check for a driver's alcohol levels .

Statistics show that that in various traffic accidents there is an indication that driving under the influence contributed to the accident.

Breath analyzer equipment has been purchased that can show how much alcohol has been consumed. The Breath Analysis Device measures the alcohol percentage in the driver's exhaled air.

Representatives of the Public Prosecutor will be present during the inspections. In case of a high reading, the driver will be fined and, if applicable, arrests will be made. Also a driving ban can be imposed. The announcement did not disclose what the breath alcohol test limit is for fine or arrest.

If you are stopped for a traffic check / breath test, you are obliged to cooperate. If you do not cooperate, you will receive a fine.

► **MCB (Maduro & Curiel's Bank [Bonaire] N.V) has imposed a \$5 fee for most in-bank transactions.** Nine days after the bank began charging the fee, it issued a Papiamentu language press release, explaining the \$5 charges. The measure appears to be a move to encourage more use of ATMs and electronic banking. For more information go to Facebook page "MCB Bonaire Events" or call the bank at 715-5520.



► **Work on Bonaire's South Pier has slowed down as a result of calls by big bulk carrier ships delivering sand, cement and crushed stone.** This alleviated an island construction crisis. In the next edition we will have a behind-the-scenes look at the pier refurbishing.

► **In our last edition we reported that the Marine Park (BNMP) forced the removal of a concrete slab and mooring block from the sea near the Andrea dive sites and Sabadeco Crown Keys. Unfortunately, the cement blocks are still lying on the beach. They are too heavy for the BNMP to remove and regardless it is the responsibility of the persons who deposited them to remove them.**

A local homeowner is concerned that the blocks will not be removed by those responsible and when it's thought it had been forgotten about it will be put it all back, despite the long overdue promise to take them away.

► **The Dutch Government has earmarked millions of dollars for upgrades to Bonaire's infrastructure, social needs and agriculture.** Local sources said that while the improvements will help, they only begin to meet the island's need get on a par with the European Netherlands.

The projects:

Fuel storage (\$5 million): Critical overdue maintenance at fuel facilities poses significant safety risks. Storage of fuel must be improved, so the security of supplies of gasoline, diesel, fuel oil for the supply of electricity, and jet fuel for the benefit of

aviation is not jeopardized.

Social housing (\$2.5 million): Fundashon Cas Boneriano (FCB) has indicated that it has the resources to construct social housing itself. However, it has no budget to improve the surrounding infrastructure (water pipes, electricity, roads, site preparation). Without these improvements, the construction of social housing is not possible.

Agricultural development, including a modernized slaughterhouse (\$1.6 million): Food safety will be increased by improving the slaughterhouse. Control of free-roaming goats, and production of agricultural products need planning and study.

Job Planning Center (\$200,000): the establishment of a Job Center (*Plenchi de Trabou*) to bring together actions, services and information of employees, job-seekers and employers.



► **There is an on-line survey underway being conducted by the RCN to help them assess the best media for them to publish advertisements and information. Do you think *The Bonaire Reporter* would be most useful for them?** You can start the survey by going to: <https://nl.research.net/r/HLMVCH8> It only takes 5-10 minutes.

► **The Sustainable Bonaire Foundation (Boneiru Duradero)** has named **Carolyn Caporusso** as the Clean Coast Bonaire Team Coordinator. Carolyn will organize monthly citizen science surveys combined with beach clean-



ups at designated locations around Bonaire. As a PADI Course Director and long-time dive industry professional, Carolyn has made it her life's work to share her love of the ocean via education, awareness and action. She has been organizing Project Aware Dive Against Debris underwater clean up dives on Bonaire for the past 10 years.

She initiated the Debris Free Bonaire program in 2012.

Clean Coast Bonaire is a citizen science program aiming to collect scientific data about marine litter. Scientific data has led to a strategy to combat plastic pollution in Europe. Check out the video and sign up for the OSPAR workshop by sending an email to info@boneiruduradero.nl.



► **During the last Dive Friends' quarterly clean-up, 72 volunteers collected 1,371 items from the reef.** Roughly estimated, the divers removed 5 km or 3.25 miles of fishing line as well as 48 fishing sinkers and hooks.

Most notable? A record player, traffic cone, four metal chairs, and a road sign! Most abundant? 43% of what was removed was plastic- a whopping 143 plastic fragments, 248 glass bottles, 56 glass and ceramic fragments, 36 items of clothing and 22 hats, 73 beverage cans, 63 cardboard fragments, and 12 credit cards.

► **Franciscus H. Francees, head of the fire brigade's (Brendweer) prevention de-**

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Flotsam and Jetsam (Continued from page 2)
partment, retired after 42 years of exemplary service. Deputy general commander Jan Janga said, "Mr Francees was always ready to serve and made numerous positive changes in the department. For the past 20 years he worked as head of the prevention department and became deputy local commander." In his farewell speech, Mr Francees advised the new generation of firefighters to keep integrity of paramount importance. According to him, integrity is the building block to be a good firefighter.

The warmest place in the Netherlands was Deelen in Gelderland, where the temperature did not fall below 24.4 degrees. It was also well above 23 degrees in Flevoland, western parts of Zeeland and in the Wadden Sea area. Western Europe, including The Netherlands, is experiencing a severe drought as well.



►EZ Air announced on social media that it had acquired two Beechcraft 1900D aircraft. According to the airline's announcement the aircraft numbers 207 & 209 are undergoing maintenance, inspection, certification and avionics upgrade in Florida. The new planes can be identified for their T-tail horizontal stabilizer. The aircraft will be registered as PJ-EZY and PJ-EZA.

EZ Air currently operates a single Britten-Norman Islander aircraft for charter and air ambulance service, but will be providing scheduled services between the ABC islands with the new planes. Hopefully more competition will mean lower inter-island air fares.

(Continued on page 10)



R. Wout photo

► The slave hut damaged several months ago by an automobile is finally being repaired.

►It's been warmer in the Netherlands than in Bonaire. Several nights were the warmest ever recorded in the Netherlands, with the temperature dropping no lower than 23.6C (74.5F) degrees at the Bilt weather station near Hilversum.

The old record dated from 2004 when it didn't drop below 20.8 degrees.

C'est La Vie Was Back on Track at Kunuku Arawak



C'est La Vie's Ruud, Theo and Bert at Kunuku Arawak

In the spring of 2011, three retired Dutch guys living on Bonaire came together to make music. They called themselves "Back on Track" (aka Baby Boomer Rock Bank Trio) and played songs from country and western, the Beatles, the Stones. Theo te Brinke was the lead guitar, bass guitar and vocals. Bert Poyck played rhythm guitar and did vocals. Peter van Baalen did percussion, drums and vocals.

They started playing unplugged, then had their debut at Lee's Bar in May, 2011. People loved them, not just the Baby Boomer crowd. They did a number of gigs – at Woodstock, private parties, benefits and openings. People loved their music.

Sadness struck as Peter, the drummer, passed away in August, 2017. Theo and Bert were shattered, what to do?

But then **Ruud Mangelsdorf** appeared. He'd come to Bonaire in 2016 and built his own house with a recording studio where nowadays the group practices. In Holland Ruud played with several "cover bands" as a drummer and guitar or bass player and singer. He's become a specialist in sound engineering... a perfect complement to the group. **On Saturday, September 1, C'est La Vie will open the Jam Session at Woodstock at 9 pm.**

Contact information for private gigs, openings, etc.: Theo te Brinke 786-0150.

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REGRESSIVE ELECTRICITY RATES

Dear Editor,

It surprises me that the new electricity rates from WEB give a bigger price break to households and companies that are the heaviest users of electricity. Bonaire is a special place where people are extraordinarily committed to protecting the environment, and yet, people who are careful and thoughtful about their use of electricity are paying more under the new plan, while those who are wasteful are paying less.



Take a look at the following examples of people in typical homes with 1*25, 3*25 or 3*35 ampere connection capacity. When someone uses just 100 kw per month, it's an exemplary accomplishment, they've made significant sacrifices, like not using air conditioning and personally investing in energy-saving technology. Under the old pricing, their cost would be just \$38.20 per month, and under the new plan, they have a whopping 48% increase in their electric bill for using the same amount of electricity.

On the other hand, look at someone who has enough financial resources that they're not motivated to cut their energy

costs. There's nothing wrong with that, and they may have a large home with lots of appliances and several air-conditioned rooms, and possibly a pool that uses energy all day and a garden so they need to regularly run electric trimmers, blowers and a water pump. Say, for example, their monthly use was 3,000 kw. Under the old plan, their monthly bill would be over \$1,100 and under the new plan would be less than \$900 which is about 22% reduction in cost for the same electric use.

If WEB is instituting a plan that's giving out big discounts, why couldn't it be structured to give discounts to those who are using the least energy? If you give a 20% discount to only 1,000 customers who are using 3,000kw per month, the amount it costs WEB is \$257,000. If you gave the same \$257,000 in the form of 20% discounts to customers who are using just 300kw per month, it would give a 20% discount to over 11,000 customers instead of just 1,000.

When costs rise, I expect that we would all have to pay our fair share of increased costs. I never would have imagined that WEB would structure their rates with a formula that favors customers who use the most energy and punish those who can least afford it.

Jeyna D.

Picture Yourself With The Reporter at Williamsburg, Virginia, USA



Bonaire Ambassadors (Gold Level) Resa & Mark Director (top) and 20-year / soon-to-be-Gold-Level Bonaire Ambassadors Alice & Bud Bracken commemorating their January 2018 weekend at Colonial Williamsburg in Virginia by reading and enjoying their Bonaire Reporters.

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 Bike Professionals

35 Years Of Animal Shelter Bonaire



The idea of writing a history of Animal Shelter Bonaire seemed a fairly simple task. Once the research began, it quickly became evident that it was a monumental project considering the deep and rich history of the organization.

There is certainly no lack of material, but there is a lack of adequate words to convey the incredible love, dedication and commitment of so many people over so many years to the unwanted and abandoned animals of Bonaire. Not to mention their determination to educate the community on animal care and the importance of sterilization.

Some of the names involved in this history are a “who’s who” of Bonaire but there are also those lesser known names who worked, and continue to work, tirelessly on behalf of the animals and the Shelter. This history in no way claims to be complete. Unfortunately, over the years some names may have been lost, overlooked or not recorded. The writer apologizes for the omission of any of those names as it is not intentional. In addition, a truly complete history would result in a “novella” if every name of every hard working volunteer was mentioned. The list of names is legion, that is how large the Animal Shelter Volunteer Army is! However, the legacy of those forgotten or unnamed is more than evident in the success of the Animal Shelter today which rests upon their hard working shoulders.

What follows here is a “condensed” version of the Shelter’s broad history. Much attention is given to the details of the early years as without those pioneering souls the Shelter would not exist as it does today. Following the “early years” are some of the highs and lows through the last few decades. Some of the dates may be a bit off, again the

writer’s apologies for any significant errors.

THE EARLY YEARS

Animal Shelter Bonaire (Stichting Dierenasyl (*sic*) Bonaire) was officially founded on August 3, 1983, by three big-hearted volunteers, **Yke Faber** and **Peter and Rinnie Kamp**. They built four or five simple kennels on Capt. Don Stewart’s property and were almost immediately overrun with “clients.” Sometime during 1984, **Louise Rood**, then owner of Sorobon Beach resort, stepped in to help and also began taking in lost or abandoned animals. Again the “clients” were overwhelming in numbers. Aided by **Barbara Roswell** of Trans World Radio, who originally helped Rinnie, the two provided basic medical help and care to the animals, relying on visiting veterinarians to assist with sterilizations, etc.

Louise and Barbara managed to convince the government that more adequate space was needed. Circa 1986, the Shelter found a permanent home on the piece of land on Kaminda Lagun where it is currently located. Funds were needed to turn the terrain into a proper shelter, so Louise and Barbara organized the first “fancy fair” (flea market) to raise money. They received some donations, but it was a 10,000 NAfl (\$5,714) donation from an English couple that made it possible to fence in the property and order the first kennels. During those early years, the volunteer army grew, including **Julia Gerharts, Lynne Tijssen, Marisela Croes, Connie Griessert, Helma Hilgers, and Maria Gavira**.

In 1988, the foundation was officially registered with the Bonaire Chamber of Commerce. Louise and her group of dedicated volunteers continued to improve the Shelter, holding fundraisers, obtaining funding from the **Dutch Foundation for Foreign Animal Shelters/Stichting Buitenlandse Asielen**. They built a small office, more kennels and a cat shelter. The Shelter finally had a permanent “home” and continued its mission with just volunteers. The work was hard and endless, from fixing fences to learning to vaccinate. At that time there were no veterinarians on Bonaire. The Shelter had to wait for a vet from Curacao who came every two months for a few days.

THE 1990’s GROWING PAINS

After eight years of tireless dedication, in 1992 Louise passed the reins to **Elly Albers**. Elly learned well from her predecessor and took the Shelter to new heights: adding spaces, increasing awareness of animal care, sterili-

zations etc. She was a model of care and love for the lost and abandoned animals of Bonaire and a huge part of the foundation that the Animal Shelter rests on today.

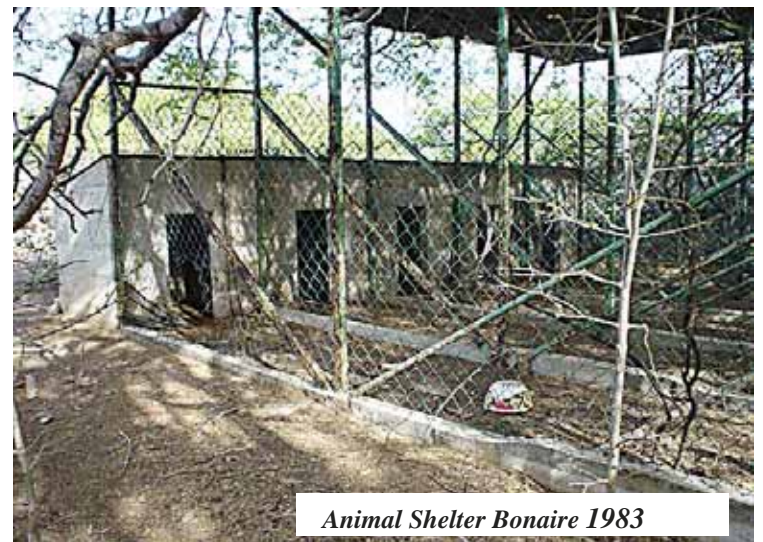
In 1993, **Kenneth Piar**, a client of FKPD, first came to work at the Shelter. To this day, 25 years later, over half his adult life, he is still at the Shelter. Four days a week, every week, he cares for his beloved animals; adored by them and by all the people who have met him and worked with him.

As the island population continued to grow, so did the number of animals who were abandoned or surrendered and Elly’s work became even more difficult. By 1996, the Shelter was in crisis mode. Overwhelmed with abandoned or homeless animals, having taken in 700 dogs and 100 cats as of November 1 of that year, Elly and chairman **Robert Gras** had to make the difficult decision to close the Shelter doors to further intake. The Shelter only had enough money to operate through the end of the year.

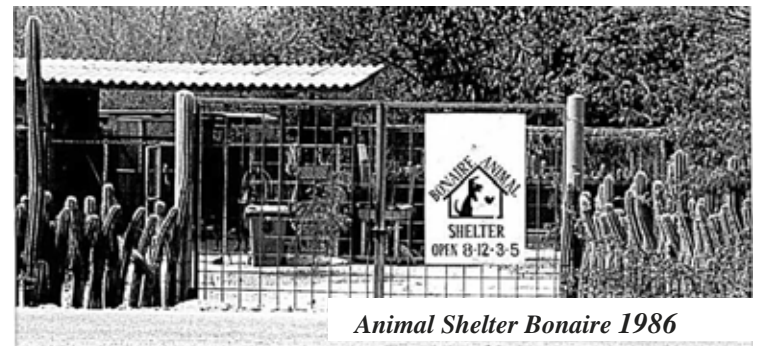
The monthly financial requirement to keep the Shelter operating was 7,000 NAfl per month (\$3,932). In late November, the government agreed that beginning in 1997 it would provide a stipend to the Shelter of 1000 NAfl per month (\$561.00); 600 NAfl (\$337.00) of this amount had to be earmarked for the “dogcatcher.” It wasn’t nearly enough to meet the monthly costs, so the volunteers and board members got busy with fund raising activities.

By February 1997, the financial crisis was narrowly averted and the Shelter stayed open. The fundraising activities continued and the Bonaire community also stepped up. In March, in a major initiative, **TechnoConsult** (the engineering arm of Harbour Village) built new additional dog kennels for the Shelter. The project was nicknamed “Harbour Village East” and the majority of these kennels still exist today. That same month, the cruise ship *Statendam* (Holland America Line) sponsored a major event. They raised funds, sold t-shirts, built cat towers, raffled kegs of beer...then on their next visit brought “wish list” items: vaccines, vet meds, cases of cat and dog food, etc.

During this crisis time, **Barbara van Olphen** took over as board chairman and besides shoveling gravel and building kennels, she also stepped up the fundraising efforts. One of the major events was a dinner dance at Plaza Resort that raised much needed funds. With the support of **Captain Don**, she also established the Animal Shelter T-shirt sales at the



Animal Shelter Bonaire 1983



Animal Shelter Bonaire 1986

weekly happy hour at **Captain Don’s Habitat**, which continues to this day. Her fundraising efforts saved the Shelter from certain death in the late 1990s.

Barbara also was responsible for establishing the initial concept of **free sterilization of pets** for those who could not afford it. Since stepping down as chairman in 2001, Barbara continues to this day to “man” the happy hour table at Habitat.

THE 2000s -BOOM YEARS

In 2001, **Paul Wichers**, who had served on the board since 1999, assumed the chairmanship from Barbara. The Shelter manager was **Juri Mellema**, who had taken over following stints by **Kees Leeman** and **Barbara Mudde** as acting managers.

Under Paul’s 16 years of stewardship, the Shelter blossomed and grew exponentially both physically and in terms of fundraising efforts and achievements. The physical capacity of the Shelter expanded and a myriad of renovations were made. Several boarding kennels were built to provide an affordable place for island residents to leave their pets while on vacation.

Fundraising efforts went to a whole new level. In 2000, volunteer **Renata Sanders** came up with the idea of holding book and flea markets to raise money. A few times every year the events were held on the Shelter property, with successful results and positive reactions from the community. Renata continued to urge the idea that a permanent location should be found. Her idea came to fruition when **Larry Gerharts** offered space for what is now the

Pakus di Pruga. Opened in April of 2011, the Pakus is a weekly “flea market” that has proven to be a valuable resource for the community as well as a much needed revenue source for the Shelter’s programs.

In November of 2007, Paul and a group of stalwart volunteers first set up the Animal Shelter Bonaire booth at the **weekly cruise market in Wilhelminaplein**. Stocked with Shelter t-shirts and a variety of items handmade by Shelter volunteers and supporters, the cruise market stand was and continues to be a life-saver in support of what is likely the Shelter’s most important program – sterilization of island pets.

As early as 1997, the Shelter tried to provide free sterilization for those who could not afford it. Funds were extremely limited. In 2002, the Shelter established a sterilization fund which was initially intended to help island residents with limited resources obtain free sterilization of their animals. The program has since expanded to provide free sterilization to anyone who requests it. The Pakus di Pruga and the Animal Shelter booth at the weekly cruise market are the main sources that keep the program alive.

Since its inception the Shelter has always promoted sterilization as the single most important factor in reducing the numbers of unwanted animals on Bonaire. In 2004, teams of **volunteer veterinarians** from Canada, the US and the Netherlands came to Bonaire to participate in a week of free sterilizations that took place at the

(Continued on page 14)

Born on Bonaire... August 19th, 1996 – Roëlton Thodé

“I grew up in Playa Pabou and I had a regular childhood, playing with my friends, swimming at Kas di Regatta, and I loved to go biking with my dad, **Rodney Thodé**. Every other day my father would go biking and the moment I saw him making his preparations, I would get my bike ready for when he would take off. We would take the tourist road to Sabadeco and I enjoyed looking around and being in nature, although we would drive at a good speed!

When I was young I had the ambition to become a pilot. So when I went to SGB I chose to study engineering, because I thought that would be the first step in the training to become a pilot. I had to work hard for it, but I graduated TKL engineering in 2014. Then I continued my education, doing the airplane mechanic training at MBO 4 (intermediate vocational training) because my passion to become a pilot had become even stronger. I was totally fascinated with everything that had to do with aviation.

However, when I was about six years old my parents had bought a camera, and they'd often asked me to take the pictures. At the time I was captivated by the process of taking photos on film, especially the fact that you wouldn't know what the photo looked like until the film was developed.

When my parents later bought a digital camera there was no end to my enthusiasm. I started taking pictures of anything and everything: sunsets, plants, trees, animals and people. And when my parents told me I'd made a beautiful photo, I was so pleased to know they were proud of me. So I became the family photographer.

When I was 13 I got my own radio show at **Radio Energia** where a friend of mine and I would play music in a show for youngsters, by youngsters, for two hours on Fridays and Saturdays. That was my first taste in the world of multi-media. From Radio Energia I went to **Energia Vision** where I joined the crew filming live events. I learned the first principles how to work the camera. I did it for two years. In January 2015, I got my first part-time job at **NOS-TV** as a cameraman. We filmed live events like Dia di Rincon, Karnaval and Dia di Boneiru. My goal was to buy a professional camera with the money I made. After saving up my money for three months I ordered my first professional camera online, a Nikon D7100, and I was super happy and proud of myself!

I started working with the camera and teaching myself how to handle it. I got the basis and theory online. then I started practicing the technical aspect of photography. And I learned fast enough that one doesn't become a good



Roëlton Thodé, Photographer

photographer overnight. But I had a passion and I wanted to continue with it and develop my creativity and improve myself. Also I wanted to do something with it. I started my Facebook page **Roëlton Thodé Photography**. I got assignments from my family and when I posted those photos on Facebook other people wanted me to take their photos too.

I was still studying, but my ambitions began to shift – from airplane mechanic to photographer. Because what I love about photography is documenting the time. Life is moving so fast and everything keeps on going, but some

moments only happen once in a lifetime and you can't bring back the time to relive those moments. By taking a picture of that particular moment, it will be there forever. That's the magic of photography.

I like spontaneous photos, to catch the raw moment, more than the posed, the stylized. To me those photos have more emotional significance. I let it happen, because it has to come from the subject while I am the observer. It's about anticipating the moment and knowing when you have to catch it. That style – my style – didn't exist on Bonaire before I started with it. Over the years a great number of professional and amateur photographers have come to the island and although I don't know them personally, I certainly do know their work. Of course I felt intimidated, not only because I am so young but also because they have way more years of experience. But it didn't scare me, I was and I am, confident in my work and the ideology I have about my photography gives me the strength to push on. Knowing there are others better and more



Roëlton in the field, on the job

experienced than I am doesn't mean I can't still do my thing, which is following my own ideas. I started doing everything to find out what it was I liked; portraits, weddings, pregnancy shoots, parties, funerals, holy communions, family photos, commercial photos

you have to know which pose works for a person, and as I am used to 'let it happen,' in the studio you have to create it yourself by catching someone's emotion at a spontaneous moment. But then, the possibilities of a studio are countless.

the opportunity to work for them even though I am only 21 years old. I think it's really special what I've achieved and that I get the trust of so many customers at this age. Like ZVK Health Insurance Office who gave me the assignment to take photos of provided care on the islands, and I travelled to Saba and Statia for the first time which was a fantastic experience. You can find those photos everywhere on the websites of ZVK and RCN. It's a great pity my dad is not here to see how far I've come, but I am sure that wherever he is, he is proud of me.

“I love my island with all my heart. Some people say it's boring, but there is always something to do if you make it happen!”

of products and much more. Nowadays I still do everything but what I like best are weddings, events and commercial photos.

In September 2016 my dad fell ill and I quit school to take care of him. When he sadly passed away in October I went back to school but soon I realized I was already so absorbed by the world of photography that I didn't want to become an airplane mechanic anymore. In December 2016 I officially launched my company. And so I became an entrepreneur and my goal is to become the number one photographer of Bonaire

Last month I got my studio in Kaya Grandi, up at La Terrazza shopping mall. It was a dream come true! I really needed a professional studio because many people want their picture taken in a studio. Studio photography is a whole different world than working with natural light. You need to know more about exposure and you have to get along with people. It's a challenge because the person is the only subject, while outside you can be creative by using nature and natural light. It is hard 'to tell a story' in a studio portrait;

I've got a lot of goodwill here and I think it's because I am local and local people often feel more comfortable with a local person. But the product has to be good; that's number one! I see a future for myself in what I am doing and I want to grow in my profession. In addition to the aforementioned things I am also the official photographer of 'Bonè Magazine', the first new and free lifestyle magazine which was launched in April. And I am still working for NOS TV and at Life FM, the radio station; so I'm doing photography, videography and radio.

I live with my mom (**Farina de Palm**) and my brother. My sister already moved out. I am a humble person, but very determined and driven in my passion. Of course I have stress now and then, but I stay chill. I've been a quiet person all my life. However, when you work hard you also have to know how to relax and that I do by attending parties, going out and chilling with friends who are all working in the media world. We are motivating, helping and stimulating each other. I am very grateful that big companies gave me

I love my island with all my heart. Some people say it's boring, but there is always something to do if you make it happen! For me it's a great inspiration to show that things can be done here too. I love to take photos at cultural events to show the world what's happening here and how beautiful it is. I love the uniqueness of Bonaire: its culture and traditions and its nature, above and underwater. I believe that on Bonaire all is possible if you set your mind to it, because that's what I did and it is happening. Don't be afraid to take a risk; there is no 'trying.' Either you do it or you don't - and I say: do it!” ■ *Story by Greta Kooistra, photos by Roëlton Thodé*

More info: www.roeltonthodephotography.com



DETOX DIETS

Detox is a popular buzzword in the health and beauty world. The idea behind detoxing is that from time to time we need to clear the “toxic waste” from our body in order to stay healthy. In particular, we might be tempted to detox after over-indulging, for example at Christmas. Some of the claims made in relation to detox diets include: rapid weight loss; improved digestion; improved hair, nails and skin; improved energy levels; boosted immune system; and banished cellulite. Detox diets can last from around one day to around one month and may involve:

- fasting for short periods of time
- consuming only fruits and vegetables
- cutting out wheat and dairy foods
- consuming a limited range of foods
- avoiding caffeine and alcohol
- detox solutions – a range of pills, lotions, potions.

Exploring the myths

The whole idea of detox is nonsense. The body is a well-developed system that has its own built-in mechanisms to detoxify and remove waste and toxins. Our body constantly filters out, breaks down and excretes toxins and waste products like alcohol, medications, products of digestion, dead cells, chemicals from pollution and bacteria. The body has numerous organs, such as the skin, gut, liver and kidney, that continually ‘detoxify’ the body from head to toe by responding to signals, in the form of hormones, to remove any waste products. There are no pills or specific drinks, patches or lotions that can do a magic job. If you have over-indulged on alcohol, for example, the liver works hard to break down the alcohol into products it can remove.

Being well-hydrated is a sensible strategy, but drinking too much water can be as dangerous as not drinking enough. It sounds predicable, but for the vast majority of people, a sensible diet and regular physical activity really are the only ways to properly maintain and maximize your health. People often say they feel better when detoxing and connect that feeling to what they are/are not eating. However, not smoking, drinking less alcohol, getting enough sleep, fresh air and exercise will also help you feel healthier and more energized. This is more likely to be the cause of feeling better rather than lotions, potions or food exclusions.

The virtues of fruit and veg

Detox diets often promote the benefits of fruits and vegetables. Of course fruits and vegetables are an important part of a balanced diet and we should all eat at least five portions a day. They provide vitamins, minerals, antioxidants and dietary fiber, but no single fruit or vegetable can provide a ‘cure’ or ‘miracle’ - it’s the variety that counts.

Allergy to wheat and dairy?

Promoters of detox diets often claim that to ‘detoxify’ the body you need to exclude foods such as wheat and dairy products. The reality is that these foods provide us

with important nutrients. It is unnecessary and potentially harmful to simply cut them from the diet especially if you are not replacing them with other foods to replace the lost nutrients. If you think you have an allergy or intolerance to milk, wheat, or any other food then see your doctor for a proper diagnosis. They can refer you to a dietitian for safe, evidence-based advice.

The facts about fasting

Fasting, or severely restricting what you eat, limits intake of energy (calories) and important nutrients needed for health and wellbeing. Rapid weight loss can occur, but this weight loss is largely water and glycogen (the body’s carbohydrate stores), rather than fat. You may feel tired and dizzy and it’s likely you’ll have less energy while you are following an extreme detox program. Furthermore, if you are fasting, your body won’t have the necessary fuel available to carry out physical activity and exercise – an important aspect of general wellbeing and healthy weight management. At the end of the program, if you return to your old eating habits, you are likely to put back on any weight you lost.

A balanced diet

It does make sense to avoid excessive intakes of caffeine, alcohol and high-fat, high-sugar foods and eat some fresh foods, which a lot of the ‘detox diets’ suggest. However, if you want to maintain optimal health then the best approach is a balanced diet, with at least five portions of vegetables and fruit a day; small portions of wholegrain carbohydrates; lean meat, fish and alternatives like beans and pulses; and low-fat dairy products. Keep to sensible alcohol and caffeine limits too. If you are looking to lose weight then consider reducing portion sizes, and don’t forget to be active every day.

Summary

Detox diets are a marketing myth rather than nutritional reality. They sound like a great concept and it would be fabulous if they really delivered all that they promised! Unfortunately, many of the claims made by detox diet promoters are exaggerated, not based on robust science and any benefit is short lived. While they may encourage some positive habits like eating more fruit and vegetables, it’s best to enjoy a healthy, varied diet and active lifestyle rather than following a detox diet. **Lucinda van der Wardt**

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
lucindada@foodandvitality.info



DID YOU KNOW?

That the Mimic Octopus (*Thaumoctopus mimicus*) has the amazing ability to mimic lionfish, sea snakes, anemones, jellyfish, flatfish, brittle stars, giant crabs, stingrays, flounders and mantis shrimp!

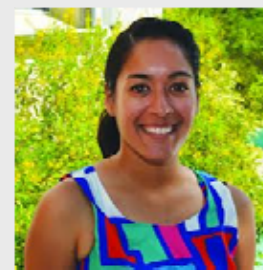


It is typically covered in brown and white stripes and spots and mostly inhabits the tropical seas of South East Asia. It usually gets up to about two feet long and uses jets of water to sashay over the sand, searching for prey. Its body mostly consists of muscle without any spines or type of armor, thus it is desirable to many deep-water predators, especially since they do not possess poison or venom. For defense it utilizes mimicry to avoid these predators, but also to feed on other animals that would usually attempt to escape once they see an octopus. They are extremely intelligent and have the ability to camouflage by changing the color and texture of their skin in order to avoid predators. They are also so intelligent that they are able to decide upon which creature to impersonate in order to present the greatest threat. For example when in the vicinity of territorial damselfish, it mimics their known predator, the banded sea snake. To mimic a lionfish it spreads its legs and lingers on the ocean floor and lets its arms float behind to emulate the fins of a lionfish. When it mimics a sea snake, it buries its entire body in sand and leaves a few tenta-


All are appearances of the same octopus.

cles exposed so it appears as a few dangerous snakes wriggling around! This story by Fadilah Ali first appeared in the September 30, 2013, edition of The Bonaire Reporter.

Ali was a PhD Student at the University of Southampton working at CIEE Research Station Bonaire




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Taste of Bonaire Recycled Edition



Wilna Groenenboom photos

Whole lot of cooking going on!



Lots of people enjoyed the entertainment



Arts and Crafts



COVER STORY

Gorgeous clothes made from discarded material

Taste of Bonaire (TOB) is a unique event held about once a month that brings visitors and tourists to Wilhelmina Park to sample the offerings of Bonaire's restaurants at low prices. The last TOB, held on Saturday, August 2, had as usual great music, food, art, handicrafts with a Recycling theme. The event which ran from 6 pm to 10 pm featured a talent show, the Tes A Vesa Band, music by Massiv, the Peru Dancers, honors to the Bonaire Youth Outreach Foundation, dazzling modeling by Miss Bonaire and Miss Tourism Bonaire and more. **□** G.D. photos by Wilna Gronenenboom

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BELANGRIJKE MEDEDELING!

Hierbij informeren wij u dat de Algemene Voorwaarden van Maduro & Curiel's Bank (Bonaire) N.V. per **1 augustus 2018** worden gewijzigd.

U kunt per bovengenoemde datum de gewijzigde Algemene Voorwaarden vinden op onze website, op al onze kantoren en zullen op verzoek van de cliënt kosteloos worden toegezonden.

mcbbonaire.com

MCB
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The Hunt For Bonaire's Asbestos

The dream construction material, asbestos, of the mid-20th century turned out to be a nightmare in the 21st when it was discovered that breathing it caused very severe lung illness. Asbestos has been found on Bonaire; what comes next?

Last week the company Kiwa Oesterbaai (a part of Kiwa Compliance) completed a large-scale asbestos survey on Bonaire. The main focus was on asbestos presence on roofs of buildings. First, there were visual checks if roofs are made of roof tiles, metal or cement corrugated sheets. Older cement roofs can contain asbestos. Newer ones are asbestos-free.

To determine if asbestos is present in cement roofs is not easy. "After hearing about the large-scale asbestos survey," Kiwa Oesterbaai's analyst Joris Gribnau tells us, "concerned locals from Bonaire asked us to additionally inspect and test their buildings, because lots of asbestos containing materials have been used by contractors in the past."

In this light, Kiwa Oesterbaai took samples from Bonaire to their Rotterdam Laboratory. To determine if asbestos is present, (and if so which type, what amount and which percentage) the samples needed to be tested. Kiwa Inspection & Testing is an accredited high-tech Laboratory which specializes in analysis for the presence of asbestos and other hazardous materials.



Asbestos in a Bonaire sample

In the laboratory, an analyst inspects a piece of cement taken from a site on Bonaire. "First we check the material using a microscope. To make it easier to visually detect asbestos we sometimes break the material first. By enlarging the material under a microscope I can see if there is asbestos present and which type it is." The Kiwa Inspection & Testing analyst continues, "I am trained and experienced in determining the type and can also make a statement on the percentage of asbestos in the material. In this instance I see two different types of asbestos in one sample. Sometimes I have to reconfirm my analysis by adding liquid which makes the asbestos react in certain colors."

Although there is no asbestos laboratory yet present on Bonaire itself, much of the asbestos survey can be done visually. "A professional visual survey on this scale will suffice for determination of asbestos' presence."

"To make Bonaire safe and asbestos free lots of work has to be done," Mr. Gribnau from Kiwa Oesterbaai, who is responsible for the project, says. "We are looking forward to working with the Bonaire Island Government and together start a permanent training and educational center, so locals can become official asbestos inspectors," continued Mr. Gribnau. "It will stimulate local employment and other countries in the Caribbean region might also benefit from certified asbestos inspectors from Bonaire; asbestos doesn't have a nationality after all."

If you have questions about the safety, want your specific material to be tested or want more information on asbestos in general, please contact Kiwa Oesterbaai / Kiwa Compliance: website: www.kiwoesterbaai.nl / or email: info@kiwoesterbaai.nl

□ Story by Daniël Kwee, photos by Wilna Groenboom



Computerized analysis equipment

Kaya Safiro 13



FOR SALE Kaya Safiro 13 Bonaire, Dutch Caribbean

This large estate is situated on the hill of Santa Barbara Republiek. It has 8 bedrooms and 7 bathrooms and gigantic storage rooms with can easily be transformed into bedrooms or studios as well. There is a permit to transform the property into a Bed & Breakfast, but of course you can also use the house as a large vacation villa or for residing.

Summary

- 8 bedrooms and 7 bathrooms.
- Large living(s), huge storage rooms / garages and private pool.

Land registry (kadaster)

- lot size 4700 m² / 50.577 sq.ft.
- Freehold land.

Unique Features

- Possibility to transform into Bed & Breakfast.
- Large lot with great views.
- Quiet residential area.

Asking price:
Price on request



Contact us for more information

Email: info@bonairerealty.com

Phone: +599 786 47 40

Visit our website: www.bonairerealty.com

Visit our office: Kaya Isla Riba #5 (Terramar building)

Making Bonaire "Accessible"

Accessibility Progresses and the Abilities of Cats (Wheelchair Challenges #17)



A very special cat

Although you might not be able to see it, there is a lot of buzzing going on. Should you close your eyes, you might hear it. It might not be loud, but in the background a lot of people are concerned about handicapped accessibility on our beautiful island and they think that it is time for change.

The elderly on Bonaire have become a large group of people who need attention. They feel alone, feel misunderstood, want to go places but cannot do so, are stuck in their homes. On Facebook Dare to Ask ([DurftevrageBonaire](#)), Liane Francees asks her burning question: she is looking for volunteers who want to help these elderly people. So, if you have time to spare, if you want to offer a helping hand, if you want to feel and make yourself useful... here is your chance. Contact Liana and volunteer. There may be no pay, but the rewards are priceless.

A fortnight ago I wrote about the peer group for caretakers that is being formed. Especially the elderly that suffer from Alzheimer's disease and the physically handicapped who are being taken care of by their direct family members need attention. The wives, husbands, daughters, sons stand by their loved one 24 hours a day. And this is becoming a very hard thing to do. The whole day long you need to take care in many different ways and the nights are always broken. One hardly or never gets a moment to rest. Now there are patients who can take part in a day-care solution and now we have this wonderful opportunity of "respijt-care" in the hospice. But there is much need of short term help. Volunteers who can take care for one, two or maybe three hours or a morning or an afternoon so the caregiver at home can do some shopping, go "do things that need to get done."

Should you want to lend a hand in these situations, please contact me, Ria Evers-Dokter. And also in these cases: the rewards will be priceless.

MiVaBo, the handicapped awareness foundation, is working very, very hard in the background for more accessibility in different ways. So please stay tuned for more exciting news from them.



Animal Awareness

And now to a special little story. Animals are beautiful and special and there are some animals that have special "Gifts" or abilities. Take our cat for example. Our **Kitty** walked into our life when he was about seven weeks old. He was yelling and crying and also bleeding. He allowed me to pick him up and I could take a look at his little tabby body. There was a bleeding sore on his right flank and it seemed as if he had been wounded by the sharp leaf of an agave. I put the kitten on the table in front of my husband and asked him to stroke the little cat very carefully. They bonded right at that moment. The kitten needed a name and since my husband suffers from aphasia, it needed to be a name he would be able to pronounce. Since I call "kitty...kitty...kitty" when I want the cats to come to me, he picked the name "Kitty."

Very soon Kitty understood that he was the one we were calling when he heard that name, so that was settled. My husband suffers from epilepsy and these epileptic fits vary a lot. They can be a "grand mal" or an "absence." I began to notice that every time my husband got sick, Kitty was never far. I also noted that Kitty would come and "call me," run into the house and walk into the bedroom. And there I always found my husband, having a seizure. I even filmed this behavior and showed it to the neurologist. The doctor was very charmed by our sweet Kitty and told me that we have a very special cat.

Now, please, consider becoming a volunteer, even if it is only one hour a week.

And carefully observe the behavior of your cat. □ *Story & photo by Ria Evers-Dokter*



Respect Handicapped Parking

It's a scene you see almost every day. A vehicle parked in the reserved handicapped parking spot. Since Bonaire hasn't a formal "handicapped parking permit" decal, you can never be sure that the driver is handicapped.

That is unless you see him nimbly exit his car and head into a shop.

We challenged the driver of this truck who pulled into the handicapped reserved spot at Kooyman; perhaps he didn't notice the sign?

He chose to ignore us and continued on his way. Not nice.

It's tough enough being disabled. Don't make it tougher. □ *G.D.*



Flotsam and Jetsam (Continued from page 3)

► **Give It a Name And Win \$200!** On November 8, Mental Health Caribbean (MHC) will officially open their treatment center for children and youngsters with psychiatric and/or psychological problems in Bonaire. But the Center needs a name. And they want someone from the BES Islands to come up with it.

The winner will be announced on opening day.

Rules:

◆ -The name can be 1, 2 or 3 words long

◆ -It can be in English, Papiamentu or Dutch.

◆ -The name does not have to be related to psychiatry or psychology.

◆ -Include an explanation of why you think this name is a winner.

◆ -Kids and teenagers can also participate.

◆ -Must be submitted before October 1, 2018.

E-mail or app your creation, include your name, phone number and birth date to

[Christine.Alvarez](mailto:Christine.Alvarez@mentalhealthcaribbean.com)

@mentalhealthcaribbean.com

or call +599-796-1037 □ *G./L.D.*

Penny Lane Exchange

The Fashion Revolution



Penny Lane is one flight upstairs of La Terraza, downtown Kralendijk

Kaya Grandi #23-G, Up the stairs—Across from Gio's Ice Cream,
Shopping Hours: Tues: 10am to 5:30; Weds & Thurs: 10:30 to 5:30
 Friday: 10am to 5:30 Saturday: 11am to 3:00pm Closed – Sun. and Mon.
Phone 599-795-9332 email- Pennylanebonaire@hotmail.com

A Garden? Just Do It

KALANCHOE

Finally I found the name for the many "fat plants" in my yard. **Kalanchoe**. What a beautiful name. My whole yard is full of them. Once you have a certain type of plant, soon you have a yard full. But I don't mind. They are not in the way and when I look for space to plant something else, I just push them aside and they keep on growing. In certain places they cover the surface so nicely that it's just like a green carpet on the soil. These plants are popular on Bonaire and I see them in many yards, just growing like that.



Close up of Kalanchoe flower bells in my garden

Few people know about them, but once they find out what kind of rare plants they are - full of health benefits- they will show more respect for them. "It's not medicine that heals but education does," a wise man once said. And with this article you will understand what kind of wonder plants we have right here on Bonaire.

There are 125 species of tropical succulent plants spread all over the world in tropical and subtropical areas. Some of these Kalanchoe plants are cultivated as ornamental houseplants and rock or succulent garden plants. They are popular because of their easy propagation, low water requirements, and wide variety of flower colors which are typically borne in clusters well above the *phylloclade* (flattened stem or branch that functions as a leaf).

There are certain species, "air plants," the *Kalanchoe pinnata*, where new individuals develop as plantlets. These young plants eventually drop off and take root. There is no male plant, only a female which flowers and produces seeds, commonly called the mother of thousands! Kalanchoes are characterized by opening their flowers by growing new cells on the inner surface of the petals to force them outwards and on the outside of petals to close them. When they bloom, they bloom for a long time and look good for a long time.

When potting Kalanchoe, check that the

plant is free from pests and disease. Wilted flowers or yellow leaves indicate that the plant is not in top condition. Caterpillars like the Kalanchoe and can eat the whole plant.

The plant stores moisture in the thick leaves; watering once a week is enough. Too much water is definitely to be avoided. It's better for the soil to be a little too dry than much too wet. Carefully remove wilted flowers, while avoiding damage to new buds. The thick fleshy leaves of the flowering Kalanchoe is a succulent, meaning that the plant needs little care and is therefore suitable for people without "green thumbs." They prefer a light to sunny spot, both indoors and outdoors.

Here on Bonaire Kalanchoe plants are called "Mala Madre," because of the many plants it produces that can cover a whole yard.

The health benefit of different Kalanchoe types are tremendous. In Jamaica they call the Kalanchoe "leaf of life." In traditional medicine, certain Kalanchoe species have been used to treat ailments such as infections and rheumatism. Avoid this herb during pregnancy and remember it is a medicine. So don't use it constantly, just for a short time.

Some Kalanchoe stand out because of their beautiful bell-shaped flowers and leaves. I have some of these Kalanchoe species, *Kalanchoe pinnata*. (See photo) These bell-shaped flowers are like an um-



The characteristic Kalanchoe leaves

rella of bells and can bloom for more than two months. I was impressed by the beauty of these green bells with a dark brown spot on each bell. Later from another specie I got an umbrella of bells but in a green-pink color, and for another eight weeks I could enjoy this plant's beauty.

A nice thing to know is that Kalanchoe is one of the first plants to be sent into space,

sent on a resupply to the Soviet Salyut.

With this information I want to make a link to science: Gardening on Mars.

Oh yes, it will really happen. In a science paper I read that when the first people put foot on Mars, they should have green fingers, because they have to grow their own food. That will be a big challenge, even for those people who've studied for that.

Wieger Wamelink, a Dutch scientist who did research at the University in Wageningen, Holland, experienced how difficult gardening will be on Mars. Soil, circumstances, life—all totally different up there—and it's a big challenge. He tried all kinds of plants in a special greenhouse in Wageningen in a replica soil of the planet Mars. The results were amazing. He had expected fewer results because of the poor soil with a

lot of heavy metals. But from a few seeds in a small container he got 8,400 plants. That was mind blowing. But as he said there needs to be a lot of experiments to find out what and under which conditions humans can grow their own food on the red planet.

So Kalanchoe plants have traveled a long way into space already. But for now you can have the Kalanchoe right here in your yard, here on Earth, on Bonaire too. They grow on their own and can provide you with a lot of goodies.

So just do it. □

Story & photos by Angliet, Nature Lover



Fundraising For Rio



Working at the car wash: Sensei Peter Silberie, coach of the team, with members Everone, Katty, Miguel and Theursten

Sensei Peter Silberie founded BonKarate in November 1979 in Bonaire. The main objectives of the school are Respect, Discipline and Perseverance. Generations of Bonairean youngsters have learned restraint, self respect and physical skills studying this martial art.

Bonaire's young karate practitioners, called *karateka* (空手家), take part in competitions on Bonaire and overseas. Typically, the team returns home with fistfuls of medals.

They are traveling to Rio at the end of the month to take part in the Cadet, Junior and Under 21 **XXIX Pan American Karate Championships** in Rio's Olympic Park.

Participation in a sanctioned international event like this can become expensive. In addition to the airfare to Rio, hotel accommodations and meals, each participating athlete has to pay \$100, plus \$300 a team.

Team members held a carwash and BBQ at the end of July to help with the expenses (see photo above). □ *G.D., Wilna Gronenboom photos*



Fundraising BBQ



What's Happening

REGULAR EVENTS

Rooi Lamoenchi Kunuku Park Tours \$21 (includes tax). Discounts for residents and local people. Tel. 717-8489, 540-9800.

Soldachi Tours—See the Real Bonaire and be transported back in time. Learn about the history, culture and nature by Bonaireans from Rincon. Call Maria Koeks for more information: 796-7870, 717-6435.

Parke di Libertat -Park-playground and canteen (formerly Dare to Care Park) Behind the hospital. Open Monday-Saturday 8am-7pm. 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 2018: 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 Lagoon 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

Petanque- Jeu de Boules, 2:30-6 pm, Bolascentre GOLDFINCH (next to baseball centre on Kaminda Sorobon) 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.

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:

l2stepbonaire@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. For more information call 510-0710.

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

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

CHURCH SERVICES

The Church of Jesus Christ of Latter-Day Saints --Kaya Sabana 26 Sunday Services - Papiamentu/Espanol 9am 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-10am 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 10am. Wednesday- 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 ■

Cruise Ships

Date	Ship	Time	#PAX
21-Aug	Monarch	0700-1800	2744
28-Aug	Monarch	0700-1800	2744
31-Aug	Equinox	0700-1800	2744
4- Sept	Monarch	0700-1800	2744

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 Exhibition at Bistrot di Paris /Zazu Bar- Info: 599 785-5002

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 Thursday through Saturday and cruise ship days, 10am-4pm. Free entrance ■

CLOSE IN EVENTS

August 12 & 13—Perseid Meteor Shower.

August 16- Thursday—Stinapa will give a presentation on the ecological restoration of Lac Bay and the southern coast of Bonaire. 7-8pm, DCNA, Kaya Finlandia 10A

Saturday, August 18—Animal Shelter 35th Birthday Celebration—Live music, raffles, prizes, adoption fair, book and craft market, more! 9am-noon. More on page 14

Saturday, August 25—Nos Zjilea Cultural Event at Mangazina di Rei 8am-2pm. Traditional music, crafts, local produce, creole kitchen, educational presentations. On the Rincon Road at eastern entrance to Rincon. Free entrance.

Sunday, August 26-Mountain Bike Bastista Service Fun Race at Barkadera, \$10, Sign up at 7:30. Info at Freeweiler Bike Shop.

September 1—C'est La Vie to play at Woodstock, 9pm. More on page 3

September 1-7—Bonaire International Dance Festival

Thursday, September 6—Bonaire Flag Day, legal holiday, at one of the barrios. Locals and visitors dance, eat, drink on the streets, bands, Motorcycle event with over 400 participants flying in from around the world. All day.

September 8-15—Mindful Diver New Moon Retreat. For more information email sarah@mindfuldiver.com.

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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
	01:54	10:00	15:40	21:25			
Mon 13	0.89 ft	-0.18 ft	0.48 ft	0.16 ft		6:24	18:56
	02:59	10:44	16:34	22:57			
Tue 14	0.78 ft	-0.16 ft	0.61 ft	0.13 ft		6:24	18:56
	04:05	11:25	17:24				
Wed 15	0.66 ft	-0.14 ft	0.73 ft			6:24	18:55
		00:18	05:10	12:05	18:10		
Thu 16		0.08 ft	0.56 ft	-0.10 ft	0.83 ft	6:24	18:55
		01:29	06:13	12:43	18:53		
Fri 17		0.02 ft	0.47 ft	-0.06 ft	0.90 ft	6:24	18:54
		02:32	07:12	13:18	19:36		
Sat 18		-0.03 ft	0.39 ft	-0.02 ft	0.94 ft	6:24	18:54
		03:30	08:08	13:51	20:16		
Sun 19		-0.05 ft	0.33 ft	0.02 ft	0.96 ft	6:24	18:53
		04:24	09:01	14:21	20:56		
Mon 20		-0.06 ft	0.28 ft	0.06 ft	0.95 ft	6:24	18:53
		05:17	09:53	14:47	21:35		
Tue 21		-0.06 ft	0.24 ft	0.09 ft	0.93 ft	6:24	18:52
		06:10	10:48	15:10	22:13		
Wed 22		-0.04 ft	0.20 ft	0.12 ft	0.89 ft	6:24	18:52
		07:03	11:50	15:28	22:52		
Thu 23		-0.02 ft	0.19 ft	0.15 ft	0.85 ft	6:25	18:51
		07:55	13:11	15:39	23:32		
Fri 24		-0.00 ft	0.19 ft	0.18 ft	0.80 ft	6:25	18:50
		08:42					
Sat 25		0.01 ft				6:25	18:50
		00:14	09:22				
Sun 26	0.74 ft	0.04 ft			Full Moon	6:25	18:49
	01:01	09:53	15:59	19:30			
Mon 27	0.68 ft	0.06 ft	0.33 ft	0.31 ft		6:25	18:49

FOR RENT—October 1st unfurnished house 2 bedrooms, airco's, ceiling fans, living room with large kitchen, many kitchen cabinets, large back porch, small front porch, tropical garden with drip system. No dogs. 2 minutes walking distance from Bachelors Beach, Belnem. Rent \$770 excluded are utilities. 2 months deposit.

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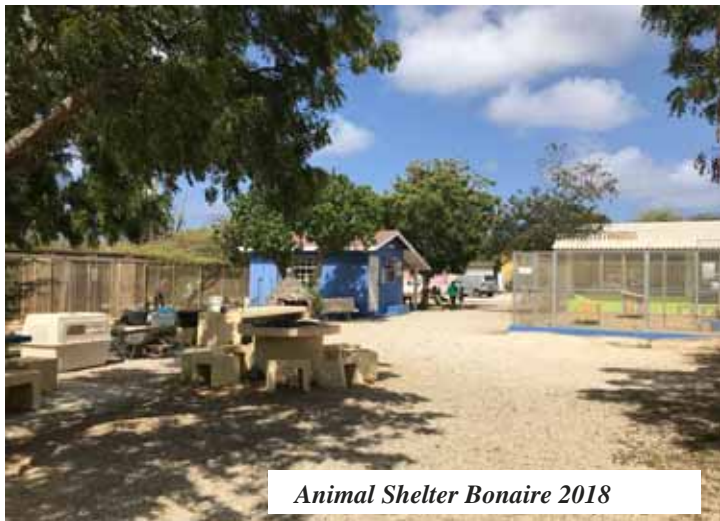
Palasio di Pushinan” (Cat Palace)

35 Years Animal Shelter Bonaire
(Cont. from pg. 5)

Shelter. Juri, staff and volunteers refitted the Shelter “kitchen” area into an “operating room,” built portable sterilization tables and turned the Shelter into what looked like a triage center. Two

bished, all kennels repainted, grounds cleaned and cleared. The Shelter joined the cyber world and launched its own website and Facebook page.

Fundraising ideas and sources were further developed. Biannual auctions for building projects, grant applications from off island



Animal Shelter Bonaire 2018

hundred dogs and 20 cats were sterilized in just that one week!

In May 2009, “**Bonny the Superdog**” sterilization campaign was launched with a goal of sterilizing 500 animals within one year. Over 220 were sterilized in just the first three months of the campaign and it took less than a year to reach the goal of 500! Education programs in the schools and at the Shelter continue to emphasize the importance of sterilization. Each year the number of sterilizations increases, averaging 450 per year. However, because the island population has almost doubled in less than 15 years, the Shelter continues to take in at least that number each year. Accordingly, the sterilization campaign continues to be a top priority to this day.

In 2007, **Marlies Tiepel** became manager. During her tenure as manager she brought the Shelter firmly into the 21st century. In 2008, a major facelift took place supported by **Krioyo Paint**, **Richard Duijn** and others. The reception kennels were refur-

sources like **Dierenlot** resulted in physical improvements, a Shelter vehicle for animal pickup and dropoff and a host of other much needed developments. **Shelter capacity almost doubled, from 40 dogs and 20 cats to a maximum of 70 dogs and 40 cats.**

In 2010, the **Kouchi pa Bestia** (drop off kennel) was built at the back gate of the Shelter. The kouchi provides a place for people who choose to remain anonymous to leave the animals they no longer want. It also serves as a safe place to leave animals found roaming or injured during hours that the Shelter is not open. In 2017, the kouchi was enlarged and renovated to be able to accommodate larger animals as well as small kittens.

Staff and volunteer numbers grew during Marlies’ leadership as did the number of adoptions, sterilizations and the physical plant of the Shelter itself. In March 2014, a brand new puppy kennel was built and the former puppy kennel was transformed into the stunning “**Palasio di**

Pushinan” (Cat Palace) that opened in November of that year. The palace was a much needed addition as the number of abandoned cats on the island continues to grow. Through the generosity of **Lourae** and **Randy Kenoffel**, and the support of **BITS Bonaire** and **Brian Niessen**, the **Bonaire Cat Cams** went live on line in 2014. Feline fans around the world can now watch Animal Shelter Bonaire’s feline residents frolic in their palace.

Education of children was also a priority for Marlies. **Desiree Croes** of STINAPA developed a standard program that takes place on the Shelter property in coordination with the schools. The program features “stations” set up at all the kennels explaining the proper care and needs of animals. Additionally, Shelter staff and volunteers make visits to the schools themselves, promoting care and sterilization.

After eight years of tireless and enthusiastic commitment, Marlies retired as manager and returned to Holland in 2015. But her love and support of the Shelter did not stop. To this day she continues to handle the Shelter’s website, collect donations for the Shelter and will soon launch an on line web-shop for Shelter merchandise.

Nathalie Petersen took over the Shelter management from 2015 to 2017. During that time new sponsors and supporters were recruited. Kennel space was added, a volunteer dog walking program started, and certification as a training facility for interns from the Netherlands was obtained.

In 2017, Animal Shelter Bonaire turned a new page. For the first time in its history a “**yu di tera**” (child of Bonaire) was named as manager. **Luvinia “Livi” Rodriguez** is not only the first Bonairean to guide the Shelter, she is also the first manager with formal education in animal care and health. Her role as manager has resulted in an increasing number of local residents willing to learn and heed proper care of their animals as well as become involved with the Shelter’s programs. Her caring and gentle personality has created a positive influence on the media and in the multi-cultural community of the island. Adoptions and sterilizations are again on the rise.

THE FUTURE

Unfortunately, there will likely never be a time when Animal Shelter Bonaire is no longer needed

Pet Of The Week



This is Tinus. Believe it or not he is just 11 months old, and he has been with us for nine of those months! he was left here with his brother who was adopted not long ago. This young man loves to cuddle. It is hard to believe he is a “teenager.” Just like most teenagers he also loves to play. His favorite game is fetch as long as you are willing to

chase him for the ball because bringing it back and letting it go is very hard for him. He’s also full of energy, so if you are looking for an active playful friend that will also keep you active, you should definitely come visit Tinus.

Are you interested in meeting Tinus or one of his other friends? Please stop by at the Animal Shelter, Kaminda Lagun 26, Mon.-Fri. 9a.m.-12 p.m. and 3-5 p.m., Saturday 9 a.m.-3p.m. Non-stop. 717989/7014989. **Story & photo by Luvi Rodriguez**



on the island. As with shelters across the globe, care for the unwanted and abandoned is a never ending commitment. Despite its monumental efforts and significant achievements over 35 years, the Shelter must remain committed to its original goals set forth in the 1983 founding documents: providing care, food and accommodation to unwanted animals; ending animal overpopulation through sterilization; and educating the population of Bonaire about animal care.

LAST AND CERTAINLY NOT LEAST: THE VOLUNTEERS

None of this history would have occurred nor could it be written if it were not for the hundreds of volunteers who have been a part of the Shelter over the last 35 years. The Shelter has just recently increased its staff (all of whom work only part-time) to five members. Over the years the number of paid staff averaged only three. Obviously, it is the volunteers who have played the crucial role in keeping the Shelter alive and functioning since its inception. Only a few of their

names have been included in this history, they cannot all be listed here. As mentioned earlier in this piece you are not forgotten! As we celebrate the 35 years of Animal Shelter Bonaire....we celebrate you as we stand on your shoulders. **Jane Disko-Madden**, Photos from various sources

SPECIAL THANKS

This history could not have been put together without the help of the following people:

George and Laura De-Salvo (Bonaire Reporter) for their archives, memories, and unending support and love for the Shelter; **Louise Rood** for the history she wrote for the 25th anniversary of which much is included here; **Paul Wichers** for his help and support; **Janet Thibault** and **Barbara van Olphen** for their incredible memories.



ANIMAL SHELTER BONAIRE 35TH BIRTHDAY CELEBRATION
FEATURING SPECIAL EVENTS AND “CHIPPIE CHIPS”





“CHIPPIE CHIPS”
Thanks to the sponsorship of UTS The Animal Shelter will be giving away 100 gift certificates valid for a free microchip for your dog or cat.

<p>Info: Saturday 18 August From 9 a.m. to 12 p.m. Animal Shelter Bonaire Kaminda Lagun 26. Music by: Gibi Bomba</p>	<p>Events:</p> <ul style="list-style-type: none"> • .50 cents per ticket RAFFLE • Information on animal care and grooming • An Adoption Fair with special anniversary prices 	<p>Don't miss our:</p> <ul style="list-style-type: none"> - A small book market - Craft market - Pet toys and accessories shop - Cold soft drinks.....and of course birthday cupcakes
--	--	--



BONAIRE SKY PARK*

*to find it... just look up

STARS FOR EVERY SEASON

You know, we can see some stars and constellations all year round - like the **Big Dipper** and **Cassiopeia**. While others are only visible during certain seasons - Like **Scorpius** and the **Summer Triangle**.

Why is this? There is a difference in how the stars appear to move in the Sky Park. The difference depends on whether they are circum-polar or seasonal stars.

On any night this week, face north at 10:30pm. First, find the Big Dipper standing on its spoon high in the northwestern sky. These seven stars also mark the rear end and tail of **Ursa Major, The Big Bear**.

We can use the two stars on the end of the dipper to point us to **Polaris**, aka the **North Star**. Polaris marks the end of the tail of the **Little Bear, Ursa Minor**... or the end of the handle of the **Little Dipper**. Now if you continue that line from the Big Dipper's handle through Polaris, you reach a constellation that looks like the letter, W. This is the beautiful **Cassiopeia** the queen sitting on her throne.

These three constellations, **Ursa Major, Ursa Minor, and Cassiopeia** are visible in the sky nearly every night of the year. The reason why is that as the night rolls on the stars will appear to rotate around a pivot point near Polaris. Our Sky Park is so far south that these constellations are low in the northern sky.

This motion in the heavens is actually caused by the rotation of the **Earth**. Our daily spin causes stars to rise in the east and set in the west. But in the north we can watch the stars spin a full 360 degrees without going below the horizon. That makes them circum-polar stars. Yes, and when you look at stars farther from Polaris, they seem to make bigger circles in the sky. So the farther south you look, the less each constellation is above the horizon.

As the **Earth** orbits the **Sun**, our perspective on the distant stars changes when we're on one side of the Sun. Like in winter, we can more easily see constellations like **Orion** and **Gemini** at night. But when we're on the other side of the Sun, like in summer, we can't see Orion and Gemini as well because the glare of the Sun is in the way. Those constellations are only above the horizon during the daytime.

In summer when the nighttime part of the Earth is pointed that way then we can better see the star patterns like **Scorpius** and the **Summer Triangle**. So all these are **seasonal constellations**.

But no matter what season it is, we always have a good view to the northern sky. So we, in the northern hemisphere, can view **Ursa Major, Ursa Minor, and Cassiopeia** all year long.

That makes them circum-polar constellations. So now that we're in summer, let's check out the **Summer Triangle**. Look high in the east and you'll find its three bright stars. We can see the brightest star, **Vega**, is at the top, bright white **Altair** is to the right, and dimmer **Deneb** is to the left.

Vega is the brightest star in the constellation **Lyra The Harp**, **Altair** is the eagle eye of **Aquila the Eagle**, and **Deneb** is the tail of **Cygnus the Swan**: three great summer constellations in one big Triangle.

Another easy-to-find summer constellation is low in the southern sky. There's **Scorpius the scorpion**. You won't need to strain your imagination to see a scorpion in the long fishhook of stars that make up his tail and stinger.

The brightest star in Scorpius is a beautiful, red star **Antares**. Antares means rival of **Mars** because its color is similar to that of the red planet. A string of fainter night lights curl just above the horizon and end at the scorpion's stinger-stars: **Shaula and Lesath**. You can see Scorpius every summer evening.

So get outside tonight and see how the stars move over the night. It might take a few hours (or days) but you'll notice the difference between the circumpolar and Seasonal constellations. □

Dean Regas & James Albury



Summer Triangle



THE STARS HAVE IT

August 2018

ARIES (Mar. 21- April 20) Don't let others bait you into arguments. Dead end projects could plague you. You will have original ideas for ways to make extra money. Do some research if you want to find information that you can apply against the opposition you face. Your luckiest events will occur on a Sunday.

TAURUS (Apr. 21- May 21) Sudden changes at home will affect family members more than you anticipated. You can help them with difficult projects. Your partner may not understand your mood swings but if you are willing to communicate, a lot of grief can be avoided. Be sure to pay attention to your financial status. Your luckiest events this month will occur on a Monday.

GEMINI (May 22-June 21) You will be emotional when dealing with coworkers or employers. You might be overly emotional concerning situations at work. Don't beat around the bush; state your case in plain and simple terms. Don't overspend on luxury items. Your luckiest events will occur on a Sunday.

CANCER (June 22-July 22) You'll be pleased with the results if you take the time to decorate your home. Problems with your partner could be reaching a high level of concern. You can spend a passionate evening with someone you cherish if you make your plans early. You can come into money; however, perhaps not under the best circumstances. Your luckiest events this month will occur on a Thursday.

LEO (July 23-Aug 22) You may find yourself mixed up in a triangle of sorts. Your sensitive, affectionate nature will capture the heart of anyone you are attracted to. Do your chores and get on with the things you enjoy doing. Children will be of major concern if you haven't kept the lines of communication open. Your luckiest events this month will occur on a Thursday.

VIRGO (Aug. 23 -Sept. 23) Help others solve their dilemmas. Your temper may get the better of you if a colleague has tried to ruin your reputation. Changes in your home environment may cause friction. Children may pose a problem if they don't like suggestions. Your luckiest events will occur on a Friday.

LIBRA (Sept. 24 -Oct. 23) You can work in conjunction with those in the know in order to get to the bottom of any pending issue. Opportunities to get together with people in powerful positions could help you get ahead. Your lover probably won't put up with your behavior. Be prepared to make changes to your personal documents. Your luckiest events will occur on a Sunday.

SCORPIO (Oct. 24 - Nov. 22) You can make major decisions regarding your professional direction. Loans will be attainable and legal matters easily taken care of. You may be confused regarding your love life. Work quietly on your own and you will forge ahead. Your luckiest events will occur on a Tuesday.

SAGITTARIUS (Nov. 23 -Dec. 21) You will also encounter individuals who can help you further your goals. Do not yield to children or relatives when they really don't deserve it. Don't push your luck with authority figures. Your desire for excitement and adventure may be expensive. Your luckiest events this month will occur on a Tuesday.

CAPRICORN (Dec 22.- Jan. 20) Get involved in creative projects that will enhance your earning power. You should put your efforts into creative projects. Find ways to make extra cash. Start making things or reusing rather than buying ready made. . Your luckiest events this month will occur on a Friday.

AQUARIUS (Jan. 21 -Feb. 19) Opportunities to make financial gains through investments look promising. Arguments with employers or colleagues will be to your detriment. Overindulgence may be a problem. You could have a need to make some changes this month. Your luckiest events this month will occur on a Sunday.

PISCES (Feb. 20-Mar. 20) Make plans to attend group discussions or get together with friends who like to talk as much as you do. Your added discipline will help you complete the impossible at work. Enjoy taking courses or lecturing others. Try to be understanding. Your luckiest events this month will occur on a Friday. □ Michael Thiessen

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