

**IT'S
STILL
FREE**

BONAIRE

January 20 to 27, 2006 *Volume 13, Issue 4*

The REPORTER

Kaya Gob. Debrot 200 • E-mail: reporter@bonairenews.com • 717-8988

SINCE 1994

**ELECTIONS - 2006 Reaching Toward Pages 10-11
a New Bonaire**



UPB Headquarters



PDB Headquarters



Cover Photos by
Wilna Gronenboom

Flotsam and Jetsam

If you transit through Curaçao expect to pay a \$2 "transit tax." Unless the Curaçao Government again postpones the imposition of already approved tax, suspended six months ago, it will resume next week. Airline passengers traveling to other destinations via Curaçao must pay up before boarding their next flight.

▶ **Continental Airlines**, which recently began non-stop service to Bonaire, is dropping Barbados from its route network of direct service out of the US two years after launching the Newark flights with much fanfare and \$2 million expense by the Barbados Tourism Authority (BTA).

▶ The European Union's (EU) top court on Tuesday upheld legislation requiring airlines to compensate passengers stranded by delays or cancelled flights departing its 25 member states. The International Air Transport Association (IATA) said it could cost the industry US\$700 million per year and that they were being unfairly penalized for conditions that were sometimes out of their control. The ruling applies to KLM and Holland, but does it also apply to the DAE and the Antilles?

▶ **The Natalie Holloway** case is never far from Aruban or US headlines. Last week the Common Court of the Netherlands Antilles and Aruba decided that Paul van der Sloot, the father of the

leading suspect, Joran van der Sloot could sue the Aruban Government for damages. Paul van der Sloot can sue for wrongful arrest. During the Holloway investigation Paul van der Sloot was arrested and held for questioning.

Last week he joined an Aruban legal firm headed by Anthony Carlo. The Common Court will most probably swear-in van der Sloot next week. Attorney Carlo is very pleased and said, "He is a very skilful jurist. I have received only positive reactions from professional colleagues." Paul Van der Sloot was working as a trainee-judge for the Common Court of the Antilles and Aruba.

▶ **The Dutch island of Texel**, an island-municipality off Holland's coast, wants to opt for a "separate status" or integration into the province of Friesland. That's what its mayor said in reaction to official statements that small municipalities should merge. Some Dutch commissioners view an ideal municipality to have at least 30,000 residents. Texel has only 13,000. Now that Bonaire, with its population of about 12,000, is interested in "direct ties" with Holland perhaps it can connect with Texel, which also has large areas devoted to the preservation of the environment, and make officials happy.

▶ **Permits and licensing renewals** will be coming due in the New Year. DEZA, the Economics Department, issued these reminders:

- **Work permits** can be picked up at the Department of Labor Affairs on Tuesdays, Wednesdays and Thursdays from 2 pm to 4 pm (Kaya Amsterdam #21, near the Toyota dealer)
- **Job seekers** can sign up for work at DEZA on Tuesdays, Wednesdays and Thursdays from 8 am to 11:30 am.
- Every Thursday from 9 am to 11 am the **permit department** is available to provide necessary information regarding setting up a business, permits, and petitions in process. Forms are available there.

▶ The price of gasoline in Aruba went up by 5.8 cents, making it **159.2 Aruban cents per liter**. The price of the same grade of gas in Bonaire is **189.9 cents a liter**. Aruba gets its gas from Valero, Bonaire from Curoil. Bonaire gets jet fuel from Valero, why not gas too?

▶ During the week of January 4th, Tourism Corporation Bonaire (TCB) conducted a survey of some visitors to the island. A survey is one of the ideas brought forward in last year's *Bonaire Reporter* series on island development, "A Balance for Bonaire."

Its purpose was to assess tourists' awareness of Bonaire's marketing. The five-page-long survey was directed by Marie Rosa of TCB-USA. According to Ronella Croes, Director of the TCB, such inquiry is valuable to help determine new strategies. Results are set to be published in March 2006.



Marie Rosa, right, administers the survey.



▶ **Sea Turtle Conservation Bonaire (STCB)** has started doing in-water surveys around Bonaire with the goal of periodically determining the species composition and size of Bonaire's turtle population in their foraging areas. Keep a lookout for four people swimming parallel to the coast and followed by a boat every Monday, Wednesday and Friday during the months of January, February and March.

Captured turtles are brought aboard the boat for tagging and measurement. Locations of turtle captures are recorded by GPS, and once procedures are completed, each animal is released at its exact location of capture. Measure-

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BONAIRE The REPORTER

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Flotsam and Jetsam (Continued from page 2) ments taken include carapace length and width, tail length and body mass (using a spring scale). Additionally, digital photographs are taken of all turtles brought onboard the boat and unusual body features (deformities, scars, barnacles) are noted.

STCB will also depend on volunteers to assist with the in-water surveys and are looking for help. If you are a well-qualified diver contact Project Director Mabel Nava at 717-2225 or 780-0433.

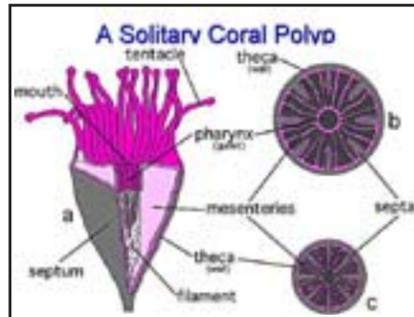
► The TCB has released more information about **Dive into Adventure**, the week-long event that replaces the Bonaire Dive Festival that was last held in 2004.



While the emphasis remains on diving there will be an additional focus on Bonaire's many other vacation attractions as well, including sail charters, windsurfing, land sailing, kiteboarding, kayaking, safaris, snorkeling, deep sea fishing, bone fishing, mountain biking and rock climbing. From June 17th through the 24th Bonaire will be filled with events above and below the water. Recognized pros in several sports will be on hand to offer guidance.

To be part of the event, contact the TCB or one of the sponsors: Air Jamaica, Captain Don's Habitat, Golden Reef Inn, Plaza Resort Bonaire, Port Bonaire Resort, Sand Dollar Condominium Resort, *Scuba Diving Magazine*, Caradonna Dive Adventures,

Maduro Dive Fanta-Seas or BonairePros.com. In Europe: Duiken, ABC Travel, Bonaire Fun Travel, Does & Cadushi, Harlequin & Regal Diving & Barefoot Traveler in England, and Helin Matkat in Finland.



coral polyp credit: University of Hawaii

► **Coral Shorts** (a bit of information about corals by naturalist Dee Scarr which will be included each week in *Flotsam & Jetsam*). Here's the first:

Be aware that we use the word **"coral"** for three things: the individual coral animal, called the *polyp*; the polyps and the skeleton they've secreted, also called a *coral head*; and the skeleton without its living polyps, also called *coral rock*. The first two of these are alive; the last is not alive, which leaves a great deal of room for confusion.

► *Fundashon Salba Nos Lora* (Save the Lora Foundation), Scouting, STINAPA and DROB have scheduled

(Continued on page 4)

Enviro Watch

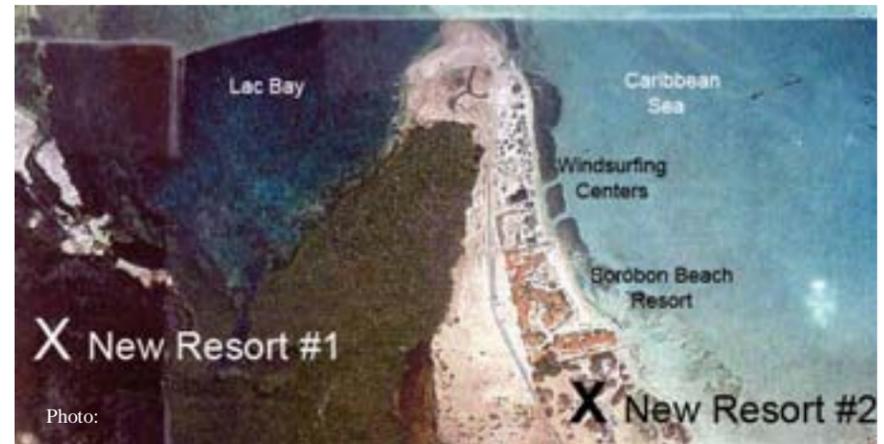
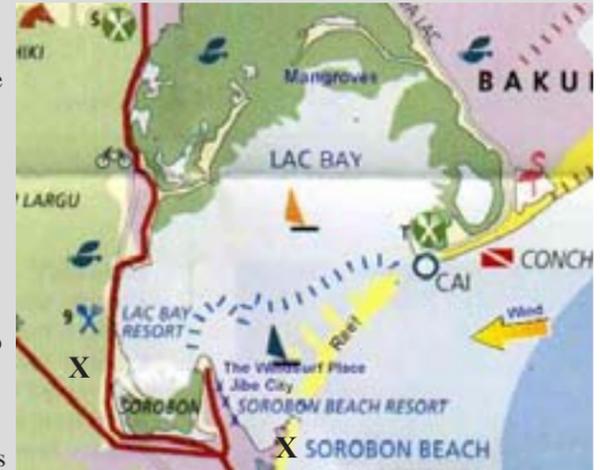


Photo:

Aerial view of the Sorobon area

At least two, perhaps three, new resorts are planned for the Lac-Sorobon area. The projects will add more than 200 rooms to the island's inventory. A privately funded environmental study has expressed grave concerns about the damage these developments might do to the mangrove and sea grass in the area. Lac is the nursery of Bonaire's reefs, and any harm that is done there is magnified to affect all of Bonaire. Extensive studies and environmental protection must be forced on any developers if they will not undertake those steps willingly. There are precedents in other countries that can be used as guidelines. G.D.



Lac Bay (Sorobon Resort Photo)



► **Bonaire's first baby of 2006, Siyennetely Winklaar**, whom we presented to you last week, was given her very own "Lito, the Lion" passbook savings account by Orphaline Saleh, Adjunct Director of Maduro & Curiel's Bank (MCB-Bonaire). Her mother, Idelka Wout, accepted it in her behalf. We wish all the best to the new family and know they are off to a good financial start, thanks to MCB.

Flotsam & Jetsam. (Continued from page 3)

the annual Lora (Bonairean Yellow-shouldered Amazon parrot) count for Saturday, January 28th. All who live in Bonaire, but especially those living on kunukus who know the locations of roosting sites (where the Loras sleep) are encouraged to contact *Salba Nos Lora* (562-1000), STINAPA (717 - 8444) or DROB (717 - 8130) so the birds are sure be included.

Volunteers are also needed to do the count and reporting.

► **Sara Matera**, a dedicated professional in the Hospitality and Horeca Industry in the US, Aruba, and Bon-



aire, will be the new **General Manager of Divi Flamingo Beach Resort & Casino**. Matera is an accomplished restaurateur in Bonaire and recent Director of Events and Project Manager at the Aruba Renaissance Beach Resort. She will lead the Team at Divi Flamingo Resort starting January 16th 2006.

Maarten van Wijk, the present Interim General Manager of Divi Flamingo Beach Resort & Casino, will be leaving his post by the end of January. He will be returning to the US to pursue his career in the luxury hotel business.

Alex Nieuwmeyer, Managing Director of Divi Resorts, said, "We are excited about the new and permanent change; Sara's background will bring an extra dimension to the guest experi-

► According to an official police report, last week, while making an arrest for shoplifting in Culti-



Suspect Juni Morillo in custody

Officer's Schleper's injured arm

mara, the police had to **use force to subdue a suspect after he bit a police officer**. According to the report, after being pursued and confronted by three policemen, Juni "Pit Bull" Morillo violently resisted arrest and bit Officer Ron Schleper on the arm. He required medical attention. The police did not believe they used excessive force to subdue their suspect, but a spokesman for Pit Bull Morillo, also known as Mango Man, thought otherwise. It was the second time Morillo has bitten an officer.

ence at Divi Flamingo with a big focus on the great Divi Staff and physical improvements."

Bonaire resident Sara Matera is well-known on the island as one of the founders and owners of the Green Parrot restaurant which was destroyed by storm waves five years ago. She's also been the "sparkplug" behind the Bonaire Culinary Teams which have competed in the "Taste of the Caribbean" Culinary Olympics and the originator of the (SGB) High School's culinary students' competitions and study programs abroad in Italy.

► **STINAPA, Bonaire's National Park Foundation, began a series of seven meetings with stakeholders in Bonaire's environment last week.** Stakeholders include tourism operations, real estate agents, the salt com-

pany (Cargill), the oil transfer terminal (BoPeC), construction companies, government, law enforcement, water sport operators, fishermen, volunteers and other interested parties. The purpose is to get relevant input to formulate a Bonaire National Park Management Plan -2006. The Park will be assisted by Duncan MacRae, who worked on his master's thesis here in June/July 2001. MacRae is now Director of Integrated Conservation Solutions, experts in costal zone management. The Management Plan is set for publication this coming April.

► **The Cultural History Foundation of Bonaire** (*Fundashon Históriko Kultural Boneriano - FuHiKuBo*) was given a better space in the Fundashon

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Departing Branch Manager, Judy Diaz; new Branch Manager, Sherwin Pourier; Daisy Tyrol, Managing Director Operations; and Pierrot Hurdato, Managing Director of RBTT Business Banking.

► RBTT Bank threw a big party at the Den Laman Restaurant Friday night to say goodbye and good luck to Branch Manager **Judy Diaz** who is taking a position in international banking in RBTT Curaçao and to introduce the new Branch Manager, **Sherwin Pourier**. Judy's staff presented her with a framed reproduction of her grandmother's home, which was painted by one of the Dutch soldiers stationed at the internment camp at Flamingo Beach during World War II.

Flotsam and Jetsam. (Continued from page 4)
 Cas Boneriano building at the end of last year. It is more easily accessible to the students of the SGB and a better place for those interested in studying Bonaire's history. **Right now volunteers are needed to organize the archives and staff the center** to help its visitors for one or two days a week.

Later on old pictures, interviews on cassettes and VHS tapes will be digitized. So there is plenty of work to do. There is no need to understand Papiamentu. Dutch and English speaking people can also help in all the work that has to be done.

If you want to help contact Boi Antoin at 717-8482 or 786-6818.



► **The 36th Earth Day is now only four months away** and is already shaping up to be amazing! The theme for 2006: "Solutions to Climate Change!" All over the world ordinary people like us will get together in their communities to draw attention to solutions to global climate change and build political will for national action on climate change. Earth Day Network partners will hold events, festivals, and community dialogues and will use Earth Day to announce critical goals in their ongoing campaigns and call for action on climate change. We will report on Bonaire's plans to participate as they develop. *G./L.D.*

OP ED PAGE — LETTERS

INVESTMENT IDEA

I think Playa Lechi, Hotel Bonaire, alias Sunset Beach Hotel, belongs to the people of Bonaire and it should be made a Public Beach with a nice race track (for running and maybe bicycles).

It should have a real nice beach, chairs to rent out, a nice cozy bar and restaurant where the tourists are also welcome if they adhere to the local values. Isn't there a Bonairean to be found who can invest in something like that? Build a real nice swimming pool and maybe STINAPA can put its headquarters there too. You have a great view to the left and right if that new thing at Eden Beach does not block it all off.

There's room to expand; it's not too far from town; and you can put a two story with a deck on top with telescopic binoculars to view it all. Especially Klein Bonaire can be controlled very well from there.

Name withheld



Sunset is one of Bonaire's finest natural beaches.

PUBLIC BEACH?

There is a growing movement once again by many Bonaireans who see so much being taken away from them and "given" to foreigners to speak out against this and demand something for themselves. The idea of a public beach at the old Hotel Bonaire site is one example and a very good idea. It is hoped that a government will not simply close its ears to its own people and realize the overall long term benefits of such an area. Bonaire needs such a beach for all Bonaireans to enjoy. It is centrally located; gives the upper hotels a beach area also. It has plenty of parking space. And most importantly it could have nice concession stands at both ends, owned and operated by and only by born-here Bonaireans. Cruise ships would also have a nice beach. Citizens comment constantly and rightfully about beach access being taken away. This would solve a serious problem and give the people here something for themselves. I know that private money can be raised for a complete cleanup at no cost to the government if the government will make it public.

Bruce Bowker



Sunset Beach (Hotel Bonaire) burned in 2000 .

Medical Care in Bonaire

One question that many travelers consider is the quality and availability of medical care at their destination. This is even more critical if the traveler plans to move to the new location (as an ex-pat or long-term visitor) or for those involved in potentially dangerous activities (diving, sailing, windsurfing, kite surfing, rock climbing or trekking).

So just what is the current status of medical care on Bonaire? "I am really quite surprised that the quality of emergency and hospital care here is so good, considering the size of the island," said Marcia Leatham MD, a retired physician with Trauma Care experience who has been living here for the past three years. "I had a recent opportunity to accompany a friend to the Emergency Room for some extensive injuries," said Leatham, "and I was very impressed with the quality of care. I don't think I would have done anything differently myself."

Richard Craig, MD, who has spent six months a year on Bonaire for almost 10 years has an even more personal tale to tell (See *Bonaire Reporter*, November 28, 2003: "Sick on Bonaire - 3,000 Miles from Home"). "In 2003 I realized that I was having some sort of cardiac event and went to my Bonaire family doctor, Dick van der Vaart. Not only was his diagnosis spot-on and rapid, the care I received at Hospital San Francisco (HSF) in the Special Care Unit could not have been better. "I agree," says Craig's wife, Shelly, an Operating Room nurse herself, "and the nursing care was first-rate as well."

Emergency response Other ex-pats interviewed for this article tell similar tales about the response to emergency situations such as dog bites, car accidents, and acute medical episodes and agree with the two doctors in relating their experiences as both hospital and emergency patients. This response is also first-rate even at the site of the accident or emergency.

The same qualified nurses working in the ER ride in the ambulance to initiate care as soon as possible. For emergency situations exceeding the capabilities of HSF, the island contracts with an air ambulance service to trans-

port patients to Aruba, Curaçao or neighboring Venezuela for more advanced care. While in transit, patients are accompanied by a nurse and/or doctor from Hospital San Francisco, depending on the severity of the situation.

Critical Care is not the only bright spot in the medical picture. The Operating Theater consists of one OR (that will soon be renovated) and a second, completely new OR, which will come on-line in a few months. These facilities are used for elective procedures as well. Karen Pearson, well known as a dive instructor at Capt. Don's Habitat, praises the carpal tunnel surgery and after-care she received at the hospital. "I know people who went back to the States for this surgery who have not done as well as I have," says Pearson.

Fernando Simal, Manager of Washington-Slagbaai Park, was able to have arthroscopic knee surgery without having to leave the island. "My recovery was very quick," says Simal, "and I did not have to leave my family to have this procedure. I have also found excellent Physical Therapy services on the island." Simal went on to say that when his teenage daughter had her appendix out last month, "the care she received in the hospital was excellent and the service compared well to many hotels I have seen."

Hospital San Francisco Fundashon Mariadal, the non-profit foundation that operates the hospital, provides Bonaire, an island of only 12,000 residents, with a modern integrated healthcare facility. The hospital has 35 beds, and the attached nursing home has 75 beds. In addition to HSF, Fundashon Mariadal provides the island with ambulance service in both Playa and Rincon, air ambulance service, midwife care, prenatal and postnatal home care, Community Nurses and Home Services for the elderly, including meal delivery at home for the elders.

Fundashon Mariadal also runs a Child Vaccination Program and School Screening program. Among its other modern facilities, HSF counts a modern hospital laboratory, radiology,



The Hospital San Francisco entrance; notice the "construction" placards.

color Doppler ultrasound, and laparoscopic/arthroscopic surgery equipment.

The hospital is just in the final stage of completing Phase One of an ambitious plan to renovate and remodel the patient wards, the Operating Theater, the Maternal Ward and the Delivery Rooms. After this renovation all the hospital patient rooms will be equipped with television, phone and Internet services.

For critically ill patients there will be a Special Care Unit consisting of six beds. This Special Care Unit will be completely equipped to the level of a modern ICU. The Special Care Unit will be directed full-time by Dutch anesthesiologists on a rotational basis from Holland. Phase Two is scheduled to begin Summer 2006.

Trained professionals The hospital staff is made up of the 10 local General Practitioners, complemented by various medical specialists who rotate in from Curaçao, 20 registered nurses who are assisted by 33 nurse-auxiliaries, and a total of 210 staff in various specialties. In addition, a nursing training program for in-service and trainees assures that the standard of care meets the highest requirements of the European and Dutch Government.

"We are really proud of the care we provide," says Godfried (Boy) Clarenda, Director of Patient Care at HSF. "Since we started with our nursing, housekeeping and technical department in-service training programs we have a complete staff of well qualified personnel," he continued. "Our training programs are registered in Holland, and

Continued on page 7



The hospital's central area offers a pleasant place to pass the time.

(Bonaire Medical Care. Continued from page 6)

our diplomas give our personnel the licenses not only to practice on Bonaire, but also in Europe or any other part of the world.”

Divers will also be glad to know that the recompression chamber located at the hospital is on 24-hour call, and there are sufficient personnel available to monitor “bent” divers around the clock. “Our chamber is not only an important health facility for Bonaire,” says Rene Hakkenberg, past president of the non-profit foundation that owns and operates the chamber, “but it is

also a strong reason for visitors to come to Bonaire to dive. Just knowing that our chamber is there and ready for any emergency puts their minds at ease.”

Community Care For those spending more time on the island, it is equally important to be assured of continuing medical and dental care. To provide this, Bonaire has 10 *Dokter di Kas* (General Practitioners) who see to the general needs of the population. Residents covered by the Antillean Government’s medical plan can choose

their *Dokter di Kas* twice a year.

Those using other forms of insurance or who pay directly are free to choose any of the GPs they desire.

In addition, the island has two OB/GYN physicians, one fulltime Surgeon and four other Surgeons from Curaçao who come to Bonaire regularly. To provide more specialty care, Internists, Ophthalmologists, Ear Nose Throat physicians, Dermatologists and other specialists from Curaçao have regular schedules for consultation on Bonaire.

Adult vaccinations, such as flu and pneumonia, are available from the Bonaire Health Department which also runs a mosquito eradication program. There are several Physical Therapy practices around the island, professional nutritionists and excellent dentists. As one American ex-pat from Manhattan put it, “I never had such good dental care in New York!”

Cloud on the horizon? Recently, HSF was forced to close its Operating Theater temporarily and restrict admissions due to a financial impasse with the Central Government system for paying health care costs, the Social Security Bank (Banko di Seguro or SVB). The governmental group unilaterally set a tariff for payments to the hospital that is lower than that paid to hospitals in Curaçao and below HSF’s actual running costs. This crisis was short-lived and was resolved both by a quick infusion of cash from the local banks and a shipment of supplies from the Dutch Government.

But the long-term financial problem

has not yet been solved. Negotiations are underway between the Board of Directors of HSF, SVB, the Bonaire Island Government and the Central Antillean Government to allow HSF to continue to provide the high level of care currently available. Hopefully this situation will be resolved very quickly, particularly in light of the upcoming elections (January 27) for the Central Government Staten (Parliament). The problem of financing medical care is not unique to Bonaire. The costs of healthcare are plaguing government-run systems around the world and have created serious problems in privatized systems such as those in the US.

Healthy living With healthcare and hospital facilities as advanced as those of Bonaire, the island provides its inhabitants and visitors with one of the healthiest environments in the world. Given its clean air and water, mild temperatures, available fresh food and the opportunity for lots of exercise, all backed up by a solid healthcare system, Bonaire is becoming a magnet for retirees as well as eco-travelers and a more pleasant place for all of its local people. *Alan Gross/Jane Townsend*



One of the ambulances

Only 15 days before the Special Olympics Walk-A-Thon



Ronald and Patricia jogged



Shadira and Marie rode their bikes

It's the **FOURTH ANNUAL SPECIAL OLYMPICS BONAIRE WALK-A-THON – SUNDAY, FEBRUARY 5** - Bonaire's most popular fund raising event, and all the proceeds go to a great cause – sending our Special Olympics Athletes to compete in international games

Not only are you contributing to a good cause, but the past years' Walk-a-Thons have been great fun not only for individuals but for groups too who even get others to sponsor them.

Instructions to Participants

You may walk, you may run, jog, bike or even roller blade. Everyone meets at 5 am at the Slave Huts at the south end of the island, and the 30-kilometer trek begins.

Or you may leave your car at the Stadium in Playa and take the FKPD bus which will leave at 4:30 am SHARP which will take you to the Slave Huts. Then you'll be able to get a ride back to the Stadium from the Pasa Dia in Rincon.

Bikes can get a lift back to town from the Pasa Dia. All along the route there will be pick up trucks to take those who get tired or have any problems. The Red Cross people will be there too, monitoring the well being of everyone.

You'll follow the route of the slaves with the final destination, the Pasa Dia in Rincon.

Every five kilometers there will be a "refreshment station" where you'll be offered water, fruits, snacks and lots of encouragement. And at the Pasa Dia you'll receive a certificate and a delicious stoba (stew) meal with salad and bread, provided by the culinary students of Chez Nous.

of Chez Nous.

Tickets, etc

Tickets are NAf25 and include a Walk-a-Thon T-shirt, water bottle, bag, baseball hat and the meal at the end. Get your tickets from any board member (see list), Croccantino Restaurant, Chat 'n' Browse, Obersi Electronics (Xerox) or Bowling di Danilo. Or

email info@specialolympicsbonaire.org. No matter who you are you may buy a ticket. You don't have to do the walk and next week we'll tell you about a special offer for non-walkers..

Once you get your ticket you may pick up your gift bag at City Cafe/Hotel Rocheline in the lobby on Friday, February 3 from 4 to 7 pm or Saturday, February 4 from 10 am to 4 pm. See you there! L.D.

GET YOUR TICKETS FROM:

A member of the Board of Directors

National Director - Roosje v.d.Hoek
President - Lupe Uranie
Treasurer/Secty - Claire Sealy
Director, Special Events - Onnie Emerenciana
Head of Coaches - Chio Semeleer
Public Relations - Roosje v.d. Hoek
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Generous Sponsors 2006:

Title sponsor – Maduro Curiel's Bank Bonaire
 Also, Ennia Insurance, J. C. Herrera, Flamingo Communications, City Café/Hotel Rocheline



Get Your Ticket Now Only NAf25

Includes a T-shirt, canvas carrying bag, water bottle and a meal at the end

Giving Coral a Kick Start

According to a recent study by researchers from the University of Maine, "A Report on the Status of the Coral Reefs of Bonaire in 2005 with Advice on a Monitoring Program," only three reef ecosystems in the Caribbean were listed in good condition. Bonaire's was one of them.

While Bonaire's marine management practices (dive moorings, diver orientation, no gloves, no spear fishing, no fish trapping and no netting) help maintain the island's position as a leading site for diving and snorkeling, they do nothing to accelerate the start of new coral reefs.

Ramon de Leon, Manager of the Bonaire National Marine Park, notes that there are also shallow, sandy areas where coral has not been able to get started because the sand is stirred up by wave action. There just isn't a stable enough surface for juvenile coral to "take root."

Diver Jorgen Wetterings is getting his hands dirty on land during his diving vacation to help corals get re-established in just such sandy shallow areas. A lawyer in California and condo owner at Sand Dollar, Wetterings learned about the slow return of coral to sandy areas and about the possibility of actually doing something about it.

"Nature likes to work," Wetterings says, "but for Nature, a couple of hundred years (to establish coral) is nothing. Humans are more impatient--we don't have that kind of time. I love the water and I love Bonaire. I wanted to know, what can we do to speed up the



Wetterings describes the project to assistants

building process?"

With help from other Sand Dollar owners and off-duty maintenance staff plus a permit from the Marine Park manager, Wetterings has developed a primitive assembly line for small concrete artificial reefs. Wetterings, his family, friends and private sponsors plan to build 20, 400-lb. artificial reefs in a parking lot behind the Sand Dollar Resort and then set them off the shoreline as a pilot project.

The structures, called "bay reefs" or "reef balls," look like three-foot-tall, upside down teacups without the handle. The concrete is acid-alkali neutral, and various surface textures will be tested. Half a dozen circular holes penetrate the teacups, which will give young fish a place to enter the reef balls and hide from predators.

The holes also create a space for lifting the finished artificial reefs with a crane onto a flatbed truck. Once at the pier, a lift bag will float the heavy balls out to the chosen site and then be guided by a diver down to 10 to 14 feet and set on the sea floor. Their weight and hemispherical shape should stabilize them against storms. Wettering ex-

pects to begin to sink the reef balls in late January or early February.

This artificial reef creation will probably rate as a significant intervention for Bonaire's underwater world as the sinking of the *Hilma Hooker* and the Town Pier Sponge Reattachment Project. Individuals and businesses are invited to sponsor individual balls for \$300 apiece, and each reef ball will bear the sponsor's name on a brass plaque.



Forming the reef balls

Marine Park Manager de Leon added, "We still have the best reefs, but we face the same pressures -over fishing, pollution, global warming - though not as bad as the rest of the Caribbean." When Wetterings brought him the reef ball proposal de Leon responded: "Why not do a pilot project with 15 reef balls at Sand Dollar and five in the shallows off Slagbaai Park? As Manager of the Marine Park, I'm not going to let this opportunity pass. There is a very low impact to the environment and it is being conducted in a good and professional way."

According to Wetterings, this pilot

project will be monitored for two years with assistance from local naturalists Dee Scarr and Jerry Ligon. Nearly everyone who has heard about the project has been willing to sponsor a reef ball. This project will benefit snorkelers as well as divers because the balls are not too deep. If this pilot project goes well, Wettering hopes to see a bigger second project in the future.

Readers who are interested in supporting the project can buy a t-shirt at the Sand Dollar office or sponsor a reef ball by contacting Wettering at jwetterings@yahoo.com or learn more about reefballs at www.reefball.org. Photos & Story by Frank Hyman



Frank Hyman owns a landscape business in Durham, NC and is a freelance writer on rainy days and holidays. He learned about the reef ball project by eavesdropping during the long wait at the gate in Houston for his first flight to Bonaire.

KRALENDIJK TIDES (Heights in feet, FT)

Remember: Winds and weather can further influence the local tides

DATE	TIME	HEIGHT	COEF
1-20	8:43	1.5FT.	55
1-21	8:09	1.6FT.	48
1-22	8:14	1.8FT.	42
1-23	8:34	1.9FT.	39
1-24	9:06	2.0FT.	43
1-25	9:42	2.1FT.	52
1-26	10:17	2.2FT.	64
1-27	11:02	2.2FT.	77

VESSELS MAKING A PORT CALL:

Alter Ego	Freestyle	Samba
Angie	Galandriel	Sandpiper, USA
Annka	Goril Two	Scintella
Attitude	Guaicamar I, Ven.	Sirius
Augustin	Honalee USA	Songster
Bacchinal	Il Songo	Summer Breeze
Blue Moon	Kari Bella	Sunny Side
Bright Sea	Maggi	Sovran
Camissa, Chan Is.	Mahureva	Spart I vento
Carumba	Marive	Sun Ra
Casa del Mar	Mia	Syjoli
Cape Kathryn	Miss Astor	Sylvia K
Churumrel	Monja	Ta B
Delphinus	Natural Selection	Ti Amo
Destiny	Okeanis	Ulu Ulu, USA
Eagle's Wing	Okura	Unicorn, Norway
Eclipse	One Way Wind	Varedhuni, Ger.
Endorphin	Orino	Ya-T, BVI
Explorer	Paranda	Yanti Paratzi
Flying Cloud, USA	Pishi Porko	Zahi, Malta

Antilles Parliamentary Election 2006

On January 27th Bonaire's three seats in the National Parliament are up for grabs. This will be the last Antillean Parliament to be elected because the Netherlands Antilles, as a country, is set to disappear in July 2007. It is especially significant because it is this Parliament which will negotiate with other Kingdom partners (Aruba and The

Netherlands) on the form and content of the new order.

Currently the UPB holds two parliamentary seats, the PDB one. Bonaire's feature editor, Greta Kooistra, interviewed the political leaders of the parties, born just a year apart, standouts within their parties, but with considerably different views on guiding Bonaire's future. □G.D.

Reaching Toward a New Bonaire

Interview with Ramonsito Booi, leader of the Bonaire Patriotic Union Party (UPB, Green)

When were you born?
I was born in 1947.

When did you start in politics?
When I was 21 years old.

When did you become party-leader of the Patriotic Party?
I was chosen in 1998.

Do you feel Antillean, South American or Dutch?
I am Bonairean.

What do you think about Venezuelan President Hugo Chavez?

Chavez found a way to instruct his people so that he can stand firm, guided by Fidel Castro. Whether that's good or bad, it's up to the people of Venezuela.

What do you think about the Bush administration?
It's bad.

What is power?
I don't know... I feel I got an assignment from the people to accomplish something for them together with the others. It can't be that we are the ones who are completely in charge because we have a two-thirds majority, but with one-third it's also not possible to have everything go the way you want.

What's the best thing you ever did for Bonaire?

During my 35 years in politics I used the opportunities I had to work for Bonaire so that the economy would improve. But the best thing I hope to accomplish for Bonaire is that we will



Ramonsito Booi

have a direct relationship with Holland so we will be able to free ourselves from Curaçao.

Why should people vote for you?

In 1981 (when they started talking about the separation of Aruba) our party decided to go with the Netherlands. But in the round table conference of 1983 it was decided that the other islands would stay together and Holland would take care that the other islands would not end up worse off.

Bonaire was encouraged to enter a direct relationship with Holland by the UPB and by myself as an Island Council deputy. It was clearly brought out, with the result that in a round table conference in 1993 Minister Hirsch Balin and Minister Lubbers decided that Bonaire, Saba and Statia would get direct ties with Holland in what they called a "land structure."

Later, a referendum was held in Curaçao, and the people of Curaçao

(Continued on page 11)

Interview with Jopie Abraham, leader of the Bonaire Democratic Party (PDB, Red)

When were you born?
I was born in 1948.

When did you start in politics?
As a student in Holland in the mid 60s.

When did you become party leader of the Democratic Party?

I became party leader in 1978 and I still am, but I was out of politics from about 1990 till 1994.

Do you feel Antillean, South American or Dutch?

First I feel I am human being, and then I feel I am Bonairean, but I am open to all cultures without any exceptions. I am a cosmopolitan person. Origin is not important. Anyway, on my mother's side I am from Dutch descent, on my father's side from Arab descent.

What do you think about Venezuelan president Hugo Chavez?

He was chosen democratically and he's fighting for the interests of his country and I respect that.

What do you think about the Bush administration?

I respect the fact that Bush was chosen by his people and we all should respect each other's territory and not interfere in domestic concerns of other countries.

What is power?

Power is relative; I am not familiar with power. The people gave me mandates to represent them, and the beauty of democracy is that the people can



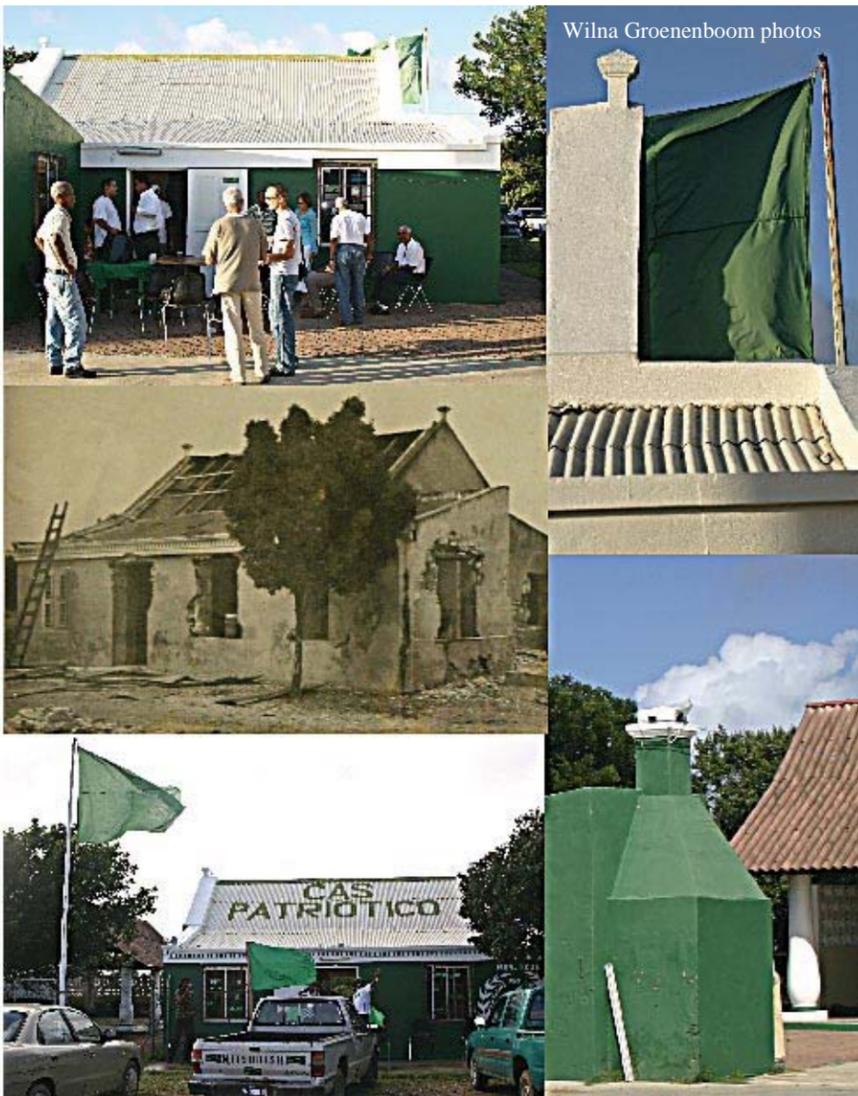
Jopie Abraham

change their opinion if you don't do a good job. Not one politician should think that he has power. We were entrusted to represent the interests of the people. There is an expression in Papiamentu that says: "Si bo no ta goberna pa sirbi, bo no ta sirbi pa goberna." You could translate it by saying: "If you don't rule to serve, you don't deserve to rule."

What's the best thing you ever did for Bonaire?

We framed a development plan in which we aimed for a balanced economy and growth with the preservation of culture and nature. Our starting point has never been big developments. During the years we were in office the whole area between Hotel Bonaire and WEB was developed with successful small scale projects as well as the marina. In 1983 we took the ini-

(Continued on page 11)



Patriotiko Party scenes

(Ramonsito Booi. Continued from page 10)

voted to stay in the Antilles and to re-structure the Antilles. The Democratic Party and Paboso supported their position to keep the Antilles together in a referendum held in 1994. Only the UPB supported the so called "land structure." In that referendum 96% of the population of Bonaire chose to keep the Antilles together and voted for the option of the Democratic Party and Paboso.

From 1995 till 2002 the Democratic Party was in the Central Government and through 1999 in the Bonaire Executive Council. They had a chance to make what 96% of the population had voted for come true. The way I see it: They had their chances, but they didn't finish the job.

The Patriotic Party, which was for

direct ties with Holland, respected the wish of the people and didn't take action until 2000 when St. Martin held a referendum to withdraw from the Antilles and the people of St. Martin voted for a Status Aparte for the island. Again there would be fewer Antilles. Then the Patriotic Party, under my leadership, started negotiating with Holland to establish direct ties with the Netherlands, and we expressed our wish to the Dutch authorities. In 2004 we held a referendum in which our party and the Pro Party supported direct ties with Holland, and the parties who are now united were against direct ties. Paboso wanted to keep the Antilles intact, and the Democratic Party wanted Bonaire to be a autonomous country like Aruba.

(Continued on page 12)



Democratic Party Scenes

(Jopie Abraham. Continued from page 10)

tiative to develop the boulevard from Playa Lechi to Hato and later on from Playa Lechi to Flamingo Beach Hotel. It took a long time, but it was financed in phases by Holland. I am really proud of that project. We also upgraded the center of town: Kaya Grandi, Lourdes shopping mall, the Central Bank and the SVB - that area - and I am very proud of what we accomplished. It wasn't just a dream; we made it real.

Why should people vote for you?

I am very concerned because of the way the historical and cultural values of the island are being ignored; it's the foundation of our development. We already gave away the old tourist road at SABADECO to developers and now

they're about to close the road from The Great Escape to the Esmeralda project, to give 60 to 80 hectares away to befriend developers to use it for so called monster projects.

Also many historical buildings have been demolished like Hausmann's Folly, Dr. Welvaart's clinic and the Brion Barracks. When we were in office we restored Fort Oranje, the executive offices, the customs office, the Protestant church, the Pasangrahan and the post office because we believe in the protection of our historical values. We don't want any monster projects, and we don't want high rise buildings.

Furthermore, I don't believe that the Central Government will last for just one more year until 2007. I've been listening to all these stories for a long time, but there are so many constitu-

(Continued on page 12)

(Ramonsito Booi. Continued from page 11)

After the people voted for direct ties with Holland we negotiated with Holland and we signed two documents. One was an intention declaration which describes globally what our new structure would be like. The other document we signed for direct ties with Holland was the final declaration of the round table conference which was held in Curaçao November 26, 2005, and attended by the Dutch government (Minister Pechtold and Prime Minister Balkenende), the delegation of the government of the Dutch Antilles (Minister Ys), the delegation of Aruba (Prime Minister Oduber), the delegation of Bonaire (myself) and the delegations of Curaçao (Mr. Ignacio), Saba (W.S. Johnson), Statia (Mr. R.J. McA. Hooker) and St. Martin (Mrs. Wescot-Williams). If everyone involved on Bonaire, the Antilles and in Holland works hard we should be able to make it in happen in 2007. The Bonairean Island Council will stay on until that time.

Direct ties with Holland means that everything that Bonaire is doing now will stay with Bonaire. Furthermore, all the responsibilities that are now being taken care of by the Central Government in Curaçao will be negotiated by Bonaire with Holland to arrive at a responsible way to divide the tasks.

The UPB's starting point is not that we want autonomy above all and that we want to decide about everything ourselves, but the outcome of these elections should guarantee the Bonairean population (read: everybody who lives on Bonaire) a better quality of life.

Curaçao cannot do that for us. We have three members of Parliament in Curaçao, they have 14. We have one minister; they have six. It doesn't work. We have nothing to say, and Curaçao itself has such big problems they don't have time to take care of Bonaire. Because the Antilles are autonomous the responsibility for Bonaire lies in the hands of the Central Government, which is essentially Curaçao, and that means very little gets done here.

Right now there is no agreement that Holland should provide direct support. For the last 20 years we've been getting money from a solidarity fund, although it's not legally settled. We get development aid, but that's also volun-

tary on the part of the Dutch. What we want in the new situation is that we, being part of the Kingdom, will have exactly the same rights as any other

Dutch person anywhere in Holland. But we do understand that rights come with responsibilities and that we have to negotiate with Holland to see what's possible for Bonaire.

It also means that not all laws that apply in the European Union and Holland can be used here. They have to respect environment, culture and religion. And, in time, integration has to take place in a balanced way like we agreed for in the intention declaration. In the European Union the strong countries are helping the poorer ones to become stronger and better. For Bonaire it means that Holland will take the responsibility to stand by Bonaire in all circumstances and to make it possible to attain an acceptable quality of life, as a right, within the Kingdom.

That's the difference between now and later. Now we have to ask for it. But once we are with Holland it will be a right we have as Bonaireans to attain an acceptable level in health care, education, safety, infrastructure, etc. It also means that Holland will have the right to look into our books and the right to guide us.

What we are aiming at for Bonaire is to become part of what is known as the Ultra Peripheral territories, overseas territories of European nations, like Madeira, the Azores and the Canary Islands for instance. Starting point is that they have to take into account that we're a small scale community with our own culture and customs, our own environment and economic possibilities and that we need different, acceptable laws and a quality of life that should be at least 70% of the European standard.

I did everything I thought would be best for Bonaire. What I want is to round it off, and I think we should get the chance to finish what we started and what we believe in. Now it's up to the people. G.K.



(Jopie Abraham. Continued from page 11)

tional changes on a legislative level that have to be taken care of. To me it doesn't seem possible to accomplish that in a year and a half. The aim is very noble and the sooner the better because the present uncertainty creates instability.

The new Parliament that's going to be chosen now is the only authorized institution which can dissolve the Antilles. Before that can be accomplished in a constitutional way, the fundamental rights of the people have to be guaranteed. Furthermore all the international treaties and conventions, like human rights, sea rights, aviation rights etc, need to be arranged. It is clear though that the new Parliament should work hard to lay the foundation for these new political relations in the coming four years. This means that Bonaire should participate in the new Central Government and not use it like a pigeon coop - flying in and out - the way it's happened at least three times lately.

I find that our party is better fit to handle all this and has the right candidates to represent Bonaire at all different levels.

We've always been a supporter of autonomy for the island - as far as it's possible - in the sense that the local government does everything it can do itself and that we, together with the other islands and Aruba, do the things which we think are better to do together, and that the basic guarantees, which are now the responsibility of the Dutch Antilles, be being taken over by Holland.

In short: Bonaire will do whatever it's capable of together with the other islands and Aruba, and Holland takes care of the crucial part like human rights and finances. We're ready to fill in the direct ties with Holland based on mutual respect for cultural standards and values.

I am very worried about the direction Bonaire is heading, and if we don't put a halt to where it's going now everything will get disorganized and we will lose Bonaire.

Anybody is welcome to come and live on Bonaire as long as they stick to our rules and respect our culture and

customs and behave like a good Bonairean citizen. It must not be that a Bonairean will be treated like a second class citizen in his own country.

The people are being misled by the present government which implies that Bonaire will become a municipality or a province of Holland and will better off in the sense that, for instance, Bonaire minimum wages and old people's pensions will be paid in Euros as it is in Holland. That's complete nonsense because it would bring an enormous amount of people from the whole region to the island who would want to profit from the social benefits, plus a whole crowd of Dutch people who would want to use Bonaire as their backyard. Nobody will benefit from that.

I do believe though that for Holland Bonaire could be an important steppingstone to the Caribbean and the offshore companies that are established here, in spite of the fact that lately several companies like ABN and Ennia have left. I also think it will be important and undoubtedly beneficial for the Dutch to have a territory with a Dutch judicial system in this area.

Together with Holland we have to make sure that Bonaire will have economic growth like St. Martin and Aruba, but we have to take care that Bonaire will keep its own identity and that it will experience a steady balanced growth that's not just the dive industry.

Our party is the oldest party in Bonaire and it has survived all the other parties. It's the mother of politics. I united all the social democratic parties under one flag for this election: one list, one color. We showed that we're not only talking about unity, but we did it! We've put all our differences aside and we concentrated on what it was that united us.

We hope the people will unite also to bring Bonaire back on track! G.K.



WALK-A-THON 2006

SPECIAL OLYMPICS BONAIRE
4TH ANNUAL
WALK-A-THON



MADURO & CURIEL'S BANK
(BONAIRE) N.V.

Most of you know them as MCB Bonaire and we know them as "Our Friendly Bank"!

Special Olympics Bonaire proudly announces this year's Walk-A-Thon main sponsor:

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Our friendly Bank has always been very supportive of Special Olympics Bonaire and has shown that in many ways.

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We are very grateful for their generosity and their support through all these years.

Thank you Maduro & Curiel's Bank Bonaire!

4th Annual Walk-A-Thon Special Olympics Bonaire

Date: February 5, 2006
Place: White Slave Huts
Departure: 5:00 AM
Finish: FKPD in Rincon
Price: Naf. 25.= per person

(includes t-shirt, meal and some sponsor give aways)

Walk-A-Thon tickets are available through:
all Special Olympics board members and coaches

Croccantino Restaurant
Chat & Browse
and T.C.B. office

Special Olympics
BONAIRE
DUTCH CARIBBEAN

"Novello" is Here!



AWC's Noel and Marjolein Hayden

Tuesday through Saturday mornings from 9 am to 12:30 pm. Every Saturday evening they have wine tastings of great vintages at

only NAf2,50 a glass, from 6 to 8 pm. L.D.

The new Italian red wine, "Novello," made its debut last Saturday night at AWC's warehouse on Kaya Industria 32. It's become a yearly tradition that AWC's Noel and Marjolein have hosted a party to mark the popular wine's arrival. Saturday's event was a "nice pleasant evening with a nice pleasant wine," says Marjolein.

This year the Rocca Della Macie's "Novello" is really fruity, light and although it's easy to drink it's got plenty of taste. It's one of those wines that when you open the bottle before you know it, it's empty. Priced at only NAf12,50 it's a very good value. "Novello" is drinkable up to a year, provided it's been kept in a nice cool place, like AWC's warehouse which is kept at a perfect cool and consistent temperature. Their warehouse-shop is open

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Picture Yourself In The Reporter

Bergen op Zoom, The Netherlands

Here's Bonaire's resident Englishman and author, Sean Peyton, on a visit to Bergen op Zoom, a city in the southern Netherlands.

It's an appropriate place for him since historically it's been a place of residence for circus/funfair (*kermis*) performers and is famous for being unconquerable.

In 1588, the Spanish troops commanded by the Duke of Parma, Alexander Farnese, could not seize it; neither could Spinola in 1622. Sean will be back on Bonaire in a couple of months.



WIN GREAT PRIZES! Take a copy of *The Bonaire Reporter* with you on your next trip or when you return to your home. Then take a photo of yourself with the newspaper in hand. **THE BEST PHOTOS OF THE YEAR WILL WIN THE PRIZES.** Mail photos to Bonaire Reporter, Kaya Gob. Debrot 200-6, Bonaire, Netherlands Antilles (AN). E-mail to: picture@bonairereporter.com. (All 2006 photos are eligible.)



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Snip and save so you can always find a copy of The Bonaire Reporter if there are no more at your favorite spot



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Banks:
MCB (Playa & Hato branches),
RBTT

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Capriccio
City Cafe
Croccantino
Lost Penguin
Lover's Ice Cream
Pasa Bon Pizza

Dive Shops:
Yellow Submarine
WannaDive

Shops:
Benetton
Bonaire Gift Shop
Cinnamon Art Gallery
DeFreewieler
Exito Bakery
INPO
Paradise Photo

Photo Tours, Playa
Plantation Furniture

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Capt. Don's Habitat
Carib Inn
Caribbean Club Bonaire
Caribbean Court
Divi Flamingo
Eden Beach Hotel
Golden Reef
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Harbour Village
Plaza Resort
Sand Dollar Resort

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Cultimara
Montecatini
Progresso
Sand Dollar Grocery
Tropical Flamingo
Warehouse

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Bestuurscollege
Customs
Parliament Office
BVO

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01/06

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Who's Who on The Bonaire Reporter

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WHAT'S HAPPENING

MOVIELAND

WEEKLY MOVIE SHOWTIMES

Late Show
Call to make sure (Usually 9 pm)

The Chronicles Of Narnia

(James Cosmo)

Early Show (Usually 7 pm)

Harry Potter and The Goblet

Kaya Prinses Marie
Behind Exito Bakery
Tel. 717-2400

Tickets - NAf14 (incl. Tax)
Children under 12 - NAf12

NEW FILMS BEGIN FRIDAY
CLOSED MONDAY TUESDAY
AND WEDNESDAY

SATURDAY 4 PM
Chicken Little/ Zathura

THIS WEEK

Friday, January 27- **Federal elections**

Now through February 9 - Catherine Salisbury's underwater photo exhibit, "Magical Encounters" at Cinnamon Art Gallery, Kaya A.P.L. Brion #1, off Kaya Grandi, behind Banco di Caribe.

Arts and Crafts Markets at Wilhelmina Park on Cruise Ship visiting days, starting around 10 am to early afternoon. See Schedule above.

COMING UP

Arts and Crafts Markets at Wilhelmina Park on Cruise Ship visiting days, starting around 10 am to early afternoon. See Schedule above.

Saturday, January 28 - **Lora Count**— See page 3.

Saturday, January 28 - **Bonaire Lions Club-Comcabon Run** - Children: 1,5, 2, 4, 5 km. Men & Women - open category (5 km). Sign up 3:30 to 5 pm. Race starts 5:30 pm, at the Stadium. Info Ronald at 785-3902

Sunday, January 29 - **Bonairean Night Buffet** with typical Bonairean dishes, live kriollo music and folkloric dance performances. Come and enjoy authentic Bonairean dishes in a typical Bonairean atmosphere at the Divi Flamingo Beach Resort & Casino- 6 to 9 p.m., NAf35, - including a welcome drink. Kids up to 12 years, pay their age in dollars. For reservations call 717 8285, ext. 444. (1st & last Sundays of the month)

Sunday, February 5 - **Special Olympics Walk-a-Thon**. See pages 8 & 13

Saturday, February 11 - **Guest Artist Opening at Cinnamon Art Gallery**; brightly colored fabric paintings and found wood-art by Brigitte Kley. Exhibit runs through March 23.

REGULAR EVENTS

Saturday Rincon Marshé opens at 6 am - 2 pm. Enjoy a Bonairean breakfast while you shop: fresh fruits and vegeta-

bles, gifts, local sweets and snacks, arts and handicrafts, candles, incense, drinks and music. www.infobonaire.com/rincon
Saturday—Mountain Bike Ride— Everyone welcome. It's free. Bring a bike and your own water. Fitness trainer Miguel Angel Brito leads the pack. Telephone him at 785-0767 for more information.

Saturday -Wine Tasting at AWC's warehouse, 6 to 8 pm, Kaya Industria #23. Great wines - NAf2,50 a glass.

Sunday -Live music 6 to 9 pm while enjoying a great dinner in colorful tropical ambiance at the **Chibi Chibi Restaurant & Bar**. Open daily 5 to 10 pm, Divi Flamingo

Monday -Soldachi Tour of Rincon, the heart of Bonaire, 9 am-noon. \$20-Call Maria 717-6435

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

Every Tuesday Night @ 6:30pm - BonaireTalker Dinner/Gathering at Gibi's, known for great local food. Call Gibi at 567-0655 for details, or visit www.BonaireTalk.com, and search for "Gibi."

Friday-Swim lessons for children by Enith Brighitha, a Dutch Olympian, at Sorobon from 1330 to 1630

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

Friday- 5-7 pm Social Event at JanArt Gallery, Kaya Gloria 7. Meet artist Janice Huckaby and Larry of Larry's Wildside Diving. New original paintings of Bonaire and diver stories of the East Coast every week

Tuesday, Wednesday, Friday -Yoga Classes—Tel. 786-6416

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

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

FREE SLIDE/VIDEO SHOWS

Saturday- Discover Our Diversity Slides pool bar Buddy Dive, 7 pm 717-5080

Sunday - Bonaire Holiday -Multi-media dual-projector production by Albert Bianculli, 8.30 pm, Capt. Don's Habitat.

Monday- Dee Scarr's Touch the Sea slide Show at Captain Don's Habitat, 8:30 pm Call 717-8290 for info

Wednesday (2nd and 4th) Turtle Conservation Slide Show by Andy Uhr. Carib Inn seaside veranda, 7 pm

Wednesday -Buddy Dive Cocktail Video Show by Martin Cecilia pool bar Buddy Dive, 7 pm 717-5080

BONAIRE'S TRADITIONS

Kas Kriyo Rincon—Step into Bonaire's past in this venerable old home that has been restored and furnished so it appears the family has just stepped out. Local ladies will tell you the story. Open Monday thru Friday, 9-12, 2-4. Weekends by appointment. Call 717-2445.

Mangasina di Rei, Rincon. Enjoy the view from "The King's Storehouse." Learn about Bonaire's culture. Visit homes from the 17th century. Daily. Call 717-4060/ 790-2018

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

Washington-Slagbaai National Park,

January & February 2006 Cruise Ship Schedule

Date	Ship	PAX	Arrive	Depart	Pier
23 JAN MON	SEA PRINCESS	1950	12:00	19:00	SOUTH
24 JAN MON	AIDA VITA	1260	13:00	20:00	NORTH
31 JAN TUE	RIJNDAM	1258	0900	18:00	SOUTH
07 FEB TUE	SEA PRINCESS	1950	12:00	19:00	SOUTH
07 FEB TUE	AIDA VITA	1260	13:00	20:00	NORTH

Museum and Visitors' Center. Open daily 8 am-5 pm. Closed on some holidays. 717-8444/785-0017

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

CLUBS and MEETINGS

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

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

Weekly BonaireTalker Gathering and Dinner at Gibi's - Tuesday - 6:30 pm - call 567-0655 for directions.

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

Darts Club plays every other Sunday at City Café. Registration at 4, games at 5. Tel. 717-2950, 560-7539.

JCI - First Wednesday of the Month- Junior Chamber International Bonaire (JCI Bonaire, formerly known as Bonaire Jaycees) meets at the ABVO building, Kaminda Jato Baco 36 from 7:30 to 9:30 pm. Everyone is welcome. Contact: Renata Domacassé 516-4252.

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

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

Rotary lunch meetings Wednesday, 12 noon-2 pm - Now meeting at 'Pirate House', above Restaurant Zeezicht. All Rotarians welcome. Tel. 717-8434

VOLUNTEER OPPORTUNITIES

Bonaire Arts & Crafts (Fundashon Arte Industrial Bonaireano) 717-5246 or 7117

The Bonaire Swim Club- Contact Valarie Stimpson at 785-3451; Valrie@telbonet.an

Cinnamon Art Gallery - Volunteers to help staff gallery. 717-7103.

Bonaire National Marine Park - 717-8444.

Bonaire Animal Shelter -717-4989.

Donkey Sanctuary - 560-7607.

Jong Bonaire (Youth Center) -717-4303.

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

Special Olympics - Contact Roosje 717-4685, 566-4685

CHURCH SERVICES

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

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

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

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

Catholic San Bernardus in Kralendijk - Services on **Sunday at 8 am and 7 pm** in Papiamentu 717-8304. **Saturday at 6 pm** at *Our Lady of Coromoto* in Antriol, in English. Mass in Papiamentu on Sunday at 9 am and 6 pm. 717-4211.

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

Send event info to:

The Bonaire Reporter

Email reporter@bonairenews.com

Tel/Fax. 717-8988, Cel. 786-6518

Karnaval 2006 Schedule:

Feb 4 -	Carnival--Tumba Festival
Feb 17 -	Carnival--Youth Parade Rincon
Feb 18 -	Carnival--Youth Parade Playa (Kralendijk)
Feb 25 -	Carnival--Adult Parade Rincon
Feb 26 -	Carnival--Adult Parade Playa (Kralendijk)
Feb 27 -	Carnival--Farewell Youth Parade
Feb 28 -	Carnival--Farewell Adult Parade
TBA -	5km Run, 8:00 am, Sponsor: PA & Associates

DINING GUIDE

See advertisements in this issue

RESTAURANT	PRICE RANGE / WHEN OPEN	FEATURES
Bella Vista Restaurant Sea Side Restaurant at Buddy Dive Resort 717-5080, ext. 538	Moderate. Breakfast and Lunch Dinner during Theme nights only. Open every day	Magnificent Theme Nights: Saturday: Beach Grill; Monday: Caribbean Night; Friday: Manager's Rum Punch Party and All-You-Can-Eat B.B.Q
Bistro de Paris Kaya Gob. N. Debrot 46 (half-way between hotel row and town) 717-7070	Moderate Lunch and Dinner Closed Sunday	Real French Cooking in an informal setting Superb dishes prepared with care and love by a French chef Owner-operated Eat in or Take away
Calabas Restaurant & Chibi Chibi Restaurant and Bar At the Divi Flamingo Beach Resort. Waterfront 717-8285	Moderate-Expensive Breakfast, Lunch and Dinner Open 7 days	Get a view of the beach and turquoise sea while enjoying a breakfast buffet or à la carte lunch and dinner at the 'Chibi Chibi' restaurant & bar. Inspiring vistas and the highest standard of cuisine.
Crocantino Italian Restaurant Downtown at Kaya Grandi 48 717-5025	Moderate-Expensive Dinner Closed Monday	Bonaire's Most Romantic Restaurant where dining is a delight! Tuscan chef prepares exquisite dishes with authentic ingredients. Be served in a garden setting under floating umbrellas or in air-conditioned comfort. Take out too.
The Great Escape EEG Blvd #97—across from Belmar 717-7488	Moderate Breakfast, Lunch, Dinner Breakfast every day; Lunch, Dinner Tues-Sun.	Bar-Restaurant poolside—under the thatched roof. Cuban cuisine. New kitchen. New cook Happy hours 5 to 7 every day.
The Last Bite Bakery Home Delivery or Take Out 717-3293	Low-Moderate Orders taken 8 am-4 pm; Deliveries 6-7:30 pm, Closed Sunday	Enjoy a delicious dessert or savory baked meal in the comfort of your home or resort. This unique bakery offers gourmet class items -always from scratch- for take out or delivery only.
The Lost Penguin Across from MCB Bank in downtown Kralendijk Call 717-8003.	Low-Moderate Breakfast, Lunch, Early Dinner until 6 pm Closed Tuesdays & Wednesdays	Watch the bustle of downtown from this street side Caribbean-style bistro owned and run by a European educated Master Chef and his wife.
Pasa Bon Pizza On Kaya Gob. Debrot ½ mile north of town center. 780-1111	Low-Moderate Open from 5-11 pm Wednesday-Sunday	Bonaire's best. The Real Thing! Freshly prepared pizzas made with the finest ingredients. Salads, desserts. Eat in or take away. Nice bar too. Call ahead to eat-in or take out 790-1111

SHOPPING GUIDE

See advertisements in this issue



<p>ART GALLERY Cinnamon Art Gallery non-profit gallery for local artists has continuous shows. Each month a new artist is featured. Stop by. Free entry.</p> <p>BANKS Maduro and Curiel's Bank provides the greatest number of services, branches and ATMs of any Bonaire bank. They also offer investments and insurance.</p> <p>BEAUTY PARLOR Hair Affair. Expert hair cutting, styling, facials, waxing and professional nail care.</p> <p>BICYCLE / SCOOTER/ QUADS De Freewieler rents scooters and quads; professionally repairs almost anything on two wheels. Sells top brand bikes. Have your keys made here.</p> <p>BUILDING AND CONSTRUCTION APA Construction are professional General Contractors. They also specialize in creating patios and walkways with fabulous sprayed and stamped concrete pavement.</p> <p>DIVING Carib Inn is the popular 10-room inn with top-notch dive shop and well stocked retail store. Best book trade on Bonaire. Good prices on regulator repair, dive computer H.Q.</p> <p>Dive Friends Bonaire (Photo Tours Divers-Yellow Submarine) -low prices - on the seaside at Kralendijk, at Caribbean Club, Caribbean Court and the Hamlet Oasis. Join their cleanup dives and BBQ.</p> <p>WannaDive - They make diving fun while maintaining the highest professional standards. In town at City Café and at Eden Beach.</p> <p>EXTERMINATOR Professional Pest Control is at your service. Get rid of all the pests that invade your home and garden. Experienced and reliable.</p> <p>FITNESS Bonfysio offers comprehensive fitness programs to suit your needs whether they be weight loss, sports or just keeping in shape. Convenient schedule.</p> <p>Fit For Life at the Plaza Resort Mall. Classes in Pilates, Aerobics, TaeBo and more. Professional trainers, fitness machines and classes for all levels.</p> <p>FURNITURE The Plantation Has lots of classy furniture and antiques at very competitive prices. Stop in to see great teak furniture and Indonesian crafts.</p>	<p>GARDEN SUPPLIES AND SERVICES Green Label has everything you need to start or maintain your garden. They can design, install and maintain it and offer plants, irrigation supplies and garden chemicals.</p> <p>GIFTS, SOUVENIRS AND LIQUOR The Bonaire Gift Shop has an wide selection of gifts, souvenirs, liquor, dive watches, digital cameras, things for the home, T-shirts all at low prices.</p> <p>HOTELS Golden Reef Inn is the affordable alternative with fully equipped studio apartments in a quiet Bonaire neighborhood. Just a 3-minute walk to diving and the sea.</p> <p>The Great Escape Under new management. Quiet and tranquil setting with pool and luxuriant garden in Belnem. Cyber Café, DVD rentals, restaurant and bar.</p> <p>METALWORK AND MACHINE SHOP b c b- Botterop Construction Bonaire N.V., offers outstanding fabrication of all metal products, including stainless. Complete machine shop too.</p> <p>Nature Exploration Outdoor Bonaire for individually guided kayaking, hiking, biking, caving, rapeling/abseilen and more reservations : 791-6272 or 717-4555 E-mail : hans@outdoorbonaire.com</p> <p>PHOTO FINISHING Paradise Photo in the Galeries Shopping Center offers fast, fine processing for prints, slides, items and services . Now-full digital services.</p> <p>REAL ESTATE / RENTAL AGENTS Harbourtown Real Estate is Bonaire's oldest real estate agent. They specialize in professional customer services and top notch properties.</p> <p>Re/Max Paradise Homes: Lots of Choices—International/US connections. 5% of profits donated to local community. List your house with them for sale.</p> <p>Sunbelt Realty offers full real estate, rental, and insurance services. If you want a home or to invest in Bonaire, stop in and see them.</p> <p>REPAIRS Bon Handyman is here if you need something fixed or built. Ultra reliable, honest and experienced. Electrical, plumbing, woodworking, etc. 717-2345</p>	<p>RESORTS & ACTIVITIES Buddy Dive Resort offers diving, Adventure Fun tours including kayaking, mountain biking, cave snorkeling and exploration.</p> <p>RETAIL Benetton, world famous designer clothes available now in Bonaire at prices less than those in US. For men, women and children.</p> <p>SECURITY Special Security Services will provide that extra measure of protection when you need it. Always reliable.</p> <p>SHIPPING Rocargo Freight Air and sea shipments in/out of Bonaire. Customs agents. Professional and efficient. FedEx agent.</p> <p>SUPERMARKETS Visit Warehouse Bonaire to shop in a large, spotless supermarket. You'll find American and European brand products. THE market for provisioning.</p> <p>VACATION CLUB Lower the cost of vacationing in Bonaire and other places. Visit Perfect Holiday Solutions to discover how you can get discounts and more.</p> <p>WATER TAXI Get to Klein Bonaire by Ferry. Ride the <i>Kantika di Amor</i> or <i>Skiffy</i>. Hotel pickup.</p> <p>WINDSURFING The Bonaire Windsurfing Place can fulfill all your windsurfing dreams and more. They offer expert instruction, superb equipment on a fine beach. Lunch and drinks too. BBQ and windsurf videos Wednesday nights.</p> <p>WINES Antillean Wine Company. You've tried the rest; now try the best: best prices, highest quality wines from around the world, kept in a cooled warehouse. Free delivery.</p> <p>YOGA Yoga For You. Join certified instructors Desirée and Don for a workout that will refresh mind and body. Private lessons too.</p> <p>ATTENTION BUSINESSMEN/WOMEN: Put your ad in <i>The Bonaire Reporter</i>. Phone/Fax 717-8988, Cel 786-6518</p>
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Pet of the Week



"Rosanna"

Here's "Rosanna," one of the most incredible "good news" dogs at the Shelter today. You have to see her to believe her. She's got to be one of the homeliest dogs we've ever seen, but she has a personality that soars. That's pretty amazing considering the rough life she's had. Barely out of puppy hood herself, she became a mom early in life. At the time she and the pups came into the Shelter she was skin and bone and barely had enough flesh on her body to keep her alive much less feed her pups. But with the care and attention from the Shelter staff she got enough nourishment for herself and her puppies. You should see them all now: the pups are fat and fuzzy faced and Rosanna is the star personality of the place, sleek and peppy! In fact she doesn't just wag her tail, she wags her whole body, all the while with a big doggy "smile" on her face. Rosanna will have to stick around for another week or so to make sure her pups get a good start in life, then she's free to be up for adoption.

Got something to buy or sell?

REACH MORE READERS than any other WEEKLY NEWSPAPER by advertising in THE BONAIRE REPORTER

Non-Commercial Classified Ads (up to 4 lines/ 20± words):
FREE FREE FREE FREE

Commercial Ads only NAf0.70 per word, per week.
Free adds run for 2 weeks.
Call or fax 717-8988 or email ads@bonairereporter.com

JANART GALLERY

Kaya Gloria 7, Bonaire Local Art, Art Supplies, Framing, and Art Classes. Open Tu-We-Th & Sat 10 am- 5 pm Friday 1- 7 pm; or phone 717-5246 for appt.

BONAIRENET

The leading consumer and business information source on Bonaire. Telephone (599) 717-7160. For on-line yellow pages directory information go to <http://www.yellowpagesbonaire.com>

CAPT. DON'S ISLAND GROWER

Trees and plants, Bonaire grown. 8000m² nursery. Specializing in garden/septic pumps and irrigation. Kaminda Lagoen 103, Island Growers NV (Capt. Don and Janet). Phone: 786-0956

Bonaire Images

Elegant greeting cards and beautiful boxed note cards are now available at Chat-N-Browse next to Lover's Ice Cream and Sand Dollar Grocery. Photography by Shelly Craig www.bonaireimages.com

LUNCH TO GO

Starting from NAf5 per meal. Call CHINA NOBO 717-8981

SALT TREASURES BONAIRE

100% natural body salts "Scrub Me" 100% natural Bath Salts available at Chat-n-Browse, KonTiki and Jewel of Bonaire or call 786-6416 for more information.

JELLASTONE PETPARK

Pet boarding / Dierenpension Day and night care. phone: 786-4651 www.bonairenet.com/jellastone/

MOVING INTO A NEW HOUSE?

Make it more livable from the start. FENG SHUI CONSULTATIONS Also interior or exterior design advice, clearings, blessings, energy, healing, China-trained. Experienced. Inexpensive. Call Donna at 785-9332.

For Sale

SCUBAPRO Twin Jet fins extra large, used once. Listed at \$179-; Sacrifice \$90- Leave message for B. Olla at 717-8738 for call back.

Digital Camera SONY DSC-W7 & Underwater Housing! Very fast, 7.2 Megapixel, 2.5" LCD display! Call 780-9795

For sale: waterski bindings for combo ski's. Size 38 to 46 (Eur.) New, Complete with mounting material. NAf 100/pair. Tel. 786-5591

For Sale:

SEAT Ibiza Car, 1997, in very good condition!! CD-player, electrical opening roof, 140.000 km, NAf 8500,- Great deal! Call Justine 564-9577

For sale: 2 sky kennels for dogs, KLM-approved, one large NAf150, one extra large NAf300, tel. 786-5582.

For Sale: Ultra Classic Yoga Mats. Color: Black Price: NAf60. Call 786-6416

LADA NIVA (jeep) for sale

Just A Reminder

Before diving, ALL SCUBA divers are required to:

1. Get an orientation about Marine Park rules and local conditions,
2. Make a check-out shore dive (this is not a skill test, but a test of your own gear prior to going on a dive), and
3. Buy a Marine Park "Dive Tag" for \$25 good for all the year 2006 as well as admission to Washington Park. You can get all this done for free (except for the tag) at most dive shops including Reporter advertisers: Carib Inn, Dive Friends, Divi Dive, Great Adventures, Wanna Dive and Yellow Submarine. They all offer dive tank fills, instruction and full dive services.



Not wearing gloves is strongly recommended

Now she's in great health, she'll be sterilized and will have had her shots. You may meet her at the Bonaire Animal Shelter on the Lagoen Road, open Monday through Friday 10 am to 2

pm, Saturdays until 1. Tel. 717-4989.

Welcome to the Shelter's new assistant, Marlis. We'll have a photo and story about her next week in this column. L.D.

1991-4X4 drive 1.6 Cyl. 95.000km
NAf5.400 717-2844 or 786-2844

Wanted

Help! We are looking for a new home for our 1-year old 'Vledder'. She's a very cute, half-sized, black, white and brown, loyal, loving and friendly Bonairean dog. She would like a nice owner who already has a dog, because she is used to having a playmate. Please call 564-9577

The Bonaire Reporter is looking for a Partner



Join us to "Publish in Paradise."

Working partner with journalism writing/editing skills, business sense and energy desired. Call The Reporter at 717-8988, 786-6518. Email qualifications to: search@bonairereporter.com

SEEKING A NATIONAL PARKS MANAGER

The Saba Conservation Foundation (SCF), a non-profit nature management organisation based in Saba, Netherlands Antilles, is seeking a National Parks Manager to manage the Saba National Marine Park and a land park. The SCF has five full time staff to support field, operational and administrative aspects of the organisation. The incumbent will be responsible for the overall management of the organisation, staff and its functions.

Please send resume and cover letter to the Director Saba Conservation Foundation, PO Box 18, The Bottom, Saba, Netherlands Antilles or e-mail to janine_lesueur@yahoo.com . Closing date 24 January 2006. Only short listed candidates will be contacted. Please review website www.sabapark.org See also www.dcnanature.org

Property

Spacious family home in Belnem for rent. 3 bedrooms (1 w/ airco, 2 w/ fans), 1 guestroom, Living, open kitchen, 2 porches, 2 bathrooms, big yard. Furnished, per March 1st.

Call 717-6907 or 565-5225. 1 month deposit, 1 year contract, option to renew, rent NAf 1850 per month, (excl. water & electr.)

Boats for Sale



For Sale - Cabo Rico 38 Yacht 1989, Excellent offshore cruiser. One-owner, little used, only 800 engine hours, many sails, many spares, new s-s rigging. Includes Avon R2.8 inflatable and Nissan outboard. Luxurious interior. Bristol condition. Hauled out on Bonaire \$109,000. Phone/fax (599) 717-5038. Email to icarus@flamingotv.net

Why import a sail boat when you can own a fast Regatta winner built right here? Classic 21' Bonaire Sail Fishing boat recently refurbished is for sale for NAf14,000 (\$8,000)

Call George 786-6125/717-8988.



Multi family Yard Sale, Saturday 28 January, 8am-2pm, Harbour Village Tennis Center

Anything to sell ? Call Elisabeth to reserve a spot for you: 565-5225. Children's games, BBQ, bar, everybody welcome.

ROSITA'S FITNESS FACTS



Resistance Training

if you keep it up, resistance training will continue to enhance your metabolism even as you age.

When lean muscle is active, it will burn 25% more calories than fat tissue. This increases your muscle mass, and your metabolism continues to stay elevated whether you're working out or resting. Studies have shown that after resistance training, energy expenditure continues for two hours, even during periods of relaxation. Resistance training combined with a well-balanced diet will build muscle and accelerate fat loss.

Did you know that the average sedentary person between the ages of 20 and 70 loses six to seven pounds of lean muscle every 10 years? This means 28% of men and 65% of women over the age of 74 are unable to lift even a 10-pound object over their head. The good news is that strength can be regained through resistance training and that even the very oldest among us may benefit significantly.

Strong, lean muscles are essential to carry out even the most basic activities in life such as lifting grocery bags and picking up your children, and by building muscle and reducing fat you dramatically reduce your risk for many common diseases.

Some Hot Benefits From Resistance Training

One of the greatest benefits of building a healthy amount of muscle mass is the prevention and control of Type II Diabe-

tes. Fortunately exercise has an insulin-like effect on blood glucose levels. Resistance training in particular has been shown to provide a safe and effective way to control blood glucose, increase strength, and improve the quality of life in individuals with diabetes.

Studies show that regular resistance training exercises can boost your cardiovascular health by improving levels of high-density lipoprotein (HDL). HDL aids in removing excess cholesterol from the arteries. It can also decrease low-density lipoprotein (LDL) levels because resistance training can lead to the reduction of body fat, which causes cholesterol levels to drop. Lower cholesterol can help prevent heart disease, which kills over 700,000 people every year.

Why Not Start Training Now?

Make sure to start with light weights and make a list of the goals you would like to achieve with your resistance-training program. Also, if you have never worked out before, it's always recommended that you consult your physician first and to work out with a professional trainer so you can learn which machines do what and especially for proper form. If you're already familiar with weight training, start with the large muscle groups first, such as the torso, chest, and back, to prevent fatigue of the smaller muscles. Start with light weights and perform three sets of 12-15 reps. If you find that you can perform 12-15 reps easily, you should increase the weight so that the muscle is fatigued at the end of the set. Conversely, if you find that you can't perform the set fully, you should decrease the number of reps accordingly. Resistance training should be done at least twice a week. But because muscle is formed by the constant damaging and repairing of fibers, you



Fit 4 Life Instructor Terry Bond demonstrates a push up

should always rest a day between working the same muscle groups. Make certain to use good form and stay in control of your movements.

Resistance training offers substantial health benefits that go well beyond looking fabulous. You can burn more fat while you rest, ward off disease and improve your quality of life. Why not start now? Till next time. *Rosita*



Owner-operator of Fit 4 Life at the Plaza Resort, Rosita Paiman, a physical fitness instructor, personal trainer and nutritionist, offers classes, a weight/exercise room and a staff to guide you in reaching your ideal physical fitness level.

What is Resistance Training? Why Do It?

Most people associate resistance training with heavy weights and big, bulky muscles. But resistance training isn't just for athletes. It has to be a part of any healthy lifestyle, regardless of age, gender, or fitness level and can be practiced with your own body weight - such as sit-ups and push-ups. Free weights and machines are also used in resistance work. Resistance training can help raise your basal metabolic rate (the number of calories your body burns when you are at rest), fight obesity, increase strength, control blood glucose and improve the quality of life in individuals with diabetes.

Low Metabolism - High Weight? You Can Reverse it!

Can you hear yourself already saying, "My metabolism just slowed down, and my weight began creeping up." Well it's true that metabolism slows with age, mainly due to the fact that we tend to move less as we age and lose lean body mass. But by increasing lean muscle through resistance training, we can boost our body's basal metabolic rate, thereby raising our fat and calorie burning ability. This in turn makes weight loss easier, and



BONAIRE SKY PARK*

*to find it, just look up

How to See Something 20,000 Times the Size of Our Solar System with Just the Naked Eye

You know winter may be the best time for star gazing because you see more bright stars in winter skies than at any other season. And winter skies contain some of the most incredible cosmic objects you can see with the naked eye.

On any night during the next few weeks in early evening facing southeast where you will see winter's most famous constellation, **Orion the Hunter**. Three evenly spaced stars in a row mark his belt; above them two brilliant stars mark his shoulders; and below two more mark his knees. And although I usually talk about these brightest stars every January, this year I'd like to zero in on one of Orion's dimmer "stars" because as magnificent as Orion's bright stars are, it is one of his dimmer stars that is one of the most awesome wonders of our nearby universe.

To find it simply look below his three evenly spaced belt stars for three more evenly spaced, much, much dimmer stars, which make up his sword. And then if you look very carefully at these three stars you will notice that no matter how sharp your eyesight, the middle "star" always seems to look fuzzy and slightly out of focus. And that's because this so-called middle star is not a star at all but something we call a **nebula**, which is a great cosmic cloud of gas and dust out of which brand new stars have been and are still being born.

In fact this nebula, the **Orion Nebula**, is a stellar womb, a birthplace and nursery of stars, a place where new stars are being created. And incredibly you can see this great cloud and some of the new born stars embedded in it with even the cheapest pair of binoculars. And even better, with a small telescope you'll be able to see the four recently born stars which illuminate this vast cloud. They are arranged in the shape of a baseball diamond and are called the **Trapezium**. Now although the Orion Nebula looks tiny to the naked eye, in reality its size is mind boggling because there is enough material in this nebula to produce over 10,000 stars the size of our **Sun**.

In fact, it is an outrageous 30 light years in diameter, which means it takes 30 years for light to travel from one end of it to the other; so huge it would take 20,000 of our **solar systems** lined up end to end to reach from one edge of the nebula to the other. Or to put it another way, if the distance from our **Earth** to the Sun were only one inch, the distance across the Orion nebula would be 12 miles. Is that mind boggling or what?

So get thee outside to see the wonderful fuzzy middle "star" in the sword of Orion and experience some of the awe and wonder of winter's brilliant night skies.

Jack Horkheimer



Orion Nebula



THE STARS HAVE IT

For the week: **January 15 to 21, 2006**
By Astrologer Michael Thiessen

ARIES (Mar. 21- April 20) Be honest in your communication and don't lose your cool. Family outings should include visiting friends or relatives. Someone you live with will be quite unreasonable this week. Residential moves will be in your best interest. Your lucky day this week will be Wednesday.

TAURUS (Apr. 21- May 21) You should get out and enjoy social events where you are likely to meet new potential mates; however, don't over spend. Confronting a situation will only result in indignation and misunderstandings. Residential moves look hectic and sudden changes in your life are likely. You need to make your lover feel wanted, not like a piece of the furniture. Your lucky day this week will be Friday.

GEMINI (May 22-June 21) Take a look at the possibilities of starting a small part time business with friends or relatives. Emotionally, things may not run so smoothly. Secret affairs may be brought out in the open. Try to stay calm and do the best you can. Your lucky day this week will be Thursday.

CANCER (June 22-July 22) Your partner will blow situations out of proportion. Take the whole family and make it an enjoyable outing. Put your energy into behind the scenes activities. Be careful not to sign your time or your cash away. Your lucky day this week will be Tuesday.

LEO (July 23-Aug 22) Sudden changes will occur through communications with friends or in-laws. Question your mate if you must. Chances are you split up the last time because you didn't really want to make a commitment. Travel in pursuit of pleasure and knowledge. Your lucky day this week will be Friday.

VIRGO (Aug. 23 -Sept. 23) You may have difficulties with in-laws or family members. Observations will be far more productive. Social activity should be on your agenda this week. Involvement in fitness clubs will be conducive to engaging romantic connections. Your lucky day this week will be Saturday.

LIBRA (Sept. 24 -Oct. 23) Don't be afraid of opposition; your suggestions are valid. Outdoor sports events should entice you. Don't let your health suffer because of worry. Talk to someone you trust. You can make new friends if you get involved in group activities. Your lucky day this week will be Tuesday.

SCORPIO (Oct. 24 - Nov. 22) You could make extra cash through creative hobbies. You can make the most headway if you put in some overtime. Try not to attempt to do something unless you are fully intent on following through with the plans. Do something special for them. Your lucky day this week will be Monday.

SAGITTARIUS (Nov. 23 -Dec. 21) Your ideas are right on the mark and your work commendable. Don't be afraid to talk to close friends or relatives about pressing personal problems. You can invest in profitable ventures. You will do best to entertain those you wish to close deals with. Your lucky day this week is Sunday.

CAPRICORN (Dec 22.- Jan. 20) Strengthen your position among your peers. Be fair, not colorful. Coworkers may not be giving you all the pertinent information. If you have to deal with large institutions, be careful not to make waves. Your lucky day this week will be Friday.

AQUARIUS (Jan. 21 -Feb. 19) Help with your aspirations is likely, and profits could follow. Express your interest if you want the relationship to progress. Do you really want to start something with someone you can't reason with? New relationships will surface through work relate events. Your lucky day this week will be Friday.

PISCES (Feb. 20-Mar. 20) Make plans to meet again in the near future. You will be looking for creative ways to make a little extra cash. Your changing philosophies may lead you into new circles and open doors that will give you a unique outlook on life. Go out with friends or family. Your lucky day this week will be Monday.