

3rd Bonaire Heineken Jazz Festival Now!

If you are on Bonaire this week spend all or part of your waking hours listening to fine jazz. Some concerts are free, others are only a modest charge. The sounds of Jazz are already being heard around town as musicians get ready for the Third Annual Bonaire Jazz Festival. The three main nights of the Festival (listed below) are totally filled with musical opportunities.

Wednesday, May 16- 5-7 Opening of Polyrythmik Exposition at Kas di Art
Thursday, May 17, Festival opening evening starting at 7:30pm jazz-and-poetry concert in Fort Oranje (free). After that, festival bands will perform on the Promenade across from City Café. Every night there are free sessions beginning around 10 pm at Little Havana.

Friday and Saturday, May 18 and 19 - Main concerts on the beach of the Plaza Resort near Topsy Seagull Restaurant -

- The Paoli Mejias Quintet from Puerto Rico
- The WES Group from Washington, DC.
- Gerardo Rosales Mongomania, a sextet from Venezuela,
- Trio Yuri Honing
- Oswin "Chin" Behilia joined by a quartet
 - Ivan Jansen's quartet

- from Aruba
- The Jean Jacques Rojer trio of Curaçao with Paquito d'Rivera
- Stingray
- The Happy Band

Plus on **Saturday, May 19,** the student orchestra of the SGB high school and the local music school reinforced with festival musicians Franklin Granadillo and Scott Katzev will perform on the main stage.

Sunday, May 20- Jazz brunch at Divi Flamingo Beach party at Bongos Beach at 5 pm with the Freewinds Band
 Little Havana Jazz from 10pm on.

Every day of the festival the "Polyrhythmic" art exhibition will be going on in Kas di Arte with live music and wine-tasting.

For more information on the festival, the artists, special packages, and accommodations, go to the website www.bonairejazz.com.

The special musical guests for the Festival are: Scott Katzev from the US on tenor saxophone; Boy Janga from Bonaire, percussion; Franklin Granadillo from Aruba on trumpet; and Linda Anthony from Bonaire, vocals. □ *G.D./Press release*

Tickets for all three concerts are NAf50 or NAf30 per session. Tickets for sale at Plaza Resort, Kontiki, City Café, Bongos Beach, TCB, Bonaire Boekhandel and at the gates of the main concert.



Parrot Watch



Bonaire's ParrotWatch Update

There has been much happening in the lora world so there is plenty to mention for our first *Bonaire Reporter*-sponsored ParrotWatch update. The most exciting news is not, however, from any of the three lora nests we will be following at ParrotWatch.org. They seem to be in no rush to start breeding this year.

The parrot team have been busy in far flung places all over the island and between us we've found a few new nests which now have eggs! With the help of STINAPA we have been able to focus more on the Park this year, but when you are trying to find parrots the Park suddenly becomes a very big place! We've seen lots of aggression where pairs are disputing who's going to use the nest site and Sophie even saw one pair being evicted by another. The dominant birds were literally dragging the others out of the nest by their beaks!

"Oswald" and "Olivia" from the overhang nest are the only Parrotwatch birds that have so far have been caught on camera (see video capture frame above). First Oswald was inside in the nest checking the place out and making a few adjustments in preparation for three months habitation. Then Olivia joined him and it got all funky! Something we've never seen before took place but to find out exactly what it was you'll have to support the project and go to www.parrotwatch.org. □

Story & photo by Sam Williams

A Shrink Looks at SCUBA



A dive student performing a timed puzzle task on Bari Reef with instructor Benji Schaub. The purpose of the task is to demonstrate how much longer it takes a person to perform the task while breathing high pressure nitrogen at depth compared to the surface. Breathing compressed air at depth affects a person's problem solving abilities and manual dexterity.

Nitrogen narcosis, or "rapture of the deep," is one of those things that some divers like to joke about but really is no laughing matter. (Pun intended) While a recreational diver is far more likely to experience nitrogen narcosis than decompression illness, we know much less about the exact physiological mechanism of nitrogen narcosis than that of DCI. Unfortunately, both can result in a diver fatality, the first from being bubbly drunk and foolish and the second from being bubbled up.

So, when we were on Bonaire a few years ago on Father's Day and my daughter Stacy gave me a T-shirt that read, "I've got nitrogen narcosis. What's your excuse?" I was not quite sure how to take the message. I assumed it might have been a critique of my fanatical diving. Surely, she could not have been referring to my charming personality.

That is one of the big problems with nitrogen narcosis. You probably don't even know you have it at the time. In 1935 Behnke et al found that even at just 66 feet (3 ATM), breathing compressed air produced "euphoria, retardation of the higher mental processes and impaired neuromuscular coordination." At 100 feet (4 ATM) he found even more impairment in divers. What is especially scary is that it occurred from the very beginning of exposure to compressed air and did not change with time at depth. In other words, breathing compressed air at depth makes you stupid and slow and clumsy, not exactly worthy goals.

In the winter of 2004 I conducted a poll of 1,984 divers and asked, "In 2003 did you experience nitrogen narcosis on any dive? (light-headedness, euphoria, elation, laughter, poor coordination, slowed thinking, poor judgment, or reckless be-



havior)" and at what depth they began to experience it. Only 20% of males (n=1,523) and 18% of females (n=461) admitted to having any signs or symptoms of nitrogen narcosis while diving in 2003 and most of those reported that it began when they were deeper than 90 feet.

Is it possible that all the other divers stayed above 60 feet on all their dives in 2003? Not likely. It is far more likely that they under-reported their symptoms, either because they either failed to recognize them or to remember them. There can be wide individual susceptibility to nitrogen narcosis. That is another good reason to dive with a reliable buddy so you can check on each other. Just make sure he/she is less susceptible than you.

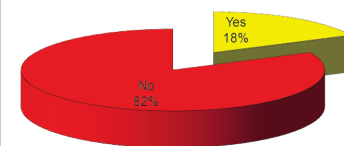
Fortunately, the impairment from nitrogen narcosis resolves rapidly with decompression. Of course, this assumes you have not already gotten yourself into trouble thinking you are invincible.

Next week: How to tell if your dive buddy is narced, since it is not likely you will recognize it in yourself. And hopefully, your buddy will return the favor if it is not already too late. □

David Colvard, M.D.

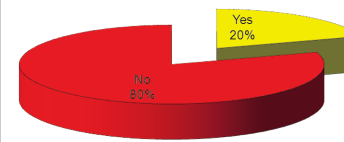


Female Divers' Self-Reports of Nitrogen Narcosis in 2003 (N=461)



Ever Narced? Female Divers

Male Divers' Self-Reports of Nitrogen Narcosis in 2003 (N=1,523)



Ever Narced? Male Divers

David F. Colvard, M.D., is a private psychiatrist and clinical investigator in Raleigh NC, and a divemaster. He hosts www.DivePsych.com which provides evidence-based information for divers on psychological and stress factors in scuba divers.

