



January  
2023  
FREE

**Costambar Monthly**

**WISHING YOU A  
HAPPY NEW YEAR!**

**MAY IT BE FILLED WITH NEW  
ADVENTURES AND GOOD  
FORTUNES.**

**ESTABLISHED 2002**

## HAPPENINGS

**Los Tres Cocos** in Las Rocas invites you to try something different. Call 809-993-4503 for more information. Also, check out their Facebook page.

**Big Lee's Beach Bar** on the Malecon is open 8 hours every day from 11am to 7pm. Plenty of time to enjoy their burgers, hot dogs and fish & chips! The only 5 star restaurant on the Malecon!

**Sam's at Loase** has movie nights starting Jan 14. RD\$250 cover charge. Daily food specials and happy hour 3pm to 6pm.

## DATES TO REMEMBER

**January 1** - New Years Day!

**January 6** - Epiphany

**January 21** - Altagracia Day

**January 26** - Duarte Day

## FIND A COPY OF CM AT...

### COSTAMBAR

Jenny's Market

### PUERTO PLATA

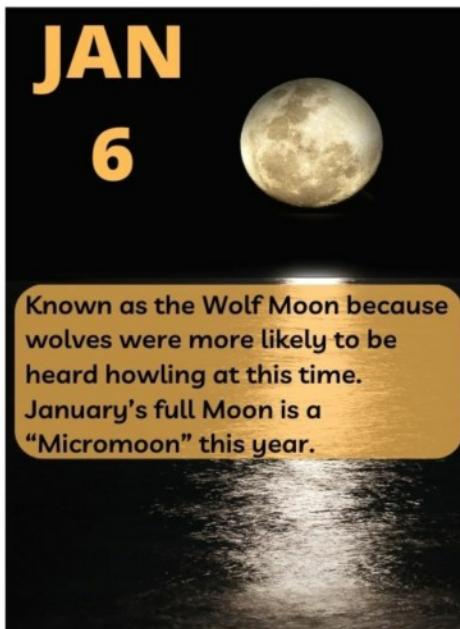
Big Lee's Beach Bar

### LAS ROCAS

Los Tres Cocos

### COFRESI

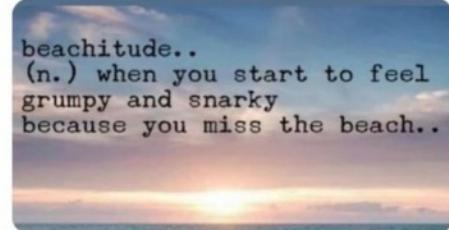
Ocean World Marina



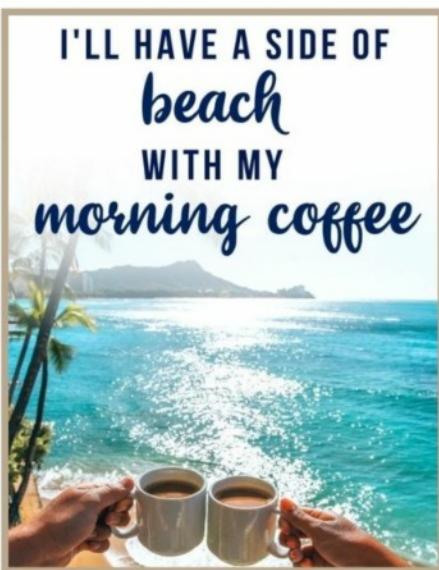
## CRUISE SHIP SCHEDULE

You can find the full monthly schedule for both ports at the following website:

<https://www.cruisemapper.com/port/s/puerto-plata-amber-cove-port-1936?tab=schedule>



I'LL HAVE A SIDE OF  
beach  
WITH MY  
morning coffee



**SUPPORT OUR ADVERTISERS!  
THEY MAKE  
COSTAMBAR MONTHLY  
POSSIBLE!**



## **BIG LEE'S Beach Bar**

Open Every Day at 9am - 3rd caseta from La Sirena

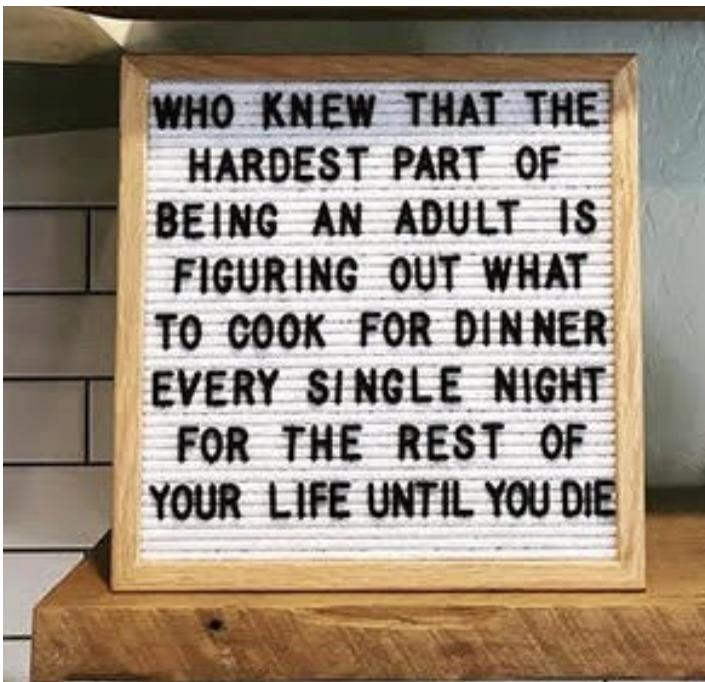


**Winner of Traveler's Choice  
Top 10% "Around the Globe"**

**Open 11 am-7 pm**

**Serving delicious**

- **Fish & Chips**
  - **Burgers & Fries**
  - **Onion Rings**
  - **BBQ Chicken Wings**
  - **BBQ Chicken Breast Sandwich**
- ...and more!**



## **SO GLAD I GREW UP**



**DOING THIS      NOT THIS**

**Me: Please bring me a screwdriver.**

**Wife: Flat head, Phillips, or Vodka?**

**And that was when I knew she was the one.**

## **Renee's Beach Cafe**

Caseta #8, Malecon, Puerto Plata



**Coffee, Pastries**

**Breakfast Sandwiches,**

**& Great Conversation!**

**Open Mon to Fri 8am to 2pm**

**ReneesBeachCafe.facebook.ca**

**A human fart can be louder than a trombone.**

**I discovered this at my daughter's school concert.**

**I pretended to be asleep and then I fell asleep. Now I'm going to pretend I'm skinny.**



**JOURNEY**  
International Church  
Est. 2018

*Come join the FUN!  
COME as you are!*

**Celebrating Our Reopening  
New Building and Location**

**Sunday, January 8, 2023 10:00am**

**calle José Nuñez de Caceres #20, Cafemba  
Just outside Costambar's Los Mangos Gate**

**Multicultural Evangelical Christian Church Offering a Worship service in English with Spanish translation Every Sunday**

**Need more info? [JourneyInternationalChurch.org](http://JourneyInternationalChurch.org)  
Pastor Bruce 849-472-5748 or [PastorBruce@journeyinternationalchurch.org](mailto:PastorBruce@journeyinternationalchurch.org)**

## CLASSIFIED ADS

### FOR SALE

Passola T-Rex year 2021 with very low mileage for sale.  
155,000DOP or \$2900US  
Heavy Duty grass/brush cutter for sale. Like new, really!  
20,000DOP  
Please call at 809-842-5082 for French or English and at 809-265-9381 for Spanish.

LEARN SPANISH THE EASY WAY...

*Professional Tutor*

**SPANISH & ENGLISH**

PRIVATE OR GROUP

\* I COME TO YOU \*

PLEASE CALL ME FOR MORE INFO...

 809-839-9235 Jhonattan Cruz



## Jenny's Supermarket

OPEN DAILY (INCLUDING HOLIDAYS)  
Mon-Sat 8am-10pm Sundays 8am-8pm  
Everything you need from snacks to supper!  
Delivery Service Available!  
Calle Principal, Costambar (just inside the gate)  
809-970-3028

## INSURANCE

### Health Insurance Plans

Available for terms as short as 3 months

No medical reequired

Call/WhatsApp

Colin 809-449-1819 or

Email [drcigarman@yahoo.com](mailto:drcigarman@yahoo.com)

For more information

If you see me talking to myself just move along.  
I'm self-employed, and we're having a meeting.

**INTERNATIONALT.V. INFO**

**4000+ CHANNELS**

**CANADA-USA-QUEBEC-  
FRANCE-ITALY**

**Whatsapp 1-613-518-2956**

## DOG CARE

- **Grooming**
- **Nail clipping**
- **Dog food and supplies**



**Whatsapp**

**1-849-243-0771**

**Only in math problems can you buy 60 cantaloupes and no one asks what the hell is wrong with you?**



## CRUISE

- Available from January to March
  - 7 or 14 night cruises
  - From La Romana
  - Visiting 5 islands

**7 NIGHTS INCLUDING DRINKS  
FOR LESS THAN  
US\$600 PLUS GRATUITIES**

**Call/WhatsApp 809-449-1819  
[drcigarman@yahoo.com](mailto:drcigarman@yahoo.com)**

# APC

APC initiatives currently underway:

- Give your email info to APC - [apcmaintenance@yahoo.com](mailto:apcmaintenance@yahoo.com);
- Contact APC about security cameras at your property - [apcmaintenance@yahoo.com](mailto:apcmaintenance@yahoo.com); or Nutecom, at (809) 586-6883, or by email at [info@nutecom.com.do](mailto:info@nutecom.com.do);
- New Motorbike for the Guards - contact Jack Cameron at [jackflor@aol.com](mailto:jackflor@aol.com);
- Contribute to the new-look APC office;
- Purchase your COSTAMBAR RESIDENT car decal for 500 pesos - at the APC office. These will become very useful as access to Costambar becomes more controlled;
- Contact APC if you see or own an empty lot that needs to be cleared - 2,000 pesos each; and
- Contact APC If you see a disused pool - it will be added to the list for regular larvicide treatment.
- During the paving program, please ensure that all vehicles, trash and construction materials are kept solely within your lot boundary. If we are required to remove such materials to permit paving, we expect the lot owner to reimburse all costs incurred.
- The Government is paying to pave every street in Costambar. Costambar has to ensure that all roads are ready to be paved. The paving crew is doing a great job at laying asphalt over very bad stretches of road. However, some bits need to be cleared and graded before the pavers can do their job. If you have not done so; or if you speak to someone who has not done so - THERE IS A MORAL OBLIGATION ON ALL OWNERS IN COSTAMBAR TO CONTRIBUTE to the costs that Costambar has to pay to ensure that all streets can be paved. Most owners here pay no property taxes whatsoever - it is not acceptable to reside within a community as a freeloader.

APC Board: Jorge Fernandez, President - [jorge\\_fernandez@yahoo.com](mailto:jorge_fernandez@yahoo.com); Jack Cameron, Vice President - [jackflor@aol.com](mailto:jackflor@aol.com); Alan Smith, Secretary - [fenalet@yahoo.ca](mailto:fenalet@yahoo.ca); Fanny Mendez, Treasurer - [fannymendez@hotmail.com](mailto:fannymendez@hotmail.com); Sandro Falla, Vocal - [sandrofalla@aol.com](mailto:sandrofalla@aol.com); Roger Santana, Vocal - [rogersantana22670@gmail.com](mailto:rogersantana22670@gmail.com); Cari Sherman-Smith, Vocal - [drmmagirl@gmail.com](mailto:drmmagirl@gmail.com)

## FUND RAISING GOLF TOURNAMENTS

Los Mangos Golf Club will host 2 Golf Tournaments in early 2023.

The 6<sup>th</sup>. annual *Johan Memorial Golf Tournament* will be held Saturday January 7<sup>th</sup>, 2023

starting at 8:45 am SHARP.

Cost is 2000\$ if registered by Jan 4<sup>th</sup>.  
(after that date will be 2500\$)

Gift for ALL golfers; contests; hot meal and golfer goodie bag.

NB: there will be 5 categories of awards: 1:Champion Division;2:Caddy Division;3 other Category A-B-C.

TOURNAMENT SPONSOR IS: Pyramid Traffic Inc. /Mike Dworczak

Proceeds from the tournament goes to the *Johan Memorial Scholarship Fund*. Which provides an opportunity to send students: Impact Languages Institute (to learn English)

\*\*\*\*\*

The 4<sup>th</sup>. annual *Canada Golf Tournament* will be held

Saturday, February 11<sup>th</sup>, 2023

starting at 8:45am SHARP.

\*\*\*The Tournament will have a Canada flavor -eh\*\*\*

Cost is 2000\$ if registered by Feb 8th.  
(after that date will be 2500\$)

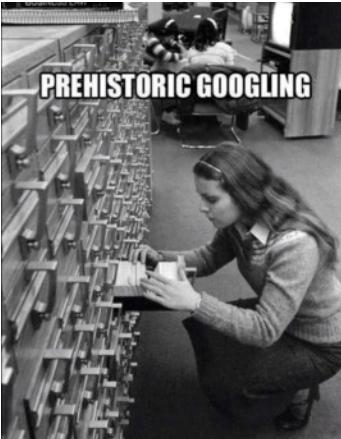
TOURNAMENT SPONSOR IS ....LIFE ONE80 (Canada)

Gift for ALL golfers; contests; hot meal; Tim Horton's coffee and a golfer goodies bag.

NOTE: Prize for each golfer( team).

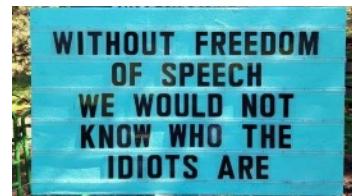
Proceeds from the tournament goes to the *Johan Memorial Scholarship Fund*. Which provides an opportunity to send students to attend Impact Language Institute to learn English.

For further information: Please contact:  
Los Mangos Pro Shop 1-809-970-3073 or  
Steve Rowe at: [steve25707@gmail.com](mailto:steve25707@gmail.com)



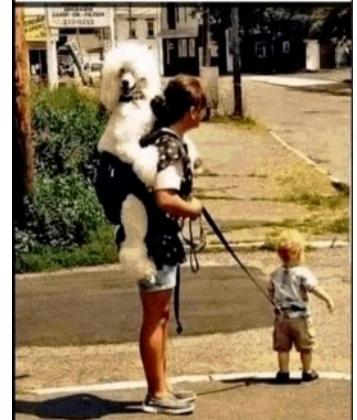
**May you live  
to be so old  
that your  
driving  
terrifies  
people.**

When you forget to drink  
your morning coffee



**IF YOU CAN'T THINK OF A WORD, SAY "I FORGET THE ENGLISH WORD FOR IT".**

**THAT WAY PEOPLE WILL  
THINK YOU'RE BILINGUAL  
INSTEAD OF AN IDIOT.**





**Ton Plokkaar**  
The best massage in town!

## PROFESSIONAL MASSAGE

- Therapeutic Massage
- Sport Massage
- Deep Tissue Massage
- Trigger Point Massage
- Lymph Massage/Drainage
- Relaxation Massage
- Laser Therapy
- Pain Management

Home And Hotel Visits

**Tel: 829 549 9516**

Email: [plokkie@hotmail.com](mailto:plokkie@hotmail.com)

Ton Plokkaar is certified and member of VOMAS:  
No. 12721007



# WELLNESS THERAPY

RAPID MICRO CELLULAR REGENERATION



**Services:**

- Regeneration Facials
- Tesla Healing Technology
- Quantum Healing Technology
- Bio Feedback
- Sinus / Allergies
- Aches / Pains / Injuries Inflammation
- Relax & Rejuvenate
- Energy Therapy
- Massage Therapy
- Reduce Stress

**In-Home, In-Office or Remote Sessions!**

 **809-265-4636 COSTAMBAR**



**LiceSquad**.com®  
Parent & Teacher trusted!



**NOW  
HIRING!  
SUPER  
HERO  
WANTED**

Canadian nurses, PSW's, social workers or missionaries living in the DR required to provide professional head lice removal services and products to our expat families and clientele. Online training and products provided. Requires transportation, technical skills, and cell phone. \$20 to \$25CND Plus commissions and mileage. Contact [Dawn@licesquad.com](mailto:Dawn@licesquad.com) or WhatsApp 705-456-4440. [www.licesquad.com](http://www.licesquad.com)

**Buy 1 Get 1  
FREE**

**WELLNESS THERAPY**

Offer Expires January 31, 2023  
ONLY 1 per Client  
Code: 750123

**Call to TODAY!**  **809-265-4636 COSTAMBAR**

This is a reminder that not all children grow up in fortunate circumstances. The following is a true story.

"When I was a child, my father cheated and didn't love my family. Later, my parents divorced. Soon my mother died in a car accident. My brother and I could only live in my grandma's old house. Grandma's sister was an alcoholic. The whole family lived on my grandma's savings.

Grandma recently died.

My Uncle Andy is barely keeping himself out of jail from day to day.

My brother left home and won't talk to us anymore.

Dad, now 73, had to go out to work to support the family, and eventually, he is going to want me to do the same thing."

Yours sincerely  
Prince William



# LOCAL INFO



## USEFUL NUMBERS

Police Office	809-320-8510
Police Car	809-320-8840
APC Office	809-970-7877
APC Gate Security	809-970-7015
Codetel	809-220-1111
Edenorte - emergency	809-261-1844
Edenorte - office	809-586-9823
Costambar Taxi Stand	809-970-7318
<b>CONSULATES</b>	
Canada	809-586-5761
Britain	809-586-4244
U.S.A.	809-586-4204
German	809-542-8949
Italian	809-320-7601
<b>HOSPITALS/CLINICS</b>	
Clinica Bournigal	809-586-2342
Clinica Brugal	809-586-2519
Los Tropicos Pharmacy	809-970-7607

### COSTAMBAR MONTHLY RATE CARD NOVEMBER 2015

SIZE	APPROX. SIZE	PRICE/MONTH
FULL PAGE – BACK	8"X10"	RD\$4200
FULL PAGE – INTERIOR	8"X10"	RD\$3700
1/2 PAGE	8"X5" OR 4"X10"	RD\$2100
1/4 PAGE	4"X5"	RD\$1150
1/8 PAGE	4"X2.5"	RD\$650
BUSINESS CARD AD	4"X2"	RD\$50
CUSTOM SIZE/SHAPE ADS		Contact Us for a Quote

#### CONTACT US AT:

WEBSITE [www.costambarmonthly.com](http://www.costambarmonthly.com)

EMAIL [costambarmonthly@gmail.com](mailto:costambarmonthly@gmail.com)

PHONE 809-970-7507

**[www.costambarmonthly.com](http://www.costambarmonthly.com)**

**[costambarmonthly@gmail.com](mailto:costambarmonthly@gmail.com)**

## NOISE CONTROL

There are new numbers to call if you want to make a complaint about excessive noise.

The entities and telephones to call are:

### Ministry of Environment

Tel. 311

Anti-Noise Department of the National Police

Tel. 849 452-6390

National Police Central

Tel 809 682-2151

## TRAVEL INFO

### OVERSTAY FEES

#### TABLA PAGO DE ESTADÍA

TIEMPO DE ESTADÍA	TARIFA VIGENTE
30 DÍAS A 90 DÍAS	RD\$ 2,500.00
3 A 9 MESES	RD\$ 4,000.00
9 A 12 MESES	RD\$ 5,000.00
12 A 18 MESES	RD\$ 6,500.00
18 A 24 MESES	RD\$ 8,000.00
24 A 30 MESES	RD\$ 9,500.00
30 A 36 MESES	RD\$ 11,000.00
36 A 48 MESES	RD\$ 16,000.00
48 A 60 MESES	RD\$ 20,000.00
6 AÑOS	RD\$ 30,000.00
7 AÑOS	RD\$ 40,000.00
8 AÑOS	RD\$ 50,000.00
9 AÑOS	RD\$ 60,000.00
10 AÑOS	RD\$ 70,000.00

### Digital Entry & Departure Forms

<https://eticket.migracion.gob.do/>

### SUPPORT OUR ADVERTISERS!

THEY MAKE

**COSTAMBAR MONTHLY  
POSSIBLE!**

# Costambar Christian Fellowship

A place to Believe and Belong

Every Sunday 10:00 to 11:00 am

Next to tennis courts on Cristobal Colon

Coffee, tea & snack

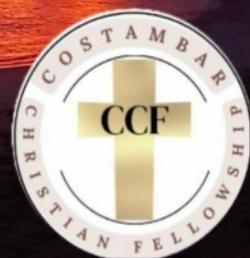
Fellowship with other believers and worship

God in song and praise

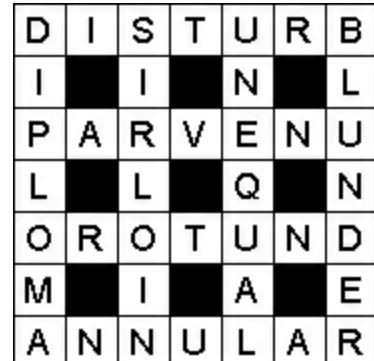
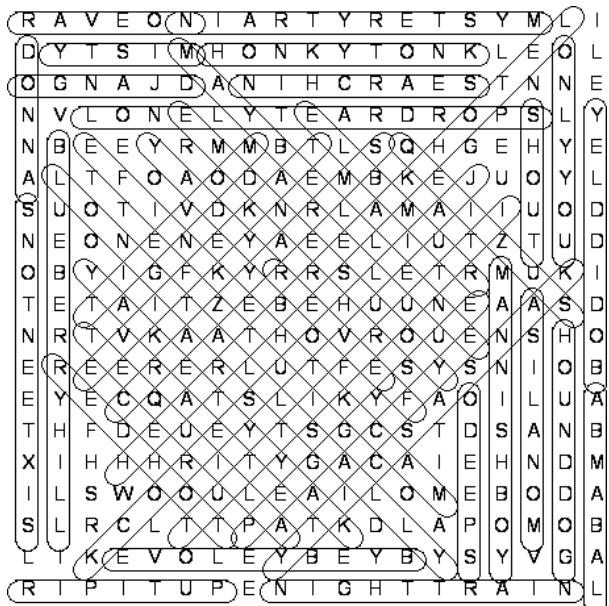
All are welcome

More information contact Melinda at

[melindapball@hotmail.com](mailto:melindapball@hotmail.com)



## SOLUTIONS TO PUZZLES ON PAGE 8



### EASY

2	1	9	8	6	3	4	7	5
5	3	7	9	4	2	1	6	8
8	4	6	5	7	1	9	2	3
6	8	3	7	1	4	5	9	2
1	9	4	6	2	5	3	8	7
7	5	2	3	8	9	6	4	1
3	7	5	4	9	8	2	1	6
9	6	1	2	5	7	8	3	4
4	2	8	1	3	6	7	5	9

### MEDIUM

8	5	4	3	1	7	2	9	6
7	3	9	6	5	2	1	4	8
2	6	1	4	8	9	3	7	5
3	4	2	9	6	1	5	8	7
6	1	8	7	4	5	9	3	2
9	7	5	8	2	3	4	6	1
4	2	7	5	9	6	8	1	3
5	8	3	1	7	4	6	2	9
1	9	6	2	3	8	7	5	4

**HIDDEN MESSAGE**  
**I'LL NEVER GET OUT OF THIS**  
**WORLD ALIVE**



# BOATING NEEDS

## ATTENTION BOATERS!

**Solar Panels & Controllers  
Batteries  
Marine Ropes & Halyards  
Anchor Line & Chain**



### GALVANIZED MOORING SWIVELS

1/2 inch double eye  
RD\$900

3/8 inch double or  
Single eye  
RD\$650

## AVAILABLE!



**5/8" 3 strand nylon rope  
Only RD\$75/foot**

Call/WhatsApp Alison 809-974-2903  
Or Colin 809-449-1819 or  
Email [drcigarman@yahoo.com](mailto:drcigarman@yahoo.com)  
For details and orders

## BOATER'S SPECIAL

**Health Insurance Plans  
Available for terms as short as 3 months**

**Call/WhatsApp Alison 809-974-2903  
Or Colin 809-449-1819 or  
Email [drcigarman@yahoo.com](mailto:drcigarman@yahoo.com)  
For more information**



### DOUBLE BRAIDED POLYESTER ROPE

- 5/16" only RD\$35 per foot
- 3/8" only RD\$45 per foot
- 1/2" only RD\$60 per foot

Call/WhatsApp  
Colin 809-449-1819/Alison 809-974-2903

## BATTERIES

**12v deep cycle AGM batteries 200ah.  
Also Trojan 6v Red and Black  
as well as starter batteries.**



Call/WhatsApp Alison 809-974-2903



**Guest House & Recreation Center**  
**Costambar, Dominican Republic**  
**www.loase.com jojovco@aol.com**  
**809-970-7861 809-837-6845**

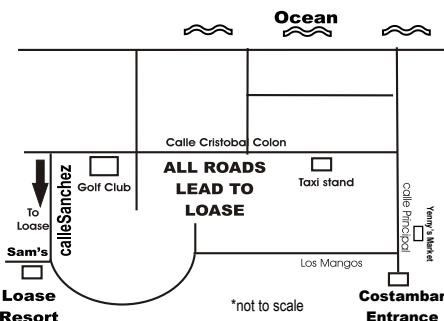
**ROOMS FOR RENT ON A  
DAILY OR WEEKLY BASIS.  
CALL JOSE 809-837-6845  
OR LOASE 809-970-7861**

We now have Starlink Internet  
for our guests who require  
high speed, reliable internet  
for their work!

## **LOASE HAS A RACQUETBALL COURT!!**

You can also play pickleball,  
handball & wallyball.  
And we have ordered equipment  
for paddle tennis that will be  
ready by the end of January.  
To find out more about paddle  
tennis google it!

**Racquetball  
Handball  
Pickleball  
Billiards  
Pool  
Big Screen for  
Sports Events  
And More**



# **Sam's Cafe At Loase**

**Weds to Sat NOON-8pm  
Closed Sun, Mon & Tues  
www.samsbardr.com  
@SamsBarDR**

## **HAPPENING AT SAM'S**

**SUPERBOWL PARTY  
February 12<sup>th</sup> at 7pm  
Doors open at 5pm for dinner  
MARK YOU CALENDAR!**

**Movie Nights start January 14  
At 7:30pm**

**RD\$250 cover charge  
Come early for Fish & Chips!  
Presented by the Fundraisers  
ALL PROCEEDS GO TO THE  
BEAUTIFICATION OF COSTAMBAR**

**Sam's Menu Favorites  
Chicken Curry, Fish & Chips, Chili,  
Fajitas, Chicken Parm  
Mom's Meatloaf**

**Happy Hour  
3 to 6pm  
Cuba Libre/Vodka with mix  
RD\$100  
Double shot of rum/vodka  
RD\$150**