

CM

Costambar Monthly

July
2024
FREE



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. Closed June 12 to July 17 for holidays.

Big Lee's Beach Bar on the Malecon is open every day from 10am to 9pm. Plenty of time to enjoy their burgers, hot dogs and fish & chips! They recently added chicken breast strips to their menu! The only 5-star restaurant on the Malecon!

Sam's at Loase is closed for the season but Loase Aparthotel is still open for rentals. Follow them on Facebook for pop-up summer events.

TK Bistro in Luperon is open Tuesday to Friday 12-9pm and Saturday 10-3 for breakfast and brunch.

DATES TO REMEMBER

July 1 - Canada Day (CAN)

July 4 - Independence Day (US)



FIND A COPY OF CM AT...

COSTAMBAR

Jenny's Market

Loase

Seahorse Gym

PUERTO PLATA

Big Lee's Beach Bar

Tropico Dental Clinic

LAS ROCAS

Los Tres Cocos

COFRESI

Ocean World Marina

LUPERON

TK Bistro

JULY 21

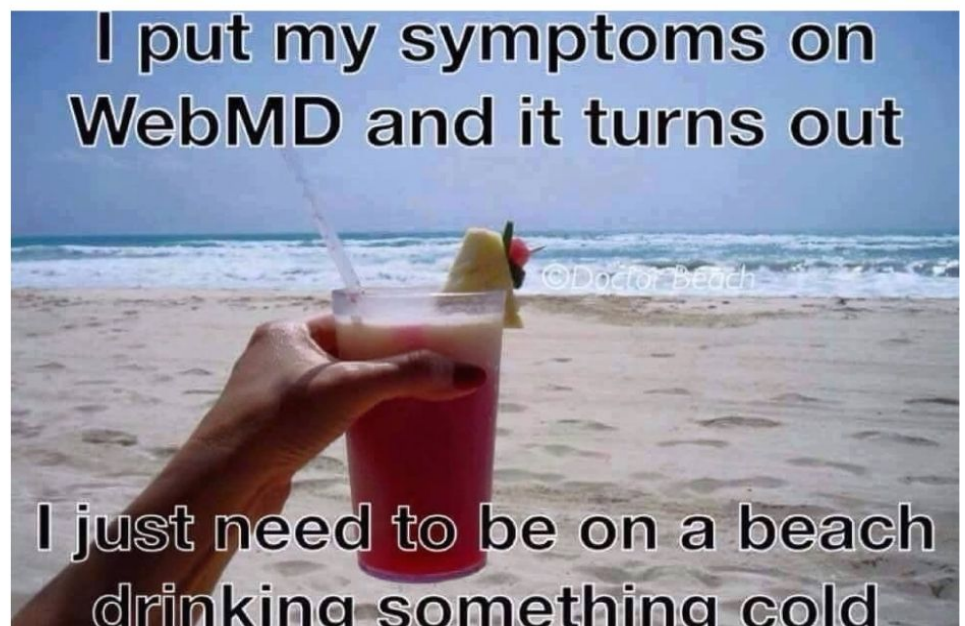
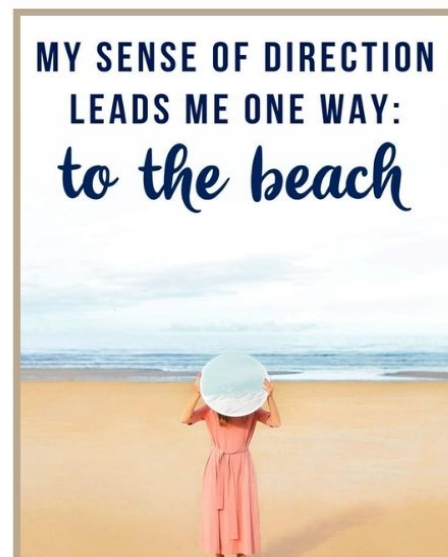
The full Moon in July is called the Buck Moon because the antlers of male deer (bucks) are in full-growth mode at this time. Bucks shed and regrow their antlers each year, producing a larger and more impressive set as the years go by.



CRUISE SHIP SCHEDULE

You can find the full monthly schedule for both ports at the following website:
<https://www.cruisemapper.com/ports/puerto-plata-amber-cove-port-1936?tab=schedule>

GONE TO THE
BEACH.
BE BACK NEVER.



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

Los Tres Cocos
RESTAURANT
INTERNATIONAL GOURMET
CUISINE
&
AUSTRIAN SPECIALTIES

**Closed for holiday from
June 12 to July 17**

Tel.(809) 970-7627
Cel.(809) 993-4503
Las Rocas Cofresi,
Martes Cerrado



www.costambarmonthly.com

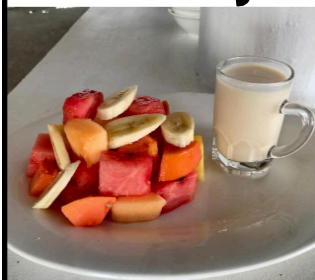
costambarmonthly@gmail.com

TK BISTRO

Luperon

TUES-FRI 12-9
SAT 9-3
FOR BREAKFAST
& BRUNCH
829-709-4024

Beer, Cocktails, and International Cuisine
Daily Specials from Around the Globe
Asian, American, European
Motorcycle Storage Available



BIG LEE'S Beach Bar

Open Daily at 10am - 9pm

COME AND ENJOY OUR:

- beer battered fish & chips
- chicken breast strips
- hamburgers, cheeseburgers
- BBQ chicken wings
- beer battered onion rings
- freshly cut French fries

Seeking one night stand.. Possibly
2 because I have two lamps.

One day you're young the next
you're sitting at the edge of
your bed like this....



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



JOURNEY
International **CHURCH**
est. 2018

José Nuñez de Cáceres #20 Cafemba, Puerto Plata
(outside Costambar's Los Mango's Gate)

Worship Every SUNDAY

10:00 am

Multicultural, Evangelical, bilingual,
CHRISTIAN CHURCH

WORSHIP services in **ENGLISH** and **Spanish**

[Our Focus - Relationships not Religion](#)

- Solid Biblical Preaching
- English & Spanish Worship Songs
- Casual, come as you are atmosphere
- Children's church
- Air Conditioned

email: PastorBruce@journeyinternationalchurch.org

Journeyinternationalchurch.org



What I if told you
You the read first line wrong ?
Same the with second line
And also the third...

One big difference
between men and women
is that if a woman
says "Smell this",
it usually smells nice.

**BEES
DON'T WASTE
THEIR TIME
EXPLAINING
TO FLIES
WHY HONEY
IS BETTER
THAN SHIT.**



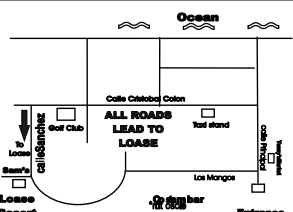
APARTA HOTEL

Costambar, Dominican Republic
www.loase.com Joiovco@aol.com
809-970-7861 809-837-6845

**ROOMS & APARTMENTS FOR RENT
ON A DAILY, WEEKLY OR
MONTHLY BASIS.**

809-970-7861/809-837-6845

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



Sam's Cafe At Loase

**SAM'S IS
CLOSED FOR
THE SEASON**

We want to thank everyone
for another great season!
Enjoy the summer and we'll
see you in the fall!

Loase aparta hotel is open
year round for individuals
and groups.

We will have special events.
Like us on Facebook at
Sam's Bar & Grill if you
wish to be aware of
upcoming events.

This morning, I accidentally
changed the GPS Voice to
"Male." Now it just says,
"It's around here somewhere."
Keep driving."

Bob Hope lived to be 100. Maybe a sense of humour did it.

On his deathbed they asked him where he wanted to be buried.

Bob Hope replied: "Surprise me."

ON TURNING 70 - "I still chase women, but only downhill."

ON TURNING 80 - "That's the time of your life when even your birthday suit needs pressing."

ON TURNING 90 - "You know you are getting old when the candles cost more than the cake."

ON TURNING 100 - "I don't feel old. In fact, I don't feel anything until noon. Then it's time for my nap."

ON GIVING UP HIS EARLY CAREER (BOXING) - "I ruined my hands in the ring. The referee kept stepping on them."

ON GOLF - "Golf is my profession. Show business is just to pay the green fees."

ON PRESIDENTS - "I have performed for 12 presidents but entertained only six."

ON WHY HE CHOSE SHOWBIZ FOR HIS CAREER - "When I was born, the doctor said to my mother, congratulations, you have an eight pound ham."

ON RECEIVING THE CONGRESSIONAL GOLD MEDAL - "I feel very humble, but I think I have the strength of character to fight it."

ON HIS FAMILY'S EARLY POVERTY - "Four of us slept in the one bed. When it got cold, mother threw on another brother."

ON HIS SIX BROTHERS - "That's how I learned to dance. Waiting for the bathroom."

ON HIS EARLY FAILURES - "I would not have had anything to eat if it wasn't for the stuff the audience threw at me."

ON GOING TO HEAVEN - "I have done benefits for ALL religions. I would hate to blow the hereafter on a technicality."

Life is Short Heaven is forever

1 John 2: 16-17

Costambar Christian Fellowship

Calle Anacaona (follow the signs)

Every Sunday

10:00 am

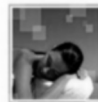
English and Spanish service

Coffee, tea, and snack

All welcome! Come as you are!

For more information find us on Facebook-
Costambar Christian Fellowship or email Melinda at

melindapball@hotmail.com



Ton Plokkaar

The best massage in town!

PROFESSIONAL MASSAGE

- Therapeutic Massage
- Sport Massage
- Deep Tissue Massage
- Trigger Point Massage
- Lymphatic Massage
- Reflexology
- Laser Therapy
- Pain Management

Home And Hotel Visits

Tel: 829 549 9516

Email: plokkie@hotmail.com



WhatsApp

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





We speak English, German and Spanish
and have our own dental laboratory.

WhatsApp and local Phone number: 809 586 9245

We are right behind the fire station on the Malecon beside the park.
Opposite to the Centro Sanitario. You can find us also on Google Maps.
Street name: Emilio Prud Homme, esq. Sanchez Puerto Plata
We cater for all your dental needs.



CRUISE

7 night Caribbean cruise
5 islands

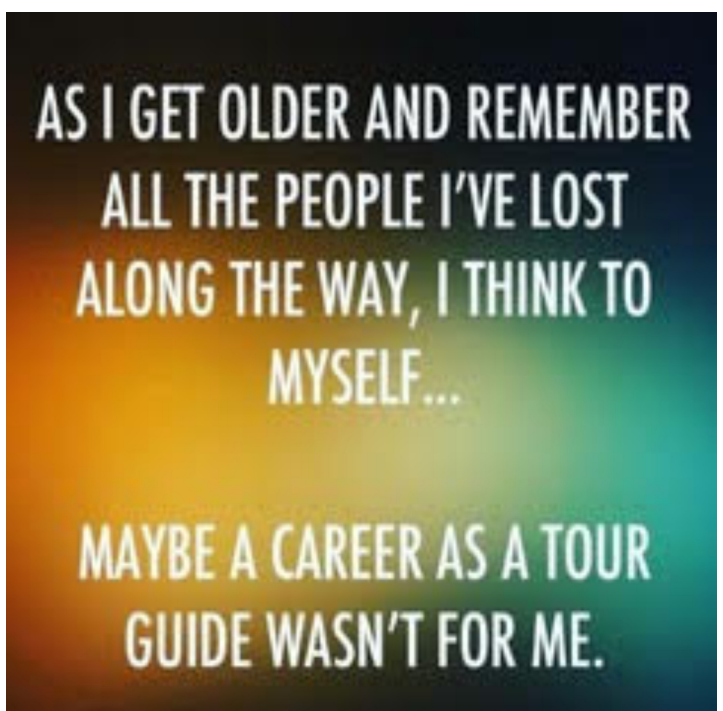
Inside cabins less than
US\$550 per passenger

Does NOT include drinks package

BOOK NOW! DO NOT MISS THE BOAT!

**CONTACT COLIN FOR
MORE DETAILS!**

Call/Whatsapp 809-449-1819
drcigarman@yahoo.com



THE RAINY DAY PAGE

SOLUTIONS ON PAGE 10

SUDOKU PUZZLES

Fill in the missing numbers so every row, column and quadrant contains the number 1 through 9.

EASY

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

MEDIUM

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

SUMMER OLYMPICS

Find and circle all of the words that are hidden in the grid.

The remaining letters spell a hidden message

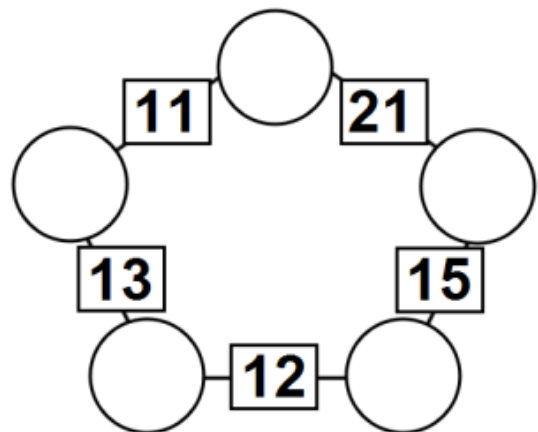
N D R E T A W O H O U S E G C
H O F E E D C O L L A R S H L
A R I S L I A N M I R T E I E
R E L N B P O V K L A W C F A
N V G G A L L S E N T K E Y S
E O R F R P O A H O I T O L H
S L O O K O M Y Y A C A U U E
S L W O B S O O A H M F R P N
U O L D T N C M C L H P E T I
E R W A G T A I L T E E O O N
N S E D O Y H A I R L N I O A
J R A W T P P A W S B O N E C
T U N H A P F D N E I R F E I
O E M N C U G U A R D N A L K
R L T P Y P H T A B I D T A G

BARK
BATH
BONE
BOWLS
CANINE
CHASE
CHEW TOY
COLLAR
COMPANION
FAITHFUL

FEED
FETCH
FOOD
FRIEND
GROOM
GROWL
GUARD
HAIR
HARNESS
HOUSE

ID TAG
JUMP
KENNEL
LEASH
LICK
LOYAL
OWNER
PANT
PAWS
PLAY

PUPPY
ROLL OVER
SHAMPOO
SLEEP
TRAIN
TREATS
TRIM NAILS
WAG TAIL
WALK
WATER



The aim of an arithmagon is to work out which numbers go in the empty circles. The numbers in the square boxes are made by adding together the numbers in the circles either side. For example, if the number in the square box was 10 you could try 6 and 4, but the numbers must also add up on the other edges, making this more difficult than it first appears.



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
CONSULATES	
Canada	809-586-5761
Britain	809-586-4244
U.S.A.	809-586-4204
German	809-542-8949
Italian	809-320-7601
HOSPITALS/CLINICS	
Clinica Bournigal	809-586-2342
Clinica Brugal	809-586-2519
Los Tropiclos Pharmacy	809-970-7607

TRAVEL INFO

OVERSTAY FEES

Calculation for Stay Payment

Duration of stay	Current rate
30 días a 90 días	RD\$ 3,500.00
3 a 9 meses	RD\$ 5,600.00
9 a 12 meses	RD\$ 7,000.00
12 a 18 meses	RD\$ 9,100.00
18 a 24 meses	RD\$ 11,200.00
24 a 30 meses	RD\$ 13,300.00
30 a 36 meses	RD\$ 15,400.00
36 a 48 meses	RD\$ 22,400.00
48 a 60 meses	RD\$ 28,000.00
6 años	RD\$ 42,000.00
7 años	RD\$ 56,000.00
8 años	RD\$ 70,000.00
9 años	RD\$ 84,000.00
10 años	RD\$ 98,000.00

Note: From ten (10) years, each year or fraction, will increase RD \$ 7,000.00. This payment is not an extension that authorizes the foreigner to remain in the country

Digital Entry & Departure Forms

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

Whatsapp CM at
849-229-1818



www.costambarmonthly.com

CLASSIFIED ADS

WANTED

Generator 4500w 110/220V Brand new.

Only 25,000 pesos o.b.o.

Call/Whatsapp Chip 809-360-7898

FOR SALE

2001 Toyota Highlander SUV , 3.0 motor, automatic, dual fuel, A/C, power locks, Stereo touch radio with backup camera, Runs great, needs work on the bumpers. 809-448-4226 (Whatsapp) no voice calls (English only) only text. Matricula in my name, Located in Puerto Plata, asking \$390,000 pesos, or best offer

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\$520
CUSTOM SIZE/SHAPE ADS		Contact Us for a Quote

CONTACT US AT:

WEBSITE www.costambarmonthly.com

EMAIL costambarmonthly@gmail.com

WHATSAPP 849-229-1818

**When a kid says
"daddy, I want
mommy" that's the
kid version of "I'd
like to speak to
your supervisor"**



INSURANCE

Health Insurance Plans

Available for terms as short as 3
months No medical required

Call/WhatsApp

Colin 809-449-1819 or

Email drcigarman@yahoo.com

For more information

**DON'T WATCH
WHAT THEY WANT
YOU TO WATCH
ON YOUR TV.
WATCH WHAT YOU
WANT TO WATCH.
NO CABLES
JUST WIFI.**

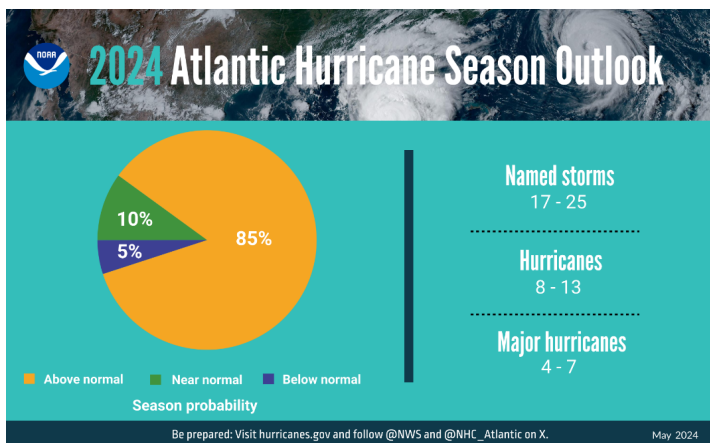
Thousands of TV
channels and
movies available to
watch any time
you want. Watch
all the most
popular TV series as
well as live sports
and
documentaries.
Available for most
devices Whatsapp
me for more details

Colin

809-449-1819

I told my wife I saw a
deer on the way to
work.

She said how do you
know he was headed
to work?



2024 Atlantic Tropical Cyclone Names

Alberto	Helene	Oscar
Beryl	Isaac	Patty
Chris	Joyce	Rafael
Debby	Kirk	Sara
Ernesto	Leslie	Tony
Francine	Milton	Valerie
Gordon	Nadine	William

Names provided by the World Meteorological Organization

Be prepared: Visit hurricanes.gov and follow @NWS and @NHC_Atlantic on X.

May 2024



**I've been hiding from exercise.
I'm in the fitness protection program.**



Same as offered on Ebay for US\$10 without shipping to DR

RD\$350 each

Whatsapp Colin
809-449-1819
ONLY A FEW LEFT!!

MAKES AN IDEAL GIFT!



Sheaffer Pen in Gift box
RD\$600

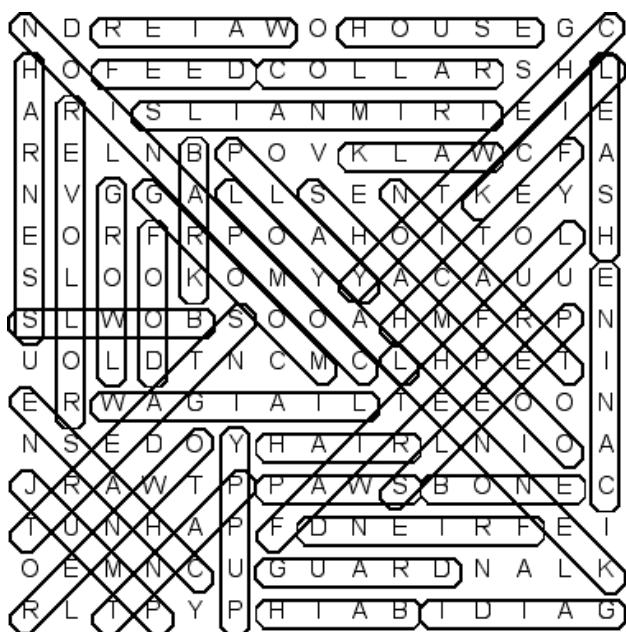
Whatsapp Colin
809-449-1819

Maybe I'll bite, maybe I won't. Are you willing to take that risk?

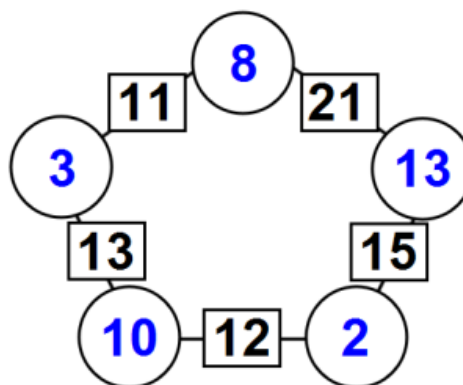


Whatsapp CM at
849-229-1818

SOLUTIONS TO PUZZLES ON PAGE 7



HIDDEN MESSAGE
DOGS LOVE YOU
UNCONDITIONALLY



EASY

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

MEDIUM

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



BOATING NEEDS

ATTENTION BOATERS!

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



**3/8 DOUBLE BRAID
WHITE
RD\$40 A FOOT**

**1/2 INCH BLACK
60 PESOS A FOOT**

**LIMITED SUPPLY OF RARE
WAVYLINE PUBLISHING CHARTS
RD\$1500**

NOW IN STOCK!



Solar lights
ideal for
mounting on
Outboard engine,
boat decks etc
"Be seen!"

**FOR MORE DETAILS
AND TO PLACE AN
ORDER**

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

For more information

**SOLAR PANELS
460W
IN STOCK**

BATTERIES

- **Lithium**
- **Deep cycle AGM 12v**
- **Trojan 6v red and black**
- **Starter batteries**



**Delivered
To Luperon
& Ocean
World**

**Call/Whatsapp
Alison 809-974-2903
Colin 809-449-1819**

Email drcigarman@yahoo.com



Ocean View Condominiums

65 Guayacannes, Costambar

809-970-7197

809-693-3059

USA 218-348-3050

jackflor@aol.com

seahorsecondos.com

WHY RENT OR BUY ANYWHERE ELSE ?
RENTS \$500-\$1500 PER MONTH
STUDIO TO 3 BEDROOMS
FOR SALE \$99,000 - \$169,000
1-3 BEDROOMS

**STOP IN TO
SEE US!
OR CALL US!
OR EMAIL US!**

- **Best Views**
- **Best Breezes**
- **Best Management**
- **Best Quiet Area**
- **Best Full Time Staff And Manager**
- **Security Guard / Camera Systems**
- **New Water Filtration System Potable Water**
- **Hi Speed Internet Over 100mg and a Back Up Starlink System**
- **Great Gym And Billiard Area On Site**
- **Large Pool And Jaccuzzi**
- **Large Public Balconies For Gatherings**
- **Lots Of Secure Parking**
- **Back Up Power Plant Cummings Diesel**
- **Very Clean And Well-Maintained**

CONDOS FOR SALE AND LONG & SHORT TERM RENT

- 24 backup power plant
 - well water
- Starlink hi speed internet
- 24 hours staff, onsite full-time manager, night security guard
 - very large pool
- High security walls and well lit at night
- Fantastic ocean breezes, highest point in Costambar, great views of mountain & ocean

SEAHORSE BILLIARDS

**3 NEW TABLES
RD\$1500/MONTH
MEMBERSHIP**

**WHEN YOU HAVE SEEN THE REST -
STAY AT THE BEST**

SEAHORSE GYM

**Free weights and machines, New rowing machine,
5 aerobic, bikes, elliptical, treadmills
Best equipped gym in Costambar!
RD\$1000/month - 3 month membership**

**JUST
INSTALLED
Filtered
drinking water**