

Pets of the Week



Yvon

Dear Dog People

We would like to introduce our sweet lady Yvon. She is around 3.5 years old and has been a shelter resident for almost one year.

Yvon is a very well behaved girl that loves to go for walks, swims and is very comfortable in a car.

Yvon is very good with other dogs and is very kind to kids, even the very little ones.

Long story short, she is the definition of man's best friend. Yvon would be a perfect family dog, or a perfect companion in any household.

Don't wait any longer and come and meet this beautiful girl.

Photo/story: Sanne Attevelt

If you would like to meet our cats and dogs, please come to Animal Shelter Bonaire, Kaminda Lagun 26A. Open Mon. - Fri. 11 a.m.-3 p.m. Sat. 11 a.m.-2 p.m. Or call 701-4989 or 717-4989 to make an appointment, via whatsapp, facebook messenger, email animalshelterbonaire@gmail.com

Please meet our cat of the week, Hugo. Hugo is a male cat and with very unique coloring. His top coat is black and when he moves you can see a gray undercoat. He is lovely to watch. Hugo is a larger cat with long legs and a sleek body type and is approximately two years old.

Hugo came to us about five weeks ago and was found in a garden. He is very friendly and enjoys being petted and cuddled. We believe he would do well in a home with dogs and other cats. Once he is familiar with his new home and surroundings, he will do fine as an indoor or outdoor cat.

Come and meet Hugo and take him to his forever home. Hugo is sterilized and has tested negative for feline leukemia and FIV.

Photo/story: Amy Bowen



Hugo

Creating Optimal Health

The ego is not the enemy

by Irene da Cunda Costa

Lately, probably thanks to my own algorithm, I have been hearing and reading a lot about the evilness of the ego. Book suggestions keep popping up on my screen: "The ego is the enemy", "Ego is not the real you", "No ego", "Dissolving the ego", "How to kill your ego" and so on. I am not sure if this is a general trend, or just happening to me. I cannot imagine how any of these authors could have written any of these books about the ego without an ego of their own, so I'm making a case to defend our ego.

There might be some discussion about the definition of ego, so we can use the Freudian version where ego means the sense of self, fulfilling functions such as judgment, tolerance, reality testing, control, planning, defense, synthesis of information, intellectual functioning, and memory. According to Freud, the ego is the organizing principle upon which thoughts and interpretations of the world are based.

The ego gives us a sense of internal coherence, which is most likely an illusion, but it is an operational illusion. Reality may also be an illusion; therefore, the encounter of ego and reality would be the crossing of two operational illusions that are functional as long as we stay alive and successful if on top of that we are happy. What is important to notice is that without an ego we cannot survive. That brings me to one of my favorite concepts, attributed to the 1500s medical revolution pioneer Paracelsus, which states that the "poison is in the dose." In this case, maybe too much of an ego is dysfunctional and maybe we need to keep the ego at check, but it is never a good idea to exterminate the ego.

In developmental terms, between ages two to four, the ego forms by the direct influence of the external world. This allows the child to recognize himself/herself as a separate being from other people and the external world. From an evolutionary perspective, the ego is vital for survival, allowing the recognition of external traits, making decisions based on generalizations and judgements originated

on previous successful experiences and to take action. I hope this development makes clear that we need our egos to stay alive.

I want to add to this list of slandered human traits the automatic mode and the survival mode. These two earned a bad name in opposition to the mindful mode and the social mode.

The automatic mode saves us a lot of energy to do daily tasks without the need to fully think about them, like for example walking, chewing or riding a bike, and they allow us to multitask. We can drive a car, listen to the radio and have a conversation. If we were to be mindful all the time about everything, we couldn't do that. Of course, there are habits that are detrimental and need to be changed, but not all that is performed in the automatic mode is wrong.

The survival mode is, as its name suggests, the key to our survival. But too much of anything, even if it is what keeps us alive (such as water or oxygen), can cause harm. Living all the time in survival mode depletes our systems and does not allow us to go into social mode or resting mode, all vital to survival.

The key is a good dose of flexibility to get in and out of any of these modes and a good dose of self-awareness to keep our ego in check fulfilling its original functions. Practices like yoga, meditation, mindfulness, tai-chi, chi kung, breathwork, or journaling can help build up these capacities.



Irene is passionate about health, neurosciences and personal growth. Originally from Uruguay, she is an Integrative Psychotherapist (PNIE), Life Coach (ICF),

Master in Nutrition(IUSC) and Yoga Instructor.

Animal Shelter News

Sponsors Wanted



Scan the QR code to log into your US PayPal and make a secure donation via Jane Disko, Animal Shelter Bonaire President. 100% of the donation goes directly to the Animal Shelter. Thank you for your donation.



Our animal shelter is dedicated to caring for abandoned dogs and cats. To continue our work, we need your support.

We are seeking sponsors and donors to help cover the daily costs of caring for our animals.

Our current needs include:

- 60 kg of dog food per day, the costs of that are \$4000 every month.
- \$1500 every month for cat supplies
- \$3000 per month for veterinary costs, including our sterilization program that is active since 2004. The program has spayed and neutered over 8000 animals on the island.
- \$500 per month for cleaning supplies to provide every animal in the shelter a life in a clean environment.

You can help by sponsoring one of the above, or by making a donation at:

Paypal link: <https://www.paypal.com/paypalme/AnimalShelterBonaire>

Local: Our bank account information locally is:

Maduro & Curiel's Bank, Bonaire Branch

Account name: Animal Shelter Bonaire/Stichting Dierenasyl Bonaire, Account Number #10237800, Kaminda Lagun 26, Kralendijk, Bonaire, Dutch Caribbean

Bank address: Kaya Gob. N. Debrot #70, Bonaire, Dutch Caribbean, SWIFT/BIC: MCBKBQBN

Rabobank (Dutch): Rabobank (Dongen, Netherlands), Stichting Dierenasiel Bonaire NL40RABO0137748744

Every contribution, large or small, makes a significant difference in the lives of the animals in our care. For more information on how you can help, please contact us animalshelterbonaire@gmail.com.

Thank you for your support!

Marissa Lamers