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Rooi Lamoenchi / STINAPA agreement signed

History was made in the name of protecting Bonaire's environment and history with the signing of an agreement for Rooi Lamoenchi Kunuku Park between the Ellen Herrera family and STINAPA on July 23. Jefferson Rosalia led the ceremony with contributions by pastor Doug Searle, acting Lt. Gov Nolly Oleana, historian Boi Antoin, STINAPA board president Pierre Perigault Monte, STINAPA director Jan van der Ploeg and Ellen Herrera Cochrane.

In a speech before invited friends, STI-NAPA officials, fellow church members and her children from Canada, Ellen said, "Please help me take care of Rooi Lamoenchi and help guarantee a bright future for this unique place on Bonaire...that has been in my family for 130 years."

This is not the first time the Herrera family has protected Bonaire's nature. Back in 1969, Julio "Boy" Herrera sold his Washington Plantation for very little money to the government with nature protection stipulations. The land could only be used as a nature park and must remain in its natural state with no hotels or buildings that would interfere with nature. This visionary thinking for land protection created Washington Slagbaii National Park which is under the management of STINAPA.

Rooi Lamoenchi was one of the many large plantations that existed in Bonaire's colorful history. Ellen's great grandfather,

Jose Altagracia Rosa Herrera bought the land in 1890 and developed it into an aloe plantation with over 5000 goats and sheep and 55 cows. Watermelon was also grown. Herrera never lived on the property himself but constructed the building for the caretaker of the plantation. The smaller buildings would be constructed by Ellen Herrera's father at a later time.

Like every plantation on Bonaire, Rooi Lamoenchi fell to ruin. When Ellen returned to Bonaire in 1984 with her first husband and family she knew something

"On seeing this part of my youth, it right away captured a place in my heart. I just fell in love with it and it would only grow deeper in time. I was inspired to rejuvenate the land house built by my grandfather and today it is in great shape," said Ellen.

During the cleanup process, pieces of Bonaire's early history were discovered including a slave wall and other ruins of the time of slavery during early Dutch occupation. All the plantations on Bonaire were similar in this respect but much of the history has been lost.

"I felt it was part of my mission to keep this part of our history alive," said Ellen.

Ellen worked diligently to recreate the beauty of the land into a nature park and in 2001 the Rooi Lamoenchi Kunuku Park Foundation began.

"Rooi Lamoenchi opened my eyes to see the beauty of this landscape and I will forever be in indebted to the men and women that worked to disclose this beauty," said Ellen. "I can also say it was the creator himself that made this beauty."

STINAPA's involvement began after Ellen heard STINAPA director Jan van der Ploeg speak at the ceremony for the Washington Slagbaii National Park book release. Ellen knew she needed to plan for the future of Rooi Lamoenchi and began a discussion with van der Ploeg about her concerns. After a series of meetings with STINAPA board members, Delno Tromp, Perigault Monte, Kerenza Rannou-Frans and van der Ploeg, a concept management agreement was decided.

"We still need to sit down to work on the management plan ... More of the practical details of what I want and don't want. This will be something we can evaluate every year. It won't be an abrupt thing; they have always been very considerate," said Ellen.

Thirty years ago, Ellen became a Christian and opened the park to the Christian community. She has led Monday morning prayer and bible services for 13 years at the park.



Ellen said, "The restoration, the guid-

Rooi Lamoenchi, to page 7

Petals brings blooms to Bonaire



L-R: Owner Ron Coffy, Mary Ann Marin, Shany Matthew and Jasmin el Hawary Photo Julie Morgan

Everyone loves flowers. They provide that special splash of color and energy to your home, special occasion, the great outdoors and even your life. On Bonaire the island is awash with colors of yellow, pink and white blooms when it rains, and it is glorious. But until very recently anyone hoping to find flowers to brighten their life would have been out of luck or hoping for a lot of rain to bring the outside color of flowers inside.

Finally, after many years Bonaire is abloom with flowers for the inside with a new specialty flower shop called Petals. And the shop is as unique as its name.

Petals is the idea of Bonaire born and

raised Ron Coffy. After graduating with a bachelor's degree in social work in the Netherlands he returned home to work for the government. But while going through the airport he noticed a girl running a small flower shop on her own and thought that could work on Bonaire.

"My job was good with lots of opportunity to grow and advance but I saw this as a challenge. I should do it, let's do it," said Ron. "I'm creative and I'll figure it out along the way."

Ron had noticed there weren't a lot of flowers on the island, and this was something he just wanted to do part time and see what would happen. He thought if he didn't do it now, he could someday wonder if he had missed an opportunity.

Ron's grandparents gave him a building to work out of and to store the supplies and flowers. He purchased a fridge from Curaçao, the proper tables for his flower creations and racks for all the vases. His plan was to create a space where people could come in and see what was available.

"I was very happy it went that way. It was just a side job, not really a hobby, just something I wanted to do. I just wanted to bring nice flowers to Bonaire," said Ron.

Unfortunately, he opened the shop in March 2020 just as Covid hit. And the plan to supply flowers to companies and hotels dried up because everything was closed. With plenty of fresh beautiful flowers he did deliveries to people working at home, as well as funerals and weddings when they were allowed under covid regulations. He began small to avoid any great risk but quickly learned that buying in small quantities was more expensive.

Ron ran the shop on his own from March 2020 until in December 2021, he quit the government job and went full time at Petals. He had help from his sister on Saturdays for a while until she opened her children's store Uniko.

Even without advertising the word of a real flower shop on Bonaire spread. In the end it was too much for him and he took a month off to reevaluate the business.

In March he advertised for much needed help and recent graduate in Floristry, Jasmin el Hawary, responded and was hired. She joined the staff of Petals along with two part time employees.

Elegant flowers like anthurium, pralea, amaryllis, ligsutrium, bird of paradise, daisys, alhu, roses, tulips and other unique

flowers are the medium for the floral art at Petals.

Ron explained they would like to be able to order from Columbia or Ecuador but due to logistics it takes too long. Petals wants fresh quality flowers and the fastest way is from the Netherlands even though it can be more expensive.

Petals can special order flowers for clients and receive them within two days. They can provide flowers for a wedding with two weeks notice.

Petals is working on a website that is set to launch in September. People worldwide will be able to order flowers for friends, family or events.

Ron said, "We understand that flowers are pure luxury and we want to cater to



everyone. I'm very grateful how it's going and sometimes it's very hard but it's very good to see how happy the clients are. I know there is so much more we could do to grow."

Petals is located at Kaya Barakuda 25D. Opening hours are Mon – Fri 9 a.m. -12 p.m. / 1-5:30 p.m. and Sat. 10 a.m. to 3 p.m. To order call +599-777-2055 or send a WhatsApp message with the details. Petals is on Facebook and Instagram.

Story / photos Julie Morgan

FOR SALE Harbour Village Trupial 812 Kaya Gob. N. Debrot 71



• Location : Harbour Village Resort

• Living area: approx. 183 m2 / 1970 sq. ft.

• 1 bedroom / 2 bathrooms / laundry-storage room



· Onsite diveshop, restaurant, pool, sandy beach

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Asking price \$749,000 US Dollar

Kaya Grandi 24-A Bonaire, Dutch Caribbean Tel. +599-717-7362 info@bonairehomes.com www.bonairehomes.com

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FLOTSAM and JETSAM

OLB rejects Sunset Beach Hotel building permit

The Executive Council of the OLB has refused to approve the Sunset Beach Hotel building permit application, along with its many requests for exemptions from regulations. The OLB press release opens with: "Too high, too many rooms, does not meet the requirements of the Strategic Tourism Master Plan for a high-end tourism product, does not fit in with the other buildings in the area and road safety is endangered."

The requested exemption that most caught public attention initially was the developer's request to add a fifth floor, which would have established an unwelcome new precedent for the island. Turns out the building design would have met the required 15 meter maximum height limit, but only if construction of a flat roof had been approved. The permit application requested an exemption from the required 12 meter gutter height topped by a pitched roof.

The permit application included two especially egregious departures from the island's building standards. The Sunset

Governor Rijna gets some redemption

Parliament badly embarrassed Lt. Governor Edison Rijna when it passed a motion that implied Rijna should have refrained from voting when the Executive Council deadlocked 2-2 on whether to approve the Sunset Beach building permit. Further investigation has established that the BES Public Entities Act obliges lieutenant governors to participate in votes of their Executive Councils. Rijna would have been in violation if he had chosen to abstain.

Last week Geert Wilders, head of the right-wing Party for Freedom (PVV), defended Rijna and accused State Secretary Alexandra Van Huffelen of incorrectly informing Parliament regarding whether Rijna could have chosen to opt out. Wilders said Van Huffelen had "seriously damaged" Rijna's reputation and probably owed him an apology.

From the beginning the controversy was spun as a dispute over the propriety of the voting process. The central issue for the public was whether approving the building permit would be good for the island.

KPCN joins global battle against ransomware

During a ransomware attack on a company or individual, hackers plant malicious software in the owners' computers. The software locks the victims out. The hackers then demand ransom payments to unlock the system and remove the virus.

To combat ransomware attacks, the cyber team of the Dutch Caribbean Police Force has recently joined No More Ransom. No More Ransom is an international organization that provides victims with digital keys that unlock encrypted files and remove the infecting viruses.

Launched six years ago by Europol, the Dutch National Police (Politie), and IT security companies, the No More Ransom portal initially offered only four tools for unlocking different types of ransomware. The portal has continuously created new decryption tools as new strains of malicious software appeared and now offers 136 free tools for fighting 165 ransomware variants. So far it has helped over 1.5 million people successfully decrypt their devices and avoid paying the cybercriminals. The portal serves its users in 37 languages. Papiamentu will be added as well.

Videos on No More Ransom cab be found on the Facebook pages of the Dutch Caribbean Police Force or Rijksdienst Caribisch Nederland.

Victims of a cyber attack or other cybercrime offenses are encouraged to contact the Cyber Crime department of the Dutch Caribbean Police Force via telephone number 715 8000 or email address cybercrime@politicpcn.com.

Corona boosters coming in the fall

In mid-September Bonaireans will be eligible for repeat corona vaccinations, beginning with the immuno-compromised and the elderly.



Beach area is designated for short term rentals, hotel accommodations, in other words. But the developers have been offering their units for sale as permanent residences. And the area is intended for hotels with a maximum of 100 rooms. The proposed design included closer to 250 rooms.

The OLB acknowledges that many stakeholders in the community voiced objections to the proposed development plans, and that their input is reflected in the decision to reject the application. *DMR*

BES Chief of Police resigns effective next year



Chief of the Dutch Caribbean Police Force, Mr. Rosales, will resign in January, 2023. He has been the chief of police for Bonaire, Saba and St. Eustatius for six years. Rosales will train his replacement and be an advisor to the College of Chiefs for a few more years.

Coast Guard shoots smuggler during a drug interception

The naval ship Zr. Ms. Groningen, currently patrolling the Caribbean of behalf of the Coast Guard, successfully intercepted a high-speed boat carrying a large load of narcotics, presumably cocaine, and five crew members. As the Groningen approached the smugglers started throwing bales overboard. During the subsequent altercation the KW shot and killed one of them.

The Coast Guard has turned over four suspects, the remains of the fifth, and 1620 kg of narcotics to the Curacao Police Force, which is continuing the investigation. The National Criminal Investigation Department will investigate the Coast Guard shooting, a required action when a death occurs during a police action. (BESreporter)

Asphalt production capacity to triple

BWM Infrastructure has installed new machines that will substantially increase the supply of asphalt available for road upgrading projects on Bonaire. Presently the company can produce around 30 tons of asphalt per day. The new machines will increase its production capacity to 90 tons per day. The new facility represents an investment of around \$2.5 million and will be in operation in about two weeks.

Wendel Bonifacio, spokesman for the parent company, BWM Infrastructure in Curação, says BMW plans further investments on Bonaire. (Bonaire.nu)

Old airport area to be refurbished

The site of the old airport on the road between Kralendijk and Rincon in the Subi Blanku area is going to be refurbished. Presently a football pitch and baseball field are located there, plus a broad area of open land. Part of the old control tower has been moved to the area and will be exhibited there. The government press release did not disclose other plans for the refurbishment. An agreement between the OLB and Bonaire Holding has made money available for the project.

OLB to survey island residents on future growth

The OLB wants to learn how Bonaireans view the future growth of the island and its carrying capacity. In August it will conduct a survey aimed at understanding resident priorities and sentiments towards urban and tourism development. The survey will further guide the government's sustainable urban development strategy. The program will be funded by the European Union.. *DMR*

The REPORTER

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Ask Kate & Jean

Bonaire real estate advice

Hi, I see properties for sale on websites, but when I inquire about some of them, I'm told they are "pending" or "under offer?" Why are they still on the website? If I want to pay a higher price, can I still make an offer? Steve H.

Hi Steve,

Great question! In both cases, the property is still on the website because the final deed transfer/closing has not taken place yet. Generally, when a sale is listed as "pending," it means the buyer and seller have signed a purchase agreement. They could be waiting for the Notaris to transfer the deed, or there could be a contingency on the agreement that still needs to be fulfilled, such as a technical inspection or a financing contingency. When a sale is "under offer," it means that the Buyer and Seller are in negotiation, with the buyer making an offer and the Seller considering it, or the Seller making a



counter-offer and the buyer is considering it. If either agrees to the conditions of the other, it is then considered pending. However, if a buyer makes an offer and the Seller rejects the price or terms without making a counter offer, then the property is no longer considered under offer. In either case, tell your real estate agent you would like to present an offer if a pending or under offer sale does not complete.

Kate and Jean, your Bonaire team Re/Max Bonaire

If you have a real estate question or want to buy or sell property, email us at jean@bonairehomes.com.

POLICE REPORT

Property crime

July 27/28. In the night a gray Toyota car, was stolen from its parking spot in Amboina. In the morning hours of July 29, the car was found in a mondi near Kaya Iguaza.

July 26. Between 8 a.m. and 12:30 p.m. a yellow Karcher high-pressure device was stolen from under a table outside the entrance of a house on Kaya Monsignor Nieuwindt.

July 25. Between 9:45-10 p.m., thieves forced the front door of an apartment on Bulevar Julio A. Abraham and stole, among other things, a laptop, speakers and cash.

July 25. Between 6-10:15 p.m. thieves forced a door at a tourist accommodation in Sabadeco. They stole, among other things, a camera, headphones, and jewelry.

July 25. Between 6:30-10:30 p.m. thieves forced a sliding door of a tourist accommodation in Punt Vierkant. Among other things, they stole laptops, clothing and jewelry.

July 15/16. In the night thieves broke into a container at a construction site in Sabadeco. They stole took various tools.

Arrecte

July 25. A woman, 52, and a man, 24, were arrested in connection with the theft of a Changan car. On July 26, a third suspect, a man, 23, was arrested when he turned himself in to the police station.

July 22. In the night a patrol saw a man, 39, driving without car lights and stopped to alert him. The suspect reacted brutally, and drove away. He was arrested at his home.

July 21. In the evening a man, 37, was reported walking with a knife and kicking vehicles on the boulevard of Kaya J.N.E. Crane. A patrol told the man several times to drop the knife. He complied, but took a fighting stance.

July 15. A house was searched in the Sabana district under the Opium Act BES. Three persons were arrested: two men, aged 46 and 33 and woman, 49. Drugs were seized.

July 15. In the night hours a young man, 17, was arrested at a home in Amboina for insulting police officers on duty and for exhibiting dangerous driving behaviour.

Traffic accidents/violations

July 26. A bus and a car collided head on when the bus started driving on the left side of the road on Kaya Sonmontuno. The driver of the car was taken to hospital by ambulance. His car was badly damaged.

July 26. A car ran into a lamppost on Kaya Monsignor Nieuwindt.

July 23. A pick-up and a moped collided on Bulevar E.E.G. when the pick-up driving in front of the moped suddenly tried to turn around. The driver of the pick-up received a warrant because he had no insurance.

July 22. Around 1:40 p.m. a car traveling south on Kaya Korona swerved across the road and collided head-on with an oncoming pick-up. The driver of this car was taken to hospital by ambulance. The driver is believed to have become unwell while driving.

July 21. A car was parked in front of a house in Kaya Amazona was hit by a car, which then drove on. A witness reported it and a patrol found the hit-and-run car on Kaya Kitara. The car was taken to the police station for further investigation.

July 19. At approximately 5 p.m. a pickup and a car collided on Kaya Internashonal. A car that had stopped on the left side of the car suddenly drove onto the road and an oncoming pick-up crashed into it. At first it appeared that the driver of the car was trapped, which alerted the fire brigade. Later it turned out not to be an entrapment and the ambulance personnel were able to remove the driver from the car and take him to hospital for medical treatment.

July 17. A young man, 17, was detained on Kaya Finlandia. A patrol saw the suspect riding a motocross rider with a mismatched helmet and an invalid license plate. The driver ignored the police stop signs. On Kaya Finlandia he slowed down as if he were going to stop. When the police car came to a stop, the rider took off at full speed but lost control in a bend before driving into the bushes. When the suspect was asked to show his documents, he tried to run away but was arrested.

raffic controls

July 15. Morning traffic checks were held at two locations, Kaya Korona and Kaya Industria. A total of 43 vehicles were stopped and 18 official reports were written. These

Letters & Opinions

The opinions, beliefs and viewpoints expressed by the various authors and forum participants do not necessarily reflect the opinions, beliefs and viewpoints of The Bonaire Reporter.

Subject: Bonaire airport waiting area

To: <info@bonaire-airport.com>

Cc: <boniereporter2019@gmail.com>

Gentlemen,

Yesterday I travelled from Bonaire to Atlanta on the Delta flight.It was very disturbing to be in such a crowded waiting area.

There were 3 flights departing within a short period of time. The waiting area was overcrowded and most likely did not respect European Fire Safety regulations. Even more disturbing is the situation in the event of an emergency.

This is not the first time I visit Bonaire. My first visit was in 1969 when Mr Thielman managed the ALM flights. In recent years there was also the KLM flight to Amsterdam. Noted the waiting area was extended with outdoor space which is nice but not the best solution.

It is urgent that Bonaire upgrade its airport but immediate attention should be given to the waiting area. When you have full flights on United, American Airlines and Delta Air Lines leaving within hours the waiting area is filled beyond what I suspect is its designed and authorized capacity.

Currently starting a new travel business, I just led a small group to Bonaire

and clients were very concerned about the safety.

Louis Dessau, Chief Exploration Officer "Destination Immersions

Response from BIA

Dear Louis,

Thanks for your message. I herewith send you some information about the preparation of our First Phase Masterplan.

Starting the process the end of 2019, Bonaire International Airport is preparing the decision-making documents for a meeting at the end of this year, together with Openbaar Lichaam Bonaire and Ministry of Infrastructure & Public Works to start the development of a First-stage Masterplan to accomodate a capacity of pax-flow 2019 + 50%, based on the peak flow Saturday.

Enlargement of the present terminal to the east side with the Optimum Level of Service Guidelines IATA.

Building of one new wide body apron B777 or used by 2 B737/A320

Our proposed planning:

- Agreement: 2022 - Design: 2023-2024

- Tender: 2025

- Build: 2026 -2029

Jos Hillen, CEO-BIA

July 29, 2022 Letter to the Editor

I'm simply curious. Bonaire is a small island in land mass. We are surrounded by a Sea. I don't understand where the stolen vehicles are taken. Seldom one hears or reads of their recovery. Are there 'chop shops' on the island? How does one get a vehicle off island without titles to the car? Or are they eventually found and the owners notified but nothing published in the newspapers.

Another thing that puzzles me is the stealing of laptops; diving gear, cameras, jewelry, et cetera. Are there 'fences' on the island that buy these items and then resells them? Or do thieves stand on dark street corners selling them? How do these items get off island? I'm estimating there are more items stolen on the island than there are people living here. It appears a lot of responsibility is left to the tourist (a visitor to the island) and not much on the thieves stealing the items. Motorbikes; Mopeds; Bicycles, it doesn't seem to make a difference to the thieves.

Then, there is the stealing of work tools. Do the owners of such items think to inscribe a number code or nickname on the

item so that if found, these items can be returned to the owners? Items retrieved with these inscribed markings ground off would be quite suspicious that it is a stolen tool. Insurance companies ask owners to take pictures of each item so the item can be valued correctly for lost property claims. Pictures and inscribing items also aid police in retrieving of property. Possibly the Bonaire insurance companies and Bonaire Police could institute some program to curtail these activities.

Home Owners and Rental owners, and Businesses could install cameras on their properties to catch these acts happening. The contractor who cannot continue building a project because his tools has been stolen is one example. Temporary cameras on job sites? Expensive to install such cameras, oh yes. For the visitor who may not be reimbursed after filing a claim it is costly too.

Thievery seems to be a profitable business on the island for some. These are not the headlines the tourist industry is looking for

Earline Wasser Kralendijk

were for driving without: insurance documents (6); a valid driving license (5) and a seat belt on (7).

Public order

Police figures from the past two weeks show that alcohol played a role in 12 collisions. Alcohol lowers your reaction time endangering both yourself and other road users. Police will be increasing checks on alcohol use in traffic in the coming period.

Missing girl found. Bonaire's 16-year-

old Wendelin Mercelina, who was reported missing in Europe since July 16, was found in Norway by Dutch authorities. She now is healthy and well on Bonaire. A thank you to everyone who gave information that helped.

Contacting the police

911 (urgent or red-handed)

717 8000 or 715 8000 (no emergency)

9310 (anonymous tip line)

GEARING UP FOR ITALY

George Soliano



My name is George Soliano and I was born and raised on Bonaire.

My first childhood memories are from playing at the beach and swimming in the sea. It was my grandfather who taught me a lot about the sea. At first I saw him only come and go in his large 'boto piskado' (a traditional fishing boat of Bonaire operated by sails). It wasn't long after that he took me out on the water and showed me all about wind, sails, waves and how to sail. He was an amazing sailor and even sailed his boat 'ATAMI' far offshore to areas like Las Aves, an archipelago with the lowest tip located at 52 km (28 nautical miles) east of Bonaire.

My love for the sea and nature has stayed with me ever since, as has my love for music, that started around the same age. But, that's a whole other story.

I began sailing a Sunfish in 1989 and I was sold. The freedom, the feeling of being connected to wind and water by a sail was amazing. In 1990 I participated in my first Bonaire Regatta in a Sunfish and in 1991 together with two other Sunfish sailors of Bonaire (Alfred Martis aka Yellowman and Karel Soliano aka Papichi) in the Sunfish World Championships held in Curaçao. I liked competing in the Sunfish and had first place podium places in the Bonaire Regatta for the next four years.

From 1995 till 2010 I left the island and lived and worked in Holland. Becoming a member of the Sunfishklasse Nederland allowed me to continue Sunfish sailing and compete in my leisure time. I had to settle for sailing on a small freshwater lake rather than out on the open water at sea.

I think this experience will set me apart from most other sailors of this year's Bonaire Sunfish Worlds team participating in the upcoming 51st Sunfish Worlds September 4-11. The championship will be held in Torbole, Italy on fresh water and my teammates have little or no experience with freshwater sailing.

This will be my 7th World Championship. My goal is to sail the best I can and I am dreaming of the highest possible. I will definitely improve on my best result till now, a 34th place overall, which I sailed during the 2015 Sunfish Worlds in Paracas, Peru.

Photo Julie Morgan

Planting season is around the corner



Mangazina di Rei's Nos Zjilea held July 30 welcomed Onnie Emerenciana. The day's highlight was a presentation on the importance of soil preparation by Emerenciana, a longtime advocate of local agriculture.

Originally from Curaçao, Emerenciana explained that his love for nature and the environment was rooted in his heritage from his Indian grandmother. Her influence inspired him to study environmental science in the Netherlands. He later worked in Holland as a nurse for many years and later in Rincon as a doctor practitioner. Emerenciana never forgot his love for nature. He spends much of his time at his kunuku in Washikemba practicing Permaculture, a synergetic farming based on crop diversity, resilience, natural productivity and sustainability.

Emerenciana said, "Farms on Bonaire require a lot of maintenance, a lot of effort, patience and love; it takes a lot of time." Local growers have to deal with plant disease, animals, drought, and problems with water, sun, soil and wind. Climate change has brought incoming sargassum and suffocating Sahara dust to Bonaire, but Emerenciana added that no one seems to be paying attention.

"Good soil is essential to growing success. You have to prepare the land first and then protect it from the sun, wind, birds and iguana...," said Emerenciana. "We have to have trees to protect the plants. Twenty years ago, I just let every plant just grow, but now I have a lot of shade. People use a bulldozer and take away everything. I tell them no, no, no... With a bulldozer, all the good things in the ground will die."

The trees, cactus and other plants provide shade, nutrients and micro-organisms to the soil which the plants need. He encourages everyone to clear the land by hand.

Emerenciana explained that many people want to remove the Neem tree because of its quick growth. However, the Neem is very drought resistant and a good source of shade for other plants. The Neem leaves, stems and seed pods oil can be made into a natural pesticide for plants.

Emerenciana grows drought resistant fruit trees such as soursop and lamoenchi which only require significant water when first planted. Because Bonaire's ground can heat up, he recommends using mulch to keep the delicate roots of plants cool. You can also plant in raised beds or pots.

Soil needs to be a mixture of the native soil, pot soil, peat moss, compost and a tiny bit of chicken manure. He recommends looking for an expiration date on many packaged soils as they are usually good for only three months. Seeds should be started in small pots to eliminate the chance of root rot from too much watering.

"You have to know what the plant needs.... If you put your energy in it... when you are in your [garden] planting you are in the energy of nature," said Emeren-

Nos Zjilea is always entertaining, informational and cultural with great food, music, dancing and fun, Nos Zjilea is held the last Saturday of the month. The next Nos Zjilea is scheduled for August 27.

Photos/story Julie Morgan More photos on our facebook page.

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& Golden Lion Bikes
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bikes

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Reef Glimpses by Dee Scarr

Making Babies

Have you ever watched a cat grooming another cat, or a mother dog licking her puppy clean?

That's not what's happening in the amazing photo here, as I suspect you knew. As I write this I realize I can't think of a single marine animal (not counting air-breathers) who provides any care for their offspring.

Some squid, for example, gather in huge group spawnings, creating millions of packets of fertilized eggs. The packets which aren't eaten by predators hatch infant squid who travel to the surface and drift there, never having even seen their parents. Most will never grow old enough to be parents themselves...

Our reef squid, however, are far from typical squid. In fact, their scientific name, Sepioteuthis sepioidea, means "cuttlefish-like squid". Their bodies are shaped a little more like chubby cuttlefish than slim squid, and they live on reefs like cuttlefish rather than in deep water like most squid. Most importantly, they are not in the least worried by humans and are perfectly willing to go on with their lives while we observe them.

My own observations of courting reef squid took place more than 30 years ago on a three-dive day. On the first two dives I had noticed a pair of squid that seemed to be, for lack of a better phrase,



That male squid sure looks smug as his mate looks down on him coyly. Photo Julie Morgan

relating to each other. I mentioned this in my orientation for the third dive and the divers decided they wanted to watch the squid. We watched, hovering (and shivering) for more than an hour while the pair courted by changing colors and patterns, until finally the behavior in the photo took place.

"That's the end of that," I thought. But I was wrong.

Once the extended tentacle was withdrawn, its recipient descended to the reef, occasionally holding her arms together in a point to explore under a rock or ledge, until she spent an extra-long time like that at one ledge.

The male, meanwhile, hovered in midwater and watched her. I swear if he'd had a shoe and a floor he'd have been tapping the one on the other.

Then she swam back up to him and they began flirting again. We continued

to watch through several events, then the couple, now wearing low-key colors, swam off. After they left I checked every pointy-armed spot we could remember. Most of them were too deep and too dark, but in one we could just see a cluster of white podlike things with round bumps. Egg cases, we thought. Although reef squid females don't provide any direct care to their babies, they use great care in choosing where to deposit their eggs.

Several years later I found out we were right. We had taken a group of kids snorkeling off town, and in about three feet of water we found a spotted moray. When one of the more buoyant snorkelers grabbed at the rock the moray was under, the rock flipped over, the moray bolted – and on the underside of the rock we saw a cluster of the bumpy pods. As we watched, tiny squid began to burst out of the bumps! Each would ink, then dart

up and flatten against the water's surface, where they were almost impossible to see.

The accompanying photo captures the moment when the male squid transfers a sperm packet to the female. In some species of squid, part of the male's sperm delivery arm is transferred to the female along with the sperm packet. When very early scientists first found this item, which had tiny suckers, they thought it was a new kind of parasitic worm and named it hectocotylus, which means "hundred cups."

Oops!

They kept the name, though, and dubbed the specialized sperm-packet-delivering arm the hectocotylus, or hectocotylized arm, pronounced heck toe COTT uh lus or heck toe COTT uh lyzed, in case you find a way to incorporate it into a conversation. Otherwise "mating arm" works pretty well.

In some squid (probably including reef squid), the sperm packet bursts on delivery and immediately fertilizes the eggs. In other cases, including some octopuses, the female can store sperm packets -- and the male uses his mating arm, not only for delivering his own sperm packet, but for removing from his mate the sperm packets of any other octopus!

Isn't nature grand?

Dee has been guiding divers on Bonaire since 1982. She's written about her undersea experiences in her books, Touch the Sea, The Gentle Sea, and Coral's Reef (for children); in Dive Training Magazine from 1990 to 2000, with "Coral Glimpses" in the Bonaire Reporter, and now with "Reef Glimpses." The Bonaire Reporter is delighted to bring "Reef Glimpses" to you free of charge through touchthesea.com.

Broadreach visits Bonaire



Back L-R: Sophie R; Austin S. Front L-R: Elliot F.; Nick C.; leo H.; Eliza S. Beth D. Shannon L.; Jack C. Photo Julie Morgan

Thanks to Broadreach, two groups of high school students ranging from 14-18 years recently enjoyed a trip that any diver of any age would love. The kids came from across the U.S. and completed a grocery list of scuba certifications going from open water to rescue with many achieving master scuba diver. They learned about nature conservation,

the environment, and Bonairean culture. They helped out at Beyond the Corals with coral restoration and did an underwater cleanup. On their 'off' times from diving they learned to windsurf, visited the donkey sanctuary and hiked Washington Slagbaai National Park.

The group was headed up by biology degreed Austin Seay of Hawaii who has

been with Broadreach since 2014 and California kindergarten teacher Sophie Rittenhouse who joined a year later in 2015

Seay said, "Sophie is a prime example of Broadreach's success, she started as a student and then came back and did the instructor."

Rittenhouse explained, "It is such an incredible experience. So cool to see the world – awesome. Kids learn about themselves. One kid wanted to call his mom every night but after one time that was it. It opens their eyes to the world."

The group works as a team making decisions yet working independently. The energy of the whole group encourages everyone to want and do more.

"One of the toughest challenges is the days are really full but it is good for them to learn how to schedule," said Seay.

The instructors agreed that Broadreach is a great opportunity for kids as it allows them to step away and enjoy the world around them. The group stayed at Hamlet Villas where each individual had their own job and responsibility. To keep them focused on the program, the kids cell phones were deactivated. Each night they wrote an update on the day's adventures and then posted online.

Reports from the kids were all posi-

tive about their experience; some saying with pride they had completed several dive certifications and were even master scuba divers now. Making new friends, meeting a bunch of new kids, experiencing a new culture and helping out were also high on the list. They loved diving with Dive Friends saying they thought it was so great that the staff all really loved diving.

The group did one boat trip to Klein and 20 shore dives. They experienced turtles, stingrays, green morays and loved the tarpon on the night dive.

All were impressed that Bonaire has so many scuba divers and thought the visibility on Bonaire was the best they had seen.

Seay said, "The group was phenomenal. They just wanted to dive and dive."

Broadreach offers many types of summer trips June through August for 12 – 21 days. Kids can enjoy land-based, liveaboard, scuba, sailing, marine biology, wildlife biology and vet medicine in all parts of the world. The trips are all-inclusive from certification to housing and food. Broadreach began in 1993 and is headquartered in North Carolina. For more information about the program visit https://www.gobroadreach.com.

Julie Morgan

Pets of the Week





Ollie

Dear people,

My name is Ollie and I'm a girl around 2 years old. I was left on the side of the road tied up against a fence. I had a really bad past but I have a long life ahead with hopefully a bright future.

Yes, I'm covered in ticks and fleas, Yes, I have lost almost all my hair because I'm covered in mange. And, yes, I do have wounds that tear my skin apart and because of that I smell a little weird. And, yes my body has been used to have puppies.

Will the ticks and fleas go away, yes, Will my hair grow back, yes, Will the

mange go away, yes, Will my wounds heal, yes. Do I trust and love people, yes. Will I ever have a place that I can call home? I don't know but I sure do hope that someone out there will come and save me, Will I forgive the person that has done this to me by not taking care of me and just leaving me by the side of the road? Yes, I will, because we were meant to be furr friends and live in a furrever home and be loyal. We cannot be angry because a person with a black heart is just another creature looking for the light.

Story/photos: Sanne Attevelt

Hi, I would like to introduce myself. My name is Alec and I am, if I may say so, the prettiest cat in Palace.

I have a beautiful furry tail and a nice character.

I'm 11 months old, a young guy, and I've been at Shelter for four months. I have had all my vaccinations and the nice people did something with me so I can't have anymore babies which saves me a lot of trouble.

If you want me to come and live with you, the nice people will chip me before you adopt me.

Are you looking for a sweet, handsome and playful furry friend? Stop looking because here I am!

Story Monique Degenaar Photo Jolanda Nieuwenhuis



Alec

If you would like to meet our cats and dogs, please come to Animal Shelter Bonaire, Kaminda Lagun 26A. Open Monday - Friday 10 a.m.-12:30 p.m. and 2-3:30 p.m. Saturday 10 a.m.-2:30 p.m. nonstop. You can also call 7014989 or 7174989 to make an appointment, via whatsapp, facebook messenger, or email animalshelterbonaire@gmail.com

Rooi Lamoenchi, continued from page 1

ance, protection and inspiration was from our Heavenly Father. I have simply tried to be a religious instrument of what God put in my hands...Despite my health we restored what was lost in time, a precious part of our island that is nothing short of a major miracle."

Rooi Lamoenchi has been the site of many weddings, team building experiences and all the Bonaire churches have been there. Since 2001, more than 9000 people have visited the park and recorded thei experiences on the register.

Rannou-Frans designed the ceremony with Ellen's input. The Herrera family is very grateful.

Rooi Lamoenchi guided tours will re sume on Fridays in September. They are led by reservation only by Ellen. For more information visit Rooi Lamoenchi on Facebook.

Julie Morgai

Join our team



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- · Good people skills
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- · Willing to learn about animal care

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- Checking and reporting health and condition of dogs
- Walking and bathing dogs when needed
- Helping keep property and kennels neat and clean

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If you are interested please email animalshelterbonaire@gmail.com with your C.V. for an interview appointment. DO NOT RESPOND VIA FACEBOOK OR MESSENGER.



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Still available











Still available



Still available

What's Happening

Bonaire Arts & Crafts Market in Wilhelmina Plaza. Weekly schedule can be found at: https://www.facebook.com/BonaireArtsandCraftsCruiseMarket/

Bonaire Library: Mon. 12-5; Tues. to Thurs. 8-5; Fri. 8-4:30; Sat. 8-12. Kaya Gramel 715 5344. Anyone can become a member. Free for residents between 0 and 18 years. Adults \$6 a year. Members can borrow ebooks online. www.onlinebibliotheek.nl

Cultural Park Mangazina di Rei in Rincon: Tuesday - Friday 9-4
Washington Slagbaai: Open every day. 8-5 (entry up to 1 p.m.)
STINAPA headquarters: Mon-Fri 8-4. +599 717 8444. +599 777 8444.

Animal Shelter: Open fully. Mon-Fri 10 a.m.-12:30 p.m.; 2-3:30 p.m. Sat. 10 a.m.-2:30 p.m. phone/whatsapp: 701 4989 or 717 4989. Email: animalshelterbonaire@gmail.com

Pakus di Pruga (Shelter flea market. Central Kralendijk): Pakus is back open, regular hours 8 a.m.-4 p.m. on Saturdays. Masks required indoors, social distancing.

August 6	Echo's semi-annual roost count 6-8 a.m. Repeated because a road accident stopped volunteers getting to the north end of the island. See below. Info / sign up echobonaire@gmail.com	
August 3, 10 & 17	Terramar Museum, Kid's News Café Kids ages 7 to 12 can learn to express themselves by creating dialogues of current events (An activity of Buki di Pret Bonaire). From 3 to 5 p.m., \$5 including a snack and drink. www.terramarmuseum.com	
Sunday, August 6	Taste of Bonaire 2022 (Summer Edition) Starts at 6 p.m. @ Wilhelmina Park. Food, culture, local handicrafts. Signature dishes of well-known restaurants offered at special prices.	
Sunday, August 14	Clean Coast Bonaire. 4-6 p.m. Boka Onima. Collect marine litter & data by donating your time working as a citizen scientist. https://www.facebook.com/search/top?q=clean%20coast%20bonaire	
August 15 - 19	Real Madrid soccer clinic ages 7-13. 8:30-12:30 at: ATC Veld - Tera Cora.) (See online archive <i>Reporter</i> issue 15, Jul 20-Aug 3.) Spectators welcome. Tournament played Aug. 19. Register at Digicel or by email: info@frmclinicsdutchantilles.com .	
Friday, August 19	Meet the Artist, Joel Muzo: 7 - 9 p.m. MoltenWolf Glass. Kaya J.N.E. Craane Terramar 8 +599 701-1880 7:30 – 8 p.m. Papiamentu; 8 - 8:30 p.m. English www.MoltenWolfGlass.com	

Breeding Season Roost Count 2022 will be repeated Aug 6

From Echo

The Last Saturday was our Mid-Year Roost count, but due to an car accident at the entrance of Rincon our volunteers for the northern part of the island had to turn back. Because they could not make it to their viewpoints in time, nine roost sites of 29 weren't covered. To be able to have a complete data collected simultaneously we will count again this Saturday August 6. If you did not sign up and still want to help Echo do this community volunteer project, send us an email at echobonaire@gmail.com before Thursday 3 p.m. to get your roost site and join us.

FKK asks entrepreneurs to help

Fundashon Kunuku Kakelvers (FKK) is asking Bonaire's entrepreneurs to help sponsor a fund-raising FKK-Lottery by making available one or more prizes. FKK hopes to sell 500 tickets to fund their care of needy dogs and cats that come from very difficult situations and need shelter, healing and re-socialization at FKK.

If your company can help, please email, preferably before 25 August, to: knoekkakelvers@gmail.com

International Flights to Bonaire

_				
Amsterdam (AMS)	KLM Daily flights connecting through Aruba			
	TUI Daily			
Brussels (BRU)	Air Belgium will fly to and from Bonaire on Dec. 23 & 25 and on Jan 6 & 8, 2023. Will also connect through Curacao.			
Atlanta (ATL)	Delta July: Tu. & Sat. August: Sat.			
Miami (MIA)	American M. W. Sat. July and August			
Houston (IAH) &	United Houston: Sat. July and August:			
New York (EWR)	New York Newark Liberty International: Sat. July to August 13.			

Tentative cruise ship schedule Summer							
DAY & DATE:	DD/MM	CRUISE SHIP	TIME	CAPACITY	LINE		
Thursday	18-08	Mariner of the Seas	0700-1400	3115	RCCL/CEL		
Wednesday	24-08	Horizon	0700-1500	3954	Carnival USA		

Activities, Events & Meetings

12 steps meeting: Every Wednesday evening 7:15 p.m. to 8:30 p.m. As of 6 July the group will be meeting at a new location. Address: 30 Kaya Den Haag, Hato (enter through gate at right side)

Alcoholics Anonymous open meeting Every Thursday, 7 - 8 p.m. International Bible Church Kaya Papago 104 in Hato (Behind Bon Bida Spa and Gym and Bon Bida apartments). All welcome, regardless of primary addiction or no addiction at all.

Beach Tennis Bonaire can now be found at its new location, the Kaminda Djabou (direct left from Kaya Neerlandia --behind Budget Marine). It is open daily until 10 p.m. People can play for free or register for training and tournaments for a fee.

Bridgeclub Bonaire organizes a bridge evening Wednesdays from 7:15 p.m. You are welcome, whatever level you play. Contact us via phone 796 2819 or email peejeesee@gmail.com. See https://www.facebook.com/BridgeclubBonaire.



Echo Conservation Tours - weekdays at 8 a.m. or 5 p.m. and Saturday 8 a.m. To reserve email at info@echobonaire.org



Manta Monday - Canceled until August 29. Nicole Pelletier of the Caribbean Islands Manta Conservation Program presentation at Yellow Submarine Mondays 7:30 p.m



Sea Turtle Conservation Bonaire (STCB). Free public presentations are held at Yellow Submarine, every 2nd and 4th Wednesday of the month, at 8 p.m.

Mangazina de Rei walking tours will resume September 2022.



Dive sites closed due to infectious coral disease

The dive sites Karpata and La Dania's Leap are closed due to the highly infectious Stony Coral Tissue Loss Disease, popularly known as Skittle D.

STINAPA urges all divers in the BNMP to follow recommended gear decontamination protocols to limit spread. All non-sensitive gear should be rinsed in a 1% bleach solution. Sensitive gear should be soaked for 10 minutes in a disinfection solution before being rinsed and allowed to dry fully. STINAPA asks divers to keep them informed: if you observe any signs of infection at other sites in Bonaire, please report your sightings, if possible with pictures and directions to the location, to info@stinapa.org

Quarterly clean up dive successful

Dive Friends Quarterly Cleanup on July 23 was a major success challenging pre-pandemic numbers in participants and garbage collected. A total of 90 divers and 400 kilos of trash was found below the South Pier.

A large amount of fishing line, old cans, bottles, food cans, clothes, dinner plates, a tire and even a clock.

Besides all the local divers, diving guests and Dive Friends staff, the Broadreach group from the US gave their assistance. And diver Ron von Es managed to rid the site of 22 invading lionfish.

The BBQ held that evening was enjoyed by many of the cleanup participants.

Divers were eligible for a raffle that included some pretty unique prizes: underwater photo lessons from Pieter at Great Blue, freediving lessons with Hugo and original art prints from artist Lindsey Cordero.

Photo Julie Morgan



Bonaire Music Festival September 22 and 25

The 2022 Bonaire Music Festival will run over several days in the area in front of the Kralendijk stadium. During the festival, musical groups will perform from the island and beyond



A Garden? Just Do It!

by Angliet, Nature Lover

The greens

I've always had my own ideas about food and as a young child, I didn't like leafy vegetables, but what child does? In Surinam every other day there were green leafy vegetables at dinner. Because in Surinam our garden had tajerblad, kalaloe, amsoi, bitawiri, dagoeblad, chap tjoi, spinach, porslyn and you name it. I hated to see "mountains" of greens on my plate and there were always more greens than rice and meat.

But slowly I started to love these greens, especially when I lived in Holland and found myself missing the Surinam food. Now I love tajerblad and I can eat it everyday as a stoba with dried shrimps or salted beef, or in soup, or in a vegetable pie. You can do a lot with it. I have even seen it used in a salad, but I have never tried it, yet. To my big surprise, more people are aware of leafy vegetables and starting to plant them. Some well known local Bonaire ones are kalaloe, spinach, biet and bembe.

At my latest visit to LVV Open Day, I was surprised by the big containers with nice looking tayerblad, dagoeblad and kalaloe. Yummie, I would love to have them



The first green with big leaves is the tajer blad. Behind is the dagoe blad. And the higher bushy plants in the last containor are the kalaloe plants.

in my garden. LVV is setting a good example by showing that we can grow our own vegetables on Bonaire, joining the world trend of urban sustainable agriculture

Greens are very easy to grow as you hardly need to do anything. Get some containers, mix the dirt, water and within within two months you will have some healthy veggies for dinner.

Tajerblad is an easy vegetable to grow and people of all ages will find it beneficial. It contains fiber, carbs, protein, calcium, iron, vitamin A, vitamin C and This plant has a tuber. Remove old roots and cut off leaves and replant the tuber. It can go straight into the garden soil. Lizards and iguanas love it, so it's better to grow in containers which you can protect. If you want tubers, pass by LVV as

vitamin B2.

they have a lot there.

To cook: cut the leaves with stems from the plant and remove the stems. Rinse the leaves and chop into smaller parts. One can stir fry them in a wok, make a vegetable pie, an omelet, a smoothie or a stew with meat or fish. Or you can just cook it in some water with salt. In fact these possibilities can go for all leafy vegetables.

Kalaloe is another local green. It's also called amarant or hin choy or Chinese spinach. It's a one year plant grown in 60 variants. Some of the varieties have red leaves and when preparing, the liquid in the pan becomes red. This plant spreads itself by seeds that grow on the top of the stems that look like little "tails" where the seeds are concentrated. These seeds spread out everywhere in the yard by the wind and water. After a while your yard will be full of this very healthy vegetable. It's easy to prepare for dinner. Just pick the leaves, rinse and cook. Add it to a mashed potato salad or make a great pesto from the green leaves for pasta.

Dagoeblad is another leafy green growing at LVV. This is the Surinam name for the Ipanoea aguatica also known as Kang kung and Ong choy. New plants are

created from cuttings that you can place in water to grow. It comes from Africa, India and South-East Asia. It is a little plant that crawls and grows in water and wet soil. Very good to grow in hydroponic systems. The taste is mild-sweet and nice. Leaves and the toppings and soft parts can be used for cooking. Rinse well before using, since there can be a lot of dirt on the leaves. Health value: Retinol, Retinol act. equivalent; Vitamin D, E and B1. Mineral values: salt, fosfor, natrium, calcium.

A tea made from the leaves is very good for sleepless nights as it calms the nerves, relieves stress, nerves and headaches. As mentioned before, one can prepare this vegetable the same as tajerblad and kalaloe.

The regular rainshowers these days and the upcoming new moon are the perfect time to grow your own green leafy vegetables and have your own veggies for dinner in just 6-8 weeks.

Angliet grew up in the Surinam jungle, moved to the Netherlands as a teen, where she trained as a teacher, then in Alternative Healing. She has traveled the world - north to Russia and Alaska, south to Tierra del Fuego and Africa and all points in between. Returning to the Caribbean with her young family, she taught in St Eustatius and Bonaire. Everywhere she has lived, she has planted a garden and grown her own food.



Making Bonaire Accessible

by Ria Evers-Dokter

Sharing memories...

When a brand new building was opened for the elderly in the small Dutch village where I was born, my friends and I made jokes that when we get old we will all live there and still be together. But life went on. I moved to Germany. One friend married and left the island and the other friend left after coming out of the closet. We never got together again after that.

Now I live on Bonaire, one friend is in Friesland and the other friend passed away 16 years ago.

We never got the chance to share mem-

ories. I noticed after many years that I had forgotten many events that my friends and I did. Ugly or sad things that happened I buried in the corners of my mind.

Now I am at that age where I could live in a care facility for the elderly, but I live alone by myself and want to keep it that way.

Because I need people, I decided to join several group activities like Fit Together 60+. I also joined the "Wednesday Group" for the elderly and every Friday I get together with a group of elderly ladies for crafting.

Since I have lived and worked many years abroad, I cannot share memories. I so love to listen to the special memories my peers share. I enjoy it very much, because I know a lot of the people we talk about and I know many of the traditions. After all, I have been living here for a

long time.

I remember coming to the hospital for treatment and sitting outside waiting for my ride. There was an elderly lady that would come to sit by me and hold my arm. I talked to her and got to know her by name. She suffered from severe Alzheimer's and hardly ever spoke. I always talked about the same things with her and she seemed to like that. I remember I loved to stroke the soft skin on her hands and she loved that very much. After a while I got up, took her arm and walked her inside. She seemed to be there all the time when I came to the hospital. She lived in the care facility for the elderly, Kas di Kuido.

After a few years I did not see her anymore, but I met the man that appeared to be her husband. He told me that his wife was Dutch and that she would always

look for Dutch people for some company. He was moved to tears when I told him she would always want to sit with me outside and thanked me for taking care of her.

I guess I was "hand-picked" by her to keep her company and share some memories she did not know she had. And I was honored.

Share as many moments as you can, because you can make many people very happy, especially those without siblings. There is always a way.

Ria Dokter is living happily on Bonaire, where she also used to work as a director at the FKPD and started Special Olympics Bonaire. She took care of her husband (R.I.P) for many years and feels that accessibility is the most important issue on our island.



Creating optimal health

by Irene da Cunda Costa

The nose

The main function of the nose is to condition the air that enters the lungs. When we are congested, have a nasal obstruction or when we exercise hard, it is possible to breathe through the mouth. But, of course, the mouth has other functions and its main function is not breathing. In this article we are going to see why it is important to breathe mainly through the nose.

The nose, with its tiny hairs and blood vessels, warms and humidifies the air, conditioning it before it reaches the alveoli in the lungs. If we breathe through the mouth, the air that enters is colder and drier, producing irritation and favoring in-

flammation. The nostrils, being narrower, generate a small resistance to flow of air by slowing its course and reducing the chances of turbulence towards the lungs. This contributes to the efficiency of gas exchange once the air reach the alveoli and slows down the respiratory rate resulting in a relaxing effect on the nervous system. The mucosa and hairs also capture particles that work as a filter for impurities. The sneeze is a clear example of protection against the entry of foreign bodies. In my particular case many lembe-lembes have been expelled from my respiratory tract through a strong sneeze. The nose also informs us of the tempera-

Nasal breathing helps produce nitric oxide, an important gas whose antiviral and antibacterial qualities work to destroy viruses and parasites in the airways and lungs.

Nitric oxide was considered a toxic gas, and that is true when in high concentrations. But as usual, the poison is in the dose, so a certain amount of nitric oxide in our body is not only beneficial, but also necessary.

Nitric oxide also acts as a vasodilator, relaxing the muscles in the blood vessels and causing them to widen, which aids circulation. Some athletes even take sports supplements that help increase nitric oxide.

Nitric oxide is produced in various parts of the body. In the respiratory system it is produced mainly in the nose and in the frontal and paranasal sinuses. Therefore, when inhaling through the nose we benefit from the antiviral, antibacterial and relaxing qualities of this gas since when inhaling through the mouth it is not produced.

When inhaling through the nose the airways must be kept clear. In the next issue

I will share with you several ways to keep your airways clear and open.

The nose has other functions, of course. The sense of smell is also located in the nose, which fulfills important functions in signaling danger, sexual attraction and reproduction. The smell of food anticipates the secretion of saliva and digestive enzymes facilitating digestion. Part of the sense of taste is also located in the nose through the uptake of volatile substances in food. The nose is also involved in speech in the production of certain sounds.

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 In-

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STINAPA Jr. Rangers graduate

STINAPA's Jr. Rangers attended a graduation ceremony at Captain Don's Habitat on June 24. Of the 29 graduates aged 13 -21, four will not be returning but are moving on to pursue their education overseas. They are Robin Kieft, Daan Baptiste, Michelle Djamin and Saffras Samad.

The Jr. Rangers who will continue with the program will be joined by new recruits for the upcoming school year. The Jr. Ranger program runs from September to July but not during the holidays.

The Jr Ranger program is headed up by coordinators Desiree Croes and Monique Grol. They keep the young people busy with a vigorous nature education program, environmental lectures and outdoor activities. Each activity is monitored through a point system and the kids are rewarded by moving up in the ranks from Aspirant, Kadet, Trooper, Deputy 1, Deputy 2, Captain and Commander. High performers are eligible for scuba diving certification if desired.

The graduation was hosted by ex-Jr. Ranger Saffras Samad who is now a volunteer for the program. The graduates received certificates from STINAPA board president Pierre Perigault Monte.

Top Jr. Ranger performers were acknowledged during the ceremony: Ian Djamin, Kadet; Marvieni Sommer, volunteer and ex-Jr Ranger and Evalisa de Kruijf, Deputy 2.

Two 'Rookies of the Year' were rewarded by graduating from Aspirant to Kadet.

In addition Jr. Ranger volunteers were acknowledged for their assistance in the program and each received a small gift.

The Jr. Rangers is an out-of-school nature education program run by STINAPA to help teenagers develop knowledge and understanding of nature and to create teenage role models who develop leadership skills combined with critical thinking and problem solving.

For more information contact STINAPA or visit https://www.dcbd.nl or the Jr. Rangers on Facebook.

Julie Morgan



The Jr. Ranger graduates pictured are: Kadets - Liv Berends,Jad Daboussi, Sarjiet Thomas, Andrea Fransisca, Benjamin Djamin, Alicia Anthony, Aylin Balladares, Christiaan Smeets, Brychenur Cicilia; Trooper - Sebastiaan Baptiste, Jonathan van Meerten, Ramso Coffy, Ian Djamin, Gannon van Tijs, Mickie du Mee, Kayla Approo, India Verhoeven, Robin Kieft; Deputy 2 – Marek van Burik, Ismar Enriquez Iglesias, Sleender Lubo Santiago, Mariuksy Saldarriaga, Enzo Bougie; Captain – Joe Groenendl, Carlsten Janga, Evalisa de Kruijf, Faisal el Mourabit, Michelle Djamin and Commander Daan Baptiste. Photo Roelton Thode



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