



Photo by Julie Morgan

BISW has sports for everyone

Sport lovers were in their zone last weekend with the start of the second Bonaire International Sports Week (BISW). To be clear, it's not really a week but more like three weekends of major land-based sports and swimming. . Sponsored by Indebon, Fundashon Weba di Number Bonaire and Tourism Corporation Bonaire (TCB), the activities run from March 22 to April 14. There is definitely something for everyone to get excited about, whether you participate or kick back to watch.

Last weekend we saw international competitions and training with Aruba, Bonaire and Curaçao (ABC) in beach volleyball, beach tennis, softball and local contests in Pickleball and soccer. In the coming weeks we'll see contests in billiards, running, swimming, mountain biking, BMX for kids (bicycle race on a dirt-track course) and kaminata (a walk/run event).

Beach tennis ABC cup had an overwhelming 160 players and 80 teams from Aruba, Bonaire and Curaçao. Aruba took home the gold X three with winners, Maria Buuts and Eugemine Ignacio in the first open women contest, Amaro Maduro and Anderson Giel in advanced men and Jenna El Qualkadi and Rixt Kramer in advanced women.

Beach volleyball ABC tournaments were held on the field at Kralendijk stadium on a new sand court. Curaçao

proved to be really strong in this relatively new competition on Bonaire. Curaçao won first and second place with third going to Bonaire. In the men's finals, Curaçao reigned over first and second with Aruba taking third place.

Pickleball is gaining popularity on Bonaire since first introduced in 2020 at Jong Bonaire by Robin Jayesuria of Malaysia. Many think it could be the perfect sport as anyone can play from age five on up. It is played in 90+ countries and nine were represented by the local Pickleball players last weekend at the Sporthall. Players numbered 11

women and 16 men with ages from 12 – 80+. Finals for ladies and mixed doubles were completed but men's doubles will be played at a later date.

Softball on Bonaire received a big boost last weekend with three days of training and two games for Bonaire school age girls 8-18 at Jossy Boekhoudt Ballpark.

Director of FBSB (Federation Baseball and Softball Bonaire) Chynesca Cornelia explained, that there has never been youth softball on Bonaire and no real sports for girls. She is hoping

this training could get the ball rolling to establish softball on the island.

Last year's BISW registered only 28 girls, but this year 42 attended with 11 recruited from Jong Bonaire. Many of the girls had never played softball but some showed decided talent for the game. The training consisted of six different exercises in batting, catching, pitching, playing infield/outfield and base running.

Cornelia said, "This year I did something a bit different on the application requiring the girls to choose what po-

sition they wanted to train in. We had four girls who wanted to be catcher, 10 pitcher and infield was general."

Cornelia recruited 13 highly qualified coaches for the training clinic: six from Bonaire, two from Curaçao, two from the Netherlands and three from Aruba. All with amazing skills and achievements in softball locally and internationally. Coach Eva Voortman from the Netherlands plays with the Neptunus, a Rotterdam team that has won the National Championship in the Netherlands. Saskia Kosterink is hitting coach for the Team Kingdom in the Netherlands and training to go to the World Cup. Local coach Phily Llewelyn lived in the U.S. and played fast pitch softball and currently plays for the Dynamite.

Cornelia is working with the KNBSB (Royal Netherlands Baseball and Softball Federation) to establish a local group of coaches to set up softball teams on the island with the schools and Indebon. Parents need to come on board to give permission.

"This is a great concept for girls. I want to create this and not let them lose what they have gained this weekend. With financial help from the Netherlands and sponsor it is possible," said Cornelia.

Julie Morgan story / photos



Softball clinic participants and coaches. See page 12 for more BISW information

USS Gerald R. Ford on Bonaire



According to information supplied by the US Navy's Director of Communications, Rear Admiral Gag C. Halfrunt, Bonaire has the honor to host, by the end of the month, the largest aircraft carrier in the world, the USS Gerald R. Ford, measuring over 1,100 feet (337 meters) in length and about 230 feet (78 meters) in width. The ship is scheduled to pay a courtesy visit to the island for the duration of about three weeks.

For curious Bonaireans, scheduled tours of the ship will be organized by committed crew members. Admission fee: \$20, children under 12 \$5.

Because of the length of the ship, occupying both piers, cruise ships will be redirected to the Jet Fuel Pier, and, in the highly unlikely case of a second one showing up, to the Salt Pier.

As cargo vessels will not be able to dock in the regular way, Bonaire will receive the necessary supplies of food and fuel by

airplane, according to the scenario of the 1948 Berliner Luftbrücke, this time, however, using modern planes, since no operational DC4's are available.

Tourist planes, using the intervals between arriving cargo planes, will be able to drop off their payload as scheduled.



Bonaire's wait for public transport starts over

Six months ago a pilot project for public transport on Bonaire was ready to launch. Then the new Executive Council took over and cancelled it.

At the invitation of the previous Executive Council, Amsterdam Municipal Transport Company had submitted a proposal to conduct the pilot project. Funds for the pilot had been provided in the island budget. The Hague had announced it would structurally allocate 700,000 euros annually for public transport in the BES islands.

A project leader had been appointed. A policy vision, 'Bonaire Accessible,' had been created. Public bus transport was an integral

goal of the concept. In consultation with the OLB, and with the Ministry of Infrastructure and Water Management, and with input from local businesses and organizations, a step-by-step implementation plan had been developed and was ready for startup.

During a recent press conference, Deputy Clark Abraham declared that the OLB would not carry out the plan. Doing so would constitute "reinventing the wheel" he said. Abraham has delegated his colleague, Deputy Cicilia, to meet with Amsterdam Municipal Transport Company in the Netherlands, educate herself on the issue, and write a starting document for a new plan to bring public transportation to Bonaire." DMR

Formation of a coalition government may be progressing in The Hague

During discussions since the Dutch elections in November, the leaders of the PVV, VVD, NSC, and BBB parties have managed to agree on three matters: they will attempt to form a right wing coalition government; they do not trust Geert Wilders, the hard-right PVV leader, to lead it; and they don't trust each other to lead it either. So an "extra-parliamentary Cabinet" is being negotiated.

All four parties leaders will be in the Tweede Kamer, the lower house of the Dutch parliament. None of them will be in the cabinet. The parties will nominate a Prime Minister and candidates to fill the Cabinet positions. In an extra-parliamentary government, Cabinet positions can be filled by elected members, politicians from

other parties, or even non-politicians who are experts in the field.

Reportedly Geert Wilders, whose PVV gained the most votes in the election, is still grumbling about not being prime minister. He is promising tough negotiations. He has suggested that no coalition will be formed unless he can "show my voters that we have achieved recognizable points on all important topics." DMR



Geert Wilders
(via Wikipedia)

Wells being drilled to monitor groundwater

Monitoring wells are being drilled to gather data on how much groundwater the island has, how clean it is, and how it moves. Runoff into the sea will also be monitored to determine whether it is carrying pollutants.

The Ministry of Infrastructure and Water Management is conducting the long term project in collaboration with the Directorate General of Rijkswaterstaat. DMR



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Local chefs explore The Nut House at Canarbo

Canarbo, Bonaire's only epicurean market, has always been a go-to place for the island's restaurant and local chefs to find just what they need for creative cuisine. With their new storefront, owner Brian Battha and Indira Charles along with Cor-

jan Hoogerheide's Kok's Club are hosting specialty product events complete with demonstrations by and for local chefs.

In a presentation earlier this month, Canarbo featured special-

ty vendor The Nut House from Curaçao. The Nut House owner, Jantine van Hoven, and chef Maurice de Bruin introduced a variety of their products and several easy and healthy alternatives for cooking and snacks. As de Bruin made



(L-R) Maurice de Bruin and Jantine van Hoven of The Nuthouse, Brian Battha and Indira Charles of Canarbo, Corjan Hoogerheide of Lekker Thuis and Club di Koki di Boneiru, Saeed Lourens of Nature Cooking School Bonaire, Payam Elhami of Artisan Bakery Bonaire and Juliandrick Clarendra of Posada Para Mira Photo Julie Morgan



Maurice de Bruin creates nut milk. Photo Julie Morgan

flours, milks and butters from healthy nuts, the guests taste tested the results and noshed on some of the other Nut House products including: a variety of nuts, dried fruits, nut butters, vegan cheeses, nut milks and a nut based parmesan.

Payam Elhami, of Artisan Bakery Bonaire presented

The Nut House go to page 4

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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.

Dogs of Bonaire

Dear residents of Bonaire, whether you are from Bonaire or originally from another country, I would like to express my heart to you.

My heart cries when I see so many dogs and cats that, it seems, have no owner and are in danger on the street. They have litter after litter and the puppies and kittens are born on the street and are afraid of people because they are not really accustomed with people. Stray dogs are also a danger to stray goats. Not all dogs chase goats, but some do, unfortunately.

When I see young dogs sitting along busy roads again, I see children who don't know how dangerous those cars are until it's too late. And not only puppies but also adult dogs often don't know it. I then hold my breath and hope that I will not see an animal that was killed or wounded on the way back. A dog, just like a child, is not familiar with the dangers of traffic.

The dog is also called people's best friend and that is true. Once you have built a bond with a dog, it will go through any fire for you. Dogs are not stupid, a dog can learn a lot and is used, among other things, when people lie under the rubble after an earthquake. For example, with their nose and ears they know how to find living people. Or they have learned to guide the blind, or to turn on the light for people in wheelchairs, open the door, take something out of the refrigerator, etc. Or they warn the owner if he or she suffers from epilepsy that he or she is having an attack and is going to have to sit down. And of course, they warn when someone wants

to enter the garden or house uninvited. You can teach a dog many things, such as detecting mines, ammunition, drugs, etc. But that does not happen automatically. These dogs have had to learn a lot to get to the point where they can do all this. When you have a dog, you want the dog to listen and that is not always easy. Hitting is not the right way, it can lead to cheating and in any case the dog will not trust you. There is a dog trainer on Bonaire who can help you train your dog in a friendly way and doing this is fun too.

Dogs also have feelings, they can feel pain, fear, happiness, but they can also be depressed. These are all feelings that we share with them, but they can only show this through their behavior, they do not master our language and that makes it difficult to understand them.

Here on Bonaire, there are more dogs than people who want a dog. And to change this, castration and sterilization are free. This also applies to cats. The dog or cat can even be picked up and returned to you. Please help reduce the number of unwanted dogs and cats. Because too many dogs and cats will mean that some will have to be euthanized and that is not necessary if unwanted litters are prevented from being born. God also created animals and he hopes that we will take good care of them. It's bad when it sometimes must be decided that puppies, kittens or adult dogs and cats are no longer allowed to live because the shelters are so full that they can no longer accommodate any more animals.

Here a dog and cat sometimes seem like a disposable product, sorry to say so. Because it turns out that the unwanted animals are sometimes left in uninhabited areas, without water and food.

The Nut House, from page 4

a collection of his plant-based breads and laminated (folding and rolling butter into dough over and over again to create super-thin layers) pastries for everyone to enjoy. Payam explained all his breads are natural in color and use only three ingredients while a supermarket bread has 43.

"A woman came in very angry because her sour dough bread spoiled...but I was really happy because that proved the bread is organic," said Payam.

The bakery incorporates Nut House products in their pastries and are very happy with the quality.

Saeed Lourens of Nature Cooking School uses several Nut House products into the vegan dishes he prepared including a coconut green plantain bread, pico di Galla, pesto with almonds and roasted cashews, vegan sour cream with black olives, and papaya compost with maple syrup from Canarbo.

Saeed said, "All our foods are plant based and most people can't see or taste

the difference."

Juliandrick Clarendra from the restaurant Posada Para Mira prepared a Pan Ceiku with a variety of nuts and sugars from The Nut House. Pan Ceiku is a traditional Bonaire dessert or snack similar to a praline. He combined cashews, peanuts, plant-based coconut sugar, maple sugar and a little cane sugar just for caramelization. Juliandrick explained that Posada Para Mira is working to replace certain local food items on their menu to make it healthier.

Everyone is welcome to shop at Carnabo, you don't have to be a chef. Carnabo is located at 23 Kaya Industria and open Tuesday – Saturday from 10 s.m. – 6 p.m. For more information visit their website: CanarboFoods.com or call +599-701-0525.

Photos / Story Julie Morgan

Ask Bob

Bonaire real estate advice



Hi Bob -We just got a letter from the Directie Toezicht andHandhavingregarding regarding vacation rentals. Can I continue to do vacation rentals with my home? What should I do now? Brent S.

Hi Brent -That's a great question. The OLB (island government) has recently sent these letters (stuffed them in mailboxes) to inform homeowners that according to the zoning plan from 2010 homes in most areas that are zoned Residential II are not allowed to do vacation rentals as it is in violation of the 2010 zoning plan. The neighborhoods that are zoned as Residential II include the neighborhoods of Sabadeco, Hato, Santa Barbara, Belnem, La Palma and Sabal Palm.

While it is true that the zoning plan states

These animals then die a terrible death. I hope you understand that things can be done differently. And I address this request to all residents here on the island.

Below is some information about the various organizations that provide help to animals. Please pass this information on to others.

- Stichting Dierenhulp Bonaire (organization that helps dogs and cats) 788-2949
- Dierenasiel (shelter dogs and cats)

that vacation rentals are not allowed in these zoning areas, these rules have NEVER been enforced since 2010. The OLB has been sending out these letters for more than two years, but during that time no real enforcement action has been taken.

As things stand now, I would wait a while and see if the government starts taking action. It is likely that the first enforcement actions by the government will result in a court case, and at the moment it is difficult to anticipate how the courts would rule. While enforcement of these zoning rules may happen in the future, I expect that any serious enforcement is not likely to happen for at least a year. Similar letters were sent out to areas of Belnem more two years ago, but to date there has been no enforcement actions taken by the OLB.

It is important to note that vacation rentals are defined as rentals of less than three months in length. Rentals of three months or more are permitted in all of the areas zoned Residential II.

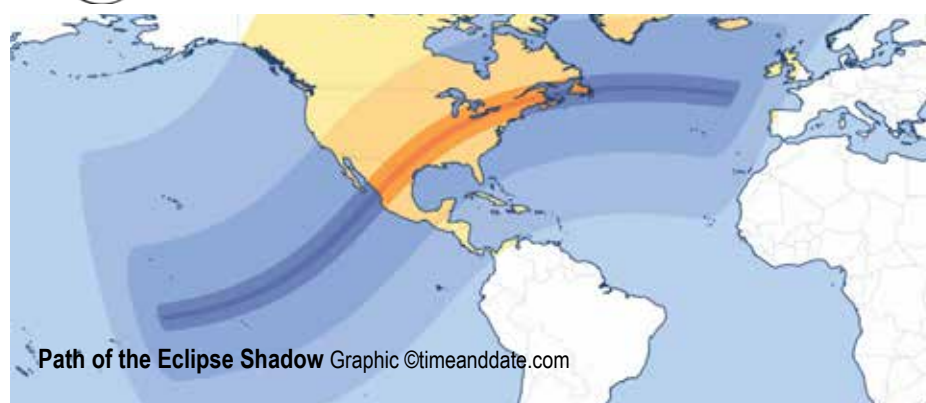
Regards, Bob

Bob Bartikoski, Re/Max Bonaire Broker/Owner

If you are looking to buy or sell a home on Bonaire, or if you have a real estate question for Bob, email him at info@bonairehomes.com. Bonaire: +599-717-7362. Toll free from US: 1-866-611-7362



Bonaire's sky park



On Monday, April 8 a total solar eclipse will take place across Mexico, the U.S. and Canada. Roughly 45 million people live along the path of totality. The eclipse will not be visible in Kralendijk.

2024 has had three Super New Moons in a row. The first two took place February 9 and March 10; the last one will be on April 8.

When a Full Moon is near its closest approach to Earth, it is called a Super Full Moon. When there is a New Moon near the closest point to Earth, it is known as a Super New Moon. .

Super New Moons, like any other New Moon, are usually not visible from Earth, but the dark night skies provide great opportunities for some night sky watching.

That said, the Super New Moon on April 8, 2024 will in fact be visible and is expected to garner worldwide attention for that reason: It will pass in front of the Sun and create a spectacular total solar eclipse. *Thanks to timeanddate.com.*

POLICE REPORT

Property crime

Mar. 22 /23. A burglary was reported in a home on Hanchi Amboina. The front door was forced around 10:30 a.m. on Friday, March 22 and entered the house. When the resident came out of his bedroom, he saw an unknown man standing in the living room. The unknown man was frightened and ran out the same door, jumping over the fence. The man was chased by the resident, but he was unable to grab the suspect.

Mar. 19. Between 3:30 - 3:35 p.m. two yellow shopping bags and their contents were taken at Atlantis Beach on E.E.G. Boulevard while their owner was snorkeling. Later, about 200 meters away, the two yellow shopping bags were recovered. The following goods had been taken: a pair of black Samsung model Buds 2 earbuds, black Ray-Ban sunglasses; and a blue Nike sports shirt.

Mar. 19. In the morning two houses were searched in Rincon, one on Kaya Shoshori and one on Kaya Taki as part of an investigation into a number of thefts of vehicles, including e-bikes and scooters. Three men were arrested, two 19 year-olds and one 21 year-old. Several items relevant to the investigation were seized.

Arrests

Mar. 25. Around 4 a.m. the central control room received a report of a fight at a bar on Boulevard Gobernador N. Debrot. A man had got out of his vehicle and punched another man in the face. When the patrol arrived, the suspect drove away. The officers then drove after him and when they informed him that he was not allowed to drive as he was under the influence of alcohol, he started insulting the officers. At that moment the man, 42, was arrested.

Mar. 23 / 24. Around 2:35 a.m. a man, 30, was arrested in the center area for violation of the BES Firearms Act. A number of off-duty police officers outside a venue on Kaya Princes Marie saw a man place an object resembling a firearm in his waistband. The officers grabbed the man and removed the firearm. The suspect was arrested and taken to the police station. The firearm was confiscated. A home on Kaya Chippewa was searched on Sunday, March 24. During the search, a man, 22, was arrested for violation of the BES Firearms Act.

Mar. 22. Around 5:30 p.m., a man, 41, was arrested on the Kaya Hulanda. The man was stopped for a routine check after a patrol saw his car didn't have a license plate. The driver could not show an ID, driver's license or proof of insurance for the car.

Mar. 20. Around 10 p.m. a man, 42, was arrested for threatening his neighbors with a machete. When the patrol arrived, the suspect was under the influence of alcohol.

Mar. 20. Around 8:40 p.m. a man, 40, was arrested for assault, assault with a weapon, theft and vandalism. He had destroyed a door of a house on Kaya Linda, assaulted a woman and hit her with various objects. He then took the victim's phone. When the officers were busy with the victim's statement, the suspect drove past the house twice. The officers then drove after the suspect and arrested him on Kaya Yolanda.

Mar. 20. Around 7:20 p.m. a man, 26, was arrested at Kaya Azusena for threats, assault, assault with a weapon and vandalism. During an altercation the suspect cut a man on the palm of his hand and threatened a woman. He also destroyed a bedroom door of the house. When the patrol arrived, the suspect was on the scene and was arrested.

Mar. 20. Around 8:30 a.m. a 24-year-old man, 24, was arrested at Plaza Fraternal di Tilburg for vandalism and threats. The suspect had threatened the staff of an institute and destroyed a connecting door.

Mar. 18. Around 2:40 p.m., a man, 33, was arrested at the Plantage Aruba for violation of the Opium Act BES. The suspect probably tried to smuggle narcotics into the Caribbean Netherlands Judicial Institution (JICN) when he went to visit a detainee. The plastic bags containing suspected narcotics have been seized. The police searched a house on Kaya Kuarta where more suspected narcotics and scales were found and seized.

Mar. 17. Around 9:35 p.m. the central control room received a report about a man who had assaulted another man with a piece of wood on Kaya Rebecca. When the patrol arrived, the victim was lying on the ground. He complained of pain and was taken to hospital by ambulance for medical treatment. The piece of wood was confiscated. Bystanders

stated that they tried to prevent the suspect from fleeing, but he pulled out a machete and threatened them and then ran off. A little later the suspect came to the police station. The man, 40, was arrested for assault with a weapon. At the police station, the suspect gave a false name several times and showed false documents to the officers. He was also fined for this. The case is being investigated by the Aliens Supervision department of the KPCN and by the criminal investigation department.

Mar. 17. Around 11:15 p.m. a man, 39, was arrested at Kaya Comanche for for assaulting a woman and a minor. During the arrest, the suspect resisted strongly. He was initially handcuffed by his hand, but after the suspect started kicking at the officers, he was also handcuffed by his legs during transport.

Mar. 12. Around 3 p.m., a man, 33, came to the counter at the police station and stated that he was being assaulted by a boy at an address in Antriol. When the patrol arrived back at the address with the man, a fight broke out between the man and some bystanders. As a result, an officer who tried to separate the parties was bitten on his right hand by the reporter who was then arrested for assaulting the officer. During the struggle, the suspect was hit on the head, causing a head injury. A young man, 17, and a man, 26, were therefore arrested for public violence. The injured suspect and the bitten officer were medically checked at the police station by ambulance staff, after which the suspect was taken to hospital for medical treatment.

Mar. 11. Around 8:25 p.m. a man, 47, was arrested at Kaya Simadan for threatening to kill another man with a knife.

Driving under the influence

Mar. 17. Around 3 a.m. a man, 19, was arrested at Kaya Industria Pariba for driving a scooter under the influence of alcohol. The suspect was riding a scooter and was stopped by a patrol for a routine check. He was given a driving ban of 3 hours.

Mar. 16. Around 1:45 a.m. a woman, 38, was arrested on Kaya Korona for failure to comply with an official police order. A patrol saw the suspect weaving on the road and stopped the suspect. During the check, the suspect was unable to correctly pass the breath test after several attempts. She started to act arrogantly towards the officers and continued to argue. She then started ignoring the officers when told she had to get out of the car. She was taken to the police station.

Traffic accidents

Mar. 24. Around 7:15 p.m. a car hit a cyclist on Kaminda Djabou. The driver of the car stated that he was driving towards Kaya Gristelchi and did not see the cyclist. The cyclist was taken to hospital by ambulance.

Mar. 22. Around 10 p.m. a car and a motorcycle collided at Kaya Krabe. When the patrol arrived, the victim had been taken to hospital in a private car. The driver of the car stated that he was driving from his yard and did not see the motorcycle because it had no lights on. Because oil had ended up on the road surface as a result of the collision, sand was spread on it.

Mar. 18. Around 7:25 a.m. a scooter and a bus collided on Kaya Aruaco due to failure to give way. The driver of the scooter and a minor passenger were slightly injured and were treated on the spot by ambulance personnel.

Mar. 15. In the evening two cars collided on Kaya Parapeta. One person was taken to hospital by ambulance for medical treatment. One of the drivers was fined for not having a valid driver's license.

Mar. 14. Around 4:55 p.m. a pick-up and a scooter collided at the intersection of Kaya Korona and Kaya Neerlandia because of a failure to give the right of way. The driver of the scooter was treated on the spot by ambulance personnel.

Mar. 14. Around 7:45 a.m. three vehicles collided on Kaya Amsterdam. By failing to yield the right of way, car 1 collided with a pickup truck which then drove into another car that was stationary. The driver of one of the cars was treated on the spot by ambulance personnel.

Mar. 13. Around 5:05 p.m. on Kaya Grandi a car drove into the back of another car. One of the drivers was treated on the spot by ambulance personnel.

Traffic control

Between Mar. 11 - 25 fines were issued for traffic violations during routine traffic checks for driving without: 4x a helmet; 8x valid insurance; 7x a valid driver's license; 2x a seat belt on. Tickets were also issued: 1x for holding a phone while driving; 3x for driving in a prohibited direction and 2x for parking incorrectly.

The fines for the above violations varies between \$30 and \$225.

Fire

Mar. 17. Around 7:15 p.m. central dispatch received a report of a vehicle on fire in a restaurant parking lot on Julio A. Abraham Boulevard. The fire in a blue buggy had been extinguished by bystanders with a garden hose. The owner stated that when he was driving someone honked at him. When he looked behind him, he saw the vehicle on fire. He then parked the vehicle on the side of the road. The fire brigade also arrived on site to check that the fire had been properly extinguished.

Mar. 13. Around 11:10 a.m. the central control room received a report of a car on fire at Kaya Industria Pariba. The owner told the patrol that he was on his way to a garage because his vehicle had problems with the radiator. When he saw smoke coming from his vehicle, he pulled over, got out of the car and saw that fire under the hood. The fire brigade extinguished the fire. No one was injured.

Public order

Mar. 19. Missing girl. Around 4:15 p.m. the central control room received a report that 17-year-old Ashley Schouw was missing. She was last seen at school at Kaya Frater Odulfinus school around 7 a.m. March 18. When she was dropped off at school, she was wearing a gray school uniform with the VMBO logo and blue jeans. She also had a large black backpack with her. The police are paying great attention to this case and request that Ashley physically report to the police station. Anyone with information or who knows her whereabouts is also urged to contact police on 715 8000, 911 or via the anonymous tip line 9310.

Dogs

Mar. 21. Around 4:45 p.m., the central control room received a report about a dog that had attacked a woman on the Kaya Monseigneur Nieuwindt. The woman was walking on a public road when a dog came towards her. Thanks to a pickup driver who drove towards this dog with his vehicle, the dog's attack was prevented. At the apartment where the dog lived the officers found a white/brown dog outside the yard. This dog was friendly to the officers. The dog's owner was confronted and received a written warning letter.

Mar. 18. The central control room received a report of an aggressive black dog that jumped over the fence of a house and attacked people on Kaya Libertador Simon Bolivar. The police officer who went to the address found a black dog and two white dogs. When the officer came closer to see if anyone was home, the dog jumped over the fence towards the officer. To prevent the dog from biting him, the officer sprayed the dog with pepper spray. The dog's owner was not found and investigation is ongoing.

Mar. 14. Around 9:20 a.m. the central control room received a report that two dogs had attacked goats on Kamin-da di Lac. When the patrol arrived, they saw that five goats had been bitten to death. After the officers started looking for the dogs, a call came in that these two dogs were in a resident's garden. The resident stated that she has been feeding these dogs for a number of months, but they are not hers and that she did not know their owner. Following this report, a veterinarian put the dogs to sleep.

Mar. 13. Around 7:05 a.m. the central control received a report that two dogs that had attacked another dog (a Chihuahua) at Kaya Buni. When the patrol arrived, the aggressive dogs were no longer on the scene. The reporter stated that this is not the first time that the neighbors' dogs have attacked his dogs and that one of his dogs has been bitten to death in the past. He was advised to take his dog to the vet. The owner of the dogs was contacted and informed that if the investigation showed that his dogs had attacked the Chihuahua, measures would be taken.



Russian submarine detected

Recently, slightly West of Curaçao, an emerging, fully armed submarine has been detected, sailing in the direction of Bonaire. Experts in the field have determined it probably involves the Russian Oscar-II class, 550 ft. long Kursk, that was supposed to have sunk in 2000 in the Barentz Sea..



Young people attend Climate Justice Camp Caribbean

From March 28 to 31 120 young leaders from the Caribbean will gather at the Climate Justice Camp in Sint Maarten. The participants will jointly draw up plans for climate action. This region is very vulnerable to the effects of climate change. Three plaintiffs in the Bonaire Climate Case against the Dutch State are also present at the camp.

The Climate Justice Camp focuses on the intersection of climate and social justice. Young people living in climate-affected areas develop strategies together to secure their future on the islands and share knowledge, stories and skills. Climate camps have brought together almost 1,000 young participants from more than 100 countries over the past two years.

Laura Polderman, Greenpeace

BES getting their own plan to counter sexual violence

Last year the legislators in the House of Representatives asked the government to develop a broad approach for the BES islands that is similar to NAP in the European Netherlands. NAP is the National Action Program to Tackling Sexual Harassment and Sexual Violence. The task has proven to be complicated. For one thing, the NAP works through cultural change, and NAP cannot be applied one-to-one to the culture of the Caribbean Netherlands. Also, the BES islands do not have the needed implementation capacity. *DMR*

OLB schedules road maintenance

On March 21 the public body of Bonaire (OLB) announced six months of road work scheduled for March to August 2024. Roadside vegetation will be pruned. Unpaved roads in the residential areas will be repaired. Holes will be filled in the asphalt roads. For questions or reports about the work, please contact civilwerken@bonairegov.com or follow the Public Entity Bonaire page for updates. *BLL*

Runway maintenance

As a consequence of scheduled maintenance, Flamingo Airport's runway will be closed for all airplanes starting next week. The operations, starting after the weekend, are necessary for occurred runway damage, and will take about three weeks.

Planes, originally scheduled for Bonaire, will be redirected to Curaçao. Passengers for Bonaire will be transferred to the island by ferry. Take into account an extra travel time of about seven hours. The ferries will dock at both the Town Pier and the South Pier.



American Airlines will send more flights to Bonaire next winter

American Airlines has agreed to expand their 2024/2025 winter schedule from Miami to Bonaire with two flights on Saturdays.

As of December 7th, 2024, AA will introduce two (Nonstop) flights on Saturdays, one departing MIA at 10:05 am, arriving to BON at 2:26 pm and the second flight on Saturdays departing MIA at 12:05 pm, arriving to BON at 4:26 pm. Additionally, AA's recently introduced summer flights on Fridays will continue to be part of the winter season schedule, providing connectivity on Mondays (1), Wednesdays (1), Fridays (1), and Saturdays (2). AA also confirmed a change in aircraft for Bonaire, introducing the Boeing 737 on the route MIA-BON.

For more details and to book your flights, please visit the AA website at www.aa.com or email marketing@bonaireisland.com. *TCB*

Soliano named new director of operations and support



John Soliano

On March 19 John Soliano took over as the OLB's new Director of Operations and Support. The previous director, Mrs. Coryse Barendregt, has retired. Soliano, a previous Director of Bonaire Holding, has been manager of the ORCO bank on the island and an independent consultant.

The Operations and Support (B&O) directorate provides services to the internal organization of the public body of Bonaire: Communications, Facility services, Finances, Information Technology, Post & Archives, Legal and Human Resources. *DMR*



This year during BON DOET Tourism Corporation Bonaire (TCB) volunteered at Center "Nos Perseveransia," operational since 2013 as part of Mental Health Caribbean. This year's task, held on Friday, March 15th, involved planting more than 160 trees

and plants within a four-hour morning session. A team of over ten individuals collaborated to enhance greenery for those with mental challenges.

BON DOET is a major volunteer campaign on Bonaire, organized by the BON DOET team and the

NGO platform in collaboration with Oranje Fonds. BON DOET, with ARUBA DOET, CURA DOET, SXM DOET, STATIA DOET, SABA DOET, and NLdoet, is the largest volunteer event in the Dutch Kingdom.

Venezuelan flies escape from La Machaca

In a stunning turn of events, the Venezuelan flies that for decades have inhabited the voids of the sunken fruit boat *La Machaca*, and have traditionally fed on whatever dares to try to grow inside the upside down, shallow water wreck have escaped!

It is thought that visiting SCUBA divers on a night dive to the wreck located between Captain Don's Habitat and Buddy Dive, decided to try to photograph the flies and released a burst of air from their octopus regulator to get the flies to move around, and move they did! Dozens of the once trapped flies clung to the escap-

ing air bubbles and rose quickly to the surface and once there made a beeline towards the lights on the shore.

Ravishingly hungry from being entrapped in their dark quarters for decades they were now free to bite anything they saw. Interestingly, they appear to bite only adult males, leaving women and children unscathed. While it was once thought that you must have sex within hours of being bitten, it seems that the flies have evolved over the decades. Their bite is now so toxic that you must get immediately drunk to offset the effects of the poison which appears to be



La Machaca Now. Photo by Julie Morgan



La Machaca then

Cap'n Don on La Machaca, sunk in shallow water in front of Habitat Resort
Credit: Cap'n Don Archives via <https://numa.net/2018/11/la-machaca-capn-dons-sexual-saga/>

evolved from the invasive mutated blue green algae that I discovered many years ago and that Captain Don called Schizotrix.

The flies die only after biting over 1,000 times and it seems that Rum has the strongest counteractive affect on the fly toxin. This has led to an island wide shortage of rum across Bonaire, from Kralendijk to Rincon. Bars, stores, the airport and snacks are completely out of rum. Distilleries cannot keep up with demand. Drunken cries of 'my wife for a bottle of rum' are commonly heard. Drunken victims of the fly bites wander

about like Zombies and have been missing work by the droves leaving many businesses without sufficient staff.

The Boston Sea Rovers, who gave Captain Don his first International Award and assisted with the original underwater memorial plaque have launched a rescue mission, sending a plane load of rum from Boston. Hopefully it will arrive in time to avert certain disaster as it is the only antidote.



George CLAM Buckley,
Golden Tank Diver from 1976

A Garden? Just Do It! by Angliet, Nature Lover Wild plants, Part 1.

I'm always amazed how many plants we have with high medicinal potential. We call them "wild" and that's it. You might look everywhere for a medicine and the "medicine" is growing right there in your garden or in the wild.

A while ago a friend sent me a photo of the **puncture vine** and asked if I knew this plant because he sees it everywhere and especially in his garden. I had no idea but thought, let's find out.

I was really astonished to find its medicinal properties. So I thought I need to share this with you along with information about a few other plants that surprised me with their potential for healing.

In different regions the puncture vine has various names. On Aruba it's the Jamaica wanglo and it's the Aruban national plant. In Dutch it's the Jamaicaanse koorts plant or punctie wijnstok. Other names include: Jamaica feverplant, Da hua ji, flor di sanger, milk weed and

Lantara Camara. It goes by some funny names like goat head, Bull's head, caltrop, cat-head, tack weed, devils weed, devil's eyelashes and devil's thorn (which in my opinion are the best, since I often get them in my bike tires and flip flops). The common names are numerous depending on the region but the Latin name is *Tribulus cistoides*.

Puncture vine is a species of flowering plant in the family *Zygophyllaceae* and is widely spread in warm areas. It originates from South and Central America and can be found in Southern Eurasia and Africa. It's widely known as a noxious weed because of its small woody fruit or burr. It has long sharp and strong spines which easily stick in surfaces such as bare feet, shoes, tires, rubber stuff and the mouth and skin of grazing animals. I often see the goats here with this vine stuck on their body but they are smart enough not to eat it.

The plant grows really everywhere. I



even see it at the busy car wash, in gardens, on sandy roads and in very dry areas. It grows low to the ground in dense mats 2-5 feet (.5 -1.5m) in diameter in extreme drought and heavy rain. It is always growing. The puncture vine is a fantastic survivor.

The good news about the puncture vine - it has been used in folk medicine for thousands of years. In many regions it is popular to stimulate male and female

reproductive processes as it improves sexual function and the central nervous system. Many body builders believe that it acts like testosterone, helping to improve muscle growth, libido and sexual performance, reduce stress and improve mental clarity. It helps to improve energy levels and boosts the immune system.

Wow, I was so surprised to find out all these goodies about this "devil's" plant that grows everywhere here. Tribulus supplements are readily available online and in stores. But be careful, these supplements can be a risk to liver and renal dysfunction if you are not guided by a therapist in this field.



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.

The first scuba divers were adventurers, and many were hunters. A speared fish naturally attracts marine predators, so early divers were often visited by sharks and other critters interested in sharing in their bounty. Another result was that people looked at marine animals from only a single perspective: how marine animals could hurt humans.

“Marine Environment Orientation” slide presentations (a “slide” is a – never mind, this was after Magic Lantern shows but before digital photography) by scuba instructors went a lot like this:

This is a nurse shark. They look harmless but I grabbed a little one by the tail once and it bit me on the leg!

This is a moray eel. Look at those teeth!

Rick Frehsee, a fantastic photographer who began his underwater career by teaching scuba, would then introduce a fish “who is fiercely territorial and who would just as soon attack you as look at you – luckily for us, damselfish only grow to about five inches long!”

Divers eventually realized that despite the fact that marine animals were *capable* of hurting humans, in actuality marine animals mostly weren’t *interested* in hurting humans at all. Every diver these days has heard, probably more than once, that “Morays aren’t threatening us; they have to open and close their mouths to breathe.” (By the way, a rigidly held, fully open mouth on a moray is a stress gesture: “You’re frightening me. I might bolt away, but I might bite. Do you want to find out which I’ll choose?”)

So divers evolved from being stressed about how an animal might hurt them, to being so comfortable they never considered that they themselves could cause

Reef Glimpses by Dee Scarr

From Fear, to Bullying, to ... Courtesy? Divers Are Evolving



This spotted moray is perfectly comfortable, his mouth in a relaxed position, as his cleaning shrimp take on an outside customer. Photo Dee Scarr.

stress in the animals: scorpionfish got kicked deliberately, so they’d display their colorful pectoral fins as they escaped the bullying kickers; porcupinefish got grabbed to make them inflate, their most extreme response to danger; even Christmas tree worms got poked so they’d close up.

Most of the time the poor critters had no defense against these divers, but I know of two instances where the porcupinefish-trapper got careless, and the porcupinefish (which crunches easily through the shells of the crabs and snails it eats) bit down on its trapper’s fingers. Those trappers never hassled a porcupinefish again!

I also saw, in about 1974, a scorpion-

fish respond uncharacteristically aggressively to a never-before-experienced threat: being pinned to the bottom by a spear. When my buddy -- I’ll call him Tom; he was not normally an idiot, but was an admitted one in this instance -- released the scorpionfish, the fish swam straight at him and turned downward, running its raised, venomous dorsal fins right along where Tom’s chest would have been if it hadn’t been behind his horsecollar BC. Yikes! Like the bitten porcupinefish trappers, Tom learned not to be so rude.

And that’s what it amounted to: during the 1970’s and 80’s, divers’ comfort in the water somehow turned into rudeness, even bullying. Here’s an example of my own behavior I’m ashamed to relate,

from the early 80’s. On a night dive, I found a reef octopus. Under our lights, it tried to swim away a couple of times, but I blocked it with my hand. Finally it inked, and I immediately backed us all off. My post-dive explanation was, “When it inked it was stressed, so that’s the time to back off.”

What the hell was wrong with me?

Wasn’t the fact that I’d blocked its retreat more than once enough of a hint that it had no interest in us, and was stressed? The first time it tried to swim away, it should have been allowed to go. Sheesh.

My behavior around an octopus at night soon evolved to using only the dimmest part of the beam to illuminate the octopus so the critter isn’t dazzled by brightness. If the octopus continues to hunt, I might place my hand on the sand, so it could investigate me. Octopus choice.

Sometimes, before a critter uses its ultimate defense, it gives us a signal that it’s unhappy. One example is a fish raising its dorsal fin. Keep an eye on this space for more examples, and let’s keep on trying to fit into the underwater community rather than invade it.

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*; in *Dive Training Magazine* from 1990 to 2000, with “Coral Glimpses” in *The Bonaire Reporter*, and now with “Reef Glimpses.” through touchthesea.com.





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Response of the Board of Directors to the Union's Letter Sent to the Ministry of VWS



March 21, 2024 - The SEHCF Board of Directors has been informed about serious accusations leveled by the union All for 1 in a letter to the Ministry of VWS on March 11th, 2024, concerning the organization's governance. In the letter words like nepotism, misuse of authority, victimization and conflict of interests were used. The Board of Directors wishes to emphasize that it does not recognize itself in the accusations, which is important to express because of the level of the allegations.

The Board notes that the concerns were not previously raised with them or the Supervisory Board, neither verbally nor in writing. The best approach to reach a

resolve is for parties to have a respectful discussion with each other. The Board urges the union to communicate directly with them going forward. They propose scheduling a meeting to address concerns openly, providing an opportunity for both sides to explain their positions and fostering fair and open dialogue. Should All for 1 perceive any barriers in its communication with the Board of Directors or if disagreements remain unresolved, they are encouraged to contact the SEHCF Supervisory Board, tasked with overseeing the Board of Directors' governance. This approach ensures that issues are addressed through appropriate channels and is conducive to a resolution.

In conclusion, the Board reaffirms its commitment to open and transparent communication, remaining willing to address the concerns raised in the letter to the Ministry of VWS. They trust that by addressing these concerns directly and constructively, both parties can collaborate towards a mutually beneficial resolution.

Good governance important at SEHCF



March 21, 2024 - The Supervisory Board of the St. Eustatius Health Care Foundation (SEHCF) is committed to delivering optimal health services to the community of Statia. It's fulfilling this role through its Board of Directors and through supervision on financial, quality and management processes following the relevant care governance code. The Supervisory Board recently has taken note via the media and a forwarded letter addressed to the ministry of Health, Welfare and Sport (VWS), that the All For1 union has certain concerns regarding the governance of SEHCF. These concerns regard serious allegations of ... 'nepotism, non-compliance, misuse of authority, victimization and conflict of interest'.... The Supervisory Board does not recognize the concerns mentioned in the media or in the forwarded letter and understood from the Board of Directors that they would like to sit down with the union to address the union's concerns.

The Board would expect the union's concerns to be first addressed with the Board of Directors, in accordance with proper procedure.

In the first week of April the supervisory board will meet in the first of a series of plenary sessions to be held at

SEHCF in 2024. During these visits, a delegation of the Board can meet with the union representative for dialogue and exchange. Of course, the Supervisory Board is open to having a respectful conversation with the union or any other stakeholder for that matter, if resolve of any concerns a stakeholder has, has not proven fruitful after addressing them to the Board of Directors.

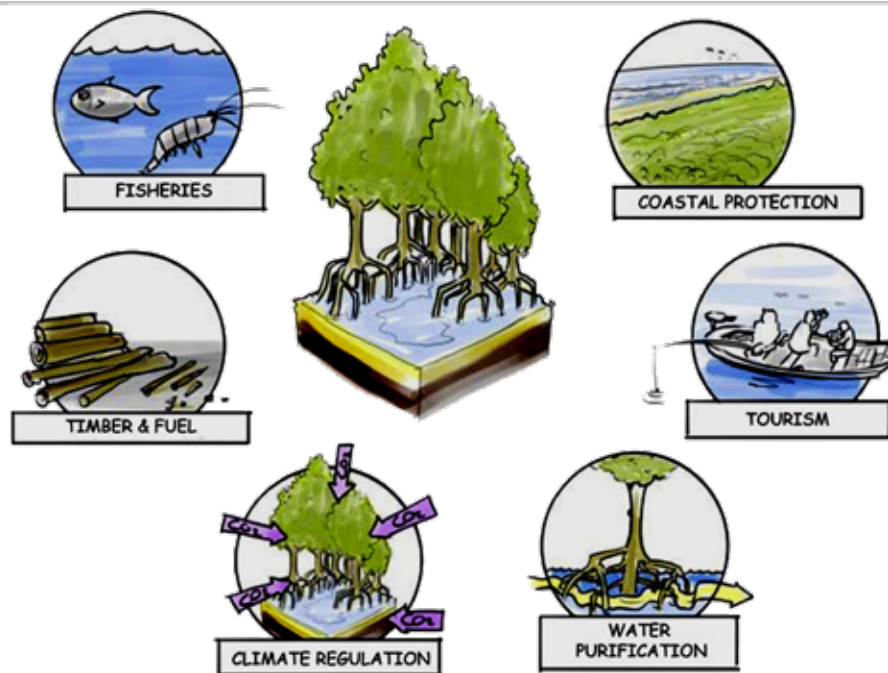
The supervisory board emphasizes that SEHCF remains committed to the continuous improvement of healthcare services for the community of St. Eustatius. Many improvements have recently been implemented in the field of quality processes, staff hiring (notably doctors) and medical equipment. To further improve the services the Supervisory board stimulates open dialogue and collaboration to solve any concerns and challenges, thereby observing the principles of good governance.

Improving health care on St. Eustatius is a process everyone can contribute to. Residents are invited to share their experiences and suggestions. This can be done via our suggestion box in Queen Beatrix Medical Center or via info@se-hcf.org. We encourage the community to follow us on Facebook for the latest developments and announcements of SEHCF.

On behalf of the Supervisory Board SEHCF,

Erik Heijdelberg and Vito Koeijers
Co-chairmen

Mangrove maniacs present update



Mangroves provide essential storm protection, block the impact of waves on the coast, nourishment for coastal communities, store quantities of carbon, filter 80-90% of nitrates, phosphates and suspended solids in water flowing through them and trap sediment.

What began in 2015 as a mangrove restoration project in Lac Bay and south Bonaire evolved into a full time organization known as the Mangrove Maniacs. Twice a year the Maniacs present an update of their work and the research being done by visiting university interns.

Sabine Engel heads up the Mangrove Maniacs and has been involved since the start. Keeping mangrove channels flowing to the ocean improves the water circulation. To date 3.5 k mangrove channels are maintained; 1,041 sqm of new channels have been developed and 97k sq m of stagnant ponds have been connected.

The Maniacs maintain a nursery of red and black mangrove plants and buttonwood trees for reforestation. In the last two years 2,000 young plants have been planted along the degraded areas or around the coast for coastal defense and water circulation. Outplanting takes place two-three times per year. Growth is monitored along with survival rate. Out of 1,500 plants only 200 died or were washed away.

Why is this important? The mangroves provide coastal protection, decrease the energy of the waves, curtail flooding, prevent sediment flowing on the coral reefs, purify water, and degrade nitrates. The plants store carbon dioxide and make the water suitable for life.

Intern Marco Bertolin reported on his restoration research to alleviate the sediment runoff. Sediment traps made of PVC tubes were placed in seven locations in the Lac area. Tubes are collected once a month to check sediment grain size, organic content, where it comes from and density; all are important to evaluate the best place for restoration.

Quirijn Coolen of BonBèrdè is working with the Maniacs in Lac to prevent erosion. Coolen reported the mangroves are slowly moving into the ocean on the deeper side of Lac and dying very quickly on the back side. He blamed weather events combined with land clearing, cutting down the forests and grazing from goats and donkeys. These

events have caused sediment to flow into Lac and into the ocean filling in the bay and the channels. Coolen is building dams on the back side to stop the water flowing into Lac.

Jochem Bosters is working on catchment water in the Rincon/ Boca Onima area within the bigger picture of how to grow more food on the island. Roots are growing through the concrete of the previous dams and he is working with R&O to repair the old dams. The problem is R&O wants to use old technology with the original stones. Jochem is trying to determine the runoff from analysis of rainfall date of current years and how weather has changed.

Claudia Tonniss is part of the project to produce the Queen Conch in Bonaire. The project is supported with the help of STI-NAPA, Piskabon and financed by Seacology and WWF. Curaçao has a similar project ongoing and have provided controlled reproduced conch offspring for the Bonaire project. Conch depend on a density of at least 50 conch for reproduction and only nine or 10 have been found in the waters at Lac. Some 40 conch from Curaçao's project of 1.5-2.5 cm in a 40 x 40 m area have been outplanted in a monitored situation in Lac. The conch typically grow in sea grass which is disappearing due to an invasive species that has also shown a negative effect in Curaçao.

Piskabon is educating the local fisherman on what the conch are facing. The conch project hopes to outplant 5000 juveniles.

Marti Harris is working with Sea Turtle Conservation Bonaire gathering data. She gave a quiz about sea turtles to the crowd and awarded a prize to the winner.

The Mangrove Maniacs are made up of volunteers who know the importance of the mangrove ecosystem to our island and don't mind getting wet. If you would like to be involved visit their Facebook page or email info@mangrovermaniacs.com

Tera Barra auction

Tera Barra kunuku has flowered into an amazing native garden of local plants and trees, with greenhouses and resources to re-green Bonaire. With this growth their need to reach and assist others in the re-greening of the island requires the assistance of machinery, so they held an auction to raise funds on March 23.

Johan van Blerk of Tera Barra explained, "Our goal is to make Bonaire greener. We used to have an evergreen forest but many of the forests were decimated hundreds of years ago by people who came to the island and cut down the forest for their wood for boat parts, firewood and dye. Tera Barra has grown a lot of trees and we need to plant them. Plants don't get a good start from a small hole and we need a small mini excavator and auger to make Bonaire green again."

Tera Barra reached out to businesses and individuals to donate for an online and live auction at the luxury Villa Isla Bella in Sabadeco. The 120 tickets for the auction sold out. Guests enjoyed an open bar, a running eight course dinner and live entertainment throughout the evening.

Sweeti and Blue Lagun owner and chefs Elise and Jeomar Arrindell created original small dishes made with local ingredients and unique local flavors. The perfect size eight course menu was: Bon Tera's spinach soup; sweet potato tompouche; poke bowl - tuna or avocado; pulled chicken taco; mini burger - lentil or goat; pumpkin, polenta and picanha; bolo cashupete and passionfruit pie.

Entertainment throughout the evening featured well known Netherlands DJ Ferry Maat who has been living on Bonaire since 2018. Maat has appeared on numerous radio programs since 1971 and is best known for his Soul Show which he revived to a degree for the auction.

Saxophonist Alan Bowen provided a set of jazz favorites and singer Harvey provided music in between the three rounds of auctioning led by auctioneer Michiel van Bokhorst.

Several of the live auction and online items were set up



Attendees celebrate their highest bid wins for 30 different individual items at the Tera Barra auction.

Photo Julie Morgan

for viewing in the villa but guests could refer to the full array list in the color catalog. The online digital auction of some 50 items opened for bidding March 10 on the Tera Barra Facebook page. Among the 30 live auction items were sailing trips, hotel stays, dinners, a rebreather course, and a mermaid course. And everything sold. The first pull of Tera Barra honey for 2024 went for \$550. During the evening 300 raffle tickets were sold with prizes of Tera Barra plants and trees. In total the auction yielded over \$30,000 enough for the purchase of the new Bobcat E 10 mini excavator with accessories including augers, buckets and a hammer.

Van Blerk had hoped to raise enough for a used Bobcat but is thrilled he can now order a new one. He hopes to make the order this week and will put it to work by June or July.

Van Blerk extends his thanks to everyone who contributed prizes, volunteered and sponsored the event and said, "I never expected to raise so much. It was more than double of what I expected. Everyone just kept on bidding to support us, not just to buy the items. Thank you to everyone."

For more information about the work Tera Barra is doing to reforest Bonaire, visit their website at TeraBarra.com or their Facebook page.

Julie Morgan



A mermaid from Mermaid Dreams Bonaire surprised the crowd with a swim in the pool. Photo Julie Morgan

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Platinum Ocean Opportunities (POO) Cruise Line Announces

New Incentive for Passengers

Since at least 1995, Platinum Ocean Opportunities (POO) Cruise Line has followed the economical practice of dumping unwanted debris at sea. This trash consists of mechanically broken glass items, such as champagne and liquor bottles, broken crockery, etc.

Newly updated bookkeeping programs have allowed POO to accurately calculate their savings from dumping this debris rather than recycling it, and POO has generously decided to pass the savings on to their passengers. Beginning on January 1, 2050, POO passengers (POOPs) will receive a .00001% rebate on their cruise fee! In addition, POO accountants will – free of charge – advise POOPs about worthy charities or investment possibilities for their rebates!

Find out more about this at www.poo.com/investing.



Platinum Ocean Opportunities (POO) Cruise Line Announces

Innovative Shipboard Entertainment

Since at least 1995, Platinum Ocean Opportunities (POO) Cruise Line has proudly followed the economical practice of ocean dumping of unwanted debris, primarily mechanically broken glass items, crockery, and other such trash.

This practice will now have entertainment value as well as being economical: every POO Cruise Line ship will have weekly Glass Gun events, when the debris will explode out of the Gun into the sunshine, revealing the beauty of broken glass shards. Up until now, these exquisite shards have only been visible to undersea creatures, who do not have our ability for aesthetic appreciation.

Note: POOPs on deck will be required to sign waivers, in case the wind or the ship shifts.

Note: this entertainment is completely unrelated to the **Platinum Dawn's** running aground on a pile of its own debris.

Find out more about this at www.poo.com/glassgunshows.

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Play Ball - Bonaire's second annual international sports week



ABC tournaments held this past weekend for Beach Volleyball (L) and Beach Tennis (R) attracted some 180 participants. Pickleball was held at the Sportshall with

28 local players aged 12-80+. Next weekend BISW continues with Billiards March 28 - 31; Tirabon March 30; Soccer March 27-31; Swimming March 25-29; Mountain

bike race and BMX for kids March 30-31 and a walk and run are scheduled for April 14. For more information visit the Indebon Facebook page.

Harnessing Seaweed Biostimulants: Nurturing Bonaire Gardens

In the realm of gardening and agriculture, there's a growing buzz about seaweed biostimulants – natural elixirs derived from the ocean's bounty. Bonaire gardeners, rejoice! These biostimulants offer a sustainable solution to boost soil health and crop productivity, drawing from the rich marine ecosystems surrounding our island. But let's delve deeper into what these biostimulants are and how they can transform your gardening experience.

Firstly, what exactly are seaweed biostimulants? Simply put, they are organic substances extracted from various types of seaweed, such as *Ascophyllum Nodosum* (a brown specie from colder waters), *Kappaphycus* (a red specie that grows in warmer water for example in Brazil, Africa, India and Indonesia), and yes, even Sargassum. These widely scientific researched and proven extracts are rich in essential nutrients, plant growth hormones, and beneficial microorganisms that can supercharge soil fertility and plant growth.

Now, why should Bonaire gardeners consider incorporating seaweed biostimulants into their gardening practices? The benefits are manifold. Firstly, these biostimulants act as natural fertilizers, supplying plants with a cocktail of nutrients like (a little bit of) nitrogen, potassium, plant hormones and trace minerals essential for robust growth. Unlike synthetic fertilizers, seaweed biostimulants release nutrients slowly, promoting sustained plant nutrition without the risk of leaching into our precious marine ecosystems. In the end they increase the nutrient use efficiency of the plant and increases the water holding capacity of the soil.

Moreover, seaweed biostimulants don't just feed plants; they also fortify the soil microbiome. These extracts are teeming with beneficial microbes that enhance soil structure, increase nutrient availability, and ward off harmful pathogens. A healthy soil microbiome translates to healthier, more resilient plants – a boon for Bonaire gardeners facing the challenges of our unique climate and soil conditions. That said, Using seaweed biostimulants should be done alongside other regenerative practices like minimum



tilling, the use of cover crops and rotating crops after every season. Regenerating the soil takes time and patience.

Now, let's address the elephant in the room – Sargassum. While this abundant seaweed holds immense potential as a biostimulant, its use comes with a caveat. Sargassum can accumulate heavy metals and other contaminants from its oceanic journey. So, using the raw biomass that you can find on the beach could do more harm than good. However, with the right extraction methods, these unwanted elements can be effectively removed, rendering Sargassum extracts safe and beneficial for gardening purposes.

Johan van Blerk of Tera Barra reported, "We conducted tests for WWF and STINAPA to assess the impact of incorporating pre-washed sargassum into our compost on various vegetables such as spinach and chard. Regrettably, nutritional analyses revealed significantly elevated levels of arsenic and cadmium in the treated vegetables compared to untreated ones. This suggests that utilizing raw (washed) biomass for agricultural purposes in food

production is not feasible. However, I am keen to delve deeper into investigating the effects of a Sargassum biostimulant without these undesirable elements and to ascertain whether the heavy metal content can be controlled."

Algas Organics from St. Lucia for example is a company that has successfully developed a seaweed biostimulant after several years of research from Sargassum, effectively eliminating these harmful components.

So, how can Bonaire's gardeners harness the power of seaweed biostimulants in their gardens? Incorporating these extracts into your gardening routine is remarkably simple. They can be applied as foliar sprays, root drenches, or incorporated into compost piles to enrich the soil. Whether you're growing vegetables, ornamentals, or fruit trees, seaweed biostimulants offer a versatile and eco-friendly solution to elevate your gardening game.

Beyond their immediate benefits to plants and soil, seaweed biostimulants align with Bonaire's commitment to sustainability and environmental stewardship. By tapping into the natural resources abundant in our marine environment, we reduce our reliance on synthetic inputs and minimize our ecological footprint.

That said, research is still ongoing to determine the most effective solutions for managing the surplus of Sargassum on Bonaire where the entire business model is taken into account. Biostimulants from other seaweed species like *Ascophyllum Nodosum*, *Ecklonia* and *Kappaphycus* are already globally used in agriculture and has proven its efficacy especially in arid environments.

In conclusion, seaweed biostimulants hold tremendous promise for Bonaire gardeners seeking to nurture vibrant, productive gardens. From enriching soil fertility to enhancing plant resilience, these natural elixirs offer a holistic approach to gardening that's both effective and environmentally responsible. So, let's embrace the wonders of the sea and cultivate greener, healthier gardens for generations to come. *Ingrid Jonker-Visman*

Parrots and People Loras Gone Wild

by Mel McCombie

Dushi and Weebo, Echo's resident ambassador Loras, decided that they would forego their ambassadorial duties for a date night out on the island. They hopped into their car, a Cheep Wrangler, and tuned the radio to classic Motown, bobbing their heads as they listened to the Supremes. They thought about the beach, but Dushi forgot her beakini. So how shall we wing it now that we have some down time?



Both were interested in a Pollywood film. Dushi suggested streaming a comedy, like "Look Who's Squawking." Weebo, more a fan of intense classic cinema, voted for Martin Scorsese's masterpiece, "The Godfather." After some negotiation, they settled on a compromise, Ste-

ven Spielberg's ground-breaking saga about a huge marauding parrot, "Claws." When Roy Scheider delivered his famous line, "you're going to need a bigger cage," they cheered. Both found it very henteraining.

Any night out deserves some good food. First, they thought about heading to one of the local pubs, either the Beak and Claw, or Fowl Play. But after thinking about it, they headed to their favorite restaurant, The Green Parrot. Both were feeling peckish, so something robust was in order. Weebo mused about whether the grilled spatchcock-tiel would be enough; Dushi suggested the larger spatchcockatoo instead. When Weebo ordered French fries and caught them mid-air, Dushi said "toucan play at that game" and caught some herself. And though they rarely indulged, both shared a tiny glass of Bexley's Golden Ale, and asked that the total be put on their bill. They finished with strong coffee for the drive home, since neither wanted to be stopped for drinking and driving and end up as jail birds or commit a featheral offense.

By eleven, both were tired but happy. Now it was time to return to their aviary, to bill and coo, to snuggle and preen. It was a great night, and they were now ready to return to their duties.

• https://www.reddit.com/r/parrots/comments/3o58j2/my_parrot_has_a_problem_with_alcohol/

• <https://www.telegraph.co.uk/news/2018/07/05/drunk-seagulls-taken-rspca-centres-drinking-discarded-alcohol/>

• **This one is adults only!** https://www.reddit.com/r/PartyParrot/comments/s98i31/i_guess_they_really_do_hear_everything/



Mel McCombie is a retired professor, and conservation activist, and has lived part-time in Bonaire for 30 years.



We couldn't do International Sports Week on Bonaire without a mountain bike race.

Indebon is sponsoring a challenging route that takes riders from the bottom of Seru Largu to the top and then continuing on north with the tour.

The first rider to reach the summit receives a prize as do each first, second and third rider in each category. Every participant will receive a medalion and can even earn points. The date is Sunday, March 31, 8 a.m. Sign up for the race at Freewieler or at 7:45 prior to start on day of the race.



Search continues for the lost tribe

Two decades ago a Dutch professor was granted a paid sabbatical to search for a rumored lost tribe living in the wild areas of northern Bonaire. He never located the tribe, but the evidence he reported then continues to turn up.

Kunukaros report the frequent disappearance of tools and other useful items from their property. They find clandestine goat traps set in gaps of fences. Remains of their missing goats turn up, slaughtered and left hanging from trees. Their dogs bark at night for unknown reasons.

Even the army has been searching for the lost tribe, though that has been kept secret. Every year a company of soldiers bivouacs on Bonaire for a week and conducts so called "maneuvers" in the bush.

For years the police have been adamant that no lost tribe exists on the island. They blame the depredations on raiding parties from Curaçao.



What's Happening

Animal Shelter: Mon-Fri 11 a.m.-3 p.m. Sat. 11 a.m.-2 p.m. phone/whatsapp: 701 4989 or 717 4989. Email: animalshelterbonaire@gmail.com

Arts & Crafts Market in Wilhelmina Plaza. NEW open Friday nights as well as for the cruise ships (schedule can be found at: <https://www.facebook.com/BonaireArtsandCraftsCruiseMarket/>)

Cultural Park Mangazina di Rei in Rincon: Tues.-Thurs. 8 a.m.-5 p.m. Sat. 8-noon

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

Marshe di Playa Local market Sat. 9-1. Kaya Industria, by Warehouse Supermarket.

Pakus di Pruga (Animal Shelter flea market.): Pakus is closed until we re-build.

Terramar Museum Mon-Fri 9-2. Kaya J.N.E. Isla Riba 3. Admission \$10. Residents \$5. Tours \$20. Children under 12 free. +599 701 4700
<https://www.facebook.com/terramarmuseumbonaire/>

STINAPA headquarters: Mon-Fri 8-4. +599 717 8444. After hours: +599 777 8444.

Washington Slagbaai Park: Open Tues. - Sun.. 8-5 (entry to 2:30 p.m.) \$40 (Free with Nature tag)

Open now to July 2024	Terramar Slavery Exhibition: WE ARE Mon. - Sat. 9 a.m. - 2 p.m.
SACA Art Center Exhibits February, March, April	SACA Art Center Antriol. Kaya Korona 74. Open Wed - Sat. 3 - 10 p.m. http://www.sacabonaire.com Artist Dillon Rannou exhibition Feb. 24 to Apr. 8. Artist Adrie van de Ven exhibition Mar. 16 - Apr. 29 (See below)
Friday, March 29	Motivational talk Ranomi Kromowidjojo, multiple Olympic champion Delfins Beach Resort 7:30 - 8:30 p.m. \$10 You can register in advance at the Aquatics Federation Bonaire: https://forms.office.com/e/3JEcbiWivu
Saturday, March 30	Nos Zjilea Cultural Event 10 a.m.- 3 p.m. Cultural Park Mangazina di Rei, Rincon. Enjoy the music, dancing, crafts, food and drink.
Friday, Sunday & Monday March 29, 31 & April 1	Good Friday, Easter Sunday & Monday. Public holidays. Government offices and many business are closed.
Sunday March 31	Sports Week Funrace See page 13.
March 31 - May 1	35th edition of Dia di Rincon , a national holiday hosted in the heart of Rincon on April 30th. See below and page 15.

Events, Meetings, Sports

12 steps meeting: Wednesdays at Kaya Den Haag 30 in Hato. Meeting starts at 7:15 p.m till 8:30 p.m. Info: 12stepsbonaire@gmail.com

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.

Art Gallery Sobremesa Bonaire View or buy art from Bonaire's local artists. Opening hours are Tue-Fri 2 - 5 p.m. and Sat 11 a.m. - 2 p.m. Abraham Boulevard 10.

Beach Tennis Bonaire Kaminda Djabou (behind Budget Marine). 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 7:30 - 10:30 p.m. All playing levels are welcome. Info: 795-0128 (only whatsapp text messages), bridgeclubbonaire@gmail.com. <https://www.facebook.com/bridgeclubbonaire>

Diver Safety. Presentations with Jason Buttenshaw held the third Sunday of the month 6:30 p.m. at Sugar Thief, 8 Kaya Inglaterra.

Pickleball. Chinese Assoc. Tues. & Thurs 6-8 p.m.; Jong Bonaire Weds 6-8 p.m. this week only; Sand Dollar at Eddy's almost daily 8 a.m. Come join the fun. A sport for all ages.

Racing / Fevering. The Onima fever platform is available every Tues. Thurs. Sat. and Sun. 4 - 7 p.m.

Tennis Lessons for kids age 6 - 12. Free. Will start again April 6. Every Saturday. Courts at Eddy's. Email info@bonairetennisassociation.com. Facebook: <https://www.facebook.com/Bonairetennis/> Paul Ruijs +599 782 4569.



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 - Nicole Pelletier of the Caribbean Islands Manta Conservation. Presentations at 7:30 p.m.: April 1st- Toucan Diving. [Caribbean Islands Manta Conservation facebook](https://www.facebook.com/CaribbeanIslandsMantaConservation/). Email: Caribbean.Islands@mantatrust.org



Reef Renewal Bonaire. Sundays 5:30 p.m. Blennies Restaurant – Buddy Dive Resort. Free. Open to everyone. Want to learn about coral reef restoration on Bonaire? Come listen to a staff member, instructor, or volunteer give an informative presentation about Reef Renewal Foundation Bonaire and the importance of restoring and protecting Bonaire's coral reefs! Questions? email: info@reefrenewalbonaire.org



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

You can help keep Bonaire clean

Saturdays	One Hour Clean up Power. Weekly coastal clean up every Saturday, 9:30 – 10:30 a.m. Location given on FB: https://www.facebook.com/OneHourCleanUpPower/
Sunday, Apr. 7 (changed from the 14th)	Clean Coast Bonaire. 4-6 p.m. Boka Onima. Donate your time. Work as a citizen scientist to collect marine litter & data. https://www.facebook.com/search/top?q=clean%20coast%20bonaire

Coming up

May 23 to June 6	Bonaire Culinaire 15-day spring edition.
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2024 Cruise Ship Schedule

DATE:	CRUISE SHIP	TIME	PIER	CAPACITY
Wed. March 27	RHAPSODY OF THE SEAS	0530-1830	North	2417
Fri. March 29	SEVEN SEAS SPLENDOR	0530-1400	North	754
	CELEBRITY EQUINOX	0630-1700	South	2852
Mon. April 1	STAR CLIPPER	0800-1500	North	180
	AIDAPERLA	0830-1800	South	3286
Tues. April 2	EURODAM	0730-2100	North	2731
	CARNIVAL HORIZON	0900-2300	South	4683
Wed. April 3	RHAPSODY OF THE SEAS	0530-1830	North	2417
	ROTTERDAM	0700-1800	South	2668
Thurs. April 4	CELEBRITY REFLECTION	0800-1700	South	3046
Fri. April 5	NORWEGIAN SKY	0600-1430	North	2480
Sat. April 6	SEABOURN OVATION	0730-2100	North	638
Sun. April 7	CARIBBEAN PRINCESS	0830-1800	North	3622
Tues. April 9	CELEBRITY BEYOND	0730-1500	South	3260
Wed. April 10	RHAPSODY OF THE SEAS	0530-1830	North	2417
Thurs. April 11	NORWEGIAN PRIMA	0830-2200	South	3099

DATE	TIME	ACTIVITY	LOCATION
30 MARCH	18:00 - 22:00	Match Lighting 135 years	Bustu F. G. Janga
1 APRIL	09:00 - 24:00	Simadan di Pastor	Church Garden and Rincon Streets
3 APRIL	20:00 - 24:00	Kanto Krioyo Grandi	Stadion Antonio Trenidat
4 APRIL	20:00 - 24:00	Kanto Krioyo Grandi	Stadion Antonio Trenidat
5 APRIL	19:00 - 24:00	Den Trin	Piedra Pretu
6 APRIL	20:00 - 02:00	Kanto Krioyo Grandi	Stadion Antonio Trenidat
7 APRIL	19:00 - 21:00	Kanto Krioyo Chiki	Stadion Antonio Trenidat
12 APRIL	19:00 - 24:00	Den Trin	Sabana di Museo Chi Chi Tan
14 APRIL	13:00 - 18:00	Mucha Kultural	Plenchi Carmen Goeloe
19 APRIL	19:00 - 24:00	Den Trin	Plenchi Sentebibu
20 APRIL	20:00 - 23:00	Dama Kultural	Stadion Antonio Trenidat
21 APRIL	17:00 - 21:00	Chikitin Krioyo	Stadion Antonio Trenidat
22 APRIL	20:00 - 22:00	Kepa F. G. Janga	Stadion Antonio Trenidat
23 APRIL	18:00 - 21:00	Sena na Mesa Langu Bou di Lus di Luna Yen	Kaya C. D. Christiaan
24 APRIL	16:00 - 20:00	Simadan di Grandinan	Plenchi Carmen Goeloe & in the Streets
25 APRIL	19:00 - 03:00	Ruta di Tradishon	In the Streets
26 APRIL	17:00 - 18:00	Parada di Garoshi	In the Streets
26 APRIL	19:00 - 24:00	Den Trin	Garden of Dori
26 APRIL	22:00 - 03:00	Kings of Krioyo	Plenchi Carmen Goeloe
27 APRIL	04:00 - 07:00	Juvedam	In the Streets
27 APRIL	10:00 - 24:00	Simadan di Shon Cain	Rincon North
28 APRIL	17:00 - 03:00	Topa mi den Cocorebi	Cocorebi
29 APRIL	18:00 - 19:00	Antesala Dia di Rincon	In the Streets
29 APRIL	19:00 - 24:00	Ban Topa Dia di Rincon	In the Streets
29 APRIL	23:00 - 03:00	Fiesta Bailabel	Stadion Antonio Trenidat
30 APRIL	08:00 - 01:00	Dia di Rincon	Rincon
01 MAY	10:00 - 01:00	Saka Raton	In the Streets

Please note that the schedule is subject to changes.

Cultural events related to Dia di Rincon



Dia di Rincon, 2019

dia di Rincon from 7 pm to 12 am, and a party in Stadion Antonio Trenidat from 11 pm to 3 am, all leading to Dia di Rincon on **April 30th**. On **May 1st**, the “Saka Raton” will be in the streets of Rincon to finish all the festivities.

To keep up to date with all the changes and any extra information provided, visit the Dia di Rincon website or follow them on Facebook:

[Dia di Rincon Pagina Oficial](#). TCB

Tourism Corporation Bonaire (TCB) is proud to announce that Rincon will host an abundance of cultural events as the village prepares to celebrate the 35th edition of Dia di Rincon, a national holiday hosted in the heart of Rincon. This amazing line-up starts on March 30th and ends on May 1st.

On **March 30th**, the 35th anniversary of this celebration, the “Sende Mecha” ceremony will kick off. After the flag is raised next to the Catholic Church, there will be music and people gathering around the Bustu F. G. Janga between 6 pm and 10 pm.

“Simadan di Pastor” is the next event, on **April 1st** in the Catholic church garden with a short parade. This is done to thank God for the harvest and to create an opportunity to donate consumption items to the church. As a result, the church will later donate these items to lower-income family households in Rincon.

Next, there will be the “Festival Kanto Krioyo”, a singing competition for local artists to come up with a new song and compete to have their song as the song of the year for the cultural events. The adult competition spans three days at Stadion Antonio Trenidat from 8 pm to 12 am, on **April 3rd and 4th** and from 8 pm to 2 am

on finale night, **April 6th**. The children’s competition is on **April 7th** from 7 pm to 9 pm at Stadion Antonio Trenidat.

Throughout the month, there will be several “Den Trin”, pop-up events with music and food where people gather to warm up for Dia di Rincon, from 7 pm to 12 am, hosted around Rincon. They will start on **April 5th** at Piedra Pretu, then **April 12th** next to Museo Chi Chi Tan, then **April 19th** at Plenchi Sentebibu, and **April 26th** at Kura di Dòri.

Pageants that focus on culture include the “Mucha Kultural” on **April 14th** from 1 pm to 6 pm at Plenchi Carmen Goeloe, the “Dama Kultural” on **April 20th** from 8 pm to 11 pm at Stadion Antonio Trenidat, and the “Chikitin Krioyo” on **April 21st** from 5 pm to 9 pm at Stadion Antonio Trenidat.

On **April 23rd** Posada Para Mira is organizing a 5-course traditional dinner from 6 pm to 9 pm in Kaya Cornelis D. Cristian, at a long table under the moonlight catered by Rincon chefs with local ingredients. Tickets are 100 dollars, and there is a capacity for 300 people. For more information on the event, visit the event page on Facebook.

Parades will be clustered at the end of the month, starting on **April 24th** with

“Simadan di nos Grandinan”, the parade dedicated to the elderly folks of Rincon from 4 pm to 8 pm in Plenchi Carmen Goeloe and the main streets of Rincon. “Ruta di Tradishon”, an accumulation of habits from the past with roots in Rincon, on **April 25th** from 7 pm to 3 am in the streets of Rincon. On **April 26th** there will be “Parada di Garoshi” in the streets of Rincon from 5 pm to 7 pm, followed by “Juvedam” from 4 am to 7 am on **April 27th** and Simadan di Shon Cain later that day from 10 am to 12 am in the Northern part of Rincon.

There will also be a soccer championship dedicated to the F.G. Janga, in which local teams will participate to win the F.G. Janga Cup. The final will be **April 22nd** from 8 pm to 10 pm at Stadion Antonio Trenidat.

Closer to the big day, there will be several parties and gatherings in Rincon, including Kings of Krioyo, where the local talents get to shine and play local music the entire night on **April 26th** from 10 pm to 3 am at Plenchi Carmen Goeloe. With Topa mi den Cocorobi taking place from 5 pm to 3 am in Cocorobi on **April 28th**.

April 29th, the eve of Dia di Rincon, there will be Antesala Dia di Rincon from 4 pm to 7 pm, followed by Ban topa

COMING MARCH 30

Nos Zjilea-The Special Bonairean Nubian Donkeys

Donkeys have been living on Bonaire for hundreds of years, originally brought over by the Spaniards in the 16th century. They were especially useful for work in the salt flats during the period of slavery because of their strength and amazing memory. After a few trips up and down the same route, they could be counted on to deliver their load of salt and return for another. After this period the donkeys continued to be used as beast of burden by the people on Bonaire. Once modern transport made its entry they were left free in the wild. The Bonairean donkeys are a breed of the Nubian wild ass (Equus asinus africanus) and today form part of the unique Bonairean heritage.

This Saturday, March 30th, ‘Nos Zjilea’ at the Cultural Park Mangazina di Rei will present “The Special Bonairean Nubian Donkeys”. Beginning at 9 a.m. Mangazina di Rei’s Talento Kultural initiative by kids and advisors will present the podcast ‘Butishi.’ The podcast will explain what you can learn and do in the Talento Kultural program. We will also talk with guests Al Catalfumo and Michael Obersi of the Bonaire Donkey Protection League Foundation (BDPLF). They will discuss the importance of the Bonairean Donkey and BDPLF’s main goals in the future. The podcast will be broadcast via Facebook, YouTube, Radio Voz di Boneiru 94.7 FM, and on MiTV Telbo Channel 74 VdB TV.

Uncle “Boei” Frans, was taught by his father and grandfather to care for donkeys. He will share what makes the Bonaire donkey unique and what they need to survive in nature. Next up, senior ranger at Washington Slagbaai National

Park (WSNP) George “Kultura” Thode will speak about the importance of the donkey in nature and their contributions to development over the centuries. And the BDPLF will explain what we can do so the donkeys aren’t a disturbance, have enough space to live and contribute to the tourism economy of Bonaire.

The book “Papiamentu Pika” by the Papiamentu Academy has received a lot of attention due to what we classify as ‘bad, vulgar, or indecent words, but are nevertheless a part of our language. Come and enjoy a moment with our spicy language. As part of the audience you can join in to read different interesting sections from the book.

The language Papiamentu is widely spoken but sometimes when you do not know a word in the language you use an English or a Dutch word. To stimulate the speaking of the language Papiamentu, Mangazina di Rei with Akademia

**SEE, FEEL & TASTE
THE CULTURE OF BONAIRE**

**Theme of the month:
“The Special Bonairean
Nubian Donkeys”**

**Celebrating 10 years
of Nos Zjilea together!**

**Music by
Local bands:
• Farley’s Entertainment
• Tutti Frutti Band**

**Saturday, march 30th from 10:00 a.m.
to 3:00 p.m. at our cultural park on the
east side road of the valley of Rincon**

**Free
Entrance**

Papiamentu will once again have another round of the “Papiamentu Challenge”. The person who can talk about a certain topic without using words of another language will win a copy of “Papiamentu Pika”.

As always Nos Zjilea will feature the best local fresh food, homemade juices, delicacies and local art. The kitchen opens at 10 a.m. with a wide variety of soups, local Creole dishes and a delicious grill. Live entertainment is always

on the schedule and this week “Farley’s Entertainment” and “Tutti Frutti” are featured.

Experience ‘Nos Zjilea’, on March 30 from 10 a.m. to 3 p.m. at Cultural Park Mangazina di Rei. It doesn’t get more local than this and it’s free. For more information, visit Mangazina di Rei’s Facebook fan page,

www.facebook.com/mangazinadirei

Izain Mercera

Creating Optimal Health

by Irene da Cunda Costa

More benefits of giving your digestive system a little rest

Imagine over 20 thousand years ago the life of a hunter gatherer. He or she woke up, opened the fridge and grabbed some breakfast.... not really. After a good night's sleep, the mission was to collect food for themselves and for the children. So before having a bite, hunter gatherers had to exercise on an empty stomach. The story goes like this: hormones have cycles, so around 4-4:30 a.m. the levels of growth hormone and noradrenaline increase, these hormones activate the body for the day ahead. They stimulate the liver to pump out some of the stored glycogen and turn it into glucose to get the energy to start the day. This gave the hunter gatherers the surge of energy needed to go search for food. Our environment changed, but in evolutionary terms, we are a few seconds away from those hunter gatherers and our wiring remains the same. Hence, there is no biological need to shuffle food in our mouth right after we wake up.

Our body has two energy systems, one that uses glucose and one that uses fat. In order to use glucose as a source of energy, the body increases the levels of insulin. This is important to know, because there are some diseases associated with high insulin like cancer, type 2 diabetes, heart disease, Alzheimer, stroke, gout, and high blood pressure. The fat burning system doesn't need insulin. Fat burning starts after a period of fasting. While in fat burning mode, many healing processes are started. The longer you stay in a fasting state, different healing mechanisms start up, and as stated many times in my articles, the poison is in the dose. In this case, it means that there are time frames to do this properly.

Dr. Mindi Pelz, chiropractor and women's health expert, brings fasting as a healing tool that anyone can afford. In her book, *Fast like a Girl*, Pelz addresses the importance of hormonal cycles when starting a fasting life style. I will go into more detail about this in my next article.

Pelz describes six different types of fasting, each with a different purpose.

Everyday intermittent fasting is the most popular one, where you eat during a window of 8 to 10 hours and fast 14 to 16 hours. Glucose levels come down, insulin levels come down, inflammation comes down and growth hormone goes up and we start to see some autophagy. Autophagy gets rid of old cellular ma-

chinery that is not working fine and replacing it with better parts. Autophagy is the internal repair system of the body. In 2016 Yoshinori Ohsumi, won the Nobel prize in Medicine for describing what he called the intracellular recycling system or autophagy.

From 17 hours to 24 hours there is more autophagy increasing the killing and replacement of faulty cells. This is good to prevent diseases like cancer which start with a cell that goes wacko and it is not neutralized by our immune system.

Around 24 hours the gut microbiome starts to repair. That is when intestinal stem cells in the gut lining start to reproduce repairing dysfunctional tissue and replacing bad microbiome. Gut bacteria needs the help of a fasted state to thrive.

A 36 hours fast is long enough for the body to start burning excess fat stored in your body. So, if you want to lose weight, you might want to introduce a regular 36 hour fasting every once and awhile.

At 48 hours the dopamine system reboots so new dopamine receptors would emerge, that will help you enjoy food more once you start eating again. This will also enhance your mood and energy.

A 72-hour fast reboots the whole immune system. Dr Valter Longo is an American doctor who works with patients that were receiving chemotherapy, which is known for decimating an immune system. He found that after 72 hours of fasting the immune was fully reset as the bad white blood cells were replaced with fresh ones.

I will deliver one more article about fasting with some specific information on how to fast like a woman along with the contraindications and something very important, how to break the fast to reap more benefits.



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.

Make Bonaire Accessible

by Ria Evers-Dokter



MiVaBo and Bon Doet volunteers do it

When you are young, you barely realize that you are missing out on something. But when you are an elderly; you know these absences as a fact. There are so many things you could do, get accomplished or get done, but now you don't have the means or funds or people to help you.

Last year MiVaBo organized such a successful morning at Sorobon for the elderly, with awesome beach wheelchairs during Bon Doet, it was clear that the activity should be offered again.

This time a group of elderly from Rincon were selected, with help of Grupo 60+. There was also a small group of elderly from Nort di Salinja who participated. They had joined last year and were very happy to be our guests once more.

Because of the oilspill-problems, we had to choose another location other than Sorobon. But that did not cause any problems at all. We picked the lagoon of Ocean Oasis. Safety is a big issue when swimming with elderly and especially people you do not know. And this location was perfect for the group. The lagoon is not deep and you can walk in safely. Five beach wheelchairs were available for those who could not walk or were afraid to walk. Ingrid Havermans happily donated her time, her expertise and her special chairs. The other beach-wheelchairs were borrowed from Indebon. And of course, RoRo was very helpful again with the transportation of the chairs, as always.

Bon Doet sent a team of 10 youngsters from M.B.O. as volunteers.

Of course there were nice snacks and drinks, a staff member of Ocean Oasis came and brought us a treat, a delicious watermelon. Plus, a group of school children brought us homemade sweets, delicious cold drinks and a hand painted thank you note.

Before entering the sea, Ingrid Havermans gave clear instructions and explained

nations which were very important. She re-enforced this "knowledge" and everybody took off with two volunteers per one elderly.

Being in the water, with great weather, everybody had great fun. At first the M.B.O.ers were a bit shy, but that changed fast. Water connects people. You are all the same when being in the water. It makes you happy and you don't want to leave the nice spot you are in.

The activity we organized is a very special one. It is not seen very often and it did not take very long for us to get a large group of tourists watching us. Artie de Vries and Emma Groeneveld, MiVaBo board members, gladly explained and answered all questions.

This special activity took place because of the program "Bon Doet." And because of these successful activities, Ingrid Havermans wants to offer regular activities for the elderly or those with a handicap. We will keep you posted, so you won't miss out.

MiVaBo wants to thank everybody involved in this specific project.



Ria Dokter is living happily on Bonaire, where she also used to work as a director at 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.



See you at Nos Zjilea, Saturday, March 30 to learn more about Bonaire's donkeys.

Piss and Vinegar

by Gijs Borsten

I. FXSTB

When we first came to Bonaire in 2004, we decided to bring my girlfriend's 1997 H-D Bad Boy. It had abundantly proven its reliability on Europe's roads, from Estonia to Portugal, and from the UK to Greece, and it still looked like new.

After its arrival in early 2005, the bike was registered by Orlando, Bonaire's then (and still) Head of Harleys. The bike appeared to be the 72nd Harley on the island, a staggering number, considering Bonaire's population of about 13,000 at that time, meaning there was one Harley for every 180 residents, a stupendously high number for a small island.

Bonaire then counted one (1) club for motorcycle aficionados, the Bonaire Bikers MC, with a clubhouse above Orlando's Harley shop on Kaya Grandi, momentarily occupied – ironically - by a Japanese restaurant. Life was beautiful, back then, the island being lulled to sleep on a regular basis by the quiet rumble of our Harleys.

It was, as you might understand, way before the advent of the rice burners and their riders (who probably still had to be born), thinking it's great – apparently – to rev their bikes right into the limiter – BWAWAWAWA-WA. Keep on doing that, guys, your engines love it – and scare the shit out of innocent tourists witnessing the spectacle.

I realize Bonaire is as dead boring for kids now as it was then for us, and I understand making some noise might bring some excitement in your life. Our love for motorcycles was reflected differently, however.

Back then, to relieve boredom, not being able to make the long trips the Harleys were made for, we simply pampered them. In order to make them look as pristine, as special as possible, we painted, polished, and ordered the shiniest and sleekest accessories we could find. Looking like that, on the road, we didn't have to make a lot of noise to draw the attention of either tourists or residents. The sheer appearance of the bikes did the work.

The attitude of the new kids towards motorcycles has changed. They're not interested in a shiny appearance or a dark, low pitch rumble. They want to look menacing, and scare the shit out of people, revving their mufflerless engines, and burning up a \$400 tire in a matter of minutes.

When will downtown Playa be declared off limits for tourists by the travel agencies because of the intimidating atmosphere? Tomorrow? Bonaire's reputation's going down the drain...

II. Animal Abuse

Along with the influx of immigrants from the European Netherlands, a number of their national virtues is imported on Bonaire, becoming, gradually, an integral part of island life.

The traditions they introduce, all seem to have, as a generic quality, a certain amount of insolence in common, making rudeness one of the principal export products of Motherland. Not cheese, not tulips: pointlessly behaving as ill-bred as*holes is their main product.

Imagine a bunch of construction workers after working hours, terrorizing any snek they can find, indulging in some kind of stupid card game, burping and farting unboundedly, 'talking' loudly in an accent revealing their rustic origins, thus ruining the usually quiet atmosphere of the place in a hundred-yard radius.

Or imagine the little men in their enormous (and generally overloaded with tacky accessories) cars – of the kind they couldn't afford in Motherland – showing off their smugness by tailgating everyone having the guts not to move out of the way on their approach.

Or imagine the suntanned, loud-mouthed couples ransacking the local supermarkets, wanting to let everybody know how absolutely assimilated they are as citizens of Bonaire. Great. Congrats.

Asking Motherlandish immigrants why they're acting as they do, they themselves attribute their behavior to their 'directness'. Their habit to blatantly say whatever crosses their minds without involving any intellectually excited reflection, assuming everybody understands, or is able to accept, why they're so abusive.

Paradoxically, back home, they primarily demand from their own immigrants to adapt, and to adopt Motherland's 'culture', which, objectively considered, isn't more than a set of folkloric, historicizing delusions.

One of the latest travesties that has been imported to Bonaire, is 'Puppy Yoga' (Yoga WITH puppies, not yoga FOR puppies, which would have been a more valuable contribution to Bonaire's dogs' wellbeing). It's a fresh attempt to satisfy the unsaturable grittiness – OK, let's call it 'attempted mindfulness' - of blasé Motherland's Millennial chicks.

The label 'chicks,' BTW, may sound derogatory in this egalitarian world. I'm convinced, however, that it contains the exact amount of disdain necessary to express my abhorrence of their activities. Get a life. Puppy Yoga.

Apparently, for them, a fully satisfactory yoga experience can only be achieved by ripping puppies out of their habitat, depriving them of a chance to grow up normally, and overdose them on cheap perfumes.

In the name of collective Puppydom, I beg you to stop whatever you're doing to them. Pretend you're a normal, responsible and sane human being, NOT exploiting innocent creatures for your own pleasure.

If your life feels unfulfilling, just start smoking pot or swallowing pills, instead of depriving innocent dog-babies of their sleep and a normal life. Ever realized where using little puppies in yoga classes ends, and where animal abuse begins? To find out, maybe you should start a class of Baby Yoga, not for, but with babies, using your own spawn as target practice. That would be a great idea, wouldn't it?

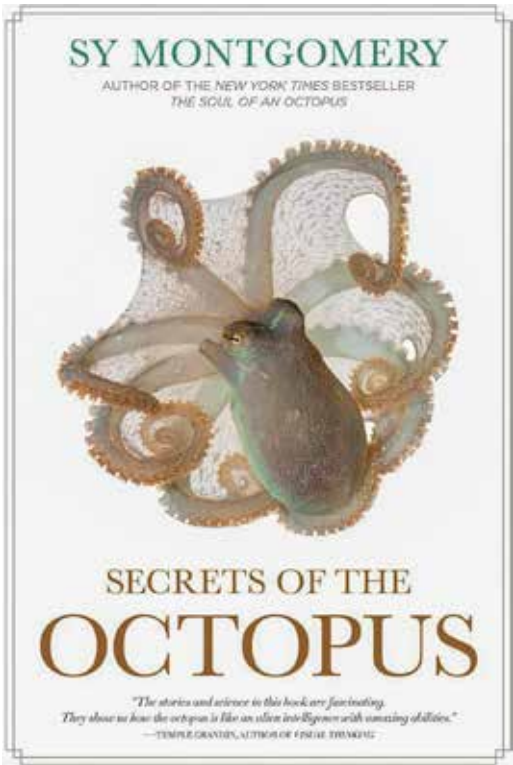
And, BTW: who the hell supplied the dogs?



Gijs, originally from Leiden (NL), has been living on and off on Bonaire for about twenty years. He has no clear focus, and loves to be surprised by actors in politics and administration. Originally into The Fine Arts, then a career in (forensic) accounting, then a PhD in German Philology. Currently retired.

Buckley's Books

by George Buckley



Sy Montgomery's new book, 'Secrets of the Octopus' is now available at local book stores and online. Her earlier octopus work, 'Soul of an Octopus' was a New York Times Bestseller and her newest book looks to be a sure smash hit.

With stunning images by National Geographic photographers, Sy takes you on a deep dive into the life of the octopus, a gelatinous Cephalopod mollusk. With a brain that occupies most of the body, not just the head, it is clearly the smartest of all invertebrates and their intelligence is thought to surpass that of most land animals. Able to solve puzzles, learn and change color over 150 times an hour, octopus can also assume dozens of shapes and textures.

Known as 'the octopus whisperer', Sy Montgomery writes story after story after story of octopus reaching out to interact with humans. You will be introduced into no less than sixteen varieties of octopus, including the coconut, dumbo and wunderpus to name but a few. You will meet the aquarists who care for octopus in captivity, the scientists who do octopus research and learn about their discoveries and the efforts of others to protect octopus populations and their habitats.

Sy provides many examples of octopus collaboration and cooperation, introduces OCTOPOLIS and other octopus colonies where several octopus have taken up

residence. You will learn about chromatophores used to rapidly change color, how octopus move with stealth and with speed, how they reproduce and the great sacrifices made by mother octopus. In short, you will become an octopus expert, all knowing about what we know about them but realizing that there is so much more to learn from these 'magical marine beings' as Sy called them.

'Secrets of the Octopus' is the foundation for a series of National Geographic specials about octopus. The first installment of 'SECRETS of the OCTOPUS - SHAPE SHIFTERS' is a wonderful Earth Day present that will premier on April 21.



George Buckley has been coming to Bonaire since 1976, working with Captain Don (who called him CLAM for his work with mollusks), Hendrik Wuyts and others on environmental and educational projects and films. He has led over 100 study groups to Bonaire with many of his students returning often. Semi-retired from decades of teaching Environmental Management and leading an active graduate program in Sustainability, he now works with many environmental groups and as an environmental consultant.

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BONAIRE

Pet of the Week Valentino



Our cat of the week is Valentino! Valentino is a gorgeous, three year old male black and white cat. Valentino came to the shelter when he was about 8 weeks old. I don't know much about his history and how he came to be at the Animal Shelter Bonaire but I do know he is friendly and loves to be touched and petted.

When I enter the room where Valentino lives he comes right to me and wants attention. He is an older cat and may not be as playful as a kitten but he does like attention and will chase a toy if you play with him.

When you come to the Animal Shelter Bonaire to meet him you may find him lying around with other cats and enjoying some relaxation time. Please don't be shy, approach him and he will look for you to reach out and pet him and then you will be friends forever.

Come meet Valentino so he can find his forever home! Valentino is sterilized and has tested negative for feline leukemia and FIV.

Photo/story: Amy Bowen

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

Trail Builder leaves Bonaire



Bonaire's mountain bikers are sad to say goodbye to the trail builder of all the island's mountain bike trails, Sven Peerdeman. He created cycle paths in the middle of the muni and in kunuku areas from what was once no more than goat trails, giving access to the most beautiful places on the island. On occasion he received help from friends in the most impassable terrains where they had to cut through with shears. The trails now are frequented not only by mountain bikers but also by hikers.

Of course all paths had to have a name and the Donkey Kong trail is one of them. As a reminder of his hard work, the Bonaire Baiskel Klub (Bonaire Bicycle Club) posted a sign on that trail in honor of Sven and gave him his own sign.

Now that Sven has left the island, it is up to the Club to keep the trails passable and find and create new ones. Sven returned to the Netherlands with his family to continue working for the future.

Story Frank Böhm. Photo Mark Hol

Animal Shelter News



Bon Doet at Bonaire Animal Shelter

The 13th edition of Bon Doet took place on Saturday, March 16. A motivated group of volunteers put in a lot of effort at the Animal Shelter this year. The volunteers helped with painting the office and also tidied up the property. They helped with yard work, they removed weeds, thorny trees and scrubs and planted new flowers and plants. The grounds and kennels have also been provided with new gravel. The Animal Shelter is extremely grateful to the volunteers and Bon Doet for their hard work and would like to thank everyone who was involved.

Looking for year-round volunteers

The Animal Shelter is looking for volunteers to help year round with overall maintenance and landscape work. Are you interested in helping with your handy skills? Call (+599-7174989) or email us at animalshelterbonaire@gmail.com. Next to overall maintenance the shelter is always looking for volunteers to help take care and give love to the cats and dogs. Volunteers take dogs for walks, cuddle and play with the cats and dogs and help clean the kennels. If you're interested feel free to email or call us, or pass by at the Animal Shelter at Kaminda Lagoen 26. A few hours of your time can make a big difference for our animals. *Amber Jasperse*

BISC - advancing young chess players

BJSC, Bonaire's youth chess club, headed up by trainer and instructor Serapio Pop, has been busy. Ten students recently passed the exam to receive their pawn certificates in chess: Derek Bailon, Daniel Fernandez, Xiano Willem, Lisa, Minelly Wu, Jeronimo Lont, Amaris Djojopawiro, Keilani Bernabela, Matthew Wu with best performance by Klayvin Erpinal.

A recent Aruba tournament yielded ABC certificates and more honors for the students; Minelly Wu - U12 champion, Amaris Djojopawiro - third place U12 and Daniel Fernandez - third place U10.

On March 22, Pop's students were involved in the course, Train the Trainer, sponsored by Indebon. Pop explained that the idea is to help the children learn to play more proficiently. Henk van den



BJSC award winners at Aruba tournament with instructor Serapio Pop and L-R Minelly Wu, Amaris Djojopawiro and Daniel Fernandez. Photo Julie Morgan



Henk van den Bos plays chess with 12 students simultaneously in the Train the Trainer course. Photo Julie Morgan

Bos played 12 students simultaneously. On the 23rd, van den Bos evaluated the students and explained their mistakes and the theory of chess.

Parents were allowed to observe on Day One and participate in games on Day Two.

Parent Igemar Djojopawiro whose 12 year old daughter has been playing chess

for five years with instructor Pop said, "I'm going to play a little bit. She's been playing and really likes it so I thought I should see what it is all about."

Serapio Pop founded the youth chess club in 1988 and is an avid chess player. For more information about the club contact Serapio Pop at 796-9660 or Charles Lont at 701-8000.

Story / photos Julie Morgan



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