

FREE



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SCTLD coordinator Jeannie Toy applies antibiotic to an infected coral
Photo by Julie Morgan

Volunteer SCTLD treatment on Bonaire corals begins

In the last 10 years, from Florida through the Caribbean, coral reefs have taken a major hit from coral diseases.

Reef Resilience Network says coral disease research blames climate warming and other stressors: land-based pollution, sedimentation, overfishing and human use. While scientists are still learning, to date they say the most infectious coral diseases are caused by bacteria.

Bonaire joined the list of islands affected by Stony Coral Tissue Disease (SCTLD) last year. STINAPA moved to try and prevent the spread by closing dive sites, setting up stations and procedures to disinfect gear, and implementing the 'stoplight' system for diving and snorkeling: don't dive in a healthy (green) area after a dive in an infected (red or orange) one. A SCTLD high-low risk map of sites was used as the stoplight guide.

Taking cues from other islands by investigating their experiences and successes, STINAPA decided on an antibiotic treatment plan for the infected corals in the summer of 2023. Unfortunately, this undertaking had to be approved by the Netherlands and Bonaire didn't receive the green light until winter.

A volunteer treatment program was launched for SCTLD and training began on March 9-10 for 24 divers. They were put to work immediately under SCTLD coordinator Jeannine Toy, dive instructor at Carib Inn, and former pharmaceutical biologist and STINAPA's senior conservation manager and marine biologist, Roxanne Fran-

cisca. Toy is responsible for mixing up the antibiotic treatment, a mix of powdered amoxicillin and Ocean Alchemist organic paste that breaks down in water. The mix is time released over three days and requires refrigeration.

Eight sites are currently under treatment: Playa Benge, Queen Maxima Reserve, Candyland, King William-Alexander Reserve, Oil Slick, Calabas, Margate Bay and Red Slave.

Five main corals are treated including pillar coral, but it's difficult to treat. Concentration is on brain corals: grooved, symmetrical, boulder and Great Star coral, that are much more resilient against SCTLD. Divers treat the coral, then monitor it for effectiveness.

Toy explained that 50% of the time the disease broke through and divers applied spot treatments. On the second treatment, 85-90% of the corals will stop showing active SCTLD.

Currently, each dive is with four volunteers supervised by Toy or Francisca. They treat approximately 20-30 corals per dive six days a week. Supervision will continue for the first three to four weeks or until the divers feel confident and can proficiently do the dives on their own. The volunteer divers must have good buoyancy, identify the corals and know which ones to apply the antibiotic and how. The antibiotic will remain under the control of STINAPA as it has to be monitored by the Netherlands.

For the most part, treatment is given to the larger and more resilient corals in the 18m (60ft) and above range.

Toy said, "We are looking for the larger ones as they will spawn more and are more resilient and have the genes we want to spread. The treatments will continue until we see if the corals spawn which will probably be in August. We have to wait and see. The whole point is to see if the treated corals spawn."

STINAPA will expand the treatments to more sites and enlist more volunteers in early May or three months following an evaluation of the program. With more volunteers, more data can be collected: how many corals were treated, depth, number of treatments, if the antibiotics worked or if the coral died.

Julie Morgan



(L) Grooved brain coral that has just been treated with antibiotic.
(R) A couple weeks later the disease is inactive. Photos Jeannine Toy

What freedom of the press means in Bonaire's democracy Two official interpretations

**On September 1, 2019,
a press release from the OLB said:**

“The Executive Council of the Public Body recognizes that a probing and free press is one of the cornerstones of our democracy. It acknowledges that the press keeps the public informed about events and issues that are important to the island, and, when needed, asks questions that those in authority sometimes would prefer not to answer.”

**On April 7, 2024, a press release
from the OLB said (entire quote, unedited):**

“Freedom of speech and a free press are two foundations of democracy. The Island Council has noted with increasing concern a stream of messages reaching the island, especially via a personal weblog, via social media and via the only local newspaper. Many of these publications appear to be based on information that comes directly from the apparatus of the public body of Bonaire, or from circles in and around the island government.

“It is not the first time that the people of Bonaire have been confronted with reporting that often turns out to be incorrect, incom-

plete or misleading. Bonaire has no public media like in the European Netherlands; all media companies based on the island are commercial. Much of the reporting seems to be driven by political and business interests.

“This media climate is a danger to democracy, disadvantages voters, is a threat to the good governance of the island and constitutes an attack on confidence in the island government, whether it concerns the Island Council, the Executive Council or the Governor, or the main offices associated with the island government, the Island Secretary of Bonaire and Island Registrar of Bonaire.

“The Island Registrar a.i. Mr. Arjen de Wolff has now filed a report with the Public Prosecution Service in a personal capacity against several specific individuals.

“After consultation with the Governor, the Island Council and the Governor have decided to initiate a formal investigation into the course of events, which may involve the use of the National Criminal Investigation Department. It is absolutely necessary for the resilience of our democracy, confidence in the island government and the civil service, good governance and a Bonaire that consists of good, pluralistic and correctly informed, critical voters, that these practices are put to a quick and decisive end. made [sic].”

De Wolff reportedly gains access to Island Council email

According to the well-informed source, *Dossier Koninkrijksrelaties* (<https://dossierkoninkrijksrelaties.nl>): “Interim Registrar Arjen de Wolff has gained access to the individual email accounts of members of the Island Council and civil servants. De Wolff admits to ‘tapping,’ but claims that those involved requested it themselves. However, Island Council members strongly contradict this.

Dossier Koninkrijksrelaties further reported:

“Correspondence released by a concerned whistleblower shows that De Wolff instructed IT employees of the OLB in October to ensure that he has access to the log files of the digital mailboxes of politicians and staff of the registry. When the *Dossier Koninkrijksrelaties* asks him about this, the interim clerk explains that he did this to prevent unauthorized persons from breaking into the mailboxes. That argument cannot be found in the leaked emails.

“When asked by a colleague whether he also wanted access to the log files of the Executive Council, De Wolff replied: ‘ER, that is sufficient.’ He received an explicit warning from another that investigating log files of island council members is not possible without the governor being informed. De Wolff is also not deterred by the advice of an external IT expert to inform the Public Prosecution Service. Shortly afterwards, he reported that he had “mandated employees to take a look at the log files of the mailboxes of a number of council members and clerks.” *Kingdom Relations File (Dossier Koninkrijksrelaties)*

De Wolff denies malfeasance

Dossier Koninkrijksrelaties has published a story accusing Arjen de Wolff of illicitly, perhaps illegally, accessing Island Council emails. When Rene Zwart of *Dossier Koninkrijksrelaties* invited de Wolff to respond to the story, de Wolff strongly defended his actions in a “comprehensive response.”

De Wolff summed up his position: “It is not about ‘tapping,’ it is about preventing tapping at the request of users themselves. If a councilor or island clerk suspects that unauthorized persons have access to his or her email inbox, it can be determined quite precisely whether they themselves or a third party are gaining access to their information. The Island Registrar must also ensure the confidentiality of the information position of council members.”

De Wolff also said to Zwart, “Your obsession with my person is beginning to show characteristics of hysterical delusions and your remarkable behavior raises the question of what cause drives this behavior: medical, or business, or some other cause.” He further insisted Zwart include that quote in any further public discussion of the matter. *DMR*

New environmental regulations now coming into effect

To better protect nature and environment in the Caribbean Netherlands, The Hague has passed two new sets of environmental regulations: the BES Establishments and Activities Decree, and the BES Housing, Urban Planning and Environmental Management Act. The regulations apply to companies, governments and related organisations Both are being phased in as of April 1.

The IAB BES imposes a duty of care on every company to deal responsibly with waste, waste water and the environment, including noise or vibrations. It requires the Executive Councils of Bonaire, Saba and St. Eustatius to establish a monitoring and enforcement policy and to report annually the achievement of the selected objectives and priorities to the Island Councils and the Secretary of State for Infrastructure and Water Management.

The IAB BES differentiates companies based on their environmental impact. General regulations apply to companies that have a low to moderate impact on the environment. They include garages, resorts and construction companies.

Companies with higher environmental impacts, such as landfills and rock crushers, will be required under the IAB BES to apply for environmental permits.

A number of rules will protect the fragile marine environment. For example, untreated sewage may not be discharged into the sea. New activities near sensitive natural habitats will be subject to environmental impact assessment (EIA) requirements. There will also be modern and enforceable environmental regulations for businesses on the islands. *DMR*

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**Earth Day
April 22, 2024**

What is environmentally friendly, uses no fuel, is air pollution free and yet you can fly like the wind? A Blokart

Bonaire Landsailing is launching the name of their new club, the Flamingo Flamingos Blokart Club at the North American Open and the World Championships both held at Ivanpah dry lake in Las Vegas April 2 – 12.

Andrew Sands, Bonaire Landsailing owner, and Lennart Felida, employee at Bonaire Landsailing, are competing at the two events. Back in 2016, Sands won fifth place in the World Championship at Ivanpah. And on Felida's first time out of the Caribbean he placed fourth in the European Open in Wales.

Wife and partner in Bonaire Landsailing, Donna Hudgeon, explained the Blokart competitions have two weight classes and two divisions: Performance and Production Blokarts. Production karts come directly from the factory as is while a Performance kart is the souped-up version with really good structure.

Before any competition the kart is weighed as well as the pilot. The pilot's body weight determines the division of lightweight, mediumweight, heavyweight or super heavy weight. There are no women, men or age distinctions in Blokart racing. Even wheelchair bound racers compete as the kart is hand steered. Blokart racing is one of the only sports where everyone competes at a world class level.

According to Hudgeon, Blokart pilots who have a lot of experience in core sailing skills

Flamingo Flamingos fly in Vegas



(L-R) Lennart Felida and Andrew Sands

excel. The pilots who transfer from water sailing to a Blokart always rank really well. People who compete on the water understand the right of way rules so they can transfer those skills. They know when to go fast and how close to the wind they can sail.

Any Landsailing, whether for sport or racing, requires a minimum of 7 knots to sail with - the ideal being 12-13 knots. Bonaire has 12-13 knots 330 days of the year and that is what makes the island perfect for the sport.

At Landsailing Bonaire, sailors can expect to go anywhere from 10 – 50 kph hour

depending on the wind and experience. The world record for Blokart professional racing is 125 kph (77mph).

Hudgeon said, "It's an exhilarating feeling because you feel like you're going faster than you really are because you sit so close to the ground (about 6 inches)."

The new Flamingo Flamingo Club is not a part of Landsailing Bonaire. The club is still being organized but the plans are to offer training, teach the rules, host workshops and set up mini-regattas at Tras di Montana to raise money so landsailers can buy their own karts.

Hudgeon said, "We hope to host events here and compete in other places. The World is every two years and in the off years we can hold a Caribbean Open Championship."

The Flamingo Flamingos competed against 92 racers in the North American Open which ended April 8. Cold weather of 3 – 23° and 5-20 knots of wind allowed for the running of only four races with Sands taking 8th place and Felida 18th.

Better racing conditions are predicted for the 105 racers from 12 countries in the World Championship April 9 – 12.

Story Julie Morgan



FOR SALE! Kaya Aurora 2 Cozy Family Home



- Location: Antriol
- Lot size : 393 m2 / 4230 sq. ft. lease land
- 2 bedrooms / 2 bathrooms / laundry room



- Spacious open living/dining/kitchen
- Foundation for pool already in place
- Centrally located



Asking price \$355,000 US Dollar

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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.



The importance of fact-checking

In reference to the article in "Piss and Vinegar" written by Gijs Borsten titled *Animal Abuse*.

We urge you to fact check before writing such a cruel and damaging opinion. Puppy Wellness was a fundraising event to benefit FKK. Both the Yoga community and FKK worked tirelessly to provide a safe, educational, playful event.

Last Tuesday, I went to FKK to give Peter an envelope with \$500. The money came from an event held on the 17th of March "Puppy Wellness - a fundraiser for the animals of Bonaire." ALL the money collected via the event went to FKK. Nobody was paid to organise, host and help at the event.

More than half of the students who joined the event are regular students. They came to their regular Yoga class the same week and the week after. Nobody expected a satisfactory Yoga session but a kind moment shared with animals in need.

Where did the puppies come from?

From the street. The moms are often thrown on the street when they get pregnant. Or they already live on the street and are not nurtured. They are collected by FKK, mums and puppies, often in a poor shape, malnourished, sick, full of ticks and without a loving home. When they are lucky, they get adopted. Sometimes on the island, sometimes in the Netherlands.

In the meantime, they live in a kennel, at FKK. They have space, they have food, they have toys and they live with other dogs. But, there are too many dogs to take everyone out for a walk every day, or even to make sure each of them gets plenty of attention, cuddles, play etc... Peter, Isa and the volunteers do their best, but their hands are full!

On Sunday March 17th, myself and 2 other volunteers, including a vet from the island who checks on the puppies weekly, went to collect 10 puppies from FKK. We checked each one of them, their health, their behaviour, are they looking for interaction, etc... Under the supervision of Peter of course.

During the session with participants, 3 volunteers were supervising the room the entire time, making sure they could intervene if any of the puppies showed signs of discomfort, also keeping a kennel in the room, allowing for a safe space if needed.

I started the session by explaining that anyone acting in a disrespectful way towards the puppies would be asked to leave the room immediately.

This session was not only a way to collect money for a good cause but mostly to allow the puppies to socialise & interact together and with humans in different surroundings, making them better candidates for adoption. As for the participants, it allowed them to learn more about FKK, the work they do in the island and hopefully inspire volunteers or foster families.

Animal abuse?

Bonaire is a beautiful Caribbean island but unfortunately the issue of animals roaming free on the street and having a lot of babies makes it also a heartbreaking island. Making sure that pets are spayed/neutered makes everyone's life easier & safer, the pet first! Sterilisation can be financially supported here on Bonaire thanks to the intense work of several organisations. Places & people like shelters, vet clinics, vets and volunteers are working hard every day to make it possible to sponsor sterilisation as much as possible.

Taking a pet is a responsibility that comes with costs & care for health, well-being, food, maintenance etc.. & a lot of love of course. My personal wish is that the energy used to write these critical articles would actually be used to benefit the animals of Bonaire. Most of the dogs at FKK would be benefiting from a few hours outside the shelter, walking, at the beach or interacting with people/dogs, to increase their chance of adoption.

Gijs Borsten, you are welcome to join the next fundraising event to see for yourself. And if Yoga is not your thing, feel free to donate directly to FKK.

Gwen Versteegh

Ask Bob

Bonaire real estate advice

Hi Bob - I've decided to sell my house, and I'm leaving the island to live somewhere else. Do I have to come back to Bonaire when my house sells and it's time to transfer the deed?

Traveler T.

Traveler, that is a good question and the answer is simple. Once you decide to sell your house you need to go to the Notaris office and sign a "Power of Attorney" form (Volmacht in Dutch) where you give the Notaris office permission to sign the transfer deed on your behalf. This is a quick and simple process that you can do before you leave the island so you don't have to come back. You just need to remember to bring along a copy of your passport or other ID so they can make a copy of your ID for their files.

If you have already left the island, signing a power of attorney can still be done as long as you are in a country with an established legal system, like North America, where you can use a Notary Public or lawyer to legalize your signature and a copy of your ID. You can also have your ID and signature legal-



ized in the Notaris office in most European countries. This process can become complicated if you are in some third world countries, so it is best to take care of this before you leave Bonaire.

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

Not everyone has Facebook

I tire of hearing, "If you'll look on our Facebook site, it shows all the information about what we do." Wake up Bonaire. Not everyone who resides here; or visits here uses Facebook. This tiny island is solely functioning on Facebook. You ask, "Who doesn't use Facebook." You could be surprised if a study was done asking each individual on Bonaire. I admit I might be surprised at your findings too. Facebook is one source, but it is NOT the salvation of this island. It takes a knowledgeable society to take this island forward and into the future.

What this island needs are additional good professional public relations people who recognize the need for television advertising, various print publications, radio slots, advertising screens such as located in Van den Tweel's grocery and Flamingo International Airport and more for informing locals of the island's happenings. Just listing a company's name is not sufficient information to guide anyone to research further to gain information about them. A telephone Directory gives a name, telephone number and address but nothing else. The company's name sometimes gives no hint of what their services are. An additional advertisement is inserted in the Directory to explain more about the company.

They need to realize that these items need to be available in four languages. Papiamentu, Spanish, Dutch and English. Possibly there would be less grumbling on the island if more were known about what the businesses and organizations as a group on this island do and how they do it. I can research and learn about a company but that is not educating the populace who also need to know. We all need the same information, hopefully to ease stress. Bonaire.nu on their electronic newsletter today has begun a series regarding Selibon. I'm hoping other forms of publicity will find a means of sharing these Selibon articles.

I can read the English print but not Papiamentu. I can understand English spoken events but not Spanish, Dutch and Papiamentu. I know others living here are the reverse. Professional public relation people would understand this and use wider means of sourcing out publicity. I am self-teaching myself to read Papiamentu, but I very much doubt I'll ever learn to speak it. For one thing, those who speak it talk very fast. I am a slow speaking person in my everyday conversations. Ha. I'm one of Bonaire's many people who have come to love this tiny island.

Masha Danki, Earline Wasser

Bonaire Lions Club
Invites you to their
Captain of Industries
Art
Exhibition - Auction & Silent Auction
Date: April 14th 2024
Location: South Pier
Hour: 17:00 till 21:00
This auction will be cashless, with card machines as the payment method.

Traveling off island to see the eclipse



Malin Kaisjer and Nolly Thode headed to Evansville, Indiana U.S.A. to witness their second total eclipse, the first being in Bonaire back in the 90's. Decked out in full eclipse gear they viewed the 3 minute+ totality with their friends at Ingleheart Garden and toasted the event with Oberon Eclipse wheat ale.

Malin said, "It was amazingly awesome!" A full eclipse will not take place for another 20 years.

7,500 trees per year

On April 8, Delfins Beach Resort launched its new sustainability program: Bloom Back Bonaire, a program designed to plant about 7,500 indigenous trees on Bonaire every year with Tera Barra. Johan van Blerk, founder of Tera Barra, reminds us that Bonaire was originally a forested area with lots of diverse vegetation. The goal is to get Bonaire green again within one generation.

Watch the video: <https://youtu.be/91K15ngjIFM>

Chris Opgenoort, General Manager Delfins Beach Resort offers guests an opportunity to contribute to the program. "We challenge our guests to skip a room cleaning for one day and the money we save by doing so goes to Tera Barra. We have set a quota for this year. We want to plant 7,500 trees this year and I'm convinced we're going to make it."

<https://www.delfinsbeachresort.com/nl/sustainability>



Letters & Opinions, continued

CRUISING TO DESTRUCTION: by embracing a market-driven ethic that maximizes short-term gain over long run environmental stability.

Introduction

International shipping stands as one of the most polluting industries globally, adversely affecting both water and air quality due to the release of particulate matter, sulfur, and nitrogen oxides. Despite cruise ship tourism constituting only 1% of all shipping, its contribution to total waste output is staggering, estimated at 25%. The pollutants emitted by these vessels include air pollutants and various forms of water pollution, such as ballast water, gray water (e.g., from showers and washing), black water (i.e., from toilets), hazardous waste, and solid waste. These practices, such as emitting pollutants and various forms of water pollution by cruise ships, often involve greenwashing, obscuring the true extent of their environmental impact.

Environmental Footprint of Passengers

Beyond the ships themselves, the passengers significantly impact the environment as they disembark onto islands, exerting immense pressure on local ecosystems. Driven by time constraints imposed by cruise operators and a focus on profit, shore excursions rarely prioritize sustainable ecotourism, which emphasizes education, conservation, and environmental awareness. Instead, over 80% of excursions necessitate secondary transport, typically emitting fossil fuels through coaches, minibuses, four-wheel drive safaris, and all-terrain vehicles, all of which leave lasting impacts on the fragile local ecosystem.

The Expansion of Mass Tourism

The cruise industry epitomizes mass tourism, with global cruise capacity forecasted to surge by 19% by 2028. While this surge may seem inevitable, there is hope that destinations like Bonaire will prioritize environmental sustainability over accommodating further growth in cruise tourism. These behemoth ships often target the most pristine global environments, with 70% of cruise ports situated in biodiversity hotspots like Bonaire. However, instead of fostering a symbiotic relationship with these islands, cruises often exploit them as non-renewable resources, extracting their desired goods and



leaving behind little more than waste.

The Plight of Bonaire's Coral Reefs

Coral reefs are vital to Bonaire's economy, yet they confront ongoing challenges from multiple local stressors, such as cruise tourism. A 2019 study, commissioned by the Ministry of Agriculture, Nature, and Food Quality, emphasized the urgent need to protect these precious ecosystems within the next decade to turn the tide. Already five years have passed since the study, leaving us halfway through this crucial decade for action. However, substantive steps to minimize local stressors and strengthen the resilience of the ecosystems remain elusive. This inaction leaves these delicate ecosystems vulnerable to further degradation. Without active intervention to minimize the local stressors, they will disappear in the foreseeable future.

Assessment of Coral Reefs

The study's findings paint a grim picture, revealing dwindling coral coverage across Bonaire's coastline. Shallow waters, at depths between 5 and 7 meters, exhibit a meager 6% coverage of living coral, while deeper regions around 10 meters fare only

slightly better at 19% coverage—the primary habitat for coral species. Alarming, the once-thriving Karpata reef has witnessed a precipitous decline, with current coral cover plummeting to 40% from a robust 70% four decades ago.

Urgent Call to Action

Since the 2019 survey, the health of the coral reefs has deteriorated further. Existing coral colonies continue to suffer from moderate to dismal health conditions, compounded by ongoing instances of bleaching. Additionally, the emergence of Stony Coral Tissue Loss Disease (SCLD), which was first confirmed on Bonaire in the beginning of 2023, has exacerbated the challenges faced by the coral reefs. The persistence of these challenges underscores the ongoing vulnerability of Bonaire's coral reefs. As a result, the percentage coverage of coral may have declined since the 2019 assessment. Moreover, the influx of cruise ships looms large as a significant stressor on these already compromised ecosystems. Positioned within the world's biodiversity hotspots, Bonaire's ecological richness makes it a prime target for cruise tourism. However, instead of nurturing

these islands, cruise operators exploit them for profit, leaving behind a trail of pollution and destruction.

Conclusion:

Charting a Sustainable Course

Confronting the devastating impact of cruise tourism on Bonaire's coral reefs and ecosystems is crucial. As we navigate through time, we must reflect: Are we being good ancestors? Are the choices we make today beneficial for our children, our children's children, and our children's children's children? To secure these invaluable natural treasures for future generations, we must advocate for stricter regulations on cruise tourism. This may involve imposing higher entry taxes for day tourism, limiting the number and size of cruise ships visiting Bonaire's ports, and holding cruise operators accountable for their environmental footprint. Additionally, a holistic approach is essential to address local stressors like erosion, sedimentation, eutrophication, and waste. This includes tackling issues such as coastal development, uncontrolled grazing by free-roaming goats, and illegal mining activities. Only through concerted efforts to mitigate all factors contributing to environmental degradation can we safeguard these invaluable natural treasures for generations to come.

Foundation Save Plantation Bolivia

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POLICE REPORT

Property crime

Apr. 3. A theft was reported from a car parked at a gas station on Kaya Neerlandia. When the owner got out of his car and walked to the cash register, someone took cash that was on the passenger seat.

Mar. 28 / 29. Two 14-inch car wheels and four hubcaps were stolen from a Hyundai Accent that was parked in a parking lot of a tourist accommodation at Kaya International between 11 p.m. on Thursday and 8 a.m. on Friday.

Arrests

Apr. 4. In the early morning hours a house search took place at Kaya Monseigneur Nieuwindt in Tera Cora under the BES Opium Act. During the search, a man, 41, was arrested. Cash and suspected narcotics were found and seized.

Mar. 31. During an investigation of vandalism at a home on Kaya Pedro P. Silie the suspect ignored a police order to remain. He then hit a police officer with his car when he fled. The police officer was taken to hospital by ambulance. A little later the suspect, a man, 21, arrived at the police station and was arrested for serious assault with a weapon and attempted manslaughter.

Mar. 29. Around 5 p.m. the central control room received a report that a group of people were fighting on Kaya Korona. When the officers arrived, they removed the group from the square. One of the men, who appeared to be under the influence of alcohol, was unable to stand and was dropped off at home by officers. A little later, around 6:45 p.m. the central control room received a report that this same man was involved in an altercation with a group of men near a supermarket on Kaya Korona. Since the man, 21, was heavily under the influence of alcohol and was again causing a nuisance, he was arrested for public drunkenness.

Mar. 26 / 27 / 28. Tuesday evening the police received a tip that victims with gunshot wounds had come to the hospital. A patrol was sent to the hospital but due to the hospital's privacy rules, the patrol was unable to obtain any further information about the victims and the incident. On Wednesday around 8:40 p.m. a man, 28, who came to the police station in connection with this case was arrested at the police station. He also had gunshot wounds and was receiving medical treatment. In the evening of March 28 a second suspect was arrested at the police station in connection with the same gunshot case. The suspect is a 25-year-old man.

Driving under the influence

Apr. 5. Around 1:30 a.m. a patrol spotted a vehicle without lights snaking on the road. The driver then tried but was unable to park his vehicle. He couldn't produce a driver's license. The man, 31, was arrested for driving under the influence of alcohol and told to surrender his driver's license. The suspect then exercised his right to conduct a counter-investigation at his own expense.

Apr. 4. Around 7:30 p.m. a man, 59, was arrested on Kaya Dominico Herrera for driving under the influence of alcohol. The

suspect drove away from a collision on the Kaya Pos di Amor. A patrol chased after him and stopped him on Kaya Dominico Herrera. After breath testing the suspect was arrested and taken to the police station. His driver's license was confiscated.

Apr. 4. Around 2:10 a.m. the driver of a scooter was stopped on Kaya Grandi for a routine check. During the inspection, a breath test was administered and the woman, 19, was arrested for driving under the influence. She was banned from driving for two hours.

Mar. 31. Around 10:30 p.m. a woman, 28, was arrested on Kaminda di Lac for driving under the influence. The suspect was involved in a collision. Her driver's license was been confiscated.

Mar. 29. Around 4:15 a.m. a man, 50, was arrested on Kaya Korona for driving under the influence. He was involved in a two-vehicle collision. The suspect's driver's license was confiscated. The opposing driver was fined for driving without a driver's license.

Traffic accidents

Apr. 4. Around 6:05 p.m. two cars collided at the intersection of Kaya Kanari, Kaya Pos di Amor and Kaya Flamingo due to failure to give way. Both drivers were checked on the spot by ambulance personnel. Police and KMar controlled traffic until the services finished their work.

Apr. 4. Around 2:15 p.m. a pick-up and a buggy collided on Kaya Gilberto F. (Betico) Croes. The occupant of the buggy suffered minor injuries and was medically treated on the spot by ambulance personnel. Police controlled traffic until the services had finished their work.

Apr. 1. Around 4:25 a.m. the central control room received a report of a single-vehicle accident on Kaya International. A passenger car crashed into a fence and then into a building. The driver stated that she was driving towards Belnem and lost control due to high speed. One of the passengers was injured during the collision and was taken to hospital by ambulance.

Traffic control

Mar. 28. Around 6 p.m. a traffic control was held on Kaya Industria. During this inspection, 15 vehicles were checked and three fines were issued: 1x for driving without valid insurance and 2x for driving without a license. One car was towed to the police station until the owner can produce the necessary documents. A machete was also seized. *The fines for the above violations varies between \$30 and \$225.*

Fire

Apr. 2. Around 11:45 p.m. a fire in an apartment complex on Kaya Inglaterra was reported to the central control room. Upon arrival, the police urgently evacuated the residents. When told by bystanders that people were still in first floor apartment where the fire started, the officers went to the apartment to take them out. The two people last out were treated by ambulance personnel. One of them was taken to hospital by ambulance for medical treatment for burns. The fire brigade extinguished the fire which been caused by a fan in the apartment.

Apr. 2. Around 1:05 a.m. a patrol noticed smoke coming from an unoccupied pickup truck parked next to other vehicles in the yard of an apartment complex on Kaya Pos di Amor. The fire bri-

gade was found that the driver's seat had burned down.

Mar. 31. Around 3:30 p.m. a fire in a kitchen restaurant on Julio A. Abraham Boulevard was reported to the central control room. The owner stated that he left oil in a pan on the stove and forgot to turn off the heat, so the pan caught fire. People above the restaurant in apartments on the first floor were evacuated. The fire brigade arrived and extinguished the fire. The owners were medically checked at the location by ambulance personnel.

Mar. 30. Around 12:50 p.m. a fire in Bario Mexico was reported to the central control room. When the fire brigade arrived, it was a large fire in a kunuku that threatened to spread. Residents in the area were asked to close windows and doors due to the smoke. The kunuku owner provided an excavator to help dump sand to extinguish the fire and reduce the smoke.

Mar. 26. Around 7 p.m. a man, 32, was spotted at the airport by the Royal Netherlands Marechaussee (KMar) in connection with a police investigation into September 2023's car fires on Kaya Hulanda. KMar officers arrested the man for arson and threats. He was handed over to the police.

Public order

Easter weekend was quiet. Camping was allowed on the beaches from Thursday, March 28 to Wednesday, April 3. During this period police were asked to assist campers with music nuisance, traffic obstruction and requests for mediation between campers.

Apr. 4. Around 11:20 a.m. the central control room received a call from two men who went hunting for iguanas and were lost in the 'mondi' of Seru Piedra Krus near Rincon. Due to the dense vegetation, the officers could not reach them. They were kept on the phone until the coast guard helicopter arrived from Curaçao. Upon the arrival of the helicopter, the lost men were immediately located and lifted and deposited in a safe place. Both were medically checked on the spot by ambulance personnel. The men were taken home by the police.

Mar. 28. Around 4:55 p.m. the central control room received a report about a man who was dumping garbage on Kaya Bar eta near Kaya Parapeta. When the man was confronted about his behavior by the neighbors, he became aggressive. The patrol ordered man to go to the dump site with them to clean up the rubbish.

Dangerous dogs

Apr. 4. Around 6:20 p.m. the central control room received a report about a dog attacking people on Kaya Karina because the gate of his home was open. When the patrol arrived, the owner of the dogs was aware of the problem of dogs ending up on the street. She received a written warning letter.

Apr. 3. Around 11:05 a.m. the central control room received a report of a dangerous dog in the yard of a house on Kaya Macario Sint Jago. Upon the patrol's arrival, the reporting party stated that the neighbor's dog had attacked and almost bit her and her two small children. When the officer was talking to the reporter, the dangerous dog jumped onto the wall of the fence. Shortly afterwards the dog's owner came outside and called the dog. The owner was informed that if the police received another report about the dog, measures would be taken.

A Garden? Just Do It!

by Angliet, Nature Lover

Wild plants, Part 2

I never knew that so many of the plants I have come in contact with were so rare. And most of the time I find this information just by accident.

One of those rare plants with very special medicinal potential is **Konsaka wiri** or Peper Vlier in Dutch. It grows everywhere in Suriname, the country I grew up in. It is found in gardens, around houses and I used to play with it as if I was selling vegetables in the market. Yes, even then I loved markets and gardening. Certain things follow you your whole life.

One day on holiday in Suriname I got a serious eye infection and I was not happy. But Grandma, an herbal medicine woman, always had the treatment for every body problem. She picked some leaves from the garden, mashed a bit in a spoon with two drops of water and then poured a little bit of the liquid in my eyes. I wondered if this simple treatment would heal my heavily infected eyes, but I would never show my doubt to Granny's treatments knowing that she was a master in this field. She repeated this treatment four times that day, and the next day my eyes were almost clear and after a few days the problem was solved.

I used to bring cuttings and seeds from Suriname to Bonaire. And one day I saw this plant growing around my house. I was surprised and very happy. It grew by itself. I think the mustard like looking seeds came from the Suriname cuttings.



L- Konsaka wiri R- Berries from Indian Gooseberry tree

It does so well in many places of the yard. When it is very dry it dies but as soon as a few raindrops fall, it pops up again, all over the place. I have helped many of my relatives with remedies for eye infections. A doctor even came to me once and asked me to treat him. I had to laugh about it, saying, now the science doctor comes to the bush doctor for help. The konsaka wiri, in Suriname, is also used for athlete's foot and ulcer diseases because it fights fungus.

It is a small plant growing close to the ground with little heart shaped leaves. The leaves and fine stems have a little bit of a medicinal juice that fights certain infections. If you see it in your yard, don't pull it out because one day you might be in need of it. Grandma told me that and to me she is always right!

Lately another amazing plant, the **Indian Gooseberry tree**, has been loaded with ripe berries. And this fruit is full of goodies for our health. This tree originates from tropical East Asia. I guess it reached Bonaire via Surinamese people. It's a very sour fruit, and very high in vitamin C. It's good for eye disease, neurodegeneration, cardiovascular diseases, rheumatoid arthritis and kidney disease. It contains high antioxidants, anthocyanins, flavonoids and phenolic acids. It's very good for hair growth, reduces blood sugar levels and may protect the brain and more.

It can be used as a pie filling, in Indian dahls, jams and jellies, for wines, syrups, in fresh salads, pickled, stew and in desserts. Plant it, it's a super fruit and in three years it bears fruit.

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.



Shocking gap building in Bonaire's labor market



(L-R) Judette Frederiks, manager labor market; Elyane Nicolaas, director ROA CN

"Young people are often not motivated to continue learning," Nicolaas says. "This is normal during adolescence but also the survival mode in which many people find themselves is not exactly motivating. Having no view of a better future is a major cause of disinterest in self-development."

The connection of education to the labor market (and vice versa) is one of ROA's legal tasks. It makes young people aware of training that is geared to the occupations that will be needed in the future, such as jobs in health-care, construction, education, and "digital nomad" occupations.

A first goal is to assure everyone meets the starting qualification, mbo 2. And then opportunities must be provided for young people to further develop at mbo 3 and mbo 4. For those who do not want to spend whole days at school, the BBL program offers a combination of four days of work and one day of school. The BOL program offers a combination of four days of school with one day of internship.

Employers can help too. They can offer their employees work-based learning programs in one of the mbo programs at Scholengemeenschap Bonaire. They can open up their business for internships, for instance, and offer employees opportunities to pursue BBL education. *DMR*

Unless things change, by 2050 more than half of Bonaire's labor force will be too poorly educated to perform the jobs that will be available then, warns Elyane Nicolaas, director of The Caribbean Netherlands Education and Labor Market Board (ROA). Learning opportunities for young people are available. The task is to fill the seats with motivated students who aspire to a better future for themselves. Cooperation, commitment and action is needed from the community.



Conference on European space program held on Bonaire

The EU Global Action on Space, recently selected Bonaire for a conference on the opportunities the European Space Program offers governments, businesses and organizations in the Caribbean and Latin America. The two-day conference took place on Bonaire as work is currently underway to build the Galileo ground station on Bonaire.

Galileo is the European Union's (EU) non-military satellite navigation system. In addition to time and location determination, Galileo can be made available for other services. Examples include exact timing, emergency response (search and find) and sargassum tracking and hurricane tracking. *Copernicus Visual: Bonaire from space.*

Government says child care too low but everyone qualifies

The Social Affairs and Employment (SZW) Unit of the RCN says too few families are collecting the child benefit. Their offices at Playa and Antriol will offer extended hours during April 22 to 26 to encourage new registrations. Or an online application form can be downloaded from

www.rijksdienstcn.com/kinderbijslag.

All parents or guardians of children aged 0 to 18 in the Caribbean Netherlands who are Dutch citizen or valid residents are entitled to the child benefit, regardless of income. The child benefit, paid monthly, is \$225 per month per child on Bonaire and Saba and \$216 on St. Eustatius.

The BES Childcare Act bill is being debated in the House of Representatives. Minister Schouten has sent the House the results of a cost price study commissioned by the Ministry of Social Affairs and Employment. The study confirms the government's reimbursement is significantly too low to cover the actual costs of raising a child. To meet minimum requirements, 17.7 million more euros are needed annually. A total of 31.5 million euros would be needed to raise family incomes sufficiently." *DMR*

Subsidy for small businesses with international ambitions

Do you dream of successfully doing business abroad? A Dutch small-sized enterprise (SME) with a legal identity can receive a SIB (Support International Business) subsidy up to €6,500 per year.

SIB is organizing three Q&A sessions. The first takes place on April 16 and consists of 3 sub-sessions, the first two in Dutch, the last in English. Register to hear about the possibilities, the conditions and the application process.

The deadline for registration is April 15. Participation is free. Would you like to know more? Please contact us at sib@rvo.nl. Or visit the website www.rvo.nl.

Dengue should taper off with dry weather

Dengue seems to be widespread on the island but mostly has been a public health nuisance. Of the 179 cases reported to the Public Health department in the first quarter of this year, only three required hospitalization. And an estimated four out of five people who become infected do not report because they develop no symptoms.

Cases reported to Public Health average 17 per week. A nurse from the department calls infected patients to provide information and tips on personal care. Inspectors from the department

have made more than 100 home visits and cleaned up any dengue mosquito breeding sites they found. Continued dry weather is expected to end the outbreak. *DMR*

Controlling growth on Bonaire can be a DIY project Van Huffelen says

Bonaire does not have to wait for The Hague to take measures to slow down immigration, according to State Secretary Van Huffelen. During a debate of the House of Representatives Committee for Kingdom Relations on BES files, she acknowledged that the enormous growth the island has recently experienced is a matter of concern, and the State Commission for Demographic Developments 2050 is considering the issue. However, "I think it is also important that the island looks in particular at measures that it can take itself," said the minister.

"I'm talking about making choices regarding migration and the growth of the island itself. These choices may have to do with spatial planning, i.e. with whether or not further construction is allowed, such as the construction of new hotels or homes. For example, you can choose to build homes for the local population and build less for holiday or recreational purposes. We can use spatial planning and building or housing regulations to ... ensure that we achieve demographic development that we find desirable." *DMR*

Environmental ruling in European Court will affect Bonaire

The European Court of Human Rights has ruled that Switzerland failed to protect residents from the effects of climate change. The precedent will support a similar case Greenpeace has brought against the Dutch in the Netherlands. Environmentalists want to limit the global temperature increase to 1.5°C above pre-industrial levels. The ruling will require all countries to reduce more rapidly their consumption of fossil fuels and take other carbon reduction measures.

The Court, a body within the Council of Europe, ensures that member states respect the rights and guarantees set out in the European Convention on Human Rights. The Court's decisions have embedded in the European legal system the sense of individual rights expressed in the Bill of Rights of the U.S. Constitution. Its findings have authority to the extent that all members of the Council formed it for the purpose of assuring human rights and agreed to comply with its judgements.

The Court appoints a Committee of Ministers that oversees the follow up changes member states make to their national law following ruling. Judgments by the court are binding on the respondent states concerned and states usually comply with the Court's judgments.

DMR

Earth Day is every day

Because Earth Day is just ahead on April 22, we're providing an update on the organization that practices Earth Day every day – STINAPA Bonaire.

With climate change rearing its ugly head, increased development, growing population, mass tourism, high ocean temperatures and plastic pollution, the nonprofit foundation is working even harder to provide awareness and preserve what Bonaire is famous for – its nature. New appointments and tactics have been made within STINAPA to meet the challenges for nature preservation.

Last fall, Kalli de Meyer, former Bonaire National Marine Park (BNMP) manager and executive director of Dutch Caribbean Nature Alliance (DCNA) returned as the director of nature conservation. She and finance director Kerenza Rannou-Frans are sharing the role as STINAPA director as the job is just too big for one person.



BNMP biologist Roxanne Francisca Photo Julie Morgan

Earth Day is every day, to page 9

Bonaire Above and Below the Waves by Britta Monaco



Britta and Nick Monaco
Love, painted by Henk Roozendaal

My husband, Nick, and I will enjoy our 19th trip to Bonaire in 2024. We first started coming in the late 1990s, not long after Nick became a certified scuba diver. I

was snorkeling at the time, but caught up soon, doing my checkout dive with Toucan Diving on Bonaire in the mid-2000s. We have truly embraced this island life, so much so that we're now extolling the virtues of Bonaire to older adults throughout our region.

When we retired in 2022, we became active in the Benjamin Gaither Center, a lively place for those 55+ in Gaithersburg, Maryland. The Center offers members the opportunity to give travel presentations, and we wasted no time in volunteering to talk about diving and our many visits to Bonaire.

Rather than just show pretty pictures of life above and below the waves, we wanted to give a little bit of history about scuba diving itself. We also talked about things we've experienced while diving and snorkeling – like having dinner with Bonaire legend Capt. Don Stewart, and meeting sport diving pioneer Paul Tzimoulis and photographer Geri Murphy in Honduras. Paul taught Lloyd Bridges how to dive for the classic TV show, Sea Hunt. The older adults in our audience definitely related to that.

One of our goals was to show that scuba and snorkeling can be something you can enjoy throughout your life. We showed plenty of photos of people of all ages enjoying the sport, and we even brought all of our equipment and a tank for a bit of show and tell. People came up afterwards to ask questions about how it all works, and many people were especially curious about how heavy everything was.

From a history of diving, we gave a brief history of Bonaire, talking about the indigenous peoples, colonization, salt mining, Bonaire in World War II, environmental conservation, and the eventual development of the diving and tourism industry. A segue into the island's history with Harry Belafonte was also quite relatable to our guests.

And then came time for the beauty shots. The salt flats with their pink waters were a hit, as were our photos of birds, donkeys, flowers, architecture and people. We fielded lots of questions about food, weather, and what else there is to do besides diving and snorkeling.

Bonaire Above and Below the Waves,
continued on page 9

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Rangers on duty at WSNP decontaminate snorkel gear both entering and leaving the park.

At the same time, marine biologist Roxanne Francisca, was appointed senior conservation manager. Francisca will be with STINAPA six years in September. She originally came to the job as a marine biologist trained under marine biologist Caren Eckrich. With Francisca's appointment, STINAPA is integrating park management and science for both the BNMP and WSNP and will be splitting her time between the two parks. Francisca has been the lead on the devastating SCTL (Stony Coral Tissue Loss Disease) but will be taking a small step back from that role.

Eckrich has shifted gears too, from her former marine activities to focus on terrestrial and vegetation monitoring, research, Caribbean water bird census and reforestation at WSNP. She is assisting the many researchers in the terrestrial park with everything from ancient bacteria to geology.

WSNP and Bonaire in general were once tropical dry forest ecosystems which may be the best ecosystem suited for climate change. Unfortunately for many years, the island and park have suffered from deforestation of the dry forest caused by development and a population of grazing goats and donkeys. STINAPA is trying to change that in the WSNP. In 2020 they streamlined and amped up their 2009 goat removal project thanks to new funding.

STINAPA's Paulo Bertuol, invasive species biologist, is taking the lead on the goat project in addition to his work with the lionfish problem.

Francisca said, "The donkeys and goats are part of the culture and heritage. Our position is not to eliminate them ... I don't think there is any way to maintain the current population that is humane."

An inhouse and volunteer team from Rincon is catching goats in designated areas. The captured goats are donated to churches, athletic teams for BBQ's, fundraisers or given away to be raised as livestock.

"We don't know what a healthy dry forest can look like. We have some very denuded areas. Most areas have rebounded where fences were erected but the expense of fences is high. We will probably never get back where we were, but are working for a functional ecosystem. The way it is now, the forests can't fulfill their function and reforestation alone is not enough," said Francisca.

A few hundred years ago WSNP was a plantation. STINAPA is working to obtain official historical status to many of Slagbaai's buildings, as well as the museum, Malmok, the lighthouse, the manager's office and several watering troughs.

STINAPA wants to highlight the oldest geological formations of igneous rock from 108 million years ago that emerged from underwater volcanic eruptions. They are assisting a Netherland's geological survey in redrawing and updating the geology map of Bonaire.

While Francisca is still active in the SCTL project, new biologist/ecologist Danielle de Kool from Aruba will share the project. Francisca will be focusing more on the long-term effects of the disease on Bonaire reefs.

On March 9, BNMP began a supervised volunteer SCTL antibiotic treatment on Bonaire's infected corals. The program was initially planned to begin in 2023 but approval by the Netherlands was required. (See story on page one). Trained volunteers treat corals six days a week for three months and then evaluate. Information will be shared with the Netherlands government, OLB (local government), TCB (Tourism Corporation Bonaire), Bonhata, CURO and WAB (Watersports Association of Bonaire).

Francisca said, "We need to ensure that the SCTL response is balanced taking all partners into account and that communication is not too alarmist to scare anyone off. It has been a bit of a struggle, but with all the partners we are finding our way."

Only 12 territories in the Caribbean are treating their corals for SCTL. Many did not have the manpower, release from their government, were opposed or are going another route.

"There has been a strong decline for the last 40 years in coral cover...and it's speeding up. We don't even really know what a healthy coral reef should look like; with what should be and shouldn't be there now. There has never been this

kind of issue before with a highly lethal coral disease and massive bleaching at the same time. It's like a house of cards," said Francisca, "If we keep removing cards eventually the whole thing will crumble."

Since summer 2023, STINAPA has been involved in a joint project with Florida State University's (FSU), Lenfest Ocean's Program to map the most common impact of climate change. And also involved with Green Overseas, a European water management project for WSNP regarding runoff and rain along with any large-scale reforestation.

STINAPA is encouraging more local people to visit the park by planning more events, cleaning the trails, better signage and renovation of facilities. The next event is "People Help Nature", a photo exhibit of the work being done by 19 Bonaire organizations including STINAPA. The exhibit will run from April 16 - June 30 at the WSNP entrance.

For the last 62 years, Bonaire has looked to STINAPA to conserve Bonaire's natural and historical resources. It is the oldest and largest environmental nongovernmental nonprofit foundation and encompasses Bonaire National Marine Park (BNMP), Washington Slagbaai National Park (WSNP) and most recently management of Fraterspark and Rooi Lamuenchi.

For more information visit <https://stinapabonaire.org>.

Julie Morgan Story / Photos



Bonaire Above and Below the Waves, from page 8

Then we moved on to life below the waves, first showing us doing back rolls off a boat, and then highlighting Nick's underwater photos, which were breathtaking for those who have never poked their heads underwater. Octopus, turtles, frogfish, lobsters, eels, angelfish, seahorses, and many more creatures all had their day in the sun. Our guests said they felt like

they were watching a National Geographic special. High praise, indeed.

The culmination of the presentation was a slide of our ultimate souvenir, a commissioned work entitled "Love" by renowned Bonaire artist Henk Roozendaal. He fittingly painted us at the entrance to 18th Palm, house reef to the Plaza Beach and

Dive Resort, our home away from home.

We had so much positive feedback from the presentation at our local senior center that we took the show on the road to the Seven Oaks Senior Center in Baltimore County, and another is planned for the summer of 2024 at Asbury Methodist Village, home to 3,000 older adults in Gaithersburg.

Bonaire is like a second home to us. We never tire of touting its relaxed atmosphere, its stunning beauty, and its welcoming hospitality. We'll be back, and hopefully after seeing our presentations, many others will be eager to explore this Diver's Paradise.

Reef Glimpses by Dee Scarr

Springtime Is Here

swollen with eggs!

Twilight is the best time for fish to spawn, because many egg-munchers are settling down for the night and the rest haven't yet awakened, so the eggs are less likely to be gobbled down.

Wrasses seem particularly unconcerned about egg predators, though. They spawn busily at midday: one terminal male (whose colors proclaim him as male) will begin a spawning rise with a female. This is complicated by the accompanying other males without the terminal uniform but with the interest and ability to fertilize eggs. Once the original male and female release their reproductive stuff, the extra males zip around, releasing their own sperm onto the eggs, hoping for fatherhood.

How do we know if fish are courting?

If they're behaving in an unusual way, they may well be courting.

How do we know if they're behaving unusually?

We have to learn about their behavior, by watching them, and by reading; for example, readily available on Bonaire is Ned DeLoach's *Reef Fish Behavior*. Also readily available on Bonaire is our wonderful and wonderfully accessible diving.

Enjoy the Spring!



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.



"These porcupinefish are just beginning to flirt. As dusk approaches, they'll concentrate more fully on each other." Photo Julie Morgan

set. Male green and pearly razorfish keep harems of up to about six females; when the sun gets low, each male visits each of his females, checking to see how swollen with eggs they have become, and giving a little courtship wriggle. When the female responds, they swim upward together, sort of snap their bodies to release eggs and sperm, and bolt back to the bottom. The female resumes foraging, the male proceeds to unvisited members of his harem. By sunset all the spawning is completed and the razorfish are securely under the sand until dawn.

I've seen hamlets spawning only a few times, and I was very happy I'd read about it so I had an idea what was going on. Hamlets, you see, are simultaneous hermaphrodites: each adult hamlet is both male and female at the same time! How's that for versatility? A very useful characteristic when there aren't many of

you around, since anyone can mate with anyone.

Dr. Eugenie Clark was the one who discovered that the group of fish that included hamlets were simultaneous hermaphrodites. She had watched various pairs court each other, then swim a bit off the bottom, wrap their bodies around each other in a really photogenic mating hug, release sperm and eggs, and swim back to the bottom to repeat the process several times. It turned out that after the first few spawnings, the hamlets switched sexes and began spawning again, with each fish functioning as the opposite sex from what it was in the beginning!

The burning question, she told us when she was on Bonaire studying razorfish, was: which hamlet got to be the female first?

The answer: the one who was most

No waste sweet potato soup

by Chef Corjan Hoogerheide,
Lekker Thuis Restaurant



The leaves, peels and potatoes are used for this

250 g (1.75 C) sweet potato, red • 250 g (1.75 C) sweet potato, white • 40 g (5/8 C) sweet potato leaves • 3 cloves garlic • 1 onion • 1 can of coconut milk • 1/2 red chili pepper • 1 L (4.25 C) vegetable stock • 20 g (1.5 T) coconut oil • 5 leaves for blanching • 50 g (1/3 C) red sweet potato for strips • 1 sheet for frying • 5 potato skins for frying • Pepper and Bonaire sea salt

Preparation

Fry the sliced onions and garlic in the coconut oil. Add the vegetable stock and coconut milk and bring to the boil. Divide these into two pans and cook the red sweet potato with the red pepper in one pan and the white sweet potato in the other pan until browned. Remove 30 g (1/4 C) from both cooked potatoes and mash them finely with a fork. Blanch the 5 sweet potato leaves and pat them dry. Shave thin slices from the piece of red sweet potato and cook them. Pat it dry and spread the puree and the blanched

leaves on it and roll it up. Now puree the sweet potato, including the cooking liquid, with the leaves in a blender until you get a nice, smooth soup. Also puree the red sweet potato including the cooking liquid and season both with salt and pepper if necessary. Fry the peels and leaves at 160 degrees until crispy, lightly salt.

Place the filled sweet potato roll in the middle of a deep plate. Spoon the two colors of soup around it and garnish with the fried peels and leaves.

Each month Chef Corjan Hoogerheide shares the recipe for a personal dish created from Bonaire's fresh ingredients.



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On Thursday, April 4, the 15 students for the Royal Netherlands Marechaussee completed the first phase of their training, a 3-day bivouac.

The bivouac started on Tuesday, April 2 when the students received the assignment and the necessary materials for the bivouac. At the bivouac location they set up a camp, cooked together and in the evening around a campfire got to know each other and the leadership of the Royal Netherlands Marechaussee on Bonaire. On Wednesday, April 3 in Sorobon they split into two groups to build a raft and take it out on the water. They ended

the evening with an 'exercitie' training and a speed march on Seru Largu. On the last day, Thursday, April 4, they volunteered at the Fundashon pa Kuido di Personanan Desabilita (FKPD).

In the late afternoon they marched from TeAmo Beach to the police station, where the Royal Netherlands Marechaussee is also housed. They were warmly welcomed by family members. A transfer ceremony took place here in which the coaches of the Velitt organization, who provided the bivouac, handed the students back to the leadership of the Royal Netherlands Marechaussee. After

this, all attendees could talk about the special experience while enjoying a snack and a drink.

On Friday, April 5 the 15 students, whose ages range from 19 to 25 years, left for the Netherlands for three months to continue their training at the King Willem III barracks in Apeldoorn. Of the 15 students, three are from St. Eustatius, one is from Saba and 11 are from Bonaire.

*Koninklijke Marechaussee Robert van Kapel
Communicatie SSO-CN, Caroll-Ann Soliano*

Make Bonaire Accessible by Ria Evers-Dokter Practice what you preach

Yesterday I was at a house warming get-together. We had a lot of fun, admired the truly great house and, of course, talked a lot. After all, we were a group of women.

One of them confessed that she has begun to get really grumpy, every now and then: feels irritated fast, makes critical remarks, etc. The other ladies did recognize this behavior but felt they were not so far gone. It set me off and thinking.

On the way home we talked as well and my friend said, "Oh, this is the third critical remark you made within a few kilometers and you only made one positive remark."

I tried to recall, and she was right. First, I said something about the behavior of people in traffic, then I remarked the setting sun color of the sky was very beautiful. Then I got bitchy about a fellow on his bike without his light on and the last remark was that people should pay more attention while driving.

When I got home, I found myself bickering about the behavior of the neighbors, it being so hot and I did not feel like watering the yard.

While crafting with my Wednesday morning group, I refused to help one of my tablemates because she did not ask me to help her, but ordered me. But when she asked me in a nice way, I assisted her right away.

My reflection on the computer screen showed me with my mouth in a downward bow. NOT ME!

Having worked a long time with children with behavior problems I always went by the rule: to correct them you need to reward good behavior and pay bad behavior no mind. This works wonderfully and it is always very positive.

This all makes me wonder. When I write about so many things and situations that are not accessible on Bonaire, maybe I should change my style. I should address the problem on a positive note. Instead of bickering about the sidewalks not being accessible, I should look for those areas that are free of parked cars, signs, compliment the restaurants owners, clients when the cars are parked nicely and do not disturb people in wheelchairs or with walkers. And also mention names, so people feel personally addressed.

And when there are free parking spots and the handicapped parking spot is open or has a car with a handicap parking sign in it, I should address those people right away. Even better, I should take pictures, publish them and overload the people with compliments.

And now, when shopping at the big supermarket I like to go and talk to those parked in a handicap parking spot and compliment them for having the special sign up. If they have no sign, I should explain how they can obtain it because it is so helpful and thank them for being such a good citizen. It is nice to see their faces light up when I address them, because they know they are wrong and expect a sneer.

Keep up the positive side folks.



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.



Bonaire wraps up its second annual international sports week

Top: The 6th International Water Polo Tournament ran from March 28- 31 at Parke Tului floating pool. Five teams competed with PSV Eindhoven coming out on top for first place. Final results: *1st* PSV; *2nd* Orca Swim Club Curaçao; *3rd* ZV Debreuly; *4th* Bonaire Team 2; *5th* Bonaire Team 1. Photo Julie Morgan



Bonaire International Sports Week Xtreme bike race attracted 35 cyclists taking on the challenging Seru Largu route. *Elite Winners were: 1st - Virgillio Batista 1.10.10; 2nd - Berry Poort; 3rd Erik Grefeld / Junior Elite - 1st - Jr 18 yrs Louis Minne 1.15.43 / Women Elite -1st Nicole Wynschenk / Fun Winners were: 1st Jeffrey Kogelman 1.01.28; 2nd Arjan van Dorsten; 3rd Oscarde Goederen* Photo Julie Morgan



The second edition of the Zwemvierdaagse (Four Days of Swimming) took place March 25-29. Nearly 200 participants, from young to old, swam in the floating pool at Parke Tului. Three-time Olympic champion Ranomi Kromowidjojo opened the event and during the week gave swimming clinics to participants, the national swimming selection and members of swimming clubs Bonaire Barracudas and Delfins Swimming Club Bonaire. On Friday, March 29, she presented the medals to everyone who had completed the four-day swimming event. Photo via Aquatics Federation Bonaire.

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 9am till 4pm 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/terrarmuseumbonaire/>

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 to July 2024	Terramar Slavery Exhibition: WE ARE Mon. - Sat. 9 a.m. - 2 p.m.
Art Exhibits April, May opening Waterworks, April 13 5 to 7 p.m.	SACA Art Center Antriol. Kaya Korona 74. Open Wed - Sat. 3 - 10 p.m. http://www.sacabonaire.com Artist Adrie van de Ven exhibition Mar. 16 - Apr. 29 Allied Lippinkhof, Waterworks, Apr. 13 - May 12.

Month long celebration - 35th year Dia di Rincon see page 15



Saturday, April 13	Open House at Hospice Kas Flamboyan 1- 4 p.m. See page 15.
Sunday, April 14	Bonaire Lions Club Art Auction 5- 9 p.m. South Pier. See page 7.
April 16-June 30	"People Help Nature" photo exhibition Washington Slagbaai Park entrance See page 9.
Saturday, April 20	Classical Concert Saturday Protestant Church Wilhelminaplein 5 p.m. (\$20)
Sunday, April 21	Classical Concert Sunday Daboussi Center Airport 7 p.m. \$40 (incl. two drinks) Tickets for both concerts at Delmar Bookhandel Kaya sr Bartola
Saturday, April 27	Nos Zjilea Cultural Event 10 a.m.- 3 p.m. Cultural Park Mangazina di Rei, Rincon. Enjoy the music, dancing, crafts, food and drink.
	Rotary International Feria - Giant flea market Wilhelmina Park
Wednesday, May 1	Bicycle Race
May 23 to June 6	Bonaire Culinaire Use this 15-day event to discover the wide variety of restaurants Bonaire has to offer. Bonaire's culinary hotspots have created a 3-course menu for only \$39.50 per person. https://bonaire-culinaire.com
Saturday & Sunday May 25 / 26	Fifa tournament, Jong Bonaire
Sunday May 26	Guardian Group Walk & Run 6 a.m.

Public Holidays stock up - if you can

Saturday, April 27	King's Birthday. Official ceremony in honor of King Willem Alexander followed by numerous celebrations in Kralendijk.
Tuesday, April 30	Dia di Rincon. National holiday. Rincon is wide open. All else is closed.
Wednesday, May 1	Labor Day is a legal holiday. There aren't any official events, but shops, banks and offices are closed.

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, May 12	Clean Coast Bonaire. 4-6 p.m. Piedra Pretu. Donate your time. Work as a citizen scientist to collect marine litter & data. https://www.facebook.com/search/top?q=clean%20coast%20bonaire

2024 Cruise Ship Schedule

DATE:	CRUISE SHIP	TIME	PIER	CAPACITY
Wed. April 10	RHAPSODY OF THE SEAS	0530-1830	North	2417
Thurs. April 11	NORWEGIAN PRIMA	0830-2200	South	3099
Sat. April 20	FRAM	1030-1900	North	500
Wed. April 24	CARNIVAL VISTA	0800-1600	South	4683

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.



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 15- Divi Resort. April 22- Dive Friends Hamlet Oasis. April 29- 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.



So much fun. These young players attended the tennis clinic in 2023.

Free tennis lessons for kids 8 - 12

For six weeks starting April 6 children can play on the tennis courts of Eddy's in Hato to get acquainted with the sport of tennis for free. Everyone is welcome. The federation has rackets available. The lessons are Saturdays from 10 to 11 a.m. and are taught by volunteers who have received training at the International Tennis Federation. Email info@bonairetennisassociation.com. Facebook: <https://www.facebook.com/Bonairetennis/> Paul Ruijs +599 782 4569.

Paul Ruijs, Bonaire Tennis Association

Dia di Rincon celebrates its 35th year

Celebrations began March 30 as Rincon marks the 35th edition of Dia di Rincon, a national holiday hosted in the heart of Rincon. They continue to May 1.

“Den Trin”, pop-up events with music and food

April 12 next to Museo Chi Chi Tan

April 19 at Plenchi Sentebibu,

April 26 at Kura di Dòri.

Cultural Pageants

April 14 “Mucha Kultural” 1 - 6 p.m. at Plenchi Carmen Goeloe

April 20 “Dama Kultural” 8 - 11 p.m. at Stadion Antonio Trenidat

April 21 “Chikitin Krioyo” 5 - 9 p.m. at Stadion Antonio Trenidat.

Soccer competition for F.G. Janga Cup

April 22 Final game 8 - 10 p.m. at Stadion Antonio Trenidat.

5-course traditional dinner

April 23rd at Posada Para Mira

6 - 9 p.m. Dine at a long table under the moonlight catered by Rincon chefs with local ingredients. Capacity for 300 people. Visit the event page on Facebook.

Rincon Parades

April 24 “Simadan di nos Grandinan” elderly folks of Rincon from 4- 8 p.m. in Plenchi Carmen Goeloe streets of Rincon.

April 25 “Ruta di Tradishon”, parading past traditions 7 p.m. - 3 a.m.

April 26 “Parada di Garoshi” 5 p.m. - 7 pm

April 27 “Juvedam” 4 - 7 a.m.



Diana Kroon and son Ingmar are responsible for this great new welcome to Rincon sign.

Simadan di Shon Cain later 10 a.m. to 12 p.m. in the northern part of Rincon.

7 p.m. - 12 a.m. Ban topa dia di Rincon

11 p.m. - 3 a.m. a party in Stadion Antonio Trenidat

Fiestas - All night long -

April 26 Kings of Krioyo. Local musicians play 10 p.m. - 3 a.m. at Plenchi Carmen Goeloe.

April 28 with Topa mi den Cocorobi

5 p.m. - 3 a.m. in Cocorobi

April 29 eve of Dia di Rincon

4 - 7 p.m. Antesala Dia di Rincon

Dia di Rincon April 30th

Wrapping up with a bicycle race and ...

May 1, 10 a.m. - 1 p.m. Streets of Rincon. “Saka Raton”

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



Open House April 13

Hospice Kas Flamboyan cordially invites the public to an Open House on Saturday, April 13 from 1- 4 p.m., located at Kaya Guanare 11 (Tera Kòrà). This event offers a unique opportunity to learn more about the hospice’s mission, care and environment, with historian Boi Antoin coming to give a talk at 2 p.m.

We are proud to announce that Hospice Kas Flamboyan has now been able to provide 136 residents with 24/7 care, love and attention. This Open House is an invitation to experience our beautiful hospice inside and out. Visitors can take guided tours, meet our dedicated team, receive valuable information, and enjoy traditional bolo and warm hospitality.

Hospice Kas Flamboyan is a non-profit institution that focuses on providing care to people in their final stages of life, defined as the last three months of life. Our residents are assured of attention, support and help from trained volunteers, in close collaboration with home care and general practitioners.

The day-to-day management of Hospice Kas Flamboyan is in the hands of the director and two coordinators, with the support of trained volunteers. For loved ones and family members, we are available 24 hours a day, seven days a week to provide support.

We look forward to welcoming you to our Open House and coming together in connection and care. For more information, please visit our website www.kas-flamboyan.com.

Sea Bon Bini!

Mimi Dongen & Angelo Goeloe

E-mail: info@kas-flamboyan.com: +599 7178560

20 years of Luna Yen



L-R: Norton “Nochi” Coffie, Liliane de Geus, Felix “Papito” Thomas and Ubaldo Anthony.

On April 5, 20 years ago, local Bonaireans gathered to celebrate the full moon. They told stories of the past, recited poetry, talked, sang and enjoyed food and drink. This gathering was the beginning of Luna Yen (full moon) celebration, and it has happened every month since then.

On April 7 many of the same people gathered for a 20-year celebration at the place it all began, the home of Regina and Balentin Frans. Attendees who have contributed to the event through the years were honored with a commemorative 20 year pin. Luna Yen is held monthly, just like the appearance of the full moon. The next celebration will be April 23 and everyone is invited. Location to be announced.



The Special Bonairean Nubian Donkeys



Michael Obersi and Al Catalfumo stand by posters honoring early BDPLF supporters, the late Reymundo Saleh and the late Tirzo "Ti" Cecilia.

Bonaire's donkeys are controversial. Some people want them eradicated while others say they are a part of the island's history and culture and should be preserved at all costs. They have become a symbol of Bonaire right alongside diving and flamingos.

Held March 30, the monthly cultural event Nos Zjilea at Mangazina di Rei's main presentation included information from representatives of the Bonaire Donkey Protection League Foundation (BDPLF) and others regarding the donkeys' history, current status and future.

Nos Zjilea began with a podcast regarding Bonaire's wild donkeys that was aired on several radio and TV stations,

YouTube and Facebook. Local musicians Fraley's Entertainment performed in between the cultural presentations

Boei Frans, who grew up with donkeys and cared for them for 50 years explained that people are now living where the donkeys were, so they have to find a new place. People used to give them food and now you only need a piece of bread to catch them because they are so hungry. In the past people gave them water from the wells, but now the wells are all dried up. The water resources need to be available for the donkeys so they will stay in the wild.

George Kultura Thode, head ranger at Washington Slagbaai National Park has

kept records on the donkeys for many years.

Thode explained, "We can analyze what they are eating or were fed and where they have traveled by looking at their manure. If we can provide more information about the donkeys to the government we can provide better life for the donkeys. We need help to take them back to the mundi and keep them away from the klikos."

According to Michael Obersi and Al Catalfumo of BDPLF, in 2013, the government established a contract with the Donkey Sanctuary to catch all the donkeys. They killed the wounded, castrated the males and put the females back in the mundi for population control. But there was not enough water or food to keep them away from town. This contract is no longer in effect. Statistics taken since 1956 show a donkey population of 1000 on Bonaire. The current count is approximately the same exhibiting they haven't multiplied. Another contract with the Donkey Sanctuary states they are paid \$70,000 for 30 females every year. It expires in 2030, when, say Catalfumo and Obersi, the government has an elimination plan. This has been decided without the input of BDPLF and needs to be stopped. Their idea is to create a holistic balanced policy.

Catalfumo explained that several years ago Bonaire donkey DNA samples were sent to Texas A&M and showed them to be descendants of the wild Nubian ass which are extinct in their homeland.

"They are animals that lived in desert areas. The donkeys have been here for 1000 years and the community loved

them and cohabitated with them with no problems in the past," said Catalfuma. "The donkeys are something precious and part of the heritage and need to be protected at all cost.... Tourists love them. They are good for tourism and can help in many ways in our economic development."

Other highlights of the March 30 Nos Zjilea included the book Papiamentu Pika, live music by Tutti Frutti, the craft market and local food and drinks.

For more information about Nos Zjilea and Mangazina di Rei visit their website or Facebook page. For more information about BDPLF visit their Facebook page.

Story / photos Julie Morgan



Boei Frans

Creating Optimal Health

by Irene da Cunda Costa
Fasting, Part 3.

Intermittent fasting can be adopted as a lifestyle. In December 2019 a paper in the New England Journal of Medicine was published listing many conditions that can be improved with fasting. This list included diabetes, obesity, fatty liver, cardiovascular disease and some cancers.

But some people should not fast: if you have an eating disorder, under 18 years old, a woman pregnant or nursing. You need to check with your doctor if you have diabetes or are using medication for diabetes, have kidney disease, heart or thyroid issues.

In her book "Fast like a girl", Dr. Mindy Pelz addresses the importance of hormonal cycles when starting a fasting lifestyle. Women's hormones not only regulate the menstrual cycle, but they also regulate appetite, mood, sleep, energy and focus. To understand this, we need to learn a bit about how hormone levels rise and fall during the menstrual cycle and what are the consequences of this.

The following is an example of a cycle, considering individual variability. Day one of the cycle is the first bleeding

day and hormones are at the lowest, and from day one to day 10 the body works on making estrogen. Estrogen thrives when insulin is low, so this part of the period is the best time for longer fasts. Estrogen makes you social, puts your party hat on and makes you go out. Ovulation can happen from day 11 to day 15. At this moment three hormones are on stage: estrogen that has been made during the first part of the cycle, testosterone coming up and the body is starting to produce progesterone. Testosterone increases your libido, motivation and drive making this is a good moment for productivity and creativity. Progesterone does not like spikes of cortisol, so in this part of the period it is not recommended to do long fasts. The recommended eating window should be around nine to 11 hours.

Ovulation is a great time to switch from fasting to choosing good foods for our hormones. From day 16 to 19, longer fasting is fine, but the week before your period, when progesterone comes up, you don't want to fast at all. Progesterone will diminish if for whatever reason cortisol goes up. If cortisol is high, progesterone hides and you can lose your period. Cortisol can

come up because of fasting, extreme exercising, or any extreme demand on your organism and this will interfere with the regular female cycle. Progesterone makes you hungry and crave carbs, so the week before the cycle women need more glucose. This is the time to indulge in sweet potatoes, dark chocolate, beans, fruits in general, cereals, squashes, and avoid fasting until you start bleeding. Understanding the role of hormones makes fasting so much easier.

When hormones start to decline around 40 there is the need to change certain life habits. Some women start intermittent fasting at this point in their lives, cycling the fast and going from low carb to high carb periods. Low carbs help to balance estrogen and high carbs make thyroid and progesterone happy. After menopause it is also important to eat enough protein and repair the microbiome. Some women may need to check the beauty and personal hygiene products they have been using and switch to others more natural. Other concerns include rethinking priorities, avoiding the rushing woman syndrome and learning how to chill out. And remember, women in community raise oxytocin, which brings down cortisol, regulates insulin and then regulates sex hormones.

Fasting gives you a chance to breakdown and regenerate tissue, that is why it is very important to check the quality of

what you eat. If you are fasting because you want to lose weight, you also need to check the quantity.

Breakfast is still the most important meal, not necessarily for the size but because it is the first meal with which you break your fast, no matter what time you take it. Your body is yearning for good nutrients. If you want to take care of your microbiome it is good to start with some probiotics and good fiber. If you want to rebuild muscular tissue add good proteins and if you want to extend a ketogenic state to lose weight, eat good fats instead. In general, you should break your fast with a combination of probiotics, fiber, good quality protein, fats and complex carbs. The time of the day is also important. Dr Satchin Panda studies eating habits and circadian rhythm and he basically recommends avoid eating after the sun goes down, like our ancestors did.



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.

The Bonaire Reporter Apr 10 - Apr 24, 2024

Piss and Vinegar

by Gijs Borsten

A Part of the Government is Missing

Bonaire is probably the only place in the world where everything that's supplied with a set of wheels is allowed to make use of public roads, without being held subject to any regulation or limitation. Simply apply for a license plate, and off you go.

(I now realize there's been one exception: the Segway (that was brought to Bonaire by a couple from Las Vegas on a yacht) we frolicked around with, one night at City Café, somewhere in 2009, was confiscated by an eager police officer. He stated it was too dangerous to be used on the open road or even on sidewalks. He probably didn't have a clue how the device kept its balance).

Wheeled 'things' on the island currently involve: Golf carts, scooters of the most remarkable kinds, electric bicycles, motorcycles that started their lives as roadworthy but have been modified into devices that completely lost their purpose as a means of transportation. Add cars with blackened windows, making the outside world, especially in the dark, completely invisible, and trucks equipped with headlights that blind even in broad daylight. They all can be found on Bonaire's roads. Nobody seems to care.

Trying to find out what could have caused the state of anarchy among Bonaire's modes of transportation, I think I detected a possible source. It's got something to do with the way the government is organized. Or rather not organized.

In a normal country – that's what Bonaire pretends to be – vehicular administration consists of a few different functional layers.

The moment a vehicle enters the country, it has to be formally registered, and a fee has to be paid, usually in the form of import taxes. Registering the brand, type and numbers during the import of a vehicle, and collecting import taxes, is the responsibility of the Custom

Service. They're not interested in what the nature of the product is, or what it's going to be used for: they're only there to register the article, and collect the duties. With taxes paid, the vehicle is officially imported. There is, however, no way it can be used on public roads, because it doesn't have a license.

That's where we reach the next administrative layer: the acquiring of a formal license to be able to use the vehicle, that is expressed by a license plate, visibly mounted on the outside.

A license plate, BTW, is a unique, official document, with the same status as, for instance, a driver's license, or a passport. It cannot be replaced by a slab of cardboard, or by a counterfeited plate, as can be seen on Bonaire, on cars of which the owners think a plate of a custom design looks better than the official one. Kind of in the same way in which you don't replace your passport by a reproduction because the picture in your original one makes you look like a retard.

Normally, in order to acquire a formal license for your freshly imported vehicle, it has to meet a number of formal requirements, to prove its roadworthiness. In general, those requirements are to be found in a law, that, believe it or not, actually exists on Bonaire: The *Wegenverkeersverordening Bonaire 2019* (Road traffic Act 2019).

So: every vehicle presented, before being designated a license plate, has to meet the legal and technical standards, defined in the *Verordening*. And that's what's going wrong on the island. There is no government body assessing the freshly imported vehicles to the legal standards. And that's where the anarchy starts.

Normally, at the moment the legal standards are met, a license can be issued, generally by a specialized subdivision responsible for the specific task. In Motherland it's the *Rijksdienst Wegverkeer (RDW)*, in the US the Department of Transport (DOT).

On Bonaire, such a government body doesn't exist. A complete section of Government control is missing. It simply isn't there. After the payment of import duties, there's just the issuing of the license plates and cashing the road taxes, and that's it. So: the process of assessing

the conformity of the presented vehicle to the Traffic Act is effectively non-existent.

However, with congestion becoming a serious problem, using the *Wegenverkeersverordening* would be an excellent way to rid the island's road of a serious number of non-compliant vehicles, vehicles that incessantly obstruct the flow of traffic, causing constant delays and pose a danger to their users and others.

Take the golf carts, despised by thousands: they can simply be denied access to public roads because of their non-conformity to the *Verordening*: no left and right mirrors, no front brakes, no safety belts, all compulsory details.

Or the often-over-aged behemoth trucks, imported from the US: all way too wide to be legally allowed on Bonaire's roads, often equipped with junk headlights, spitting out black smoke.

Or the cars – even the new ones – with the pitch-black windows, the fear of every biker (and, imaginably, every police officer), forbidden since 2019.

Or the motorcycles, modified with the only purpose to make noise, reducing their normal drivability to almost zero, reducing their legal operability to zero.

The fact that all of these irregularities are so easily visible to everybody, makes me wonder: is there something on the island that, ever so vaguely, fulfills a role in enforcing the Traffic Act, or can we simply start wiping our behinds with it?

Honestly, I think we can...



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.

Caribbean Climate Justice Camp 2024

From March 28 - 31, 2024, Greenpeace's Roots initiative helped facilitate the Caribbean Climate Justice Camp on the island of Sint Maarten. This was the first regional camp of the program and the first of its kind in the Caribbean. The four-day interactive camp attracted 120 movement leaders and climate justice advocates from 25 countries around the Caribbean. Young representatives from all six Dutch Caribbean islands (Aruba, Bonaire, Curaçao, St. Maarten, Saba, and St. Eustatius) were present.

The camp offered: • issue based content sessions or thematic tracks, • skill building workshops and circles, and • cultural nights. Participants were invited to present campaigns, initiatives, or introduce their organizations.

The young representatives discussed areas currently affecting all of our islands. Two such sessions were:

- a workshop on legal insights into the climate action case brought by eight individuals from Bonaire together with Greenpeace Netherlands to hold the Dutch State accountable for climate change.
- brainstorming session for regional cooperation led by local climate justice activist from Sint Maarten, Ridhi Samtani.

The attendees included those living in the Netherlands but representing their respective islands like



Kjell Kroon, local young professionals and movement builders like Saba's Francine Zagers, as well as government officials and parliament representatives such as St. Maarten's MP Melissa Gumbs.

Initiatives like the Caribbean Climate Justice Camp allow people to share knowledge, exchange expertise and build a community – crucial in the face of climate change. To Roots and all involved in organizing, participating, and sponsoring the camp, thank you.

Greenpeace

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Pets of the Week



Luke

Dear Dog lovers. My name is Luke and I'm a shy boy a about 5 years.

I've been a shelter resident for three years but no matter how much I like it here, I really hope to find my forever home and have my own special family.

I'm good with other dogs, but I prefer a girl or a boy that is younger than me with a laid back personality.

I'm good with children of all ages. The first impression I will give you is that I'm a shy guy, but once I have met you I cannot get enough of those lovely hugs and cuddles.

I hope you have a special place for me in your heart and your home. I'm ready to move in with you forever.

Photo/story: Sanne Attevelt

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



Harvey

Our cat of the week is a male cat named Harvey. He is almost two years old and was found as a stray and brought to the Animal Shelter Bonaire when he was three months old. Harvey's history is a bit of a mystery, but his family must have really liked people because Harvey sure does!

Harvey's coloring is tabby and white and he has beautiful green eyes. He is friendly and enjoys petting and treats. Harvey can be a little shy at first but once he knows you, he wants to be your friend and will sit by your side and wait for attention. Please stop by and meet Harvey.

Harvey is sterilized and has tested negative for feline leukemia and FIV.

Photo/story: Amy Bowen

Animal Shelter News "Strong" Volunteers Needed for One Day

On Saturday, April 27, Rotary Club of Bonaire will have their annual "Rotary International FERIA" (a huge flea market) at Wilhelmina Park in Playa. Every year, the Rotary Club kindly donates left over items that have not been sold to Animal Shelter Bonaire for our Pakus. The Animal Shelter needs some "strong" volunteers to help load trucks, cars, etc. with these items at the end of the day. If you can help with strong arms and backs and/or pickup trucks, your support will be much appreciated.

For more details please contact Paul at paulenamina@gmail.com

Pakus di Pruga will soon be back in full business at our new location. Lots of donations have come in during the months we were closed, add in the Rotary Club items, and it will surely be a "grand" opening. Stay tuned to the Bonaire Reporter for details.

Jane Disko

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TCB Informs

Preliminary figures for March 2024 reveal that the island welcomed a record-breaking 18,169 stayover visitors during March 2024. Comparatively, in 2023, the total number of visitors amounted to 16,493, while in 2019, it stood at 16,000. This represents an increase of approximately 10% from 2023 to 2024 and a growth of approximately 13.5% from 2019 to 2024.

Dutch visitors remained the largest group, accounting for 39% of the total, followed by Americans at 29%. Curaçao, Canada, Germany, and Aruba contributed significantly to Bonaire's tourism industry.

In March 2024, Bonaire experienced a remarkable surge of 37% in American visitors compared to the previous year and a substantial increase of 186% in Canadian visitors. The increase is due to the increase of United, Delta, AA flights and the new WestJet flight out of Toronto, Canada. Despite these overall positive trends, Dutch visitors decreased 5.6% from 7541 in 2023 to 7120 in 2024. This decrease is due to the drop in frequencies and seats available on the AMS-BON route due to change of aircraft equipment by our Dutch airline partners and

number of rotations that were scheduled.

US visitors visited primarily from New York, Florida, California, Pennsylvania and other major states. The age groups with the highest representation were 45-54 (20.7%) and 55-64 (20.5%), indicating a strong interest from mature

travelers. Dutch visitors mainly hailed from North Holland, South Holland, and North Brabant, with the dominating age group being 55-64 (27.6%) and 45-54 (18%).

Bonaire welcomed 48,233 cruise visitors with 23 cruise ships this February.

For more detailed statistics and information about Bonaire's tourism performance, please visit our official website at www.bonaireisland.com or reach out to us via email at info@bonaireisland.com. *TCB*





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