FREE
BONAIRE
The REPORTER
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A cloud of fish hover over a Bonaire Reef
Photo Julie Morgan

Bonaire is still Diver's Paradise

Divers have been coming to Bonaire to dive since 1962, when Captain Don Stewart opened the first dive operation at what is now Divi Flamingo Resort. Word spread fast of Bonaire's amazing marine life and coral reefs that were easily accessible just by walking into the water from shore. By the 70s, Bonaire was on the to-do list of most every scuba diver in the U.S. and beyond and the island quickly became known as the shore diving capital of the Caribbean. And it still is.

Last week at the 50th DEMA (Divers Equipment and Manufacture Show), November 3 – 6 in New Orleans, Scuba Diving Magazine's Reader's Choice Awards were announced. Beginning in 1992, readers are surveyed through the magazine to nominate their favorite diving destinations, dive operators, resorts, liveaboards and more. For the 34th year, since the beginning of the survey, Bonaire was named the best in shore diving in the Caribbean/Atlantic. No other destination has even come close.

Scuba divers love Bonaire and it's not just the shore diving. The Reader's Choice results are proof of that.

The Bonaire aisle, as it is known at every DEMA, was filled with 13 island partners headed up by Tourism Corporation Bonaire (TCB). When the awards were announced, Bonaire ended up with 70.

The island diving destination itself captured 12 and five were for first place: shore diving, macro life, underwater photography and snorkeling. A second place was received for advanced diving and third place for best overall and best value. Bonaire was even rated as one of the best destinations for wall diving, wreck diving and big animals plus a top 10 rating for the health of the marine environment.

For the Carbbean and Atlantic, here are the Bonaire dive operators results:

Buddy Dive (7 awards): One of the Best for quality of training and courses; best overall; quality of facilities, rental gear, staff, dive boats; attention to safety

Dive Friends Bonaire (7 awards): Top 10 for quality of facilities, attention to safety; one of the best: quality of rental gear, training and courses; best overall, quality of staff and dive boats.

Divi Dive Bonaire (7 awards): One of the Best: quality of facilities, training and courses, staff, dive boats and rental gear; attention to safety; best overall

VIP Diving Bonaire (6 awards): Top 5: quality of facilities and Top 10: quality of rental gear; attention to safety; best overall and One of the Best: quality of training and courses and staff.

Wannadive Bonaire at Eden Beach Resort (7 awards): Top 10: quality of training and courses and one of the best: quality of dive boats, staff, rental gear; best overall; attention to safety and quality of facilities.

As for the resorts, Buddy Dive was in the Top 10 for value and quality; One of the Best: best overall and quality of restaurant, resort and rooms.

Delfins Beach Resort: One of the Best: quality of restaurant, best overall, quality of rooms, value, resort and staff.

Divi Resort: Top 10: value of resort and One of the Best: quality of the resort, staff, rooms and restaurant and best overall.



Richmend Anthony helping two divers with their shore diving Photo Julie Morgan

In recent years, Bonaire has tried to shift tourism to include other focus points of attraction: cruise ships, windsurfing, beach going, swimming, biking etc. In fact, a new TCB promotional Bonaire video released a few months ago did not even include diving.

Yet, TCB has reported that some 43% of stayover visitors to Bonaire come specifically for diving. Bonaire is still Diver's Paradise.

Despite all the talk about climate change and reef deterioration from human behavior, divers are still diving, and they are diving Bonaire. Many are becoming better divers with new skills or with a purpose to do their best to counter the reported detrimental effects of climate change. There are many nature organizations on Bonaire that welcome volunteers to help sustain our ocean and reefs. Whether it is a cleanup dive, mangrove planting or Reef Renewal. residents and visitors are welcome.

Story / Photos Julie Morgan



File photo of the Curacao/Aruba Cooperative Security Location. (U.S. Air Force photo)

Objections to American aggression has complicated FOL renewal

Since March, 2000, the FOL (Forward Operating Location) treaty has allowed the United States to conduct anti-drug operations from civilian airports in the Caribbean part of the Kingdom. The effect of the treaty has long been visible at the Curaçao airport, where three U.S. military surveillance aircraft are stationed.

The treaty was routinely extended three times, and the third extension expired on November 2, 2026. The treaty was allowed to continue in force on the tacit assumption that approval of renewal would be forthcoming.

The House of Representatives and the Parliament of Curaçao both objected, however, citing American aggression in the region as a reason to reconsider the treaty. The Dutch government has resorted to an emergency measure to extend the treaty pending consideration by the House of Representatives and the States General. *DMR*

Legal resident on Bonaire? You can probably vote in March

Regardless of nationality, many legal residents of Bonaire will be qualified to vote for members of the Island Council in the upcoming March elections. They will receive a voting pass in the mail that they can present at any polling station in exchange for a ballot.

To qualify to vote in the island election, you must be 18, must have a valid residence permit on Bonaire, must have been legally residing in the Netherlands before January 30, 2027, and must have been living continuously in the Netherlands (including the Caribbean Netherlands) for at least five years. The Civil Affairs Department will have you on record as qualifying and will mail you a voting pass.

Those who qualify can expect to receive their voting pass by mail around March 1. If you do not receive a voting pass the Civil Affairs Department may not have your current address. You can collect your voting pass in person from the Department.

Different rules apply for voting in Netherlands national elections. Residents of Bonaire who are not Dutch citizens cannot vote in those elections. Dutch citizens who are residents on the island can cast their votes for the Senate indirectly through an Electoral College, can vote for members of the House of Representatives, and can vote for delegates to the European Parliament.

The website https://bonairestemt.nl/en/elections-on-bonaire and the Facebook page BoneiruTaVota provide more information about the elections, where, when, why, and how to vote. *DMR*

Statia to rebury Afrikan ancestors

The people of St. Eustatius will join in an Afrikan ancestral procession and reburial ceremony on Friday, November 13, 2026. The remains of 69 Afrikan ancestors will be laid to rest in 66 caskets, with some ancestors sharing a casket. The day will honor the ancestors and affirm their dignity, resilience and place in Statia's history.

The procession will include three symbolic stops: Water, Earth and Names. Water will take place at Golden Rock Plantation, Earth at the STUCCO/Congo Burial Ground, and Names will follow at Princess Delight. The names of the ancestors will be read, brief reflections will be offered, and the ceremony will end with re-internment. *DMR*



The Reporter

This Issue's Stories

Scuba Diving Readers' Choice Awards	1
Sweeti consolidates	3
Miss Universe Bonaire is ready	5
Infections disease report Q3	5
Culinary team heads to CHTA	5
500+ kids compete Big Nature Quiz	6
Veroesjka de Windt leaves BONHATA	7
It feels so good to help - Nubia massage	8
Move with Meaning cancer walk/run	9
Halloween invades Playa	10
'Torno pa Torno' walking tour returns	12
Alev at OPY in London	12
October's grocery prices	12
Global Entrepreneurship Week GEW	16
Children's Book Week	17
Book donated: Kyle the Killer Kaktus	17

Our Facebook page brings you news that arrives between issues

Columns

Who's Who in *The Reporter*	2
Island News:	
• FOL treaty with U.S. reconsidered; voting passes in Island elections; St Eustatius to rebury African ancestors	2
• Catch-up on long-lease applications; Frans steps down as Island Secretary; CITRO blocked by OLB; Road upgrade in Playa	6
• Plastic waste exceeds disposal capacity; Banks in Statia & Saba; Internet subsidy; 36-hour work week denied; Islands can't use unbudgeted monies to offset electrical costs	7
Police Report	4
Ask Bob: Risks of selling privately	4
Buckley's Books: Ecological Footprints	9
Foodies' Dining Guide	11
Reef Glimpses: Sponges	13
Corjan recipe: Caribbean Cheese Soup	13
What's Happening: Events; Coming up	14
Cruise ships; Churches; Places; Activities	15
Accessibility: Compliments	16
Garden: Herbs	17
Business Directory	18
Pets of the Week: Cat Scout; Dogs Jessy and Woezel	19
Shelter poem: Were they ever loved	19
Optimal Health: Two-stage sleep	19

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Sweeti Bakery has changed



Elise Weerstand and Gitta Lopulissa Photo Julie Morgan

Since March 2022, Sweeti Bakery has become the perfect place to find the ideal cake, cupcakes, cookies or innovative dessert to satisfy most anyone's sugar cravings. The goodies at Sweeti's were found to be unique in taste, creativity, quality and different than anything previously available on Bonaire unless it was from your own kitchen. And all that has not changed except for perhaps being a bit more innovative.

For the first couple of years, owner Elise Weerstand seemed content to create her specialty desserts, and the island loved them. Then in October 2023, she expanded her creativity and opened Blue Lagun Cafe at Dabboussi Center at Bonaire International Airport. The café featured healthy Caribbean foods, salads and sandwiches along with some Sweeti desserts for dine-in or takeaway. Blue Lagun featured holiday event buffets, high teas, specialty food nights and catering.

Unfortunately, the café and Sweeti together proved to be a bit much to handle and Blue Lagun closed at the end of October.

Elise said, "It was hard to manage with having the restaurant open, Sweeti and catering. I decided to put the strength of both businesses into one and that way we get all the good things together. And I can put my focus on the pastries."

Most everything that Blue Lagun offered has now moved to Sweeti, including the skilled café chef and caterer Gitta Lopulissa. Of course, all the yummy pastries will be available in the store, but in addition there are savory choices including salads, wraps and sandwiches.

Catering is available for groups from six to an unlimited number of people. The catering includes everything to do with the food and drink, whether clients want prepared food or live cooking, a dinner, barbeque, breakfast, lunch, high tea or just party bites. And when it's all over, they clean.

Sweeti ...to page 4









- **Located in Lagoen Hill**
- **Lot size : 1,330 m2 / 14,315 sq. ft. owned land**
- **Established residential neighborhood**
- **Paved roads, no building obligation**
- **Building plan available**

RE/MAX
Paradise Homes

Lagoen Hill Lot 1177
$ 247,500 US Dollar

FOR SALE

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POLICE REPORT

Contact the police via 715 8000, 911 or the anonymous tip line 9310.

Property crimes

Nov. 3. An HP ProBook laptop, a Samsung Galaxy phone, chargers, a GoPro camera, cash and various documents were stolen from a tourist accommodation at Punt Vierkant.

Oct. 30. A black electric V8 fat bike was stolen while parked at a school on the Kaya Frater Odulfinus.

Oct. 28. A travelon bag, two wallets with cash, cards and a passport were stolen from a pick-up truck parked at the dive site '1000 Steps.'

Oct. 28. Four hubcaps were stolen from a Toyota Yaris that was parked in the yard of a house on the Kaya Kariñoso at the time.

Arrests

Nov. 7. 9 a.m. A man, 67, was arrested at Kaya Libertador Simon Bolivar for trespassing and deliberately disobeying a police order. The suspect visited the consultation hour at a private location while he knew that he was not welcome. The suspect refused to leave the location, although the police ordered him to leave several times.

Nov. 3. 1 a.m. A man, 33, was arrested for driving with a revoked driver's license. His driver's license had previously been confiscated for driving under the influence of alcohol. The vehicle was impounded.

Driving under the influence (DUI)

Drivers who register a positive result on a breath test given at their vehicles are arrested and taken to the police station for a breath analysis. Drivers are legally required to submit to a breath test.

From Oct. 31 to Nov. 4 police reported that seven drivers were arrested for driving under the influence of alcohol (DUI). One driver crashed his car into the wall of a catering establishment on Kaya Nikiboko South, one crashed into a lamppost on Kaya Grandi, and another reversed into a car on Kaya Dr. José G. Hernandez, then drove on without stopping. Police stopped one car for driving on Kaya Nikiboko Noord with the rear lights out, then smelled alcohol in the car and found bottles of alcohol in his vehicle. Three drivers were identified during a traffic control check. Four driver's licenses were confiscated. Police gave driving bans of 3 and 6 hours. One driver could not show a valid driver's license or proof of valid insurance and the vehicle's license plate had been registered as lost. This vehicle was impounded for further investigation.

Traffic accidents (breathalyzer test negative)

Oct. 31. 12:45 p.m. In the parking lot of a supermarket on Kaya Industria a car, which was driving in the right direction, collided with an electric scooter that was crossing in front of it. The driver of the scooter, a minor, ended up on the windshield of the car. The victim was taken to the hospital by ambulance. The driver of the car was fined for driving without valid insurance and without the correct license plates.

Oct. 29. 3:30 p.m. On Kaya Nikiboko North, near Kaya Blenchi two cars collided and one ended up in the garden of a house. An ambulance took one of the drivers to the hospital. Because smoke came from one of the vehicles, the fire brigade was called.

Oct. 28. 9:30 a.m. On Kaya John E. Nicolaas a minor fell from an electric bicycle (fat bike). The victim was taken to the hospital by ambulance.

Traffic, Parking and Speed Control

Speed limit is 40 km/h in built-up areas and 60 km/h outside. Traffic fines range from $30 to $225.

Nov. 4 & 5. Police checked the speed of approaching cars with a laser gun at Kaminda Lagun, Kaya Korona and E.E.G. Boulevard, among others. Four fines were issued for exceeding the maximum permitted speed, driving without a license and driving without insurance. In addition, some drivers were warned to pay close attention to their speed. The highest speed measured was 80 km/h.

Nov. 3. A speed check was held in the late evening hours on E.E.G. Boulevard. Five fines were issued for exceeding the maximum permitted speed. The highest speed measured was 86 km/h.

Oct. 31. In the early evening on Kaya Neerlandia 15 vehicles, including cars and scooters, were stopped and checked. Four fines were issued for driving without a valid driver's license and driving without valid insurance.

Fire

Nov. 6. 4:30 p.m. A pick-up truck was reported on fire on Kaya Merengue. The fire brigade extinguished the fire which was presumably, caused by a short circuit at the battery as a result of incorrect wiring.

Nov. 5. 11:35 a.m. The KPCN received several reports about banging sounds of exploding objects in a fire in the residential area of Hato. The explosions were caused by a waste fire in the garden of a house on Kaya Leiden. The resident stated that he had set fire to waste but that the fire had then spread. The fire brigade extinguished the fire. The police spoke sternly to the resident, because this was not the first time that a waste fire was reported at this address.

Nov. 2. 4:15 p.m. A pick-up truck was reported on fire in a parking lot on Kaya Libertador Simon Bolivar. Due to the risk that the fire would spread, all people were evacuated from a nearby building. The fire brigade extinguished the fire which was probably caused by a technical defect.

SWEETI has changed *from page 3*

Elise said, "Every party is different. We listen to the people and cater to specific dietary needs. Our experience has provided us with the knowledge of what we need to bring for the type of party or event."

To enlist Sweeti catering services, go to the4new Sweeti website: sweetibakerybonaire.com/catering/ and fill out the form. Booking in advance is a plus as it gives the Sweeti team more time for arranging the particulars.

Elise Weerstand won CHTA (Caribbean Hotel & Tourism Association Taste of the Caribbean 2025 Pastry Chef of the Year and is currently a Team Leader for the Bonaire Culinary Team. (See page 5)

As for the bakery, Sweeti will once again offer their delicious pecan and pumpkin pies for Thanksgiving, but don't forget to order ahead. And for the Christmas holidays, Sweeti has planned an assortment of specialty desserts and some new goodies.

Sweeti will be joining the Christmas Market once again and on Christmas Day, December 25, they are creating a walk-in dinner of modern Christmas bites with a Caribbean flavor. at Kunuku Klub. Catering is available for Christmas and New Year parties but book early.

Visit Sweeti on Facebook and the website sweetibakerybonaire.com for more information.

Story / Photos Julie Morgan

Ask Bob

Bonaire real estate advice



Hi Bob,

I'm thinking about selling my house on Bonaire. Do I really need a real estate agent, or could I save money by handling the sale myself? What are the risks of selling privately?

Thanks,

Katy

Hi Katy,

Yes, you can sell your home yourself. However, there are a few important things worth considering before deciding to do it by yourself.

Selling a property involves much more than finding a buyer.

Setting the right asking price requires knowledge of the local market. Price it too high and you may scare away buyers, price it too low and you could leave money on the table.

Marketing also matters. Professional photography, attractive property descriptions and reaching the right audience can make a real difference.

Perhaps the biggest challenge, however, is negotiating the sale. Knowing when to accept an offer, how to handle counteroffers and which conditions to agree to requires experience. All agreements must also be clearly documented and legally enforceable. If certain conditions are overlooked or agreements are not clearly written, disputes can happen, which can be costly.

An experienced real estate agent does much more than advertise your property. They bring market knowledge, professional marketing, access to potential buyers and negotiation expertise, guiding you through the process and protecting your interests all the way to the final transfer at the notary.

My advice? Don't look at the commission alone. Your home is probably one of your biggest investments and getting the best possible result is what really matters.

If you decide to hire an agent, choose one with a solid reputation, local market knowledge and a proven track record. Experience, trust and good communication make all the difference.

Sometimes, having the right professional by your side is money well spent.

Sunny regards,
Bob Bartikoski

Bob Bartikoski,
Re/Max Bonaire Broker/Owner
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Caroline Porras is ready for the Miss Universe Pageant



The 25-year-old Miss Universe Bonaire Caroline Porras has arrived in Puerto Rico to compete against 120 contestants in the international Miss Universe 2026 Pageant. She made a quick stop in Miami for interviews with Telemundo TV before embarking on the 11-day competition.

Porrus has worked hard with fitness training, dancing, speaking and presentation abilities to prepare for the pageant. She will compete at nine locations from November 11 to the Grand Finale on November 24.

Roderick Beaumont of the Miss Bonaire organization said, "Miss Universe Bonaire Caroline Porras is ready and well prepared for the activities to come. And she will continue to work hard on promoting Bonaire."

To keep up to date on Porrus' Miss Universe experience follow Miss Universe Boniare on Facebook and Instagram.

The 75th Miss Universe pageant will air live on REELZ in English on Tuesday, November 24, 2026, at 8 p.m. ET (5 p.m. PT), and in Spanish on Telemundo. *JM*

Few infectious diseases on Bonaire but Carribbean is dangerous

GGD Bonaire (Public Health Department) monitors the infectious diseases present on the island throughout the year and provides brief updates every quarter. The report for Q3 2026 is summarized below.

Visiting ships

Worldwide, every ship is required to complete a health declaration before arriving at a port. If someone on board has a contagious disease, GGD Bonaire is notified. Individuals currently suffering from an infectious disease are not permitted to disembark. Under international regulations, a ship is generally allowed to dock. Only in exceptional circumstances—such as when a large number of people are ill or a highly serious infectious disease is present—might it be decided that no one is permitted to leave the vessel.

In Q3 the number of ill individuals on board most cruise ships remained low. Furthermore, there were fortunately no notable outbreaks on cruise ships within the Caribbean region during July, August, and September.

Flu

On Bonaire, we have not yet observed any cases of influenza. Since the end of October flu vaccinations and COVID-19 booster shots have been offered.

Sexually transmitted diseases

The GGD Bonaire sexual health clinic tested 110 clients for STIs (sexually transmitted diseases) this year. Of these, 22 tested positive for chlamydia, 12 for gonorrhea, and 1 for syphilis.

Mosquito-borne diseases

Between July and September (Q3), few people showed symptoms of a mosquito-borne disease, such as dengue or chikungunya.

Infections have been widespread in the Caribbean however. Outbreaks of chikungunya have recently been reported in several countries in the region, including French Guiana, Nicaragua, Brazil, Costa Rica, and Guadeloupe. Cuba has been experiencing an ongoing outbreak of mosquito-borne diseases; in addition to chikungunya, the country is also dealing with a high number of dengue cases. A significant number of locally acquired dengue cases have also been reported recently in Florida, Costa Rica (DENV-1 and DENV-3), El Salvador, and Peru.

Outbreaks of measles have recently occurred in several countries, including the U.S. (New York and Pennsylvania), Peru, Mexico, Guatemala, Honduras, Belize, and South Africa. GGD Bonaire / Salubridat Públiko is closely monitoring the situation in the region. *DMR*

500+ students compete in Big Nature Quiz

More than 500 primary school students from across the six Dutch Caribbean islands took part in DCNA's annual Big Live Nature Quiz on October 30. This year's quiz focused on climate change. In Bonaire the Island winners were De Barracudas from Pelikaan school. The overall winner was Team Kurashi Curaçao from Schroederschool.

Missed the quiz? You can watch it Nov. 14 at 6 p.m. on Energia TV. Find more information about DCNA's nature education initiatives at dcnanature.org/nature-education.



Culinary team head to CHTA

Bonaire's six member culinary team, managers and team leader will be packing up their kitchen tools and heading to compete in CHTA's (Caribbean Hotel and Tourism Association) Taste of the Caribbean competition at the Wyndham Grand Barbados Sam Lord's Castle Resort on November 16-19.

In preparation for the competition, the team has worked throughout the year testing and retesting recipes of their own design and presented them to Bonaire's enthusiastic foodies for taste testing. All this testing and tasting has been leading up to this unique competition.

Bonaire has participated at the Taste of the Caribbean since the late 90's and have medaled every year. But last year, they truly brought home the gold as the overall winner of Taste of the Caribbean. Bonaire was named Caribbean National Team of the Year, along with Caribbean Chef of the Year and Caribbean Pastry Chef of the Year and a silver in Bartender and a bronze for Junior Chef.



L-R: Quincy Karijodikromo, Floris van Loo, Akira Cecilia, Suedaiyer Pemberton, Chelsie Agunday, Bart Tholen, Elise Weerstand, Christiaan Silva, Jake Kelkboom . Photo Flavio Maestroni

This year's team is similar to last year but with some new faces too. The management team for 2026 consists of a returning Bart Tholen and long standing team leader Floris van Loo. There is also a management role for Elise Weerstand, last year's Pastry Chef of the Year. Jake Kelkboom is returning to win the Chef of the Year for the second time and Christiaan Silva is hoping to top his 2025 silver medal with gold in the Bartender competition. Chelsie Agunday is looking to win the Chef Seafood Competition and Akira Cecilia is taking over the role as Best Pastry Chef. Quincy Karijodikromo has taken on the Beef Chef competition and Suedaiyer Pemberton is competing in the Junior Chef category.

Bonaire will go up against 15 teams in the Caribbean region: Anguilla, Antigua and Barbuda, Barbados, Belize, Curaçao, Grenada, Jamaica, St. Kitts and Nevis, Saint Lucia, St. Maarten, St. Vincent and the Grenadines, Trinidad and Tobago, the Turks and Caicos Islands, and the U.S. Virgin Islands

The competition categories are: Chef of the Year, Junior Chef of the Year, Pastry Chef of the Year and Bartender of the Year, with dedicated beef and seafood challenges and a new vodka competition. *Story Julie Morgan*

OLB moves to catch up on long-lease applications

Sixty lottery winners have won an opportunity to qualify for a long-lease, or erfpacht, on a residential lot. They had applied during 2010-2011, and their names have been on a waiting list. The lottery, overseen by a notary, was held on November 4, 2026.

During the lottery each winner was allocated a specific plot. They must still undergo a verification procedure to determine whether they qualify for a long-term leasehold right. Applicants must submit documents that establish they meet the required criteria. First, they must demonstrate they have sufficient financial resources to construct a home in accordance with the applicable building codes and regulations. The applicant — and if married their spouse — must not already own or hold in their own name any other piece of land, whether it be freehold land, leased land designated for residential use, or other land held under a long-term leasehold. Further, the applicant must be a resident of Bonaire, and the plot must be used exclusively for the construction of a private residence—not for commercial purposes. *DMR*

Frans no longer Island Secretary



Christopher Frans

Christopher Frans stepped down as Island Secretary of the Public Entity of Bonaire (OLB) effective November 1, 2026. Since March 1, 2023, Frans has been responsible for leading the civil service organization and providing advice and support to the Executive Council. Frans joined the OLB in December 2013 and served as a senior policy advisor within the Directorate of Society and Care, an administrative advisor in the Office of the Island Governor, and Deputy Island Secretary.



Roxanne Francees is now Acting Island Secretary

As of November 1, 2026, Deputy Island Secretary Roxanne Francees will serve as Acting Island Secretary. *DMR*

OLB disinterest blocking creation of sea rescue service, CITRO says

CITRO Bonaire (Citizens Rescue Organization) is a volunteer foundation established to create a maritime search and rescue operation in the waters around Bonaire. CITRO representatives say they have been waiting 19 months for the Public Entity of Bonaire (OLB) to respond to the organization's questions about its legal status and subsidy application.

CITRO wants to bring a rescue boat to Bonaire in cooperation with the Royal Netherlands Sea Rescue Institution (KNRM) and a transport company. But according to the foundation, neither a formal letter nor a meeting with Executive Councilor Jennifer Mohamed-Joenoes have produced answers to specific questions about the organization's legal basis and the conditions of its financial support.

The foundation is therefore exploring possible legal action as well as bringing the issue to the attention of State Secretary for Kingdom Relations Eric van der Burg. *DMR*



Kaya L.D. Gerharts floods after November's heavy rain as the crew works on an upgrade to stop it from flooding. Photo Julie Morgan

The Public Body Bonaire is creating a more beautiful and modern city center with better accessibility for pedestrians and motorists. Phase 3 covers Kaya Grandi from the beginning of Kaya Isla Ariba to the stop of the intersection with Kaya L.D. Gerharts.

During Phase 3 the drainage system of part of Kaya Grandi is being modernized. The main water pipe was increased by a diameter of 60 centimeters in order to transport more rainwater. The center of the street will be crowned so the water will flow into the side gutters. Storm sewers are being installed to carry away flood waters. Phase 3 will be completed before the end of 2026. The street will then be reopened to pedestrians.

In January 2027 reconstruction of Kaya Kòrsou and the final phase of Kaya Grandi will begin. After that work is completed, and when safety conditions allow, Kaya Grandi will be reopened to car traffic. *DMR / OLB release*

If we don't rid the of plastic waste it may get rid of us

Plastic is present in nearly every part of daily life, and its dangerous effects in the human body are documented. Recent research has found microplastics in blood, lungs, and placental tissue, and identified health risks linked to plastic additives and chemical exposure. The consequences of plastic production, consumption, and disposal for climate, biodiversity, and human health are well known.

On September 6th, the world officially passed the point at which plastic waste generation exceeds global capacity to manage it effectively. According to Earth Action, an estimated 227 million metric tons of plastic waste will be generated this year, with nearly 72 million metric tons (31.6%) at risk of ending up in nature. Although waste management is slowly improving, plastic waste continues to grow faster than our ability to handle it. We can't recycle our way out of this problem. We need to reduce plastic production and consumption, phase out unnecessary single-use plastics, in addition to implementing more circular solutions. Every action counts toward protecting our oceans, wildlife, and communities.

To combat this crisis, the EU has systematically tightened its legal framework to take full responsibility for its own waste and prevent environmental exploitation abroad. In 2020, the EU legally adopted internationally agreed changes into its own Waste Shipment Regulation. This update introduced strict entry codes to track and monitor waste based on its safety profile and destination.

Most recently, the EU drastically escalated these protections under the updated Waste Shipment Regulation. This latest law enforces mandatory tracking for complex or hazardous waste and introduces a historic, comprehensive ban on all plastic waste exports to non-OECD countries, set to take full effect this month.

DMR (source, European Commission; Clean Coast Bonaire's November Newsletter)

Sint Eustatius and Saba are getting banks finally

Seventeen years after 10-10-10, citizens and entrepreneurs on Sint Eustatius and Saba are finally getting decent access to basic banking services. At the end of November ING will open branches in Oranjestad and The Bottom.

For years residents of the two islands were dependent on a few ATMs (which were often broken or empty). From the moment of opening of the new branches, customers will be able to open a current account, apply for a debit card, and bank online. Business customers will be able to open a business account. Customer service will be provided via ING's regular service channels. *DMR*

Internet subsidies to continue

The government is extending the subsidies to keep internet affordable on Bonaire, Sint Eustatius, and Saba by one year, until the end of 2027. According to State Secretary for Economic Affairs and Climate Policy, Willemijn Aerdts, Cabinet is allocating 6.9 million for the subsidy. The easy to implement scheme has helped keep internet affordable. There is some question, however, whether people who can afford to pay should be subsidized. The scheme may be adjusted after 2027. *DMR*

CN trade unions want a 36-hour work week

A motion to establish a 36-hour work week in the Caribbean Netherlands recently failed in House of Representatives, but the island trade unions have asked the House to reopen the discussion. They say the principle of equality has been legally enshrined since the creation of the CN. Since 2010 residents of Bonaire, Sint Eustatius, and Saba have officially been equal citizens, yet they work structurally longer hours than colleagues in the European Netherlands.

The unions point out the 36-hour work week is already the norm at the Central Government and the Public Body Bonaire, and they say the inequality should now be eliminated in other sectors, particularly healthcare. *DMR*

Cheaper electricity is coming, but the crisis is now

Saba's Public Body has been granted €6 million to build a new solar park. It instead wants to use the money to ease the burden on their population of the skyrocketing prices for electricity. Public Body Bonaire wants to release an unbudgeted $6 million for the same purpose. Minister for Climate and Green Growth Stientje van Veldhoven has informed the House of Representatives that, at the current price of diesel fuel, the central government would have to spend an additional €36 million annually to fulfill its promise to people in the Caribbean Netherlands (CN) — that they will pay the same electrical tariffs as those in the European Netherlands (EN).

The electricity tariff in the CN is now estimated to be from 50% to more than 100% higher than in the EN. The gap between the two tariffs occurred suddenly. The ongoing conflict in the Middle East caused oil prices to skyrocket, especially the cost of diesel fuel. And the best way to circumvent exorbitant diesel prices is to stop burning the stuff — to convert to clean, sustainable energy.

The European Netherlands absorbed the spike in diesel fuel with relative ease. The Dutch have been proactive in reducing their dependence on fossil fuels. In 2018, more than 80% of Dutch electricity was generated by fossil fuels. This year more than 60% will come from sustainable sources, with solar energy contributing the largest share at 35%.

The islands are trying to catch up, with Sint Eustatius taking the lead. Solar power already produces 55% of Statia's electricity, and 85% is their near-term goal. Saba burns diesel to produce 70% of its power. Its planned solar farm would reduce that to 10%. On Bonaire 75% of the electricity used still comes from Contour Global's big diesel generators. Following construction of more wind turbines 70% of Bonaire's power will be produced sustainably.

In the meantime, the Board of Financial Supervision (Cft) has ruled that Saba would by acting illegally if it spent its €6 million for purposes other than building the budgeted solar farm. The Cft also ruled that Bonaire cannot legally pull an unbudgeted $6 million out of its hat.

DMR

Veroesjka de Windt leaves BONHATA



After seven years as Bonaire Hotel and Tourism Association's (BONHATA) CEO, Veroesjka de Windt resigned effective October 30. During her tenure, de Windt helped implement recovery in the hotel tourism sector following Covid. She advocated for quality over quantity in tourism, and kept in mind that tourism development should not come at the expense of Bonaire's nature and unique culture.

On her leaving, de Windt said, "There is no big story behind it. After seven years at BONHATA, it is the right moment for me to start a new chapter. I'm proud of what we built together: BONHATA is back on the map as an active voice for the tourism sector, and the organization is in a good position for the future. I'm grateful to the members, the board and all our partners for their trust and cooperation. BONHATA is well positioned for its next steps, and I look forward to continuing to contribute to Bonaire."

BONHATA release



It feels so good to help

For the last 36 years, if people talk about where to get a massage, Nubia is the name that most often comes up. To be clear, that is Colombian-borne Nubia Obanda who came to Bonaire in 1990 to work at the one-and-only spa on Bonaire and that was at Harbour Village. While working at a spa in Caracas, Venezuela, Nubia met the late Magally Gonzalez, wife of Paco Gonzalez, owner of Harbour Village Bonaire. Magally asked Nubia if she would like to work for them and that was it.



Nubia said "When we arrived, I thought this is very small. Where are all the people? There was the salt company. Cultimara and not much else. It was very nice on Bonaire at this time."

Nubia worked at Harbour Village for many years until opening her own shop in 2005, Bonaire Day Spa by Nubia located at the Hato circle. Over the years she has had countless clients worldwide who return again and again praising and remarking on her talents.

Former Harbour Village hotel manager and now president of Caradonna Dive Adventures Tim Webb said, "Nubia is awesome and can really read a body and find the trigger points. I still have a massage every three weeks and have had hundreds of therapists and she is still in the top three in my lifetime. I use her as the standard when I have a new therapist."

Nubia's specialties are reflexology and she has a growing list of massage therapy. She continues to educate herself discovering new treatments to help people. Just last month she completed two new certifications at the Curavia Wellness Institute in Curaçao: treating myofascial trigger points in the lumbar region which cause extreme back and muscle pain and a treatment for people with longterm facial paralysis. She has recently added some new treatment machines for back and leg problems, a laser weight or fat loss machine and even a new anti-age facial machine.

Before any therapy, clients must answer specific questions regarding their pain to determine the treatment and if a doctor's okay is required.



Nubia Obando Photo Julie Morgan

Nubia said, "One client had pain for 10 years and with my therapy, his pain went away. I like helping people with my hands. One client said. 'Nubia you have Magic Hands."

Nubia...to page 9







Nubia...from page 8

After 36+ years of doing massage, Nubia is still excited about her work.

"It feels so good to help. So many people have problems and I have the experience and can help these people. I like to do massage and like to help people. If I was born again, I'd do the same work. If people have pain and I finish and they say you are the best, I say, no, I do my best." said Nubia.

Nubia's new website at bonairedayspabynubia.com lists the many types of therapy that she offers, from beauty facials to massage and treatments.

Nubia is open Monday – Saturday from 10 a.m. to 6 p.m. Located at Kaya Gobernador N Debrot #79, at the Hato Circle. Call for an appointment at +599-717-2622 /+599-785-3398 or email: o_nubia@hotmail.com

Story / Photos Julie Morgan

Buckley's Books by George Buckley

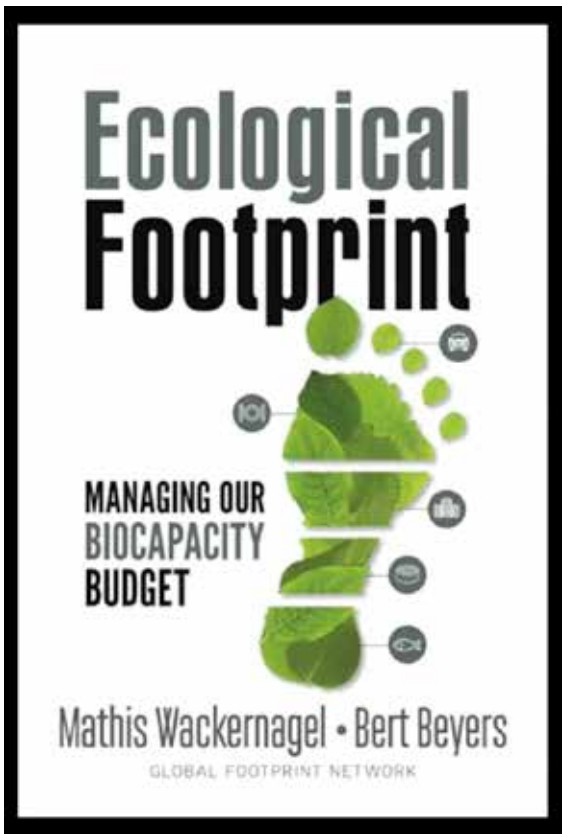
Ecological Footprints: Managing our Biocapacity Budget

by Mathis Wackernagel and Bert Byers

Human impacts, our Ecological Footprints, on nature, individually and collectively, can vary greatly from city to city and from country to country depending on many factors. In Ecological Footprints-Managing our Biocapacity Budget, Bert Byers and Mathis Wackernagel take a data heavy dive into what ecological footprint is: its impacts on natural ecosystems, what the biocapacity budget means and discuss the concept of "overshoot" wherein more of an available resource is used more than it should be.

Most humans, cities, states, countries and way too many businesses trundle along having no idea what their daily impacts on the natural world are, let alone how resources are being used, polluted and or depleted. This is the basis of understanding and determining Biological Capacity.... how much of a resource is available vs how much is being used and/or depleted. Our impacts/uses are often such that we overshoot, using more of a resource or impacting it in such a way that there will be less available over time or its quality will be degraded making it less useable. Good examples are water supplies wherein more may be taken than is replenished and/or the supply may be contaminated by pollutants; soil where agricultural practices can greatly deplete its usefulness and fisheries harvests wherein overharvest, pollution and coastal development can cause less and less product of optimum size to be available.

What does all this mean? In reality, we often use a resource such as air, water, land, soil, minerals, harvestable living resources and such until there is a problem! Just about everyone assumes that someone is watching over



things, that governments, local, regional and national have a handle on what is going on. In many cases, they do not. All too often the task falls to various research institutions whose funding is at times perilous or is left to corporations and businesses who have a very long history of ignoring things until something goes very wrong and hits the media. Such monitoring of resources, collecting resource data, understanding and vetting biological capacity, determining usage protocols and regulations takes a lot of work by people who know well what they are doing. It also requires the technological capacity ie. training and equipment, that can be very expensive, to be able to collect and analyze information. It is critical for governments, institutions and businesses to have the well trained staff and equipment to do all this. In many cases, they do not. Examples from very local to international include Bonaire's Landfill issues that smoldered for decades until, "oh, we have a problem;" the global lack of understanding and oversight of PFAS chemicals that can have very long term health and environmental impacts and are now a major concern.

You can begin your journey to a deeper understanding of Ecological Footprints by Googling Ecological Footprint Calculators and using a couple to vet your own impacts on Planet Earth.

.



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



Kankerfonds Bonaire and Becoming Movement Club closed Pink October on Thursday, October 29 with Move with Meaning, a free breast cancer awareness walk and run. About 60 participants dressed in pink came together at Isidel Beach Park to move, remember and support one another.

Becoming Movement Club led the warm-up and guided participants along the route, with a relaxed 3 km walk and a 5 km run along the boulevard. The event ended with a group stretch and a mocktail happy hour provided by Kaya 4 Studios.

"Move with Meaning brings generations together with an important message: take care of yourself, look after your health and encourage each other to keep moving," says Danique Winklaar, President of Kankerfonds Bonaire. "Being active can help reduce the risk of cancer and supports our overall wellbeing.

Halloween invades Playa









Even with all the road construction on Kaya Grandi this year, Corine Gerhart's Trick or Treat Halloween on October 31 invaded Playa. The 250 costumed kids and parents were divided into four groups. The groups met at different times at Plaza Niki Tromp Plaza by El Mundo. The trick or treaters then trekked to all 20 participating businesses thinking nothing of the road work and fence barriers. They were on a mission for candy and other goodies.

And if you missed the photos, visit The Bonaire Reporter's Facebook page. Participating businesses were: Tasty Bar Restaurant, Boutique Nikki, Reef Shoes, Penny Lane, Remax, Rosa Café, Bientu Bonaire, Heinen Delfts Blauw, GIO's, Jewel of Bonaire, Milano Jewelry, Sun Smiles, MG Bonaire, An's Fashion & Gifts, Salty Crew, Rumba Café, Tisa, Service Drogist Bonaire, Something Special and Salt Shop.







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‘Torno pa Torno’ walking tour returns Wafter approximately 20 Years

The ‘Torno pa Torno’ (from Willemstoren to Malmok) walking tour, organized for December 6, 2026 by the hiking group Chantiwawa—part of FuHiKu-Bo—is, in fact, nothing new. At least 20 years ago, a similar trek was organized four times, with each edition following a different route.

At the time, the initiative for this challenging trek came from Marcel Nahr and Bòi Antoin, as preparation for their participation in the ‘Vierdaagse’ (Four Days Marches) of Nijmegen. They were joined by Nazario Alberto, brothers Roy and Rolly Martinus, and several others, including a number of women.

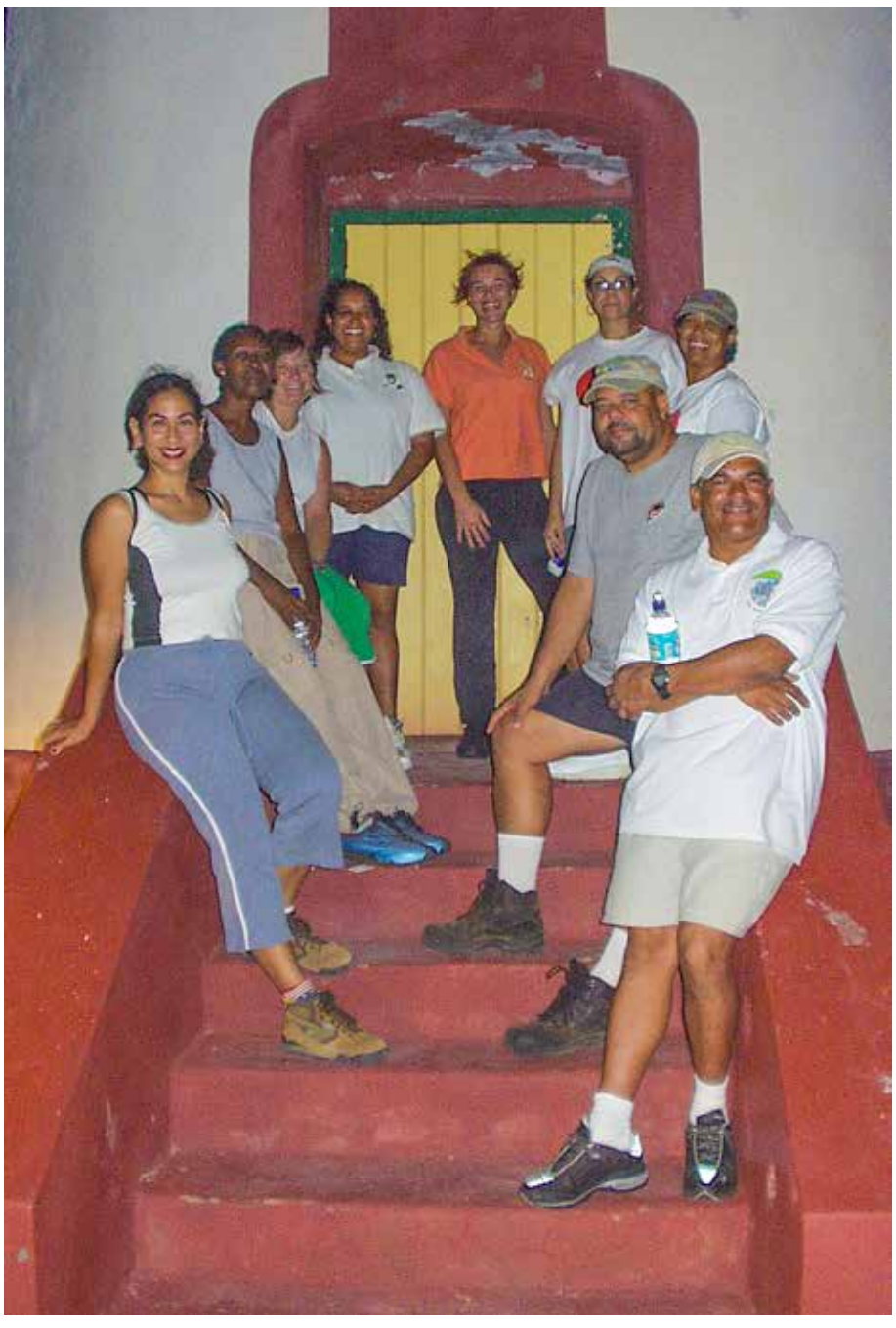
The route chosen for this upcoming December 6 largely mirrors that of the very first edition. In the past, however, other paths were also taken—such as those via Playa Frans and Boka Slagbaai, or via the entrance to the Slagbaai area near Goto Lake. The route via Playa Frans, in particular, was exceptionally long and presented its own set of challenges.

There was significant interest in these treks back then. Not everyone managed to complete the full distance—which is understandable, given that it covers approximately 50 kilometers and requires a solid level of training.

While the treks previously began at midnight, this edition will start at 4:00 AM. The first walkers are expected to arrive in the Washington-Slagbaai National Park around midday.

Chantiwawa is organizing this event in collaboration with INDEBON and STINAPA. Discussions with potential sponsors are currently underway; further details will be announced at a later date.

Dec. 6, 2026. ‘From Tower to Tower’ Chantiwawa has organized a 50-kilometer hike from Willemstoren (Torno di Sùit / Southern Tower) to Malmok Tower. Walkers have signed up via WhatsApp +599-700-5964. Originally limited to 100 participants, but we are told that more than 100 have now joined. Registration fee $20.



Two decades ago these walkers accepted the Tower to Tower challenge

Alev at OPY in London



Alev L Ozten Low at the Oceanographic Ocean Photographer of the Year (OPY) competition in London. Alev encourages everyone to go the OPY website to see the amazing ocean images. . https://oceanographicmagazine.com/winners-gallery/

Alev L Ozten Low recently returned from Oceanographic Ocean Photographer of the Year (OPY) competition, exhibition and gala in London. Although she didn’t place in the contest, her images did receive a nod.

Alev said, “Seeing my two images displayed on the wall as Highly Commended was, of course, a special highlight. But just as rewarding was the opportunity to meet fellow photographers from diverse backgrounds, enjoy the panel discussions, and gain a broader perspective on the world of ocean storytelling and the many ways it brings people together around our shared passion for the ocean. There were a lot of amazing shots among the finalists and the winning all around image was that of an adult seahorse and two babies.”

October’s grocery prices

Each month, FTPKB, Bonaire’s consumer group, compares the price of 168 basic products in the Island’s supermarkets. FTPKB welcomes the new supermarkets that joined last month and thanks all supermarkets for their commitment to price transparency. As of October, the number of participating supermarkets has increased from 22 to 24.

In October, the savings difference on a full shopping basket was $649.65. The average price difference between the products with the lowest and highest prices is 41.8%.

The following three supermarkets recorded the highest theoretical savings amounts:

1. Caribe Nobo – $82.20 Consumers can find this price difference across 24 products that have the lowest price at this supermarket, including fruit, vegetables and baby products.

2. Bondigro – $79.79 The price difference amounts to $79.79 across 17 products with the lowest prices, including baby items, cleaning products and toilet products.

3. Warehouse – $69.19 The price difference amounts to $69.19 across 27 products with the lowest prices, including beverages, cleaning products and toilet products.

Together, Caribe Nobo, Kadushi and Bondigro represent 36% of the total theoretical value of price differences recorded for the supermarkets.

You can find FTPKB’s lists of most and least expensive items in the back pages of the online issue of The Reporter.

Your purchasing power lies in your choices: www.tiendapakonsumido.com

FTPKB
Poder di konsumidó, nos priodidat!

Reef Glimpses by Dee Scarr

A Diver's Introduction to Sponges

When the *Skin Diver Magazine* people came to Dive Bonaire, shortly after I began working there, I felt totally prepared. I knew where a pair of scrawled filefish would reliably come in for a snack. I knew several spotted morays who were good models. A shrimp cleaner station as well as a goby cleaner station were eager to clean the hands of divers.

"We want to concentrate," Editor/Publisher Paul Tzimoulis told us, "on sponges!"

Luckily for me, there were glorious sponges everywhere and their trip was a success.

When I began doing Touch the Sea slide shows at Captain Don's Habitat, the Captain himself ordered the fanning of silt off sponges. That was the beginning of me understanding sponges.

A few years later, on Grand Cayman, I learned that pieces broken from barrel sponges could be fitted back into their original spot and would heal there! In addition, Cathy Church told me that a sponge would grow attached to a rock or even another sponge, if it was in firm contact with it long enough.

And then, in 1988, renovation began on our North Pier (then called the Old Pier), with workers removing years of growth from 50 of the 200 pilings to inspect them for damage. The Pier was open to diving at that time and the bottom was covered with scraped-off tube sponges, rope sponges, orange cup coral clumps, and anything else which had been growing on those 50 pilings. All of those organisms fed upon tiny critters in the water, and at first they all did fine on the bottom. Eventually, though, they began to be silted over. The orange cup corals, the oysters, the tunicates, could not reattach, so to get them away from the silt, we'd balance them where we could on the unscraped pilings.

But there were those 50 naked pilings, and there were all those unattached sponges lying around, and sponges can reattach. On every dive we tied up at least four sponges; by 1990 we had tied more than 600 sponges onto formerly denuded pilings. Many of those sponges are still flourishing, and there's plenty of natural growth on all of the pilings as well.



When Karen Pearson and Julie Morgan dived Mi Dushi that day, this sponge had definitely received the "It's time to spawn!" message and was vigorously releasing gametes. Julie said, "It looked like something was on fire." Photo Julie Morgan

Sponges are considered to be primitive animals, in the sense that they have no organs or systems – but clearly, they don't need organs or systems. Most sponges are either male or female. If you've ever noticed a sponge that looks as if it's smoking, what you've seen is eggs and/or sperm being released in the sponge's exhaust currents; look around for other sponges of the same type, many of which will also be "smoking." The fertilized eggs will hatch and drift with other plankton for a while, the survivors eventually settling to a hard, bare area, and attaching themselves for the first (and usually the only) time.

Since sponges don't move like most animals, and since they don't grab food particles from the water with tentacles like the corals do, how do they eat?

Inside each sponge formation are numerous canals. Individual sponge cells have tiny hairlike cilia, which wave back and forth and create a current that moves water from the outside of the sponge, through the sponge walls, and into the exhaust port of the sponge. As the cells push the water, they remove oxygen and any food from the current.

Some sponges, such as the purple tube sponges, don't filter all the time. Other sponges do seem to filter all the time. My favorite is the touch-me-not sponge. Its large, irregular exhaust ports are easy to identify, and its exhaust current is so strong that a pinch of silt, dropped from a finger's length above an exhaust port, will fall *up* and not *into* the sponge. You'll notice that the exhaust ports of every healthy sponge are clear of silt.

One problem for sponges is that their intake ports, which are small, can be blocked by silt. That's where Captain Don's suggestion (okay, his order) to divers is worth taking. Touching the sponges is completely *u*nnecessary. The goal is to fan the water near the sponge to dislodge any silt resting on the sponge.

Fanning sponges will affect your positioning, so begin cautiously to avoid making contact with sponges or anything else. Also, fanning sponges may increase your air consumption.

On the other hand, fanning sponges vigorously will warm you up. Aaand, as you fan, every so often what looks like part of a sponge will move. I have found a gratifying number of frogfish as a side effect of fanning sponges.

Next: what's going on with our sponges now?

Scarr's accomplishments were recognized in 2000 by her inaugural membership in the Women Divers Hall of Fame (with Kalli DeMeyer). Honors include Captain Don's Accolade Award, a NOGI Award and SeaSpace/PADI Environmental Diver of the Year in 1991, Beneath the Sea and Boston Sea Rovers Diver of the Year in 1991 and 1993.



Caribbean Cheese Soup by Chef Corjan Hoogerheide

200 g (1 ¾ C) grated (cheddar) cheese • 1/2 onion, roughly chopped • 1/3 red chili pepper, finely chopped • 1/3 red bell pepper, cut into large pieces • 2 cloves of garlic, crushed and chopped • 2 cm (3/4 in) fresh ginger root, finely chopped • 100 g (¾ C) butternut squash, cut into pieces • 1 1/2 dl (5 oz) coconut milk • 1 1/2 dl (5 oz) (plant-based) cream • 1 dl (3.5 oz) (vegetable) stock • A dash of oil • 1 pinch of nutmeg • Zest of 1/2 lime •



***Garnish**: Coriander oil • Croutons or • Watercress (Watercress is available to purchase at Bon Tera or Simply Greens)*

Heat oil in a saucepan and cook garlic, onion, chili pepper, and bell pepper until tender without browning. Add rest of ingredients, except cheese, bring to a boil, and simmer gently until pumpkin is cooked. Now add grated cheese and stir well. Now puree everything until smooth in the food blender and season further with salt and pepper if necessary.

Serve the soup and garnish with, for example, coriander oil, cress leaves, or croutons.

Each issue Chef Corjan Hoogerheide shares a recipe for a personal dish created from Bonaire's fresh ingredients. Corjan works as a Sous Chef at "The Reef Bar" at Sorobon luxury beach resort Bonaire.



Events, Meetings

12 steps meeting: Wednesdays at Kaya Cacique, Centro di bario Nort 'i Saliña, 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. https://www.bonaireaa.com

Animal Shelter's Paws and Foot Prints bi-weekly dog walking group. Every other Wednesday 8 a.m. for an hour at Seru Largu. Signup by sending a WhatsApp message to 599-701-4989 no later than 2 p.m. the day before the walk (so we know how many dogs to bring).

Apertivo evening from 5 – 8 p.m. Fridays Rosa Cafe. Stop in for a drink & free Italian appetizers.

Bridgeclub Bonaire organizes a bridge evening Wed. 7:30 - 10:30 p.m. All levels welcome. Info: 795-0128 (Whatsapp text), bridgeclubbonaire@gmail.com. https://www.facebook.com/bridgeclubbonaire

Consultancy open to all immigrants and/or refugees every Saturday 4 to 6 p.m. at Bijkerk's law office in Antriol. Call 796 2650 (abog. Bijkerk) or 787 2373 (FUIB - Union of Bonairean Immigrants).

Cultural activities for the elderly at Hòfi Kultural Tues., Wed. and Fri. at Cultural Garden, Antriol Pabou, Skandelchi Street z/n Info: manon@culturalplatform.com or call +599 7708437

Fish ID course. Free. 7 p.m. at Trans World Radio (TWR) led by Carmen Toanchina. All welcome. Usually held last Thursday of the month. Check: https://www.reef.org/events/month

Live Music Yhannis Arepas (Kaya Neerlandia, behind Budget Marine) Every Sunday 1 - 5 p.m. https://www.facebook.com/yhannisarepas/

Museum Night, Terramar museum. Free access to galleries last Wednesday of the month. From 6 to 8 p.m., visitors are welcomed into a relaxed, friendly atmosphere where they can enjoy the galleries after hours and join a themed workshop (pay what you can).

Narcotics Anonymous (NA) Bonaire. GET RID OF YOUR DRUG ADDICTION Monday 19:00-20:00. Kaya Tanki Matrimonio 30. Dutch & Papiamentu. Call Wensley 700 7289 or Remco 784 1782.

Radio program "Krese" Bonaire's development over the past 70 years.- Last Tuesday of the month, 6 - 7 p.m. on Bon FM 102.7 FM. In Papiamentu; A recap is planned in Dutch and English on https://www.facebook.com/share/1HPK6YY3Gm/?mibextid=wwXIfr

Radio program "Ban Lesa 2.0" Tuesdays 5:30 p.m. on Bon FM 102.7 FM. Multilingual; Guests in a warm and personal conversation, talk about a book that has moved them.

Rosicrucian Order, AMORC in Bonaire Michiel Bijkerk 796 2650, abogado.bijkerk@gmail.com

Sabal Palm Park three walking routes through protected landscape. Discover limestone formations, coastal vegetation, salt lakes, rare plant species and Bonaire's remaining wild Sabal palms. Signs provide insight into the history, geology and ecology of the area. bonberde.com/bonaire-sabal-palm-park

Manta Monday Free presentations Nicole Pelletier of the Caribbean Islands Manta Conservation. 7:30 p.m. **Nov. 9** - Divi Resort Pure Ocean Garden; **Nov. 16** - Beyond the Corals @ Bloozz Resort; **Nov. 23**- Dive Friends Port Bonaire; **Nov. 30** - Divi Resort Pure Ocean Garden; **Dec. 7- 21** - No Presentations
Email: nicole.pelletier@mantatrust.org; Caribbean Islands Manta Conservation facebook

Reef Renewal Bonaire. Mondays 5:30 p.m. Breakfast Area – Buddy Dive Resort. Free. Learn about coral reef restoration. Questions? email: info@reefrenewalbonaire.org

Sea Turtle Conservation Bonaire (STCB). Free presentations at Kaya Aruba 4E on 2nd and 4th Wednesday of the month, 8 p.m. . https://www.facebook.com/bonaireturtles/

What's Happening

Tuesdays, 24 weeks starting June **2**	**Ban Lesa 2.0 at 5:30 p.m. BonFM 102.7** The series celebrates the diversity, and power of Caribbean books. Multilingual.
Aug. **8** - Dec. **1**	**Tene Pia Seku, Terramar Museum**. The exhibition looks at environmental change through the lens of community resilience and care. The exhibit joins international photography and research with local art and history.
Nov. **6 to 15**	**Children's Book Week** *"Your chance to be in the spotlight. In your imagination, but also on stage! Sing a song, dance, act or tell a story that enchants everyone. This whole week there are several activities you can participate in!"* Library activities on FB https://www.facebook.com/bibliotekapublikoboneiru
Sunday, Nov. **15**	**Kareda di Suít** (South Race) Walk or run 10 km, Cycle 24- or 53- km Start: 6:30 a.m. Jossy Ballpark. Finish: Salt Pier Register: https://raceroster.com/events/2026/138959/5th-kareda-di-suit-2026 **Foxy Flamingo Animal Shelter fundraising** An afternoon of live entertainment. 50 Kaminda di Lac **HICARU presents Crossing Waters, contemporary jazz rooted in the Caribbean** One performance November 15 at 7 p.m. (doors open at 6 p.m.) SACA Bonaire Kaya Korona 74 Tickets $20 cash only ($25 at door) Tickets available from Sat. Oct. 31 at SACA & El Canton Restaurant Tues. – Sat. 9 a.m. - 3 p.m.
Nov. **16 to 22**	**Global Entrepreneurship Week Bonaire GEW** See page 16
Sunday, Nov. **22**	**Sinterklaas** will arrives on Bonaire by boat at 4:30 p.m. at the North Pier Children's activities will begin as early as 3:30 p.m. at Wilhelminaplein.
Thursday, Nov. **19**	**Evening for Men at Jong Bonaire**. International Men's Day. "Hòmber, bo tambe ta hende!" is an invitation: come together, enjoy the evening and take time to appreciate men, their contributions and their experiences. For ticket information, contact Eagle Eye Media on +599 786 4627.
Nov. **26** - Jan. **23**	**Water World - Above and Below the Surface-** SACA Photography Exhibition. Opening on Thurs. 26 from 5- 7 p.m. Continues Tue-Sat 9 a.m. to 3 p.m.
Nov. **28-29**	**Kaminda di Arte**. Open Art Studio Weekend. Artists open their studios to the public. 10 a.m. to 4 p.m. https://www.sobremesa-bonaire.com/kaminda-di-arte

Church Services

Roman Catholic Churches Bonaire
• **Parish La Birgen di Coromoto (ANTRIOL)**: Holy Masses: Mon–6:30 a.m.; Tues & Thur -7:30 p.m. Sat-6 p.m. (English) / 7:30 p.m.; Sun-7 a.m. / 10 a.m. / 6 p.m.
• **Parish San Bernardo (PLAYA):** Holy Masses: M. W. F. Sat-7 p.m. Sun-9 a.m./7 p.m.
• **Parish Luis Beltran (RINCON):** Holy Masses: Tu. W.Th. Sat-7 p.m. Sun-7 a.m./10 a.m.

International Bible Church of Bonaire (HATO): Kaya Papago 104. Sun: Worship Service & Children's Church 9 a.m. Sunday School 10:45 a.m. Services in English.

United Protestant Congregation
• **(KRALENDIJK)** Plaza Wilhelmina: Sun 10 a.m. Services in Dutch • **(RINCON)** Kaya C. D. Crestian: Sun 8 a.m. Services in Papiamentu/Dutch

Coming Up

Get in shape now for... Sunday, Dec. **6**	'From Tower to Tower' Chantiwawa organizes a 50-kilometer hike from Willemstoren (Torno di Sùit / Southern Tower) to Malmok Tower. Sign up via WhatsApp +599-700-5964. Registration fee $20.
January **2027**	**Beginner Dutch lessons for Adults**. Two evenings a week, participants—newcomers from various countries—can receive instruction in the Dutch language. Current courses are full. Those interested can sign up for the course starting in January 2027.Contact: Paul Ruijs, 599 782 4569 lezenenschrijvenbonaire@gmail.com

Sign up for the final walk, run, bike challenge of 2026

Kareda di Suít

Registration for Indebon's 5th Annual Kareda di Suít on November 15 is now open. This free walk, run and bike event is limited to 1000 participants and over 500 have already signed up, so don't miss this opportunity. The sports challenge is coordinated by Indebon, Comcabon and OLB.

The sign -in and start location is Jossy Ballpark at 6:30 a.m. and the race ends at the Salt Pier. Participants can choose to join the 10km walk/run or choose between a 24km or 53km bike ride. To register go to raceroster.com or karedadisuit.com



L-R: Arucena Vis, sport leader; Timothea Silberie, OLB; Terrence de Jongh, Indebon and Earon Rosaria, Comcabon

Get ready for the 2026 Kaminda di Arte

The last weekend of November will once again be all about art. For the third time, art gallery Sobremesa is organizing Kaminda di Arte, an open art studio weekend that invites visitors to discover art, meet local artists and explore creative spaces at locations all across the island.



This year, 50 artists will open their doors at around 30 locations throughout Bonaire. Some artists are teaming up to share a garden or studio, while two central locations will bring together five or more artists under one roof: Sobremesa Gallery and Jungle Concept Store at the Art Hotel.

There is even more to discover this year! Terramar Museum will be joining the event with some great activities for children, while SACA will be presenting its brand-new photography exhibition, Water World.

Visitors will also have opportunities to get creative themselves. Try your hand at pottery in Monique Ojer's studio, or join the Tiki Mas crew at Esmeralda Hotel to learn how to use a spray can and create your own graffiti-style artwork. Of course, if you like exploring art while having a great coffee or some homemade baked goods, stop by art Café di Lus or Leslie's garden in Sabadeco.

Whether you are an art lover, curious about local creativity, looking for a fun family outing or simply keen to discover new corners of Bonaire, Kaminda di Arte promises a weekend full of inspiration, encounters and surprises.

Kaminda di Arte 2026
Saturday 28 & Sunday 29 November
10 a.m. – 4 p.m.
For the full programme, including all participating artists and locations, visit:
www.sobremesa-bonaire.com

Covid-19 and Flu shots still available

Residents aged 60+ can still receive their flu shot on Saturday Nov. 14th at Jong Bonaire. The COVID-19 vaccine is available to residents aged 70+ as well as individuals with serious medical conditions.

Walk-ins welcome at Jong Bonaire

GGD Bonaire will administer vaccination at Jong Bonaire on Sat. Nov. 14 from 9 a.m. to 1 p.m. Individuals temporarily staying on Bonaire who meet the eligibility criteria are also welcome. Please bring a valid form of identification and a list of your current prescriptions. You will be asked about your health before receiving the COVID-19 vaccine.

Other vaccination locations

- **Rincon Medical Center:** COVID-19 vaccinations (no appointment necessary) on November 12, from 8 a.m. to 12 p.m.
- **General practitioners (GPs):** Flu shots available without an appointment starting November 2.
- **Care facilities:** Elderly residents in nursing homes or care facilities can be vaccinated on-site.
- **At home:** Individuals bedridden or of limited mobility can be vaccinated at home.

Questions or need to schedule an at-home appointment? During office hours, please contact GGD Bonaire at +599 777 6102 or izb@bonairegov.com. For more information, visit www.ggdbonaire.com/prikken. *OLB release*

2026 Cruise Ship Schedule

DATE	TIME	CRUISE SHIP	PIER
Wed. November 11	0800-2200	*CARNIVAL HORIZON 4683 guests*	South
Thurs. November 12	0600-1800	*CELEBRITY SILHOUETTE 2886 guests*	South
Sat. November 14	1200-2300	*ZUIDERDAM 2505 guests*	North
Sun. November 15	0700-1300	*MARELLA DISCOVERY 2074 guests*	North
Mon. November 16	0700-2100	*FREEWINDS 540 guests*	North
	0800-1700	*GRANDEUR OF THE SEAS 2440 guests*	South
Tues. November 17	1000-2200	*AIDABELLA 2500 guests*	North
Wed. November 18	0900-2200	*CARNIVAL MAGIC 3646 guests*	South
Fri. November 20	0600-1700	*SEVEN SEAS SPLENDOR 754 guests*	North
Sat. November 21	0730-1900	*MEIN SCHIFF 5 2506 guests*	North
Sun. November 22	0830-2200	*ROYAL CLIPPER 246 guests*	North
Mon. November 23	0800-1800	*NIEUW AMSTERDAM 2735 guests*	North
Tues. November 24	0800-2300	*RENAISSANCE 1623 guests*	North
	0900-2200	*CARNIVAL MAGIC 3646 guests*	South
Wed. November 25	0800-2200	*CARNIVAL HORIZON 4683 guests*	South
Thurs. November 26	0600-1800	*CELEBRITY SILHOUETTE 2886 guests*	South
Sat. November 28	1330-2200	*WIND STAR 158 guests*	North
Sun. November 29	0800-2200	*AIDAPERLA 3286 guests*	South
Mon. November 30	0600-2000	*AIDALUNA 2500 guests*	North

Keeping fit ...

Becoming Movement Club Free monthly event for runners and walkers. Sorobon five-kilometer route Sunday 7.15 a.m. Check Facebook.

Beach Tennis Bonaire Free. Everyone welcome. Sportpark Rudy Boezem. Open 7 a.m.-9 p.m. https://www.facebook.com/beachtennisbonaire/
Sunfish Race Days: Barring inclement weather: BSSA Bonaire Sailing School Association Facebook.

Cyclovia A car-free open street event. Kids of every age can safely ride bikes, scooters, skates, and so on. There's music and bouncy castles, and sidewalk cafés for a bite to eat. Next on November 1. Watch for it on https://www.facebook.com/cycloviabonaire/?locale=nl_NL

Field Hockey. Kids 6-12. Thurs. free training in May & June. Adults train twice weekly. https://www.facebook.com/people/Bonaire-Hockey-Foundation/61576259612469/

JEU De BOULES CLUB Bonaire. ALL WELCOME. We play PETANQUE (the French version). Wed. & Sun. 2.30-6 p.m. Kunuku Allee, Kaminda Lac 38. We have spare boules (balls) for newcomers. jeudeboulebonaire@gmail.com or Peter Overman, 00599 7964037

Pickleball • *Chinese Assoc. Kaminda Lac, Blue Building:* Tues. & Thurs 6-8 p.m. Sat. 3 to 5 p.m. • *Sports Hall Jorge Nicolaas, Kaya Amsterdam:* Sun. Social play and beginners from 8 – 10 a.m. Advanced Competitive play from 10 a.m. - Noon.Members play free, non-members pay $ 5.00 pp

Running & Aqua Zumba Free. Every Saturday. **Running** 6:30 - 7:30 a.m. Playa Lechi at start of the Malekon. **Aqua Zumba** 7:45 - 8:35 a.m. Natural pool at Parke Tului

Tennis Eddie's courts. Everyone (18+) is welcome. Free Kid's Clinics at Sentro di Bario Nikiboko Tue & Fri 4-6 p.m. Sentro di Bario Nort'i Saliña, Mon & Thu 4-6 p.m. Register: app 599 782 4569 email info@bonairetennisassociation.com. https://bonairetennisassociation.com/events/ Mixed competition matches play Saturdays 4 to 10 p.m. on Eddie's courts.

You might want to visit ...

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. When cruise ships are in.
Schedule 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. 1-5; Tues. & Thurs. 8-7; Wed & Fri. 8-5:; Sat. 10-2. 715 5344. Anyone can become a member. Free for residents 0 to 18 years. Adults $10 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) Kaya Gilberto F Croes, just past Caribbean Laundry. Saturdays 8 a.m. – 3 p.m. Pakus raises funds for the Animal Shelter by selling recycled and affordable clothes, furniture, books, music, housewares and more.

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://terramarmuseum.org
Each month: ***Family Saturday,*** Pay a "family" fee of $10 to enjoy our exhibitions and activities. Family is who you decide; ***Kids Workshop*** $10 per child. 10 - 12 noon. Register via terramarmuseum@gmail.com or phone. ***Museum at Night*** Free entrance. 5 to 6:30 p.m. to explore and shop; also ***Sisterhood Circle*** by Vibra Foundation 6:30 to 8:30 p.m. Pay what you can. Info. +599 785 4399

SACA Art Center Free entrance. Kaya Korona 74. During the day the garden is open to the public.

STINAPA headquarters: Mon-Thur 8-4. Fri 8-12 noon. Sat & Sun Closed +599 717 8444. After hours: +599 777 8444.

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

Sobremesa

Kas di Arte View or buy art from Bonaire's local artists. Tue-Fri 2 - 5 p.m. Sat 11 a.m. - 2 p.m. Abraham Boulevard 10. ***For those who love to make art themselves:***

- Fridays 3 - 5 p.m. After School Art. $20. Ages 8+. Studio Muzo. Materials included.
- Every Sat 11 - 2. Open Art Studio. $5 to use our space and materials but no guidance. 12+
- Every Wed 7 - 9 p.m. Art Club. $20 for all materials and professional help is available! Work on your own art project (2D). 16+ Whatsapp +599 700 7115 • email: sobremesabonaire@gmail.com

You can help keep Bonaire clean

Saturdays	**One Hour Cleanup Power**. Weekly coastal clean up every Sat. 9 – 10 a.m. Location on FB: https://www.facebook.com/OneHourCleanUpPower/
Saturday, Nov. 28	**The Beach Boost** collects trash washing up on Bonaire's shores in Marine Park the last Saturday of the month. 9:30-10:30 a.m. Join via WhatsApp groups +5997003749, +5997003748.
Sunday, Dec. 13	**Clean Coast Bonaire** clean up surveys second Sunday every month. 8-10 a.m.Te Amo Beach. Work as a citizen scientist to collect marine litter & data. https://www.facebook.com/search/top?q=clean%20coast%20bonaire

GEW – Global Entrepreneurship Week Bonaire begins soon



Global Entrepreneurship Week, November 16 to November 22, 2026, is celebrated in approximately 200 countries around the world. This gives Bonaire an opportunity to be part of a much wider international movement, connecting our local entrepreneurs with ideas, opportunities, and networks beyond our shores.

The theme for 2026 is Connecting Entrepreneurs to Thrive "Konectando Empresarionan pa Sobre Sali."

Connection for us is more than simply knowing someone or exchanging contact information. It is about working together, sharing knowledge, creating opportunities, learning from one another, and engaging our communities in meaningful ways.

Global Entrepreneurship Week Bonaire has grown tremendously over the years. What started as a one-day initiative evolved into a full week, then expanded to three weeks, followed by four weeks last year. And now, in 2026, we are approaching almost five and a half weeks of activities and programming!

This growth is a reflection of the commitment, dedication, and collaboration of the many organizations, entrepreneurs, partners, volunteers, and supporters who believe in this movement. This year, we are bringing together more than 50+ programs and activities, reaching different segments of our society. Most of all these programs are brought to us via partner, sponsors and event organizers.

GEW-B 2026 consists of five main categories plus 50+ programs and ideas:1. Start & Grow Your Business : Learn how to turn business ideas into reality, start/test a business, and grow successfully. 2. Money, Saving & Investing : Learn how to manage money, save, invest, understand taxes, and build a better financial future. 3. Youth, Creativity & New Skills: Help young people develop business ideas, learn new skills, explore technology, and discover their talents. 4. Connect, Learn & Grow Together : Meet business owners, learn from successful entrepreneurs, build connections, and develop leadership skills. 5. Family, Community & Culture: Enjoy community events such as opening & closing, local markets, cultural activities, and programs that bring people together and support one another.

Highlights of GEW include a Business Hall of Fame to recognize, appreciate and celebrate the contributions of entrepreneurs and business leaders who have made a meaningful impact on our island and a closing VIP Gala will bring together entrepreneurs, business leaders, guests and partners.

For a closer look at the scheduled program and activities visit https://www.gewbonaire.com/program.html



Make Bonaire Accessible by Ria Dokter

Go ahead, make my day….

Compliments make you feel better. It doesn't cost you one cent to be nice and say something nice, but it has an awesome effect. Saying something kind and seeing somebody receiving that compliment makes you also feel good. It does not have to be a flood of words, just a nice remark about a hairdo, about a dress or a bright smile. When people have a bad day, they feel bad all over. But when they get a compliment, it will change their whole attitude.

Now, when you are older, are bedridden or a wheelchair user, people tend to only see that and not the person. And for this special group of people, a compliment can really make their day.

You see a young woman in a wheelchair, for a compliment you could address her beautiful curly hair and tell her how well her lovely hair compliments her great smile. She will never forget you and feel awesome. An elderly woman slumping in her chair can change her whole appearance when complimented about her gorgeous self-made dress. She will sit up right away and touch the dress asking if you really mean it.

Now it may look to you that I forget all about the gentlemen, but that is certainly not the case. You only present it a bit differently. A gentleman sitting in his wheelchair can get a compliment about the way and speed he has healed that hurting leg, and that it makes him more able to get around. Or, that he rides that chair like he used to ride his old motorcycle.

There is always something special that a person can do or is able to do. This is an indicator one can use for a compliment and can be very helpful while having a physiotherapy session. Everybody wants to feel loved and or respected. And to show them that you do, is the best way to go.

Of course, there are situations where giving a compliment is a bit hard, but you will have to do your best. When you have a patient or elderly to attend to, you may want to find a thing that is specific. It can be the voice, the appearance, the clothing, the way they do their best at all activities. And when you address that in a nice way, the person you are with will feel very, very good and the effect will last a long time.

When you compliment them on a specific way to dress, they will want to wear that dress as much as possible, because it makes them remember the way it made them feel when they got that compliment. When you compliment them on the way they execute their physiotherapy sessions, they will work harder to reach their goals.

But remember, the compliments must be real and very personal and not fake. What you really want to do is reward good behavior. Go, try it out!

..



Ria Dokter is living happily on Bonaire, where she 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.



Sinterklaas arrives by ship to the North pier Sunday, Nov. 22.

Festivities begin in Wilhelmina park 3:30 p.m.

A Garden? Just Do It! -Herbs by Angliet, Nature Lover

Although the drought barely allows me to plant anything, I still see an opportunity to garden. I have concerns about planting herbs as I need them for Christmas.

On the one hand, herbs are very vulnerable in this extreme heat; on the other hand, they can easily be grown in pots on the porch and or in windowboxes. These are herbs we use daily like basil, chives, parsley, coriander, thyme and mint.

It is handy to be able to regularly snip off a sprig or a few leaves of one thing or another to add to our dishes and season the food. Parsley and chives grow slowly from seeds, while thyme, oregano and basil grow very quickly. It is best to buy mint as a plant.

Herbs grow best when varieties with similar needs are planted together. Mediterranean herbs such as thyme, rosemary, oregano and sage love sun and dry soil, so they can be planted together in a large container. Finer herbs like parsley, chives, coriander and witch hazel need moist soil and can also be planted together. Mint is an herb that needs to be kept separate because it grows very quickly and spreads aggressively. By not "spoiling" herbs too much, they actually develop more flavor as they concentrate their aromas. Certain herbs such as basil, parsley, chives, dill and coriander can easily be frozen. Chop them finely and freeze them in ice cube trays with a little water, or freeze them in a little olive oil. This is handy for pasta sauce, soup, or stews.

Herbs such as thyme, rosemary, oregano, sage and bay leaf are best dried. Hang them in bunches in a dry spot or corner, out of the sun, and then store them in a sealed jar. With attention, proper care and regular trimming, you can certainly get through the December holidays. Instead of bay leaves, you can also add fresh or dried leaves from citrus plants to soups and sauces. Lemon, lime, or mandarin leaves add a refined depth to spicy



dishes and suppress other less desirable flavors, such as bitterness or sharp curry. In Indonesian cuisine, there are "salaam" leaves, which have the same effect in dishes. From my lime plant, which grows very slowly and can no longer disappoint me by never having borne a lime, I still gratefully make use of the leaves in herbal teas and stews. I discovered by chance, that a citrus leaf provides a delicious aroma in fine dining and in Eastern culinary dishes. We also know from our grandmother's baking recipes that a pinch of grated lemon zest was added to the baked goods to create an aroma or to achieve flavorful depth in pasta. You get the same effect with dry grated mandarin peel. So dry the peel of lemons, limes and mandarins and use it in all kinds of dishes and tea. The same applies to trimmed branches of citrus plants. The dried leaves are packed with essential oil, and can be used at a later time.

When harvesting herbs, it is best to cut the tops from the top. This way, the plant grows back into a larger bush and you get more leaves. Turn the pots over occasionally. Herbs grow towards the light and remain standing upright nicely. Harvest in the morning, when the flavor is strongest.

Herbs can grow in ordinary potting soil. They prefer a dry soil or a mixture of potting soil with some sand. If the soil is too rich, the plant will produce many leaves but with less flavor. Ensure the plant receives sufficient sun on the porch but is not exposed to the heat. The plant should also not be kept too wet, so ensure any excess water will drain away. A little fertilizer is also beneficial, but not too much. Prune regularly as this stimulates the plant to grow better and produce a fuller flavor.

Bring the December atmosphere and scent into your home early with spicy aromas and flavors in your kitchen.

.

Angliet grew up in the Surinam jungle, moved to the Netherlands as a teen, where she trained as a teacher, then in Alternative Healing. Returning to the Caribbean, she taught in St Eustatius and Bonaire. Everywhere she has lived, she has planted a garden and grown her own food.



Childrens Book Week is on



L-R: Jalieema Hernandez, Mireille Joseph, Cristely Cranston and Irsais

From November 7-15, the Public Library of Bonaire is celebrating the annual Children's Book Week campaign with the theme "Den Spòtlait!" All children aged 4 – 12 have been invited to join the journey into the world of books during the library school visits and other library activities organized for children and their parents.

During this week, 1,000 children will receive their own copy of the book Bon Deskubri' Boneiru Huntu ku Amira, written by Cristely Cranston. To mark the opening of Children's Book Week on November 7, the musical "Back to the Schoenenboom" by Milouska Meulens, was presented at Jong Bonaire and the next day kids and their families met the participating writers and artists of book week. Children's Book Week even has their own special song, "Den Spotlait," written by Irsais.

Children's Book Week emphasizes the importance of reading for the development of our children. Books stimulate language development, enrich the world and contribute to empathy and cultural connection. This week, the Public Library of Bonaire wants to ensure that every child has a reading experience that is not only educational, but enjoyable, full of adventure and promotes self-confidence.

Children's Book Week will be presented in Papiamentu, but Dutch, English and Spanish will be available. For the full program visit the library or check out www.bibliotheekbonaire.com and our Facebook page. For more information: www.bibliotheekbonaire.com /
Facebook: Biblioteka Público Bonaire /
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Cheyenne Seraus by JM

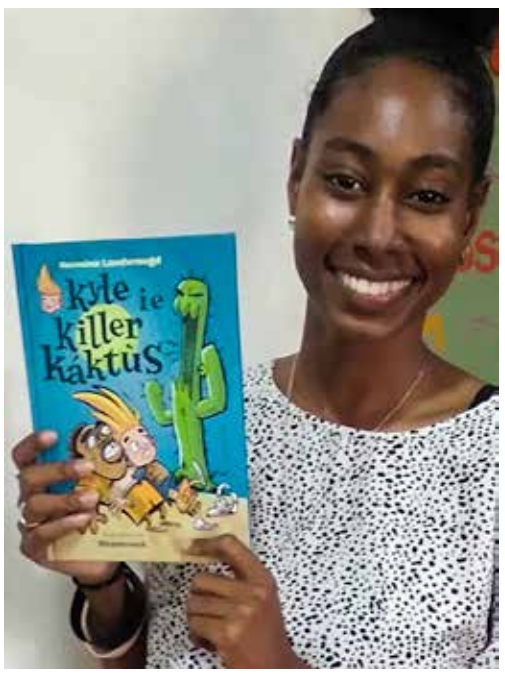
Another kid's book donated

The children's book "Kalle and the killer cactus" by Hermine Landvreugd has been translated into Papiamentu this year and distributed free of charge to schools and childcare facilities on Bonaire. Thanks to the selfless initiative of a private individual, the book is now available free of charge to all children aged 10-11 years on Bonaire.

The translation is by Crisén Schorea and the drawings are by illustrator Shamrock (Jeroen Klaver). The title of the book is now "Kyle i e killercactus"

The Reading and Writing Bonaire foundation has distributed the book to the schools and after-school care on the island in recent weeks.

"Mi no gusta lesa, pero Kyle ta sendé" said a reader of 10 years. *Stichting Lezen & Schrijven Bonaire*



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Pets of the Week

Animal Shelter Bonaire, Kaminda Lagun 26A.
Mon. - Fri. 11 a.m. - 3 p.m. Sat. 11 a.m. - 2 p.m.

Call/What's App 701-4989

animalshelterbonaire@gmail.com



Scout

Meet Scout, our sweet and cuddly boy! At 2 years and 4 months old, Scout is full of love and affection. He came to the shelter when he was just 2 months old, and sadly, he has spent most of his life here.

Scout is a gentle, loving kitty who deserves so much more than a shelter life. He deserves a warm home, a cozy bed and a family who will love him forever.

After waiting for so long, we hope this is Scout's time to shine. Could you be the one to give Scout the forever home he has been dreaming of?

Story / Photos: Bo Attevelt



Jessy and Woezel

Cute and friendly dogs Jessy, white and Woezel, grey, are just two of the many dogs that share the same story of being abandoned on the streets.

Were They Ever Loved?

They once had a home.
They once had a name that was called.
They once believed that the people they loved would always be there.
Maybe they were someone's puppy.
Maybe they slept beside a child's bed.
Maybe they wagged their tails every time their owner came home.

And then, one day, everything changed.
They were left behind.
On the streets.
At the gates of a shelter.
Confused, frightened, and wondering what they had done wrong.
They don't understand why the familiar voices disappeared.
They don't understand why the hands that once held them no longer reach for them.
They don't understand why they are no longer wanted.

And we, at the shelter, are left wondering…
Were they ever truly loved?
Were they ever truly wanted?
Or were they only loved for as long as they were convenient?

A dog doesn't stop loving its owner just because it has been abandoned.
Even after heartbreak, they still wag their tails.
They still hope.
They still trust.
They still look at every person who walks by, wondering if this might be the one who takes them home.

Behind every shelter kennel is a story.
A broken promise.
A life that deserved so much more.
Adopting a dog is not a temporary commitment.
It is a promise to care, to protect, and to love — even when life gets difficult.
Please, before bringing a dog into your life, think carefully.
They are not disposable.
They are not something you can simply leave behind.
They are family.
They are loyalty.
They are unconditional love.

And they deserve a forever home.
Don't let their story end at the shelter.

Poem / Photos: Sanne Attevelt

Creating Optimal Health by Irene da Cunda Costa

Did Our Ancestors Sleep in Two Stages? Rethinking the Myth of Uninterrupted Sleep

We often hear that a healthy adult should sleep seven to eight hours without interruption. But is uninterrupted sleep really the only natural pattern? Historical research suggests that, in some preindustrial societies, people commonly slept in two periods, separated by a quiet interval of wakefulness. This finding offers an interesting perspective for anyone who regularly wakes during the night and worries about not falling asleep again.

Historian A. Roger Ekirch, in his research published in 2001, and later developed in his book At Day's Close: Night in Times Past (2005), identified numerous references to "first sleep" and "second sleep" in historical documents, including diaries, medical writings, and literature. These accounts suggest that some people in preindustrial Europe regarded the night as two distinct periods of sleep rather than one continuous block.

What happened between these periods? Depending on the individual and the circumstances, people might pray, reflect, talk with family members, attend to household tasks, or simply remain quietly awake before returning to bed. The interval was not necessarily considered a problem requiring a solution.

Experimental evidence provides further support for the biological possibility of this pattern. In a 1992 study, sleep researcher Thomas Wehr found that healthy volunteers exposed to extended periods of darkness developed a tendency toward two sleep episodes separated by a period of wakefulness. This suggests that human sleep responds to environmental conditions, including light exposure and circadian rhythms.

Nevertheless, an important distinction is necessary: historical documents and laboratory experiments do not prove that all our ancestors, or even most of them, routinely slept in two stages. Nor do they establish that segmented sleep is superior to uninterrupted sleep. Human sleep patterns are flexible, and both historical interpretations and their prevalence remain subjects of scientific discussion.

Why does this matter today? Because our expectations about sleep can sometimes become part of the problem.

Consider someone who wakes at three in the morning and begins thinking about an unresolved financial, professional, or personal concern. The mind starts anticipating difficulties and searching for solutions. Then another thought appears: "I must fall asleep immediately, or tomorrow will be terrible."

Now there are two problems: the original concern and the fear of not sleeping. Frustration, clock-watching, and repeated attempts to force sleep can increase alertness, making it even harder to return to sleep. This self-reinforcing cycle is well recognized in cognitive-behavioral models of insomnia.

A more helpful approach is to change our relationship with nighttime wakefulness. If we are comfortable and drowsy, we can allow ourselves to rest without demanding that sleep happen immediately. If we become increasingly alert or frustrated, getting up briefly to read quietly or listen to something calming, then returning to bed when sleepy, may help. Avoiding repeated clock-checking and setting aside time earlier in the day to address worries can also reduce nighttime rumination.

A useful reminder is that waking during the night is not automatically a sign that something is wrong. However, frequent awakenings accompanied by distress or daytime fatigue should not simply be dismissed as ancestral biology. Persistent insomnia may be associated with anxiety, medication effects, pain, sleep apnea, or other health conditions. Cognitive behavioral therapy for insomnia (CBT-I) is an evidence-based treatment when the problem becomes chronic.

Perhaps the most valuable lesson from the history of sleep is not that we should return to an ancient sleeping schedule, but that we should question the belief that sleep must always be perfect and uninterrupted.

Sleep is a biological process, not a performance. We can support it through healthy routines, address the worries that keep us awake and learn to experience occasional wakefulness without turning it into an emergency. Sometimes reducing the struggle around sleep is an important step toward sleeping better.



Irene is passionate about health, neurosciences and personal growth. From Uruguay, she is an Integrative Psychotherapist (PNIE), Life Coach (ICF), Master in Nutrition(IUSC) and Yoga Instructor.

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