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AN EXCEPTIONAL FATHER

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SPOTLIGHT ON
PAUL NIOZE





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EDITOR'S *Note*

Seychelles is a fusion of cultures and people. Although often most forgotten by passers-by, the Bicentennial monument (Moniman Trwa Lezel) grounded in the heart of Victoria serves as a permanent reminder of our roots and the continents that gave birth to the Seychelles' nation. And like its wings forever in flight, a reminder of our resilience as a nation. The juxtaposition of being grounded to the soil and yet in-flight work in beautiful symbolism, defining what we are as a nation.

Then, it should not go amiss that we celebrate our ties with the nations that have contributed to what we are.

On the 26th of January, India celebrates its Republic Day, and *Ozordi Dimans* joins in the prelude of the celebration.

In considering some pertinent characteristics that build and distinct a nation- its history, religion and food -we sit down and chat with well-known Abdul Gafoor Yakub, a Seychellois with Indian roots. He tells *Ozordi Dimans* of his fond memories of growing up in Victoria and shares the family history. The Copper Pot shares its vision to deliver authentic Indian cuisine to our palate. And be enlightened with Ekembaram Sadasivam Dhandapani, the priest at the Hindu temple for over three years, as he explains the philosophy of Hinduism.

Renowned athlete back in the late eighties, Paul Nioze is back in the limelight this week. Did you ever wonder where he is now?

Have a read and discover that although retired from athletics, the sportsman never retired from sports.

Finally, we remember the late Sir James Mancham, not as the leader and politician but the great father figure he was as we converse with his



youngest son Alexander Mancham. *Ozordi Dimans* celebrates his life, five years since his passing (on 8th January 2017), and his creativity through a selection of his poems on our creative page.

Browse through for more stories featuring some young people thriving in their particular art industry.

Have a wonderful Sunday and a beautiful week ahead!

Fabienne Fardial
Executive Editor

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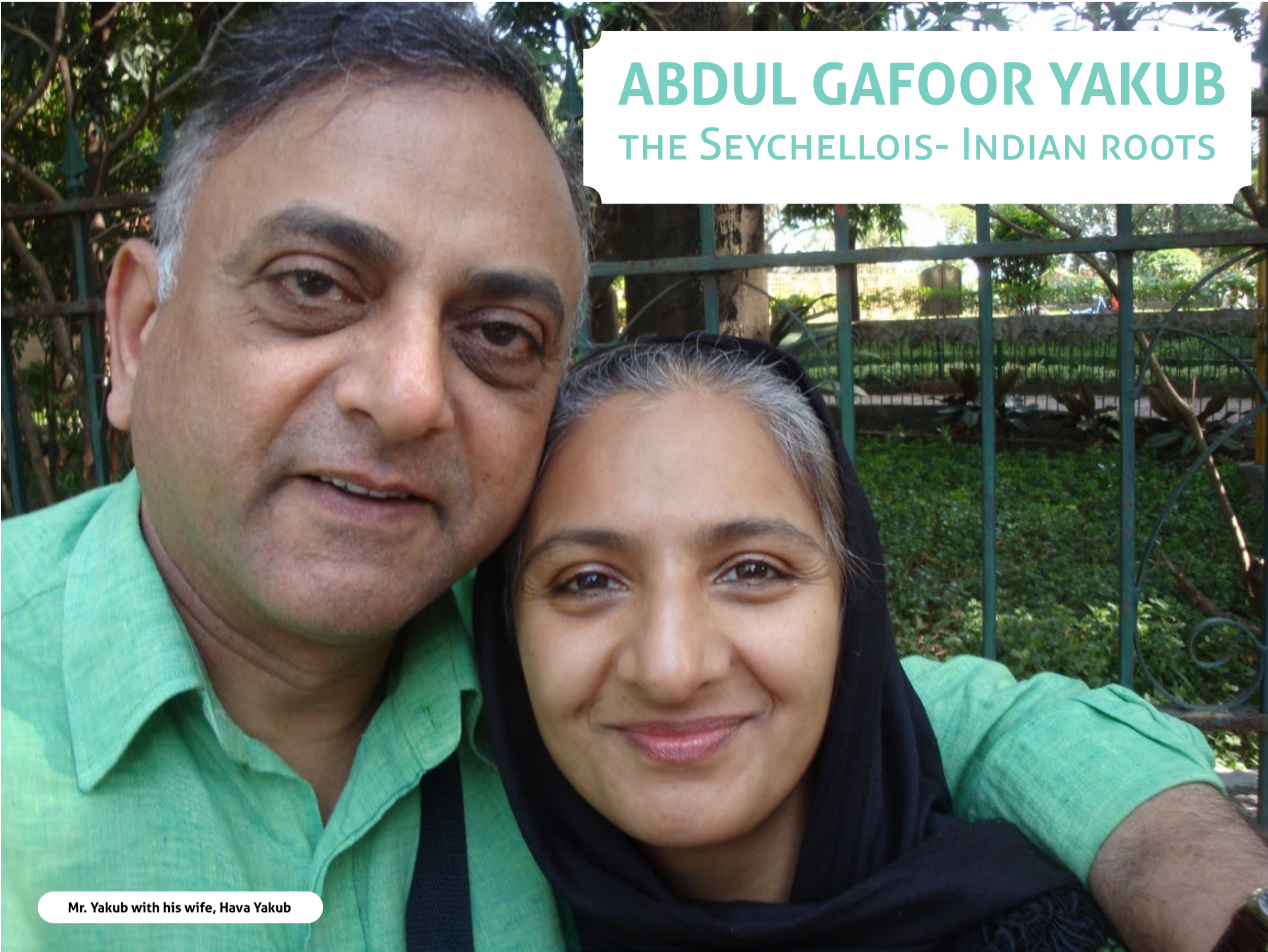
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Mr. Yakub with his wife, Hava Yakub

“OUR LOCAL CULTURE IS AN AMALGAMATION OF TWO OR MORE CULTURES BLENDING TO CREATE A UNIQUE CULTURE.”

COMPILED BY CHRISTINE OUMA

INTRODUCTION

Abdul-Gafoor Yakub is a successful Seychellois businessman - Chairman and Managing Director of Penlac Co. Ltd. and Chaka Brothers (Pty) Ltd, as well as the Chairman of the Seychelles International Mercantile Banking Company (Nouvobanq). Mr. Yakub (as he is known) was born in the Seychelles on May 22, 1959. He grew up as a carefree child who is now renowned as a practical solution-oriented businessman who sees obstacles as opportunities. In 1918, his grandparents, Fulli Poora and Mohamed Adam Chaka, emigrated from Gujarat to the Seychelles. Seychelles is recognized for being a melting pot of cultures, and the Chaka's are of Indian descent.

After completing his education at The Seychelles College, he moved to London to pursue a BA(Hons) degree in Accounting and Finance, followed by an MBA in International Business and Export Management at the City University Business School in London. He then took a serious interest in macroeconomics after attending a handful of IMF Institute courses in Washington, DC. He worked as an Audit and Accounts Supervisor in London for two years after completing his MBA. In 1985, he joined the Government of Seychelles as a Senior Finance Officer, and in 1989, he was promoted to Director-General of Financial Planning and Control, the youngest at the time.

He was offered the position of CEO at the Development Bank of Seychelles nine years later. In 1996, he opted for an exciting post at the IMF's headquarters in Washington DC as Technical Advisor to the Executive Director of the Fund for 3 years. Then he was offered a senior position with the IMF's Fiscal Affairs Department. After ten years with the IMF, he relocated to the United Kingdom with his wife to be closer to his home country. His father soon requested that he return to the Seychelles to help with the family business, which his father had started in 1965.

Ozordi Dimans spoke with the philanthropic busi-

nessman about his roots, childhood, family life, and the values that keep him grounded in this special 'Indian' edition.

WHAT IS YOUR FAMILY HISTORY? HOW DID YOUR GRANDPARENTS COME TO SEYCHELLES AND ESTABLISH THEMSELVES HERE?

My grandpa was born in 1902, and he got married young in Gujarat, India, at the tender age of 16. Getting married young was common practice at the time. My grandparents set foot in Seychelles in 1918, just after the First World War. They emigrated and travelled from Bombay to Seychelles in 1918 by merchant ship belonging to the British India Steam Navigation Company, commonly known as the B.I. Ship. My grandparents had ten children; five sons and five daughters—they were the first generation of Chakas, born and bred in Seychelles.

Today we can proudly say we have at least five generations of my family born and bred in Seychelles.

By the way you asked me how my grandparents came to establish themselves here? Well, like many other travellers, it sounds so much more romantic to contemplate that my grandparents emigrated and settled in Seychelles in search of adventure and a better life.

But the truth is my grandpa came to assist his maternal uncle, Adam Moosa (c. 1878-1928), and later his son and heir, Suleman Adam Moosa (1911-1994), in running their vast business operations ranging from import-export-wholesale-retail to supplying most of the inner and outer islands and undertaking property development and merchant banking activities, in the absence of any banks at the time.

I believe my grandfather developed a keen eye for investments in property during his lifetime. He bought a lot of properties for the Adam Moosa company, including the current Chaka Brothers' Building. He was also responsible for recruiting several staff on fixed contracts (1 to 2 years) from India as the company operations in Seychelles expanded in the 1930s, 1940s and beyond. Seychelles was the place

my grandfather would call home until his death. He passed away on 14 February 1944 at the prime age of 42.

HOW WAS IT GROWING UP IN SEYCHELLES, AND WHAT



A G Yakub with daughter, Hana

ARE SOME OF YOUR FOND MEMORIES AS A CHILD?

I grew up in the centre of Victoria, residing at the top of the Chaka Brothers building. It was quite exciting, seen through the eyes of a child or teenager. Of course, Victoria wasn't as grand and bustling as Paris or New York, but there were several fond memories.

As kids growing up in Victoria, we were up to all sorts of mischief. We used to run up to English River and Union Vale; all this was considered part of Victoria.

I recall at one time the Butler-Payette family resided somewhere high up at Union Vale; I went to school with Gilles Butler-Payette, who is Justice Mathilda Twomey's brother. She was only one year younger than I. David Andre's dad was the Chief of Prison at the Union Vale Prison at the time, and David was also a classmate of mine—I started learning to play the guitar in my teens in the company of David André and Joe Samy; it was fun and lively times.

I also recall going up the Trois Frères mountain occasionally with my cousins and uncle on a Sunday morning for half a day; we would head off at 7 in the morning, walking up to Bel Air via La Poudrière Road and then onto Sans Souci. When we reached the top of Trois Frères, we would wave down to our folks who had binoculars back home in Victoria, and by noon we would run down the mountain in time for Sunday lunch. As with every Seychellois family, Sunday lunch was a big deal even though we are Muslims—this was because of our Creole heritage; almost every Sunday, we had a big family get together, and a chicken or meat dish was served, as opposed to mostly fish and vegetables being served during the weekdays.

I fondly remember 'Bacco', a gentleman in the late 1960s-70s, selling ice cakes on sticks (using "ballier zig" at the time) for less than SR5/- each from his giant Thermos flask. He would conduct his trade on foot walking from Victoria to the Beau Vallon beach.

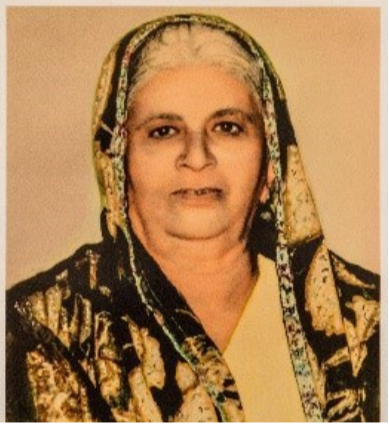
(Continued on Page 6)

(Continued from page 5)

Later, ice cream in cones and tubs was introduced to our local palate. Julien Parcou imported the modern machinery to make the best tasting ice cream of the day. But in the 1980s, I recall Romano's ice cream being one of the most sought-after Italian ice-cream. Romano, who was of Italian origin, was, in fact, the first person to ever



Yakub & Zubeda Chaka in April 1954 (They married in 1946 at the young age of 18 & 16 years old)



Fullibhai M Adam Chaka, 1905-1975



Hassan Chaka



Mohamed Adam Chaka, 1902-1944



Yakub Chaka, 1930-2013



Gafoor & Ismael Chaka-April 2020

introduce a cold storage truck in Seychelles that allowed him to deliver ice cream to various shops across Mahe. The production unit was at Pointe Larue, opposite the air cargo area, and a sales outlet was set up at the ex-Khambatta building in town where the Emirates office is currently located.

WHAT LESSONS DID YOU LEARN FROM YOUR PARENTS WHEN YOU WERE GROWING UP?

- Strive to get the best education
- Earn a decent living—do not over-charge your customers
- Always aim to be self-reliant

But the one lesson I won't ever forget is the fact that my parents were self-taught for much of their adult life and they always told us as children that "knowledge is more important than material possessions. You can lose your material possessions any time, but no one can ever take away the knowledge you have stored in your brain. So, use it wisely".

DO YOU INDULGE IN INDIAN-CREOLE FOOD AT HOME, AND WHAT ARE YOUR FAMILY DYNAMICS? ARE YOU A SEYCHELLOIS WITH INDIAN ROOTS OR AN INDIAN WITH SEYCHELLOIS ROOTS?

I am a bonafide citizen of Seychelles. I am a Seychellois with Indian roots because my grandparents originated from Gujarat, N.W. India. Seychelles is a country born out of immigrants. I indulge in both Indian and Creole food at home, but I also enjoy exploring all sorts of other cuisines and exotic culinary tastes from elsewhere. And that's because we, Seychellois, are open to experimenting with other foods. Our local culture is an amalgamation of two or more cultures blending to create a unique culture. That's what's called the melting pot theory. Hence, our creole food is a blend of flavours from different cultures; and as you know our foods are generally spiced perfectly with seasonings of onion, garlic, ginger, red pepper and tomatoes.

HOW OFTEN DO YOU VISIT INDIA, AND DO YOU FEEL A STRONG CONNECTION WHEN YOU VISIT?

Not often. I used to visit a different part of India at least once a year before the pandemic. I feel a strong connection with India because I can trace my origins from there. India is a vast country, rich in history and culture. There's a lot to explore when travelling to India, ranging from fascinating landscapes to unique cuisine. Curry is the "must-try" dish being the traditional food in the country. If I am not mistaken, India supplies



THE CHAKA BROTHERS Building, (2022)

70% of the world's spices. While it has a lot to offer, I'm afraid the recent reports of widespread increases in Covid infections throughout the country have made it difficult to plan any visit there.

YOUR FAMILY IS A HOUSEHOLD NAME IN SEYCHELLES. HOW DO YOU THINK THE CHAKA BROTHERS BUSINESS WILL BE REMEMBERED IN TIME TO COME?

The Chaka building or "La Maison Chaka" is probably one of the landmarks of Victoria. Its original architecture has not changed much from 1920 when the building was supposedly first erected on the main road of Victoria, then called Victoria Street. From 1900 to the mid-1970s, Victoria Street served as the town's commercial centre. There were several retail and repair shops along that street where most people procured their provisions and got their repairs done, including people from Ste. Anne and Cerf islands. Chaka Brothers has been in operation since 1965; that's almost 57 years today. It was my late father, Yakub Chaka, who founded it. He was assisted by two of his younger brothers. Given the good harmonious relationship within our Chaka family, I hope Chaka Brothers will be remembered as a friendly family business that provided a valuable service to the general public and its loyal customers. Chaka Brothers comprise a retail shop, a wholesale warehouse, an export shed, and a back office. It has always been regarded as a private entity that supplies quality products at affordable prices. That's what it will hopefully be remembered for. My personal wish is for the Chaka Building's original colonial architecture to be preserved or replicated when undergoing refurbishment so that the present and future generations of Seychellois and tourist visitors can cherish and appreciate that part of our local creole heritage in the

centre of Victoria. In fact, I'd like to call on other proprietors owning property on the same side of the street to do likewise and preserve our colonial and creole heritage.

WHAT DOES INDIA REPUBLIC DAY MEAN TO YOU?

India had formed a government at the time of its Independence from Britain, but it did not have a constitution. Republic Day is a national holiday in India. It celebrates the date on which the Constitution of India came into effect on 26 January 1950, turning the nation into a newly formed republic. To me, the Republic Day marks the celebration of the empowerment of Indian citizens to select their own government. They worked hard to get the British out of their country.

HOW WOULD YOU DESCRIBE THE SEYCHELLES-INDIA FRIENDSHIP IN TERMS OF INDIAN OCEAN DIPLOMACY?

The Seychelles-India friendship is strong and steady. Seychelles is regarded as this enchanting archipelago country better known for beauty pageants, honeymooners and luxury holidays. There are, of course, trade and commerce, training programmes, temples, mosques and yes, Tata buses and tortoises. These are some of the components that represent a mix of current business exchanges and relations between India and Seychelles. Seychelles, Mauritius and Sri Lanka were visited by Indian Prime Minister Modi in March 2018, and this underlines the importance that India places on its involvement in the development of these three Indian Ocean island states. I understand that India is probably active in organising navies and coast guards in the broader Indian Ocean region to address transnational threats.

YOU WEAR MANY HATS. TELL US WHAT ARE THE CORE VALUES OR GUIDING PRINCIPLES THAT KEEP YOU GROUNDED?

Yes, it's true, I do have to wear many hats and operate in a number of different fields. But this reminds me of a very pragmatic quote from Jim McNelis, CEO and Co-founder of AvaStars in Texas, who once said "To truly understand a business, you have to wear all of the hats before you can take some of them off." My core values are my fundamental beliefs or guiding principles that dictate my behaviour and help me appreciate what is wrong and what is right. These are a mix of the following: passion, commitment, dependability, honesty, loyalty, efficiency, reliability, optimism and positivity.



Chaka Brothers Shop, Victoria Street, c.1965



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SCCI Awards Ceremony- Best Manufacturer 2016&2017

WEEK REVIEW

What Made TODAY'S Headline this Week

Family of three rescued after hours stranded at Anse Capucins trail

Couple Shanick and Lynne Harrison, along with their niece, got lost on the hiking trail sometime after 4 pm on Friday 14th January due to low visibility caused by the rain. The family were safely recovered on 15 January 2022 by a rescue team consisting of military personnel, including those from the Special Forces Unit (Tazar), after spending over seven hours, since late Friday afternoon, stranded at the Anse Capucins Trail. According to Captain Dave Mathieu from the Seychelles Defence Forces, the incident marks its first search and rescue mission for this year.

Academic Year 2022 begins

The Ministry of Education, led by Minister Justin Valentin and his delegates, held a press conference on 17th January 2022 discussing the new academic year of 2022. The Minister was hoping to start the new academic year in the normal mode. The pandemic has dedicated otherwise.

Corruption Perception Index

On Tuesday, January 25th, Transparency International will reveal the 2021 Corruption Perception Index scores of 180 countries, including that of Seychelles. For the last three years—2018, 2019 and 2020—Seychelles' score has remained unchanged at 66, which is also the highest score the country has ever achieved. The Corruption Perception Index (CPI) is an indicator of how global experts and the business community perceive a country's public sector in dealing with corruption.

The La Digue boys Ballet Concert

The La Digue Ballet boys performed at La Digue Island Lodge on Friday 14 January 2022 after a workshop with professional English ballet dancer, Shevelle Dynott. For many people, when they think of ballet, female ballet dancers come to their mind. Shevelle, recognised for his roles in English National Ballet productions of The Nutcracker as the Mouse King, shares his experience within a week's workshop with a group of boys from La Digue and three male teachers from the School of Dance based on Mahé. In the presence of the CEO of the National Arts Council, Mr Jimmy Savy, representatives from the British High Commission, teachers and parents, the boys performed 'The Rat and the Soldiers' dance story.

What happened to the Seychelles Pride?

Questions now abound over the country's first-ever tanker, Seychelles Pride, after it was revealed on Tuesday that the Public Enterprise Monitoring Commission (PEMC) and the Ministry of Finance, Economic Planning and Trade are undertaking an investigation surrounding its disposal and sale. The government has refused media requests for a press conference to assuage the public's curiosity, stating that it will do so upon conclusion of the investigation. Meanwhile, latest tracking updates of the vessel, on marinetraffic.com, places Seychelles Pride in the East of the Mediterranean, sailing under the Comoros flag. According to the same website, Seychelles Pride no longer carries the code of SC, representing Seychelles, but that of KM, the country code for the Comoros islands. The oil tanker's most recent port call was in Izmir, a city on Turkey's Aegan coast, from which it departed on January 17.

IGCSE, DELF exam results are in

Since Tuesday, January 18th, students have been receiving their IGCSE Cambridge exams and French DELF exams results, either through mobile phones or collection at their respective schools. Given the pandemic surge, each school has undertaken the dissemination of the results using their own modalities—most attempting to avoid face-to-face interactions.

SIR JAMES MANCHAM

A REMARKABLE MAN, AN EXCEPTIONAL FATHER

BY CHRISTOPHE ZIALOR

Sir James Mancham's life could be summed up in one word: remarkable. The former first President of the island archipelago between 1976-1977 dedicated himself to establishing national reconciliation and global peace upon returning to Seychelles after being in exile for 15 years in the United Kingdom due to a coup.

Politician and author, Mancham wrote several books, including *Paradise Raped*, a novel about the Coup, and *War on American* seen from the Indian Ocean, *Adages* and *Peace of Mind*. His autobiography, *Seychelles Global Citizen: The Autobiography of the Founding President of the Republic of Seychelles*.

His books and poems reflected his love of country and family. He also shared wisdom and advice on life's challenges in his books and poetry.

This year, on the 8th January, marks five years since the passing of the late Sir James Mancham. Sir Mancham was considered to be a true Seychellois by many. A personality described as jovial, appraised as an ambassador of peace and a patriarch of the Nation, he remains missed by many.

Five years later, his youngest son, Alex Mancham reflects on his father's life, not as the leader he was, but as a great father.

"As a father, he was someone I always looked up to because he worked



Sir James Mancham with family and friends

incredibly hard. My father had this ingrained work ethic, and he was always passionate about achieving his goals," Alexander told Ozordi Dimans.

Known for his love for travelling and people, he said that his father was always on the go and would come home with a slew of fascinating stories about his exploits.

He remarked that his father was known for being very fair and compassionate and that he embraced the simplicity of life, which manifested itself in his literature and poetry.

"As a father and husband, he was very endearing and caring; he was certainly unique and irreplaceable.

Describing his father as one of a kind, he shared that he was the kind of person that would happily and confidently get up and sing in front of thousands of people," added Alexander.

"I have so many fond memories of him," he continued, "but the first one that comes to mind is the two of us in the swimming pool when I was younger and him teaching me how to swim. It was a wonderful bonding experience for father and son, and as a father myself, I recall that moment often."

On remembering that sad day five years ago, Alexander says that it proved difficult to adjust to losing his father, especially the first years after his death for everyone who loved him.

With a tinge of pride in his voice, "My father was such a special person," he told Ozordi Dimans.

He explained that the family began to celebrate his memory and all he had accomplished as time passed.

"It was tough, but we learned to ap-

preciate what we had, and we are committed to carrying on his legacy," Alexander stated.

To keep his father's memory alive, Alexander told Ozordi Dimans that the family frequently visit the James Mancham memorial statue in town and his grave at the State House on both his birthday and on the anniversary of his death.

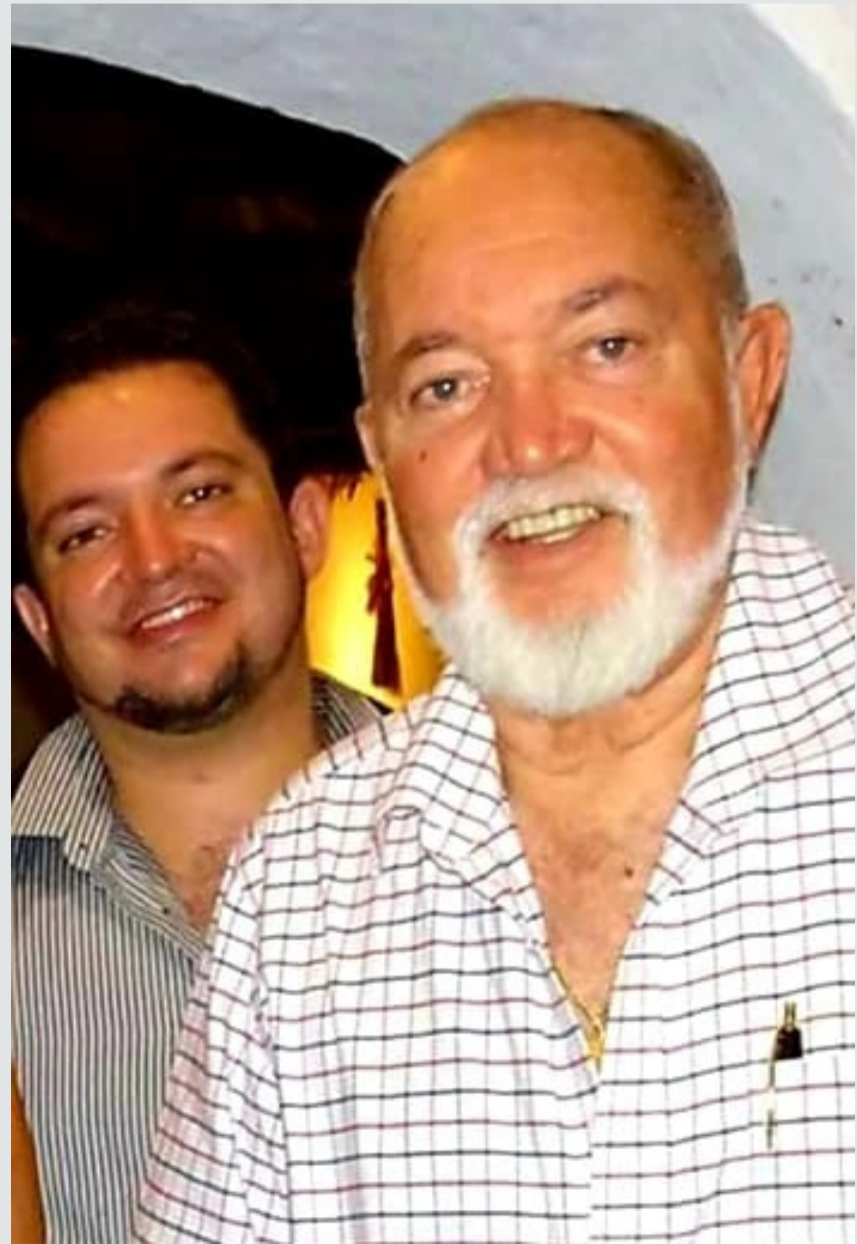
Alexander, now a father himself, is working hard to keep his father's memory alive for his two-year-old son. He desires that his son grow up knowing his grandfather as the remarkable man he was.

"I'm already telling him stories about his grandfather before I put him to bed every night." We also keep his book collection in my apartment, and he recognises his grandfather on the cover".

"As he grows older, I intend to have a proper conversation with him about who his grandfather was and his many accomplishments," he continued.

Celebrated as a man of peace, it is no surprise that the son of the late Sir James Mancham, Alexander highlighted that one of the most powerful lessons his father taught him was that everyone comes from a different background and treat others with compassion.

"He taught me never to kick someone who is already on the ground and always to forgive. That is a necessary component for growth. To move forward, you must be at peace because you cannot move forward while harbouring hatred in your heart."



Alexander with his father, the late Sir James Mancham



From left to right, family friend Ben Boulton with Alexander and older brother, Richard Mancham



Mancham with daughter Caroline Mancham



Alexander, with mother, Catherine Mancham, and son Oscar Mancham

A look at Hinduism

BY CHRISTOPHE ZIALOR

There is a reference in Hindu philosophy to two coexisting realms: the material world of names and forms and the spiritual world beyond names and forms.

The philosophy is that boundaries exist in the first but not in the second. And because we see divisions in the world, we become ignorant. We can recognise fluidity and go beyond boundaries when we are wise. Neither world has an advantage. Each has its own worth: the world with borders and the world without borders, the limited and the limitless. Is this a Hindu thought?

Hinduism, or Sanātān Dharm, is a way of life, a way to seek the ultimate reality, a way for being one with divinity, a way that doesn't bind you in certain beliefs and lets you carve your own version of the truth.

Hindus believe in samsara, the never-ending cycle of life, death, and reincarnation, and karma, the universal law of cause and effect.

The concept of "atman," or the belief in the soul, is central to Hinduism. According to this philosophy, all living things have souls and are part of the supreme soul. The goal is to attain "moksha," or salvation, which ends the cycle of rebirths and allows the individual to become a part of the absolute



Ganesh

soul.

Whilst the Christian religion has prophets and a book and a belief system that adherents are expected to follow, Hinduism, on the other hand, is known for its pluralistic beliefs, numerous scriptures and Gods.

Hinduism values many sacred writings over a single holy book. The Vedas, or the primary sacred texts, were written around 1500 B.C. This collection of Sanskrit verses and hymns contains revelations received by ancient saints and sages.

The Vedas are composed of the following texts: the Rig Veda, the Samaveda, the Yajurveda, and the Atharvaveda.

Hindus believe that the Vedas exist outside of time and have no beginning or end. Other important texts include the Upanishads, the Bhagavad Gita, the 18 Puranas, the Ramayana, and the Mahabharata.

PHILOSOPHY

"Hinduism is divided into six categories. In the Seychelles Hindu Kovil Sangam, we pray using the siba argama method. This is known as Sarve jana sukhino bhavantu, and it is not only for Hindus but for everyone living in every corner of the universe," said Ekembaram Sadasivam Dhandapani, a priest at the Hindu temple for over three years.

Sarve jana means "the people," and sukhino means "good."

"The main philosophy is that we all need to be good and keep healthy," he stated.

According to Hindu traditions, Lord Ganeha, the remover of all obstacles in the universe, is the first God in Hindu religion.

"Hinduism embraces a wide range of religious beliefs. It is sometimes referred to as a "way of life", or a "family of religions" rather than a single, organised religion", said the priest.

HISTORY

According to many scholars, Hinduism is the world's oldest religion

and its roots and customs date back more than 4,000 years.

Today, with about 900 million followers, Hinduism is the third-largest religion behind Christianity and Islam.

According to the 2010 Census, there are over 2000 Hindus in Seychelles, constituting 2.4 % of the Seychelles population.

The construction of the Navasakti Vinayagar Temple in May 1992 signaled a revival of Hindu faith in Seychelles. Currently, the temple holds four prayer sessions per day, in the morning, afternoon, evening and night.

Ekembaram added that Hindu tradition is heavily based on natural resources, the earth, water, fire and air.

"These are all fine natural resources, and the prayers that we do are naturally dependent," he added.

GODS and GODDESSES

Hindus worship a plethora of gods and goddesses. Some of the most well-known deities are: Brahma is the god who created the universe and all living things. Vishnu, the god who preserves and protects the universe, and Shiva, the god who destroys the universe to recreate it. Devi, the goddess of dharma, Krishna, the god of compassion, tenderness, and love. Lakshmi, the goddess of wealth and purity, and Saraswati, the goddess of learning.

FESTIVALS and PUBLIC ACCESS

The temple oversees many festivals throughout the year, one of which is the ten-day flag hoisting festival commemorating Ganesha's birthday. According to the Tamil calendar, this is observed in August and September.

Although the temple is sacred, it is open to the public. Its detailed and unique architecture is a wondrous sight and attracts numerous visitors daily.

The temple also provides free food and water to the homeless, emphasising the true essence of kindness in Hinduism.



Ekembaram Sadasivam Dhandapan, priest at the temple



SRI MAHALAKSHMI-SRI MAHAVISHNU



Devotees carry kavadis on Quincy Street.



SRI BALASUBRAMANIA



The Hindu temple in Victoria during festival



Interior of the temple



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WE CAN MAKE COVID WORK TO OUR ADVANTAGE

You know the saying when times get tough the tough gets going. COVID is not the only catastrophe to have hit mankind in the history of Homo sapiens. The way our nation has been led must change, we must teach our children to be resilient and not to depend on handouts from other nations, so that the next generation can cope with the next pandemic, whatever that may be, when it comes and if no more pandemics hit the Earth, which I doubt it, then "goody goody gum drops" as the kids would say. Since it would appear we do not know for sure where COVID-19 came from despite all our modern technology, the army of human spies undertaking covert spying activities, spy satellites in the sky, drones flying overhead, nuclear warheads pointed at each other's country, arsenals of fire power at sea, COVID came and killed so many of us and has sent us into confusion and we do not know how long it is going to hang around. Just like we do not know how to eliminate HIV, Aids, Measles, Influenza, Polio, Malaria and now COVID will take its place as another disease mankind cannot eliminate from our species on Earth.

The world has experienced so many catastrophic recessions, the worst being in 1937 known as the Roosevelt Recession which lasted from May 1937 to June 1938 but before that came the Plague from China in the 1330s which spread to the Mediterranean then to England by 1348, finally reaching Scandinavia in 1350. The Plague was spread by rats in the form of a bacterium called Yersinia pestis and killed 50 million people. Then the world was hit by a recession from 1973 to 1975. This was caused by OPEC raising oil prices while America was fighting the Vietnam War and Wall Street came crashing down. In 1982 the world suffered another recession due to a revolution taking place in Iran and in 1991 fear of global oil price rises caused the Federal Reserve and the Central Banks to restrict monetary movements. In 2007 to 2009 the housing bubble burst when house prices tumbled and people ended up with negative mortgages meaning the house was worth less than the mortgage loan they borrowed which caused the mighty bank Lehman Brothers financial goliath to crash because they put US \$619 billion into the housing market and to many people it was the end of the world and some people committed suicide.

The irony about COVID is instead of the global work force losing the opportunity to work



Barry Laine

and everyone getting poorer, COVID has in fact created more millionaires than at any time in the history of the world. COVID has created 20 new Billionaires in Asia alone and it is estimated 5 million people globally became millionaires in 2020 according to Credit Suisse research. They reckon the wealth of the top 10 richest people on Earth could buy sufficient vaccines for every person in the world to be vaccinated twice against COVID. So you see, some people can make a catastrophe work to their advantage when they put their mind to it instead of lying back and complaining and getting everyone depressed.

So what do we need to do? First of all, we need a Government with a Recovery Plan, not a Government who keeps going to India and to the Arab world to beg for donations. Then when these countries extend their gracious generosity towards our people, our Government employees and other well connected people associated with our Government steal the donations, can you believe this? This is a cardinal sin which is tantamount to taking food from a child's mouth. None abstante, we have to be fair in applying our justice and not penalise someone who was married to a perpetrator because there is a big difference between a matrimonial link and criminal responsibility for each person's activities. Some of the accused being taken to court over the US 50 million dollars gift from the people of the United Arab Emirates to the people of Seychelles are not the real perpetrators. The real and biggest perpetrator is still out there hiding overseas and people are asking when will he be brought back to Seychelles for interrogations not only about the US\$ 50 million but also about other sums of our money placed in offshore accounts. Then there are the crimes of the Coup D'état yet to be resolved. So you see, our recovery process needs strong minded people with guts

to prosecute those who have stolen our money and laundered the loot in offshore accounts as the Pandora Papers have revealed. We need people who are not scared to go after the bad-dies and administer justice.

It is a well-known phenomenon that a recession can be used as an organisation's opportunity to have a good clean out of goods and services that are slow moving or stagnant, improve processes and procedures, get rid of lazy workers and become lean and mean and profitable when the recession is over. IMF is giving us good advice by telling us to pull back, clean up, shake up and shape up, retrain our people, remove dead wood and as Donald Trump also said "drain the swamp" and get ready for the up-turn. If we do not get ready for the up-turn, we will be caught with our pants down when the recovery returns. Right now this government is showing no sign of getting ready.

This is also the time to look first at your home and ask yourself what needs to be done to improve our living standards and conditions, then take a look at your work place. Are your working conditions up to a good standard, if not complain about it. Sometimes people are scared to speak up in case they lose their job. Well if you lose your job because you have complained properly and legitimately about something wrong, then you are not working for a good person or organisation so you might as well find another job. It is always the case that a good worker can and will always find a good job.

COVID has also brought us the opportunity of working from home instead of spending an hour travelling to work and another hour travelling home 5 days a week. Think of the savings we are making not only in our monetary expenditures but how much we are contributing towards reducing our carbon emissions. Last Friday afternoon, I drove through Victoria and it was like a ghost town compared to pre-COVID times, I could not believe the difference. COVID has also reminded us that we have put all our eggs in the Tourism industry basket and yet we have known for years that this was not a smart thing to do, and yet we did it. We ignored all the other assets we have as a nation and put all our efforts in the tourism basket while we allow foreign owned ships to over-fish our ocean and deplete our fish stock. It is like right now

we know about sea level rising but still we have done nothing to move some of our vital and essential services up the mountain. We continue to erect new buildings at sea level like the new SBC Head Office at Union Vale not only is this huge building built at sea level but the area is a reclaimed swamp, can you believe this? It is a crime against humanity when you know there is a danger and yet you go ahead and build a multi-storey building like the new SBC Head Office in swamps.

It is as though we have taken the suicide pill and we do not want to continue to live. All our essential services are located at sea level. All our telephone systems are located at sea level, in fact Airtel just opened a new prestige Head Office at Ile Du Port at sea level. Our wind turbines and our solar panel farms are all at sea level and yet we are blessed with beautiful mountain faces and high rise plateau locations for us to install our essential services and we go round like headless chickens or we bury our heads in the sand. Not one Government official has commented on the way we have put our nation at risk of being wiped off the face of the Earth, not one. Not even DRDM whose responsibility it is to ensure the survival of the Seychellois nation when the sea level rises, unbelievable, eh?

We are a poor nation yet we are rich in assets, the Lord has blessed us with so much but we have failed completely to make good use of our assets to the point that in this day and age, 40% of our population live below the poverty line and there are mothers in Seychelles who do not eat dinners at night but save the food for their children to take to school the next day. Come on, this hurts if you have any feelings and we should be ashamed that for 43 years since the British left, that the rich have got richer and the poor have got poorer in Seychelles never mind other parts of the world. So what are you going to do about it and what is the Government we recently put in power going to do about our poverty status? Keep begging from our neighbours then steal the donations and put in offshore bank accounts? Search your conscience my friend, you are in bed with the devil.

Our democracy is a sham; we have 3 component parts of Government, the Executive, the Legislative and the Judiciary. They are autonomous which means we have 3 bosses managing our country. Good management calls for a hierarchy or reporting



Possible site for Seychelles Technology park

structure and the final say lies with the head of the hierarchy. But we have 3 heads that make the final decision? Can you see where we have gone wrong? Our literacy rate is increasing but it is still around 95 so what do we do? We chose 3 national languages while the rest of the world is content with one. So we have opened up a can of worms because now we are struggling to cope with 3 national languages. Then we added another month to our calendar and paid our workers a 13th month salary. Then one of our Presidents told the world we grow fish in Seychelles. Is this the legacy we want to leave for our children?

This Government must come forward with a Recovery Plan. The Government must put together a team of people who knows how to overcome difficulties and come out on top of the situation. We have at our disposal all the assets and attributes we need to recover from COVID and emerge as a prosperous nation and bring down our level of poverty from 40% to under 10% and it does not require brain surgery just good planning and management. Our road system is in a bloody mess, our water supply is not as clean and resilient as it should be and provisions for our safety has not been properly planned, we do not have a published Civil Defence Strategy and any catastrophe will catch us unprepared. We have a well-paid army of young men and women sitting at Bel Air cleaning the same guns every day and getting fat when they should be cleaning up our environment and collecting the excess plastics being washed ashore on our islands. We have the resources but this government has failed to deploy and make good use of them because people in this government lack management skills and the will to recover from COVID.

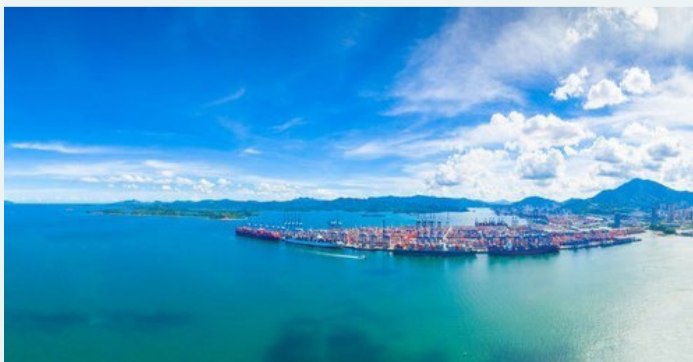
So let us make COVID work to

our advantage and benefit. Let us sell off some assets such as some outer islands, privatise SBC and Nation newspaper, create a Technology Park with R & D facilities into future products that will benefit mankind as a whole, open a couple of islands into a Free Trading Zone like Dubai has done, increase the price of our fishing licenses because foreigners are depleting our fish stock, reduce our dependence on Tourism by increasing our involvement in fisheries and agriculture. Move our airport and other essential services especially telecommunications up the mountain, use some islands as farms and grow essential foods and rear animals for food. Come on, these are not dreams, but things we can do. We just need people with guts and conviction to make Seychelles a success. Let us repair the 'kales kase' and turn it into a Monorail that will save us millions of dollars in fuel consumption waiting in the queue 5 days a week to get to work in Victoria then back home.

Getting an Indian entrepreneur to sponsor free tampons for our young girls is a disgusting and revolting idea which brings our Seychellois pride down so low as to be unbelievable and that a priest of all people should think of such an idea depicts the kind of people running our country today. President Wavel Ramkalawan has been trying for over 30 years to be our President and he has shed his blood for the cause, now he must either do the job properly or hand over to someone else. His dream has come true, now the Seychellois people's dreams must come true. We have all the assets and manpower to be successful but we are being held back by a bunch of untrained individuals who are not moving Seychelles forward.



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Free Trade Zone islands next to Mahe

Rainbow Aquarium;

A BEVY OF EXOTIC FISHES

BY CHRISTOPHE ZIALOR

When one thinks of the word “hobby,” they think of some unique niche skill or collection a person may have — for example, whittling, baseball card collecting, cartooning, poetry. A hobbyist is seen as an amateur.

It is extremely difficult to go through the transition from amateur to professional in any field, but Alain Larue has been successful in turning his aquarium fish hobby into a fully-fledged business, named Rainbow Aquarium.

Raising aquarium fish is still a niche hobby in Seychelles, but its devotees spend countless hours and thousands of rupees buying and caring for what they consider living artwork.

Alain has been in the business for over 30 years, and during those years has amassed a beautiful collection of exotic fish.

“I grew up in a family that kept aquarium fishes so we always had some around. “I had a special fascination with Koi Fish and began collecting them around 30 years ago,” he explained.

He stated that he has over 65 koi fish in his personal pond due to his fascination with them. During the pandemic last year, one of his oldest fish died; it was a doitsu koi or scaleless koi that was 24 years old.

His hobby has earned him international acclaim, with his koi pond featured in two magazines from the United Kingdom and Germany.

Alain stated that ten years ago, there was a high demand for aquarium fish in Seychelles, so he began breeding fish and selling them at the local market. He did this for four years before deciding to apply for a business license and open his own shop.

“I run my shop as a small business, but it’s primarily a hobby for me.” “In this industry, if you don’t have a strong passion and interest, you won’t get very far.”

Another feature that distinguishes his fish store from the others is its operating hours. Recognizing the hectic schedules that we all have, he decided to open his store on the weekends, including Sunday, in order to accommodate those who are unable to visit him during the week.

His main market of importation is mainly from Singapore, ordering over 4000 consignments of 38 species of fish.

Asian arowanas, Angel fish, Peacock Bass, and Flower Horn fish are among the exotic fish in his collection, as are guppies and other small fish.

For now, he noted that his business is doing well, but even if he does not make money he does not let it get him down as it is something he enjoys doing.

Alain also shares his expertise with his customers who visit the shop about how to clean their tank, when to put your fish in a new tank and the type of fish you can put in your tank.

“Each species has its own demands. Some require other aquatic species for a symbiotic relationship. And make sure the species mix and match well, and not eat one another.”



Alain Larue at his shop on Riverside



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FAIR TRADING COMMISSION

The Fair Trading Commission is an independent government body established under the Fair Trading Commission Act 2009.

We aim to safeguard the interests of consumers, promote competition and fair trade in Seychelles to benefit consumers, businesses and the economy.

We strive to ensure compliance of individuals and businesses to the laws administered by the Commission- namely: The Fair Trading Commission Act 2009; the Fair Competition Act 2009 and the Consumer Protection Act 2010.

In fact, we are empowered to carry out investigations in relation to the conduct of business in Seychelles to determine if any enterprise is engaging in practices that are in contravention of our laws. Such investigations may be self-initiated by the FTC or may be carried out following a complaint. All investiga-

tions are carried out by the staff of the FTC.

Our initiatives also include promoting the education of consumers and businesses through advocacy and publications.

The Fair Trading Commission (FTC) is an independent government body established under the Fair Trading Commission Act, 2009 (Act No. 17 of 2009), to:

- safeguard the interests of consumers,
- monitor and investigate the conduct of business enterprises,
- promote and maintain effective competition in the economy
- protect consumers' rights
- impose duties on producers and suppliers of goods and services

KWEN KONSONMATER

We Welcome to your 'Kwen Konsonmater! We hope to be able to answer questions that you may have in relation to your rights under the Consumer Protection Act, 2010

Should you check your good(s) before leaving the supplier's premise? As much as possible.

Does not checking your good automatically denies you the right to return a good if it is defective? Absolutely not! Not all of us have the possibility or convenience to check our newly purchased items before heading home. Especially now that we are keeping ourselves and our families safe from Covid-19 by practising social distancing and avoiding spending unnecessary times in crowded areas.

The Consumer Protection Act states that "it is irrelevant whether the product failure or defect was latent or apparent or could have been detected by a consumer

before taking delivery of the good", Section 42 (3), Consumer Protection Act, 2010

"What does this mean for consumers?"

We ought to be responsible... yes, but a defect which (arguably) could have been detected by a consumer before taking delivery of the good should not, and cannot

be used as an excuse by any supplier for selling defective or faulty goods or even refusal to entertain a complaint relating to a good alleged to be defective by the consumer.

If the buyer is not the one taking delivery of the good(s), it is advisable that the one collecting on his/her behalf checks the good and where possible have some form of record of the condition of the good before delivery. This could be in the form of photos or video documentation or anything that suits the buyer which can be used as evidence should there be a future need for it.

In most instances, defects become apparent only after the consumer starts

using the good, hence why the Act provides protection in these unforeseeable circumstances. However, there are certain precautionary measures you can take as a consumer to protect your purchase, such as carefully checking your goods or making use of photographic evidence where applicable.

Please be a responsible, safe and an informed consumer.

Are you concerned about your position as a consumer in relation to a situation?

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Dr. Tazio Tournier answers 10 common questions that you should ask your dentist

BY CHRISTINE OUMA

You're encouraged to ask questions to your parents, teachers, and even coaches from a young age. At the dentist's office, the same curiosity should be encouraged. Asking your dentist questions is a vital aspect of your long-term oral health. For this reason, Dr. Tazio Tournier, Implantologist, and Esthetic Dentistry at Le Chantier Dental Clinic answers some of the top 10 dental questions everyone should ask at their next consultation.

Ozordi Dimans: How often should I get a dental checkup and cleaning?

Dr. Tazio Tournier: Usually once a year it's mandatory to have a check-up but if you experience bleeding of the gum while brushing teeth or pain or sensitivity, then once every 6 months. The check-up will advise if you need cleaning.

Ozordi Dimans: What Are the Best Ways to Practice Good Oral Hygiene at Home?

Dr. Tazio Tournier: In addition to daily brushing (electric and manual toothbrush) and flossing, use mouth wash and brushing teeth should not be less than 5 minutes.

Ozordi Dimans: How Can I Improve the Whiteness of My Teeth?

Dr. Tazio Tournier: If after professional cleaning you want whiter teeth, you can do bleaching at home or at the Dentist Chair. Regularly use of hydrogen peroxide as a mouth wash helps too.

Ozordi Dimans: How Do I Prevent Tooth Decay, Gingivitis, and Other Problems?

Dr. Tazio Tournier: By doing frequent check-up, brushing after every meal and avoiding sweet food and drink.

Ozordi Dimans: Why Should I Have Dental X-Rays Taken?

Dr. Tazio Tournier: During a visit or routine check-up, your dentist will advise if you need to take an x-ray otherwise no need.

Ozordi Dimans: What Is Tooth Sensitivity and Why Do I Have It?

Dr. Tazio Tournier: When there is either a cavity or abrasion in the tooth, it becomes more sensitive because the layer (dentine) is exposed.

Ozordi Dimans: When Should I Consider Dental Implants?

Dr. Tazio Tournier: When you are missing one or more tooth, it may be time to consider an implant.

Ozordi Dimans: Should I Use Mouthwash Regularly?

Dr. Tazio Tournier: Yes, but flossing and brushing are more important

Ozordi Dimans: At What Age Should My Child First See a Dentist?

Dr. Tazio Tournier: When they begin teething, it's time to see the dentist. I would recommend one visit at 2/3 years old and one at 6.

Ozordi Dimans: When Do Baby Teeth Typically Fall Out?

Dr. Tazio Tournier: They usually start at 6 years old but it can be different (+or-6 months). There is no rush.



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Whether you are picking out a tool for yourself, or a gift for a friend, Home 2 Office (H2O) has got you covered.

Established 15 years ago, H2O has a variety of latest kitchen accessories, for your cooking pleasure.

The owner of the shop Brigitte Ferrari, along with Ozordi Dimans, will provide you with three latest accessories for your kitchen, all accessible at H2O.

Sometimes it can be arduous for foodies who already stock their kitchen with the latest and greatest in appliances, tools, and utensils. However, with this list of cool kitchen gadgets, you will be equipped to serve up some great gifts for foodies, whether it is their birthday, anniversary, or holiday.

THE GEEPAS DIGITAL FOOD DEHYDRATOR

Once upon a time there were no refrigerators and dehydrating was one of the earliest forms of food preservations. All it required was a safe place to keep the food while all the moisture dried out. Since the invention of the first automated drying process in 1975 by French inventors Masson and Chollet, the dehydrator has come a long way and is becoming a popular kitchen tool, especially for those who want to go for healthy snacks. Food dehydrating has become a fun alternative to store-bought snacks.

A NUTRITIOUS, HEALTHY, AND DELICIOUS SNACK MAKER

The Geepas Digital Food dehydrator is very easy and fast to make delicious healthy and natural snacks like banana chips, fruit roll-ups, dried fruit, dried chilli and beef jerky.

- **WITH SPACIOUS STACKABLE & DETACHABLE TRAYS** - This digital food dehydrator has a larger capacity with five Adjustable Trays and it lets you preserve 5 different types of items at a time. A stackable tray of fruit dryers allows you to stack layers at different heights; you can stack trays based on the number of foods.
- **TEMPERATURE SETTINGS 40 - 70°C** - The adjustable temperature is convenient for you to choose the most suitable temperature for different food you want to dry. It carefully extracts the moisture from within and keeps the natural nutrients and vitamins.
- **BPA FREE SAFE FOOD DEHYDRATOR** - This BPA-free

food dehydrator provides healthy and nutritious dried food. Using this fruit dehydrator, you can enjoy delicious dried fruit without concern.

THE GEEPAS KITCHEN MACHINE:

This Multi-functional Geepas kitchen machine is pro-designed for your kitchen need. It will be one of your excellent kitchen appliances to make everything easy for a variety of food, ranging from pasta to ice cream, egg whites to bread dough.

- **WITH SPEED STALLS, YOU CAN CONTROL EACH SPEED TO THE MOST PRECISE LEVEL**, ensuring tailor mixing effortlessly and thoroughly for a variety of food, from pasta to ice cream- all saving electricity. With non-slip suction feet at the bottom, you do not need to worry about moving and rocking during the cooking process as they are sucking the desk.
 - **12L LARGE CAPACITY STAINLESS STEEL BOWL, DISHWASHER SAFE FOR FAST CLEAN-UP** and offers enough capacity to mix dough for dozen cookies, loaves of bread, or pounds of mashed potatoes in a single batch.
 - **THE THREE MIXING ACCESSORIES (DOUGH HOOK, BEATER, AND WHISK)** and the stainless-steel bowl of the Geepas kitchen machine are all dishwashers safe for hassle-free cleaning. Whether you are a beginner in the kitchen or more advanced, it will release you from hand mixing and lead to a successful try.
- In a hurry but don't want to start your day without something healthy- the **Rechargeable Morphy Juicer Blender** might just be what you need.
- **PORTABLE AND SMALL** - Used for making smoothies, protein shakes, fruit juice and baby food. Only need 40 seconds to make a cup of juice, exactly a time saver in the morning. Perfect for the office, gym and camping. The low working sound will not even wake a sleeping baby.
 - **UNIQUE SAFETY LOCK** - Compared with normal cups, this blender lid is equipped with safety locks (no threads), so it is easy to tighten and easy to clean. The blender will not work until the safety locks are in the

right place.

- **EASY TO CLEAN** - Special flat blade is easy to clean. Fill the cup with clean water and press the down switch to start it up. 40 seconds later, the inside of the blender will be cleaned. Geepas Rechargeable portable juicer is waterproof, but it is not recommended to put in the dishwasher.
- **RECHARGEABLE BATTERY** - Comes with a highly long-lasting battery. It can prepare drinks up to 10 times in a single charge.
- **POWERFUL BLENDING** - The portable blender has 3-dimension stainless steel blades and high rotation speed with a powerful 50W copper motor. They combine and make the blender much powerful than others. The taste of the juice, smoothies, or shakes will be much better.

THE GEEPAS BREAD MAKER: THE PERFECT BREAD MACHINE FOR THE HOME KITCHEN CHEF

- **12 SETTINGS FOR PERFECT BREAD EVERY TIME** - From now on you can make whole grain bread, French bread, Quick Bread (no yeast), Dough, Cake, and a wide variety of homemade bread to customize your bread just the way you like it.
- **LCD DISPLAY WITH DELAY TIMER** - Use a delay timer to add ingredients and choose the cycle, crust, and loaf size, perfect for breakfast and entertaining. Baking has never been easier and more fun.
- **INCOMPARABLE TASTE** - Engineered with precision baking technology and 550 watts of output power, Geepas bread maker produces soft Bouncy bread with consistent, even textures and prevents loss of nutrients. Thoughtfully designed for the novice, the compact bread maker is incredibly easy to use, the most important: turn out excellent results.
- **13 HOURS TIME DELAY & 60-MIN KEEP WARM FUNCTION** - Whether you are working or on weekends, you can choose the time-delay function without getting up early. Keeping warm function can retain the heat and taste of bread for a long time and let you easily enjoy hot, fresh, and healthy homemade bread.



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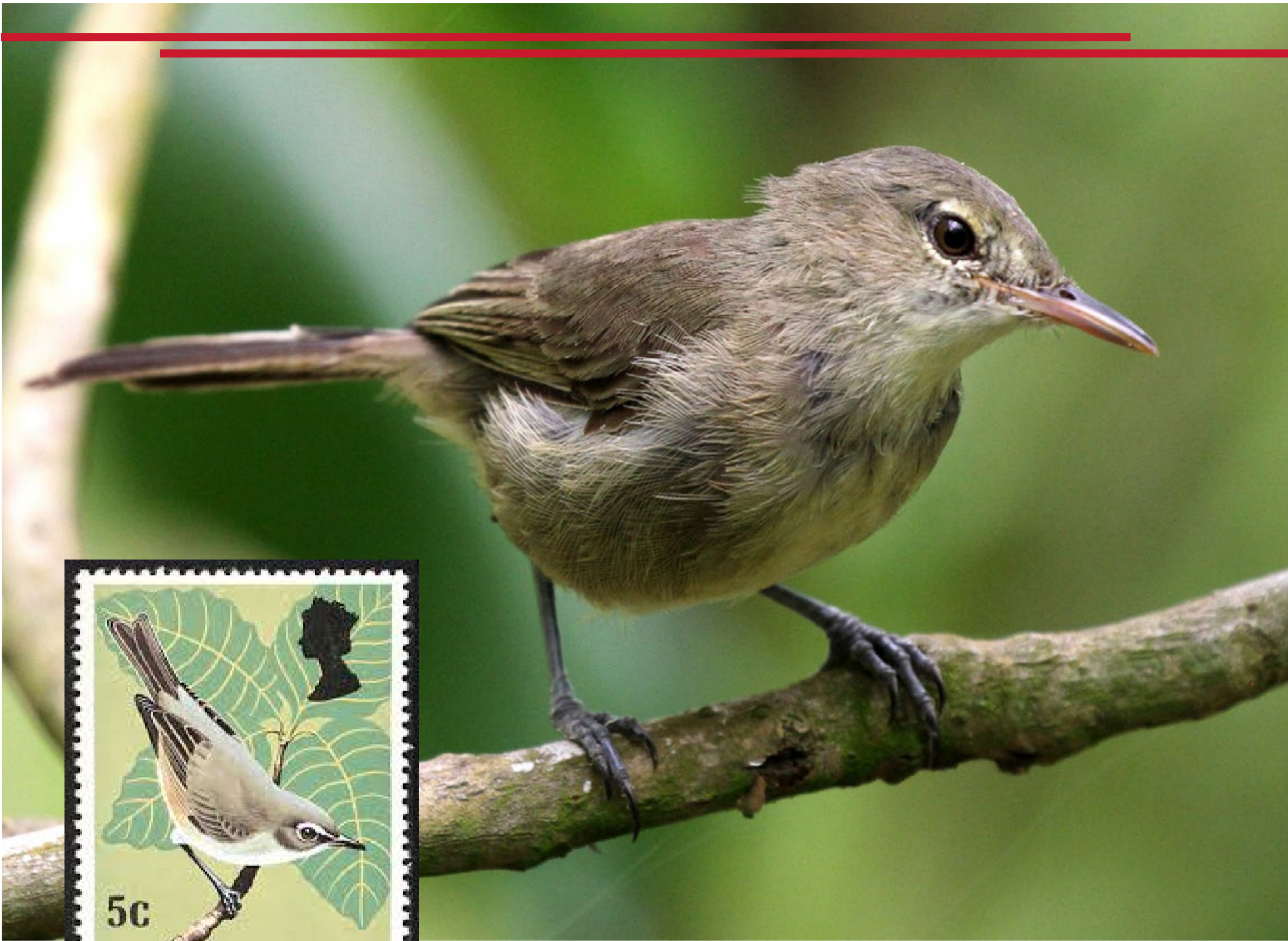
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SEYCHELLES WARBLER

COMPILED BY CHRISTOPHE ZIALOR

The Seychelles Warbler or Timerl Dezil in Creole, came very close to extinction in the twentieth century. In 1968, there were about 29 birds left in a small patch of mangrove trees on Cousin Island. In 1968, Cousin Island was declared a nature reserve to protect this critically endangered species; coconut palms were removed and native trees grew all over the island. The warbler population increased rapidly as they moved into the new habitat. Cousin Island reached carrying capacity for Warblers in 1982, allowing new populations to be established on Cousine and Aride in 1988 and 1990 (coordi-

nated by Birdlife International). Nature Seychelles then coordinated further translocation to Denis Island and Fregate in 2004 and 2011 respectively. By 2014 the goal of increasing the species' range to five separate population sustaining over 3,000 individuals had been reached. This outstanding success meant that the species was reclassified to a lesser category of Near Threatened. Further transfers could allow this species to be removed from the list of threatened birds. (SOURCE: NATURE SEYCHELLES)

DESCRIPTION

The Seychelles warbler is a small, plain Acrocephalus warbler, between 13 to 14 cm (5.1–5.5 in) in length and with a wingspan of 17 cm (6.7 in). It has

long grey-blue legs, a long horn coloured bill, and a reddish eye. Adults show no sexual dimorphism in their plumage, the back, wings, flanks and head are greenish-brown and the belly and breast are dirty white. The throat is a stronger white and there is a pale supercilium in front of the eye. Juvenile birds are darker with a more bluish eye.

The voice of the Seychelles warbler is described as rich and melodious, similar to a human whistle. Its structure is simple and is composed of short song sequences delivered at a low-frequency range. The lack of a wide frequency range sets it apart from other species in its genus, such as the reed warbler. Its song is similar to its closest relatives in Africa such as the greater swamp warbler.



Some Seychellois women to look up to for inspiration

BY CHRISTINE OUMA

Whether you're looking for inspiration, or a new trendy outfit to wear, there are innumerable outstanding fashionistas you can look up to throughout the world. To attain such fashionable looks, various ideas and strategies are available. In this article, we'll introduce you to a few stylish Seychellois women from whom you might learn some tips that might inspire you to develop your own sense of style.

Shannen Henrie

My name is Shannen Henrie, and I currently work as an auditor at ACM & Associates. I would describe my style as ever-changing. What I wear depends highly on my mood. It's not always fashion week, especially when I am in a rush; however, I believe one must always be presentable. First impressions are immensely important.

I like what I like and rarely let other people deter my decisions. There are no rules to fashion. It's what you make it. My mother always told me there's no such thing as overdressing. Seychellois women take great pride in their appearance nowadays.

It used to be difficult for me to shop in Seychelles back then as I either wouldn't find what I liked or items were always too small for me. I must say that things have evolved these days, and the market has a wider variety to choose from. I shop both locally and online.

My one tip would be to not copy everything that you see trending at the moment. Before I purchase an item, I leave it on my wish list for a while and come back to it later. Most of the time, I realise I didn't even like the item in the first place. All too often we get caught up in trends splattered all over social media. Love what you're wearing, and you'll feel your best always!

Casual look



Evening wear

Julia Gedeon

Julia Gedeon is my name, and I am 33 years old. I consider myself a fashion guru. I eat, sleep, and breathe fashion. I discovered my personal style in my teen years, and ever since, how I dress has been important to me; how I match my outfits, keep up with the newest fashion trends, and always try to popularise new styles in Seychelles.

Fashion has become a means of self-expression for me. My sense of style is strong, and I enjoy taking risks and standing out. My style has been described as effortless, chic, confident, colourful, sexy, unique, and fun by others. I consider myself to be someone who would rather be overdressed than underdressed.

Everybody has a passion or interest, and mine is fashion. I believe I have a natural eye for style and can put different clothing items together to create magic, regardless of colour or pattern.

Everyone should step outside of their comfort zone and attempt something new, in my opinion. Don't be afraid to experiment with fashion; once you get the hang of it, you'll have a lot of fun.

But remember, we all have our own distinctive style, and as long as it makes you happy and makes you feel confident, go ahead and rock it!

Night out



Evening Wear

Aniella Chetty

My name is Aniella Chetty, and I am 18 years old. Since I was a little girl, fashion has always been a huge part of my life. I design my own outfits, bikinis, shoes, and jewellery. My creations are entirely based on my own imagination.

I enjoy dressing up as colourful as possible because it makes me happy. Despite the numerous negative comments about my fashion sense, my sense of style has helped me get through a lot. I'm not going to be deterred by the comments. I'd describe myself as a confident young lady who prefers to stand out from the crowd.

"Fashion makes me popular since no one else understands it but me." This is my motto. I refer to myself as a fashion designer, which motivates me to succeed in the global fashion industry. My style is rare, and I am confident that it will take me far.

Casual look



Beach ready

Steffie Robert

My name is Steffie Robert, and I am a mother to a lovely girl. I currently work as a customer service agent for the Seychelles Civil Aviation Authority (SCAA). Fashion has influenced my life in different ways. Many people idolise trendy people because they believe they live a sophisticated life. Just like Coco Chanel says, "In order to be irreplaceable, one must be different."

I believe clothing is an expression of spirit and character, so there is nothing wrong with finding a look that suits you. Additionally, everyone is an individual, and your clothing can help you express your innermost thoughts, kindness, and good feelings towards yourself.

Fashion is a re-enactment of designs that have long been forgotten. It's the way you style your hair, accessories, and of course, the way you talk and your behaviour.

Fashion is defined as how a person appears, stands out, is self-assured, and feels comfortable in their skin.

I consider myself a lover of both classic and contemporary fashion. I enjoy being unique while remaining simple and outstanding.

Because my sense of style is girly and boyish, simple and edgy, I enjoy being creative when dressing up my daughter and myself. I enjoy switching up my hairstyles and getting dolled up, two essential elements that complete a trendy look.

A boyish look



Beach wear

The Seagrass Mapping Project (*Desroches Island*)

CONTRIBUTED BY ELENA LEVORATO AND
WILLIAM MCNEELY
ISLAND CONSERVATION SOCIETY

Seagrass meadow is a unique ecosystem surrounding many coastal areas across the planet. Unfortunately, seagrasses remain mostly unknown by the general public and are often mistakenly confused with algae washed up on the beach. In fact, the seagrass is the only marine flowering plant and plays a critical role in the health of our oceans and even for the entire planet. They are considered as ecosystem engineers as they provide habitat, food and shelter for numerous marine creatures such as turtles, dugongs and many species of fish and invertebrates. Furthermore, they not only reduce wave energy and coastal erosion but also produce oxygen and store carbon. Functions that are essential in the Anthropocene where the planet is threatened by climate change.

Sadly, the survival of this fragile ecosystem is jeopardized by anthropogenic activities like runoffs, development of coastal areas and destructive fishing practices. Hence, it is of vital importance to protect seagrasses.



A research project seeking to map seagrass meadows and estimate their capacity of storing carbon in the soil took place in Seychelles and was funded by the Pew Charitable Trusts and led by the University of Oxford.

As the coastal waters around Desroches Island are full of seagrass meadows, part of the project was carried out there. The Desroches ICS team collaborated with 2 researchers from Oxford to map, as much as possible, the seafloors of the Atoll and collect samples to assess the amount of carbon in the soils. Divers and snorkelers used underwater cameras and GPS to investigate the bottom cover in shallow waters and camera drop was used in deeper waters. The team also collected and extruded cores that were sent to UniSeey and Oxford for further analysis. This project aims to raise awareness amongst populations and encourage countries to protect this disregarded ecosystem as part of their Nationally Determined Contributions (NDCs) to the Paris Agreement.

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7 DAY LOCAL FORECAST

Today

Humidity: 78%
Wind: N 15 mph
UV: 7 (High)
Sunrise: 06:19 am
Sunset: 06:39 pm

26 / 25 °C
Feels Like: 28 °C

Low 2:27am (0.57m)
High 8:32am (1.55m)
Low 2:49pm (0.51m)
High 9:02pm (1.51m)



Showers late

Moon Watch

Last qtr Tuesday 25 January
New moon Tuesday 1 February
First qtr Tuesday 8 February
Full moon Wednesday 16 February

Monday



27 / 25 °C
Light rain

Humidity: 78%
Wind: N 15 mph
UV: 10 (Very high)
Sunrise: 06:20 am
Sunset: 06:40 pm

Tuesday



27 / 24 °C
Mostly cloudy

Humidity: 77%
Wind: NNW 11 mph
UV: 10 (Very high)
Sunrise: 06:20 am
Sunset: 06:40 pm

Wednesday



27 / 24 °C
Showers early

Humidity: 80%
Wind: NW 13 mph
UV: 10 (Very high)
Sunrise: 06:20 am
Sunset: 06:40 pm

Thursday



27 / 25 °C
Isolated Thunderstorms

Humidity: 82%
Wind: NW 17 mph
UV: 3 (Moderate)
Sunrise: 06:21 am
Sunset: 06:40 pm

Friday



28 / 26 °C
Showers late

Humidity: 82%
Wind: NW 20 mph
UV: 7 (High)
Sunrise: 06:21 am
Sunset: 06:40 pm

Saturday



28 / 28 °C
Light showers

Humidity: 81%
Wind: NW 19 mph
UV: 3 (Moderate)
Sunrise: 06:21 am
Sunset: 06:40 pm

The blue dragon

(GLAUCUS ATLANTICUS)

COMPILED BY U-ROY JULES

Last year, beach-goers at the Beau Vallon beach witnessed several sightings of a rare venomous blue dragon sea slug on the shoreline. A mythical looking blue bottle jellyfish identified as the ocean's Blue Dragon. (*Glaucus atlanticus*).

Ozordi Dimans discovers more about this beautiful and mythical blue dragon sea slug in this week's edition.

A sight to behold- the blue dragon (*Glaucus atlanticus*) is a type of mollusc known as a nudibranch. The delicate creature can be spotted drifting on the surface of the Atlantic, Pacific and Indian oceans in temperate and tropical waters, and its exceptional appearance on our shores caught the attention of tourists and locals alike.

The Blue dragon floats on its back, exposing its brilliantly coloured underbelly to airborne predators. Whilst the vibrant blue colour serves as camouflage against the environment of ocean waves, its dull-coloured

backside blends with the brilliant sea surface, concealing it from predators beneath. This phenomenon known as countershading helps the creature avoid flying and swimming predators while floating in open water.

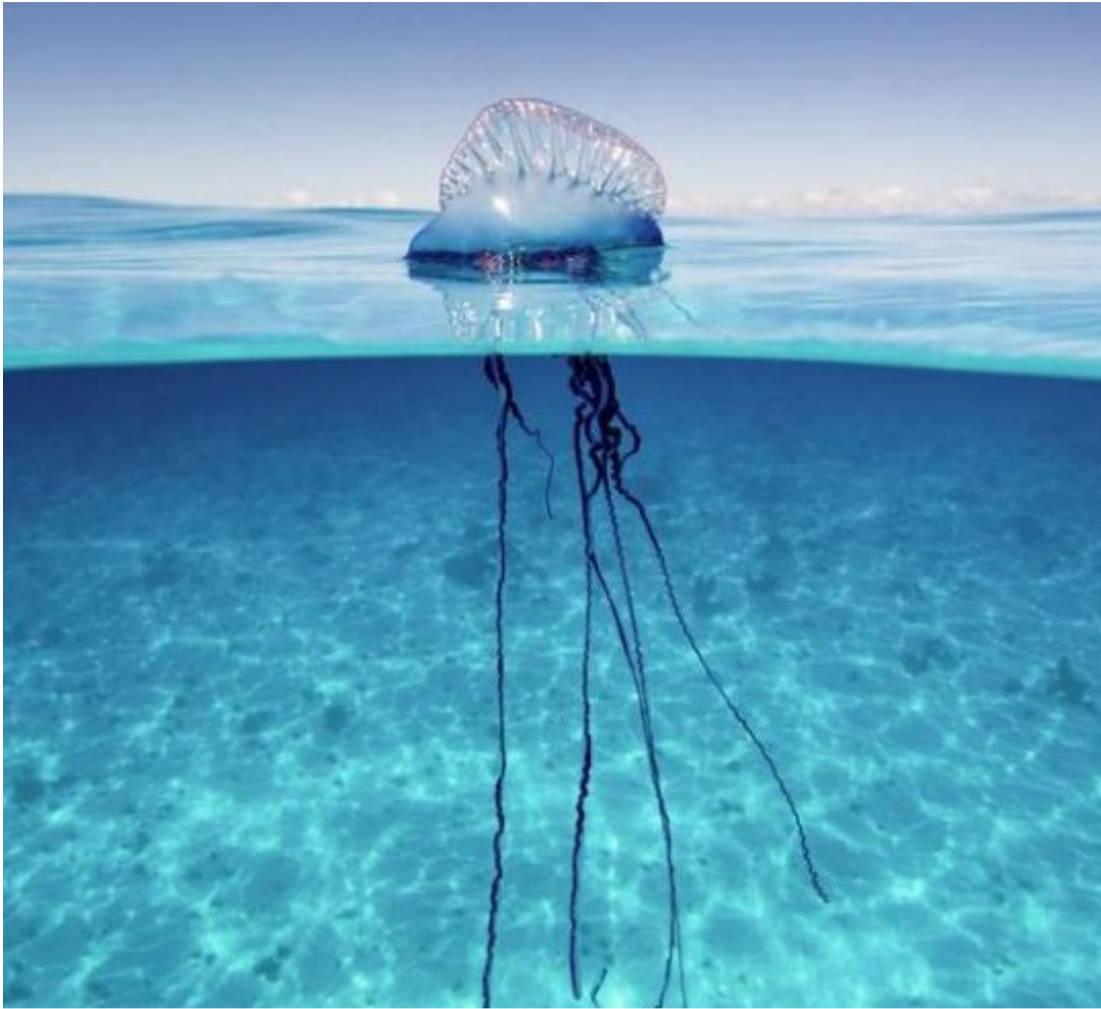
An air bubble stored in its stomach keeps the nudibranch afloat.

Like other sea slug species, the blue dragon sea slug is not venomous by itself. They get their venom from eating one of their favourite prey, the Portuguese man o' war.

The stinging cells of their prey are stored and concentrated for the future, so when the blue dragon is threatened or touched, it can release these stinging cells to deliver a far more potent sting.

Despite its impressive arsenal of defence tactics, the blue dragon sea slug rarely reaches more than three centimetres long. In addition, unlike most benthic nudibranchs, this species lives throughout the entire water column.

Like most small pelagic invertebrates, little is known about the conservation status of the blue *Glaucus*, especially given the species' aquatic lifestyle in the open ocean.



The Blue Dragon's Favourite Prey- The Portuguese Man O' War



Fun Facts About The Blue Dragon Sea Slug:

1. It can grow up to 1.2 inches (3 cm) long.
2. They eat large, venomous prey, such as the Portuguese man o' war and the blue button jelly, and store their prey's stinging cells in their bodies to subsequently use against predators.
3. They can swallow air and hold it in their stomach to float on the water's surface.
4. A group of blue dragon sea slug floating together is called a "blue fleet." These "blue fleets" often wash ashore and can sting people swimming in the water.
5. Picking one up may result in a painful sting. These include nausea, vomiting, and pain. But like other sea slug species, the Blue *Glaucus* itself isn't venomous
6. Blue dragons lay eggs on their prey's carcasses or other floating masses.

The Spectacular Blue Dragon

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Hikes and Trail

How to get to Anse Marron at La Digue



COMPILED BY U-ROY JULES

The hike at Anse Marron (AM) is for all who aim to discover the island by foot while soaking in the scenic charm and the lush surrounds of untouched beauty. Anse Marron has quickly become one of the most famous of all the beaches on La Digue island due to its sparkling turquoise blue water and an abundance of its unique granite boulder formations. However, what you might not know is that this is one of the most remote beaches on the island. Therefore, to get here you will be in for a short hike or a boat trip. The Anse Marron walk is commonly rated as one of the best nature trails on La Digue. This week’s edition of Ozordi Dimans, will guide you on a journey to Anse

Marron, so you can enjoy this incredible paradise from your living room area. **So, where is Anse Marron?** Anse Marron is located on the Southern tip of La Digue. It is a remote beach that is tucked away from the often crowded locations such as Anse Source d’Argent, also consider as one of the beautiful beaches in Seychelles. **How to reach the most remote beach on La Digue?** According to the National Parks authorities and local guides working on La Digue Island, it is not recommended for tourists to make the trip alone without a guide. Having a licenced guide, means that you will not just enjoy the beautiful sights of the flora and fauna that pass you by, but also be informed on all these endemic species you may en-



counter on your trail. The trek usually begins at L’Union Estate and remember,

it is vital to wear suitable shoes and carry enough water to last the short trail. Upon arrival at Anse Marron, you will be greeted by gentle, turquoise waters overlapping the white-sandy shores. With its abundance of large, granite boulders, they offer the best panoramic views of the surrounding from up top. All await to be discovered! Anse Marron is one of the best beach-

es to swim at. It is quite protected close to the shore but it can get rough if you swim far out. When it is time to relax, the view out to the endless ocean beyond is breathtaking. Due to the remote location, this spot is usually very quiet. If you decide to venture on this short trail, you can enjoy the best tranquility that PARADISE has to offer.



Pristine Paradise Palau



COMPILED BY CHRISTINE OUMA

The Republic of Palau is a scenically stunning island country in the western Pacific Ocean. It packs a strong impact for such a tiny area of land. It's difficult not to be awestruck by the archipelago's astonishing variety of natural wonders: it is made of roughly 200 mostly untouched limestone and volcanic islands, clothed in emerald forests and encircled by a shimmering turquoise lagoon. Dive sites are actually world-class, so it's no surprise that diving is the most popular activity here. Palau's intriguing seascape, fascinating wrecks, and wonderfully diversified marine life have earned it the nickname "underwater Serengeti" for a reason.

There are further adventure alternatives after the undersea wonders have worked their charm on you. Kayaking, snorkelling, and off-road driving are all excellent activities that take place in beautiful environments. There are also plenty of WWII remnants scattered throughout the jungle, as well as a number of well-organized museums in Koror, Palau's largest town, for history aficionados.

The Blue corner

The point juts into the open ocean and then dips to the depths, making Blue Corner one of Palau's most stunning diving locations. The incredible variety of species, including barracudas, jacks, Napoleon wrasses, and schooling grey reef sharks, astonishes divers. Due to strong tidal currents, it is only suitable for experienced divers; a reef hook is required to stay still in the current.

Badrulchau Stone Monoliths

If you want to see the 'Easter Island of Micronesia', bookmark this archaeological site located at Babeldaob's northernmost point, where you'll find large basalt monoliths studded on a hillside. Their origin and purpose is unknown, but according to one legend the gods put them there to support a bai (men's meeting house) that held thousands of people. Some stones weigh up to five tonnes. Badrulchau is also a wonderful picnic spot, with splendid sea views.

Jellyfish Lake

One of Palau's great attractions is snorkelling in Jellyfish Lake. This land-locked marine lake in the archi-

pelago's south is teeming with millions of harmless transparent jellyfish that swim in a mass to follow the sun's course. Floating among these pulsating creatures, which hypnotically expand and contract, is like exploring a distant world's atmosphere.

Ngardmau Waterfall

One of Babeldaob's premier attractions, Ngardmau Waterfall flows from Palau's tallest peak, 217m-high Mt Ngerchelchuus. It's the tallest waterfall in Micronesia. It can be accessed on foot – a tough but rewarding 20 to 30 minute hike along a jungle path – or, for the less energetic, by a clunky monorail. A dip in the cool pools at the base of the falls is not to be missed.

Top sights in Palau

Belau National Museum and Bai

This little museum features exhibits from all eras of Palauan life, including artworks, photography, sculpture, storyboards and more. As you move between floors, it is fascinating to trace the history of colonial occupation on the island. The museum grounds also contain a striking wood and thatch bai (men's meeting house), carved and painted with depictions of Palauan legends.

Although the bai is a recreation of an older one that burnt down in 1979, it's built in the traditional manner, constructed of rough planks with notched jointing and set above the ground on stone stacks. The museum also houses an excellent gift shop.

WWII Memorial Museum

Housed in a concrete building that was a dispensary during WWII, this well-organised museum is an excellent starting point to understand the historical significance of the battle for Peleliu. It contains a fine collection of period photographs and war artefacts, including weapons, uniforms and proclamations. Just across the road, a path leads to White Beach. When the tide is low, you can see a few tracks of Sherman tanks immediately offshore; they look like coral formations.

Airai Bai

Palau's oldest bai (men's meeting house) is over 100 years old, 21m long and 6m wide, with a steeply pitched roof reaching a height of 12m. It was constructed using local materials of wood and thatch on a stone platform. A number of legendary scenes and

symbolic motifs are painted inside and outside. Look for the figure of delerrok, the mythical money bird, found at all four corners of the bai; it was thought to bring good fortune to the village.

There's more!

If reptiles are your thing, there are at least 46 species of reptiles and amphibians to be found, with at least 12 of them being endemic. A fun of sea turtles? The hawksbill turtle (ngasech) and green turtle (melob), which are the only two species that nest on Palau's beaches, are the most common sea turtles. Palau's waters are also occasionally visited by leatherback, loggerhead, and olive ridley turtles. The endemic Palau saltwater crocodile (ius) can be found in mangrove estuaries and even as far inland as Lake Ngardok Nature Reserve. There are two kinds of sea snakes, including the black and white banded sea snake (mengerenger), as well as several non-poisonous land snakes.

Palau is also home to one of the world's most unique phenomena – the Rock Islands. These are collections of largely uninhabited, mushroom-shaped islets located in a vast lagoon protected by fringe reefs from the fury of the open sea and they house one of the world's greatest concentrations of coral and marine life. Palau, to date, has 586 islands, with Koror and its southern lagoon containing a majority of 424 Rock Islands. Schools of fish feed in the shallows of the reefs, exotic birds nest in high reaches of these Rock Islands and on occasion, majestic birds soar directly above with imperial bravado.

Palau Entry Requirements

Palau is open and considered safe for you. Travel requirements include:

1. Vaccination

Travelers must submit proof of complete COVID-19 vaccination with the final dose administered at least fourteen (14) days prior to departure to the Republic.

2. Negative COVID-19 PCR Test or Documentation of Recovery

All travelers must also show proof of either: a negative result of a COVID-19 PCR test taken within three (3) days prior to departure from the point of origin to the Republic; or a negative COVID-19 antigen test (WHO or US FDA authorized or approved test) taken within one (1) day of departure from the point of origin to the Republic; or Documentation of recover from COVID-19, including verification of a recent positive viral test and a letter from a healthcare provider or public health official stating that the passenger is cleared to travel after recovering from COVID-19.

3. Testing and Mitigation Orders After Arrival

All Travelers shall be COVID tested on the fourth (4th) day following their arrival to the Republic and must undergo Restriction of Movement (ROM) and self-monitoring for a period of four (4) days from date of arrival. Wrist bands (issued upon arrival at the Airport) and face masks must be worn at all times during the ROM period.

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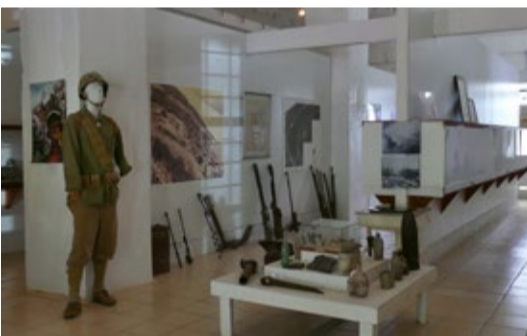
Belau National Museum & Bai



Remains of the Japanese Military Headquarters Building



The Palau Nautilus creature



WWII Memorial Museum



Jellyfish Lake



Ngardmau Waterfall



Palau-Airai-Bai



Badrulchau Stone Monoliths



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Recipes

Fish and Sea Food dishes



Flavien Joubert

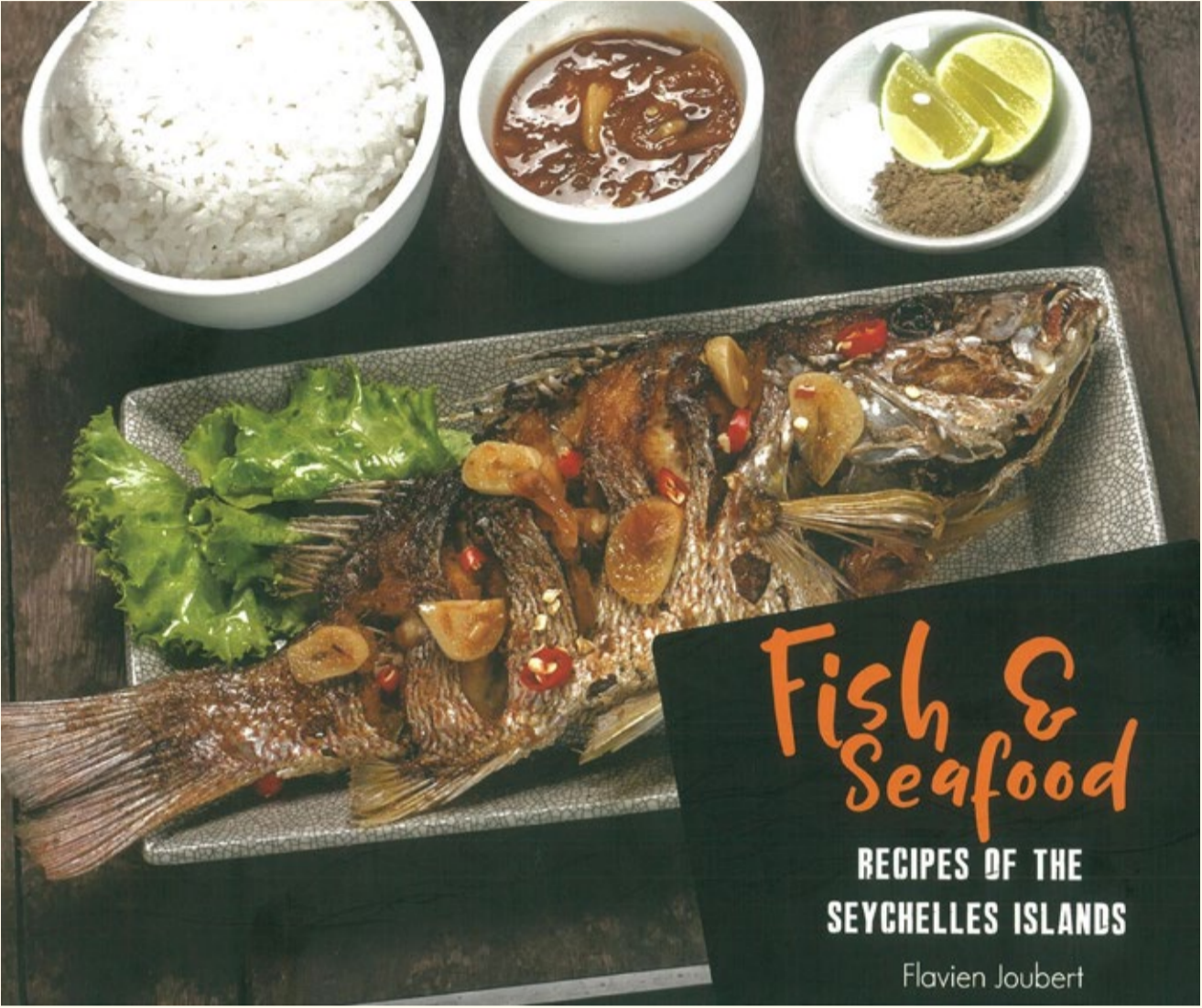
We continue our “Fish and Sea Food” dishes series with Flavien Joubert (an icon of the Seychelles Hospitality Industry and former Principal of the Seychelles Tourism Academy). In this week’s Ozordi Dimans, and we feature two recipes for preparing the Red Snapper. Red snapper, commonly known as ‘bourzwa’ in Creole, is one of the most popular fish in Seychelles. This exotic fish is usually readily available at local markets. Or you can sometimes get them fresh out of the sea at the fishermen’s stalls along the roads.

stantly with melted butter.
5. Remove skewers. Place fish and onions in the middle of a large plate and serve with rice, vegetables, and salad.

Preparation Time: 15 minutes
Cooking Time: 10 minutes
Serves: 6

Stuffed Red Snapper Exotic Style

- Ingredients
- 1 red snapper approximately 3kg
 - 300g of smoked fish cut into small pieces
 - 300g of tuna fish cut into cubes



Skewered Red Snapper in Yoghurt

Skewered Red Snapper in Yoghurt

- Ingredients
- 1.8kg of red snapper
 - 30g of curry powder
 - 5g of fresh ground chilli
 - 5g of coarsely ground black pepper
 - 3 medium-sized onions peeled and cut into cubes
 - 250g of plain yoghurt
 - 150g of butter
 - Salt and ground black pepper

Method

1. Clean the fish. Once done, fillet on each side, finally cut into thick cubes.
2. Mix the yoghurt with curry powder, chilli, coarsely ground black pepper, lemon juice, and seasoning.
3. Alternatively, place cubes of fish and onions onto skewers, add the marinated yoghurt, mix well, cover, and keep in a refrigerator for 2 minutes.
4. Cook under a grill, in a hot oven, or on a charcoal grill by brushing con-

- 100g of bread cut into cubes
- 30g of curry powder
- 150g of onions finely chopped
- 75ml of coconut cream
- 3 beaten eggs
- Salt and ground black pepper

Method

1. Clean the fish, fillet on both sides, and cut into large thin slices.
2. Put the smoked fish, tuna, bread, curry powder, onions, 75ml of coconut cream in a liquidizer and blend to a smooth paste.
3. Season the fish, then spread a thick layer of paste in the middle, roll and stick tightly with cocktail sticks.
4. Finally, heat the oil, then dip in flour, beaten eggs, and deep fry to a golden brown colour. Place fish in the middle of a large plate, remove cocktail sticks, and garnish well before serving.

Preparation Time: 30 minutes
Cooking Time: 10 minutes
Serves: 6



Stuffed red snapper exotic style

THE BEST BAKED CAMEMBERT



INGREDIENTS

- 1 CAMEMBERT CHEESE
- 1 SPRING OF ROSEMARY
- 1 PINCH OF CHILLI FLAKES
- 1 TABLESPOON HONEY TO DRIZZLE
- SEA SALT FLAKES AND FRESHLY-CRACKED BLACK PEPPER TO TASTE

INSTRUCTIONS

- PREHEAT OVEN TO 180°C / 350°F (OVEN FAN 160°C). ARRANGE A BAKING TRAY ONTO THE MIDDLE SHELF.
- REMOVE THE PLASTIC PACKAGING AND ARRANGE THE CAMEMBERT IN A SMALL BAKING POT.
- SCORE A DEEP CROSS OR A CROSSHATCH PATTERN ON THE TOP RIND OF THE CHEESE. DRIZZLE WITH HONEY OR EXTRA-VIRGIN OLIVE OIL, AND INSERT THE LEAVES OF ONE SPRING OF ROSEMARY INTO THE GAPS.
- SPRINKLE WITH CHILLI FLAKES, SEASON WITH SEA SALT FLAKES AND OPTIONAL BLACK PEPPER.
- BAKE IN THE OVEN FOR 12-15 MINUTES.

Remove from the oven, and serve with cheese crackers or toasted bread slices.

Behind the bar with Rahul and Neddy



Rahul Rawat

BY CHRISTOPHE ZIALOR

Being good at your job takes hard work and determination, but being excellent takes time, passion and a couple of drinks. Seychellois Neddy Lesperance and colleague Rahul Rawat are the epitomes of living the dream; not only are they passionate about their craft, but they also work for Mango House, one of the most luxurious resorts on the island. Twenty-Nine-year-old Rahul Rawat, born and bred in India, which is also where he began his career while studying hospitality at Westin Pune in Mumbai in 2013. During his third year, he rotated in the kitchen, where he received basic training, but it wasn't until he received bar training that he fell in love with bartending and mixology. "During my rotation in the bar, I quickly fell in love with the profession and decided to devote my entire career to it," said the young bartender. After graduating, Rahul spent two years working for JW Marriott India in 2014. In 2015 he got the opportunity to work as a bartender at Park Hyatt, one of the most sophisticated hotels in the Maldives. He again spent two years working for the luxury resort before setting sail to Seychelles in 2017 to work at the Four Seasons. Rahul's career took off throughout his time at the five-star hotel, during which he got pro-

moted as Bar Supervisor. In 2020, he got the opportunity to compete in the Morin Cup, a bartending competition at national and international levels. Raul won the competition at the national level and travelled to Paris to take part in the finals. "Having worked in India, Maldives and Seychelles, I would describe India as being more fast-paced. The city is always bustling with people, and you are continuously on your feet. The Maldives and Seychelles are calmer, and you get to know the people, your clients," Rahul told Ozordi Dimans. In August 2021, Rahul was appointed as Mixologist and Bar Supervisor at Mango House. He describes Mango House as an establishment that offers excellent opportunities to its workers. Since starting at the LXR resort, he has left his mark on the menu by creating a few signature drinks. His dream for the future is to open his own bar back home in India. Thirty-Two-year-old Neddy Lesperance is another ambitious bartender and Mixologist working at Mango House. Neddy kick started his career in 2008 after graduating from the Seychelles Tourism Academy with a diploma in Food and Beverage. After a one-year stint at Ephelia hotel, he worked at Opera Restaurant for four years.



Rahul's Specialty- Negroni

"I worked as a bartender and a waiter at Opera before I got promoted to supervisor," said Neddy. After four years, it was time to make another career move. He subsequently moved to Eden Bleu Hotel, where he became Restaurant and Bar Supervisor. He held that position for five years prior to moving to Banyan Tree, shortly before it closed down in 2020. "In 2021, I was offered an opportunity to join Mango House, and I jumped at the opportunity. At first, it was only as a bartender, but after three months, I got promoted as a Mixologist Supervisor," Neddy boasted. After decades of experience, he described Mango House as a learning experience, noting that the LXR resort offers knowledge and training. With state of the art equipment, the resort is able to provide a working environment where the staff is continuously learning and improving their skills. "My career has grown expeditiously ever since I started at Mango House. I have learned more about cocktails and spirit, and also tuned my skills," the bartender added. In his opinion, what distinguishes a great bartender is the drinks they serve and qualities such as empathy for their customers, responsibility, and enthusiasm for their work. "It's a common misconception that a bartender only serves drinks, but there's a lot more to it



Neddy Lesperance



Neddy's Specialty-Soley Spritz

than that. As a bartender, you will encounter a variety of personalities, and you must be able to interact with all of them. My job entails a lot more than just mixing drinks; it also includes taking a lot of responsibilities," he adds. The term Mixologist is still foreign for many people in Seychelles. Neddy noted that the main difference between a mixologist and a bartender is the drinks they serve. "A mixologist uses more ingredients. We work with different spices to come up with the perfect concoction. Bartending, on the other hand, is about balancing and working with the drinks that you have," he added. Having dedicated a large portion of his life working behind someone else's bar, Neddy dreams about opening his own bar in the future. "It would be a great accomplishment for me to have my own bar. I will have the opportunity to design my own cocktail menu and show the general public that there is a lot to discover in mixing drinks," he said. For now though, his next goal is to become a food and beverage manager. In conclusion, he advises young Seychelles residents interested in learning the trade to be more focused and not get caught up in the notion that being a bartender is all about serving drinks. "It is a great career filled with endless opportunities, and if you are willing to go the extra mile to learn, you will go a long way," he added.



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FLEUR DU CAP

CHARDONNAY: The wine has a light straw yellow colour with tints of green and gold. On the nose it shows lovely citrus notes and tropical fruit aromas. Beautiful balance between sweetness and acidity is complemented by a lingering aftertaste.

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THE COPPER POT:

SEYCHELLES' MOST AUTHENTIC INDIAN FOOD

CONTRIBUTED BY MANGALA RAJA

You could easily miss The Copper Pot (TCP), located in a tranquil area in the North-West of Mahe.

Launching the authentic Indian cuisine business in 2015, TCP has brought the unique taste of Indian food to those who love exotic tastes.

When the topic of Indian food comes up, many automatically think of butter chicken and naan.

However, Indian food is a very diverse cuisine. Every region has its distinct flavours and special dishes. The dishes from the northern states are much different in flavour profile from what you will eat in the south.

Highly rated by Trip Advisor and recently accredited The Copper Pot with the 'Travellers Choice 2021' award, TCP specializes in Indian snacks, sweets, and food.

Before starting The Copper Pot, Mrs Mangala Raja, a renowned Seychellois entrepreneur, was a science teacher at The National Youth Service (NYS), English River Secondary, and Bel-onie Secondary school.

After a decade in teaching, she decided to pursue her passion for cooking and started The Copper Pot as a small-scale catering business.

"Seychelles lacked quality Indian food back in the day, so it made sense to start this business to provide Seychellois, tourists, and the Indian community of Seychelles with tasty yet affordable authentic Indian food. TCP has specialist qualified chefs, sweet and snacks masters from India to ensure top quality service," claims Mrs. Raja.

TCP runs a delivery service providing set meals for lunch and dinner daily. Customers can also walk in and ask for the special of the day subject to availability.

However, TCP highly recommends its customers order well in ad-

vance to avoid disappointments.

TCP's specialities and local favourites include Chicken Biryani, Dosa, Butter Chicken, and Tandoori Chicken. Their menu is advertised on their Facebook page and Instagram.

Whilst the Indian sweets are guaranteed to cure your sweet tooth, the Copper Pot also makes the Pti Mimi and Moulook, two traditional favourites that we all like to nibble on now and then.

Before the pandemic, the TCP showcased live cooking performances at major events such as Independence day stalls, Seychelles-India Day and the Regatta.

They are ideal for your parties and weddings if you want to spice things up.

So what is lined up for 2022?

"A lot of new and exciting things," says owner, Mrs. Raja.

With the help of her son, who has recently moved back from the UK looking to help her with the business, TCP has many innovative ideas in store! From food eating competitions and exciting giveaways to potentially opening a full-scale restaurant.

WATCH THIS SPACE!!!!

TCP – Factsheet:

- Location: Beauvallon, Mahe, Seychelles
- Contact: +248-2768323 | tcp@stallionenter.net
- Opening times: Mon-Sat – 09:00 to 20:00, Sundays and Public Holidays – 09:00 to 12:00
- Specialists in Indian food, sweets, and snacks
- Live Cooking | Catering for big events such as weddings and other parties
- Big on helping the society by donating food/snacks to their community
- Find TCP on Facebook (The Copper pot) and Instagram (thecopperpot.sc)



Mrs. Mangala Raja



The Copper Pot's Chicken Biryani



The team behind the amazing taste of the Copper Pot's taste of India



Tandoori Chicken



ALL FEMALE APPRENTICESHIP SCHEME

ACCELERATING WOMEN IN MANUFACTURING

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QUALITY

The Gatekeeper of our Quality - loves the science of food and making sure we stick to the rules

LOGISTICS

The Logistics Leader ensures that resources are handled and moved smoothly along the supply chain

PATHWAYS

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- BREWING OPERATOR
- PACKAGING OPERATOR
- QUALITY ASSURANCE TECHNICIAN
- LOGISTICS COORDINATOR

ENTRY

REQUIREMENTS

- Educated to any Post Secondary Level (NIHSS, SIT) or equivalent
- Basic numeracy and literacy
- Able to work shift hours
- Willingness to learn and grow professionally
- Disciplined, hands-on with a positive and can do attitude



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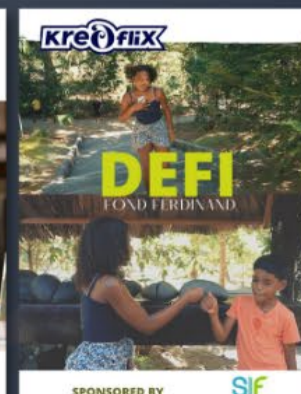
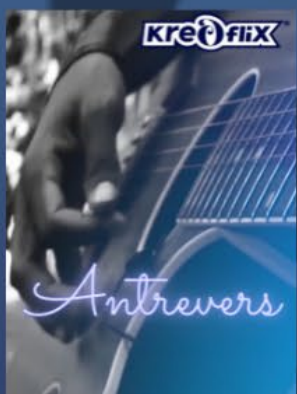
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Reclaiming a Passion

BY CHRISTOPHE ZIALOR



Sheijnada Reinert

It can be difficult to put into words how a mother feels when she is suffering from postpartum depression. That is why artist Sheijnada Reinert channeled her feelings into her paintings and rediscovered herself and her passion during the darkest period of her life.

Art has always been a part of Shejnada's life, in some form or another, since she was a child. Being inspired by some of Seychelles great artists such as Michael Adam, Tom Bower and her uncle Archile Libanotis.

"I remember being so taken with painting that I used to enter local art competitions and I even won one when I was in primary three." My talent grew from there, and I took art as a GCSE subject in my later years of schooling." "I wanted to go to the Art and Design school for post-secondary school, but I ended up doing A-Levels and working in the tourism industry after I graduated," the young artist explained.

She was in the industry for a while working as a wedding planner and a manager until she found herself pregnant when she was 21 years old.

"It was quite an experience; my career was thriving when I found myself suddenly planning my life around a pregnancy." My now-husband and I decided that I would be a stay-at-home mom and take care of the kids; it wasn't something I was particularly excited about, but I was

looking forward to being a mother."

Sheijnada lived the housewife life for eight years while working for a few companies in between, but it was never something she was interested in.

"I am a creative person who enjoys interacting with others, but I have never found the right field in which to express myself."

After the birth of her second child, the artist began to exhibit symptoms of postpartum depression.

"Up until that point, I had made a lot of sacrifices for the people around me." I had forgotten what it was like to do things for myself and how it felt to do things that I truly desired."

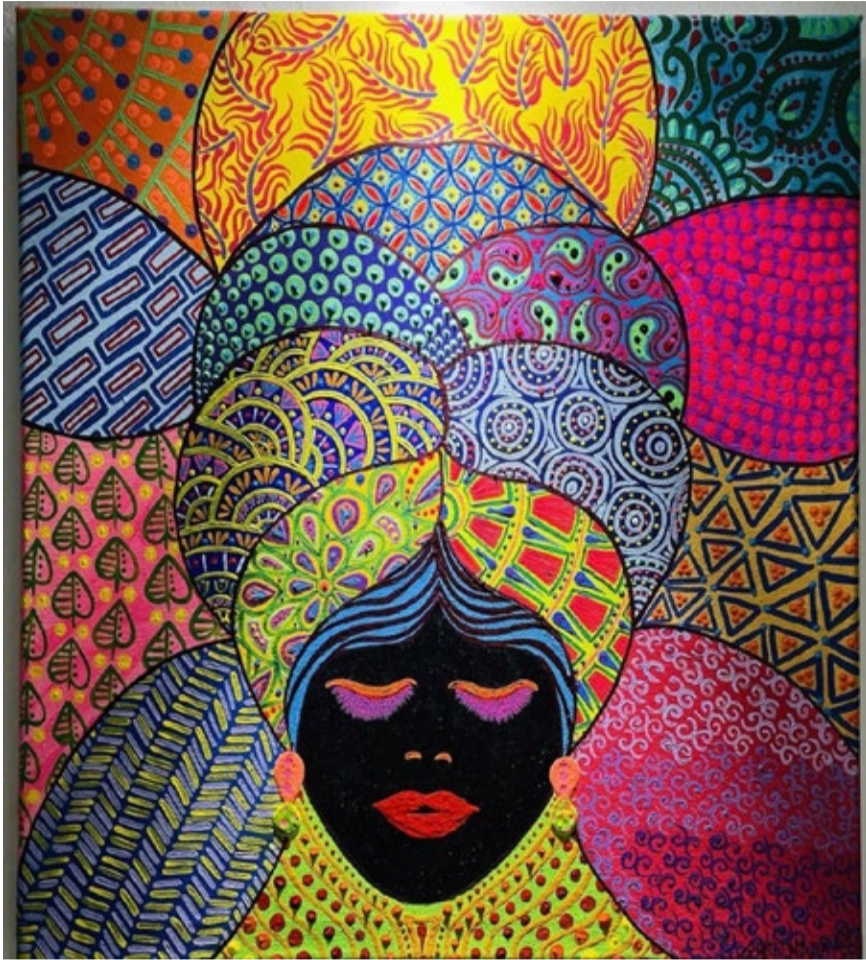
She stated that after she had reached rock bottom and was in her darkest hours, she resolved to find a way to cope with and overcome her depression. This is where she rediscovered the beauty of art.

"I wasn't thinking about making a fortune or even selling my pieces; I was just thinking about improving and doing something I enjoyed." Most of the time, women make sacrifices, and in the process, we sometimes lose ourselves, the essence of who we are, and I was one of those women."

After realizing this, she began to develop her painting style, incorporating patterns into her pieces, and the rest is history. Sheijnada was creating masterpieces that not only spoke to the deepest part of her soul, but also to the general public, who seemed to enjoy the work she was producing.

She went on to say that every artist has their own way of preparing a piece for painting, and hers is no exception. This is not an easy style to paint because it necessitates close attention to detail. Sheijnada went on to say that it takes her days, if not weeks, to complete.

"I wanted to create work that empowers women, work that portrayed femininity in its purest form." We all have a special gift that we often overlook, so I decided to bring it to the forefront of my life."



One of her intricate pieces



The Artist

She went on to say that once she discovered herself, she didn't give up hope, and that with each brush stroke, she gained more confidence in her work, with each piece being as meaningful as the last.

"I enjoy doing it; it brings me a lot of joy, and I'm glad I rediscovered it." I don't have to be a millionaire tomorrow; all I ask is that it brings me joy and provides me with what I need to survive."

Life as a full-time artist and mother of two can be hectic at times, but she emphasizes that it is all about balance.

"It can be difficult at times, but I make do." Even if I don't get enough sleep, I'll make time to paint. I spend my days painting while the kids are at school, and after they go to bed, if my work is still not finished, I will return to it."

In regards to the art scene in Seychelles, she noted that there should be more shows that highlight the amazing world that local artists are doing.

At the moment she is working on her pieces with the hopes of putting on her own show.

"Because I'm a bit of a perfectionist, I don't want to rush myself; instead, I want to properly introduce my brand through an exhibition."

As for young women who want to pursue a career as an artist, Sheijnada encouraged them to go in head on and to not give up.

"There will always be people who believe in you." It's not an easy market, but if you want art to be a part of your life, you'll find your niche. It may take some time, but things always seem to fall into place."



The Creative Pen of Sir James Mancham

A selection of his poetry



James Mancham

In remembering Sir James Mancham, we propose a selection of his poems from Seychelles Personalities of Yesterday.
"some of these verses represent some moods I have lived through--some moments of happiness and of disillusionment, of comfort and confusion, of deep thoughts and Honest questioning. I am aware that in publishing them I am stripping myself naked vis-a-vis a critical world, but what have I to fear by revealing that I am who I am--a mereson of man on the road of life." James R. Mancham

Morning Sun

Morning Come Morning Go
The Sun rises in its glory
Yesterday was another day
Today stands clear and naked before me,
Glorious sunshine, symbol of today
Why worry? Why envy?
Work is life's great hobby.
I will smile to everybody
I will sing straight from my heart
I cannot cry-why should I cry
Crying is for dying--Life is for living.
Morning Come Morning Go
Good morning my friend
Have you met me before ?-do you really know me?
I hate loneliness--I am Mister Happiness.

Life is for the living

A Philosophy about Life ...
To make it good and interesting
To make it worthwhile and lasting
In order to radiate in order to vibrate
A Message of Love a Message of Life
A Message for all to hear
From within to the world at large
A Message that Life is for living
As the sun rises until it sets
As darkness comes until it goes
For life is for living
And this Message must go
In order to radiate in order to vibrate
A Philosophy for Life.

How rich is he?

How rich is he with a million pounds
With his mind bent on another million-
To do what ?To prove what ?
At night dreaming of shares and insurances
Of his will and death duties-
Of a possible widow left behind and a suitor to follow.
How rich is the very rich man-
Compared to me with my easygoing habits-
my joie de vivre--my plaisir d'amour and
my cupboard of memories.

After all--in the end--was life not but a SOUVENIR?

OH! LIBERTY

Free to speak
And Free to breathe
Free to move
And Free to sing
OH! LIBERTY-
Precious Liberty
Free to dance
And Free to love
Free to come
And Free to go
OH! LIBERTY
Gracious Liberty
I woke up one morning
The Sun was shining bright
I stood and thought and thought
Where do I go?
To the North or to the South
To the East or to the West-
The choice was mine
The choice is still mine
Will the choice always be mine?
OH! LIBERTY-Lord and Master-
I honor and salute thee-
Gracious--Precious Liberty.

Kids say the *darndest* things

BY U-ROY JULES

In this week’s edition of ‘Kids Say the Darndest Things’, lets read what three children had to say on topics related to their favourite superheroes.



Name: Aiden Lajoie
Age: 4 years old
School: Count and read Pre School

Ozordi Dimans: If you had to switch places/bodies with someone for a week, who would you switch it with.?

Aiden Lajoie: With my friend Kinaan.

Ozordi Dimans: What food would you use if you could make the world’s biggest food fight?

Aiden Lajoie: I would use chicken.

Ozordi Dimans: Which pet’s life would you want to live if you had to trade places?

Aiden Lajoie: A giraffe because it has a long neck.

Ozordi Dimans: Would you rather have a pet dragon or unicorn?

Aiden Lajoie: I would rather have a pet unicorn.

Ozordi Dimans: And if you had a unicorn, what would you name it?

Aiden Lajoie: I will name my pet unicorn Nicole, because it sounds like unicorn.

Ozordi Dimans: If you owned a pirate’s treasure box, what would you put in it?

Aiden Lajoie: I would put in all my coins.

Ozordi Dimans: If you could pick one of your stuffed ani-
mals (or toys) to come to life, which would it be?

Aiden Lajoie: My rainbow snake.

Ozordi Dimans: If you had to be a villain from a movie,
which movie would you pick?

Aiden Lajoie: I would choose the Spiderman movie.

Ozordi Dimans: What superhero power would be the best
to have?

Aiden Lajoie: That would be Spiderman web.

Ozordi Dimans: Who do you think is the best superhero?
Aiden Lajoie: My best superhero is the famous Spiderman.



Name: Ezrah Elizabeth
Age: 5 years old
School: Plaisance Primary School

Ozordi Dimans: If you had to switch places/bodies with someone for a week, who would you switch places with?

Ezrah Elizabeth: My friend Rose-Mary.

Ozordi Dimans: If you could make the world’s biggest
food fight, what food would you have?

Ezrah Elizabeth: Well, I would choose my best food, and
that is Pizza.

Ozordi Dimans: Which pet’s life would you want to live if
you had to trade places?

Ezrah Elizabeth: I would choose a dog.

Ozordi Dimans: Would you rather have a pet dragon or
a pet unicorn?

Ezrah Elizabeth: I would rather have a pet unicorn.

Ozordi Dimans: If you had a unicorn, what would you
name it?

Ezrah Elizabeth: I would name my unicorn the same as
my sister Preah.

Ozordi Dimans: If you owned a pirate’s treasure box,
what would you put in it?

Ezrah Elizabeth: I would put all my secret items.

Ozordi Dimans: If you could pick one of your stuffed ani-
mals (or toys) to come to life, which would it be?

Ezrah Elizabeth: My teddy bear monkey.

Ozordi Dimans: If you had to be a villain from a movie,
which movie would you pick?

Ezrah Elizabeth: I would pick Frozen.

Ozordi Dimans: What superhero power would be the
best to have?

Ezrah Elizabeth: my best power would be ice.

Ozordi Dimans: Who do you think is the best superhero?
Ezrah Elizabeth: My best superhero movie is Frozen.



Name: Preah Elizabeth
Age: 8 years old
School: Plaisance Primary School

Ozordi Dimans: If you had to switch places/bodies with someone for a week, who would you switch with?

Preah Elizabeth: I would switch bodies with my friend Leah for a week.

Ozordi Dimans: What food would you use if you could make the world’s biggest food fight?

Preah Elizabeth: I love eating burgers, so it will have to be burgers.

Ozordi Dimans: Which pet’s life would you want to live if you had to trade places?

Preah Elizabeth: I would love to be a Flamingo because of its bright colours.

Ozordi Dimans: Would you rather have a pet dragon or unicorn?

Preah Elizabeth: I would love to have a pet unicorn.

Ozordi Dimans: If you had a unicorn, what would you name it?

Preah Elizabeth: I would name my pet unicorn Spirit.

Ozordi Dimans: If you owned a pirate’s treasure box, what would you put in it?

Preah Elizabeth: Everything that is so special and secret.

Ozordi Dimans: If you could pick one of your stuffed ani-
mals (or toys) to come to life, which would it be?

Preah Elizabeth: Winnie the Pooh my favourite cartoon.

Ozordi Dimans: If you had to be a superhero from a movie,
which superhero would you pick?

Preah Elizabeth: Wonder Woman.

Ozordi Dimans: What superhero power would be the best
to have?

Preah Elizabeth: I would love to have Wonder Woman powers.



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Monuments of Seychelles:

‘Moniman Trwa Lezel’



COMPILED BY U-ROY JULES

Located in the heart of Victoria, often oblivious of its cultural meaning to passers-by is the commemoration and symbolism of what made the Seychellois people a nation.

The Bicentennial Monument, known in Creole as the 'Moniman Trwa Lezel' was erected in 1978 to mark the 200 years' anniversary of the town of Victoria.

The three large wings have the appearance of wings in flight yet are grounded in Victoria's soil and embody the origins of the Seychelles' people. The mix of cultural heritage from the three continents of Asia, Europe and Africa have created the Seychellois nation.

The monument is a creation of the Italian artist Lorenzo Appiani, who then lived in Seychelles. The seemingly white and perplexing shapes are built with conglomerate gravel in a mortar matrix reinforced with steel. The artist received the help of the workers of the Laxmanbhai construction firm during construction and installation. The monument seemed to have received its name 'Moniman Twa Lezel' because of its resemblance to avian wings. The white colours of the wings could well be attributed to many of the Seychelles' species, but in truth, the 'twa lezel' symbolizes a kaleidoscope of colours that have personified into what Seychelles have become 250 years later since the first settlers set foot on its shores.



A look at some top interior design trends in 2022

SOURCE: FOYR

What is an interior design trend?

When defined with regards to fashion, a trend refers to the styling, colours, materials, and shapes that are popular in a particular season and that might have a long-term influence on the market. Interior design trends are similar to fashion trends, as the culture and current events inspire both. Trying to discern the direction that the latest trends will be taking and which styles, materials, and colours will be most appealing to consumers in the coming season is always a real challenge for designers and architects. It requires a great deal of detailed research and observation. Before we review these top trends of 2022, let's dive further into an essential question.

An interior design trend is a central idea around which all the elements of a project are designed; it is the thread that binds together all the design elements and gives central character to the whole project. Hence, interior design trends are much discussed and demoed with interior designing tools and apps. Interior design trends have greatly changed in the last decade, and it seems like instead of trends coming from grassroots design movements, the latest trends are now being dictated by magazines and popular fashion channels.

Now, as promised...

Warm Colors Make a Comeback

Colours play a crucial role in interior design and are always important to the current interior design trends. They can make or break your designs, as colours evoke emotions from the people who will exist in your space. To design in accordance with the latest trends, colours should match the look, design, and feel of the house. In earlier seasons, warm colours had been traded in for cooler colours like purple. However, in 2022, warm colours are making a huge comeback. While red is being considered the colour of the season, all shades of reds, orange and tangerine will be taking over the trends of 2022. Browns and beiges are more common for earthy home tones this year. Al-



Curves Replace Straight Lines

though grey was mostly used as a neutral colour last year, beige and the warm colour palette are replacing the cool hues this season.

1. Curves Replace Straight Lines

Curves and smooth edges give a comfortable and casual vibe in a home. These organic, attractive shapes are replacing boxy edges and clear lines that were previously staples in the latest interior design trends. Puffy sofas and comfy chairs are defining the trends in 2022, as well as circular furniture, mirrors, artwork, and more.

1. Nature Comes Indoors

Interior design trends seem to be taking a more eco-friendly approach as people are moving towards warm tones and natural elements. Decor elements made either from real or faux natural materials are in high de-

mand, as they add a natural and authentic look to your space. The latest trends incorporate natural wood everywhere, from flooring to countertops, accent decor, and cabinets. Stones like marble, granite, and pebble – as well as materials resembling these stones – also address this current interior design trend. Both consumers and designers are embracing recycled and handcrafted goods not just for their aesthetic appeal but also as a sign of their

eco-friendly design approach. Whether you use a sustainable bamboo floor or a garden of indoor plants, bringing nature indoors is one of the hottest interior design trends for 2022.

1. Monochrome Palette

The latest interior design trends are embracing the classic elegance of black and white finishes. Black lighting fixtures, window frames, furniture details, and finishes are all in line with this season's trends. Black and white patterns, prints, decorative objects, and accessories may have first been introduced through the Scandinavian design styles, but they remain here to stay. For example, painting walls black has become a current interior design trend, and offsetting the dark colour with bright white furnishings can create a chic design style. With their bold and minimalist vibe, these monochrome

elements can be used in any decor.

Sustainable Design

As the world becomes eco-conscious, it's only logical that a current interior design trend would be based around sustainability. Sustainability refers to minimizing environmental impact – for example, it is more impactful to cut down a tree to fashion a brand new bookcase instead of finding a second-hand item. With this current interior design trend in mind, check local thrift stores for something that fits your design aesthetic before committing to purchasing a new item.

You might find something that perfectly fits in with current interior design trends, having even considered it in the first place! Additionally, certain materials are more environmentally friendly than others. For example, bamboo floors are less burdensome to produce than hardwood floors, making bamboo a more stylish choice with the latest interior design trends.

1. Smart Technology

Technology and interior design have historically influenced one another, so of course, the latest interior design trends for 2022 will reflect progressions in technology. Now, we can turn on the TV without even reaching for the remote. As a result, current trends encourage sleek electronics that easily accommodate the new wave of home assistant technologies.

1. Flexible Spaces

In the past, spaces were often designed for the purpose they served – sitting areas, dining areas, meeting rooms, etc. However, people now want more multi-functional spaces, allowing them to make the most out of their space. Especially for people living in smaller spaces, utility and functionality are essential, making flexibility a current interior design trend. For example, fold-out tables and chairs make it possible to transition a space between a living room and a dining room depending on the occasion. Additionally, using furniture with subtle wheels makes it easier to shift the space around.



Sustainable Design



Flexible Spaces



Monochrome Palette



Warm Colors Make a Comeback



Nature Comes Indoors



Smart Technology



BY CHRISTOPHE ZIALOR

I absolutely adored this film. The way it was animated was extremely creative in my opinion. They did an excellent job of portraying the emotions of every single character. There were no plot holes or inconsistencies that I noticed. Every one of the characters was likable, sympathetic, and relatable. I enjoyed the journey from start to finish. Overall, it was fantastic.

Premise

The story centers on a family in Columbia that was gifted with magical superpowers, a sentient magical house, and a refuge from danger. Everyone but Abuela, Mirabel, and the brothers-in-law have unique magical powers (though everyone is curious about why Mirabel didn't get one). When the family's magic starts waning, Mirabel has to find out why that's happening because their town relies on the family's magical

assistance in many areas of life.

Praises:

My biggest praise goes to the animation. They made each character's gift, appearance, and personality so distinct that the story was digestible. It's very hard to present 12 different characters on-screen successfully in a 1.5-hour movie. I didn't remember everyone's name, but I was never confused about who was who, how they were related to Mirabel, and what their gift was. Simple details like Dolores having big ears, Isabela being a pink explosion of flowers, and the animation when Camilo uses his powers to transform being so consistent went a long way.

I'm getting kind of tired of Disney opening their movies with someone telling a kid a bedtime story, reading a storybook, or any other kind of narration. I can't deny that it's effective, though. The exposition did a good job and primed me for the setting extremely well.

I loved every single character and I thought that they were all very interesting and lovable. My favorites are Camilo and Isabela because I usually like Goofball and Pretty Perfectionist characters.

I liked the journey of the story. Every point from Mirabel seeing the cracks to the magic coming back felt sensical (but I'll get into the rushing at the end later). It was a mostly seamless transition from one subplot to another and I enjoyed it. It left me wanting more all the way up until the end. I love how there will be small, clever moments that capitalize off the size of the family. Like when Mirabel thought Dolores was Camilo, which was funny without trying too hard on a joke. I also like when Dolores accidentally heard about the prophecy and it only stayed a secret for three seconds.

Critique

I feel that some plot points come out of nowhere. Isabela's engagement is given little backstory or

attention for a large portion of the movie, then it suddenly happens out of nowhere. Then, it's in danger. Then, we find out she's just doing it out of a sense of obligation, and out of nowhere, Dolores is revealed to be in love with Mariano because she hears him writing poetry sometimes. Then, Dolores and Mariano are together out of nowhere. And, throughout the film, Abuela talks about how a match with Mariano would be perfect to strengthen the magic as if he comes from a magical family, too. Why is the match good for the magic if he's just a random hot guy?

And don't get me started on how the whole last act seems like it's on fast forward. Mirabel is tasked with hugging Isabela, arguing with Abuela, saving the candle, running away, coming home, rebuilding the house, then getting the magic back and that all happens in, like, 15 minutes or so. It felt so rushed and I think another twenty minutes could've really helped make the story feel like it was complete.



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Glacis, Seychelles, Mahe

Villa Isabella on the island of Mahe in Seychelles is situated less than five paces from the warm lapping waves of the Indian Ocean. Facing magical, mysterious Silhouette Island and opening through a side gate to sandy Glacis beach, where the colourful fishing boats come in, it occupies one of the most beautiful residential sites in the world.

This unique property is 3,538 square meters or almost an acre, and features a mature garden planted with tropical fruit trees and flowers.

Offers invited USD 3.5m+

- Three bedrooms with ensuite bathrooms
- Large sitting room, a family room, Large kitchen
- Large study/office
- Small study attached to the master bedroom suite
- Cloakroom
- Garage for five cars
- Swimming pool
- Laundry and storeroom
- Home (pen) for the giant tortoises (you can even buy those too)
- Gazebo for romantic dining
- Multiple terraces for watching the glorious tropical sunsets
- Lodge
- Property sits on the beloved ancestral estate of its late owner, the founding president of the islands.



Three large plots of hillside land in North Mahé, Beau Vallon. All three plots have spectacular views to the west of Silhouette Island and North Island.

V16182.....10,660m2
V16183.....16,682m2
V16184.....8,222m2

All plots in one sale, 35,564m2

Price available upon request.

Anse La Mouche, Mahe

- 2 homes in one
- 3 bedroom, 3 bathroom on 2 floors
- Separate entrance
- 2 bedroom, 1 bath
- Full kitchen on one floor
- Fully furnished
- Gated
- Fully fenced

North Mahe

- 2 bedroom, 2 bathrooms
- Room to expand
- Private
- Concrete fence
- Gated
- Large garden

Praslin Island, Seychelles

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My Story

“EVERYBODY SHOULD BE ABLE TO MAKE TIME FOR SPORTS ACTIVITIES; IT IS IMPORTANT FOR YOUR HEALTH,” PAUL NIOZE

COMPILED BY U-ROY JULES

It is often said that a sports star will die twice, the first time at retirement.

Born 19 March 1967, now aged 54, Paul Nioze is a former Seychellois triple jumper. The 1996 African Champion and Seychelles’ national record holder of 16.80m in triple jump competed at the 1992 and 1996 Summer Olympics finishing in 22nd and 39th place, respectively.

A sport’s icon - he was named the Seychelles Sportsman of the Year in 1996. Paul retired from the sport in 2000.

Currently, he holds the position of Administrator at the Indian Ocean Regional Anti-Doping Organization (RADOs) working with five countries in South-eastern Africa.

Paul was first appointed as a WADA independent observer in 2005 and worked at the 2006 Winter Olympics in Turin.

In 2019, he was the Chief DCO for the Indian Ocean Island Games held in Mauritius, Planning overseeing all the tests during the games.

In addition to working with WADA, and Nioze frequently organizes youth athletics competitions in his home country, collaborating with the Seychelles Athletics Federation.

Ozodi Dimans sits down with Paul Nioze, a man who has dedicated his entire life to sports.

Ozordi Dimans: What made you develop a love for sports and athletics?

Paul Nioze: It all started at the Cascade primary school, where I represented the school in the egg and spoon event.

When I went to The National Youth Service (NYS), I developed more interest in sports. First I started doing sprints, and later on, I was advised by a Russian coach to try triple jump.

It was tough at times, especially the coordination between the three-phases of the jump (hop, step, and jump).

In 1989, I received a scholarship (corporation Francaise) to train in Bordeaux France where I spent three years.

In 1996, I got another scholarship, this time, from the Olympic program where I trained for six months in La Grange Georgia in The United States of America (USA).

For me, sports was a way to represent my country. As I came from a low-income family, sports also allowed me the opportunity to travel.

Ozordi Dimans: Did you set any records during your time in athletics?

Paul Nioze: Of course I did, triple jump National Record of 16.80m in Madagascar in 1990. I also have a personal best in the long jump of 7.62m in Seychelles for the Jeux des îles in 1993. It was not the national record.

Ozordi Dimans: What did winning these international competitions mean for you and Seychelles?

Paul Nioze: I was very proud, especially as the first Seychellois to win a Bronze medal in the African Athletics Championships and the first Seychellois to win a silver medal in All Africa Games.

Ozordi Dimans: How did sports influence your life?

Paul Nioze: I have made a career in sports. Playing



Paul Nioze

sports can have several positive life-long effects, namely promoting good health and fitness. It is also a way to develop essential social skills.

Ozordi Dimans: What words would you use to describe yourself and your career in sports?

Paul Nioze: Very successful.

The best athletes are self-confident by nature. They believe they can make it to the top step of the podium, even if that self-confidence is sometimes propped up by blood, sweat, tears, and a ton of sacrifice.

I am proud to be what I am today. I am able to influence the sports community and assist in ensuring that our young generation believes and practices clean sports.

Ozordi Dimans: What words would you use to describe your achievements?

Paul Nioze: Successful. When I was an athlete, I represented my country, and now I am the Admin-

istrator of a much-respected organization. I thank God for blessing me every day for all my achievements.

Ozordi Dimans: What were your feelings when you won these international competitions?

Paul Nioze: Very proud, competition helps us with goal setting. While setting goals and making a plan to reach them can be done outside of competition, it helps provide deadlines and progress checks on our goals and also helps us learn to win and lose gracefully.

Ozordi Dimans: Now retired, do you still carry the same pride you had when you were representing Seychelles?

Paul Nioze: Yes, I always cherish my hard work.

Ozordi Dimans: What caused you to retire?

Paul Nioze: I had lost interest in training and competing at a high level, so there was no need to force

myself. I had reached my goal of proving what I could do in sports locally and abroad. Sometimes you have to step back and allow others to take the lead.

Ozordi Dimans: Retired, where is the star athlete Paul Nioze now?

Paul Nioze: I am the Administrator of the Indian Ocean Regional Anti-Doping Organization (RADOs). I work with five countries in the Indian Ocean zone, mainly Comoros, Djibouti, Madagascar, Mauritius, and Seychelles. My job entails ensuring that all those countries are compliant with the World Anti-doping Code.

RADOs are regional organizations designated by member countries to coordinate and manage delegated areas of their national anti-doping programs, which may include: doping and implementing anti-doping rules, planning and collecting samples, managing results, reviewing Therapeutic Use Exemptions (TUEs), conducting hearings, and coordinating education programs at a regional level.

Ozordi Dimans: Is sports still part of your life?

Paul Nioze: Yes, I do regular jogging and circuit training. My health is my priority. Your health can affect other aspects of your life negatively or positively. Prioritizing your health is how you can prevent many problems.

Ozordi Dimans: Now that you do not devote so much to sports- what are your hobbies?

Paul Nioze: Apart from jogging, I love fishing which I do regularly once I get the opportunity, mostly Saturdays.

Ozordi Dimans: In the evenings, you can be spotted jogging along the Providence Road with your partner; can you tell us more about you two?

Paul Nioze: My partner Marie-Antoine Gilbert and I, are both sports enthusiasts. She was a volleyball player from ARSU, and we have been together for the past 28 years. We currently do not have any children but have a small dog.

We do not believe that a person has no time for healthy activities. We always make time to jog.

We jog regularly early in the morning or after work. Regularly jogging can help you lose weight significantly if you modify your diet. Jogging can also help you improve your heart health and immune system, reduce insulin resistance, cope with stress and depression, and maintain flexibility as you age.

Ozordi Dimans: When you look back and now at the current generation in athletics, how do you see the young athletes in Seychelles? How do you see the enthusiasm in the sport at present?

Paul Nioze: During our time at athletics, training was more about socializing and making friends. The training was tough. We had a with a Russian coach. I cannot comment too much on today’s generation; I have not been at the track for some time.

Ozordi Dimans: And your words of advice or encouragement

Paul Nioze: Everybody should be able to make time for sports activities. It is crucial for your health.

To our youth and Sports community- keep away from Drugs, be natural and be clean.



Paul stretching at home with his dog



Back row, second on the left Paul Nioze at the 14th Commonwealth Games, Auckland NZ 1990



Paul stretching before an early morning jog

Zwe kafoul



Coconut Shell

Pour sa zwe bann kafoul koko l ganny servi; sa parti lanmwatye kafoul ki annan trwa (3) pti trou ladan.

En bout laliny l ganny servi kot en pti bout dibwa i ganny amare dan son bout. Sa bout laliny ki napa dibwa avek i ganny anfile dan enn sa bann pti trou kafoul. Answit en dimoun i kapab mars lo sa kafoul an servan lapwent lipye. (Laliny i pas ant gro pous ek dezyenm ledwa lipye.

Sa zwe ti ganny pratike sirtou par bann zanfan. Zot ti menm fer paryaz sorti lo en bit pou al kot en lot.

Souvan fwa bann fiy ti servi sa lot lanmwatye kafoul kot l ann lapwent pou fer soulye talon. Zot ti met zot debout talon anndan kafoul e mars lo sa bout lapwent ki fer en tapaz parey en soulye.

Zot ti servi sa dan bann zwe lafet parey maryaz ek batenm poupet.

Ti osi ganny fer par en group manrmay wit a dis (8-10) maksimanm fiy ek garson melanze. Sakenn l annan zot de (2) kafoul (l preferab kote ki annan bann pti trou).

Sa zwe i akonpannyen par en sanson sante par en lakoral (ki pa zwer) avek sa bann laliny swivan.

Mon ti pas montanny zako
Mon ti zwenn en pti zako
Mon demann li ki i ape fer la
l dir mwan i pe lapes sevret
Mon demann li pour ki sevret
l dir mwan pou son marenn
Pandan sa letan ki sa sanson pe ganny sante bann zanfan l tap zot kafoul ater lo ritm sa sanson.

Syekesye dialoume
Dyam dialoume diafago
Dyam dialoume diafago
Letan lakoral i sant sa refren, bann zwer l pas zot bann kafoul an ron dan sans revey; savedir en zwer i pas son kafoul ek sa dimoun ki dan son kote drwat an tapan kafoul ater touzour lo ritm e lavites sanson.

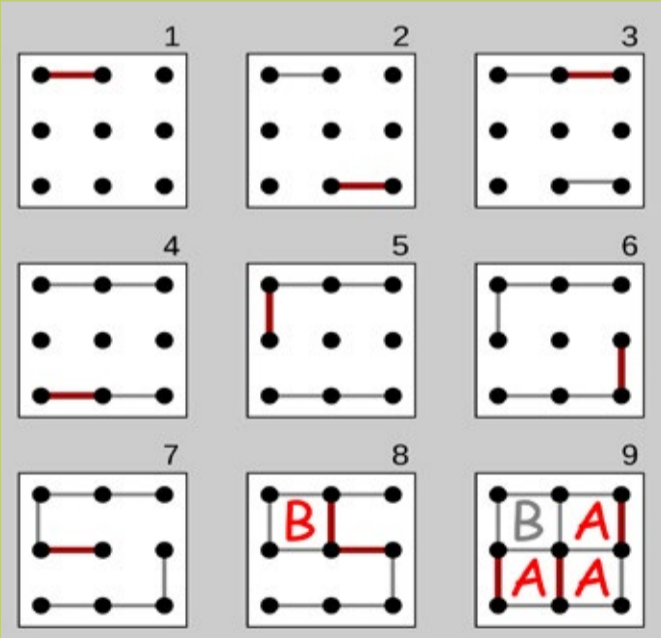
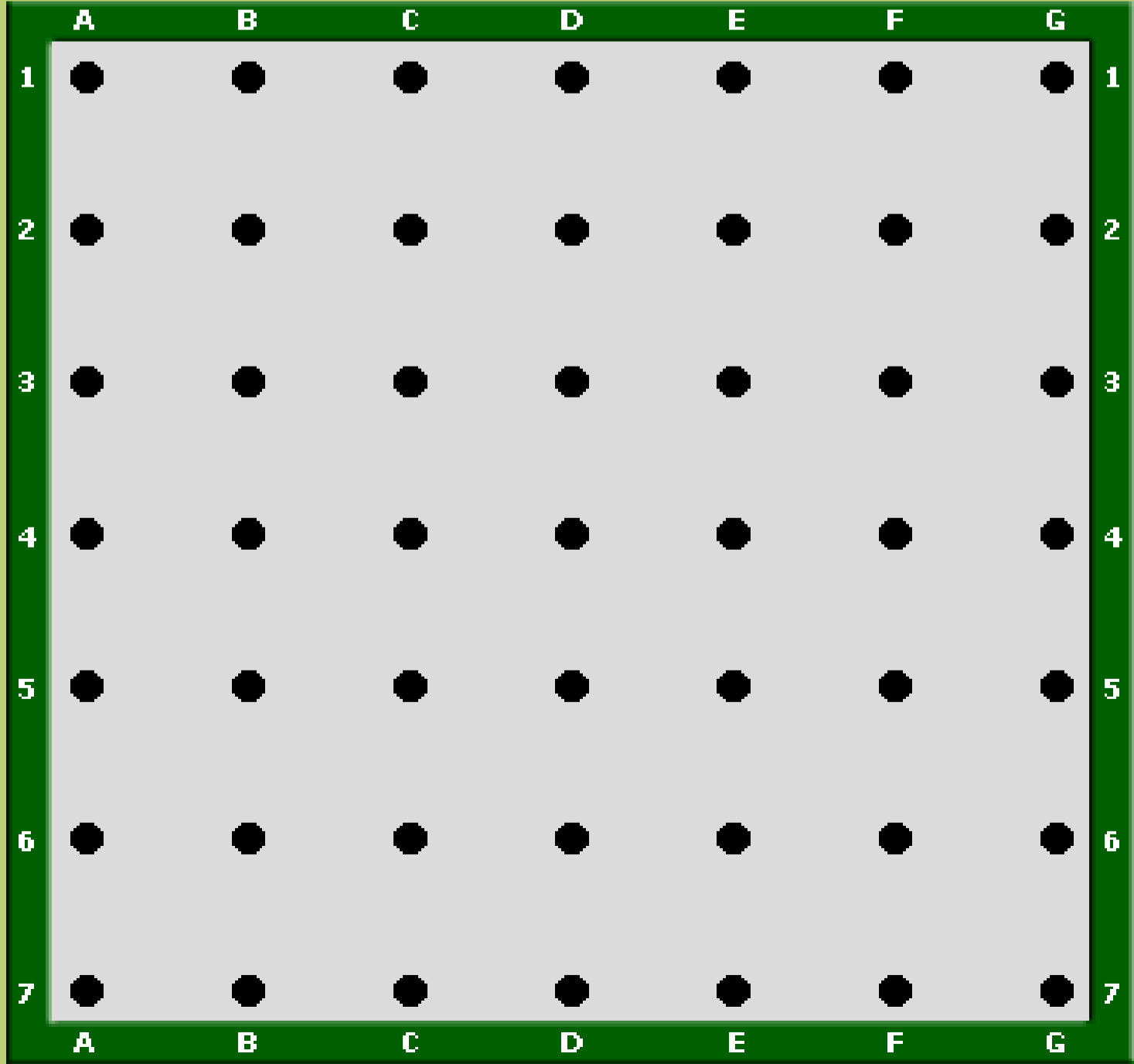
Si en dimoun l komet en fot savedir son kafoul l devire aksidantelman dan en ka kot en zwer l pe anmase oubyen pas kafoul, sa zwer fotif l sorti e zwe i rekontinyen ek rekonmansman sanson.

Zwe l kontinyen ziska l reste zis en dimoun ki ganny konsidere koman gannyan.

Dots and boxes

BY U-ROY JULES

Dots and boxes is a simple game with a simple goal: whoever “owns” the most boxes at the end of the game wins. You and your opponent take turns drawing horizontal or vertical lines to connect the boxes. When someone draws a line that completes a box, you write your initial inside to win the box.



An example of how to play Dots and Boxes



Kids having fun playing Dots and Boxes



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