

The conductor's journey

"It's a pleasure to teach music in Seychelles. I've devoted all of my energy to this role"



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EDITOR'S *Note*

Happy New Year!



How wonderful it is to celebrate the New Year twice .
First in the festivity of the Gregorian Calendar, and this coming week in the celebration of the Chinese New Year.

Inscribed in one of the wings of the bicentennial monument are the linkage to our Chinese roots. The streets of our town reiterate the history of the first Chinese merchants that came to Seychelles, establishing part of the economy that was to make Victoria thrive.

I am sure that the memories of sweet-smelling cakes and delicacies of the Chinese cuisines- the stories our parents told- Victoria town will continue to whisper to each new year as it unfolds. They will remain lingering lest we forget our history.

Once again, *Ozordi Dimans* unites in the overtures- the grand celebration of the Chinese New Year.

The Conductor's journey- tells of a woman who left her home in China for family reasons- when you mention the National Choir and music in Seychelles - you have to mention- Mrs. Sun Xiaojun Lownam's name.

Her work with the National Choir has been remarkable. *Ozordi Dimans* sits down with her to understand the passion and ambition that kept her going for the last 30 years.

We revive the history of Pagoda in Victoria. We discuss the Chinese culture in Seychelles and how it has survived the generations with Robert Chong Seng.

This week, psychologist Marina Shaminova analyses the effects of virtual games on Children's education. A concerning issue indeed.

And young Martina Luther has her say on the Millennial curse in the opinion page.

On a lighter read, we propose Fabio William and his story with karting. On our design and decor page, Jonathan Ravera Chion expresses his passion for architecture.

Have some fun with our pick of Chinese poems on our creative page, or maybe have a go at the Chinese Mahjong now that *Ozordi Dimans* is shedding some light on the game.

And why not this Sunday attempt to cook some authentic Chinese recipes found on our recipe page.

2022 - '*The year of the Water Tiger*'- The embodiment of power, bravery, and greatness.

Wishing you all to embody personal empowerment, courage and prominence this year.

Fabienne Fardial
Executive Editor

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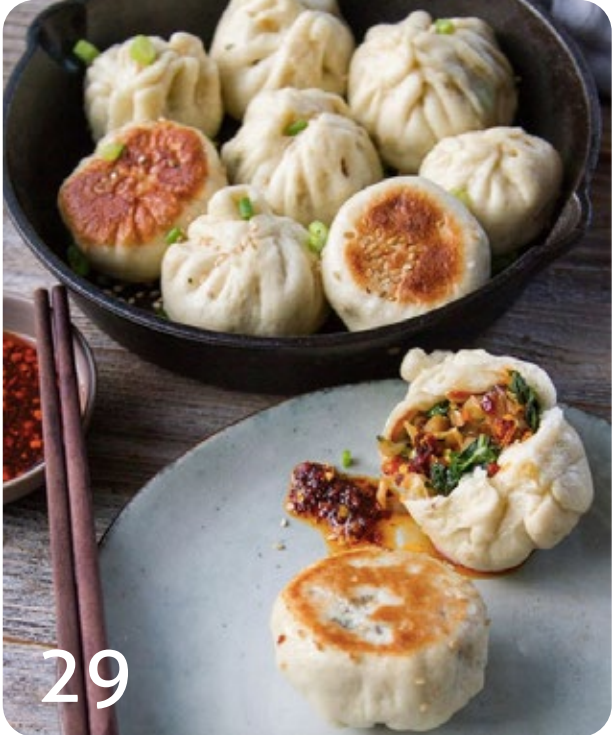
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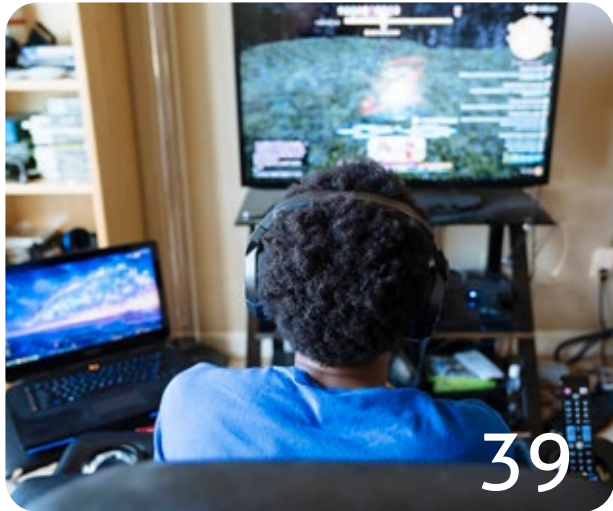
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The conductor's journey



Mrs. Sun Xiaojun Lownam

BY CHRISTINE OUMA

Around 30 years ago, Mrs. Sun Xiaojun Lownam moved to Seychelles from China for family reasons.

For the Mongolian native, relocating was a significant but difficult decision. It was only upon arriving in Seychelles, 30 years ago that she learned to speak and write English. She benefited lessons from the late Catholic Sister Dominic Kavanagh.

Mrs. Lownam, now the Seychelles National Choir Manager and Conductor, studied to be a performing artist and obtained her Education Qualifications in China.

"I knew there wouldn't be many opportunities for me to perform on stage in Seychelles, especially in the field of Classical Music. However, this sort of music is universal and can be taught using various techniques, including scientific ones.

In 1992, Mrs. Lownam commenced teaching music lessons at the School of Music and con-

ducted private tutorials.

Mrs. Lownam narrates, "At the time, the Mayor of Victoria, David Andre, was the head of the conservatoire, but now he is back at it, in a bigger role as the Secretary-General of the newly founded Seychelles Institute of Culture, Heri-

tage, and Arts."

According to her, the SNC's initial Choristers were seven and entirely female. The National Choir now has 35 active members, both male and female. Soprano, alto, tenor, and bass are the four main voices used by choirs. Because the human

voice has a restricted range, distinct vocal types are frequently unable to sing notes outside of their own.

The Choir has performed locally on several significant occasions, including the Seychelles National Day, the University of Seychelles (Unisey) Inauguration Ceremony also attended by Her Royal Highness Princess Anne. They have also made Seychelles proud at several international classical music festivals and have flown the Seychelles flag high in South Africa, La Reunion, Mauritius, China Inner Mongolia, Dalian, Beijing, Hainan, amongst many other countries.

As a National Choir, they have not failed to perform before several dignitaries upon their visits to the Seychelles.

The President of China, Hu Jintao; and the Chairman of the Central Government of China Standing Committee, Mr. Wu Bangguo have been graced with the symphony of the National Choir voices.

In 2020, the National Choir won first place at the



Mrs. Lownam conducting a church performance

(Continued on Page 6)



A past performance with students at the School of Music

(Continued from page 5)

15th China International Chorus Festival, China’s largest and most prestigious international chorus festival in the adult mixed voice category. The bi-annual festival, which began in 1992, brings together choirs from all over China and around the world for singing performances.

The Festival took place in Beijing from September 28 to October 31 and saw the performances choirs in categories of various age groups and genders. The Seychelles National Choir was unable to travel, and although not physically present at the Festival, they emerged victorious with a brilliant virtual performance.

Working with numerous local artists, her classroom techniques have evidently brought out the best in the famous voices of artists such as Jean-Marc Volcy, Jean Ally, Jenny, Sly, Sandra, and Jade



Members of the choir performing at State House



The Seychelles National Choir in the concert hall at Randburg, South Africa in 2006



The Seychelles International Classical Music Festival in 1995



Members of the choir on a trip to China

Jolene.

Jade Jolene, now a renowned musician songwriter, began taking music lessons from the young age of eight with Mrs. Lowlam. She is currently a member of the Seychelles National Choir.

Mrs. Lownam believes that teaching is like a factory for singers. She also adheres that being a part of the Choir helps singers to grow more experienced and improve their vocal control.

According to Mrs. Lownam, the journey has not always been easy, but many remarkable moments and results outweigh the bad. It brings her great joy, she says, to see the progress of her music students.

“It’s a pleasure to teach music in Seychelles. I’ve devoted all of my energy to this role, and my work comes first. The support has been overwhelming,” she insists.

Referring to the long-standing Seychelles-China relationship dating back to the 18th century when the first Chinese arrived in Seychelles, Mrs. Lownam says that she considers that China has helped Seychelles develop economically.

“The Embassy has always encouraged the Chinese community in Seychelles to support the choir,” she adds.

In the testament of this relationship, the Chinese Embassy presented the Seychelles National Choir with a piano in 2014. A gift- that the National Choir continues to use, as well as Mrs. Lownam for her teaching and performances.



In May 2017, Mrs. Lownam escorted singer Jade Jolene at the Sanremo Junior’s World Finals in Italy



The choir performing at the Industrial Estate, China in 2010

She says that after being away from China for far too long, she still acknowledges that the Chinese New Year celebrations in Seychelles are not as elaborate as in China, but it involves preparations similar to how many Christians celebrate Christmas.

“For the New Year, I’m hoping that the pandemic will be over. I’ve had to divide the Choir into different groups during practice to contain the spread of Covid-19. I’m hoping that we’ll be able to resume full rehearsals soon,” she confirmed.

Mrs. Lownam notes that most members of the Seychelles National Choir are well trained and are well prepared to take over her role someday. And that the lessons she offers, as well as the examinations offered by the British curriculum, are stepping stones for students who want to pursue Degree Courses in Music and Education.



The Seychelles National Choir posing for a photo after recording some of their Creole pieces



Jade Jolene (first row-first from left) at a concert during her younger years.

WEEK REVIEW

What Made TODAY’S Headline this Week

Arrest was made of a suspect attempting to leave the country

The Anti-Corruption Commission of Seychelles (ACCS) confirmed its involvement in an operation at the airport on Friday 21st January, resulting in the arrest and detention of Fahreen Rajan for whom a red alert notice had been issued earlier in the day. On suspicion of money laundering, the arrest was made as she was listed on a power of attorney for Mukesh Valabji’s bank accounts in Singapore and was attempting to leave the country. Mr. Valabji is currently awaiting trial on money laundering and corruption charges in the case of the missing USD 50m. Rajan, 41 years old, of British National, is the CEO of the Felicite Island Development. According to documents provided to the court by the ACCS, a significant amount of money (in forex) was withdrawn from the second bank account. The suspect appeared before Chief Justice Rony Govinden on Monday 24th January 2022 and was remanded for fourteen days and will reappear in court on 7th February 2022.

Education Minister undertakes school visits as in-school learning resumes

The second week of the 2022 academic year kicked off on Monday 24th January 2022 with the resumption of in-school learning, following a week of remote learning. Minister for Education, Dr Justin Valentin, undertook visits to various schools; Bel-Eau primary, La Rosiere primary and Plaisance primary and secondary to gauge the schools’ preparedness and see how they are dealing with the new academic year. During the visits, he reassured parents that their children are in good hands and that the teachers know what they are doing and know what are expected of them.

Seychelles moves up to rank 23rd in the world and least corrupt country in Sub-Saharan Africa

As hoped, Seychelles has moved up the Corruption Perception Index (CPI), scoring 70 out of 100 points—an improvement from its score of 66 which it achieved in 2018, 2019 and 2020. This new score, the highest ever achieved, gives the country a ranking of 23 out of 180 countries, just behind France (22nd) and ahead of the United Arab Emirates (24th). Seychelles now also ranks first in Sub-Saharan Africa, earning it the title of least corrupt country in the region.

SCR 167 million collected in Tax Amnesty programme

The Seychelles Revenue Commission (SRC) collected a total sum of SCR167 million in its six-month Tax Amnesty programme which started on July 1, 2021 and closed off on December 31, 2021. In a press conference held on Thursday 27th January 2022, SRC detailed that the primary collection for the amnesty amounted to SCR145.8 million and the interests paid were SCR 21.2 million.

Former Vice President Joseph Belmont passes away at the age of 74

Seychelles is mourning the loss of former Vice-President Joseph Belmont after he passed away on Friday 28th. Belmont began his career as an agronomist before moving into politics and progressing through the ranks before eventually becoming Vice-President. Karine Belmont, his daughter, spoke briefly about her father’s death. She noted that he was reserved and quiet and that he was a devoted father.

The Year of the Water Tiger

BY CHRISTOPHE ZIALOR

clude firecrackers, fireworks, and red clothing and decorations to usher out the old year and usher in the new year's luck and prosperity.

The welcoming of the New Year has great significance for the Chinese community in Seychelles, and it continues to be the most important occasion for generations of families to gather and spend time together.

Many Chinese families in the country have been separated from their roots in China due to employment or educational opportunities and general urbanization; however, this festival serves as a way for many to reconnect with their culture and traditions if only for one day.

According to Robert Chong Seng, President of the Chinese Association, the Lunar New Year in Seychelles is an auspicious event for Chinese culture.

To welcome in the year many traditions are followed including Hongbao, or 红包, which is a custom for the New Year to hand out red envelopes containing money.

Red, traditionally, is a color that signifies wealth, prosperity, health and everything that is good in Chinese culture.

"In the envelope you must only put clean and crisp notes. This is important because old notes will bring bad fortune to the receiver" Chong Seng noted.

He went on to say that the amount put in the envelope should never include the number four, as it represents death. And once you have it, you must take it with both hands and open it in private, not in front of the giver.

This Chinese New Year, a dominant animal with equal parts tenacity and allure will be taking center stage. The Year of the Tiger; it is a symbol

to behold with confidence as it signifies power, bravery and greatness.

"There will be many opportunities to be had this year, but they will be unpredictable, much like the element of water. It will be a year of risk-taking and adventure; we will find enthusiasm not only for ourselves but also for others, which is appropriate given that we are living in unprecedented times," Chong Seng predicted.

He went on to say that there will be significant improvements and that social progress will be possible once more.

Chinese New Year is a time for friends, family, and fun, but it is also a time for foreboding because the celebration is filled with superstitions. Chinese people have traditionally believed that the start of the year has an impact on the entire year. It is believed that how something appears and how its name sounds determines whether it is auspicious or unlucky.

"In the past, we would set off fireworks at the



Robert Chong Seng

stroke of midnight not only to celebrate the new year, but also to ward off evil spirits," Robert explained, adding that it is also believed that sweeping your house or disposing of trash during the new year will result in the removal of wealth and good fortune from your home.

"You should also get a haircut before the new year because it is believed that it would remove the bad luck from the previous year and prevent it from entering the new year," he remarked.

While it may appear far-fetched from a 21st-century perspective, many people still believe in those traditions and folklore.

In fact, the Chinese Zodiac evolved from folklore. According to legend, the twelve animals of the Chinese zodiac were chosen in a race. There could only be twelve winners, and the animals had to cross a fast-flowing river and reach the finish line on the shore to win. The lunar calendar is ordered according to the outcome of the race, with the rat being the first animal to begin the sequence and the pig being the last. After the pig,

the sequence starts over again.

Based on this, the zodiac is made from a circle of animals based on the Moon and has a 12 year cycle with an animal sign for each year. Chinese astrologers describe those born in the year of the tiger as charming, brave, competitive and so on.

Aside from the animal circle, there is also a cycle of five elements—wood, fire, earth, metal, and water—that creates a 60-year cycle. So the year of the water tiger in 2022 hasn't happened in 60 years.

Unlike other countries, Seychelles does not observe the lunar new year as a public holiday. Chong Seng expressed his hope that the country will make this special occasion a holiday in the future so that Chinese and Seychelles-Chinese can properly celebrate it in its full magnitude.

When he was younger, Chong Seng pointed out that they used to have big communal celebrations at the old pagoda in Market Street.

"I remember we used to do all the cooking for the celebrations on big open fires, and everyone pitched in to help because there was a sense of community that has faded over the years."

Chong Seng attributed this cultural loss to Chinese assimilation into creole culture. He observed that, in contrast to Indians, who tend to stick together, Chinese have married Seychellois and have let go of their culture.

Despite this, Chong Seng observed that many families continue to celebrate the Lunar New Year with authentic Chinese cuisine such as dumplings, ducklings, and other dishes.

Because of the pandemic, the Chinese community was unable to celebrate the new year with the same fervor as in previous years; similarly,

this year's celebration will be limited to a more nuclear family dinner.

"We believe it is to follow the Mindirectives, so we elaborate celebration in the past." We will family gatherings this year," Mr. Chong-Seng added

He added that the Chinese Association of Seychelles have collaborated with the Chinese embassy to provide oriental decorations at the airport to accentuate the ambiance of the new year.

Mr Chong Seng concluded by extending his best wishes for the upcoming spring festival and wishing the Chinese community and Seychellois who are members of the community a joyous and Happy New Year.



Chinese New Year Party in full swing



Dumplings are a popular staple on New Year's Day



Chinese New Year 2020, weeks before the pandemic hit Seychelles



Guests at the celebration



The Hongbao tradition: It is important to accept the red envelope with both hands



It is our first week since we launch our platform, and we want to thank all those who signed up! If you are hesitant or wondering what is available; then here is a quick summary. We have around 25 episodes of series ranging from music to food and talk show. We have the very first local Kreol Seselwa movie ever made, in full!

And the beauty of it, is that there are more to come with new uploads every week! For only 199 monthly, get ready for your next adventure!

FRESH THIS WEEK

Dan Kof

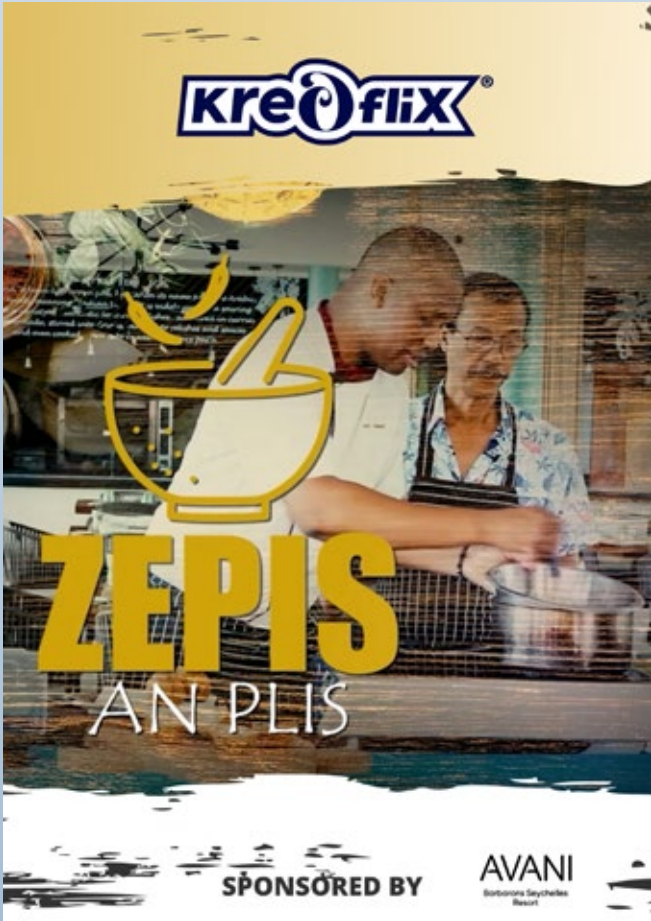
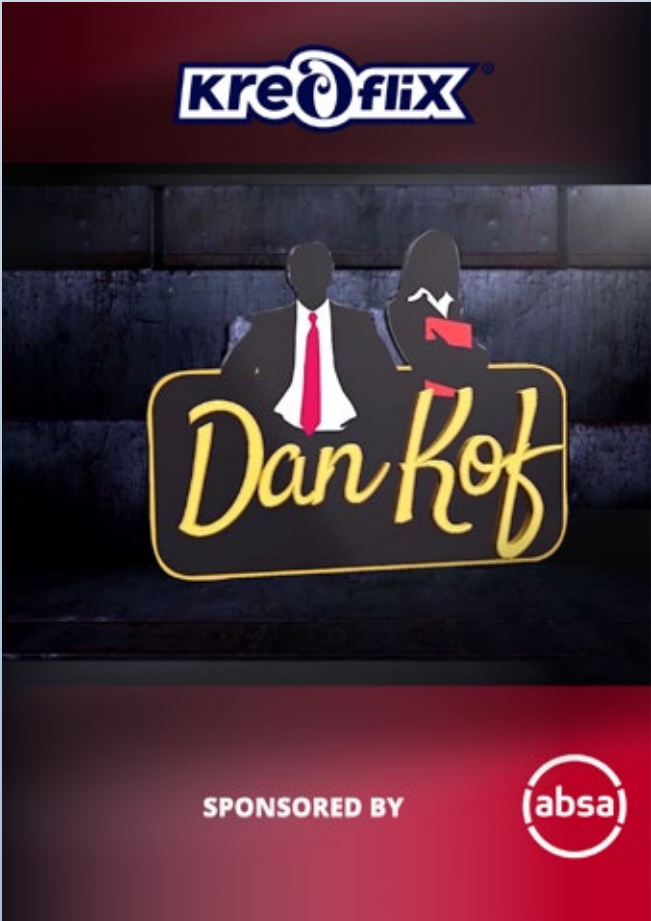
You have heard of Dragon’s Den or Shark Tank? Then we bring you Dan Kof! We started off with 21 optimistic entrepreneurs who wanted to pitch their ideas for a chance to win the SCR25,000 to start or enhance their business, courtesy of absa Bank Seychelles! Some of the pitches were not quite there yet and frankly, some we reckon 25K will just not do! The six who made the final cut are now battling it out in front of three judges that are going to dissect their pitch. The nerves are racking but under pressure, the contestants need to maintain a good composure if they are going to come out of this as a winner! The products and services range from vertical planting, educational App to local sauce! Have a look at www.Kreoflix.com and see if you can spot the winner!

Zanfan I Dir

One of the shows that is trending on our platform is Zanfan I Dir! Myra Labiche sits down with two kids per episode and talk about almost anything...and we mean anything! The little heroes who are no older than 8 years old, are free to express themselves and we love it as we get to dig some dirt on their parents or friends! Are they in a relationship? Do they have best friends? Can they sing? We guarantee a good laugh and you will think twice before doing anything in front of the kids! You never know, your babies might be next! Sign up at Kreoflix now to view full episodes!

Zepis An Plis

Executive Chef Marcus Freminot, now strutting his culinary skills in Mucat, Oman, joins us for Zepis An Plis whilst he was working at the then Avani Hotel, Barbarons and in grand fashion, celebrity guests joined him to try and enhance their culinary prowess. If you subscribe to www.kreoflix.com, you get to experience these delicious, sultry and exquisite dishes – nothing too difficult but really heaven on a plate! Sherin Francis & K-Radio Breakfast Show Host Aubrey, join the chef for their crash course in some fine cuisine. Amazingly enough they are not complete novice! The chemistry does not just boil down in the dishes but also the interaction between the personalities! Subscribe now for only SCR 199 and learn to make simple but elegant dishes that will wow your guests next time you entertain at your home!



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THE CURSE OF THE MILLENNIALS

BY MARTINA LUTHER

The children now love luxury, they have bad manners, contempt for authority, they show disrespect for elders and love chatter in place of exercise. Children are now tyrants, not the servants of their households. They no longer rise when elders enter the room. They contradict their parents, chatter before company, and tyrannize over their teachers. (Socrates - Greek Philosopher)

Although not everyone, but every generation looks down on the next and vice versa. Even Socrates had his famous quote separating the youth from his generation.

It can be said, and seen through numerous studies that millennials are seemingly the most studied and talked about generation to date; they are the first generation in history to have grown up completely immersed into a world of digital technology, in the process, shaping their identity, social and cultural views and attitudes.

Millennials have been stereotyped as lazy and entitled employees that set the bars too high. .

According to a study; Millennials are the most educated generation in western history ranging from 34% of 25 to about 29 years old. Americans holding a bachelor's degree, master's degree or higher, a high rate compared to back in 1968. It is expected that these numbers will grow as more millennials born after 1980 matures.

The stereotype that many millennials are job hoppers is highlighted a lot as well, however this could not have applied solely to them as generation Y is seen in the same behavior as well; and people must understand that job hopping is a common feature or habit when searching for growth, work life balance and good work culture. (Theguardians.com millennials at work)

Locally, millennials, are not necessarily stereotyped as much as the Gen Z generation. I can say that there is a reasonable number of people from the millennial generation working in different industries, and some are even business owners or seeking further studies for career growth.

We cannot base an argument on what we believe to be true or stigmatize a generation on what media portrays, nor what we hear others say about one another. We cannot also focus solely on how the past generation used to do things but rather try to find constructive approach on how we can incorporate the past generation's effective ways of nurturing, with the inevitable changes that is occurring in the world.

Maybe through it, we can still preserve our culture and manage to move forward in a society, where right and wrongs are not based on which generation we are categorized in.

At the end of the day, if we reflect deeply, we cannot blame technology for everything that contradicts the old ways, or as the reason for every behavioral change that is not necessarily fit, in what we consider appropriate in society. No one is born with the ideal parenting skills nor is it taught in school. It is through observation and nurturing that we learn how to behave and respond to different aspects of our lives and our entourage.

We must also keep in mind that we should nurture our kids for society, so that when they go out in the world, they possess at least the basic life skill and attitude, no matter how advanced technology become. We must not live in a world where we only look back on what it used to be but instead on how we can preserve and practice the valuable and crucial aspects of the past, whilst we move towards the inevitable.





Andrew Palmyre

‘Do not aim to be number one; aim to be the best at what you do, regardless.’

CONTRIBUTED BY CINDY VIDOT

Andrew Palmyre is a professional self-taught graphic designer and the owner of AP Designs. With over fifteen years of experience, Andrew has become an expert in his field, specialising in corporate branding. His involvement in a diverse range of projects, working with commercial and technical departments, has allowed him to anticipate clients’ needs and deliver at a very high standard, becoming one of the leaders in Seychelles’ graphics design scene.

“I have had many opportunities to work with various clients across multiple industries, from start-ups to well-established businesses such as the Seychelles Civil Aviation Authority (SCAA), Top Deck Services, K Radio, Jouel, Kreolor, Mauritius Commercial Bank, Constance Ephelia, Seychelles Islands Foundation and Air Seychelles. Among the various projects, Andrew also worked on the logo refresh of TO-DAY In Seychelles.

“Andrew is an artistic and gifted professional who worked with me on our rebranding project. He understands what you want on a completely new level. I highly recommend Andrew for his work, responsiveness, value and ability to deliver and implement his client’s goals,” said Veronica Maria

For Andrew, the time has come to expand the services of AP Designs. “In 2021, my business partner and I opened the *Créatifs* Studio. The Studio expands upon the strength of AP Designs and brings together all of the creative disciplines, working on branding, sales and marketing topics. We are a group of professionals that collectively have decades of experience in marketing, communications, branding, sales, and strategy development. The aim is to deliver creative solutions tailored to each client and support by optimising and building brand recognition, maintain corporate identity and as a result, gain exposure to increase market share,” says Andrew.

Créatifs is a ‘green’ company, meaning we work with our clients on inno-

vative and sustainable solutions for their businesses. This philosophy is an important value for our company, and we aim to impart, advise, and provide sustainable solutions to our clients whilst meeting all their business requirements.

Andrew’s business partner is Cindy Vidot. Cindy has a strong financial background with a Bachelor’s degree in Accounting & Finance and a Master’s degree in Leadership & Strategy, with over fifteen years of commercial experience in Revenue Management, and with Sales and Marketing teams of commercial organisations. Also on the team is Emilie Ernesta, the business development manager. Emilie has a Bachelor’s degree in Business Administration with a major in Marketing. She is an experienced Marketing professional with extensive knowledge in developing, planning, and implementing marketing strategies in local and international markets. Aurellie Bradburn is the junior Graphic Designer on the team. She is one of the top performers from the Seychelles Institute of Arts & Design (SIAD), class of 2021.

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TODAY
in Seychelles

Valentine's Day POETRY COMPETITION



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POVERTY IS REAL



CONTRIBUTED BY ZIGGY ADAM

Poverty is real: It stares at some of us in the face as we walk the street. It is undeniable when we read about it in paragraphs or on an excel sheet. However, some of us endure it, mitigate to protect our dependencies from it; and some of us are subjugated by it.

A country, an economy, a society or a person can define poverty differently. It may consider a person or household's economic status only (Monetary Poverty), or it may take a multitude of other well-being factors such as access to drinkable water or the highest level of education attained (Multidimensional Poverty).

Another way of looking at poverty and measuring it is using both methods combined; doing so will allow an analyst to see whether people or households suffering from Monetary Poverty also suffer from Multidimensional Poverty or not.

In Seychelles, we have adopted both approaches, i.e. Monetary and Multidimensional.

We sometimes fail to realize that we have people living lives that we would never understand by simply sitting behind an office desk or behind the numbers and socio-economic statistics.

Poverty can indeed become anyone's problem at any point in time. With some, it is less likely because of either government programs and policies we call safety nets; personal resilience whereby a person suffering from monetary poverty may choose to get a second job; community, relatives or extended families that offer support, or maybe in all aspects that person or household is 'well-off'.

Yet, for some people, poverty is a prison cell with no locks. They are doors that are too small to get through.

The general concept is that poverty is self-inflicted, or the person(s) in poverty are doing nothing to get out of it.

I agree that to some extent, this may be true and this takes us into the theories of a 'poor mindset'.

However, even a poor mindset is an issue to be resolved. Often what is lacking is perspective -placing oneself in these shoes. Some people are poor, whether we want to believe it or not. (See Multidimensional Poverty Index 2019)

Let us analyse this scenario- Let us say there is a single mother of 4 children; one is still an infant, one is 3, another is 6, and another is 12. She is currently unemployed and is relying on government social assistance. At this point of information, the general comments would be, why isn't she looking for a job?, and why is she not on contraceptives?

If we investigate further, we find out that she has looked for a job, but soon after securing a job, she will have to forfeit the social security benefits.

This creates a chain reaction and imbalance to her efforts to maintain her family.

Going to work will mean she will need; transportation costs, daycare costs, more food for herself, clothes for work, child-minding for the children after school. Now add that to the fact that she will be taking home minimum wage and other underlying issues such as poor housing conditions, arrears in utility bills, and more.

This is a real scenario- this particular situation exists and is not unique.

Statistics show that in 2019, 11.88% of the population was suffering from at least four different deprivations from a list including poor housing conditions, low level of education, unemployment, teenage pregnancy and more.

This shows that money is not the only factor, and hence poverty cannot and will not only be resolved by money.

We have graduates and professionals who are finding it difficult to get through the month, to make ends meet. We have people who are in informal employment and thriving, we have ordinary people going to work and to school who are living in poverty, that is to say, below the standard of living. Poverty is real.



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Why regular massage is so important in today's age

CONTRIBUTED BY EDEN HOLISTIC SPA

Massages are wonderful. They help us relax and unwind from the stress and anxiety life can bring. They give us time to ourselves away from friends and family, and they help us realign our centres of emotional and spiritual balance. Plus, a great massage can help stave off other medical interventions that are not as natural, and that possibly have unfortunate side effects. No one will argue that a massage is a great thing to gift yourself or someone else.

In the days of desk jobs and computer dependence, it is more important than ever for you to receive massage on a regular basis. In today's technologically driven world, we spend far too much time sitting at a desk hunched over a keyboard. These prolonged periods of sitting (especially if repeated every day for many years) can lead to shortened and overworked muscles in both your chest, hips, legs and core, weaken your skeletal structure and can lead to many other chronic illnesses stemming from lack of blood and lymph circulation as our bodies are not designed for this extreme sedentary daily routine of sitting stiff.

Along with exercise and yoga, regular massage can improve your posture, mobility and musculoskeletal function by incorporating certain massages techniques that stimulate the production of lubricants between connective tissues and joints, loosen and stretch tight muscular restrictions which improve flexibility and balance while also allowing blood to flow to the tight areas nourishing them with nutrients and oxygen.

However, it is hard to retrain and maintain proper posture if you are only receiving massage once every few months or years and should be used together with other exercise modalities for even better results.

Beyond retraining muscles to improve upon chronic pain, posture and mobility, massage has a wealth of other benefits.

MASSAGE CAN HELP YOU FEEL HAPPIER, BALANCED AND IMPROVE SLEEP

The action of massaging the skin stimulates the parasympathetic nervous system and alpha brain waves, which are associated with relaxation and promote the release of endorphins. Endorphins are organic body chemicals that act as natural painkillers and mood elevators. That's why they're referred to as the body's "feel-good chemicals."

Massage is known to help reduce cortisol levels in the body. Cortisol is the primary stress hormone, the fight or flight hormone. Elevated levels have many negative effects on the body, including the immune system and unfortunately with today's hustle and bustle lifestyle, the body is being flooded with stress hormones constantly. At the same time, massage has been shown to boost serotonin and dopamine levels by nearly 30%, helping you feel more relaxed, focused, and positive while also enhancing good, deep sleep.

MASSAGE CAN GIVE YOUR IMMUNE SYSTEM A MUCH-NEEDED BOOST



Massage is known to increase the production of lymphocytes—white blood cells which help fight off disease. Although a massage can't guarantee that you'll never get another cold, there is research that suggests it helps the body fight infections and reduce the severity and duration of minor illnesses. A strong immune system makes you healthier and better able to handle the stress that inevitably comes your way.

Your lymphatic system is a complex system of tubes and lymph nodes running throughout your body and is independent of the circulatory system. The lymphatic system is a key component of your immune system. It helps to fight bacteria and other infections and eliminates them from the body. A healthy lymph flow also helps rid toxins from the body. Massage, as well as exercise greatly stimulate lymph flow, thus enabling the lymphatic system to do its job more effectively to fight off infections and eliminate toxins.

MASSAGE FACILITATES IMPROVED CIRCULATION

Massage therapy is great for facilitating better blood circulation. The blood delivers oxygen and nutrients to the cells of the body. Massage helps the blood do its job more efficiently and thoroughly. The pressure created by massage moves blood and lymphatic fluid through congested areas. Lactic acid is also flushed from the tissues. A better functioning circulatory system results in lower blood pressure and improved body function.

MASSAGE CAN BENEFIT PEOPLE WITH VARIOUS CHRONIC HEALTH CONDITIONS & SPEED UP POST-INJURY HEALING

Massage therapy can help with several common health conditions. If you suffer from constant back, leg, and neck pain or muscle tension and spasm, a good massage will get you on the road to feeling relieved. Also, some musculoskeletal conditions like carpal tunnel syndrome can be helped by massage. Chronic conditions like scoliosis, multiple sclerosis, fibromyalgia, arthritis, and some digestive disorders can benefit from regular massage. While not curative, the aches and pains from chronic illnesses can be minimized and often-times eliminated with regular massage.

If you have overdone it in the gym or accidentally hurt yourself, you'll be glad to know that massage doesn't just help to reduce muscle soreness and stiffness, it can also break up scar tissue restrictions, bring relief to nerve and joint pain, freeing up movement and enhancing your body's self-healing capability.

There is a vast amount of benefits from receiving regular massage -which is too numerous to condense into this article such as improved skin tone, relief from digestive issues, mental health among others- especially in conjunction with a nutrient-rich diet and exercise. There are also a huge variety of massages for different issues, such as pregnancy massage, lymphatic drainage, cellulite, deep tissue, hot stone among many others, so ask your therapist which one would be best for whichever benefits you wish to reap from this ancient healing practice.



EDEN HOLISTIC SPA
SEYCHELLES

Some of the Many Benefits of Regular Massage

- Reduces muscle tension and pain
 - Speeds up injury recovery
 - Boosts the immune system
 - Relieves stress & anxiety
 - Enhances clarity and focus
 - Stimulates the nervous system
 - Improves blood & lymph circulation
 - Improves joint mobility & posture
 - Improves sleep quality
 - Enhances skin health
 - Helps to balance hormones & mood
 - Helps to relieve digestive issues

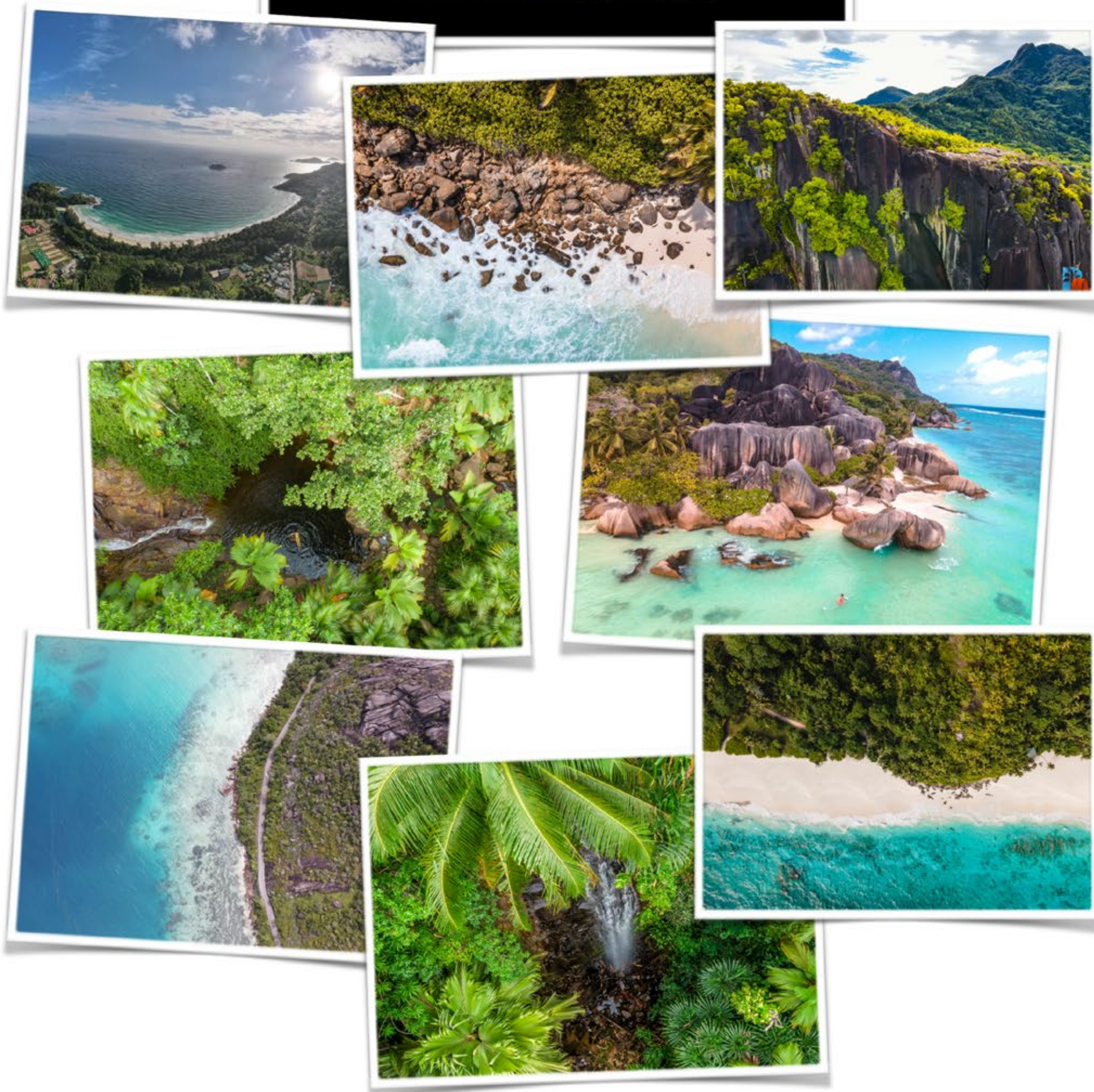
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Gardens and outdoor cleaning gadgets to consider

COMPILED BY CHRISTINE OUMA

Seychelles has been rocked by persistent winds and heavy rains for some time as it is the North West Trade Winds season. Trees and leaves are both falling and littering the grounds and other outdoor areas. Littering in normally well-kept areas can be an eyesore, so there are tools you can use to clear up fallen leaves, especially after heavy winds. You may be interested in the following high-quality Gardena gadgets. DIY Seychelles stocks Gardena gadgets.



1. ErgoJet 3000 ready-to-use Set

The Gardena ErgoJet 3000 is a powerful and simple-to-use electric garden blower that is ideal for blowing, vacuuming, and shredding leaves for a tidy garden. Because of the unique tool-less ClickFit feature, converting from blow to vac mode or vice versa is quick and easy. When vacuuming small debris, the integrated metal impeller enables for a shredding ratio of up to 16:1. Wet leaves can also be removed using the scraper on the vacuum tube's edge. The ErgoJet 3000's ergonomically shaped handle with soft grip and optimal weight distribution make it very comfortable to use.

2. Leaf and Lawn Collector

Your lawn needs to be free of foliage in order to get some air, and removing the leaves can be time-consuming. With GARDENA's one-of-a-kind Leaf and Lawn Collector, this chore becomes quick, quiet, and comfortable. And without bending! Enjoyably uncomplicated. All leaves on the ground can be collected reliably thanks to the sophisticated brush system – almost silently, as everything is powered by your hand without the need for an engine. This way, you can save energy while also making a conscious decision in favor of sustainability. The Leaf and Lawn Collector can also be used to collect grass clippings and scarifying material.

Everything can be collected with ease thanks to the simple height adjustment for adaptation to the ground. Working in your garden will be a lot of fun! Pushing your Leaf and Lawn Collector is also made easier by the ergonomically shaped handle. When the collecting basket is full, simply detach it to empty and then reattach it. When the job is finished, the Leaf and Lawn Collector can be stored in a compact manner. The GARDENA warranty of 5 years emphasizes the high quality. Instructions for use: The GARDENA leaf and grass collector functions similarly to a mechanical rake and is thus environmentally friendly. The wheels propel the rotating brushes. Solid objects such as Acorns, chestnuts, fruit, and others are not collected.

The leaf and grass collector is only partially suitable for foliage with stems and large leaves, which may become entangled in the brushes. It may be necessary to go over the area several times when collecting leaves on paved paths or tarmac.



3. Battery Garden Vac/Blower Set PowerJet Li-40 ready-to-use Set



The powerful and easy to use GARDENA Battery Garden Vac/Blower PowerJet Li-40 quickly and easily removes debris, leaves, and grass cuttings from land plots with a blow speed of up to 320 km/h or suction power of 160 l/s, without the need for bending down and straining. An intuitive key panel on the handle ensures maximum operating comfort. To suit each application, the output can be steplessly regulated. The set comes with a battery and a charger. The unit is powered by a GARDENA System Battery with 40 V* and 4.2 Ah that is simple to maintain. The battery can be quickly recharged at any time without affecting memory. Without a load, the maximum output voltage is 40 V, and the nominal voltage is 36 V.

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Normal Warranty

The visitor that stayed – Madagascar Fody

Red Cardinal Fody or Madagascar Fody



CONTRIBUTED BY SEYCHELLESCALLING.COM

The Madagascar Fodies (*Foudia madagascariensis*) – also known as Red Fodies, Red Cardinal Fodies or Common Fodies – are abundant in their native habitat of Madagascar (an island off the east coast of southern Africa). These small weavers have been introduced to many other islands, including Seychelles around 1860, and is today the most common bird species.

Non-breeding birds, juveniles and females basically look like plain sparrows. However, just before the breeding season, the male moults into a flashy scarlet-red plumage. The Madagascar Fody is commonly small and barely measures 15cm long, its tail included. The birds are monogamous – mate for life. The male will start the nest before courtship commences, constructing it out of rootlets, tendrils, grasses and other long strands of vegetation, woven together. The nest takes around eight days to build, and many get abandoned or dismantled if the male fails to attract a mate. You can often walk around and see these abandoned nests, always make sure there are no little eggs inside. They are master weavers and when they successfully mate, these nests are properly secured for the next phase in their relationship.

Once they successfully mate, the nest is filled with the average clutch of around 2-4 eggs, and the eggs being pale blue-green, slightly glossy. The female incubates, but chicks are fed by both sexes, primarily by regurgita-

tion. The length of the incubation for the Madagascar fody is about 13 to 17 days.

Now there are a few people in Seychelles that finds pleasure in feeding these wild birds. It is such a happy sight to drive past driveways and yards where a person would be standing throwing out seeds or grains where hundreds of birds would be surrounding him/her. Some birds would already be there waiting to be fed, almost knowing the exact time of the day they will receive their afternoon meal.

Fodies are predominantly granivorous with 80% of its diet being seeds and 20% insects. Seeds include those of grasses and rice. Arthropods include beetles, caterpillars and moths and spiders. Nestlings are fed on both seeds and insects.

The Madagascar Fody was introduced to Seychelles years ago, including numerous other islands in the Indian Ocean. As their population grew bigger and bigger, the problem of the mad fodies mating with the Seychelles fodies became apparent. This created a hybrid which threatens Seychelles own fody population and other endemic species such as the terns. The eradication of the Madagascar fody from some of the outer islands such as Assumption, Aride and Aldabra was successful.

On the contrary, Mahe island seems to be unable to battle against the small but invasive species.

The Madagascar Fody



Five Ancient Chinese Beauty Secrets for Better Skin

SOURCE: BYRDIE

When it comes to skincare, we’re smart enough now to know that we should look to the East for all the latest innovations (see essences, cushion compacts, snail creams, etc.). But sometimes, looking to the past can yield even more solutions than the present. After all, a Chinese empress may have had poreless porcelain skin thousands of years before serums were invented, and a Japanese geisha may have known how to cleanse her glowing complexion without the help of modern foaming cleansers. With this in mind, we tapped Wei Brian and asked her to share her favorite beauty secrets from ancient China. From jade rollers to herbal teas, keep scrolling for five traditional Chinese beauty rituals for better skin!

MEET THE EXPERT

Wei Brian is a beauty guru and the mastermind behind Wei Beauty—a skincare line based on 5000 years of Chinese herbal medicine. She favors a holistic and scientific approach to beauty.



DRINK THE RIGHT TEA

In that same vein, Brian says you can also steep these herbs in hot water and make an herbal tea. They might not taste the best (this editor can attest to that, having grown up in a traditional Chinese household), but the fact that they’ve been used for thousands of years for glowing skin and a stronger immune system is a testament to that fact that they work. “There are many herbal teas and ingredients used in traditional Chinese medicine,” she says. “These herbal remedies are prescribed depending on many factors, including the season and your symptoms.”

For example, Goji and Ju Hua [chrysanthemum] are used to help detox and boost your defense system, but these are more commonly used in summer, when the herbs are most potent.” For beginners, Goji tea might be the easiest—simply soak the berries in a cup of hot or cold water with another tea bag, and allow the tea to steep. Afterward, you can drink the tea and eat the Goji berries, which will have plumped up and gotten juicy. They’re full of antioxidants, minerals, amino acids, vitamin C, and carotenoids—i.e., a cocktail of ingredients for a clear, luminous complexion.



TRY A JADE ROLLER

Using a jade roller or stone on your face is believed to work the same way as dry brushing your body—by getting your circulation going and helping to detoxify. “In ancient times, there were two basic devices: a jade roller to target acupuncture points and a special flat stone made of jade, which was used to open up the meridian blockage, allowing your Qi [Chi] and blood circulation to flow better,” Brian says. “These devices were used to help the body and skin heal itself.” Nowadays, you can buy a jade roller easily and re-create this ancient ritual at home.

First, Brian says to start with a detoxifying mask, like her line’s Goldenroot Purifying Mud Mask. After deep-cleaning your skin with a mask, use a gentle cleanser, then apply a serum or moisturizer. Next, grab the jade roller and slowly roll it upward and outward from the center of your face. For flat stones, Brian says, you can “rest” on the stones after moisturizing by placing them on your face for five to 10 minutes. Jade has been used for centuries by Chinese royalty to rid the body of bad Qi, and using a smooth, polished roller on your face is believed to soothe, de-puff, and can even supposedly decrease wrinkles.



KNOW THE POWER OF MUNG BEANS

Turns out Chinese empresses enjoyed a DIY face mask as much as the rest of us. Their ingredient of choice? Mung beans, which were ground to a paste and thought to be good for healing acne and de-puffing, Brian says. Don’t enjoy the thought of putting mashed beans on your face? Try buying powdered mung beans and mixing it with Greek yogurt for a potentially skin-brightening mask that’s less messy. Brian also says Wei is launching a Mung Bean Sprout Stress-Relieving Soothing Mask in the fall, featuring a sheet mask that floats in “the essence of mung bean pressed at the point of germination.” Stay tuned!



GET HERBS

Chinese medicine is largely based on knowing which herbs and roots can treat certain conditions—skincare included. Thus, it should come as no surprise that women in ancient China relied largely on herbs to keep their skin looking radiant. “Bei Qi, Huang Qi, and Goji are three herbs often used in traditional Chinese medicine for skincare,” Brian explains. “These herbs can be used topically—Bei Qi is known for improving skin clarity; Huang Qi is great for revitalizing tired, aging skin; and Goji is known to defend skin against aging.” To know exactly which ones to choose and how to use them topically, Brian recommends going to an herbal clinic or Chinese pharmacy.

“The ratio may vary for your skin type, concern, age, and other factors,” she says.



DIY A TURMERIC MASK

Turmeric is the DIY mask ingredient of choice for many brides in the Middle East, and it turns out Chinese women feel the same about this potent orange root; Brian says women in ancient China would make turmeric masks to help reduce wrinkles and even their skin tone. “Mix one tablespoon of almond milk, one teaspoon of honey, and one teaspoon of turmeric,” she instructs. “If you want the consistency of your mask to be thicker, you can use yogurt or add a drop more honey, but I like using almond milk because it contains vitamin E and antioxidants.” She uses a face brush to apply the mixture to her face (“turmeric can be messy!”) and leaves it on for 10 to 15 minutes before rinsing off. The result? Skin worthy of an empress



jakana
pikiray

Height: 165cm
Waist: 71.5
Bust: 85.5
Hip: 94.5
Shoes: 38
Fashion, Photographic, and
Commercial Model.
Agency: Telly Modelling Agency

ICS rescues Turtle nest site

CONTRIBUTED BY NASREEN KHAN AND JAYMEE CLARRISSE, ISLAND CONSERVATION SEYCHELLES (ICS)

Turtle mamas face many challenges during the nesting period as she tries to find the perfect beach to safely lay her eggs. Beaches are dynamic week after week, just walking up shore - she can encounter changes in beach profile structure; a once smooth and flat beach, can give way to tracks of sharp granitic and limestone rock or a significant change in beach crest, meters high. Further to that, the bush itself can be thick and gnarly with heavy branched scaevola bushes or deep roots of a casuarina tree, blocking the way of a perfect nest chamber. Since there is no maternal care after she lays her eggs, nest position, egg laying, and nest camouflage are important aspects to ensure survival of her offspring. Turtle mamas overcome challenges with admirable tenacity and strength that demonstrates

why they have survived for millions of years. However, sometimes dynamic weather systems can cause sea turtle embryo mortality in nests, often as a result from erosion and infiltration of seawater. However, on Silhouette erosion happened from freshwater streams. Recent storms and plentiful rain have resulted in many fresh water streams making their way to the sea shore all around the island. Although the rain has

been a welcome relief after the drought, the fresh water streams have inadvertently begun eroding away parts of the beach. The staff found eggs lying exposed on Anse Cimitiere, the team acted swiftly to translocate the eggs to a safer beach, before the crabs or birds predated upon it. Erosion of nests like this, has not been witness before by ICS staff member who has lived on the island for 5 years. A specific protocol is followed when translocating eggs. The team placed the

eggs in 5x30 egg cartons, equaling 123 in total. They used gloves and the eggs were kept upright - in the same axial orientation as they were when they were laid to aid in the translocation process and to prevent mechanical shocks. The clutch was reburied in a hand-dug cavity that resembled in-situ nests in terms of shape, size and sand characteristics. The chamber was measured to ensure the nest was dug at the same depth, 60 cm which represents the average nest-depth for this population. To increase hatching success of these endangered species, nest translocation to hatcheries is a common management tool in some cases.

Did you know? the sex of hatchlings is determined by the temperature of the nest. If the nest is colder, then there will be more male hatchlings, with the opposite effect producing more females. With climate change, turtle sexes have been skewed - producing greater numbers of female turtles in recent years. This

could lead to a population collapse for species such as the critically endangered hawksbill turtle and further complicate the struggle to prevent extinction. On a more positive note, it has

been suggested that 'natural selection regarding the mother's choice of nesting site may mitigate the challenges of a warmer climate and ensure that an equilibrium between the two sexes can be found.'



7 DAY LOCAL FORECAST

Today

Humidity: 81%
Wind: WNW 21 mph
UV: 7 (High)
Sunrise: 06:21 am
Sunset: 06:40 pm

26 / 25 °C
Feels Like: 28 °C

High 3:46am (1.57m)
Low 10:28am (0.57m)
High 4:28pm (1.35m)
Low 10:19pm (0.6m)



Moon Watch

- New moon Tuesday 1 February
- First qtr Tuesday 8 February
- Full moon Wednesday 16 February
- Last qtr Thursday 24 February

Monday



26 / 25 °C
Light showers

Humidity: 80%

Wind: WNW 21 mph

UV: 7 (High)

Sunrise: 06:22 am
Sunset: 06:40 pm

Tuesday



27 / 25 °C
Light showers

Humidity: 78%

Wind: NW 20 mph

UV: 7 (High)

Sunrise: 06:22 am
Sunset: 06:40 pm

Wednesday



26 / 25 °C
Overcast

Humidity: 75%

Wind: NW 17 mph

UV: 10 (Very high)

Sunrise: 06:22 am
Sunset: 06:40 pm

Thursday



26 / 24 °C
Overcast

Humidity: 76%

Wind: NW 15 mph

UV: 5 (Moderate)

Sunrise: 06:22 am
Sunset: 06:40 pm

Friday



28 / 25 °C
Showers late

Humidity: 77%

Wind: NW 16 mph

UV: 7 (High)

Sunrise: 06:23 am
Sunset: 06:40 pm

Saturday



29 / 28 °C
Mostly sunny

Humidity: 79%

Wind: NNW 17 mph

UV: 10 (Very high)

Sunrise: 06:23 am
Sunset: 06:40 pm

The Horned Eye Ghost Crab

COMPILED BY CHRISTOPHE ZIALOR

Have you ever wondered what lies beneath the little burrows on the beach? We used to be fascinated as children by the small creatures that lurked in these holes, you know, the white crab that ran as fast as the speed of light as soon as it saw you approaching.

The enigmatic Horn-eyed ghost crabs (*Ocypode ceratophthalmus*) or Loulou in Creole, are responsible for these burrows. Commonly found in the tropics along the intertidal zones of sandy beaches, these small crabs are pale in colour with a dark H-shaped groove on top and distinctive horns on their eyes, thus the name. They are swift runners and one of the fastest crustaceans on the beach. At the slightest sight of danger, they would dart across to their burrows or into the sea to escape intruders.

Burrows on beaches with ghost crab populations are common. They can dig as deep as 1.3m. Their burrows are normally found near the sea-shore which is above water at low tide and over water at high tide. These crabs are not picky eaters; instead, they are scavengers or hunters and feast on carcasses, worms, fish, clams, crabs, live

turtle hatchlings and even their own species. Human activities are negatively impacting the ghost crabs through heavy foot traffic and inorganic pollutants on the beaches. The crabs are essential contributors to a healthy ecosystem and play a pronounced role in beach cleanups. As a result, they are critical to the functioning of the food chain and are recognised as ecological indicators of human disturbance.

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Nid D'Aigle, highest point on La Digue



Nid D'Aigle, highest point on La Digue



COMPILED BY U-ROY JULES

Since our launch, Ozordi Dimans has taken you to some spectacular sites through our hikes and trails page. But you have not seen it all. Today, we will discover another unique

trail of Seychelles on La Digue Island. The Nid D'Aigle hike, known in English as the Eagle's Nest, is La Digue Island's highest point.

One of the steepest nature trails on La Digue, the summit of Nid D'Aigle Mountain is at 333 meters above the fourth-largest island of the archipelago.

The Snack Belle Vue Restaurant and cafeteria sits on top of the Nid D'Aigle and indicates the commencing point for this trail. This restaurant itself sits quite elevated up, so most of the hiking elevation will be covered on the very steep and winding concrete road on the way up. Should you fancy a less sweaty

journey, you can hop on the restaurant's very own shuttle bus.

Although a short walk up to the summit, Nid D'Aigle does not fail to deliver stunning and panoramic views of the western side of La Digue on the way up.

Upon reaching the peak, you will be greeted with the most breathtaking

view of La Digue and the surrounding islands. Remember, with limited amount of shades, it is recommended that you wear sunscreen, a hat, correct footwear and carry plenty of water to avoid dehydration.

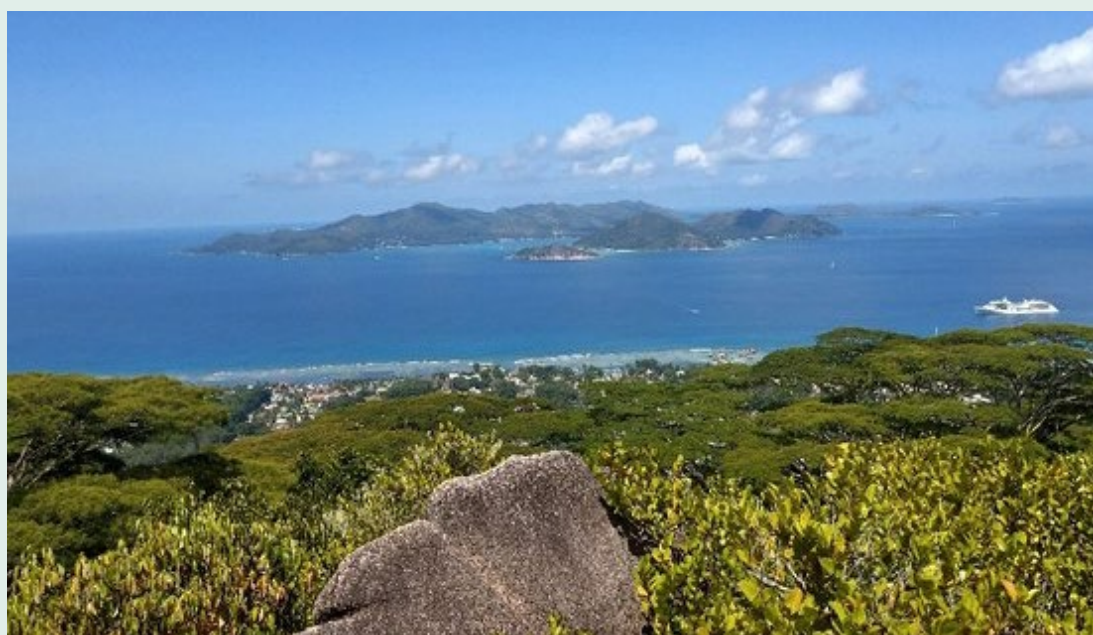
Happy hiking!



The Snack Bellevue restaurant and cafeteria



Delicious smoothies, the perfect drink to quench your thirst after a long time



Panoramic view from Nid D'Aigle



Beijing, China

COMPILED BY CHRISTINE OUMA



A spectacular aerial view of Beijing, China at night

Beijing, originally known as Peking, is the capital city of the People's Republic of China. It is the political and cultural centre of the world's most populous country. It is also China's third most populous city and the largest in terms



During the Chinese New Year, the city is colourfully decorated with lanterns among other Chinese decorations



Walk the Great Wall of China



Quanjud Restaurant is highly recommended for Peking Duck

of administrative territory. More than 2,000 years ago, the first town was constructed near the point of contact between the "civilized" traditional Han Chinese and tribal peoples from the north and west, whom the Chinese considered barbarians. During the 3rd century BC, the Great Wall, which stretches

along the Yan Mountains about 40 miles north and west of Beijing, was built in an effort to stabilize the border between Han Chinese and barbarian peoples. Beijing has evolved from an austere Communist capital to an international city in the last ten years. With the successful hosting of the 2008 Olympic Game which also triggered an increase in its economic growth, it is taking "the great leap forward," becoming a modern destination with all the luxuries required to prepare for its role as host to the world.

Beijing, the country's political capital, is a dazzling display of skyscrapers and government buildings. While 15% of the population still lives in the Ming Dynasty-era Hutong complexes, the rest of the city's residents are increasingly living in high-rise apartments, as is the case in all major cities throughout the world. The contrast of these new entities with Beijing's old architectural gems creates an almost captivating scene for visitors.

Visa

If you are coming to China for sightseeing, you should obtain a tourist visa from the Chinese Embassy or Consulate in your home country.

Accommodation

Beijing has many good hotels to cater for those looking for a luxurious stay. The budget hotels cluster at the city outskirts, while the hotels in the city center are often relatively expensive. Travelers are strongly advised to book a hotel through a reliable travel company, whose good relationship with hotel owners often guarantees a preferential price. When you check into your hotel, you will need to show your passport and fill out a temporary residence form. Usually foreigners can only stay in hotels that are three-star and above, or any hotels, mansion or hostels which have the licensed permits to take foreign tourists. Beijing hostels are the most cost-effective way to stay in the city. Request to see a hostel room before paying, and choose a dorm (many bunks in one room). A Beijing hostel bunk will cost you between \$8 and \$15 USD.

You are also welcome to stay at the houses of your Chinese friends or relatives, but you should register with the local Public Security Bureau and inform them of your presence.

Transport and communicating

The official language of China is Mandarin Chinese, which is a northern dialect and this is what the people of Beijing speak. When Chinese people from the countryside or other parts of the country visit Beijing, they often have a hard time communicating. So you're not alone if you're having trouble getting yourself understood.

The majority of hotel staff speak English, so this is not a major issue; nonetheless, communicating on the street may be difficult. If you're taking a taxi, have someone write down your destination's address in Chinese. Because street signs are written in both Chinese and English, it is easier to figure out where you are if you have a map. Furthermore, because most young people nowadays are studying English, you will most likely be able to acquire easy directions and assistance from a younger individual. If they are unable to assist you, they will most likely make effort to locate someone who can.

According to Destination China, a Destination Management Company, to really say you've "been around Beijing", you have to do more than just take a coach. You have to try a few other things as well. For instance, China is famous for bicycles. Then there are the rickshaws and of course, as "The Jam" sang so... "Eloquently" in the 70's, there is "going underground". So what else might you think would make a Beijing experience, outside of the monuments that have made the city and the country so famous?

Attractions

The Great Wall, the outstanding feature of China's ancient heritage; The Forbidden City, the best preserved and largest imperial place in the world; and The Hutong, which epitomizes old Beijing are just a few of Beijing's most popular attractions.

The Great Wall of China, China's most famous attraction, is a must-see on any

China tour. The Great Wall of China, often regarded as a world wonder, has a 2,000-year history and runs over 3,000 miles over multiple provinces in northern China, making it one of the most remarkable historic structures on the planet.

Beijing's ancient dwellings, the Hutongs, still house over 2 million residents today. What better place to ride in a rickshaw, visit local families, and learn and participate in some of China's traditional arts and crafts than in this setting? Kite making, Chinese knot tying (a symbol of good fortune), paper cutting, and calligraphy are examples of activities you may engage in. This will be a mash-up of a variety of experiences.

The Forbidden City (Gugong 'Former Palace' in Chinese) was China's palatial center. It is a Ming and Qing dynasty (1368-1912) imperial palace complex in Beijing, China.

The grand halls and walls of one of the world's five most important palaces boldly display the essence and culmination of traditional Chinese architecture, fitting for the world's largest nation's capital city.

Some facts about the Forbidden City: The Forbidden City is the world's largest imperial palace, over three times larger than the Louvre Palace in France. It has some of the largest and best-preserved ancient wooden structures in the world. The Forbidden City took 14 years to build (from 1406 to 1420) and was built by over 1,000,000 workers, including more than 100,000 craftsmen.

Food

Chinese cuisine, with its complexity and variety of flavours, is unquestionably one of the most enjoyable aspects of a visit to China. Beijing is a foodie's delight, with fusion cuisines from all around the country on offer. Everyone should attempt not to miss out on the opportunity to enjoy Peking Duck. Many places provide this meal; however, Quanjud Restaurant is highly recommended. Other foods, like imperial era meals, noodles, and hot pots, are also available. At night, Wangfujing Street is lined with booths selling a wide range of delicacies. Wangfujing is Beijing's main pedestrian street. You can't miss it.



The Forbidden City



The city boast rich Chinese culture



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Chinese New Year Recipes

COMPILED BY CHRISTOPHE ZIALOR

Throughout history, food has played an important role in the development of the Chinese culture. Symbolism in food has been around for over 2,000 years, evolving from superstitions or traditional beliefs to self-empowerment. People eat foods in the hope that they will bring a blessing or strengthen a belief. The food is frequently named auspiciously, with a homonym to something positive, the shape or color of the food, and historical legends. During Chinese New Year, food serves as a conduit for expressing good wishes, happiness and blessing, abundance and prosperity. So New Year foods usually symbolize good luck and best wishes. For instance 'Year cake' (年糕 niángāo /nyen-gao/) means 'increasing prosperity' because the name is homophonic, similar sounding to 'year high' or 'yearly increase' (年高 nián gāo). As we welcome the Year of the Tiger, why not immerse yourself in Chinese culture with Ozordi Dimans as we begin the new year with three authentic Chinese recipes.

Hoisin pork spare ribs



Hoisin pork spare ribs

Juicy spare ribs braised with a chili and hoisin sauce that make a succulent side dish to any Chinese feast

- Ingredients
- 600ml groundnut oil

1kg pork spare ribs, separated into individual ribs
- For the braising sauce
- 850ml chicken stock

2 tbsp chili bean sauce

1 tbsp granulated sugar

75ml Shaohsing rice wine or dry Sherry

1.5 tbsp dark soy sauce

2 tbsp light soy sauce

2 garlic cloves , finely chopped

2 spring onions , finely chopped

2 tbsp whole yellow bean sauce (optional)

3 tbsp hoisin sauce

2 tsp cornflour blended with 3 tbsp water
- Method
- STEP 1

Heat the oil in a deep-fat fryer or large wok and deep-fry the spare ribs until they are brown and crisp. Do this in several batches, draining each cooked batch well on kitchen paper.
- STEP 2

Combine all the sauce ingredients in a large pan and bring to the boil. Add the deep-fried spare ribs, cover and simmer for about 1 hr or until they are tender. Drain off the sauce and remove any remaining fat.

STEP 3
Heat oven to 180C/160C fan/gas 4. Put the spare ribs on a rack in a roasting tin and bake in the oven for 15-20 mins until they are brown, basting with the braising sauce every 5 mins.

STEP 4
Using a cleaver or a sharp, heavy knife, chop the spare ribs into 6cm-long pieces. Turn them onto a warm serving platter and serve immediately.

Steam-fried bao buns (Sheng jian bao)

This street food dim sum from Beijing is an authentic type of bao bun that puffs up in the pan. You can fill it with minced chicken, pork or prawns and even vegetables.

- Ingredients
- For the dough
- 300g plain flour

30g white caster sugar

1 tsp fast-action dried yeast
- For the seasoning
- 1 tsp vegetable stock powder (I used Marigold bouillon powder)

- 50g sriracha
- 50g vegetarian oyster sauce

Method

STEP 1
In a large bowl, mix the flour, sugar, yeast and 1/ 4 tsp salt with 180ml luke-warm water. Knead the mixture for 10 minutes or until elastic. Put in a lightly oiled bowl, cover with a damp tea towel and leave in a warm place to prove until it has doubled in size, about 1 1/ 2 hrs.

STEP 2
Meanwhile, in a small bowl, mix the seasoning ingredients and 1/ 4 tsp salt. In a separate small bowl, mix the corn-flour with 2 tbsp cold water and set aside.

STEP 3
In a wok over a medium heat, fry the ginger with 1 tbsp rapeseed oil for 30 secs. Add the mushrooms and the seasoning mixture and stir-fry for 1 min. Pour the cornflour paste into the wok and stir-fry for 1 min more, or until the sauce thickens.

STEP 4
Add the Chinese cabbage and fry briefly, then remove the wok from the heat. Add the noodles, tofu, spring onions, sweetcorn and sesame oil. Gently fold everything together so that the filling is evenly mixed, then leave to cool.

STEP 5
Punch the air out of the dough and divide into 20 small balls about the size of a golf ball, each weighing roughly 25g. Put them in a roasting tin and re-cover with the tea towel. Leave in a warm place to prove for a further 20 mins.

STEP 6
Flatten the dough balls with your hands. Use the tip of a rolling pin to roll around the edge of the dough ball a few times to flatten it, then gently work around the edges using your fingertips. The aim is to achieve a round sheet of dough with a thicker bump in the middle on which you can place the filling. Repeat until all of the balls have been rolled. Cover them again with the damp tea towel as you go so they don't dry out.

STEP 7
Taking a dough sheet in the palm of your hand, put 2 tsp of the filling in the middle. Cup your palm so the filling remains in the middle, then gently gather up the edges into the middle and twist to seal. Continue until all the buns are filled. Put them back in the roasting tin and re-cover with the tea towel again.

STEP 8
Add 1 tbsp rapeseed oil to a frying pan over a medium heat. Arrange half the buns in the pan, leaving 1/ 2 cm between them so they have enough room



Steam-fried bao buns (Sheng jian bao)

to rise during cooking. Fry for 1-2 minutes, sprinkling with a little water, then pour 100ml water into the pan and cover with a tight-fitting lid.

STEP 9
Cook for 2-3 minutes until all the water has evaporated and the buns have doubled in size. They should become very white and the bottom should be crispy and golden brown. Repeat the process with the remaining 1 tbsp oil and the rest of the buns. Mix the sriracha and oyster sauce together in a small dish and serve with the buns.

Nian Gao Recipe (Chinese New Year Cake) 年糕

Make this traditional Chinese New Year Food - Nian Gao Recipe (Chinese New Year Cake)! Bless your loved ones with this Sticky Sweet Chinese Rice Cake gift.

Ingredients

- Dry Ingredients:
- 300 grams glutinous rice flour

110 grams wheat starch

A pinch fine sea salt or table salt

Sugar Mixture:

- 250 grams (roughly 3 pieces) cane sugar

60 grams (roughly 1 piece) brown sugar in pieces

1 ½ cup (375ml) cold water

Sesame Coconut Mixture:

¾ cup (188ml) coconut milk

1 ½ tablespoon (20g) Secret Ingredient: Chinese sesame paste/sauce

Other Ingredients:

- 1 ½ tablespoon (22.5ml) vegetable oil

1 jujube red date (for decoration)

Method

STEP 1
Melt Sugar: In a small saucepan, melt 250g cane sugar, 60g brown sugar in pieces in 1 ½ cup of cold water slowly over medium heat. To speed up the process, break down the sugar pieces once the water starts to warm. You

don't have to bring the sugar mixture to a boil.

STEP 2
Prepare dry ingredients Sift 300g glutinous rice flour, 110g wheat starch, and a pinch of salt through a fine mesh strainer into a large mixing bowl. Mix well with a silicone spatula.

STEP 3
Prepare sesame coconut mixture in a small mixing bowl, mix 1 ½ tbsp (20g) Chinese sesame paste/sauce and ¾ cup (188ml) coconut milk together. Create coconut sugar mixture. Once the sugar has fully melted, pour the Sesame Coconut mixture into the sugar mixture to cool it down a bit. Mix well.

STEP 4
Create nian gao batter and pour the hot coconut sugar mixture into the large mixing bowl filled with dry ingredients and mix well with a silicone spatula. Remove lumps in batter. Break up the lumps by pitching them against the mixing bowl with a silicone spatula. Another way to smooth out the lumps is to run the mixture through a fine mesh strainer. Once all the lumps have smoothed out, add 1 ½ tbsp (22.5ml) of vegetable oil and mix well.

STEP 5
Pour batter into a cake pan. Wipe the cake pan interior with a little vegetable oil. Pour the Nian Gao Batter into the cake pan through a fine mesh strainer. Pressure to cook the Nian Gao (Chinese New Year Cake). For a relatively smooth surface, place a trivet and pour 1 cup (250ml) of water in the pressure cooker. Bring water to a boil. Open the lid carefully, check if it's cooked by sticking a chopstick in the center of the Chinese New Year Cake. Nothing should stick to the chopstick if it is done. Place a red date over the hole for decoration. Chill the Nian Gao. Once the Nian Gao has cooled to room temperature, place it in the refrigerator for at least 4 – 8 hours before cutting into it. Cut the Nian Gao (Chinese New Year Cake) into pieces. The most common way to enjoy it is to serve it cold/room temperature or pan-fried.

Banoffee Pie

Got a lovely bunch of bananas? Pop them into a sweet, sticky pie! The best Banoffee doesn't have to be complicated. All you need is a packet of Bakers Mini Eet-Sum-Mor® biscuits and you will have the crowd eating out the palm of your hand.



Ingredients

- 3 x 40 g packets Bakers Mini Eet-Sum-Mor® biscuits
- 1 cup (250 ml) Caramel Treat
- Juice of 1 lemon
- 3 bananas, sliced
- 1 cup (250 ml) cream, whipped

Method

1. Roughly break the biscuits and divide them into the base of 4 glasses.
2. Mix the Caramel Treat and lemon juice. Spoon the Caramel over the biscuits.
3. Top with slices of banana and whipped cream. Garnish with a few extra biscuits.
4. Serve and enjoy!

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In the melting pot: Ah-Nai's Chinese Take Away

BY CHRISTINE OUMA

As the Chinese prepare to celebrate the Chinese New Year Tuesday, February 1st, food will undoubtedly be at the centre of the festivities.

In Chinese tradition, certain dishes are customary because of their symbolic significance during the New Year celebration.

During the 16-day festival season, lucky food is offered, particularly on New Year's Eve. This is thought to bring great luck for the coming year.

While the celebrations may not be as massive as before the Covid-19 outbreak, many Chinese families will conduct small get-togethers.

In the spirit of the Chinese New Year, we take a look at Ah-Nai's Take Away. Run by Nai Ling Hissen Lee and spouse Stephen Poris, Ah-Nai, based at Mont Fleuri is one of the favourite Chinese food outlets in Seychelles that continues to provide a taste of Chinese cuisine to both the Chinese and Seychellois communities.

The daily menu features choices such as Fried rice, rice noodles, stir-fried pork, honey ribs, beef chilli, sweet and sour chicken, sweet and sour fish, stir-fried chicken, roasted pork, and cracklings.

Nai told Ozordi Dimans that the decision to start the business is the culmination of a lifelong passion for cooking.

"Cooking has always been a passion of mine. It's a skill. I've always enjoyed assisting my parents in the preparation of meals for the family," she remarked.

When Nai was 14 years old, she moved to Seychelles.

According to the 41-year-old, there is a significant difference between Chinese and Seychellois cuisine, with the difference in culture playing a significant impact.

However, because the Seychellois people are a melting pot of cultures, she is able to cater to a variety of palates.



Roasted pork

"Some Seychellois prefer just the cracklings, while others prefer the beef chilli.

Honey, sugar, and even chilli are some of the flavours she frequently employs.

Nai discussed that most people assume oyster sauce is used in practically all Chinese dishes.

"This is a stereotype. I use different types of soy sauce most of the time," she continued.

She stated that there have not been grave changes in Seychelles' Chinese culinary scene and that she sources all of her products locally.

"Cooking is my favourite aspect of running the takeout. It is my area of expertise. My husband is excellent with customers, and I occasionally assist with front-of-house duties," she continued.

Nai also expressed her desire to open a Chinese restaurant, but the expense of doing so in Seychelles is prohibitively exorbitant.

According to the cook, ordinary eateries are significantly less expensive but nevertheless, deliver good food at a reasonable price.

When asked about her preparations for the Chinese New Year, Nai stated that the celebrations would be less special due to the health measures.

"I'm hoping that Covid-19 will come to an end soon and that people will resume holding gatherings," she concluded.



Nai Ling Hissen Lee and spouse Stephen Poris



The TakeAway-Buffet setup ready for service



Cracklings and papaya chutney



Noodle rice and fried rice



Ah-Nai's Take Away is located at Mont Fleuri, opposite People's Supermarket



Nai on the wok



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Baby steps, giant leap for young Creole Beads designer

BY U-ROY JULES AND LEEAH HOUAREAU



Fourteen-year-old Leeah Houareau, is following in the footsteps of her talented mum, renowned Seychellois wedding dress designer Santasha Houareau. Her niche, though, is jewellery.

Young Leeah says that she has observed that handmade jewellery is trending nowadays and was inspired by some Instagram posts.

"I was amazed by some designs, and it was then that I got the inspiration to create my own designs," Leeah stated.

Sometime before last Christmas, the teenager sprang the idea on her mother; she wanted to start her little jewellery business- to earn some pocket money



Custom made personalized jewelry



Fourteen-year-old Leeah Houareau with some of her works

for Christmas.

"My mum was very excited as well; I went into her workshop and took some of her beads and some other materials to make my own creations."

To her surprise, her debut in entrepreneurship attracted the interests of friends, Facebook and Instagram followers.

With demands coming in, Leeah had to quickly learn to improve her skills, master the belief in her products, and

surpass each learning curve to become better and better at what she does.

"I wanted a name for my page; my mother helped me to choose a name that reflects Seychelles –so we chose 'Creole Beads'. I designed the logo by myself and launched my Instagram page last year on 16th December," the eager artist told *Ozordi Dimans*.

"I used my savings to buy the materials I needed, and my mum assisted me with some money as well. My parents also ex-

plained to me that first there would be more spending as I invest in tools and raw materials, but I will see the benefits at the end," she continued.

Leeah makes about ten to fifteen bracelets per day, depending on the style of the bracelet.

To make her custom made personalized name beaded bracelets, the young entrepreneur uses beads and natural materials such as shells, shark bones, wood beads and incorporates metals, stainless steel, and strings in her designs. Up to now, most of her customers are those in her age group.

Leeah told *Ozordi Dimans* that in the beginning, her mother primarily assisted her, especially on working out in the economics of her small venture but is slowly moving more on her own.

Although working on bracelets at the moment, the young designer welcomes the idea of venturing into other products in the future.

"I am new to this, and I am still learning new techniques; I always welcome advice to improve further," the budding young artist expresses.



Creole beads in the making



Leeah selling her products



Creole Beads Bracelets



Her own design

A time capsule of Chinese poetry



Bai Juyi

SOURCE: Written Chinese

Some of the first recorded texts in China's history are poems, such as its long and respected history in Chinese culture. Literary Chinese, which came about around 771 BCE, was the language used to write poetry during the 'golden age' of China, as well as many popular books of the time such as those written by Confucius. Although this poetic language is not used in spoken and written Chinese in the modern-day, poetry from China's ancient times is still loved and enjoyed by many today.

Interestingly, unlike in the west, in Chinese culture, the genre of a poem is dictated by the content matter instead of its form. These influential poets wrote throughout the Song and Tang Dynasties and produced a number of poems spanning several different genres:

白居易 (bái jū yì) Bai Juyi (772-846)
Bai Juyi was a poet during the Tang Dynasty and started composing poetry at the age of 5 years old. Bai Juyi believed that poetry should contain a moral and social purpose



Dufu

and rejected the decadent behaviours prevalent at the time.

Poem by Bai Juyi
春眠 (chūn mián) Spring Sleep
枕低被暖身安稳,
(zhěn dī bèi nuǎn shēn ān wěn)
The pillow is low, the quilt is warm,
the body lays sleeping peacefully

日照房门帐未开。
(rì zhào fáng mén zhàng wèi kāi)
The sun shines on the door of the room, the curtain is not yet open.

还有少年春气味,
(hái yǒu shào nián chūn qì wèi)
The youthful scent of spring is still in the air,

时时暂到梦中来。
(shí shí zàn dào mèng zhōng lái)
Often it will come to you in your dreams.

杜甫 (dù fǔ) Dufu (712-770)
Dufu was born into a traditional family and had a Confucian education. He met and travelled with Li Bai, who he had a great respect for. Although he was well-regarded, Dufu had no money or title. He held some positions in court but eventually became a gentleman farmer. His poetry celebrated the beauty of the natural world, although in his later years his tone took on more dark themes.

Poem by Dufu
雨晴 (yǔ qíng) Rain Clearing

天水秋云薄
(tiān shuǐ qiū yún báo)
The sky's water has fallen, and autumn clouds are thin,

从西万里风
(cóng xī wàn lǐ fēng)
The western wind has blown ten thousand miles.

今朝好晴景
(jīn zhāo hǎo qíng jǐng)
This morning's scene is good and fine,

久雨不妨农
(jiǔ yǔ bù fáng nóng)
Long rain has not delayed farming time.

塞柳行疏翠
(sāi liǔ xíng shū cuì)
The row of willows begins to show green,

山梨结小红
(shān lí jié xiǎo hóng)
The pear tree on the hill has little red flowers

胡笳楼上发
(hú jiā lóu shàng fā)
A hujia pipe begins to play up-stairs,

一雁入高空
(yī yàn rù gāo kōng)
One goose flies high into the sky.

杜牧 (dù mù) Dumu (803-852)
Dumu was one of the most influential poets of the Tang dynasty. He is most well known for his romantic quatrains, although he also wrote long-form narrative poems. Dumu held several official positions, however, felt that his career had ultimately been a failure and



Dumu

described his dissatisfaction in his poetry.

Poem by Dumu

赠别 (zèng bié) On Parting

多情却似总无情，
(duō qíng què sì zǒng wú qíng)
I feel deep love, but always seem heartless,

唯觉樽前笑不成。
(wéi jué zūn qián xiào bù chéng)
I think I should laugh during the banquet, but I can not.

蜡烛有心还惜别，
(là zhú yǒu xīn hái xī bié)
The candle has a heart, so reluctant to part.

替人垂泪到天明。
(tì rén chuí lèi dào tiān míng)
It is crying till dawn instead of us.

梅尧臣 (méi yáo chén) Mei Yaochen (1002 – 1060)
Mei Yaochen was one of the most leading poets of the Song dynasty and helped revive the 古文 (gǔ wén) 'guwen' poetry style revival.

Mei focused on social and political concerns as themes for his poetry, disregarding Confucian traditions.

POEM BY: Poem by Mei Yaochen
悼亡 (dào wáng) Mourning Loss

结发为夫妇，于今十七年。
(jié fà wéi fū fù, yú jīn shí qī nián)
It is 17 years ago since we got married.

相看犹不足，何况是长捐！
(xiāng kàn yóu bù zú, hé kuàng shì cháng juān)
It is still not enough to stay with you, how can I afford to lose you now forever!

我鬓已多白，此身宁久全？
(wǒ bìn yǐ duō bái, cǐ shēn níng jiǔ quán)
Already, the hair on my temples are mostly white, how long can my body survive?

终当与同穴，未死泪涟涟。
(zhōng dāng yǔ tóng xué, wèi sǐ lèi lián lián)
In the end, we'll share a tomb; As I'm still not dead, I still can not help but cry.



Mei Yaochen

THE EFFECTS OF VIRTUAL GAMES ON CHILDREN AND THEIR EDUCATION

CONTRIBUTED BY MARINA SHAMOVA

Clinical Psychologist at PsyService (Seychelles) Ltd
What is the general impact of virtual games on children?

Like everything else, online activities significantly impact a child's brain because anything the child is experiencing and participating in affects their brain's formation and development.

Online activities create new "wiring" in the brain, networking it from within in a way that is different from a "wiring" without virtual experience.

Again, it's all about the brain's formation, which depends on experiences absorbed.

Virtual games teach a child's nervous system and realistic situations but in a significantly different way. Virtual games train a child's attention, memory, and intelligence. Still, the brain is running in a deficit of a vast palette of its "skills", which are applicable and absolutely needed in real life.

Let's say- constructive communication with real people is developed in its best version by learning it in real communications exposure, with different people with their situational and natural peculiarities. Virtual communication, however, will always lack so many aspects, sophisticated moments, and sides.

Recent studies confirm that emotional sphere development explicitly gets distorted with gaming in childhood.

The impact depends a lot on the child's age, the regularity and its high emphasis on the length of virtual exposure.

I found interesting the proven fact that violence in the games will have a minor effect on the child's future behaviour, but, violence in the child's home in real family life (parents) will impact the child tremendously.

Nevertheless, elder groups (late teenage and adolescence) display another effect: more violence in their games will lead to a higher probability of violent behaviour in society.

What are the other particular effects virtual games have on a child's brain?

Brains are unique, and each will have its own particular effect.

Depending on stimuli, meaning game content and duration of exposure, a child with a genetical predisposition of epileptiform activity,



Marina Shamova

activities, the body's muscle reactions is suppressed. This reaction has another specific restricting impact on the development and health of the child.

Consequently, different children will cope in different ways later on.

How can virtual gaming affect educational abilities or processes? And can it?

The stimuli to a brain in any virtual/online game is quite "bright" and triggering.

It is how the games are constantly being created, and to note that the gaming industry is continuously evolving.

The primary intention of absolutely all the game creators and developers is to get more users to increase their "time of landing" in the game.

Even more fascinating is that the process of playing is of greater success than the initial goals that the game's promoters have - that after being entertained in that virtual reality, the routine activities of the real reality become of a "more boring taste".

The generations of our parents who could never experience the virtual reality of a giftedly designed adventure, where the brain is artificially "satisfied" with knowledge and

skills, were incomparably much more enjoying the process of studying at school. Their brains were mainly gaining satisfaction at school and could serve their thirsts, although the satisfaction was attained in a slower, natural, and more gradual way.

Thus we can understand that a child playing virtual games enough to feel satisfied in "learning", "getting new skills", and in "communication with cooperation or antagonism" is unlikely to enjoy the natural process of study.

Real learning also implies labour, some efforts, industry, and concentration to apply even when it is not a pleasure anymore. This predicament is the same for motivation to learn something that is not a situational challenge to survive as it would have been in a virtual game.

But the challenging role, as always, is played by parental involvement, care, and approach to the matter.

Today's parents are "too busy" with their overly stressed life, and they are more likely to encourage their child's virtual gaming.

Then what are my recommendations for parents?

Try and spend time with your child more often, diverse the time spent together, talk to them and listen attentively.

Include many different options of activities-Your child needs to experience real-life games with the other kids and family members.

Do not be hesitant to expose them to various sports and other physical activities.

They are much more critical for a healthy and strong nervous system formation.

Leave the virtual games as only an additional training for their brains, not the prevailing one.

You may also consider consulting a child psychologist or neuropsychologist - for example, Ms Sarentha Luther, to help you make sure that you are selecting virtual games that may contribute to your child's development.

I intensely recommend constantly learning how to be a better parent - which is, in my humble opinion, what Seychelles so as the rest of the world need now.

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Spend time together and listen attentively to your child

(which can be diagnosed by a neurologist or pediatrician after an EEG examination) will be more likely to develop close to pathological status because of increased electrical activity of the brain.

In another analysis, a child or teenager with an inherited delicate and sensitive nervous system can get anxiety disorder after a traumatic virtual experience or a more prolonged exposure to the less triggering ones.

A brain immersed in virtual reality does not distinguish this reality as not real. Parents need to know this now and always.

The brain's emotional reactions and electric activity will be absolutely the same as it is when experiencing those stresses naturally.

And unfortunately, during gaming



A family playing together is essential to a child's social skills

THE GLOBAL SHAPERS-VICTORIA HUB: MAKING A DIFFERENCE AMONG THE YOUTHS

BY U-ROY JULES

The Global Shapers-Victoria Hub (TGS-VH) comprises a team of young leaders committed to creating meaningful community impact and truly inclusive and thriving communities.

Global Shapers Community is an initiative of the World Economic Forum (WEF). The Victoria hub is one of the 457 Hubs in 150 countries.

The Curator Leo Kwa, who joined TGS-VH last year on 23 March 2020, stated that TGS has managed to make a difference among the youths, despite the COVID-19 pandemic.

Twenty-nine-year-old Leo went to the Independent School. After completing Advanced Level Studies and his Post-Secondary, he went to study in Malaysia in Culinary Art Pastry at the Le Cordon

Bleu.

In less than one year, Leo obtained a diploma in pastry at Le Cordon Bleu, which is recognized worldwide by culinary professionals; it is the international passport to a rewarding and fulfilling career.

Coming back to Seychelles, he started volunteering work in the community.

"Being a volunteer has lots of benefits. It can bring meaning and purpose to your life while increasing your self-esteem and wellbeing. As well as having a positive impact on your community, volunteering can improve your relationships within your community. I really enjoy myself by helping others," he told Ozordi Dimans.

According to Leo, TGS community is a network of young, dynamic people driving dialogue, action and change through forums, discussions, and projects.

We are a diverse and talented team of youths under thirty whose experiences span the worlds of conservation, business, technology, government, environment, media, and civil society. Our members actively participate in and attend regional and Forum-led events to ensure that the voices of citizens living in small island developing states are also heard," he said.

"This year, our impact areas are climate change and the environment, youth empowerment, and education," he added.

This year, thanks to a UNDP grant, the team will be leading a Youth Environmental Leaders program where we give soft skills to future environment leaders in Seychelles.

He added TGS-VH helps connect the young Seychellois who are driven and passionate to shape the future of our small country.

"TGS-VH connects young and driven people in their 20s and 30s who aspire to shape the future of the world and improve communities in Seychelles.

Today the Victoria Hub unites outstanding leaders of young Seychellois from diverse sectors and fields. Since last, when I became the Curator, the Hub has initiated and successfully executed several projects in climate change and the environment, youth empowerment, and education, among others," he said.

Recently Leo undertook a mentorship program at the Independent School.

"We did eight sessions per week and covered various issues such as mental health and career guidelines. This was to empower the youths in the community. Also, another project called Lespoir girls,



On the way to Silhouette

sponsored by Vistra for vulnerable girls with behaviour issues, to guide them on a better path," he confirms.

The Global Shapers-Victoria Hub invites youths of different ages to join in their project.



Turtle Monitoring Activity



Beach Clean Up With Parley



Beach Activity With Some Youths



Identifying Turtle Tracks



Lespwar Girls - Arts and Crafts Activities



Mr. Philippe Lai Lam and his wife Patricia recounts stories of the old Pagoda

In 1902, the historic Chinese pagoda on Benezet Street in Victoria was built as a place of worship. It housed a shrine and statue of Kuan ti-the Chinese God of War. Mr. Philippe Lai Lam, who not only had his wedding reception (over 50 years ago) in the pagoda, but also attended functions, ate, and dined with his friends and community members and shares some very precious memories just like many members of the Chinese Community in Seychelles.

"Before the 112-year-old pagoda was demolished to make way for the newly constructed building, I spent countless New Year lunches and dinners there. Among other social activities, members of the community played Mah-jong and gambled. We had some fantastic moments there," he recalls.

According to Mr. Lai Lam, the old pagoda was mainly occupied by the Cantonese people, a group of people who are native to a region of southeastern China historically known as Canton. They are notable for their cuisine, language, popular entertainment, and martial arts. Many Cantonese people from Mauritius and Madagascar moved to and visited Seychelles around the time of its founding.

The first Chinese merchant ship

arrived in Seychelles in 1863, according to records in the Seychelles National Archives. In 1886, they were joined by another batch of 23 more immigrants from Mauritius. The pagoda was built by the pioneers, who used it to preserve Chinese traditions and provide shelter for new immigrants, as well as act as a classroom for Chinese culture lessons.

"My grandfather was one of the migrants from Mauritius. There were specific rooms at the Pagoda for elderly people who needed someone to look after them," he explains.



The Chinese Pagoda was originally built in 1902 (Photo credits SNA)

BY CHRISTINE OUMA

A Recollection of the History of the Chinese Pagoda

People would come to read and learn about the Chinese people on the first floor, which had Chinese writings and books. Not all Chinese people visited the Pagoda on a regular basis. According to Mr. Lailam, the Hakka people, for example, just began frequenting the Pagoda in 1981. It should be noted that the Hakka and Cantonese people have distinct traditions, cuisines, and languages.

The Hakka people later held important positions following the integration, including the current chairman and significant members of the Chinese Association of Seychelles. Today, Seychellois of Chinese origin form part of a large community, and are represented in all sectors of society.

He mentions the first President of Seychelles, the late Sir James Mancham, who is of Chinese origin, as well as the former Chinese ambassador, His Excellency Shi Zhongjun, and the first Seychellois Anglican priest who became Archbishop, French Chang-Him as high-ranking public figures who visited the old Pagoda.

Official engagements and social events brought Sir. James Mancham to the pagoda. His family, as well as the Chinese government, were among those who contributed towards the construction of the Pagoda. The Chinese community made significant contributions to the renovated Pagoda's construction. The construction of the new Pagoda was estimated at \$500,000.

On Sunday, February 2, 2014, Shi Zhongjun, the former Chinese ambassador to Seychelles, and Charlie Ng Ping Cheun, the former chairman of the Chinese Association of Seychelles, lay the foundation stone for the new structure. To note, the laying of the founda-

tion stone happened during the first Seychelles-China Day, a celebration of Seychelles-China ties which has now become an annual event.

Originally, the reconstructed pagoda was supposed to have a restaurant on the ground floor where people could conduct reunions and ceremonies, and the shrines and a gaming area on the second floor. Mr. Lai Lam, on the other hand, points out that this plan has not been carried out to the end, which

has disappointed many members of the Chinese community.

"The majority of us were looking forward to eating at the newly renovated pagoda, which also features Chinese architecture. The building was to represent the Chinese culture and be an attraction for many tourists who visit Sir Selwyn Clark Market," he explains.

Although the Pagoda is not fully occupied, currently it features an art gallery run by the Seychelles Art Foundation on its ground floor.



The late Sir James Mancham addressing members of the Chinese community at a past event at the Pagoda



A fresh look: The newly built Pagoda



The old Pagoda

The Architect and The Artist: Jonathan Ravera Chion



A building from JKR designs

BY CHRISTOPHE ZIALOR

Once upon a time, architects were artists, and artists were architects; after all, architecture is a search for the right shape combination that represents the time we live in and celebrates the lives of the people who inhabit these spaces.

In modern times, art and architecture have become increasingly specialized. Jonathan Ravera Chion, the owner and Chief Executive Officer of JKR Designs, a seven-year-old architectural firm founded in 2015, is one architect who understands this concept.

"Architecture is not something you choose; it is something that exists within you." "When I think about my job, and what it represents, I always think of a tailor shop, where the client comes and, together with the tailor, they create their own interpretation of beauty and purpose," Jonathan explained.

He added that architecture is like a dress. It needs to serve a purpose and represents oneself.

One of the most essential qualities of being an architect is creativity. While staying within the confines of safety regulations, you want to design buildings and spaces that are awe-inspiring.

The only way to do this is through creative thinking. Architects must use a combination of their brain's left and right sides to harness both their logical, mathematical thinking and their unique, originative thinking.

One aspect that distinguishes an architect is their style, which, according to Jonathan, is constantly evolving.



JKR LOGO



JKR design located at Anse Etoile

"Style is more of an approach than something that lasts." My style was more modern and slick when I graduated from university in Italy. It had a distinctly Italian flavour to it. When I moved to Australia, I was influenced differently, which is still modern, but the materials are warmer."

He went on to say that his style improved from then on, transitioning from rigid to warm. After moving to Seychelles, the architecture again influenced Jonathan's style, elevating it to a more modern and tropical style.

At present, the architect states that he is enjoying the southern Asian architectural style.

As the weather mirrors each other, the big cities in those countries serve as examples of what can be done in Seychelles.

"My style at the moment is becoming softer. Even the shape I use is becoming more organic," he said.

Jonathan has a soft spot for historic buildings, hav-



One of Jonathan's Design



Visuals of a future project

ing studied in Italy. In Seychelles, he has even participated in some restoration projects.

"Where I grew up, I was surrounded by architecture that was built centuries ago; they taught us to have a lot of respect for these buildings and how to keep these old designs and appreciate them."

Continuing, he stated that he is currently designing residential buildings, offices, bars, and other structures.

JKR Designs can also reshape buildings, according to Jonathan.

"I believe in the central process of my clients; most of the time, clients know what they want, but it is usually only 20% of what they require. Throughout the design process, we have a series of meetings with our clients to discuss what they really want and what they are looking for."

He explained that interpreting what the client wants transforming an idea into something feasible that can accommodate their budget while also making them happy, is all part of the job.

Jonathan mentioned that the first step in his process is to create a virtual model of the structure that will be built.

"We want to immerse the client in the discussion, and creating a visual for them aids in their understanding of the design."

The popularity of sustainable development has also transcended into the world of architecture, with many architects incorporating sustainability in their projects.

Jonathan noted that what may be sustainable in Europe will not necessarily be sustainable in Seychelles.

"A bamboo house would be sustainable in Indonesia, but we don't have enough bamboo here, so we'd have to import it, which defeats the purpose of sustainability." "It's difficult for a small country like Seychelles to abandon concrete in favour of greener products like timber because we don't have enough of it," the architect observed.

He suggested that we begin on a small scale, importing less and using fewer materials. It would then be easier for people who want to build sustainable housing by removing taxes from sustainable materials and adding taxes to polluting materials.

"It needs to be economically convenient for sustainable designs to be built," he explained.

He believes green roofing or living roofing is achievable and a step in the right direction. That is, putting soil and plants on the roof.

Green roofs are an important component of climate-proof construction with numerous economic, ecological, and societal advantages. Acting as a rainwater buffer, it cleans the air, lowers the ambient temperature, regulates the indoor temperature, saves energy, and promotes biodiversity in the city. Not only are the promise of green roofs aesthetically pleasing to the eyes, but people are generally happier living in green environments than in grey environments.

"Victoria does not have greenery anymore, so imagine each building in Victoria having a green roof. This will also be a step forward in sustainability," Jonathan expressed.

Architecture, like any other trade, is constantly evolving.

Who knows, maybe Jonathan's design will stand the test of time and be admired by future generations.

Kreoflix - The Creole dream, local contents only a click away.

BY U-ROY JULES



Patsy and Aubrey

Everything starts with a dream; every day is an opportunity to live your dreams and create new ones. The world as we know it all was just a dream in the hearts of the brave who dared to believe that they could change the world. That is the strength you hold within you, the power to create all you wish. With the lack of local content

in Seychelles, two visionaries, Patsy Canaya, and Aubrey Philo are braving it out against all odds to attain their dreams. Patsy Canaya has clocked in 25 years in media and Aubrey Philo has a diverse media portfolio media of 17 years. The very catchy slogan 'Ou Prosen Lavantir', Kreoflix production was a project initiated in 2020, just before the lock-

down due to the pandemic of COVID-19. Since then, Patsy and Aubrey have been burning candles at both ends to be able to present to the Seychellois audience the delightful surprise launching of Kreoflix. Talking to Ozordi Dimans before the soft launch, Patsy stated that there is a need for local media content in our small country. "Local media content ties a

community together and offers an outlet to share the stories of our surroundings," she continued.

Patsy expresses that many contributors have assisted on the platform's success.

"It was not easy, but with the number of talents working alongside our media production company, we have managed to make it and will always ensure to bring your local content to our viewers," she attested.

So what is Kreoflix? Similarly to streaming services on the internet such as Netflix, Prime Video, Disney Plus, HBO Max, Starz and Hulu, Seychellois are now endowed with their streaming service in the local language.

So what's on the menu list-Creol entertainment - comedy, and the likes of games, music and documentaries, all purely localized.

Since last week, the community has been able to enjoy snippets of Kreoflix on social media platforms. The audience has been introduced to a taste of the culinary show- Zepi Anplis' with Chef Marcus Freminot, and the intrigues of 'Zanfan I dir' - (with Miss Myra) a fun show with kids expressing themselves with no filter. Another show that will feature on Kreoflix is 'Franchement' whereby Madame Franchement discusses fashion, sexuality and movies.

The duo is convinced that the audience will love the Kreoflix platform. However, they are also focusing a future towards the international platform. Kreoflix also welcome media talents to join the team.

To subscribe to the platform-follow the link <https://kreoflix.com/>, and click sign up today to register. Register by entering your email address and password, as easy as that. At a cost of SCR199 per month, access to various local contents are only clicks away.



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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.

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- Fully furnished
- Gated
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North Mahe

- 2 bedroom, 2 bathrooms
- Room to expand
- Private
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My Story

Fabio William: A karting Champion

BY CHRISTOPHE ZIALOR

Karting has cemented itself as a sport to be reckoned with amongst many young Seychellois. It is now not only a thrilling sport in its own right, but also a stepping stone to other motorsports such as Formula One.

Twenty-two year old, Fabio William, is a professional go kart driver who is making a name for himself in the world of go karting. After winning numerous championships, Fabio is slowly climbing the ladder to becoming one of the best that the Seychelles Karting Association has to offer.

Like most young boys his fascination with fast cars began at a very early age.

There was a garage near where I lived and I loved looking at the cars. I've always been fascinated by speed and automobiles, that's how I discovered karting." When I started high school in 2014, my stepmother started my application process with the local karting association,' the racer explained.

He explained that although karting has grown in popularity, it is still an underdog compared to the other sports in Seychelles.

"When I first started, my mother was skeptical.

"I used to play soccer and was a pretty good athlete, so she didn't want me to give them up because you get the chance to play internationally, but my love for karting was stronger," Fabio explained.

His perseverance and determination paid off, as he climbed the Karting ranks from SF4 to SF2 over the course of his career, and he won the superfinal for the 2021 season finishing off as a champion.

Although he is content with karting, Fabio wishes he could compete on an international level because it would be a great opportunity for him to put his skills to the test.

"We could even bring international drivers here to compete because it's exhausting always competing with the same faces," he said cheekily.

As you move up the professional ranks from wherever you are in almost any sport, it requires money. The racer stated that he wishes to advance to SF1, but first he must purchase a quality kart, which will necessitate some savings due to the



The young racer, Fabio William

high cost of these Karts.

He noted that there are retired racers in Seychelles who have these professional karts but they mostly keep it to themselves as mementos of their foray in karting.

Fabio also stated that these former racers are stingy when it comes to mentoring the younger racers, preferring to keep their years of experience to themselves.

This is not the case when it comes to younger drivers for example Fabio tells Ozordi Dimans, noting that even though they compete, there is a sense of community among them, and they will give tips to other drivers on how to improve their times. He mentioned that another racer, Roland Delcy, was a big help to him as a mentor.

Furthermore, the 22-year-old stated that he takes karting seriously and will always be on YouTube researching tricks and ways to improve his time.

"It is worth noting that winning is never easy, but it is unavoidable, so when you lose, you must find ways to improve yourself so that you can race again another day," he said.

One challenge he faces is that in order to ensure that every racer has a fair chance of winning, they must rotate karts throughout the season. This is pernicious to racers because there are karts with minor issues that will impact your time and, as a result, your chances of winning the race.

Another issue they face is that the karting association does not receive enough sponsorship. Aside from SF1, each class has more than eight to ten competitors, implying that a lack of sponsors has an impact on competition.

He concluded by encouraging the general public to try karting because it is a sport with a lot to offer.

"Go for it if this is something you want to do, but becoming a great karter will require a lot of determination and passion." Unlike football, karting is a one-man sport; you're alone on the tracks, so you'll need to be mentally strong because there will be days when you face humiliating defeats, but that will only make your victories that much sweeter."



Fabio and other racers



Competition in progress



Moment of triumph



Fabio William being interviewed by SBC after winning the season



A display of his championship trophies

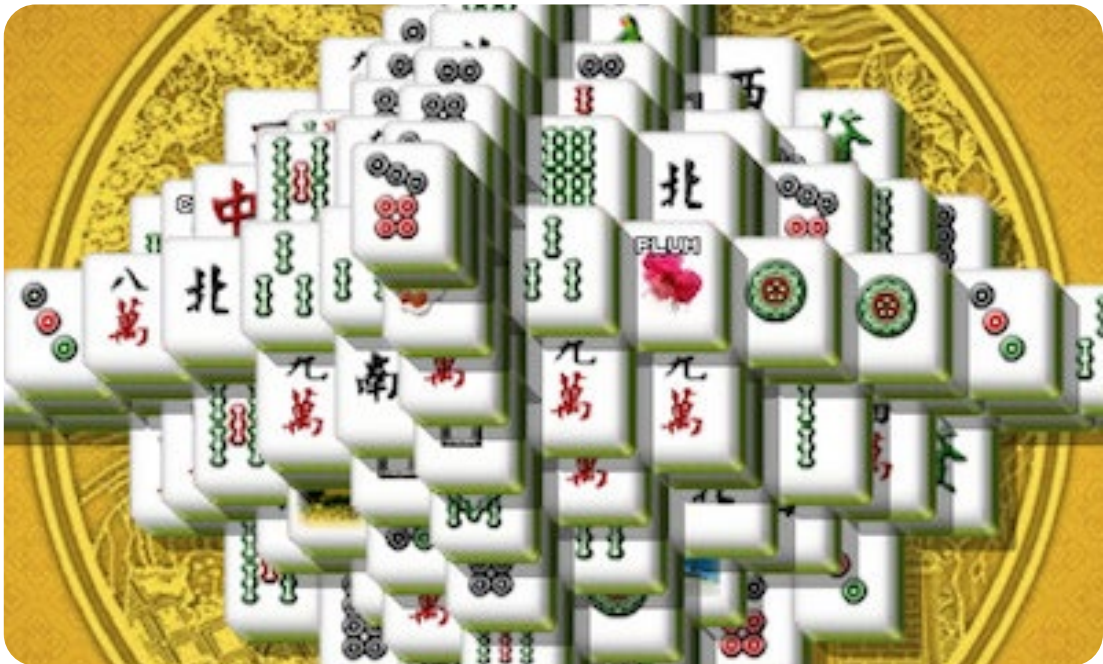


An accolade of medals won



Getting ready before a race

Mahjong



COMPILED BY CHRISTOPHE ZIALOR

Mahjong, spelled majiang in pinyin, probably has the highest number of players, and a lot of Chinese towns and cities have majiang halls as major hangout spots. It’s popular with all classes of society and throughout the Chinese diaspora.

The canonical tile set has 144 tiles:

- Three suits, each of 36 tiles — four of each number one through nine in the suits of bamboo, characters, and dots.
- Twenty-eight honors — 12 dragons (four each green, red, and white) and 16 winds (four each east, south, west, and north).
- Four flowers, normally bearing different pictures.
- Four seasons, normally bearing different pictures.
- Some forms of the game add joker tiles. Some forms alter the mix. But 144 is certainly standard enough.

Goal

The goal of the game is to get a mahjong, which consists of getting all 14 of your tiles into four sets and one pair. A pair is two identical tiles. A set can either be a “pung,” which is three identical tiles, or a “chow,” which is a run of three consecutive numbers in the same suit. A single tile cannot be used in two sets at once.

Setup

- Determine a starting dealer. In Chinese tradition, the four wind tiles are shuffled face down and dealt to the players. Players then sit according to their tile and sit clockwise in the order north, west, south, east. East starts as the dealer. Modern players may simply roll the dice to determine the dealer.
- All tiles are shuffled together, and the players build a wall of 34 face-down tiles in front of themselves, 17 tiles long and two tiles high. The result should be a large square wall of tiles in the center of the table.

The dealer rolls the dice and counts that many tiles from the right edge of their wall, and separates the wall at that point to begin dealing tiles from the left of that spot and going clockwise. Each player receives 13 tiles, with the dealer starting with an extra 14th tile. Each player then arranges their own tiles so they can see them and other players cannot. Racks are often used for this purpose. The dealer then discards one tile, and play begins to the left of the dealer.

Play

- Before your turn, you must give other players a few seconds to claim the most recently discarded tile.
- The first priority goes to any player who can claim the discarded tile to complete a mahjong. A player who can do this claims the tile, then reveals the winning hand of 14 tiles.
- Failing that, any player can claim the discarded tile to complete a pung. The player says “pung”, and then reveals the two matching tiles that match the discard. For example, if the dis-

carded tile was the 7 of bamboo, and the player had two more bamboo 7s on the rack, that player would call it “pung”. When calling pung, a player turns the completed pung (with all three bamboo 7s, in this case) face-up, discards a different tile, and the turn passes to the right. If nobody claims the discarded tile but it completes a chow for you, you may claim it at the beginning of your turn by saying “chow”. You then must turn your chow face-up, revealing the completed run (e.g. 5, 6, 7 of bamboo) as in the pung example above. You then discard a different tile and play continues as normal. If the discard does not complete a set for you, then on your turn you draw the next tile from the wall (going left). Unless this gives you a mahjong, you then discard a tile face-up. Note that only the most recently discarded tile can be claimed. Due to the many scoring variations, players should be careful to agree on scoring rules before a game. Players play to a predetermined number of points, or 16 rounds, or until players agree that they are done.



PLAYING MAHJONG

Lapolis

Pou fer sa zwe pli gou e pli rantab I prefer-ab annan sis a ywit (6-8)zwer ki pe manse. Tou zwer I obtenir trwa kart fas anba e lanmen kart I zwe premye. Si I for savedir I annan trwa kart idanti (brelan) oubyen I annan trwa kart menm fanmir ki swiv (lapolis) I pou mans larzan. Me si I fay (bann kart enpe melanze), I pou swa mans larzan pou fer lezot dimoun kwar ki I for oubyen I pou zet kart lo pake e esper lot parti pou zwe. Tou lezot ki swiv I annan menm swa. Letan ki zwe pe deroule sonm larzan I ogman-te de-tan-zan-tan akoz tou dimoun I esey fer per son kanmarad. I annan letan ki dimoun ki annan kart pli fay I ganny larzan apre ki tou lezot in ‘zete’. Dan lapolis kart pli for I trwa las, answit I vinn trwa lewa, trwa fanm e ensidswit ziska trwa de. Apre I vinn bann lapolis ki annan las, lewa, fanm, vale e ensidswit. Lapolis parey sis kart I osi kapab zwe pou de porsyon larzan. Apart ki larzan mans bann zwer I kapab zwe osi pou premye kart zot premye kart fas anler fas anler e lezot fas anba. I annan letan kot en dimoun I annan trwa las, enn trwa lewa ek en lot trwa fanm. Dan en sitiasyon parey en kantite larzan pou ganny manse, akoz I pa fasil pou en dimoun zet son kart. Me I pou arive ki sa dimoun ki annan trwa fanm pou zete akoz I pou santi ki sa de lot di-moun I pli for ki li.



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