

Anita Gardner; A PIONEER WOMEN



7 EDWIN PALMER; RECOUNTS
HIS JOURNEY AT SEYBREW

8 INTERVIEW WITH PEGGY VIDOT;
CHAIRPERSON OF CANCER CONCERN

39 THE FUNDAMENTALS
OF READING



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EDITOR'S *Note*



Whilst philosopher and politician Mahatma Gandhi urged that 'the best way to find yourself is to lose yourself in the service of others', Albert Einstein, German-born theoretical physicist echoed that 'only a life lived in the service of others is worth living.' The two renowned figures at opposite poles in their career, purpose and ambition unified in this belief alongside many other eminent figures who marked the world's history.

This week- Ozordi Dimans sits down with our very own Anita Gardner as she unravels her beautiful story about how she turned that asphyxiating feeling of the need to find her life purpose into a voice for the deaf community in our country.

What were the pre-requisites of this achievement which she shares with the deaf community and Seychelles as a whole?

She had -talent, time, passion and heart sized bigger than that of herself. Much is overlooked when the deaf community is considered in Seychelles, and the lady that pioneered this endeavour. Ozordi Dimans invites you to read her story.

February is the Cancer Prevention Awareness Month, and as we take time to make our very own observation on this delicate and sensitive subject, our team met with Minister Peggy Vidot to address the topic of cancer in Seychelles. A prevalent ill in our society.

La Jeunesse Beauty Salon offers tips on how to maintain youthful-looking skin.

We proudly feature Jude Ally and George Camille as their art represent Seychelles at the 9th Beijing International Art Biennial.

The spotlight is on Bernard Dorasanmy this week as he reflects on his career in sports. We also trace the 50-year-old story of the Seychelles Breweries in an interview with Edwin Palmer.

As you sit with your tea in the laze of the Sunday afternoon, or perhaps with the iconic Seybrew beer, I hope you enjoy the stories put together for you this week.

Have a delightful Sunday!

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Executive Editor

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CONTENTS



11

LEAD STORY

P5-6 Anita Gardner; Pioneer Woman

FEATURE

P7 Edwin Palmer; Recounts his Journey at Seybrew

P8 Cancer Concern Association

ENTREPRENEURSHIP

P11 Cynthia Rose an Upcoming Designer To Watch

HEALTH AND WELLNESS

P15 A Gist Into the Seychelles Sign Language

GEARS AND GADGETS

P18 The Best Tools for your Home Tool Kit

HAIR AND BEAUTY

P21 Fight the Aging Process and Maintain a More Healthy Looking Skin

P22 Model of the Week

TRAVEL, LEISURE AND ADVENTURE

P26 Anse Cocos

P27 Travel to Zanzibar

FOOD AND DRINK

P29 Cook and Share

P33 I Always Look for Harmony when Pairing Food and Wine

EDUCATION

P39 The Fundamentals of Reading

HISTORY

P41-42 The Journey of Seychelles Breweries

MY STORY

P46 Bernard Dorasamy



33



38



41-42



43



46



20



26



27



29

Anita Gardner; A PIONEER WOMEN



Anita Gardner

BY CHRISTOPHE ZIALOR

There are simply too many amazing women in Seychelles history to name them all, but Anita Gardner's name is worth mentioning as it was through her resilience and hard work that the deaf population transitioned from being largely overlooked by society to having their own voice.

Anita is a resident of Cerf island. She spent her childhood at the tea factory and described it as being a happy one where she got the opportunity to appreciate nature as there was an abundance of greenery in the area where she lived.

Always having a soft spot for helping those in need since she was a child, she recalls that she used to aid kids who were less fortunate than herself. This influenced her life as she grew up and fueled her desire to help those who did not have a voice.

"Even as a child, I knew it was the right thing to do to help those who were less fortunate than you, and I grew up believing that."

As she grew older, Anita began her own business, and married in the years that followed, but the feeling that something was missing from her life lingered at the back of her mind.

In 2002, her husband scheduled a one-month trip to see friends in South Africa as a way to help her, and it was during that journey that her eyes were opened and she discovered her calling.

"After our four-week trip, my husband wanted to return to Seychelles because we had a business here, but I felt like I needed more time away from the island because I was still searching for a purpose, something to fulfill me," she explained.

As a result, she chose to extend her stay for another month. South Africa, on the other hand, only allowed visitors to stay for one month at a time, so she had to leave the country for 24 hours before returning to apply for a new permit.

"Because some of my friends knew people in Namibia, I took a 15-hour bus ride across the border." I only intended to stay for one day, but I ended up staying for quite some time"

She mentioned meeting a young girl who told her she was learning sign language while in Namibia; Anita had always wanted to learn how to communicate solely with her hands, so she began her journey into the world of sign language.

"One day, the family I was staying with took me to Namibia's capital, where we met Verna Casper, a seamstress. Because I ran my own craft business, I thought it would be a great opportunity to share ideas. While I was there, a group of kids came over to learn how to sew from her, and to my surprise, they were all deaf students. I realized that I've been surrounded by deaf culture since I arrived in Namibia."

Anita took this as a sign and told the seamstress that she wanted to do the same thing and teach deaf students how to do crafts.

"This is what was missing in my life. I was more determined than ever and I started learning sign language. I immersed myself in their culture and learned as much as I could."

After one month in Namibia, she came back to Seychelles to sort out her affairs. With the sup-



Anita and one of her past students Shanah David

port of her husband she went back to Namibia for another three months where she attended sign language classes.

She traveled from South Africa to Namibia for a total of seven months.

After coming back to Seychelles, it was time to put what she had learned to work.

"Now I had the daunting task of finding a location to set up shop and finding deaf people to work with; I didn't even know if we had any deaf people in the country at the time," she joked.

Anita noticed a large blue gate at the Sir Selwyn Selwyn Clarke market one day while walk-

(Continued on Page 6)



Anita teaching sign language

(Continued from page 5)

ing around town. She discovered that it had once been a store.

"I got in touch with the people who used to own the shop and told them about the deaf community project I was planning." The owner was enthralled by the concept and agreed to rent out the space to me at a reduced price."

Anita launched her project, dubbed the 'Curiosity Project,' after the shop was completed and started receiving deaf people who were interested in what she was doing.

The hearing impaired were taught how to make crafts and had the opportunity to sell their work as part of the project.

"It wasn't just a question of skills. Thanks to funding that I was able to secure, we were able to get a few computers, which was a big deal at the time. The goal was to inspire them and show them that they, too, could achieve success in other areas. There were also a number of activities planned. We put on fashion shows every year for Creole Week so that students could show off their work."

They also took their fashion show on the road; thanks to Anita's connections in South Africa, the kids learning with her were able to travel there and not only showcase what they had learned, but also learn from others in other deaf schools.

Because of breakthroughs in hearing equipment and more early detection of hearing loss, more deaf and hard of hearing children in other countries were learning in their neighborhood schools rather than specialized programs.

"Deaf children in the Seychelles were being pigeonholed at school because of their exceptional learning abilities, and they were not receiving the proper education they deserved." Most of them were illiterate when they came to me, and it was because of this that I decided to form an association for the hearing impaired."

She was trained to work with and teach deaf children skills that would enable them to contribute to society through a government program. "Now the fight started to get deaf people living



Anita with Friends

in Seychelles their rights, rights to an education." learning center.

She looked for training for herself, and learned more on human rights for deaf people.

"I wanted to make sure I knew everything there was to know about the deaf community, so I did a lot of research and traveled on my own dime."

She expressed gratitude to the deaf community for entrusting her with being their voice, as she believes that deaf people can live a happy and fulfilling life if they are treated as equals and accept that they communicate through sign language rather than vocal language.

"It was a long and arduous battle." Some people refused to understand what we were fighting for, and there were days when I felt like crying because nothing was being done to provide the deaf community with adequate facilities. We are still fighting for their rights to this day, which should not be the case."

Through their awareness campaign, they were able to make some strides but she noted that there is still a long way to go.

"I encourage the children who pass through my care to be role models for others. Miss Deaf Seychelles and Miss Deaf Africa were created to show that being deaf does not limit what you can do in life or what you can achieve."

In the years that they have been active, the deaf community has accomplished many remarkable things, and today, young deaf children in Seychelles have a plethora of deaf or hearing impaired role models to look up to and inspire them.

Despite their accomplishments, deaf children's education was still being neglected. Anita explained that it took years of fighting before they were finally able to get a class at Au Cap Primary School, but they still needed more, and they needed their own school.

Anita and the deaf association were able to train a few teachers over the years and through a grant that was given to them by the Japanese government, they were able to renovate the ex-maritime school at Mont Fleuri and turn it into a



Deaf student modeling



Trip to South Africa



Fashion show for the creole festival



Sign language activity at the hospital



Fund raising activity

WEEK REVIEW

What Made TODAY'S Headline this Week

SDF officials honored at annual military promotion ceremony

The President of the Republic, Wavel Ramkalawan, attended the handover of the Spanish Vessel Saya de Malha to the Seychelles Defense Forces, as well as a promotion ceremony at the Seychelles Coast Guard Base, Perseverance, on Saturday, January 29, 2022. Those who received medals were recognized for their commitment and outstanding service.

Vandalism temporarily cuts power to parts of Ile Perseverance, Family Hospital

On Monday 31st January, around 11.30 a.m., an unfortunate act of vandalism at a substation on Ile Perseverance cut off power to parts of the island, including vital infrastructure like the Family Hospital, which is being used as an intensive care facility for COVID-19 patients.

A Hungarian man is certified dead after being rescued at Anse Georgette, Praslin

On Monday 31st January at around 1pm, the operator at Constance Lemuria received an anonymous phone call seeking for emergency medical assistance at Anse Georgette, as a man on the beach was having difficulty breathing after being pulled out of the sea by his wife and other clients who were on the beach at the time.

When the Police arrived on the scene at around 1:30pm, they rushed the casualty to the Baie Ste. Anne hospital. Mr. Gabor Makai, a 54 year old Hungarian, was certified dead by

Dr. Victor at Baie Ste. Anne Hospital at 1.55pm. He had a medical history of heart problems.

'Cheers to the next 50 years'

A company ingrained in Seychelles' culture and way of life, Seychelles Breweries is this year celebrating 50 years of existence during which the beverage company has grown from strength to strength since it was incorporated on July 10th 1972.

The brewery on Wednesday 1st February, hosted a ceremony at its Le Rocher headquarters to leadoff a series of activities which will be organized between now and its big anniversary date, July 10th 2022.

Thomas Debatisse sits murder trial

Thomas Debatisse was arrested on the 5th May 2021 in connection with his girlfriend, Emmanuelle Badibanga death. The 32-year old French National who was on holiday at Club Med with her boyfriend, Thomas Debatisse was found hanged in the bathroom of her hotel room at around 7pm on 27th April 2021. She was declared dead at 8.45 pm.

Emmanuelle's preliminary death cause was presumed to have committed suicide. However, after investigation and evidence was brought forward, her boyfriend, Thomas was arrested for her murder. Despite this, Thomas has pleaded not guilty before the Supreme Court of Seychelles, and his trial began on Thursday February 3rd.

EDWIN PALMER

A remarkable man who helped shape the trajectory of Seychelles Breweries

BY CHRISTOPHE ZIALOR

In less than fifty years, Seychelles Breweries has developed from a modest island brewery to one of the country's most lucrative businesses. After all, we can't talk about Seychelles without mentioning the Seybrew, which is both iconic and a mainstay of the culture, highlighting not just our laid-back way of life but also our love of beer.

Nico Haase, a German brewer, was the driving force behind the founding of Seychelles Breweries, which began production in 1972 with the help of Toby O'Brian, the then-director of Guinness, who bought a 26 percent stake in the company.

In 1972, the first drinks were released, and ex-president Sir James Mancham, a fan of the brewery, assisted in the delivery of beer bottles on board a truck.

After Toby O'Brian retired due to health concerns in 1977, Edwin Palmer took over as chief of operations for Guinness in Africa, which included Seychelles.

"I visited the island two or three times a year as the chief of operations," Mr Palmer stated. "My trips were always a terrific occasion, especially during our annual general meeting, which the investors thoroughly loved." Palmer, who is now 85 years old, further explained.

He added that during those times, events were held in the full crate store because it was the only place big enough to accommodate them.

In 1984, when Nico Haase was looking for a new manager to take over the brewery, he called Edwin and asked if he knew anyone who would be interested. Palmer had recently left his job at Guinness by happenstance and volunteered his services.

"I relocated to the Seychelles right away. During the early days our main offices were at Kingsgate House in Victoria, and I had to go back and forth to Le Rocher twice a day, which was pretty cumbersome," Palmer explained.

Fortunately, Seybrew had a plot of property directly across the street from the brewery. Soon after, under Palmer's direction, building on the new office began, and it is still standing today.

"My predecessor Toby O'Brian died before the office was finished, so we named it O'Brian House to remember him and the contributions he made to Seychelles Breweries."

Palmer went on to say that in the beginning, beer and soft drinks were delivered in cartons because there were no plastic crates or a deposit system where consumers could bring their empty bottles to the shop and receive one rupee.

The brewery had to buy the empty bottles from the market for 10 cents.

"The strategy worked effectively, however



Edwin Palmer



Nico Haase (Middle) with distributors Richard Pon Waye and Lau Tee

it resulted in bottles and crates being strewn about the island, causing quite a mess." One day, the Principal Secretary for Trade and Industry calls me and says, "The ministry is concerned about the littering of bottles, and has proposed that we implement a deposit plan."

The brewery was enthusiastic about the notion of a deposit plan, and it was established a few weeks later, awarding one rupee for each bottle."

As a result, all of the bottles that were discarded on the island were cleaned up beautifully.

"There was concern at the time that the brewery would run out of money because we didn't know how many bottles there were; I even received a phone from the Principal Secretary of Finance asking if we had the funds to buy all of the bottles back, but everything worked out alright in the end."

Edwin made a lot of reinvestment during his stint as Managing Director of Seybrew, which helped the company and its employees.

"Each year we put in more plant to make sure the brewery was kept up to date to meet the rising sales"

In 1988, the company constructed a new empty crate store, a full crate store over the road, a new bottling plant, and a larger control laboratory for increased quality control.

"We worked extremely hard to maintain the brewery up to date so that we could provide the highest quality drinks on the market, we never had shortages and we always managed to meet the market demand"

Under Palmer's guidance, a variety of beverages were also launched. Eku Bavaria was introduced in 1984 with the help of a license from Germany's Erste Kulmbacher Actien ExportBier Brauerei.

The following year, Seypearl Slimline, a lower-calorie product, was launched. Soft drink sales increased by 8% as a result of this new drink.

Cocktails de Fruits was presented to the market in August 1988 and received a favorable reception; nevertheless, the previous launch's popularity did not save the following drink, the Appletiser, which was introduced to the market in 1992 with little enthusiasm.

"We worked out a deal with Coca-Cola in the early 1990s, and we launched it alongside Fanta and Sprite on the market." As a result, we stopped making SeyCola, which was formerly made locally."

Palmer retired in 1996 after twelve years running Seychelles Breweries. He referred to his tenure with the company as a fantastic journey.

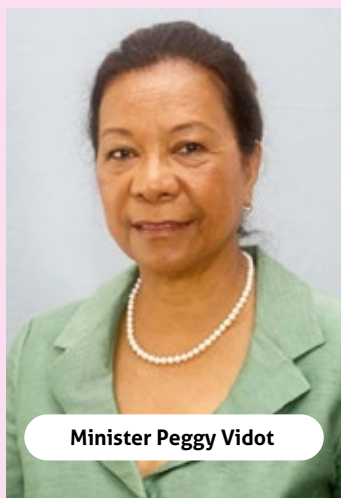
"I had a great team working with me, and we were able to serve the country with high-quality products, which is consistent with the brewery's mission of providing the best to the people of Seychelles."



Construction of Full Crate Store



Full Crate store being built in the early 90's



Minister Peggy Vidot

COMPILED BY CHRISTINE OUMA

According to statistics, the most common cancers in Seychelles are: prostate cancer, breast cancer, colorectal cancer, Cancers of the oral cavity, cervical cancer, and lung cancer. If cancer is detected early, a patient may undergo surgery, chemotherapy, or hormonal therapy. Chemotherapy is a type of cancer treatment in which one or more anti-cancer drugs (chemotherapeutic agents) are administered as part of a standardised chemotherapy regimen. Hormonal therapy H is used to treat cancers that use hormones to grow, such as some prostate and breast cancers. It is a cancer treatment that slows or stops the growth of cancer cells that use hormones to proliferate. When cancer is detected in its final stages, hormonal therapy is usually used to slow down the process.

Cancer Concern Association is raising awareness of cancer and encouraging its prevention, detection, and treatment as the world commemorates Cancer Prevention Awareness Month, which is observed annually during the month of February. Minister for Health Peggy Vidot spoke to **Ozordi Dimans** in her capacity as Chairperson of Cancer Concern Association (CCA). She explained that, despite efforts to raise cancer awareness and encourage its prevention, detection, and treatment, the majority of cancer cases in Seychelles are diagnosed in stages 3 and 4, which are considered late stages. She also addressed critical issues concerning cancer awareness, diagnosis, management, and health care. Minister Vidot is a cancer control advocate and one of the leading voices advocating for early detection.

Ozordi Dimans: Your organization is involved in cancer awareness campaign in Seychelles. How will you rate the level of

cancer awareness in the country?

Peggy Vidot: Cancer Concern Association has been deeply involved in raising awareness about cancer in Seychelles, although throughout the COVID-19 pandemic, the association had to limit its activities due to public health restrictions that are in place. Cancer as a disease is a topic that is well known in most if not all Seychellois families, however, as a country we need to do more in educating the public of the lifestyle risk associated with getting cancer and how to detect the early signs and symptoms of cancer.

Ozordi Dimans: How can we create accurate awareness of cancer in the public?

Peggy Vidot: There are several

how much does cancer treatment cost?

Peggy Vidot: While some of the cancer treatment such as surgery and chemotherapy can be done in Seychelles, most cases have to be referred for overseas treatment as they require radiation therapy or more specialized tertiary treatment. Consequently, this is very expensive, and on average can cost about USD17,000 per patient for the overseas treatment part only. This is an average of the figures for the year 2019. Obviously, there is a component of the cost that is local such as operations and this can vary depending on what kind of operation and what type of chemotherapy which can also be very expensive depending on what kind of cancer we're treating.

Ozordi Dimans: What are the most pressing needs for a cancer patient?

Peggy Vidot: From our assessment, early detection and referral are the most pressing needs for cancer patients. Apart from the treatment which the patients get from the hospital, the patients and their families need a lot of psychological support to help them understand and better cope with what they are going through. There is a need to develop a palliative care programme so as to make it more accessible to those in need.

Ozordi Dimans: Do you think that the government is doing enough in cancer control and health care?

Peggy Vidot: Cancer prevention and control is every one's responsibility. It is a fact that some cancers can be prevented through our lifestyles. There is a need for more public awareness about cancer prevention and this is something that different groups and individuals can do. People need to know more about screening programmes available and when to seek medical attention. There is always more that needs to be done. More screening to detect cancer early is a must, it is not only about making the programme available but the take up must also be good as well as more education on cancer prevention and detection is needed.

Ozordi Dimans: As the Minister for Health, you are at the forefront in establishing a relationship or collaboration with the government. What are some of the steps you have taken in ensuring an improvement in this sector especially for cancer patients?

Peggy Vidot: My ministry is working hard towards establishing processes for early detection. Ministry of Health is working with Cancer Concern as well as other NGO's and partners to improve prevention and early detection programmes. We are currently in the process of introducing screening for colorectal cancer which is the number one cancer that affects both men and women in Seychelles. Our aim is to detect early and prevent cancer. We are also ensuring that every cancer patient is guaranteed

of their treatment, especially in this pandemic whereby priority for surgeries are given to cancer patients.

Ozordi Dimans: Are there statistics of people with cancer in Seychelles and what cancer is most prevalent?

Peggy Vidot: Ministry of Health has a cancer registry unit that ensures that all cancers in Seychelles are registered. For women, breast, colorectal, and cervical are the top three most common cancers and for men, prostate, colorectal, and cancers of the oral cavity are the top 3 cancers.

Ozordi Dimans: What is your message to the public during this cancer awareness month?

Peggy Vidot: Fifty percent of cancers can be prevented. There are so many lifestyle changes that we can adopt to prevent us from getting cancer. For example, do not smoke, do not drink excessive alcohol, eat healthy, and do not live a sedentary lifestyle. Make it your responsibility to avail yourself of screening programmes when these are offered. If everyone can at least adopt these four lifestyle behaviours, we can reduce the number of cancer cases that we are seeing every year.



mechanisms of how this can be done, and the media through different platforms (television, social media, radio, etc) can play a major role in promoting health awareness.

Ozordi Dimans: How is cancer diagnosis in Seychelles?

Peggy Vidot: There are different modalities to diagnose cancer. A doctor can start to diagnose a patient from the early signs and symptoms of cancer, assisted with imaging modalities such as Ultrasound, MRI or CT-Scan, and some laboratory tests. However, a cancer diagnosis is confirmed when a biopsy of the cells or tissue is taken and are verified under a microscope.

Ozordi Dimans: On average,

Ozordi Dimans: Do you think Seychelles has reached the point of successfully treating cancer?

Peggy Vidot: Not yet as most cancer treatment requires radiation therapy and this is a service that we cannot offer in Seychelles at the moment, due to the huge infrastructure and manpower cost associated with running this service, as well as radioactive isotope which requires specialized facilities for its preparation. However, patients are sent overseas for them to receive this type of care. So although as a country we are not providing this care on site, we still offer our population this treatment.



CCA executive committee



CCA Secretary General Gina Laporte and CCA member Emyln Shroff talking to some shoppers about cancer during a past event



Members of CCA during a recent meeting with the Local Government



In her capacity as the CCA chairperson, Minister for Health Peggy Vidot handed over Christmas gifts to Oncology staff and patients



A walk held in 2019 to raise awareness on cancer



VALENTINE'S DAY DINNER

AT DOUBLETREE ALLAMANDA

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APPETIZER

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Green pea puree, crispy pancetta

SOUP

Chilled Beetroot ginger and coconut milk soup
Sour bread with goat cheese

SORBET

Raspberry Sorbet with Moët & Chandon Rose

MAIN COURSE

Grilled beef tenderloin with red wine shallot jus
Truffle mushroom puree, polenta and buttered carrot

OR

Braised Red snapper crusted with herbs and parmesan
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'Zanfan I dir' remains the trending show on Kreoflix by a mile! Myra Labiche asks some pertinent questions to kids no older than eight. The answers she gets are mind-blowing and will be a reminiscence of our very own childhood. Would you have answered these questions in the same way? Visit www.kreoflix.com and pay your subscription for only SCR 199 and see the new additions that we have for you this week!

FRESH THIS WEEK

100% Quiz

Episode One of this new Quiz airing on National Television is now available for streaming on Kreoflix. Three contestants start off in an attempt to qualify for the big finale by answering the Mystery Question! To get to that mystery question however, they need to navigate through a web of questions, videos and sound. Things are not as easy when you are under the pressure of the studio setting; the lights beaming down, that suspenseful music to confuse you and charming host in the like of Travis Julianne (DMC TAJ). Even if you get to overcome all these obstacles, there are two other contestants vying to reach that grand finale! You do not have to go through all these pressures if you watch the quiz from the comfort of your home, office or that little cosy place you like. Stream 100/100 Quiz now on Kreoflix for only SCR 199.

House Special

We pay a lot of money to get a beautiful cocktail at our favourite chill-out spot. How many of us wish that we can just prepare this at home, with simple ingredients and stuff we can find around the house? Do not despair, Mario is here to take you on this learning curve. With the breathtaking back drop of La Plaine St Andre and in collaboration with Trois Frere Distillery, we bring you simple cocktails that you can make in minutes using mainly Takamaka. Whether you are having a bad hangover or you just want to impress your guests, House Special has got something to satisfy all taste buds. The concoctions are not rocket science and can be fun to make alone or with friends. More episodes every week on Kreoflix. Pay your subscription now for only SCR 199.

Antrevers

Music lovers will love this new show called Antrevers. We get up close and personal with some of your favourite artists and let them sing with nothing but their voice and some basic instruments. In most cases the episodes are unplugged so you can really enjoy the texture of the artist's voice. Available now to stream are episodes on Auspicious and Jade Jolene. Auspicious is well known for his reggae and deep lyrics. He scored numerous hits including I'm Going Back, Mon Kontan ou and Ziska Lafen Letan. He teams up with two friends to perform his big hits and talk about his inspiration and more. Jade wreaked havoc when she did a cover of Hit The Road Jack and has since been in demand! What's her story? Subscribe at www.kreoflix.com



To enjoy these and other interesting episodes go to Kreoflix.com, sign up, select the Latanier Plan for only 199 and pay using any major debit or credit card. Subscription costs SCR199 for one month! Watch out for our Valentine's Day special!

Cynthia Rose;

An upcoming designer to watch

BY CHRISTOPHE ZIALOR

Jewelry is made up of natural materials such as gemstones, diamonds, and valuable metals. It's not unexpected, then, that it has a strong emotional component. It's not just the act of buying, receiving, or wearing jewelry that imbues a piece with meaning; they are also imbued with the experiences and ideals of their designers.

Jewelry design encompasses a variety of expertise, the most of which are determined by the type of jewelry the designer creates. Despite the fact that design and production processes may overlap, each designer has their unique style, manufacturing, and marketing elements.

The rise of the gems and jewelry sector has provided a plethora of work opportunities for jewelry designers in Seychelles. From shell earrings to a coco-de-mer necklace made of resin, the options for creating one-of-a-kind jewelry from natural resources are boundless.

Twenty nine year old Cynthia Rose is a young entrepreneur who creates one-of-a-kind jewelry using the plethora of natural resources. Cshells, Unique Handmade Jewels, is Cynthia's company, which has been in existence for two years.

"My mother in law inspired me to pursue a career in jewelry creation. I'd always seen her producing small pieces and figured I'd give it a shot."

Cynthia noted that when she first started in October 2020, it was a bit of a challenge; as she had to do a lot of web research to figure out what kind of jewelry people were interested in.

"When I stumbled across resin jewelry, I decided to give it a try, and it paid off when customers complimented my work."

As a young mother to a little boy, Cynthia got the perfect opportunity to test out her jewelry for teachers' day.



Vibrant Coco-de-mer design



Necklace and Earring set



Cynthia in her element



"I thought instead of buying a meaningless gift at the shop, why not make them jewelry. The feedback that I got from them was very positive, which further pushed me to start my own business."

The young businesswoman stated that the most essential aspect of her position as a designer is to create a strong artistic vision, and that each customer will receive a unique design because all of her pieces are handcrafted.

"I create my designs in my own unique style, using vibrant colors and incorporating a natural element into my work, giving abandoned shells new life."

"Business works better during special occasions, like Christmas and Valentines' day, but I am continuously promoting my work and giving special giveaways and most of my clients enjoys that."

Cynthia enlists the support of her boyfriend and mother-in-law as her business grows and more customers come in. She also stated that juggling job and family life is not always simple, but she manages to do so.

The market at the moment is oversaturated with many businesses selling handcrafted

jewelry, the designer noted that each business has their own style.

"I want Cshells to stand out as much as possible, from my social media accounts to my designs." Despite the tough competition, I do my best to provide a service that will satisfy my customers; if I have to sleep at 1 a.m. to complete my orders, I will."

She mentioned that she used to work as a graphic designer, which helped her come up with ideas for her social media profiles, business cards, and logo.

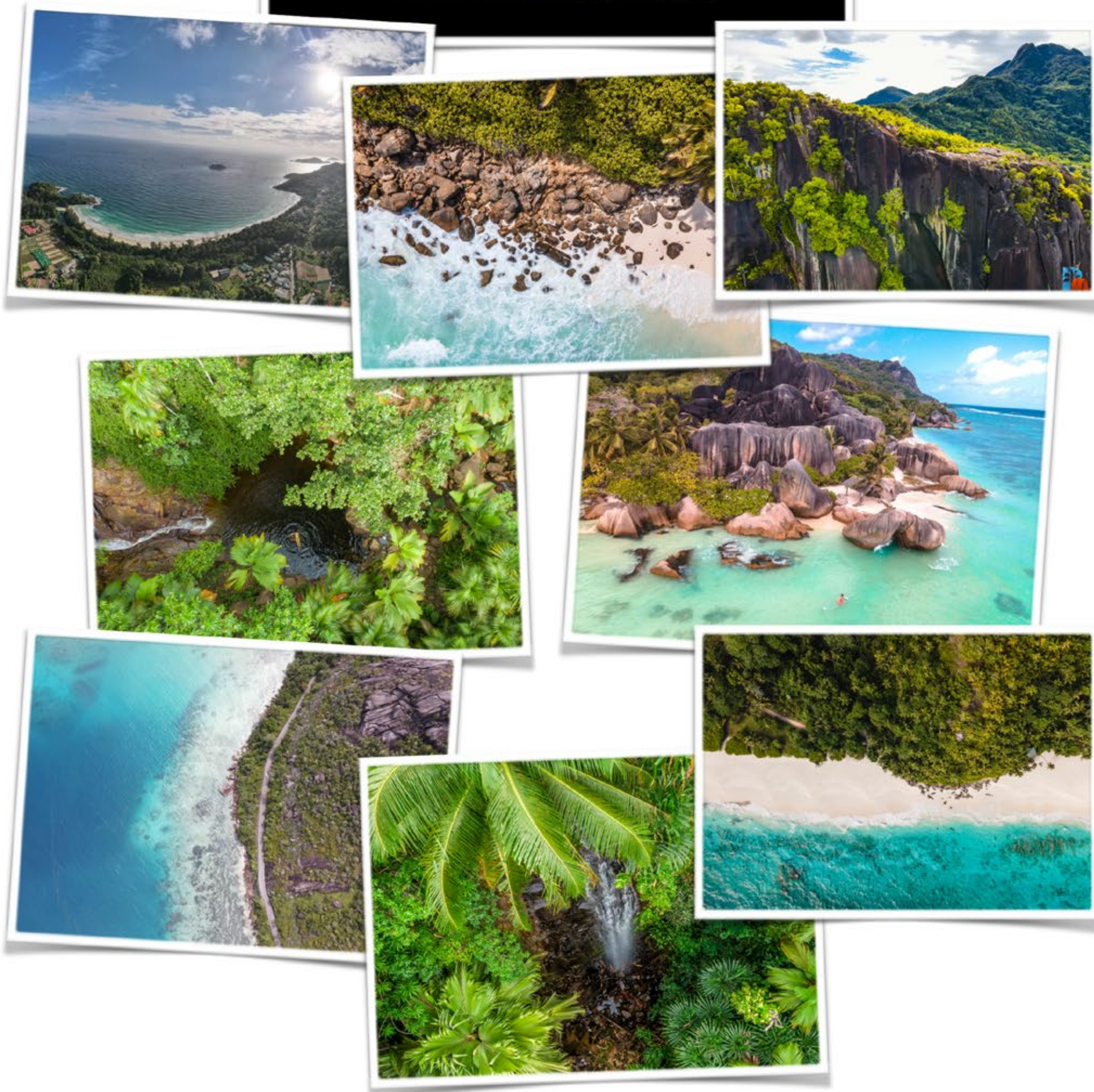
While many people think of jewelry design as a hobby, Cynthia sees it as her calling. "Right now, I'm enjoying what I'm doing," she said.

In five years' time, Cynthia hopes that her brand will be a household name in the local jewelry scene, but in the meantime her focus is to set up her atelier so that she can properly display her designs.



Finally, she exhorted young entrepreneurs to pursue their dreams.

"Practice makes perfect, and you must endeavor to succeed." I too fall down from time to time, especially when a design isn't functioning, but I don't let it get to me, I get up and keep going"


*Birds
Eye
View*



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FAIR TRADING COMMISSION

The Fair Trading Commission is an independent government body established under the Fair Trading Commission Act 2009. We aim to safeguard the interests of consumers, promote competition and fair trade in Seychelles to benefit consumers, businesses and the economy. We strive to ensure compliance of individuals and businesses to the laws administered by the Commission- namely: The Fair Trading Commission Act 2009; the Fair Competition Act 2009 and the Consumer Protection Act 2010. In fact, we are empowered to carry out investigations in relation to the conduct of business in Seychelles to determine if any enterprise is engaging in practices that are in contravention of our laws. Such investigations may be self-initiated by the FTC or may be carried out following a complaint. All investiga-

tions are carried out by the staff of the FTC. Our initiatives also include promoting the education of consumers and businesses through advocacy and publications. The Fair Trading Commission (FTC) is an independent government body established under the Fair Trading Commission Act, 2009 (Act No. 17 of 2009), to:

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

KWEN KONSONMATER

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

"CAN KEEPING A RECEIPT IN HAND AFTER PURCHASE PROTECT YOU AS A CONSUMER?"

Yes, it can! You are correct!

A receipt holds key information including; the date, the retail outlet, the address, price of purchase

and the supplier warranty information where applicable'.

Imagine finally being able to treat yourself to a brand-new flat screen television of the highest quality, as per its specifications. But alas, after a few months you notice that the television constantly switches off after a period of 20 minutes of being on. This can't be right! Your first instinct would be to head directly to the shop and in turn being issued with a replacement television or refund given the value of your purchase.

At the shop, you explain the issues experienced with your television to the salesperson, who in turn asks for your receipt as a proof of purchase, as one of their business policies. After frantically searching for the receipt, you realise it is nowhere in sight. The

sales person has no assurance that you have actually purchased the television from their shop and has no other record keeping facility to trace the purchase.

In the event that you were to lodge a complaint at the Commission to pursue your case, a receipt is one of the most crucial documents needed for the investigation. Should the investigation prove to be in your favour, the Consumer Protection Act 2010 allows the consumer to have a choice between a refund, replacement or repair of a defective good that is of poor quality, not useable or durable.

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

You can request for advice or download a complaint form at www.ftc.sc and email us at info@ftc.sc



Keeping a receipt in hand after purchase can protect you as a consumer

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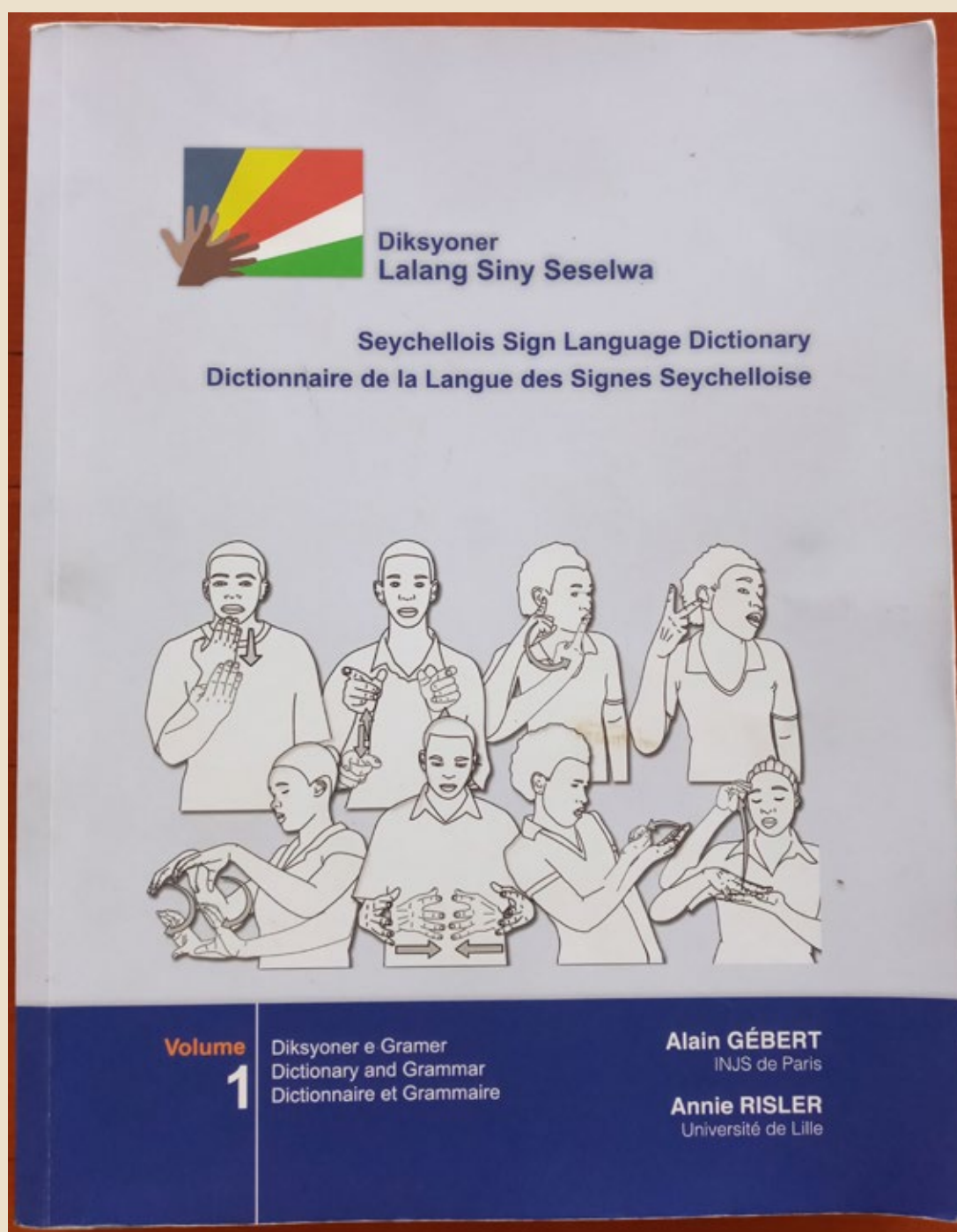
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A GIST INTO THE SEYCHELLES SIGN LANGUAGE



The dictionary

BY CHRISTINE OUMA

According to the Seychellois Sign Language Dictionary (Volume 1) published in 2019, Signs and Sign Language is described as a mode of gestural expression.

"When we speak a vocal language, we use our voice and all the speech organs: vocal cords, mouth, the hard palate, the tongue, and various parts and positions to produce a vocal message. The strings of sounds thus pronounced are decoded as words with a specific meaning learned beforehand."

"Sign languages are visual-gestural languages, which means that communicating or expressing oneself is done by gestures, which are perceived visually", according to the book.

"To 'pronounce' gesturally, hands are used and the form and position of the hand vary in order to create a gestural message. A succession of forms is thus drawn and recognized as signs because it corresponds to a visual form conveying a specific meaning. In fact, it is not just the hands but the whole body that participates in the creation of these forms, as well as be shown sign language", as described in the dictionary.

"There is a widespread belief that the Deaf speaks the same language as the other inhabitants of their country, but transmitted by gestures because they can't hear. That is not the case," it continues. A sign language is not the result of the transposition of each word of

a vocal language in signs. The Seychellois Deaf do not code the Creole words gesturally. They use sign language, which has its own vocabulary and grammatical structure: Seychellois Sign Language (SSL).

Shana David, a sign language teacher and member of the Seychelles Deaf Association, told Ozordi Dimans through a sign language interpreter that her parents didn't realize she was deaf until her crèche teachers noticed she wasn't participating in class like the other students. She was only three years old at the time, but it wasn't until 2006, when she had an audiogram, that she was discovered to be profoundly deaf. Shana is now 37 years old and works as a teacher at the Seychelles Centre for the Deaf.

She explained, referring to the SSL dictionary, that anyone can reproduce perceived forms, volumes, actions, relations to space, displacement, for example: to indicate a direction, imitate an action, or show how to do something, explain a feeling, a form, or a size, by using hand and body movements.

These processes of gestural expressions give rise to the words of every sign language. The movements are the same as for designating something, such as drawing forms or volume with the hands, representing placements or displacements with hand forms, and actions involving the entire body. These gestures, on the other hand, have become part of a linguistic system and are used by a predefined form and meaning.

She noted that as a Sign language teacher,

she instructs deaf students and those learning it as a second language in signing, or non-verbal, visual communication. She is fluent in Seychelles Sign Language, which has its own grammatical structure and incorporates the use of body language, finger spelling, and signing, in addition to writing English, Creole, and French.

"Sign language is a natural language for the deaf. But it wasn't until much later that I realized this is our (deaf community's) language. It was in 2006 that I met Anita Gardner (Founder of Seychelles Deaf Association), who explained to us that sign language is a language," she explained.

She also revealed that the majority of deaf people in Seychelles are hereditary. This is according to a survey conducted by the community. Families of the deaf were also asked to participate in the survey. According to Shana, there are opportunities in learning sign language, especially now that there is a learning center. "Interpreters are also needed on television, but there are only a few of us, so we can't do everything."

Shana, along with Anita Gardner, provided sign language interpretation on television at the start of the Covid-19 pandemic; however, because wearing masks is mandatory, and sign language is a visual language that also involves facial expression, the two were unable to continue because the interpretations did not serve the intended purpose.

These pictures from the Seychelles Sign Language dictionary show some of the gestures used by the deaf community to communicate.



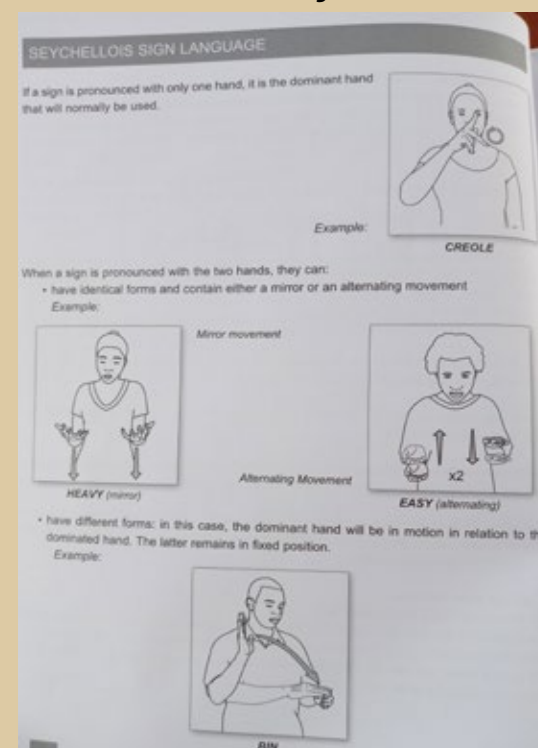
Some body and health signs



Different forms of manual configurations



Alphabet is used for spelling of names, places, people and things





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The best tools for your home tool kit from Paoli Store

COMPILED BY U-ROY JULES

Paoli Store, is a locally owned hardware store located in Mont Fleuri, Mahe. The owner of the shop Ralph Hissenlee, has been serving the community for over ten years, by providing genuine hardware equipment and tools for various DIY home projects or your everyday use.

Whether you are a pro, or just want to fix a broken pipe at home, Paoli Store will provide you with the equipment and products you need to get the job done.

In this edition, we discover a few of some of the best-selling items from the hardware shop.

H.D. Multi-Functional Plastic Staple Gun:



Description:
Staple guns are useful for upholstery, woodwork, and furniture building, along with some construction tasks like fastening subfloors or roofing materials. You will also see them used for house wrap and fastening wiring or carpet. Moreover, some types of staple guns are best for hobbyists or crafters.

- High-Impact molded plastic housing
- Comfortable plastic/metal handle
- Durable metal magazine
- Bottom loading for easy loading & jam clearing
- Safety handle lock system
- Low staple refill window
- Power adjustment control system

Fiberglass Handle Claw Hammer:



Description:
For general DIY and remodeling use, the best hammers are steel or fiberglass. Wood handles break, and the grip is more slippery. They are fine for the shop or trim work but less useful on a general-purpose hammer. Other things being equal, fiberglass handles are lighter; steel handles are more durable. This shock absorbing fiberglass handle claw hammer with non-slip rubber grip is quality made with a drop forged steel head.

- Overall length: 13-3/8"
- Weight: 1.6 lbs.
- Head: Drop forged polished steel.
- Nail puller claw.

Pin to Pen 6 Pc Screwdrivers:



Description:
This versatile screwdriver includes standard and two nut drivers. The handle is molded bi-material and ergonomically designed for comfort and strain-free use during precision, torque, and speed applications.

- Type: Combination
- Tip Type: Slot, Phillips
- Usage: Household
- Product Type: Screwdriver Set

Slip-Joint Pliers



Description:
Slip joint pliers are pliers whose pivot point or fulcrum can be moved to increase the size range of their jaws. Most slip joint pliers use a mechanism that allows sliding the pivot point into one of several positions when the pliers are fully opened.

- Two position slip joint
- Non slip vinyl grip handle
- Serrated jaws fully hardened and tempered
- Chrome plated and polished

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Seychelles Magpie-Robin

COPSYCHUS SEHELLARUM



COMPILED BY CHRISTOPHE ZIALOR

Seychelles magpie-robins are amongst the most endangered of the endemic birds in our archipelago.

The species, which was once ubiquitous, is now endangered and restricted to a few islands; its extinction is linked to the increase in predators such as cats and rodents, as well as human interference and habitat modification.

Also known as 'Pi santez', the Seychelles magpie robin has a noticeable white wing patch, visible as a broad white bar on a folded wing and a glossy blue-black plumage overall. In bright light, the bluish sheen is visible and the tail with the square tip is quite lengthy. It can be found in a variety of settings, including woodlands, gardens, and coastal forests.

On its black head, there are erectile feathers on the lore, forehead and throat.

Having similar features, both male and female have robust black bill, dark brown eyes, long legs and black feet.

The Magpie-Robin of the Seychelles feeds on the ground. It eats fruit and small invertebrates and a variety of small and medium-sized insects which it catches from leaves. To disturb prey, it leaps on the ground and

turns over the leaf litter and feasts on spiders, scorpions, and earthworms. Insect larvae are its favorite meal. Geckos, frogs, juvenile mice, and young snakes are among the small animals it eats. It eats small fish that are dropped by tree-nesting White Terns, seabird eggs, and small crabs as well as fruits such as figs, coconut, mango, cashew, and pawpaw.

During the breeding season, the Seychelles Magpie-Robin is monogamous and territorial. If food is available, it can breed all year. It builds its nest in a tree hole or a coconut crown, but it may also use nest boxes.

The male sings from treetops or other exposed perches at dawn and dusk. The neck is stretched high during the performances, while the wings are droopy or half-opened to show off the white wing patches. The tail is brought down. It also pursues the female in flight, who responds by fluffing out her flank feathers.

The Magpie-Robin of the Seychelles is a sedentary bird. It has the potential to distribute over distances of up to 45 kilometers to nearby islands. The flight is straight with a small incline.

Through various preservation projects undertaken on the islands, the Seychelles magpie robin established population spread on the five islands including Cousin, Cousine, Aride and Denis has been downlisted from Critically Endangered to Endangered as of 2012.

Creative

FIGHT THE AGING PROCESS AND MAINTAIN MORE YOUTHFUL LOOKING SKIN



CONTRIBUTED BY BERYL SCHARPF, LA JEUNESSE BEAUTY SALON

Anti-aging might be one of the most talked-about topics amongst mature women all over the world. Indeed, it makes for interesting conversation as each one of us faces going through the same dreaded process. Aging is something that happens to all of us and one of the most significant tell-tale signs is through our skin, which naturally wrinkles, dulls, and sags over time.

Are there ways we can combat aging skin? Here are my top tips for maintaining healthier and more youthful skin:

1. Make sure to eat plenty of antioxidant-rich fruits and vegetables daily. Vitamin C &

E are particularly powerful for the skin, with the former producing collagen, which in turn promotes skin elasticity, and the latter helping to prevent cellular damage.

2. Drink 6-8 glasses of water per day to keep skin supple and to fight dryness. Dehydration will cause your skin to look dry, tired, and grey. Stay away from alcohol, which dehydrates and damages the skin over time.

3. Quit smoking - the nicotine in cigarettes limits blood flow to your skin, in turn causing it to become dry, wrinkled, and dull. Breathing in smoke toxins also causes sagging of the skin.

4. A good night's sleep. While we are asleep, our bodies can focus on collagen production and cellular repair.

1. Establish a daily skincare routine with the use of appropriate products based on your skin type e.g. oily, dry, etc. This includes daily use of the sun protection factor (SPF) sunblock and using products that do not dehydrate or irritate the skin.

A common mistake people make is to wash their face with regular soap, which strips the skin of natural oils and dries out the skin.

MY RECOMMENDED SKINCARE ROUTINE:

1. Cleanse your skin twice daily (for mature skin, a milk-based cleanser is best)

2. Apply serum

3. Nourish your skin with a good moisturizer

4. Protect your skin with a good SPF sunblock (SPF 50 is recommended, especially for the face)

Even people who already have signs of premature skin aging can benefit from these lifestyle changes. By protecting your skin from the sun, for instance, you give it a chance to repair some of the damage.

If signs of aging skin are bothering you, you may want to visit a skincare salon/clinic. New treatments and less invasive procedures for smoothing wrinkles, tightening skin, and improving complexion are giving many people younger-looking skin.

Note: This does not only apply to ladies. Men can also discover and enjoy more youthful-looking skin.



Height: 181cm
Waist: 72cm
Bust: 82cm
Hip: 101.5cm
Shoes: 39/40
Fashion, Photographic,
and Commercial Model.
Agency: Telly Modelling Agency



By focusing on what look you want you can then narrow down the choices you have



An example of a granite bench top

Which Kitchen Counter Top or Bench Top to Choose?

SOURCE: INTERIORDEZINE.COM

What is the main thing you notice in someone's kitchen? The bench top or counter top! What influences your decision when choosing a kitchen counter top or bench top material? Budget and look mostly. The price for materials or products ranges from natural stone granite at the top end to laminate at the bottom end. Like any product or material that you select in interior design, they have many varying properties that can sway your choice rather than simply by how much it will cost. Durability, colors available, longevity to name a few.

4 TIPS FOR CHOOSING YOUR KITCHEN COUNTER TOPS

Know Your Preferred Kitchen Counter Top Look
When choosing your kitchen counter top, its best to have a few ideas about what you would like your kitchen to look like. By focusing on what look you want, you can then narrow down the choices you have. Some counter tops or bench tops can give your kitchen a traditional look, others can give your home a contemporary feel. Understanding what products you can use to create the look you want will make life easier. For example, a timber counter top does not look contemporary, but it does really suit a country kitchen.

Choose a Bench Top Product That Suits the Way you Live
I know for a fact that I had always wanted a stone counter top, they look so elegant and luxurious. But now that I have one – I hate it! It breaks all my glasses and crockery. Some kitchen countertop options are better suited for certain lifestyles than others. Kids are just not as careful as adults and we now don't have a matching set of anything! We have had a timber counter top before and it is much more forgiving. If you have a busy home with kids and mess in the kitchen, then a white granite countertop might not be best for your kitchen.

Consider Long Term Maintenance of your Bench Top
Some kitchen counter tops require more maintenance than others. Granite counter tops can require regular sealing in order to maintain their

luxurious look. They are also a costly product if they need to be repaired when damaged. Other kitchen counter tops materials like laminates are very cost effective, easy to look after and are low-maintenance. They can give your home a modern look without too much responsibility in terms of maintenance and there are so many color choices available.

Mind Your Budget
There are a lot of expenses when you create a kitchen. Make sure you are realistic with the counter top budget. You may have always wanted a granite bench top but if you then scrimp on the rest of the kitchen, you won't get an overall result that will be consistent, you need to have the rest of the kitchen functioning too.



Choose a bench top product that suits the way you live

7 DAY LOCAL FORECAST

Today

Humidity: 77%
Wind: N 11 mph
UV: 10 (Very high)
Sunrise: 06:23 am
Sunset: 06:40 pm

28 / 25 °C
Feels Like: 31 °C

Low 2:36am (0.5m)
High 8:40am (1.57m)
Low 2:51pm (0.48m)
High 9:05pm (1.56m)



Decreasing cloudiness

Moon Watch

First qtr Tuesday 8 February
Full moon Wednesday 16 February
Last qtr Thursday 24 February
New moon Wednesday 2 March

Monday



28 / 25 °C
Broken clouds

Humidity: 76%
Wind: NNE 9 mph
UV: 10 (Very high)

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

Tuesday



28 / 25 °C
Mostly cloudy

Humidity: 75%
Wind: N 11 mph
UV: 10 (Very high)

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

Wednesday



27 / 25 °C
Overcast

Humidity: 76%
Wind: NNW 14 mph
UV: 7 (High)

Sunrise: 06:24 am
Sunset: 06:40 pm

Thursday



28 / 25 °C
Scattered tstorms late

Humidity: 77%
Wind: NNW 14 mph
UV: 7 (High)

Sunrise: 06:24 am
Sunset: 06:40 pm

Friday



28 / 25 °C
Light showers

Humidity: 78%
Wind: NW 15 mph
UV: 7 (High)

Sunrise: 06:24 am
Sunset: 06:40 pm

Saturday



28 / 28 °C
Showers late

Humidity: 77%
Wind: NW 15 mph
UV: 7 (High)

Sunrise: 06:24 am
Sunset: 06:40 pm



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LUKE 3 SEATER SOFA (85 x 95 x 220 CM) IN CASABLANCA NATURAL **23,200^{SCR}**

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PHETHON 3 SEATER SOFA IN LINCOT (70 x 100 x 230 CM) **24,800^{SCR}**

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CASS
NATURAL



TINA 3 SEATER SOFA IN CASABLANCA NATURAL (75 x 95 x 220 CM) **23,000^{SCR}**

TINA 4 SEATER SOFA IN CASABLANCA NATURAL (75 x 95 x 250 CM) **27,200^{SCR}**

COLOURS AVAILABLE
CASS
NATURAL



ECHO 2 SEATER SOFA IN CASABLANCA NATURAL (70 x 87 x 160 CM) **18,900^{SCR}**

ECHO 3 SEATER SOFA IN CASABLANCA NATURAL (70 x 87 x 190 CM) **20,200^{SCR}**

ECHO 4 SEATER SOFA IN CASABLANCA NATURAL (70 x 87 x 190 CM) **21,200^{SCR}**

COLOURS AVAILABLE
LINCOT



ANDREA 2 SEATER SOFA IN LINCOT (80 x 85 x 167 CM) **18,400^{SCR}**

ANDREA 3 SEATER SOFA IN LINCOT (80 x 85 x 197 CM) **21,400^{SCR}**

COLOURS AVAILABLE
LINCOT



SANTA MONICA 2 SEATER SOFA IN LINCOT (65 x 95 x 170 CM) **20,200^{SCR}**

SANTA MONICA 3 SEATER SOFA IN LINCOT (65 x 95 x 200 CM) **23,600^{SCR}**

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STORM



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Hikes and Trails

Anse Cocos Trail; how to get there and what to expect

COMPILED BY U-ROY JULES

Local and tourists alike love a good hike. This is amongst the best ways of experiencing nature and enjoy the fresh air, or just the adrenalin from the physical challenges that come with it.

Since the pandemic started two years ago, more people of different ages are getting into outdoor activities now than ever before.

For us at Ozordi Dimans, our Hikes and Trails page, allows our readers to discover some rare hiking places in Seychelles, and explore the natural world of Seychelles.

In this week's edition, we are hopping on board the Cat Coco and heading to La Digue where we will be hiking the Anse Cocos trail.

As we disembark on La Digue Island, we are excitedly looking forward to our next challenge of trekking to the beautiful Anse Cocos beach.

At the starting point in Grand Anse, there is a small path heading north on the beach which cannot be missed. From Grand Anse via the sandy Petite Anse, the hike takes you through diverse path of lush green vegetation for around 45 minutes.

From Petite Anse, the trail towards Anse Cocos is obvious. From the sandy beach, it quickly diverts and winds through a scenic, flat jungle area.

It may seem like you are walking towards the mountains, as the path cuts right and climbs another small headland before descending to the southern end of beautiful Anse Cocos.

It requires a little more effort to get to this beach so it is rarely crowded and we could enjoy our Sunday in the crystal clear, turquoise water. The beautifully stretched 500m long white sandy beach is for us to enjoy in all its glory whilst soaking up the tropical sunshine.

One of the highlights that make Anse Cocos one of the best beaches on La Digue is the natural swimming pool.

This is by far one of the best swimming spots on the island. Large, granite boulders converge on the headland to form a naturally protected pool. The watercolor here has to be seen to be believed. Should the tide or waves be too rough, then the natural swimming pool is where you will want to swim at Anse Cocos.

Whilst this is a short trek, always remember to wear the correct footwear, bring plenty of water and apply enough sunscreen. Beware of strong currents when swimming. Should the sea be a bit rough, it is advisable to remain close to the seashore.



View from the top



The natural swimming pool



Anse Cocos

Zanzibar

Africa's spice island

COMPILED BY CHRISTINE OUMA

Awaken and tantalize your tastebuds as you discover Zanzibar's culinary love affair and its over 100-year relationship with spices. The archipelago of Zanzibar, also known as the Spice Island, is located about 35 kilometers east of Tanzania's mainland and is made up of dozens of islands that hug its shores. The main islands are Ugunja and Pemba, with additional islands such as Chumbe, Mafia, and Mnemba. Despite being a part of Tanzania's mainland, Zanzibar is a semi-autonomous region with distinct differences in politics, religion, food, and culture. The islands were ruled by the Oman Sultanate, and as a result, the majority of the population is Muslim.

What to see
The island has both bright beauty and a dark history. The historical capital of Zanzibar is Stone Town, a UNESCO World Heritage site. Every building, boutique, hotel, and winding street has a connection to the slave trade. Sites such as Makusurani graveyard, where most of the island's former Arab rulers are buried, Dunga palatial ruins dating from the 15th century, Peace memorial museum, national historical museum, and other historical sites are popular destinations for history buffs. Aside from the old slave market, there is the Cathedral Museum, where the altar is said to be located where the whipping post once stood. Zanzibar, colloquially known as the spice island, is famous for its spice trade, which dates back to the pre-colonial era and is the foundation of its trade-heavy economy. Take a detailed aromatic tour to spice farms such as Hakuna Matata to sample clove, nutmeg, vanilla, coriander, and other spices while learning about

the island's rich botanical and cultural heritage. While the Chinese and Portuguese introduced spices such as garlic and chili to the island, it was the Oman Sultan Seyyid Said who fully exploited and realized Zanzibar's potential by establishing clove plantations and forcing slaves to grow and harvest the crop, transforming the island into the world's largest producer and exporter of cloves, accounting for up to 80% of the world's clove supply. Back then, cloves were traded and prized as gold for both the taste and as a means of curing and preserving meat before the advent of refrigerators. On the brighter side, Zanzibar has stunning beaches with secret sea life and is also the birthplace of Queen's Freddie Mercury. The old town has bazaars in Darajani market and backstreet shops where one can buy ornate Zanzibar chests, authentic African and Arabic jewelry. There is also seaweed farming used to make local soap and kite surfing along Paje Beach.

Food and drink
Awaken and tantalize your tastebuds as you discover Zanzibar's culinary love affair and its over 100-year relationship with spices. Zanzibar's distinct flavors are alive and vibrant in the local cuisine and culture, which can be sampled at the Forodhani Garden Night Market for low-cost eats. Other dining options include Rock Restaurant, which is perched on a sea-bound rock.

Stay
Zanzibar has a dozen hotels to suit every taste and budget. A new wave of upscale luxury resorts has transformed Zanzibar into a destination for

luxury retreats and adventures. If you decide to stay on Pemba, the Manta resort has a unique underwater room that floats offshore with its own rooftop deck and lounge at sea level.

Play
For adventure, explore the stone town, visit the slave caves for an intense walk down memory lane, and interact with the islanders, who will warmly greet you with 'Hakuna Matata' - Swahili for "no worries." Take a spice and eco-cultural tour. For those who adore sea life, Mafia has some of the best diving spots in the world, as well as a large population of whale sharks and a breeding ground for humpback whales. Thanda, which can only be hired in its entirety, is home to at least two endangered species: the docile dugong (or sea cow) and turtle breeding grounds. On the other hand, Nungwi has white coral sands that have been observed to glow. Chumbe, landmarked by a giant lighthouse filled with gas in 1926, winks encouragingly all night long at the dhows that ply the waters. On 20 September 1914, the island witnessed the famous sea battle between the "Koenigsberg" and "Pegasus" in the German-British skirmish that became known as "The Battle of Zanzibar." Mnemba, also known as "millionaires island," has 10 beachside "bandas" that provide the ultimate in barefoot luxury escape.

Covid-19 measures
At the moment, Zanzibar may appear to be one of the best places to get away from it all. The 14-day mandatory quarantine period for Zanzibar was

lifted in a joint statement issued by the Tanzanian mainland government and the Zanzibar Ministry of Health. A medical certificate is necessary. Travelers must provide proof of a negative COVID-19 test performed within 72 hours prior to boarding their flight. Flights to India are currently suspended and a list of countries including Brazil, Congo, India, Indonesia, Peru, the Philippines, South Africa, United States, Uganda, or the United Kingdom are subjected to antigen test on arrival. You must still apply for a Tanzanian visa as usual. Although there are no specific rules regarding yellow fever certificate requirements, you may be asked for one even if you are from a low-risk country. Prior to granting entry, the airport conducts temperature screening using a handheld device. If a passenger shows symptoms of COVID-19, on arrival, they may be required to quarantine at a government-designated facility, at their own expense. The aforementioned information was correct at the time of publication. Please ensure that you check for any further updates and changes before you travel. On arrival, you must also fill out a Traveller Surveillance Form with your contact information for Covid-19 Track and Trace in case they need to contact you. This will include information about everyone you'll be traveling with (if you're traveling in a group) and where you intend to stay during your trip. Although the entry requirements relating to Covid-19 in Zanzibar have been fairly consistent in recent months, it is critical that you check the most recent advice provided by your government.



Forodhani garden night market



Nutmeg



Stone Town Zanzibar



Slave trade monuments



Chumbe, landmarked by a giant lighthouse filled with gas in 1926, winks encouragingly all night long at the dhows that ply the waters



Enjoy ultimate luxury barefoot escape on the beaches of Mnemba



Restaurant perched on a sea bound rock



Manta resort boasts a unique underwater room that floats offshore with its own rooftop deck and lounge at sea level



Old Fort



Spices



The distinctive flavours of Zanzibar are alive and vibrant in the local cuisine



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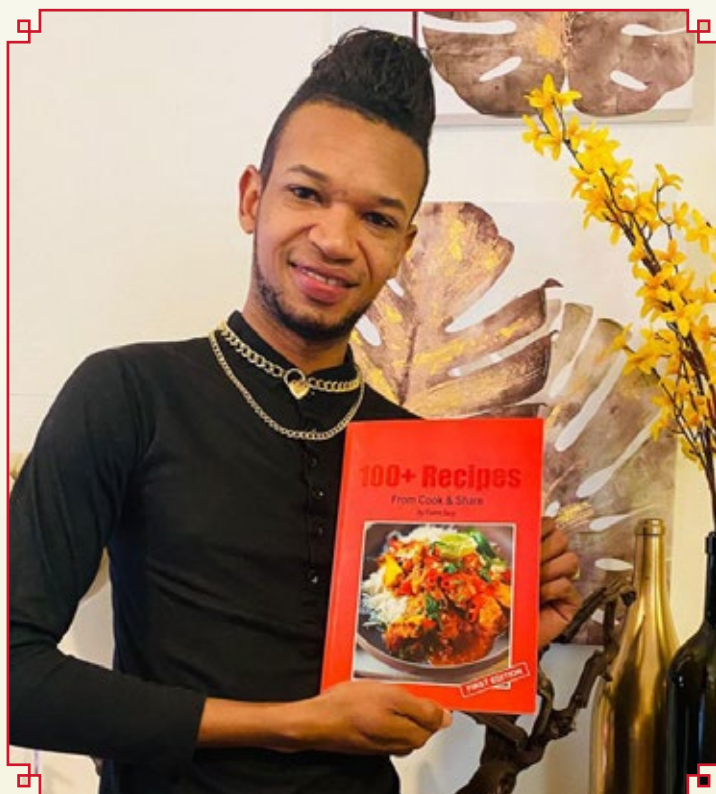
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Cook and share recipes



Pierre Savy is a 30-year-old Seychellois Gouvernante residing in Switzerland.

In 2020, he opened a Facebook group called Cook & Share. On the platform, members share pictures and recipes of meals they prepare.

In a previous interview with TODAY, Pierre remarked the participation of the members is incredible and it shows that they appreciate the group and trying their best to cook, especially people who are new to the kitchen.

Following the success of the group, Pierre published his first recipe book '100+ Recipes from Cook & Share'. The book features recipes for side dishes, appetizers, meat and seafood, sweets, cakes and cookies as well as foods made from dough. It is available for purchase in Seychelles. Contact Irina Etienne on 2619533 for a copy.

In this week's edition, we propose three of Pierre's mouth-watering, easy to make recipes to tease your palette.

STARTER - *Potato Gratin* (Serves 8-10)

Ingredients:

- 1 kg potatoes, peeled
- 1 cup heavy cream
- 1 cup full cream milk
- 250g grated parmesan cheese
- 3 cloves of garlic, minced,
- Fresh thyme, chopped
- 2 teaspoons salt
- ¼ teaspoon ground black pepper
- Ham, diced (optional)

Preparation:

- Preheat oven to 180 degrees.

- In a large bowl, combine the heavy cream, milk and diced ham.
- Using a sharp knife, slice each potato into thin slices and place them in the heavy cream and milk mixture.
- Add in remaining ingredients to the bowl and toss well to combine.
- Pour potatoes and cream mixture into a large baking dish. Cover with foil paper and bake in the oven for one hour.
- Remove foil paper, sprinkle the top with extra cheese and bake for a further 30 minutes until potatoes are tender and the top of the gratin is bubbly and golden brown.
- Serve potato gratin with your favorite steak or meat dishes.



Main Course - *Sautéed Chicken Liver with Green Beans* (Serves 2-4)

Ingredients:

- 500g chicken liver cut into small bite size
- 100g green beans, chopped
- 3 onions, roughly chopped
- Fresh parsley, chopped (dry parsley will do just fine too)
- 30ml soya sauce
- 20ml aroma sauce
- 2 cloves of garlic, minced
- 1 tablespoon olive oil

- Salt and pepper to taste

Preparation:

- Heat oil in a nonstick pan over medium high heat. Add liver and sauté for a few minutes.
- Add chopped green beans and onions, cook until soft.
- Stir in remaining ingredients and cook for a further five minutes.
- Serve whilst still warm.



Dessert - *Tart Crust* (Serves 4-6)

Ingredients:

- 200g all-purpose flour
- 50g icing sugar
- 100g unsalted butter
- 1 teaspoon vanilla extract
- 2 tablespoon milk
- 1 egg yolk
- A pinch of salt

Preparation:

- Mix flour, icing sugar, salt and butter

- together in a large mixing bowl to form crumbs.

- Add in vanilla extract, milk and egg yolk. Keep mixing to form dough.

- Wrap dough in cling film and refrigerate for 45 minutes.

- Remove from fridge when ready to use. Roll out dough and place into tart tray.

- Use filling of choice and bake in oven until golden brown.





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- Theme: *'Love in a pandemic'*
- Poems can be submitted in all three national languages

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2.5cl Elderflower Liqueur, 2cl lime. Garnish: (Sugar of half rim)

STRAWBERRY MARGARITA

Serve in Margarita glass, 5cl Tequila, 2cl Triple Sec
2cl Strawberry Liqueur, 2cl lime & 2cl Sugar Syrup

MINT JULEP

Serve in whisky glass, muddle mint leaves and 1.5cl Sugar Syrup
add 4cl Jack Daniel's No.7 fill the rest of the glass with crushed ice
Garnish: Three drops of Angostura Bitters on top

ESPRESSO MARTINI

(Vanilla) Shaken & serve in Martini glass, 4cl Vanilla Vodka
2cl Kahlua, 1 single espresso, 2cl Sugar Syrup.
Garnish: 3 coffee beans on top of the cocktail

BELLINI

(Peach / Raspberry) serve in champagne flute.
Fruit Liqueur topped with sparkling wine.
Garnish with fruit (same as liqueur)

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"I always look for harmony when pairing food with wine"



Stephanie Tigga

BY CHRISTINE OUMA

Stephanie Tigga became a Sommelier in 2006 after completing Food and Beverage Certificate and Diploma courses at the Seychelles Tourism Academy (STA). Since then, she has worked at Constance Lemuria and has gained extensive experience in wine tasting and pairing. As one of the country's first Seychellois female Sommeliers, she shared her valuable perspective as a student and wine lover with Ozordi Dimans.

Ozordi Dimans: What does it take to be a Sommelier?

Stephanie Tigga: To be a Sommelier, you must have a passion for wine, and patience is the key. Knowledge about the Wine Regions of the World and understanding wines by tasting, pairing, and more. The Sommelier profession is an art. It takes years of practice to have a good understanding of wines.

Ozordi Dimans: What inspired you to become a sommelier?

Stephanie Tigga: A Sommelier, whom I met at Constance Lemuria about 10 years ago, inspired me. I drew inspiration mainly from the way he was ex-

plaining about the wines and how to taste them in a professional way; the terroir and the art of winemaking. Discovering wine was so interesting.

Ozordi Dimans: Can you describe the greatest wine and wine experiences that you have ever had?

Stephanie Tigga: Meursault, Les Chevalieres, Xavier Monnot 2018 is the wine that changed my perception, and

I started to love more Chardonnays. It is vintage. I tasted this wine once when I sold a bottle to a French Guest. After about one month, when I was doing a blind tasting with my team, I got the name of the wine which was served by the Head Sommelier. I was trying to guess the wine which was similar to what I had tasted and loved. Then I started to explain about the wine first, even though every other Sommeliers had their chance to explain. It was elegant, I got lost in the taste and flavour. When the Head Sommelier showed us the bottle, it was Meursault Les Chevaliers, Xavier Monnot 2015. That moment gave me the motivation as well as a great experience to remember for the future. My boss was impressed. I'd say I have a sharp memory that helps me while assisting the guests in food pairing.

Ozordi Dimans: What is the role of a sommelier in your opinion?

Stephanie Tigga: Sommeliers are the ones who drive the wine sales in a restaurant. We provide memorable food and wine experience to the guests by working together with them. Sommeliers should be good showmen or storytellers. We ought to know the story of either the winemaker or producer or the location of the vineyard. There is always a story behind every bottle of wine.

We are accountable for all the stocks (wine labels and inventory) and good Sommeliers should know anything and everything about Food and Beverage.

Ozordi Dimans: What is the career path for a sommelier (Sommelier Curriculum you followed and yet to achieve)?

Stephanie Tigga: Commis Sommelier is where it begins. Followed by Assistant Sommelier, Sommelier, and then Head Sommelier. A Sommelier can also become a Beverage Manager/ Food and Beverage Manager. After years of experience in hotels and restaurants,



Wine tasting anyone



Stephanie says Sommeliers have different techniques to wine tasting

if you would like to explore the trade, you may also work with wine suppliers as Sales Assistants and then Managers.

Ozordi Dimans: You work as a Sommelier at Ephelia Resort, how do you work with the chefs and kitchen to marry wines/drinks and their creations? What are your tips for menu pairing?

Stephanie Tigga: It is important to understand what ingredients go in a dish and then compare the weight and flavor of the dish with the right wine. Usually, when it is a wine-pairing dinner, for example, the chefs liaise with us because we will need a special kind of wine to balance each course.

Tips: I always look for harmony when pairing food with wine. It should go together. For example: for Red Snapper Carpaccio with Passion Fruit Dressing, I would pair it with a New Zealand Sauvignon Blanc, which is very fruity, fresh, and light. New Zealand Sauvignon Blanc from Marlborough tends to have typical flavours of peach, passion fruit, and grassy with high acidity and good freshness.

Ozordi Dimans: Many of our readers might not be aware of some of the best wines – can you tell us about some of the best wines you have sampled and what we are missing out on?

Stephanie Tigga: Puligny Montrachet Premier cru, Les Combettes, Etienne Sauzet 2011 is a wine from one of our second biggest seller and we have it at Cyann Restaurant. I served it to one of our guests and I tasted it with them. I serve it quite often. The wine is lemon in colour. On the nose, it is full of citrus, lime, apples, pears, vanilla, and buttery. The palate has good acidity with a great mouthfeel. The flavours are complex with a long finish.

This shows that as a sommelier you must know the fruits and ingredients although sometimes some wines are quite tricky because ingredients are almost the same.

Other wines I recommend are Montrachet Grand Cru, Etienne Sauzet 2015. I love the buttery (buttery notes means it has been aged in a barrel) and complex flavours, and Saumur Champagne, Domaine Roches Neuves, 2020 is another good one. The grape is Cabernet Franc and it is beautiful with a hint of spice. It's a full-bodied-wine and is elegant.

Ozordi Dimans: What are the most important characteristics that go to make a good sommelier?

Stephanie Tigga: Confidence, eagerness to learn, passion for wine, to explore new wines (The new world meaning countries like South Africa, New Zealand, and Australia are blending in the concepts used by the old world like Spain and France, thus you need to differentiate the two worlds), blind tasting, inventory management and should be a good seller.

Ozordi Dimans: What's your view on wine closures and does this influence your own or do you think it would affect the choices made by your customers?

Stephanie Tigga: I prefer a Screw cap for fresher wines like Sauvignon Blanc which is ready to drink. But wines that can age in the bottle need Cork as a closure. The aging won't be affected much but some guests like French wines, almost all the wines are with cork closures.

Ozordi Dimans: How does it feel to be one of the very few female Sommeliers in Seychelles and what are your career aspirations?

Stephanie Tigga: I feel proud to be among the few female Sommeliers in Seychelles.

I have been privileged to serve amazing guests who are kind and have given me mentions on TripAdvisor. We keep in touch with some guests and we also have returning clients thanks to the extra work we do, such as decanting older wines before we serve to separate the sediments from the wine thus maintaining the flavours. This is a technique on its own among other services like carafing wine. For this process, it should be noted that wine continues to evolve in the bottle. While young it remains focused on the fruit. Aerating it allows it to open up.

I wish to make a community of Sommeliers and be an ambassador of wine tasting and learning activities. I am also currently pursuing a course with Wine & Spirit Education Trust (WSET) to specialize and grow to the next level.



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Two Seychellois Artists Featured in the 9th Beijing International Art Biennial, China

CONTRIBUTED BY SEYCHELLES ART FOUNDATION

The 9th Beijing International Art Biennial opened ceremoniously on 21st January 2022 at the National Art Museum of China in Beijing.

The exhibition is a fabulous prelude to the Beijing Olympic Winter Games and has for its theme "The Light of Life".

'The Light of Life' contains both the Olympic spirit and the spirit for battling with the Covid-19 pandemic, and both of them highly complement each other. These two spirits embody the value, dignity, energy and glory of human life. From the perspective of the perfect match of the Beijing Biennial and Beijing Olympic Winter Games, 'The Light of Life' refers not only to the light of sports, but also the light of visual art. Sports are the

strong light of life while art is a bright color of life.

The Olympic Flame has the intense radiance of life, and the inspiration of art gives out the beautiful splendor of life. It spotlights the value and enhances the splendor of human life.

This Beijing Biennial has attracted 573 artists from 117 countries and regions bringing a total number of 707 works, including 487 works from foreign countries. A small number of international works that are unable to be transported here are presented through the electronic screen due to the impact of the Covid-19 epidemic. But even so, it is still the largest offline international exhibition at present.

With the joint support by National Arts Council and Sey-



Portrait Jude Ally



George Camille

chelles Art Foundation, two Seychellois artists, Mr George Camille and Mr Jude Ally are amongst five submitted artists by the 9th Beijing Biennial selection committee as the representative artists for Seychelles.

Entitled 'Behind the Curtain', George's artwork discusses the topic of humanity, as if it is tentatively parting the curtain to see if it is safe to come out again. "A sense of trepidation and uncertainty still lingers within us but emerging from the confinement into the light is a necessity. It's been a very difficult few months for a lot of people across the globe, and in Seychelles we have felt especially isolated. The brightly coloured and heavily patterned curtain is

the promise that we will overcome this very blue period we find ourselves in," says George.

The mixed media collage artwork entitled 'Loud' by Jude, is an abstract expression related to the given theme. "My idea always bears meaning in relation to the human aspects and the quest for a better way. My work conveys a range of human conditions, from the struggles, conflicts, and all the other 'noises' that we portray, but underneath all that there is this light that if and when we 'speak it', and 'listen as loud as we can', we can achieve better and do better," says Jude.

The exhibition is open to the public until the end of February, 2022.

POEMS BY BERYL DODIN



Beryl Dodin

Who is Beryl Dodin?

My name is Beryl Dodin, I am married and have two boys aged 18 and 20. I come from a family of six at Anse Boileau, being the second oldest. I completed my primary and secondary studies at Anse Boileau primary and secondary school. Following secondary studies, I went to Polytechnic and studied to become a primary teacher and later expanded my knowledge beyond primary teaching and furthered my studies to become a secondary teacher.

As an individual, values have always been important to me and I have tried to incorporate them within myself and show them towards others. I have always been kind and compassionate and try to bring happiness to those in need. I consider this as being one of my greatest strengths.

Being an observant person, it is from there that I gained a bigger interest in helping others. I developed my listening skills by being attentive to students that were withdrawn or displayed behaviors that deviated from the norm. From there, I pursued a career in counseling and I have been a counselor since.

Aside from my profession, I am an artistic person. I write poems, songs and can even draw. I selectively share my creative gifts with those who are close to me, however, I am now more willing to share them with others.

I enjoy sharing my knowledge and skills with people of different ages through participating in The Seychelles Broadcasting Corporation (SBC) radio programs or by simply talking to those that come up to me and ask for wisdom, life skills, or guidance. Often, people acknowledge and show gratitude towards me for making a difference in their lives.

Ozordi Dimans shares with you a selection of Beryl’s poems which we hope you will enjoy.

I heard a Human

What is it that is troubling me?
I’m stable, I’m rich
I’m important, I’m loved and admired
Still can have everything I desire
There is a hidden scar in my soul

Am I true to myself?
I do not have inner peace
In my dream I heard a human voice
That penetrates my inner being
I’m hungry, I’m sick, I’m helpless, I’m dying, I’m sad,
I’m homeless
I’m scared, I’m lonely, I’m hurt

I heard a human, I need to listen
I need to help, I need to listen
I need to be there, I need to love
I need to care

As humans we are unique and special
The joy an peace comes when others are happy
I am because you are

Looking into your eyes
I travel within your soul
To ease the pain
Your eyes sparkle
Now I know I have make a difference
I heard a human

Mon Lanfans

Mon annan sa lasans
Ki mon paran in aksepté
E donn mwan nesan
Sa lapriyer in egzose par
Bondye tou pwisans
Kot sa lanmour I fer lalyans
Mon legzistans

Avek derterminasyon e bokou pasyans
Monn egmant mon konesans e leksperyans

Monn grandi dan labondans
Parfwa mon ti annan sa tandans
Pour fer bann pti vanzans
Ki ti anmenn soufrans
Me ti annan remontrons
Pour mon kapab ganny sa delivrans
Pour met an pratik sa lobeisans

Pour ki mon rezouir mon linosans
Pti pa, pti pa, mon pou swiv sa lakadans e fyerman
Viv mon lanfans

Fer kwar

Eski nou apresye sa lavi
Eski nou ere
Eski tou sa kid an nou lespri I normal
Eski sa ki mon pe santi I korek

Bann kestyon ki monn demann mon lekora
Eski tou sa ki monn reve I vin en realite

Larepons I paret konplike
Mon tourn sa regar otour mwan
Mon war tou kalite vizaz
Vizaz ki maske, vizaz lazwa
Vizaz soufrans, vizaz degize, vizaz mor,
Vizaz vivan
Tousala manyer I apele
Setaki pe trimouse pour viv ere

Bann konminiksyon I ganny pase
I annan ki drol, I annan ki persan I annan ki dou
I annan ki anmer
Eski nou pou resewvar sa
Oubyen nou pou les li pase
Parey delo lo fey sonz

Sa lemonn nostalgiz ki nou ladan
I fer li vin pli konfizan

Annou reveye dan sa kosmar
Regarde kwa ki nou pou garde
Kwa ki nou pou detri
Kwa ki noupou ranforsa

Larepons I avek sakenn de nou
Wi, mwan ek ou

The fundamentals of reading

BY CHRISTOPHE ZIALOR

As Dr Seuss so eloquently stated, “the more you read, the more you know, the more you understand, the more you study, the further you’ll travel.”

Reading is one of the closest things we have to magic since it transports us to all kinds of universes and immerses us in new adventures with each turn of a page. From the racing of one’s heart in times of peril, the pumping of blood when desire strikes, or your raging imagination, which burns up when trying to predict future twists and turns in the enthralling scene rushing through your head as you hurriedly flick through the pages.

It is a rare privilege to not just enjoy reading but also to completely lose yourself in the pages of a fine book, as Lindy Wirtz, a librarian for more than two decades, understands all too well.

Lindy has been a librarian at Independent School for more than twenty years, however her work did not always focus around literature.

The educator worked as a Math and Science teacher at the La Misere School after graduating from teacher education school at Mont Fleuri in 1997 where she also received the Student’s Best Performer Award in her group

“Because there are only a few children in each class, La Misere primary presented me with an excellent experience,” remarked the librarian.

She stayed at the school for three years before relocating to Beau-Vallon primary school. Unlike La Misere, this time Lindy was dealing with a large classroom of 42 students which was a hassle for her as she was used to catering for small classrooms and less behavioural issues..

After one year she decided that it was time for a change which is when she joined Independent School in 2001.

“I started out as a teacher librarian under the guidance of the late Mrs Flavie Jackson, a well-known librarian. She was a big help for me during the early years”.



Mrs. Lindy Wirtz

After two years, the young librarian started to help in other field. This time was with managing of IGCSE Cambridge entries under the guidance of Mrs. Marguerite Mancienne.

“Everything was done via fax at the time, so I challenged myself to do something to help with the management of candidate entries. After a successful trial, the operations were conducted on-

also mentions that she celebrates World Book Day every year with her kids.

“I consider the library as a learning center where informal learning takes place,” Lindy added.

The most recent shift in reading and literary consumption has been in the works for several decades, and it threatens to be as disruptive as any before it. The internet, as well as technologies like e-readers, cellphones, and tablets, have drastically changed how we absorb information.

Lindy noted that the library as an institution is here to stay.

“Many kids still prefer their traditional books over a kindle. At school the library will always have the importance that it did years before.”

She continued, “even if they have digital books at school, there is no substitute for flipping the page of a good book. No one would ever tell you that your book is running out of power, a book has durability and its use is very long term.”

The librarian noted that Independent School is a testament of children’s love of books.

“Lunchtime is a busy hour for me because the library is always full of kids reading books or periodicals.” For many students, the library is more than just a place to read books; it is a safe haven.”

A safe haven indeed as Lindy has made it her mission to instill the joy of reading to her students.

“Reading can change one’s life, and the more you read the more you will learn. I believe that reading can change someone’s life”

And she is an example of this, as the educator remarked that the library and the school have become a second home to her at this stage in her career.

“With a career like mine, I’ve taught pupils who are now parents, from doctors to lawyers.” When children come through my doors, I make certain that they are well cared for. As previously stated, “the library is a safe location for every child.”



Library Helpers

line up to this day.”

Mrs Wirtz helped out in that area for over 15 years.

Three years ago, she accepted the post of Cambridge Administrator alongside her library roles.

A woman who wears many hats at Independent school, Lindy also puts her teaching skills to good use whenever a teacher is absent.

She added that, although having studied to be a teacher, her career does not lie in the classroom.

“Because I have a peaceful disposition, I would find it difficult to work full time in a classroom although working alongside other staff makes me feel great.” But I’m at my best in the library, where the atmosphere is much quieter.

She went on to say that as a teacher- librarian, she prepares a variety of activities aimed at encouraging students to read for enjoyment rather than for academic purposes. She organizes a slew of activities throughout the year focusing on the love of reading, such as spelling bees, and she



Lindy with her students





Local Short Course 1st Semester 2022

Local Short Courses – 1st Half 2022	Dates	Fees (SCR)
Report Writing Skills	15,16,17 Feb	2,150
Supervisory Skills for Practicing Supervisors – Level 2	21,22,23,24,25 Feb	3,300
Executive Leadership Development	28 Feb, 1,2 Mar	2,150
Customer Service Excellence	7,8,9,10,11 Mar	3,300
Managing People – Level 1	8,9,10 Mar	2,150
Fundamental Sales & Marketing - Level 1	14,15,16 Mar	2,150
Transitioning: Supervisory Management for Aspiring Supervisors Level 1	21,22,23,24,25 Mar	3,300
Project Management	28,29,30,31 Mar, 1 Apr	3,300
Basic Finance & Budgeting - Level 1	5,6,7 Apr	2,150
Coaching, Mentoring & Counselling	11,12,13 Apr	2,150
Supervisory Skills for Practicing Supervisors – Level 2	19,20,21,22,25 Apr	3,300
Video Conferencing - How to conduct Effective Online Meetings	20,21,22 Apr	2,150
Modern Presentation Skills: Oral & Media	20,21,22,25 Apr, 11 May	3,300
Uncover your Leadership	26,27,28 Apr	2,150
Fundamental Sales & Marketing Advanced	4,5,6 May	2,150
Transitioning: Supervisory Management for Aspiring Supervisors Level 1	16,17,18,19,20 May	3,300
Mindset for 21 st Century Leadership	23,24,25 May	2,150
Basic Finance & Budgeting – Level 2	24,25,26 May	2,150
Basic IT PowerPoint Presentation	26,27,30 May	2,150
Executive Leadership Development	6,7,8 Jun	2,150
Customer Service Excellence	6,7,8,9,10 Jun	3,300
TAGG (Transparency and Accountability for Good Governance)	8,9 Jun	1,700
Occupational Health & Safety	13,14,15 Jun	2,150
Video Conferencing - How to conduct Effective Online Meetings	20,21,22 Jun	2,150

The Journey of Seychelles Breweries

Milestones

Pre-production years

1968
May - Secured exclusive licence to establish a brewery.
August -Registration of company under Companies Act of England

1969
March- Land secured through La Menais Brothers Society at total cost of 11,000 British Pounds including two thousand pounds worth of shares.
Signed Technical Management Agreement with East African Breweries- services to include survey reports as well as plans for buildings.

July-October- Water drawing rights secured after (historic) Rivers and Streams Act re-drafted to accommodate commercial use of water resources. Seybrew was permitted to draw up to 75,000 gallons of water from Les Mamelles River daily.

Shareholding-
Initially 1 million shares were available for purchase at Sr.5 per share. Of the initial shareholders 2.1% lived in Seychelles while 2.3% were the original shareholders. By November 1970 the share capital had increased to 5 million with Brau Holding (Haase Brauerei) having 60%, while local shareholders accounted for 15%, Guinness 15% East Africa Breweries 5% and banks and others 5%.

1970
December- Site clearing and levelling started. It was carried out by Equipment Services limited. All local contractors had the opportunity to bid. Post site clearing building started in 1971, by Costain Civil Engineering Limited.

1971
Limited amount of Carlsberg beer was imported to test the market and also build up a stock of bottles.

50 years of Seybrew production- Milestones

1972

Company registered under new Companies Ordinance 1972.
Building redesigned to be able to increase capacity from 15,000 HL p/a to 30,000HL p/a; to facilitate further doubling to 60,000 p/a to meet demand without commensurate increases in cost.

1st July- Seybrew beer started production.

1st September- Launch of Seybrew October- Launch of Guinness stout.
November - launch of Seypearl - Ton-ic, Ginger Ale and Bitter Lemon.
Over 100 Seychellois employed.
Production at up to 30,000 HL p/a.

November- First Seychellois Director appointed- Michel Lousteau Lalanne.

1973
Launch of Seypearl lemonade and Seypearl Orange.

1974
Seybrew clinches Gold Medal at the World Beer Competition in Brussels. The then Chief Minister James Mancham received the medal and certificate on behalf of Seybrew. He hailed it as an honour for the country as it showed that Seychelles' products were on par with international standards and as a compliment to Seybrew's technical team!

1976
Launch of Seypearl Limon (a blend of local limes)

1977
Record number of tourist arrivals push sales resulting in 305% increase in sales. Commissioned a new Ice Plant at Sr1.4 million, to meet demand especially in line with accompanying developments in local fisheries.

New building to cater for changing rooms and canteen for staff as well as first aid room and workshop.
Introduced second shift for bottling as demand increases.

1978/79
Stellar years in sales performance- Staff bonus given both years.

1980
New bottling plant commissioned. Night shift is no longer needed as the second bottling line is now operational.

1980/81
Second phase of expansion - Boiler plant and 2nd CO2 pant commissioned. Automated casing/uncasing plant commissioned.
Separate boiler house operational.

1982
Launch of Seybrew De Luxe beer to commemorate the company's tenth anniversary. It was slightly stronger than the original Seybrew.

1983
German Development Company takes 5% share in Seybrew. Seybrew gains access to a ten year repayment loan of 1 million Deutsche Marks.

1984
March- Launch of Eku Bavaria under licence from Erste Kulmbacher Actien Export Bier Brauerei in Germany.

1985
Launch of Sepearl Slimline- a lower calorie product. Pushes sales of soft drinks up by 8%.

1987
New Office building completed. New nitrogen plant commissioned

1988
- The introduction of deposits on bottles and crates at the request of the government to keep the island clean.
- In August 1988, Cocktail de Fruits was launched and was well received on the market.
- New bottling line.
- New and larger control laboratory built for heightened quality control.

1989/90
-Opening of Praslin Depot at Baie Ste. Anne Praslin.

1990/1991
-New full crates stores plus ancillary conveyors and handling plant commissioned.
-New water treatment plant commissioned

1992
- The launch of Appletiser
1993
- Launch of Coca cola on local market

1994
- Eku changes appearance, the foil on



the bottle was removed as has become the trend in Breweries in Europe. This allowed the company to put a 'best before stamp' on the crown.

1996
- February 1996 electronic inspectors were installed to check on the filling height of bottles and cutting down on the number of low filled bottles leaving the factories
- To ensure the quality of the products an empty bottle inspector was purchased at R 1.8 million to eliminate virtually all foreign objects in bottles.

1997
- 1997 Celebration Brew was launched as part of Seybrew's 25th anniversary and was very successful. Since the South African band, O'Yaba performed at its launching, the brew was affectionately nicknamed O' Yaba by the locals.
- Work began to install the necessary equipment to launch PET bottles in mid-1998.

- The Seybrew Draught was also relaunched during that year, making it more affordable to buy a glass of quality beer
- Fanta was relaunched, to have more appeal for the teenage demographic. The drink was launched with a more ap-

pealing product formulation.

- Seybrew's ultimate parent company Guinness PLC merged with Grand Metropolitan PLC in the UK to form a new company named Diageo PLC

2003
- 30th year of the company's operations were celebrated with two concerts given by reggae legend, Eric Donaldson

2004
- Celebration Brew was delisted due to its low levels of sales.
- Guinness brought in famous reggae group Culture to Seychelles, around 8,000 people over 18 years of age enjoyed the band and the various Seybrew products.

2005
- Gold lager was launched over the festive season
- Smirnoff Ice was launched in June, and was a success with consumers performing well above expectations.
- Five months after Smirnoff Ice was launched, Black Ice hit the local markets

- It was also the year that the Customer partnership programme was launched.
- 50cl plastic bottles were introduced in December



2006
- Celebration special was launched, a limited edition beer launched to recognise the country's 30th year of Independence.

2007
- Smirnoff Black Ice was tested on draught
- Soda water PET was launched
- The company obtained ISO9001 standards and HACCP health and safety certifications

2011
- The company invested in a new pasteuriser and bottle washer, allowing it to produce coke products in glass again.
- Seybrew takes on the distribution of Diageo spirits on the local market

2012
- The company celebrates its 40th anniversary, and continued to enjoy the leading position in all three major beverage sections- beer, soft drinks and spirit
- Due to a 17 percent decline in trading profits, the company implemented a price increase of its products in April

2013
- As a commemoration of the 40th anniversary, the company introduces Seybrew Lime and Seybrew Ginger. They are the iconic Seybrew infused with a dash of lemon or ginger and have an alcohol content of 4.9%
- Value Added Tax was introduced in the country, again forcing the company to increase the price of its products especially on soft drinks

- The introduction of the alcohol sales times also affects the company's retail sales
- Seybrew invests 3 million pounds in the first flash pasteuriser in Diageo. This was done to improve production capacity as well as drive efficiency particularly in water usage and waste reduction.

2014
- The company builds on its partnership with the Coca-Cola company, which culminated in the release of consumer

driven innovation, the move was to effectively fight the number of imported drinks found on the market.

2015
- Local awards won
- Best Manufacturing Company in Seychelles awarded by Seychelles Chamber of Commerce and Industry.
- Best Safe Workplace Award in Manufacturing category awarded by Ministry of Labour and Human Resources Development
- Human Resources Award for Medium sized Private Organization awarded by NHRD
- Best Graduate Trainee programme by NHRD.

2016
- Listed on Seychelles Securities Exchange known as Trop-X trading platform

2018
- Relaunch of SeyPearl brand.

2019
- Launched Coke Zero in 50cl pet bottles.
- Introduced keg in 20L size.
- April- launch of Slow Turtle Cider
- Re-introduced Seypearl in glass bottles
- December- Launch of Seybrew Lite

2020
January- New canning factory commissioned
-Seybrew gets Silver Award from Quality Institute Monde Selection.
- February- Seybrew in cans
- Canned Seybrew gets Bronze award
-Launch of Vann Sweet

2021
- April Exceptional Gold Quality Award for Seypearl Ginger Ale awarded by the prestigious Quality Institute Monde Selection.
- July 2021- Seybrew launched in bigger cans

2022 - Seychelles Breweries marks 50 year anniversary milestone





BY CHRISTOPHE ZIALOR

I’ve never been a fan of *Sex and the City*; after all, it was before my time, and when the show ended in 2004, I was only five years old. With that in mind, I was a little wary of

the show I’m about to recommend to you. ‘*Harlem*’ follows four black women in their early thirties who are juggling work, life and trying to find love in New York City. It mirrors *Sex and the City* in remise but in my opinion, it

is far superior to the 26-year-old show. The series is fantastic simply because of how relatable it is. It says a lot about relationships and career objectives. It addresses the stereotype-based preconceived notions

that black women face in both finding love and achieving their career goals. The language, like the fashion in the series, is bold and colorful, attracting attention and creating an emotional connection. The four main characters each have distinct personalities and situations that are timeless. We’ve walked in their shoes a few times; to explore by experimenting or removing the boundaries placed on oneself is to discover oneself. The sisterhood among the four leads also sheds light on the protection provided by their friendship without the need for a partner. Because of their shared history, the four friends’ bond is unaffected when they disagree. The other romantic relationships are a choice; a decision to expend their energy on a partnership that may or may not benefit them. Even if the person is unsuitable as a long-

term partner, the need for intimacy is greater—it is somehow necessary. I too, am a fan of the sound track. The series’ concept and a few songs on each episode are remarkable because they are consistent in the idea that the dynamics of a relationship are complex between family members,

friends, coworkers, and most importantly, our romantic ones. Often, it is a reflection of dishonesty or discord within ourselves that must be addressed. I’m looking forward to Season 2 because Season 1 revealed so many messages. So, how about you?



Tyler Lepley plays the love interest of Meagan Good’s Character



Meagan Good



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Glacis, Seychelles, Mahe

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

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

Offers invited USD 3.5m+

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



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

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

All plots in one sale, 35,564m2

Price available upon request.

Anse La Mouche, Mahe

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

North Mahe

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

Praslin Island, Seychelles

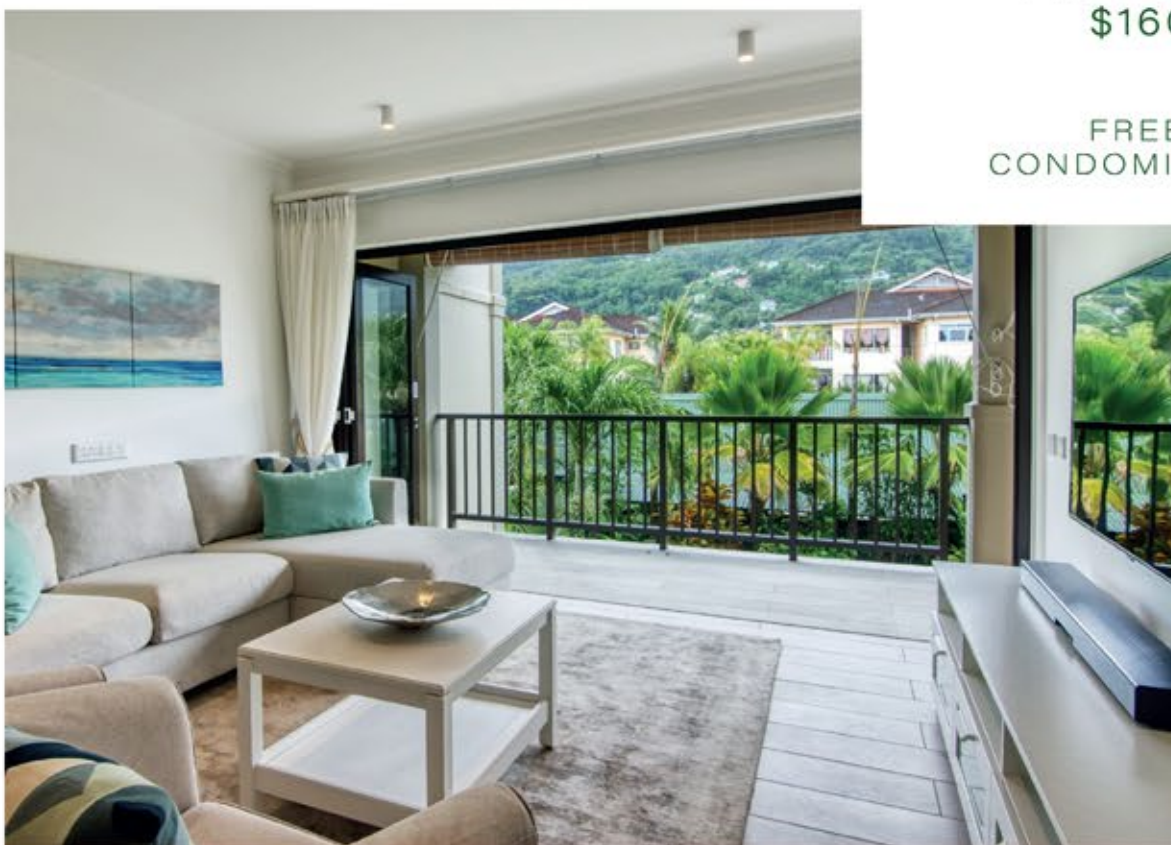
2 buildings comprise of 4plex, 8 rooms, self-catering apartments on beautiful Praslin Island. In immaculate condition. Minutes to airport. Anse Kerlan beach access. Great investment property.

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My Story

Bernard Dorasamy: Former football player reflects on his career

BY CHRISTINE OUMA

Bernard Dorasamy's sadness at the end of his football career was palpable. In 1993, the Seychellois was at a football camp in Germany with his teammates, preparing for the first Indian Ocean Island Games, which would be held in his homeland. The admission that his leg injury was too serious for him to recover from was heartbreaking.

He was just about 30 years old. "When the doctors told me it is over. That I may not play at the same level again, I felt it," Dorasamy tells Ozordi Dimans.

Dorasamy should have been at his peak. Instead, he had become an ex-footballer.

Despite his truncated career, he achieved enough to win the Sportsman of the Year Award and Best footballer during the National Sports Awards in Seychelles in 1988 and be rated by many of his coaches and peers as one of the greatest strikers in the history of the game locally.

He speaks of a journalist who described him as a "Battling Dorasamy". the footballer won League Cups and FA Cups among other accolades.

But how can anyone not wonder what might have been? He might have brought more glory had his football career not been severely hampered by his left leg.

"There were back-to-back courses as a PE teacher which helped me as well as the lessons I offered to my students. Just think about it," he says.

Bernard teaches Physical Education at Belonie School. He has been a PE teacher for almost 40 years. He grew up in St. Louis but is currently a resident of Ma Constance.

At the age of 15, he started taking football seriously. He played with Victoria City, Rovers Youth then he joined St. Louis FC. It is at St Louis FC that he became well known and even became the team captain. St. Louis FC represented Seychelles in the Africa Games in 1988 as well as in matches held in countries such as



Bernard Dorasamy

Tanzania, Kenya, Somalia, Reunion, Madagascar, Denmark, to name a few.

It raises the question. How long did it take him to get over it?

"It was a few years later," he replies. "I accepted then that it was over."

Bernard, now 59, has had half a lifetime to reflect on the opportunities that were cut short by the injury. He has not always enjoyed looking back but he fondly remembers the good times.

"While playing for St. Louis, we were in the zoning era. Players were only allowed to play within their districts during the one-party state. At the time, our group of youngsters was great. We went to Africa Games and at the time going for such games

was quite an achievement. This was the time of my life," he says.

He continues, despite the fact that players can now play wherever they want, the thrill is missing.

Dorasamy describes football at the time as 95 percent attack, despite the fact that they had to defend as well. According to him, the local coaches were determined to win, and the players were always on time for practice.

"We trained three times a week and played matches nearly every weekend." We were always on time because we had to share the pitch with other teams. We also did individual training, which included a lot of run-

ning because there were no gyms nearby at the time."

Dorasamy names Georges Bibi, CEO of the Seychelles Football Federation, and Ulric Mathiot as some of the men who helped them advance their careers.

Bernard scored a lot of goals and also helped his teammates to score. "I played in two Indian Ocean Island Games, one in Mauritius, where I scored the first goal but Mauritius beat us 3-1, and one in Madagascar."

Despite the setback caused by the injury, Dorasamy had his eyes set on coaching. He coached the St. Louis FC and the Red Star. "We won the Seychelles championship in my first year as a coach for Red Star," Dorasamy recalls.

He also mentions his brother, former football player Philip Dorasamy, also known as Vincent. He played in the midfield. "My brother was a free-kick specialist," he asserts.

Philip and his brother used to play together, and he considers his brother to be his hero.

His older brother retired around the age of 30 and began coaching as well. Unfortunately, he was diagnosed with stage 4 Adenocarcinoma (Lung Cancer) a year ago and is now bedridden.

"My brother, who dedicated his football career to the glory of Seychelles, has been neglected at a time

when he most needs assistance."

Philip's friends, he claims, no longer call or visit him. "Don't pay tribute to people after they're gone; instead, be there for them when they need you and give them flowers while they're still alive," he urges.

Dorasamy is also looking for help for his bodybuilder son Wallace Dorasamy, who is planning to compete in an international competition in March. His greatest desire is to see his son achieve his goals.

"My son is a hardworking young man who enjoys bodybuilding. I wish we could see some of our young people's enthusiasm and hard work and give them the encouragement and support they require. I wish the Sports Council, leaders, and even the President of the Republic to consider all the issues that I have raised. It would be an honour to see both my son and brother supported," he adds.

He also wishes to honour his four children, especially Sheryl and Marcus, whom he says he fathered when he was still very young.

"I apologize for not being present for you, especially when you were born. Although my youth was not an excuse, I recognize my mistakes and I have also learned from them," he concludes.

The football veteran plans to retire from teaching when he reaches the age of 60 in March 2022.



The football days



Bernard with students on the beach during a PE session



With team mates celebrating a win

Dice



Sa kalite zwe kart in ganny entrodwi isi avek devlopman touristik aköz sa bann zwe l deroul prensipalman dan bann kazino ki ekziste dan lotel. l osi ganny zwe parfwa dan bann “Fancy Fair”.

Pou sa zwe ou servi kalite kart ki koresponn avek menm kalite sif ek figir ki annan lo ‘dice’ (lede).

Sa bann kart l ganny kole fas anler lo latab. Sa dimoun ki pe kontrole l met lede dan en pti goble oubyen bwat pou sakouye.

Plizyer dimoun l kapab manse e zot mans lo nenport ki kart e nenport ki kantite larzan lo sa bout ki zot kwar sa lede ki koresponn avek pou tonbe. Ler sa kontroler l zet led ater, sa dimoun ki son mans l konresponn avek lede kin tonbe l gannnen.

Larzan l ganny donnen avek en poursantaz enn pour de; savedir si ou ti met dis roudi, ou ganny ankor ven roudi ki fer ou trant roudi.

Kontroler l ganny bann larzan lo bann kart ki lede pann figure.

FAKE NEWS DETECTOR GAME

Fake or Real?

Source: The Guardian

All of these stories were published online, but only some of them are real, some of them are made up! Can you use your Fake News Detective skills to identify which stories are real and which are fake?

1. Nasa is installing internet on the moon?

- * REAL
- * FAKE

Result: Real

This is really happening! Nasa will be building a 4G network on the moon, enabling them to control lunar robots. This story was reported by Newsround, The Independent, and several other sites.

2. A university banned the use of capital letters to avoid scaring students?

- * REAL
- * FAKE

Result: Fake

Some real guidance given by a university was mis-reported to seem more dramatic. It is important to check a story in multiple sources to get the full picture.

3. Couple in California name baby with Emoji?

- * REAL
- * FAKE

Result: Fake

This story was completely made up and shared by a satirical news site. If you are unsure about a story, remember to question the source: does it look like a professional news site? Have you heard of them before? Check if anyone else is reporting the

story as well!

4. Eight-year-old girl pulls medieval sword from lake.

- * REAL
- * FAKE

Result: Real

This really happened. A good way to check if a news story is real is to check who is reporting it, this story was reported by The Guardian, the BBC and many other sources.

5. German street covered in chocolate after leak from chocolate factory

- * REAL
- * FAKE

Result: Real

This delicious accident really happened, a ton of chocolate leaked from a chocolate factory in Westönnen, covering the pavement. This was reported by The Washington Post and other sources

6. School bans parents from sports day for bad behavior

- * REAL
- * FAKE

Result: Real

This is real. A school banned parents from attending sports day after becoming too competitive and threatening staff. If you are unsure about a story, check if it is being reported by a trustworthy source. This was reported by lots of well-known news sources, like the BBC, The Telegraph and The Guardian.





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