



THE LOVE STORY OF

Peter and Johanna

♥07

THE UGLY TRUTH
ABOUT LOVE

♥15

MUSINGS ON THE
SUBJECT OF LOVE

♥43

THE STRANGE WAYS
WE USED TO COURT



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EDITOR'S *Note*



The ancient Greeks had four types of love- Eros- romantic love, Philia- friendship, Storge-affection, and Agape- charity.

In this week's *Ozordi Dimans*, we attempt to celebrate love in all of its entities.

More than sixty-five years ago,cupid struck his golden arrow in the hearts of Peter and Johanna Raath. The two met when they were only fifteen and seventeen years old, -in their teens, and barely understanding what the notion of love encompasses. Today, their blue sapphire love celebrates the enigma of hope for those tempted in the disbelief of love and marriage.

We add a sprinkle of Storge- the affection for art, more particularly abstract art with Paolo Kipao's expressions of his world of paintbrushes, lines, and colours -that depict his thoughts in the non-representational art form.

And Fareen Mwende graces us with her experience of moving to Seychelles- an account of Philia love (friendship love) with the new culture and new world which she was to embrace- and is still embracing, with of course the nudges of the turmoil such an experience of relocating to a new country brings.

Joel Melanie illustrates the expression of Agape-charity love with his beautiful story of the athlete who runs for causes at the age of sixty-two.

Of course, as we present to you this bouquet of love, we do not forget that roses have thorns, and we cannot present love without the spikes that often dig deep into souls that have dared to love.

Bravery is never lost where love is concerned. An article by Zwazolinet brings us into the world of an 83-year-old woman and the enfolding of 'en lanmour lokal'.

The context changes in time and date- but the question remains-how much has changed in today's context? - in the era of the internet and consumerism?

The ugly side of love is a story of love, and the thorns that imprinted deep in the protagonist - the bearer of the story's title.

Psychologist, Benjamin Vel invites the reader into a discussion on the musings and concept of love.

It is Valentine's week, and the optimism remains for all that is beautiful. I, therefore, leave you to a week of beauty and love, and some more stories and poetry for your Sunday's soul.

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THE LOVE STORY OF *Peter and Johanna*

BY CHRISTOPHE ZIALOR

The commitment of two people to each other has become tough and rare in an age when nothing is definite. The beauty and worth of this exchange have only been amplified by its rarity; after all, the most important thing you'll ever learn is to love and be loved in return.

If there ever was a genuine representation of true love, it would be Peter and Johanna Raath. The passion and dedication they have for one another is unfathomable, even after 65 years of marriage.

The couple, who are now in their eighties, live

at the Plaisance nursing home. They spend their days together, with Peter demonstrating that chivalry isn't dead as he pushes Joanna in her wheelchair around the courtyard.

The couple met in 1953 when they were teenagers living in South-Africa. Peter was learning how to drive and coincidentally the driving instructor was Johnna's uncle. On occasions, Johanna accompanied them on a drive, and a strong friendship developed between the two.

"I remember one time we were both sitting in the back seat, I was reading a comic book and I suddenly found myself holding her hand," Peter recalled.

He went on to say that Johanna's family owned

a piano and that he used to play love songs to her on it.

"She didn't know any boys who could play the piano, which I believe worked in my favor," Peter said with a smile.

The pair fell madly in love and from then on were inseparable. At the time of their courtship, Johanna was going through heartache as she had just lost her mother and Peter was a ray of sunshine in that gloomy period of her life.

In 1957 after four years of dating, the couple tied the knot.

"After we married, her father gave us a house; it was a small house with no refrigerator, but we were pleased with what we had as a young

couple."

Slowly things came together and they turned their house into a home.

"Peter even built us a dining room table; I remember inviting my father over for lunch, and as we were eating, we heard a huge crack, and the table had split in half," Johanna laughed.

The young couple had their first child, a boy, in 1958. Though they were overjoyed to have a child, the infant was born with lung difficulties, which he subsequently recovered from after months of struggle.

(Continued on Page 6)

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This new chapter in their lives was arduous; the 1960s were difficult for the couple because work was scarce. While Peter went to night school in order to get a better-paid job, Johanna stayed at home with their baby.

She noted that it was very difficult for them, but they survived.

In the years that followed the pair welcomed their second child and afterwards suffered through a miscarriage together. They also adopted a girl.

Later in life, Peter was given a scholarship to attend college and study theology in order to become a priest. However, because the college was in a different town, the couple had to sell their home and relocate.

During that time, Peter had to stop working in order to go to school full time meaning that Johanna had to become the breadwinner.

“When I was enrolled at the college, my wife was also participating in some activities that were being held there. For us, it made a big difference in our lifestyle, it became more of a religious experience.”

Luckily for them, there was a bishop who helped them by giving them a small bursary every month and provided them with housing.

“In our older days, we can now see that there were many things we did not have control on, but God was leading our hearts and pushing us along,” said Johanna.

After graduating, Peter began his career as a priest, and after meeting Bishop French Chang-Him at a conference in Cape Town in 1994, he was given the opportunity to come to Seychelles.

“I had some of my late mother’s furniture.”\ We couldn’t bring it to the Seychelles, so I had to sell it. We only had our suitcases and each other when we arrived at the airport” the Mrs. noted.

They added that they had their ups and downs in their marriage, but they worked through it.

“When you get married you make a vow to be with each other through thick and thin. And when the hard moments come, you have to work through it,” said Peter.

Johanna recalled a special moment with her husband when he took her hand in his and told her, “We are in this together, and we will see it through.”

She went on to say that this is the basis of their marriage, knowing that they would always be there for each other.

Marriage has lost its value in recent years, with many people preferring to cohabitate with one another.



Peter remarked that he worries about this as he sees it as couples are leaving the backdoor open for them to leave, and this results in broken homes.

“You must have some spiritual commitment if you are going to share your bed with someone, you cannot just live together and not commit to each other,” Peter said.

Regarding the secret to a long happy marriage, Johanna noted that couples need to have a certain amount of commitment towards each other.

“When you realize you want to spend the rest of your life with somebody, you want the rest of your life to start as soon as possible,” explained Johanna.

The key, according to Peter, is to recognize that your partner is a human being with their own needs. You won’t always be on the same page, but you’ll work together.

“Everyone must be able to communicate with one another. Making time for one an-

other is critical. It’s not about extravagant gifts; it’s about a few heartfelt love remarks. It exemplifies what it means to unconditionally love and care for someone,” Peter added.

The couple noted how easy it is for young couples to communicate nowadays as they did not have mobile phones in their time.

“We’d go to a neighbour’s house with a landline call each other,” Peter remarked.

“We only got our first mobile phone while living in Seychelles in 1995,” Johanna added.

They ended by describing their marriage as a happy one full of adventures.

“Whatever our souls are made of, his and mine are the same.”Peter and Johanna exemplify the adage.

They are both examples of what a marriage should look like, not the fairytale romance that we have come to believe in, but a marriage with its own set of challenges that they overcame thanks to their love and respect for one another; after all, your tango partner is your tango partner. There will be no others while the music of life is playing.



WEEK REVIEW

What Made TODAY’S Headline this Week

President Ramkalawan reaffirms Seychelles’ commitment to the values of the African Union

The President of the Republic of Seychelles, Mr Wavel Ramkalawan addressed the 35th Ordinary Session of the African Union (AU) on 6 February 2022, during the opening session of the Assembly. The AU Summit took place in Addis Abba, Ethiopia from 5th to 6th February, under the theme: “Strengthening Resilience in Nutrition and Food Security on the African.

Anorah Renaud clinched seven A* in IGCSE and A in DELF B2

Ex secondary five student, Anorah Renaud, has come out first in her school, Pointe Larue Secondary, for the 2021’s IGCSE and DELF exams. She was congratulated in a short ceremony organised by the Au Cap’s district administration along with the elected Member of the National Assembly. Anorah Renaud made history to become the first student from Pointe Larue Secondary School to score straight A stars in all subjects at IGCSE level.

English River works to eliminate dark spots in district

The English River district team, Seychelles Prison Service, including prison inmates, police officers and volunteers teamed up last week to clean up the Chateau Vallon area, at Castor Road, a dark spot for illegal activities in the English River. The English River district team, Seychelles Prison Service, including prison inmates, police officers, and volunteers teamed up to clean up the Chateau Vallon area, at Castor Road, a dark spot for illegal activities in the English River.

The annual report of the Ombudsman is presented to the Speaker of the National Assembly

The Speaker of the National Assembly, Hon. Roger Mancienne met with the Ombudsman, Mrs. Nichole Tirant- Ghérardi this morning in the presence of Mrs. Tressy Dine from the Office of the Ombudsman. Mrs. Tirant-Ghérardi had the honor to present a copy of the Annual Report of the Ombudsman for the year 2021 under the Theme “An Institution in jeopardy” to Speaker Mancienne.

Ministers for Fisheries of Mauritius and Seychelles sign Sustainable Fisheries Agreement

Minister for Fisheries and Blue Economy, Jean Francois Ferrari and Minister of Blue Economy, Marine Resources, Fisheries and Shipping at MOI Mr. Sudheer Maudhoo, both accompanied by their delegations, signed the negotiations for the Sustainable Fisheries Agreement last week, before the current agreement expires on February 19, 2022. The agreement has been extended for another 60 days from its original expiration date to avoid any disruption in fishing activities by both parties’ fleets. The new fees are 30 percent higher than the previous ones.

The signing of the commissioning document- NBS

The Electoral Commission in accordance with section 7A of the Elections Act is formally commissioning the National Bureau of Statistics (NBS) to conduct the 2022 voter’s census. In a press conference on Wednesday 9th February the chief of electoral officer signed the commissioning document together with the CEO of NBS and the census commissioner of NBS.

Pedophile convicted on two counts of sexual assault

On 10th February 2022, the Court of Appeal delivered its judgment and convicted Christopher Laurencine on two counts of the offenses of sexual assault.

The convict was sentenced to 15 years’ imprisonment under the first count and 15 years’ imprisonment under the second count. The sentences shall be served consecutively, with the convict serving a term of 30 years’ imprisonment. Time spent on remand will count towards the sentence.

The Ugly Truth About Love

BY CHRISTOPHE ZIALOR

Domestic abuse has a tendency to creep up on you slowly. It begins in small increments. You are completely unaware that you are being drawn into it. Finally, you're completely engulfed in it. You try to stop it by following the abuser's instructions. But it isn't enough; nothing is ever enough.

For Linda Philoe no one knew, or could have known, that she had been physically abused by her children's father and partner of almost 12 years.

"Everything was beautiful at first," Linda says. "We were in love and got along swimmingly and then things started to happen." These things included physical, mental, and emotional abuse, all of which increased in frequency and intensity over time.

Linda recounted her childhood as being an unhappy one, noting that she grew up being abused by the people who should have been protecting her.

"I grew up in an abusive household. When it came time for me to settle down, I expected my life to improve, but that was not the case. The simple life that I had hoped for was again met with abuse"

She explained that her relationship with her husband was initially pleasant, but that after a year of marriage, she began to experience abuse. She attributed this to the hardship they were facing to make ends meet.

"We were struggling financially, and most of the time we couldn't afford to buy food; it didn't help that my husband had fallen victim to substance abuse during this time and was wasting all our money on drugs and alcohol"

This brought in more conflict into the house and each day it got worse.

"Even though I was going through the worst period of my life, I always had hope. I woke up in the morning hoping that today would be better.

I had children. I didn't want them to grow up in a broken home, however I was naive to think that the situation we had would get better," Linda explained.

She stated at one point that she had realized her relationship was not one of love and that she needed to make a decision.

"I had three children and nowhere else to turn; I lacked a support system and had no one to turn to." I had to think of a way to ensure that my children had a place to live, and the only option I had was to leave them with their father while I looked for a new place to live."

Linda remarked that leaving her children behind was one of the hardest decisions she had ever made but she had no other choice.

She divorced her husband and tried to build her life back up.

"It was difficult for me because I felt as if I was still being abused even after I had gotten out." I was a bitter person who vented my frustrations on everyone. It had taken a toll on my mental health, and I was at a loss for how to cope with the trauma. I was still trembling as I walked away from the years of abuse"

She continued by adding that when it was time for her to move on with someone else, her relationship got strained as she built a wall around herself so she would not get hurt again. In her new relationship the table turned and she became an abuser.

"All these repressed emotions came out as rage, I was always in conflict with someone and over the years this affected not only me but my children as well."

Linda stated that at her worst, she felt as if the violence was eating her alive like a cancer, destroying her relationships with people who had no intention of harming her.

She came to the conclusion that it was time to fix her life and deal with her emotional trauma at some point. She stated that she was able to help herself through

counseling and prayer. Not only that, but Linda went on to say that she took counseling classes in order to help others who had gone through similar experiences.

"It's not perfect, but I know I've made a significant difference in my life and the lives of the people I counsel." I've realized that everything that has happened to me has been for a reason; it has shaped me into the woman I am today, and it has prepared me to help those who are victims of domestic violence."

Linda is the mother of six children, three of whom she shares with her ex-husband. Her relationship with her oldest children was strained as a result of the ordeal with her first husband.

"I assumed they were young and didn't understand what was going on, but I was mistaken. It took me a long time to re-establish that relationship because their father had distorted their perception of me as their mother. I've managed to talk to them and show them my point of view over the years, and we're now on better terms."

It can be difficult to leave an abusive situation, but Linda pointed out that in order to do so, the person must be willing to help themselves.

"There are much help available, but you should be willing to take it"

She stated that because she has experienced years of abuse, when people come to her for advice, she will be able to empathize with them and provide the best advice possible.

"As a victim and an abuser, I understand both sides of the coin and can assist them in escaping their current situation." Every problem has a solution, but we must seek it out."

Linda concluded by stating that we must take care of our mental health in order to move forward and reduce the amount of domestic abuse. By speaking with a professional, we can begin to heal the pain of our past trauma.



Linda Philoe



Moving abroad: Fareen's experience

BY CHRISTINE OUMA

Moving abroad is a major life event for anyone who is brave enough—and fortunate enough—to take the plunge. Moving to Seychelles was motivated by love for Fareen Mwende, who wanted to be with her husband. Soon after they married in December 2019, she began the process of acclimating to new cultures and routines, which is part of the adventure of living abroad.

"When I married, my husband was already living in Seychelles. He'd been here for four years. The decision to relocate to Seychelles was not an easy one because I was at the pinnacle of my career," she narrated.

While in Kenya, she worked for NairoBits, a non-governmental organization dedicated to empowering young people from low-income families, particularly those living in informal settlements (also known as slums).

She worked as a Programs Manager there and was very enthusiastic about her job.

Being an ex-pat can be exciting, fun, and eventful, but it can also be difficult. The difficulties of living in a foreign country can feel insurmountable at times, from making friends to figuring out where to buy groceries and language barrier just to mention a few. The hardest part for her was leaving her comfort zone of being close to family and friends.

Culture shock

Culture shock is an unavoidable part of relocating abroad. Culture shock is a state of disorientation caused by encountering an unfamiliar culture, lifestyle, or set of attitudes. Some people experience culture shock symptoms immediately after landing at the airport, and others may not experience them again until a few weeks later when they try to buy groceries at the local market. While Fareen expected to feel linguistically out of place, hearing people speak to her in French and Creole and not knowing how to respond was difficult.

"I'd like to know how much it is," I would ask the vegetable vendors. And some of the vendors would respond in French, while others in

Creole. Because I am from a country where English and Swahili are widely spoken, the language was unfamiliar and confusing to me. One time a stranger continued to speak to me in Creole, assuming I was pretending not to understand the language," Fareen continued.

Fareen described the Seychellois way of life as a "complete culture shock."

"Seychelles appears to be more of a matriarchal society than a patriarchal society. The Seychellois society appears to be more driven by women. Additionally, I noticed that in Seychelles, when most people get married, the man moves to his mother-in-law's. This is uncommon in Kenya," she noted.

She added that the food is also different, and noted that attempting to dissect the cultural differences may take forever, but she acknowledges that the culture shock provides a platform to celebrate the diversity and multiple cultures in Seychelles.

Remarkable experiences

While relocating overseas can be scary, especially if you are afraid of the unknown, it can also provide unforgettable experiences that will be treasured and never forgotten. Seychelles is known for its lush green vegetation, beautiful sandy beaches, and calm and tranquil atmosphere. Going out and exploring the Island has been one of Fareen's favourite activities.

"You have beautiful scenery, you're close to the beach, and you have a beautiful view of the ocean no matter where you are in Seychelles. And the sunsets are breathtaking. These are just a few of my favourite aspects about living in Seychelles," she remarked.

Fareen also enjoys meeting fellow expats and Kenyans she would not have met if she had not moved to Seychelles.

Pregnancy

Fareen was in the process of settling in when she discovered she was pregnant. In fact, she surprisingly met the news three months into her pregnancy when she went to see a specialist for her Fibroid condition. But wait a minute! You're an expat, a first-time-

mum and whether you planned it or not, this isn't how you expected it to be. You require the assistance of your parents, sister, and best friend. You want the security of a healthcare system you know and trust.

Fareen was fortunate in that her prenatal care was exceptional. "The fact that I was assigned a midwife was one of my favourite aspects of the Seychelles government's prenatal care. I felt that the care I received was on a more personal level than the general health care services I would have received if I had gone to a public hospital in my country. If my delivery had happened in my country, the emergency C-Section would have required me to find my own private doctor if I wanted quality care. It would have also been quite costly. I am grateful for the opportunity to have had my baby in Seychelles," she highlighted.

She also credited her midwife who gave her books and pamphlets on pregnancy, prenatal, and postnatal care, to read.

"I was also assigned to a nutrition clinic and the dental services that were included in the package, both of which were out of the ordinary. During the second and third trimesters, I was also referred to a fibroids specialist until she was confident that the condition would not jeopardize my pregnancy."

Fareen also appreciated that the nurses asked for her permission to perform additional tests, including HIV testing.

"I didn't feel like anything was being imposed on me," she noted.

However, the Covid-19 pandemic imposed some limitations. "I had my baby during the lockdowns, and I remember restrictions from interacting with other people. Post-delivery was the most difficult season because I only knew a few people and couldn't interact due to the Covid-19 restrictions. I needed assistance with the baby and time to recover from the emergency C-section. This was the most difficult time in my life. I think I suffered from post-partum depression at one point because I couldn't get the help I desperately needed."

Fareen credits technology and social media with giving her hope and inspiration, especially during some of her most difficult mo-

ments as a mother.

"Despite the fact that there is a lot of negativity on social media, the platforms have a beautiful aspect to them," She highlights.

I was able to connect with other first-time mothers and expats who offer support to first-time mothers through social media, and of course, even though I couldn't see my friends, I could stay in touch with them. And once my few friends in Seychelles received the Covid-19 vaccine, some of them came to visit, which helped me a lot, especially when we went out on long rides around the island. Such rides assisted me in releasing the pressures that had accumulated," she revealed.

The challenges of relocating

Fareen's personal relationships have also been reshaped as a result of her move abroad.

"Some of my relationships have been, as the saying goes, "out of sight, out of mind." Some friends I don't communicate with as much because I'm out of sight, but also as the saying goes, "absence makes the heart grow fonder," there are a few friends I've grown closer to because we communicate more often. Furthermore, when we recently had the opportunity to visit home, the reception we received was overwhelmingly beautiful."

But moving to a foreign country can be quite overwhelming, she continued.

"I was used to waking up, going to work, and seeing friends and family every day, but now none of that is happening. It's also quite overwhelming because I don't always get what I want. Also, looking for work has been difficult because sometimes I qualify for jobs but am told the position is only for locals. It's easy to become overwhelmed," Fareen told Ozordi Dimans.

Motherhood

Despite the difficulties, Fareen admits that she enjoys being a mother. "It's been a joy to watch my child grow from a tiny human to a baby who can communicate, laugh, and walk. Being a mother gives me meaning in life. Motherhood brings with it a certain vibrancy. He makes me happy, and



Fareen Mwende

I consider it a privilege to raise a child," Fareen remarked.

Family life

"Based on my interactions and personal experiences, I believe that family life is more valued in Seychelles. Sunday is a family day in Seychelles, but where I come from, it is a working day for many," Fareen noted.

She also credits this to businesses closing early on weekdays and for the majority of the weekend, allowing friends and families to spend quality time together.

"Work and money are not prioritized over family in Seychelles.

In addition, because it is a small island, there is some intimacy that comes with a small population."

Professional life

Working with young people is one of the major areas Fareen would like to focus on if given the opportunity.

"There is a Swahili proverb that goes, "Samaki mkunje angali mbi-chi," which translates as, (If you want to mold something, you mold it before it dries). If you want a great nation, start by empowering children and youth while they are still young and green. If given the chance, I would focus on develop-

ing the capacity of young people," she said.

Fareen holds a Bachelor of Science in Community Resource Management & Extension, which she attributes to her enthusiasm for working with the grassroots and building communities.

She also has a background in Gender and Development as well as Public Health. She has also had extensive experience in the field of business and entrepreneurship training and is a Mandela Washington Fellow. The Civic Leadership Track was her area of specialization.

Advice to those planning to relocate abroad

Anyone who has moved to a new country is aware of how challenging it can be to relocate to a new place. Fareen believes that it is critical to conduct research on the area to which you are relocating.

"Learn about the culture and the potential challenges you may face, and strive to have a support system, whether family, online or through new friends. Most importantly, work on physiologically internalizing the move," she concluded.



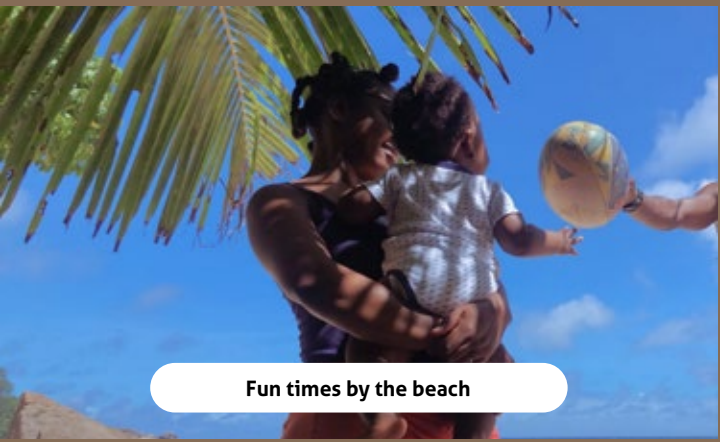
Fareen with some Kenyan friends



Giving Vote of Thanks during a meeting with the Mayor of Philadelphia



Fareen glowing in the third trimester of her pregnancy



Fun times by the beach



Representing NairoBits at the Youth Connect Africa Conference in 2018



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A CHAT WITH *Pierre Delplace,* OWNER OF DEL PLACE RESTAURANT

BY CHRISTINE OUMA

I’ve been going to Del Place Restaurant for the past four years, with the majority of my visits occurring in the last year. Most tourists and visitors come to the restaurant for the good food, services, and breathtaking views. The restaurant has undergone major renovations in recent years, enhancing its services and tranquility. The restaurant is also known for its intimate setting, and since Valentine’s Day is quickly approaching, I decided to go there and learn what the restaurant have planned for the event.

So I drove from Victoria to Port Glaud, via San Souci. The 40-minute drive through the lush green vegetation was breathtakingly beautiful and peaceful. Because the roads are rarely congested, driving through the slopes and meandering roads was exactly what I needed that morning. The arrival itself is peaceful and calm. There is plenty of parking. From the outside, the structure is modest and dates back decades. Once a small restaurant, the location drew in Pierre Delplace, who fell in love with its beauty and charm. In fact, before buying it, he would frequent the spot for dinner on Friday evenings.

The modest charm on the outside is complemented by a chic-elegant design on the inside. There is some antique furniture here and there, and the welcome and service are far superior, and you quickly realize you are in a place of excellence. After giving my name to a waiter, I was welcomed by Deputy Manager Debra, who works alongside him to run it. Mr. Delplace soon arrived and we sat in this corner, which is like the perfect spot to see everything going on at the terrace and, of course, with a view of the lagoon. The antique furniture is said to be from India, Bali, and China.

Mr. Delplace is of Franco-Seychellois descent. He spent 20 years at M ridien Hotel and was the General Manager of the M ridien Hotel before purchasing the restaurant from the previous owner six years ago. Then he devoted his time to transforming it into his vision, creating the marvel that it is today- the terrace, the VIP, the wine cellar, the new entrance, the new kitchen, the beach area, and more.

A large wooden table with a glass in the center can be found in one of the VIP areas. The glass can be removed

and replaced with a large sea-food platter for 12-14 people. However, due to Covid-19 restrictions, the restaurant is restricted from accommodating such large groups on a single table. Mr. Delplace designed the dining table himself.

Mr. Delplace stated that once he begins something, he “wants to do his best.” As a result, he resolved to demonstrate his understanding of restaurant management through experience. He does not cook in the Del Place kitchen, but as a former Resort Manager and colleague, he has earned the respect of

restaurant serves fresh legumes every day, and the tuna is of high quality. In fact, if he cannot find the same quality of tuna, dishes containing the product are removed from the menu. Also, the juice is freshly squeezed. Mr. Delplace claims that his restaurant may be the only one on Mahe that makes its own pastry. He stresses the use of a variety of fresh local ingredients, and fish tops the list. The restaurant only has one South African meat.

Mr. Delplace is a fashion designer in addition to managing Del Place. He recently added a souvenir shop near the entrance that sells some of his designs. For him, running the small shop is about combining his passions for fashion and fine dining. He previously ran a fashion restaurant in Paris. The goal is to make the guest shappy. He describes the atmosphere provided to guests as one of views, openness, and relaxation while providing impeccable service. He told me he enjoys the fact that new people arrive every day, old regulars return, and it’s a welcoming environment.

I had to ask about the famous. Of course, he has served some well-known local and international figures. Some of these diners value their privacy above all else. Visitors staying at Maia, Ephelia, and other exclusive hotels pay a visit here. Del Place recently hosted a three-star Michelin chef from France. It’s a safe and relaxing environment for them.

Valentine Special

If having lunch or dinner at Del Place is a great experience, then spending time on Valentine’s Day has to be on my list of things to wish for. There is a special menu candlelight dinner for Valentine’s Day. A welcome cocktail, amuse-bouch, a starter, a main course, a dessert, and migniardises are all included. The guest will be entertained by FabJazz Trio featuring Antoinette Dodin. Del Place will be decked out in special black and red decorations, creating a romantic and sexy atmosphere. Make a point of stopping by Del Place Restaurant.



Pierre Delplace



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A guest enjoying the fine dining experience



Mr. Delplace in his souvenir shop



Valentine’s vibes table setup

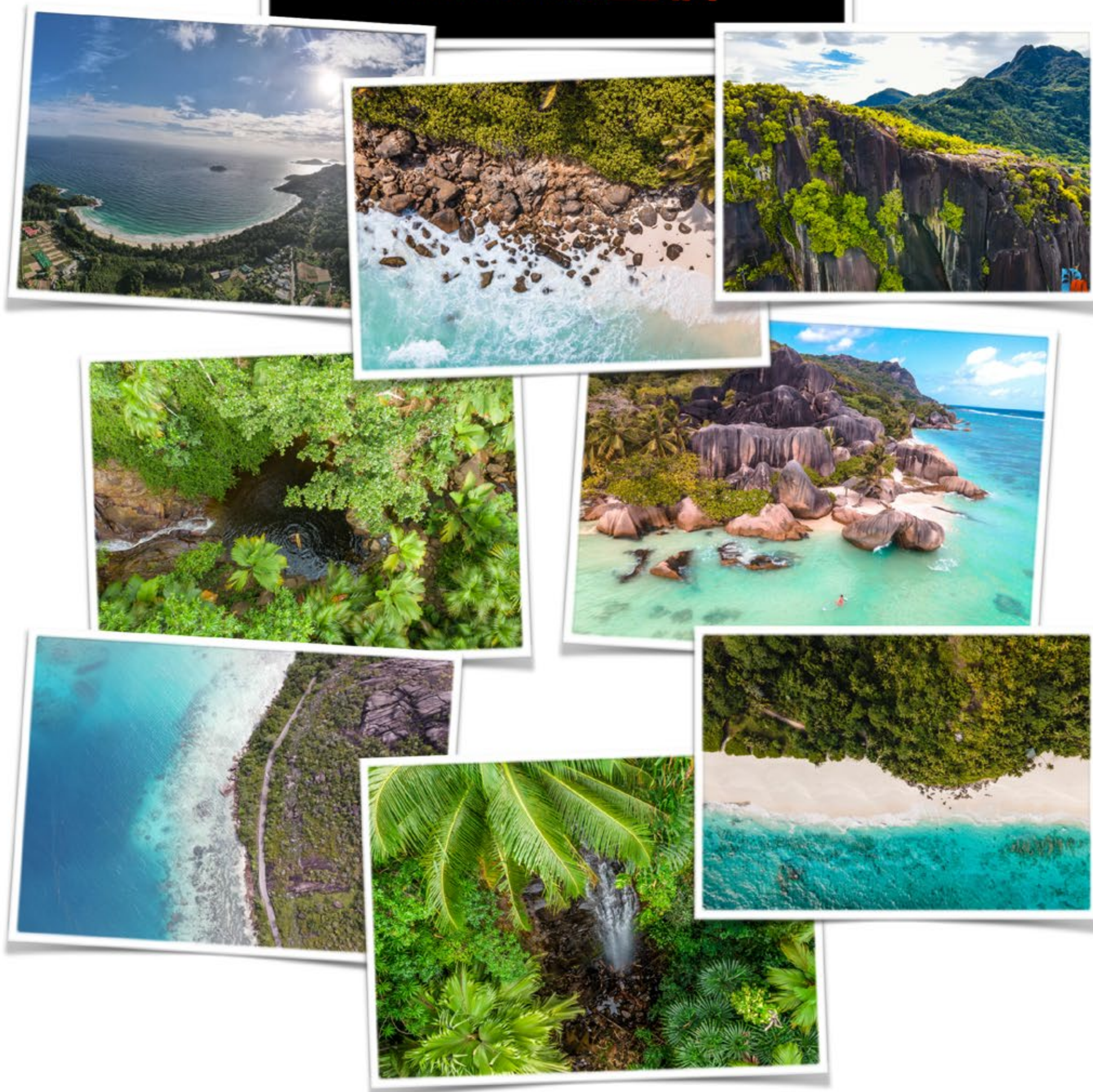


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BY ZIGGY ADAM

Understanding the difference between being economically stable, being wealthy, and being deprived of basic needs is complex only because we all see the world through different lenses.

With the help of statistics however and the almost level playing field mechanism that we call money, we can see patterns and establish norms from which we can set benchmarks.

In Seychelles and I would presume in some other countries as well, certain characteristics appear to indicate wealth, such as having a luxurious car or sporting a branded watch, or the latest mobile device, and even having a well-paid office job. Likewise, some characteristics are paired with poverty or shortfalls, such as using public transportation, wearing unbranded clothes, always bringing leftovers from home to work, using an outdated phone, or even working 'with your hands' (having a blue-collar job).

It is true that we associate what we see with what we perceive, and in a social ecosystem where there is economic and physical segregation by default, there will also be a lack of knowledge of the unknown, this builds up misconceptions.

Challenging these misconceptions also chal-

lenges who we are, for example, I would recall in primary school, whenever we were asked what or who we wanted to be when we grow up, the favorite answers were usually to be a Pilot, Doctor, Lawyer, Teacher -these were encouraged answers. And if for some reason someone would say carpenter, for example, they would be advised to choose something 'higher'. This has backfired on not one but a few different generations. From early on we have associated white-collar jobs with success, in fact, we have made them be the only form of success, and blue collar jobs to be a secondary less desired option. White-collar jobs on average pay more than blue-collar jobs especially in the financial and health sector, the construction sector being the least well paid (NBS Statistical Bulletin EMP2021/Q1); if money is the benchmark for value and importance, the choices are unlimited in both areas.

The blue-collar labor market employs a large amount of foreign labour to fill in mostly in the construction and tourism service industry. Despite so many things that work against its appeal, the blue-collar sector is a much-needed area with arguably the most bargaining power than that of the white-collar job given the right amount of importance.

As ordinary people, it lingers in the back of our mind that bringing food from home is more

cost-effective than buying when at work, yet we would do otherwise in the interest of time and convenience, and in doing so, we still believe that we are better off than people bringing food from home. To relinquish this belief would cause us to find ourselves in the 'class' we perceive to be less well-off economically.

Another example is keeping up with the latest models of popular brands, Apple iPhone, Samsung Galaxy, wearing new clothes every week from online shopping.

Being intelligent beings we already know that this lifestyle is not economically sustainable, but what less people know is that there is always one winner in these situations, the massive companies because the chase never ends.

However, having these accessories and conveniences allow us to believe that it makes us more well off than people who always keep it simple. Again, to relinquish this belief would cause us to find ourselves in the 'class' we perceive to be less well-off economically.

So instead of relinquishing these beliefs, I think it would be much more simpler to get rid of the misconceptions that forbid us from understanding a different way of life. It is easier to escape the clutches of economic poverty than to be freed from the mental slavery brought from the bring lights of modern ostentation.

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Musings on the subject of Love - Myriads of Conceptions and Misconceptions

The elusive term

Love – the word is certainly evocative and suggestive. For some, it will be the story of Romeo and Juliet. For others, it will be those of steamy romances, of secretive trysts in parks, on deserted islands. For still others, love will be shown through the possible romantic adventures for the upcoming Saint Valentine's Day or perhaps the expected (and unexpected) gifts to come.

And for many others, there will be evocations of love within the confines of family relationships, such as motherly love - the devotion of a mother to a child or vice versa with filial love (albeit a little less common in the era of the old peoples' homes) or fatherly love.

The sense of feeling connected and wanting the best for humans in general is brotherly love.

Friendship is considered as a form of love, the platonic type, where one cares for the well-being and welfare of another, and feels connected to the other, without romantic feelings.

We can safely say love has always proven elusive to humans. In whatever forms it takes...

Definitions of love

Dictionaries (utilitarian, and such exciting and titillating bedtime reading!) tell us that love is the intense deep affection and attachment one may feel towards another human being.

Psychologists say: love is, according to the Triangular Theory of Love developed by psychologist Robert Sternberg, a sense of interdependence, attachment, and feeling that psychological needs are met.

There are the three components of love: intimacy, passion, and commitment. A person who loves another will care for the other, want to protect him or her, will be attracted to the other and want to be close to him or her.

But what about us?

So, what do we mean us, the Seychellois, when we say of romantic love: "I kontan li. Zot kontan kanmard."

Expectations

There are automatic expectations associated with the term love. There are expected feelings, attitudes and behaviours. And herein lies the problems. These expectations may be as varied as the number of individuals walking this Earth right now.

Let us not bring culture into it for now, as then matters will become complex and complicated, and we will not be able to extricate ourselves for the time that it takes to read this short article. For then, the variety of expressions of love would be mesmerizing and perhaps, off-putting, depending on the point of view one takes.

Some expect what they call sacrifice. Some expect unchanging love as in "undying love". And still others expect love to be expressed in an overt form – with words, with acts, with tangible items. One can often hear the "She loves you, but doesn't know how to show it." "Kantmenm i zour ou, o profon li menm, i vreman kontan ou."

Love and True Love

And why do we have the term "true love" as if the term love itself is not indicative of its own given meaning implying deep affection, attachment, intimacy, passion and commitment to the person one loves?

Can there be real air and air? Can there be real earth and earth, real water and water? Does that mean that love can be like lemonades with sugar and those that are without sugar, where one type is the real thing and the other is supposedly fake?

Beer and non-alcoholic beer – which one is beer or are they both beers?

What is love?

We are inviting you, the reader, to come with us on a journey to decide together (or not) what love is or might be. We hope you will participate. So, which of the four situations are examples of love?

Do send in your thoughts.

SITUATION 1: ROMEO AND JULIET

The most famous love story of the love-struck teenagers who commit suicide over being unable, according to them, to live without each other. Love or hormone-ravaged teens with no notion of self, appreciation of the gift of life and lack of boundaries?

The world has chosen to elevate that story to the pinnacle of what love is supposed to be. In the modern era, if such a situation occurred, would our modern society view it as in the Shakespearean play?

A note of caution: Juliet was 13 years old and Romeo's age is unspecified.

SITUATION 2: "I CANNOT LIVE WITHOUT YOU."

« Ou mon lalin, mon soley, mon zetwal, ler ki mon respire e mon pa kapab viv san ou. » Love or cloying dependence and saccharine symbiosis? I cannot live without you, he or she claims.

And yet, they have and did... for perhaps, 18 years, even 25 years or no fool like an old fool, for 40 or 50 years.

They ate, breathed, laughed, cried and key point, lived. Now, having met this person, this life can no longer be validated or experienced without the other, who had been perhaps a stranger for at least 18 years. Aaah, le vrai, le Grand Amour, n'est-ce pas? Or maybe not...

SITUATION 3: « I KONTAN OU, LI. ZIS I PA KONN DEMONTRE LANMOUR. SEY KONPRAN LI. »

My friend says, my mother says « Give him time. He needs to learn how to show love. Doesn't he always apologise, and sometimes, with such sincere tears? Look at all the chocolates he bought? Look at the flowers. And you know, he does not like buying flowers and walking around with them. At the Duty-Free, these boxes of chocolate are so expensive. He loves you in his own way." Love or violent controlling possessive disrespectful and potentially life-threatening behaviours?

The partner will have to decide whether he or she is a life-coach or a counsellor or a human punch-bag or whether he or she is a mature adult partner seeking reciprocated intimacy and attachment.

SITUATION 4: SUCH DEVOTION, SO MUCH LOVE, SO TOUCHING...

Anna is by Robert's bedside when he takes his last breath.

She had taken annual leave to be with him, preferring to care for him rather than let the home care worker do all the menial and backbreaking tasks to care for Robert as he chose to spend the last days with loved ones and to leave this Earth in the comfort of his own home.

Love or misplaced devotion and servitude to an impossible ideal, or to societal expectations?

There are, of course, many more situations, we can propose for thought and discussions. But these few suffice to start us on our journey of exploration on the subject of love.

Perhaps, you can share your own story that showcases love unequivocally.





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TOUS LES MEILLEURS CADEAUX DE LA *Saint-Valentin*

COMPILE PAR U-ROY JULES

Qu'est-ce que la Saint-Valentin? Saint-Valentin est un festival annuel pour célébrer l'amour romantique, l'amitié et l'admiration. Chaque année, le 14 février, les gens célèbrent cette journée en envoyant des messages d'amour et d'affection aux partenaires, à la famille

et aux amis. Même aux Seychelles, nous prenons le temps de célébrer ce moment si important, en partageant des cadeaux, ou en disant à quelqu'un que vous l'aimez.

La Saint-Valentin est moins d'un jour, ce qui signifie que nous sommes officiellement en territoire de shopping de dernière minute. Si vous voulez un cadeau, c'est le moment d'acheter.

Ozordi Dimans, nous avons rassemblé des tonnes

de guides pour vous aider à raccourcir votre recherche.

Que vous cherchiez le petit ami qui vit dans les salons, la femme qui a décidé de faire du jardinage ou l'enfant dont vous voulez vous assurer qu'il aime les vacances, nous avons plein d'idées.

Et parce que la Saint-Valentin signifie des choses différentes pour différentes personnes, certaines vont partout, d'autres restent simples.



LES MEILLEURES FLEURS DE LA SAINT-VALENTIN:

Offrir des fleurs pour la Saint-Valentin n'est pas vraiment révolutionnaire, mais c'est toujours agréable. Nous mentirions si nous disions que nous ne sommes pas ravis de recevoir un beau bouquet. Vous pouvez faire mieux qu'une douzaine de roses en plastique emballé bodega, cependant. À Victoria, vous pouvez trouver divers magasins de fleurs, à un prix raisonnable.



CADEAUX DE LA SAINT-VALENTIN POUR CHAQUE TYPE D'HOMME

Bien que vos plans puissent sembler différents cette année grâce à la variante d'Omicron, ce serait une grosse erreur de supposer que l'homme dans votre vie ne veut pas recevoir un cadeau de la Saint-Valentin. Une erreur encore plus grande? En supposant que tous les cadeaux fonctionnent pour tous les hommes. Certains gars peuvent aspirer à un nouveau haut-parleur Bluetooth, d'autres peuvent fantasier rien de plus qu'un couteau de chef pointu. À Victoria, vous pouvez trouver, beaucoup de magasins de bijoux, pour acheter quelque chose pour votre petit ami, ou mari. Par exemple, vous pouvez acheter une montre, un collier, des accessoires de cuisine, ou même la nouvelle console Playstation Five.



CADEAUX DE LA SAINT-VALENTIN POUR TOUS LES TYPES DE FEMMES

Surprise: toutes les femmes aiment une boîte en forme de cœur de chocolats, une douzaine de roses, et une belle paire de boucles d'oreilles ou des accessoires de Victoria Secret pour la Saint-Valentin. Cette journée est une célébration de quelque chose de très spécial pour les femmes, dans leur vie.



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ONE OF THE MOST BEAUTIFUL ENDEMIC TREE THAT GROWS ONLY IN SEYCHELLES

COMPILED BY U-ROY JULES

Wrights Gardenia (Rothmannia annae or Bwa sitron in creole) is a plant that grows only in Seychelles (endemic in biological parlance) and is found in its natural state only on Aride Island. The sweet scented plant was named after Edward Percival Wright who visited Seychelles in the 19th century.

Often agreed that the flower is probably one of the most beautiful of the endemic trees of our small island.

The species is critically endangered and protecting it is an important part of the Island Conservation Society's (ICS) work.

To reduce the risk of extinction, other small populations of Wrights Gardenia have been established on Frégate Island and the Barabons Biodiversity Centre on Mahé.

The flower used to grow on granite islands, but disappeared after human settlement from 1609, due to soil erosion.

It is no doubt that Wrights Gardenia is one of the most remarkable flowers, ever grown

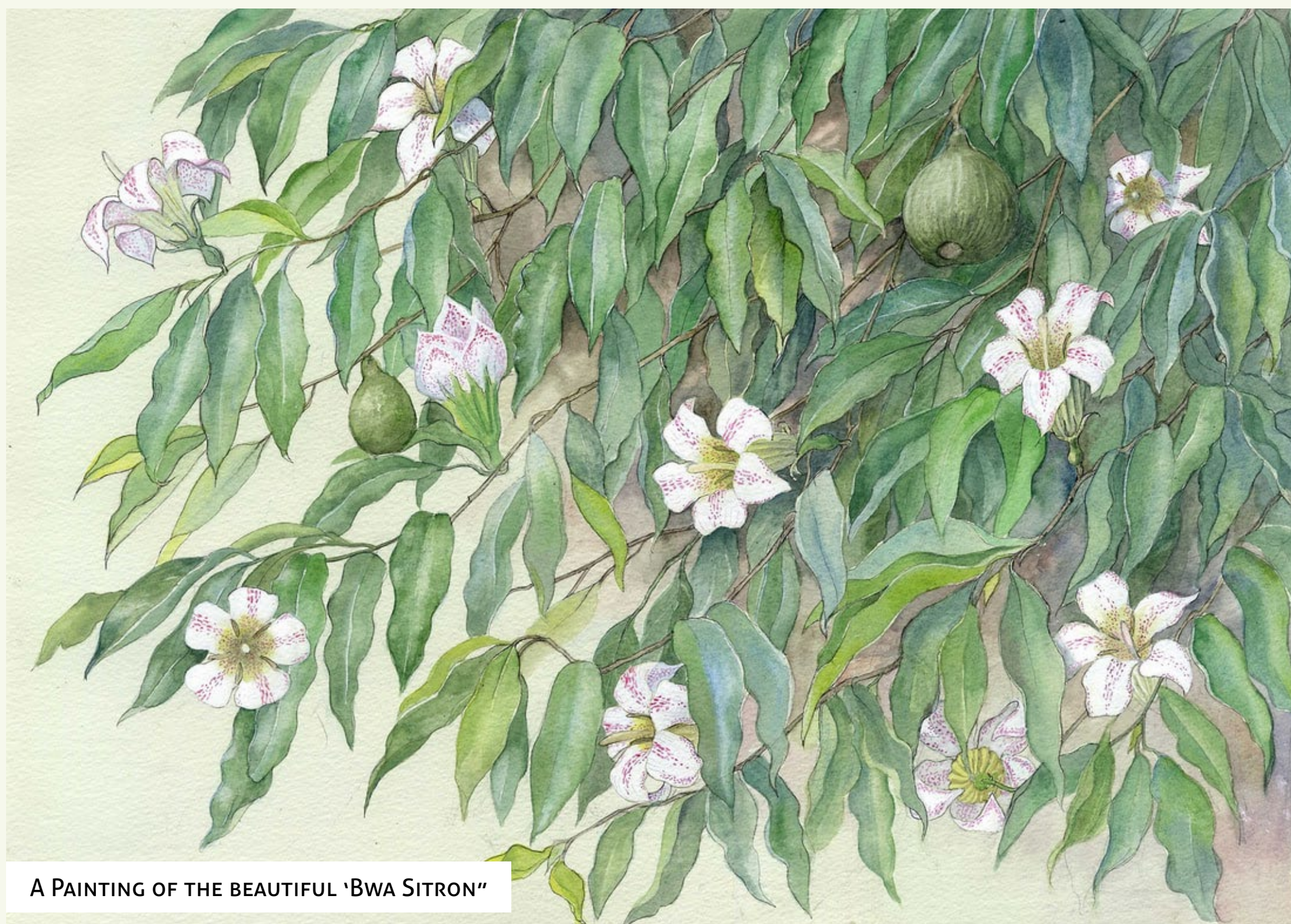
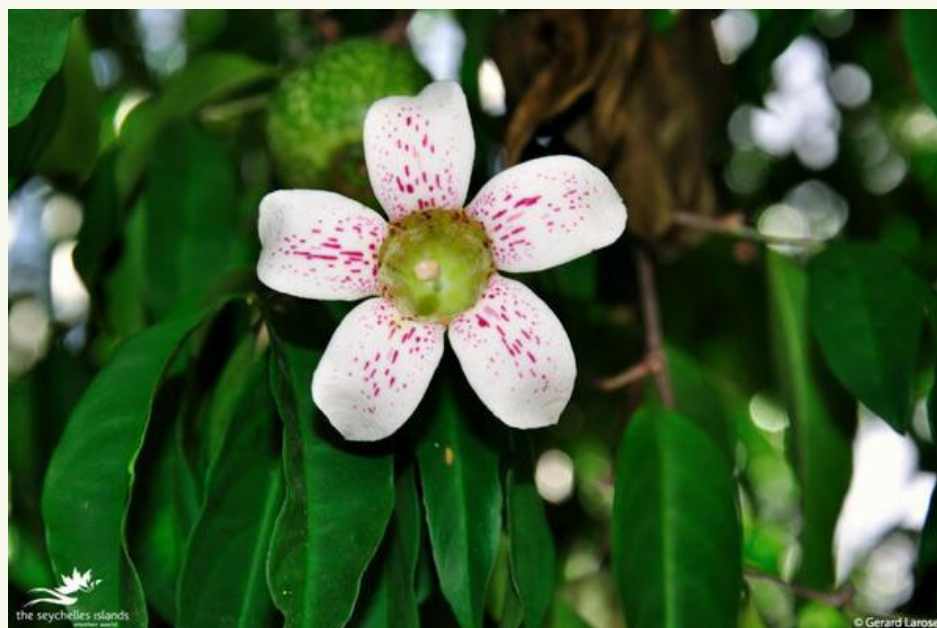
in Seychelles. Its shrub that grows up to four meters in height -bears trumpet-shaped white flowers with magenta spots that appear 10 days after heavy rain. It has a distinguished fragrant smell which attracts pollinators and help the plant in bearing fruits.

The Wrights Gardenia was reintroduced to Mahe (in 1970), Praslin (1997), Félicité (2000), and Silhouette with mixed success. In 2012, The International Union for Conservation of Nature (IUCN) upgraded its conservation status to Critically Endangered.

FACTS ABOUT WRIGHTS GARDENIA?

- The Creole name Bwa Sitron means 'lemon tree'. The fruits are green, shiny, and lemon-shaped but are inedible.

- The flower has been featured in paintings, stamps, and the national currency (25 rupees note).



A PAINTING OF THE BEAUTIFUL 'BWA SITRON'

Shanice's 'Summer 360'

BY CHRISTINE OUMA

Shanice Hoareau has always been interested in fashion since she was a child. She enjoyed watching fashion shows and beauty pageants. She competed in Miss Seychelles 2012, where she was crowned First Princess and the People's Choice. In addition, one of her aunts, who was a Cabin Crew member at the time, would bring her the latest fashion from abroad. Another, equally ardent fashion follower, would have an influence on her looks.

"I would say I inherited my love for fashion from my two aunts, and to this day, we still have fashion conversations," she says of her inspiration for her fashion businesses.

Shanice is the owner of Summer 360, a fashion-forward store that sells the latest in Ladies, Men's, and Children's fashion.

From formal to casual, simple to extravagant.

"Summer 360 is your one-stop-shop for the beach, casual, and formal wear," she says. The shop is located on the ground floor at Premier Building and also stocks accessories, bath, and body works products to mention a few.

Her entrepreneurial journey began in 2016 when she launched Kalista's Closet, an online store.

She would sell a few pieces at a time, and her clientele grew over time. Thanks to her partner, she soon had a small office space.

"Several of my clients would come to the small closet space to try on and purchase outfits. After that, I relocated to the Malau Building, where I rented a small space, and then to another until I recently acquired my current location," she recounts.

While fashion is ever-changing,



Shanice urges that if you bring your loved one flowers, go big this Valentine's Day

ing, Shanice says that current trends include floral prints, colors, bold colours. Young stars are wearing crop tops, high-waisted jeans, and skirts and most people are transitioning from wearing sandals and slippers to wearing trainers.

"It feels like 90s fashion is coming back, and it's beautiful to watch," she says.

She explains what trends inspire the clothes she brings in. When she first opened her doors at the current location, she was primarily aimed at attracting tourists. She stocked mostly soft cotton dresses, playsuits, bikinis, and swimwear, but the sale wasn't going well, so she expanded into everything else, including casual, evening, and formal outfits.

She also mentions that before purchasing any outfit on display, she tries to imagine

herself and potential clients wearing it. She believes that comfort is key.

CHALLENGES

Speaking on changes she has witnessed in the fashion industry, Shanice notes that there have been tremendous changes in the retail industry, particularly those influenced by the ongoing pandemic. She claims that most people are not investing in clothing as much as they used to.

"No one is going to spend on a fabulous outfit just to go to Boardwalk for three hours and then return home by ten o'clock. Furthermore, December used to be the best month for business; however, there have been no office parties or occasions," she explains.

Summer 360 stands out, according to her, because of its exceptional customer service and unique merchandise. "We strive to provide our clients with exclusivity." Distinction Looks, Exclusive Fashion," she says, referring to her company's tagline. She concludes by urging other business owners to be supportive of one another, especially since Seychelles is a small country where everyone knows everyone.

"For example, if a client comes to my shop looking for something and I don't have it, I would recommend that they go to another shop that might have the item. Let us stick together because we are already going through difficult times. Let us assist one another as much as we can."

SHANICE'S TIPS FOR VALENTINE'S DAY AND ANY OTHER DAY

Shanice says that the must-have accessories for ladies depend largely on what they are wearing when giving fashion advice.

"If you're wearing something

floral, I recommend going for simpler accessories that aren't overly ornate. However, if you are wearing a simple or plain outfit, you can accessorize with a statement necklace or earrings. Nothing too flashy for a pattern-heavy outfit," Shanice reiterates.

Shanice suggests that for Valentine's Day if you've just met someone and are getting to know them, you wear something that leaves a little room for imagination.

"You'd embody something a little sexier, but I'd go for something like an off-shoulder-bodycon dress. However, if you have been in a long-term relationship and know each other well, sprucing things up on Valentine's Day is not a bad idea. Purchase some lingerie to keep things spicy," she urges.

In terms of what to get her, Shanice says flowers are a must.

"If you always get her flowers, go big this Valentine's Day with a unique floral arrangement," she advises.

"Also, consider giving either partner something thoughtful, preferably something a spouse has been talking about that he/she has wanted for a long time," she suggests.

"Remember that it is the thought that counts, so it does not have to be a very expensive gift, but meaningful."



Valentine's Day outfit inspiration



Summer 360



Shanice showcasing her love for floral prints

MICHELLE POOL



Height: 176cm
Waist: 27"
Bust: 32"
Hip: 31"
Shoes: 39
Fashion, Photographic, and
Commercial Model.
Agency: Telly Modelling Agency
Photography: Marsha Dine

Design tips for your home by JRK Designs

BY CHRISTOPHE ZIALOR

Your personal tastes and sense of style will most likely influence how you decorate your home. It is, without a doubt, your personality that you express through your home decor. Furniture, décor items, bringing nature into your interior space, and even changing your upholstery can help you create and enhance the décor of your room, whether it's simple, chic, classic, or eclectic.

However, designing or redecorating your home is not as simple as HGTV portrays it to be. It is very easy to get lost in the process especially if you have a limited budget and don't know the difference between the million shades of beige available.

Jonathan Ravera Chion is a renowned architect who has spent decades designing not only buildings but also rooms.

He explains that there are several ways to make your home more luxurious while staying within your budget, and that less is more.

"The typical interior of a contemporary creole living room, for example, is too busy in my opinion, and it causes a lot of confusion. The best way to make that space feel more luxurious is to get rid of about 20% of the items in it."

He also added that it is time that we move on from the regular white walls as it has been overused.



"Try to find a better colour, such as a warm grey color"

In regards to small spaces, Jonathan noted that storage space is the number one priority.

"Do not waste space, transform any space into an opportunity to create storage because that is what it's going to miss in a small space.

The second thing to do is to fuse the space that you have, create an open space layout that can be multifunctional"

Many people nowadays are incorporating multipurpose furniture into their homes, such as a table that can fold out and convert to a couch or a bed. These types of furniture, according to Jonathan, are ideal for small spaces.

Lighting is another important tool that designers use when designing or decorating a space; after all, the right type of lighting can boost a room's aesthetic significantly.

Natural light is important, however in Seychelles you do not want to go for direct sunlight inside your home as it can be very hot. So what you will do is find a way to work with indirect light.

For artificial lighting, Jonathan noted that he loves to see light but not the light source.

"I design my rooms in a way that you will not see the light source" he noted.



7 DAY LOCAL FORECAST

Today

Humidity: 75%

Wind: NW 18 mph

UV: 3 (Moderate)

Sunrise: 06:24 am

Sunset: 06:40 pm

27 / 25 °C

Feels Like: 29 °C

High 3:50am (1.38m)

Low 10:33am (0.72m)

High 4:32pm (1.24m)

Low 10:16pm (0.76m)



Isolated
tstorms late

Moon Watch

Full moon Wednesday 16 February

Last qtr Thursday 24 February

New moon Wednesday 2 March

First qtr Thursday 10 March

Monday



27 / 25 °C

Light rain

Humidity: 74%

Wind: NW 19 mph

UV: 3 (Moderate)

Sunrise: 06:24am

Sunset: 06:39 pm

Tuesday



27 / 25 °C

A few tstorms

Humidity: 74%

Wind: WNW 20 mph

UV: 3 (Moderate)

Sunrise: 06:24am

Sunset: 06:39 pm

Wednesday



27 / 25 °C

Scattered tstorms late

Humidity: 74%

Wind: WNW 20 mph

UV: 3 (Moderate)

Sunrise: 06:24am

Sunset: 06:39 pm

Thursday



27 / 26 °C

Cloudy

Humidity: 74%

Wind: WNW 20 mph

UV: 3 (Moderate)

Sunrise: 06:24am

Sunset: 06:39 pm

Friday



29 / 25 °C

Overcast

Humidity: 74%

Wind: NW 19 mph

UV: 3 (Moderate)

Sunrise: 06:24am

Sunset: 06:39 pm

Saturday



29 / 28 °C

Overcast

Humidity: 74%

Wind: NW 17 mph

UV: 3 (Moderate)

Sunrise: 06:24am

Sunset: 06:39 pm



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

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CASS
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Hikes and Trails

Le Glacis Noir Trail; how to get there and what to expect

COMPILED BY U-ROY JULES

We have managed to stay a full week at La Digue, whereby we went hiking at the Anse Cocos trail. It was an easy hike, but today we invited you to hop onto the Ozordi Dimans boat and head to the island of Praslin to our next destination. From La Digue, it will take us around 15 minutes to reach Praslin and we will be hiking along the Glacis Noir Trail. The Glacis Noir hike on Praslin starts 100m from the entrance to La Vallée de Mai. It is not as spectacular as the Vallée De Mai, but it is a nice family walk with an undeniably beautiful view on arrival. The trail leads through a dense, tropical forests and climbs to a viewpoint tower offering an amazing vantage point of the coast. The roughly 2.8-kilometer trail is mostly shaded throughout and should take about an hour for most people to complete. The path begins quite wide in red soil and it elevates gently for 15 minutes. Get your camera ready as you will discover some lovely palm trees throughout the trail such as the Lata-



View from the top

the ideal place to hear and see a black parrot, a bird endemic to Praslin. The Glacis Noire trail is also home to other endemic species such as the Bwaponm (Eugenia wrightii, and Bwa bannan pandan (Gastonia lionenetii) Part of the Praslin National Park, Glacis Noir also boasts a beautiful high altitude wetland. The summit is attained after 45 minutes climb with a great view of La Digue island, Ile Ronde, Felicite Marianne and even Denis, Mahe and Fregate islands.



Seychelles black parrot



nier Palm or Lata-nier Oban (Roscheria melanochaetes), the Thief Palm or Latannien fey (Phoenicophorium borsigianum) and of course the Coco de mer palm- (Lodoicea maldivica) The vegetation becomes denser and presents more of a challenge to walk through as the forest thickens, this lush vegetation is



The Glacis Noir Nature Trail



Palacio de Cibeles

COMPILED BY CHRISTINE OUMA

What comes to mind when you think of Madrid? A world-class city at the cutting-edge of gastronomy, art, and nightlife. Madrid, Europe's third most populous city, perfectly combines old-world elegance and dynamic modern life. Madrid has an adventurous and unpretentious vibe. The pursuit of quality manifests in all spheres of life, from architecture and design to food and art. Madrid has always been a proud city, fastidious about curating and displaying its national treasures and the home of some of the world's greatest art and sculpture.

Best time to visit

The city experiences a Mediterranean climate, with warm and humid summers and mild winters. The seasons with the mildest and most pleasant weather are spring (April to June) and autumn (September to November). Winter (January and February) can be very cold and rainy, whereas July and August can be very hot. The best time to visit Madrid is in the autumn or spring, when balmy temperatures sweep through the city, bringing it to life. However, if you don't mind drab weather and a rather listless Madrid, visit in the winter when hotel rates are lower.

Language

The city dwellers mostly converse in Spanish. Although Madrid is the capital city of Spain, the level of English spoken there isn't high. Locals are friendly but do not expect advanced vocabulary especially if you head outside the city centre or beyond the typical tourist spots. In some areas, Basque, Catalan and Galician are spoken too. The good news is that most Madrileños will try to help you with whatever you need despite the language barrier and you can also get around through local guides.

Currency

The euro. Coins come in denominations of 1 and 2 euros and 1, 2, 5, 10, 20, and 50 euro cents. Notes come in denominations of 5, 10, 20, 50, 100, 200, and 500 euros.

Transportation

Madrid has an excellent and air-conditioned metro and bus network that connects all the places a visitor may want to go including the airports. Single tickets cost approximately EUR 1.5. For longer journeys, there are the Cercanías commuter trains and the Renfe national rail service. During daylight hours you won't have to wait more than 5 minutes for a train. From about 7 pm onwards trains are



Serious culinary experiences

slightly less frequent, but even then the wait is a maximum of 30 minutes. Taxis can also be used and are reliable to get around as they offer 24-hour services.

Before you go

I. Dress right

Despite the sunshine, Madrid locals typically don't wear shorts or sandals until June, and you'll rarely see flip flops around the city, those are saved for the beach. You can, of course, wear what you like – but if you want to look like a local, skip the flip-flops.

II. Plan for siesta

You should know that smaller independent shops and offices mostly close for the almost mandatory long Spanish lunch from 2 pm-5 pm but most major retailers and cultural institutions have adopted normal

international business hours. However, if you have important errands to run, make sure to get them done in the morning. In fact, 'if you can't beat them, join them', and take a little nap yourself.

Where to stay

Madrid caters for luxury, mid-range, and cheap stays. It is one of Europe's cheapest capitals. You can splurge and stay in a fancy hotel, or you can find cheap hostels for 20-50 euros per night. Beers will cost you just over one euro, expect to pay 2-3 euros for a glass of wine and dine out for 15-30 euros for a 3-4 course meal. Check popular listings that match your needs.



Real Madrid, at the Estadio Santiago Bernabeu

What to do

Madrid is full of life, culturally sophisticated, and is home to many of the country's greatest national museums. Whether you are in Madrid for a day or a week, set aside time to visit



Royal palace



Malasaña holiday lettings

Madrid's Golden Triangle of Museums. Head to the Prado (Paseo del Prado, s/n, 28014 Madrid) for classics by Goya and Velázquez, to the Reina Sofia (Calle de Santa Isabel, 52, 28012 Madrid) for more contemporary works including Picasso's 'Guernica,' or to Thyssen-Bornemisza (Paseo del Prado, 8, 28014 Madrid) for an eclectic variety of European art through the ages.

Royalty

Built in the mid-1700s for King Philip V the Royal Palace is on the site of Madrid's Moorish Alcázar fortress-palace, which burned down in 1734. It's the largest royal palace in western Europe and has a blend of baroque and neoclassical styles. You have to go inside for the full experience because the royal collections and frescoes are sublime. There are works by Goya, Caravaggio, and Velázquez, as well as stunning displays of watches, tapestries, porcelain, and silverware. You can see the only string quartet of Stradivarius instruments in the world, and the Royal Armoury that includes the personal weapons used by Charles V in the 16th Century.

Food

The city's culinary reputation is more traditional than daring and its soul satisfying comfort food and tapas can be found in Calle Ponzano and in the Chamberi neighbourhood.

Parks

Madrid has a green heart and is full of elegant gardens, the Retiro is just a few steps east from the Prado and was a royal property up to the end of the 19th century when it was opened to the public.

Architecture

Madrid boasts gorgeous architecture and plazas, many of which were constructed during the 16th and 17th centuries. For the latest fashion and design, up-and-coming neighbourhoods like Conde Duque or Lavapiés, are worth visiting.

Real Madrid

Finally, Madrid is home to what claims to be the most glamorous and successful soccer club, the Real Madrid, with its stadia the Santiago Bernabeu sitting on prime Madrid real estate. For big games, tickets are hard to come by but on an average weekend it's a place to see some of the celebrated stars of the most popular sport and mingle with Madrileños.

Covid-19 measures

Fully vaccinated travelers from anywhere in the world can enter Spain for a vacation without showing proof of a negative Covid test, including those from countries classified as "risk" destination by Spain, but excluding those from countries classified as "high risk."

Aside from an exempted list that currently includes Chile, Indonesia, New Zealand, Rwanda, Saudi Arabia, South Korea, Hong Kong, and Taiwan, all non-EU and non-Schengen countries are considered "risk" countries. Travelers from these countries are not required to show proof of vaccination or a recent negative Covid test in order to enter Spain.

Non-vaccinated travelers arriving from risk countries must show proof of a negative test result -- either a PCR test taken within 72 hours prior to your arrival or an antigen test taken within 24 hours prior to arrival.

All travelers -- wherever they're coming from and whatever their vaccination status -- must complete a Health Control Form (HCF), which can be completed via the Spain Travel Health website or app. It will generate a QR code which must be shown on arrival in the country.

And finally, as of February 3, 2022, Spain had seen over 10.1 million Covid infections and over 93,800 deaths. In Spain, there is currently concern about the Omicron variant, though cases appear to be decreasing.

As of February 3, more than 96.1 million vaccine doses had been administered in Spain, with more than 81.3 % fully vaccinated.



Picasso's Guernica

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The perfect Valentine's Day meals

COMPILED BY CHRISTOPHE ZIALOR

This Valentine's Day, you won't have to make do with last night's leftovers because we've played Cupid and identified the best recipes for you that will surely make the day memorable. And, like dessert, we've left the best for last: all of these delectable dishes are simple to prepare without sacrificing the wow factor. After all, food is the quickest road to the heart.

Start your day off well with a complimentary breakfast in bed. What could be more delectable than French toast; after all, the language of love is French.

Mixed Berry French Toast



Ingredients

- Four slices of bread
- Egg Wash
- 4 eggs
- 1 cup milk (240 mL)
- 1 tablespoon vanilla
- 1 tablespoon cinnamon

Mixed Berry Sauce

- 2 cups mixed berries (200 g), blueberries, raspberries, and blackberries
- 2 tablespoons lemon juice
- 1/3 cup granulated sugar (65 g)

GARNISH

- confectioners sugar

Preparation

- Whisk eggs, cinnamon, vanilla and milk together in a medium-large bowl to create egg wash.
- Dunk bread in egg wash.
- Melt butter in a skillet on medium-low heat and cook bread for 2-3 minutes.
- Mix berries, sugar, and lemon juice in a medium pan over low heat crushing and stirring berries until they form a thick sauce.
- Lay out slices and spread compote in between each slice then on top.
- Garnish with confectioners sugar (optional).

Why not make lunch an enjoyable activity to do with your significant other.

Three-Cheese Bacon Pizza

Ingredients

- 1 pound prepared pizza dough, at room temperature
- All-purpose flour, for dusting
- 4 slices bacon, chopped
- 1 8-ounce can tomato sauce
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic, grated
- 1/4 teaspoon dried oregano
- Kosher salt and freshly ground pepper
- 1 cup shredded mozzarella cheese (about 4 ounces)
- 1 cup shredded white cheddar cheese (about 4 ounces)



- 1 tablespoon grated parmesan cheese

Preparations

- Put a pizza stone or inverted baking sheet on the lowest oven rack and preheat to 475 degrees F for at least 15 minutes.
- Meanwhile, roll out the dough into a 9-inch round on a lightly floured surface. Lightly dust a pizza peel or another inverted baking sheet with flour; lay the round of dough on top and set aside.
- Cook the bacon in a large skillet over medium heat, stirring, until crisp, about 6 minutes. Remove with a slotted spoon and drain on paper towels. Combine the tomato sauce, olive oil, garlic and oregano in a medium bowl; season with salt and pepper.
- Slide the dough directly onto the hot stone or baking sheet and bake until lightly golden and puffy, about 7 minutes.
- Remove from the oven and let cool slightly, then carefully slice the crust in half horizontally with a serrated knife to make 2 thin crusts.
- Turn the crusts cut-side up. Spread with the sauce mixture, then top evenly with the mozzarella, cheddar, and bacon.
- Slide the pizzas back onto the hot stone or baking sheet; bake until the cheese melts and the crust is golden, about 8 more minutes.
- Sprinkle with the parmesan.

It's finally nighttime, the candles are lit and the tone is set, all that's missing now is dinner.

Rib-eye steak with red wine & pastrami sauce



Ingredient

- 2 rib-eye steaks (about 250g each)
- 2 tbsp vegetable oil
- 80g butter
- 2 garlic cloves
- 2 thyme sprigs
- 1/2 lemon , juiced
- 1 shallot , finely chopped
- 100ml red wine
- 200ml fresh beef stock
- 50g pastrami , finely chopped
- 1 green chili , deseeded and chopped
- 1 tbsp chopped parsley
- chips (use ready-made or see 'Goes well with' for recipe) and gherkin ketchup, to serve

Preparations

- Season the steaks with salt.
- Heat oil in a frying pan large enough to fit both steaks, then add half the butter, and once melted and foaming, add the garlic and thyme.
- Carefully put the steak in the pan and cook for 3 mins for rare, 4 mins for medium and 6 mins for well done, flip the steak and repeat.
- Once cooked, add a squeeze of lemon juice to the pan and spoon

the lemony butter over the steak. Transfer the steaks to a warm plate and cover.

Pour off the fat from the pan, discard the garlic and thyme and wipe out with kitchen paper. Place the pan back on the heat, add half the remaining butter, and once melted, add the shallot and fry for 30 seconds, then add the wine and reduce to a glaze.

Pour in the stock and bring up to the boil, then add the pastrami and chili and warm through. Finally, stir in the parsley. Put the steaks on plates and spoon over the sauce, with the ketchup (see recipe below) and chips on the side.

As the perfect evening winds down, it's time for dessert.

Crème brûlée



Ingredient

- 2 cartons double cream, 1 large (284ml) plus 1 small (142ml)
- 100ml whole milk
- 1 vanilla pod
- 5 large egg yolks
- 50g golden caster sugar, plus extra for the topping

- Heat the oven to 180C/160C fan/gas 4. Sit four 175ml ramekins in a deep roasting tin at least 7.5cm deep (or a large deep cake tin), one that will enable a baking tray to sit well above the ramekins when laid across the top of the tin.
- Pour the large and small cartons of double cream into a medium pan with the milk.
- Lay the vanilla pod on a board and slice lengthways through the middle with a sharp knife to split it in two. Use the tip of the knife to scrape out all the tiny seeds into the cream mixture. Drop the vanilla pod in as well, and set aside.
- Put the egg yolks and sugar in a mixing bowl and whisk for 1 min with an electric hand whisk until paler in colour and a bit fluffy.
- Put the pan with the cream on a medium heat and bring almost to the boil. As soon as you see bubbles appear round the edge, take the pan off the heat.
- Pour the hot cream into the beaten egg yolks, stirring with a wire whisk as you do so, and scraping out the seeds from the pan.
- Set a fine sieve over a large wide jug or bowl and pour the hot mixture through to strain it, encouraging any stray vanilla seeds through at the end.
- Using a big spoon, scoop off all the pale foam that is sitting on the top of the liquid (this will be several spoonfuls) and discard. Give the mixture a stir.
- Pour in enough hot water (from the tap) into the roasting tin to come about 1.5cm up the sides of the ramekins. Pour the hot cream into the ramekins so you fill them up right to the top – it's easier to spoon in the last little bit.
- Put them in the oven and lay a baking sheet over the top of the tin so it sits well above the ramekins and completely covers them, but not the whole tin, leaving a small gap at one side to allow air to circulate.
- Bake for 30-35 mins until the mixture is softly set. To check, gently sway the roasting tin and if the crème brûlées are ready, they will wobble a bit like a jelly in the middle. Don't let them get too firm.
- Lift the ramekins out of the roasting tin with oven gloves and set them on a wire rack to cool for a couple of minutes only, then put in the fridge to cool completely. This can be done overnight without affecting the texture.
- When ready to serve, wipe round the top edge of the dishes, sprinkle 1 1/2 tsp of caster sugar over each ramekin and spread it out with the back of a spoon to completely cover.
- Spray with a little water using a fine spray (the sort you buy in a craft shop) to just dampen the sugar – then use a blow torch to caramelize it. Hold the flame just above the sugar and keep moving it round and round until caramelised. Serve when the brûlée is firm, or within an hour or two.



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Fruity mix salad

MAIN COURSE
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DESSERT
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BEACH HOUSE SAUVIGNON BLANC
A light refreshing palate packed with sunny tropical passion fruit and pineapple fruit invigorated by citrus and lively lemon and lime surge on the dry frisky finish.

Valentines Set Menu

STARTER
Smoked fish Rosace with cucumber flavored with mint
Or
Gratinated Palm Heart with Hollandaise Sauce

MAIN COURSE
Grilled Tuna Steak with seasonal vegetables, mash sweet potatoes and lemon butter sauce
Or
Stuffed Chicken Breast with Broccoli and Mushroom, served with Duchesse Potatoes and creamy white wine mushroom sauce
Or
Surf and Turf platter served with glazed vegetables, butter pasta and garlic butter sauce.

DESSERT
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Bartending: an interview

with George Teeromooljee



BY CHRISTINE OUMA

George Teeromooljee has been working in the hospitality industry for 45 years. George is a skilled bartender who works as the Head-Bar Supervisor at Victoria Casino in Victoria, Mahe.

"I love bartending. I began my career as a trainee bartender at the Mahe Beach Hotel at the age of 17 and worked my way up to Barman, Bar Manager, and now Head-Bar Supervisor," says George.

"I worked for Victoria Casino at the old Pirates Arms Building for 9 years, and when they re-opened on December 11th, 2020, I was called back in."

Throughout his career, George has spread his bartending skills across many establishments where he created speciality cocktails such as Are You Coco and Ton George, the latter of which is named after himself. Today, he gives Ozordi Dimans a peek into the world of bartending from his eyes.

Ozordi Dimans: Define your current role at Victoria Casino. What do you do on a daily basis?

George: You can say I'm in charge of the bar. I arrive at 10 a.m. because we open at noon. I currently supervise the bar, so when we come in, I make sure it's clean and that we have a requisition and stock-taking every day. Stocktaking is crucial in the bar; we must be up to date and have the best interests of the company in mind to achieve good results. We must also submit a report on a daily basis.

Ozordi Dimans: What are some of the most important skills for a bartender to have?

George: Oh, being a bartender necessitates a wide range of abilities. To serve people, they must be able to listen, have good character, remain calm, and be naturally welcoming. A good bartender should also be able to sell, read the crowd, be enthusiastic, and understand the opening and closing procedures, to name a few skills. Furthermore, if you work in a casino where clients occasionally win or lose, you must be able to provide a few drinks to the client sto keep

them calm, either by asking the supervisor or the manager. Trust me, having these characteristics guarantee good tips.

Ozordi Dimans: What is your favourite cocktail to make? And can you share a recipe?

George: I would have to go with Ton George. It's a drink I used to make at Victoria Casino when we were still at the Pirate's Arms. To date, this cocktail is still requested by former clients. I make it as and when needed.

INGREDIENTS

.....

25ml Vodka
25ml Dark Rum
25ml Gin
12.5ml Triple Sec
50ml Orange Juice
50ml Pineapple Juice
and Grenadine syrup

METHOD

.....

In a cocktail shaker with ice cubes, add all of the ingredients except the Grenadine Syrup. Then shake well until a frost forms.

Pour into a hurricane or cocktail glass. Add a few dashes of Grenadine Syrup which will settle at the bottom of the glass.

The cocktail will be in three colours: red at the bottom, yellow in the center, and white foam on top.

Garnish with a slice of pineapple, 1 cherry, and fresh mint leaves. If you don't have a cherry, an orange slice will suffice.



The 'Ton George' cocktail

quest special cocktails based on ingredients they've tried elsewhere, such as the Caribbean. They'll give me the recipe, I'll make it, and they'll be pleased with the drink.

Ozordi Dimans: What's the most underrated cocktail ingredient or spirit?

George: For me, I would have to say that the most underrated ingredient is egg white. We serve a cocktail called Whiskey sour. It's made with Jack Daniel's, lime juice, sugar syrup, and egg white. Many people do not appreciate this cocktail, despite the fact that it is very good. Every Friday, there is a group of girls who order and appreciate it.

Ozordi Dimans: Can you give us an example of a good drinks menu?

George: Any good menu should include at least one cocktail from the cocktail family of six, which includes the Old Fashioned, Aromatic, Sour, Buck, Daiquiri, and Daisy. And if a menu incorporates everything, you've hit the jackpot! A good drinks menu should also be well balanced; a drink should not be overly sweet or overly sour. At the bar, sugar syrup works magic.

Ozordi Dimans: What do you look for when selecting drinks for the bar?

George: If you're planning to open a new bar, you should think about popular drinks like Bacardi, Rum, Whiskey, Gin, Vodka, and others. A selection of

liqueurs, including the famous Galliano—a sweet herbal liqueur created in 1896—is also required. Galliano is an anise-flavoured Italian liquor combined with peppermint, cinnamon, vanilla, juniper, and other herbs.

Ozordi Dimans: What are some of the changes or trends you've witnessed in the bartending industry over the years?

George: In the past, most bartenders experimented with various drinks and liquor to create cocktails. Nowadays, most young bartenders use Google to make cocktail recipes.

Ozordi Dimans: What other cocktails apart from Ton George would you recommend for Valentine's Day?

George: For the month of February, Victoria Casino is serving three special cocktails on promotion: Love Potion, Cupid's Kiss, and Valentine's Wish. Love Potion contains 2x dark rum, Hesley's, and white rum; Cupid's Kiss contains 2x Irish cream, Triple Sec, and Vodka; and Valentine's Wish contains Vodka, Gin, and Cointreau.

Ozordi Dimans: What advice would you give upcoming bartenders?

George: I would advise young and aspiring bartenders to be eager to learn, work hard, listen, and follow company policies. If you follow the steps outlined above, you have a good chance of succeeding.

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Paolo Kipao- A master of abstract art

BY CHRISTOPHE ZIALOR

Abstract art creates a mood in which it captivates you, makes you compare it to something, feel it, and remember it, or helps you forget about something you don't want to think about. A shape, a line, a color, and a force echoes in our brain, and the presence or absence of links between aspects.

What makes a good abstract artist is that each of them follows their own creative impulses and incentives, culminating in a body of work that reflects today's zeitgeist. Apart from the figurative visual language, a defining feature is the darker edge and atmosphere, which externalizes the existential weight and status quo of contemporary life.

This is the beauty of abstract painting. So many answers, so many interpretations and so many views.

Paolo Kipao is an abstract artist whose work is heavily influenced by his background in Italy and the Indian Ocean.

His paintings are layered with complexity—they entice you in with their beauty, technique, and brilliant colors, but keep you there while you try to figure out what they're about.

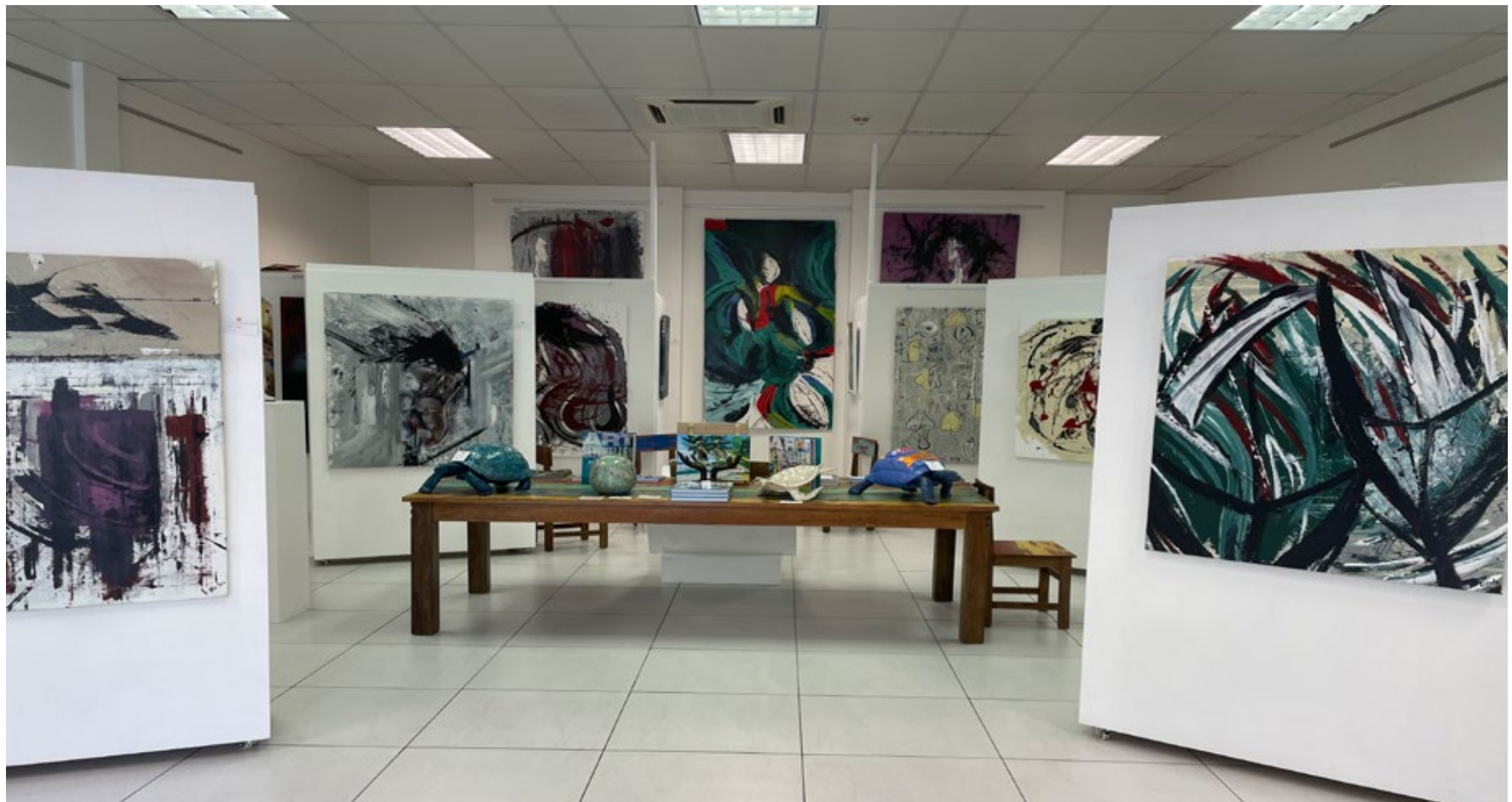
The 65-year-old Italian artist settled in the Seychelles 35 years ago after traveling across the world and brought with him a treasure trove of inspiration that he converted into exquisite works of art.

Paolo decided ten years ago that it was time for him to take the next step and become a professional artist after painting for much of his life and being inspired by the work of an abstract artist at an exhibition in his hometown, he delved deeper into this world.

Over the years, he has displayed his work in several galleries, including Eden Art Space, where he has launched his first solo exhibition named 'Windows.'

In his artist statement, Paolo explained that his work is from an imaginary window that looks at the world.

"I see the world as a spectator, space-time with memories of my youth spent in my hometown in Italy. With narrow back streets be-



tween antique and sumptuous cathedrals, magnificent views from glimpses between old walls, and memories emerging from misty luxuriant tropical forests, my life has been a constant adventure. From the oceans I've been sailing for many years, to the deserts ending in a Red Sea, and of course the beautiful island girls.'

Once you observe a piece by an artist, you get a glimpse into their mind, whatever the artist might have been projected into the piece intentionally or unintentionally, will resonate with the public.

In the words of Edvard Munch, painting in an honest way is not only to paint what is visible to the eye but includes the inner pictures of the soul."

"That's the only thing I want to appear from my painting: not what people like to see but the courage to expose vulnerability and emotions. My colors and my abstract paintings are a means of expressing what I am: imperfection, lights and shadows, roughness and lightness, sensitivity



and rudeness, gloominess and moments of joy. I really believe art is not to portray but to evoke. Abstraction is the perfect means for that: it is difficult and frustrating but there is no way to say it in another way,' the artist remarked.

As seen by some of Kipao's work, which shows his upbringing grow-

ing up in Bergamo, a little venetian town in Italy. There is always a subliminal connection to the artist's history and perceived reality, through their own subconscious reality experience, in abstract art.

"Producing abstract paintings is an exploration into unknown arenas — the emancipation of the mind. I think that abstract art can give you more inner emotions than figurative art, it is more compelling and not every painting is the same"

He went on to say that his method begins with an idea for what he wants to paint, and that it usually takes a day or two, or even longer depending on the size of the canvas, to turn that idea into a work of art. He may lose track of his original concept for the paint-

ing during the regeneration process, but the painting is finished when it reminds him of what he was trying to achieve.

The artist explained that happiness and joy are not always present. He stated that art can be very frustrating, especially when you are unable to express what you are feeling on the inside.

"There are times when I go to the blank canvas with nothing on my mind and just lose myself in it." Some people believe that abstract art is just about throwing paint and mixing colors, but this is not the case; there is much more to it."

In the beginning he noted that his work was well received and this pushed him to continue to develop his skills and technique.

"When you look at one of my paintings, you will find something intellectually honest; I do not paint for other people; what you see on the canvas is my passion, something that is real to me and not done to satisfy the audience."

He did confess, though, that he hopes people enjoy his work, stating that if only 10 percent of his audience is moved by his work, he will be satisfied.

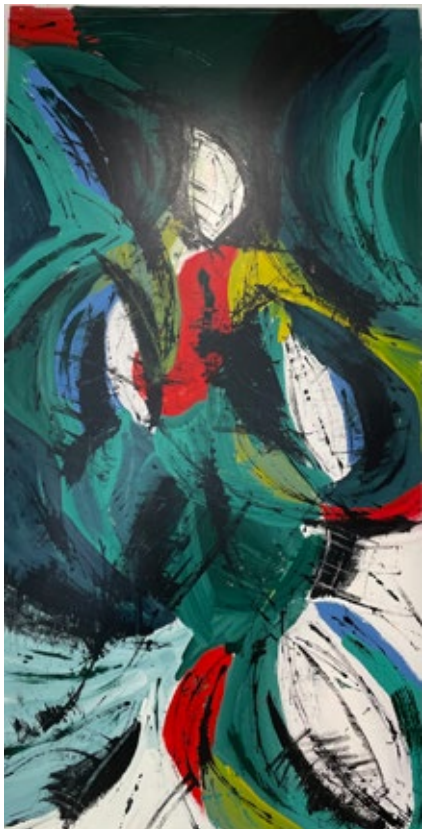
"The truest form of success an artist can experience is touching the soul of their audience"

Enjoying the success of his first solo exhibition, Paolo noted that his upcoming work will feature a number of paintings on 7 meter long canvases.

"I prefer painting on large canvases because it enhances my work and allows me to make a greater impact on my audience."

Perhaps it's because of Paolo's and so many other abstract artists common passion for the medium that abstract painting has been a mainstay of modern art for nearly a century.

When standing in front of Kipao's art, there is a sense of eruption versus implosion. The conundrum is whether that gravitational force is pulling you into the painting or if the painting is reaching out to you, like a figure of longing committed to canvas.



Who is Stephanie Joubert?

Stephanie Joubert is a senior counselor by profession and she holds a Master of Arts Degree in Leadership and Strategy in the Social Domain. She is also a well-known artist in Seychelles. A poet who has brought the art of poetry beyond Seychelles to places such as Mauritius, Reunion Island, and South Africa. Currently, the Chairman of the Bling Bling Poetry Association, Stephanie and her team are working hard to bring this art to another level. Other than poetry, Stephanie is also known as an actress. She has participated in numerous plays and short local films including the latest and much appreciated KADO MAL ANPAKTE. She has also participated as an actress in a BFA 409 Advanced Directing Project, as part of one of the modules and assignment at the University of Botswana.



Stephanie Joubert

.....

Mon desten

Mon atrap ou dan mon lanmen
mon desten
pou mwan les ou konnen
ki se mwan menm ou gardyen

Menm sikonbe afors trennen
pour ou mon pa pou abandonnen
tou sa ki yer, ou’n met dan mon semen
menm klopi-klopan mon’n anmenen

Ise, bose, trennen
mon’n fer li par lafors mon ponnyen
mon rekonnet ki serten in donn mwan
koudmen
zot lasazes in ede ranpli mon pannyen
e zot in aport mwan bokou dibyen

Parfwa mon lapo in abimen
mon leker in sennyen
me mon lespwar in reste alimen

Kan mon vir deryer e get latras mon se-
men
mon realize ki mon’n sorti lwen
alor mon dir ou ankor, mon atrap ou dan
mon lanmen
mon desten
ziska anfen, kan mon traze i ava termi-
nen
a ou tour, ou a depoz mwan trankilman
dan mon demen

Mon desten

© Zanvyé 2019, Stephanie Joubert

Maniskri lanmour

Apre dernyen sanson
e sa pyes i ferm rido
pou reste ankor ou ek mwan
anvelope dan nou prop lakoral
pou sant nou prop sanson
lo ler divan dan fey koko

Bann parol sikre
i a zwe melodi lo nou lalev
tranpe
parey moutay dan siro
la anba lesyel
ou ava alim lannwit
e kler santye mon rev

Dan leblouisman sa santiman
mon a resit mil poenm
parske dan maniskri lanmour
en paz in dedye
zispour ou
sa enn ki konn fason
pour ekler fernwanr
e les lonbraz anpandan
ziska i noye
dan bann gout transpirasyon

© drwa loter, fevriye 2011, Stephanie Joubert

Exil

Je suis revenue
pas pour me rapprocher de toi
mais pour m’éloigner de ton silence
c’est peut-être au hasard
que je dois cette révélation

Je suis revenue
pas pour me rapprocher de ton regard
mais pour m’éloigner de ta presence
cette declaration
ça fait longtemps que j’y pensais

mais simplement
je ne savais pas comment l’écrire

Tu sais, je suis revenue
pas pour me rapprocher de ton Coeur
mais pour m’éloigner de ton intimité

Ca fait longtemps que ça dure
et dans ma tête
il ne reste que des souvenirs

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THE ULTIMATE PURPOSE OF EDUCATION

CONTRIBUTED BY SHELLA MOHIDEEN

**CHIEF SECRETARY OF THE PUBLIC
SERVICE BUREAU**

I believe the true purpose of Education is to produce good citizens who live to the maximum of their abilities and opportunities. Good citizens obey the laws of the land, play active roles in the socio-economic development of their country, are actively involved in the protection of the earth, and live in harmony with it. Good citizens uphold the country's constitution and make conscientious and trustworthy decisions.

Therefore, Education is everybody's business. The schools alone cannot be responsible to produce good citizens. The horizontal connectedness across activities conducted in and out of schools is crucial.

The home environment is a critical determining factor in the development of core values and healthy habits for physical, mental, emotional, and spiritual growth. The teaching which is done in the schools should be supplemented by teaching and examples in the home and in the community.

The formal education system should cultivate the skills, competencies, and mindset to produce citizens who would thrive in today's and tomorrow's dynamic society. The school should deliver a more balanced curriculum to cater for all kinds of abilities and talents, and one which is relevant for the 21st century. Teaching styles should be adapted to include different modes of learning using a variety of technology options to meet the individual needs of the students and capitalise on their strengths. What worked effectively with previous generations is inadequate to develop the competencies required in today's world.

I believe the students' experience should shift from remembering an enormous volume of content, to one which focuses on inspiring creativity, adaptability, and flexibility; encouraging collaboration; expecting and rewarding critical thinking, problem-solving, and decision-making; building the culture of taking responsibility for their learning and teaching students not only how to communicate, but also the power of effective communication. There should be a good balance between vocational/professional education and academic education.

Cognisant of the above, The Guy Morel Institute has redeveloped all its qualifications. The new qualifications have dual purpose:

- to cultivate the skills and competencies for enhanced productivity in the workplaces;
 - to cultivate the right mindset for personal transformation to enhance quality of life.
- Education should produce educated citizens. When more citizens are educated, more people will contribute significantly to their well-being and the well-being of their families and society. This should create a more thriving Seychelles.



Shella Mohideen



En pti lanmour lokal

PAR ZWAZOLINET

Lanmour, o lanmour...sa lemosyon konplike ki’n fer zonn zet zot lavi, fanm perdi lespri e ki apre de santenn lannen lese, imen pankor fisi nabou konpran li.

Lanmour “Fairy tales”, “telenovela” e “couple goals”
Pou bokou, nou nosyon lanmour i plito enn enter-nasyonal, lanmour ou a kwar i le pli “cool”, pli zoli e pli “meaningful” an angle. Konmsi i pli gou dir sa “I love you” ki “mon kontan ou”, “you are the love of my life” ki...ou lanmour mon lavi? (mon pa ni menm siny kimanyer i dir sa an kreol), ouswa menm, “Be my valentine” ki “vin mon Valanten?”. Petet sa i akòz, pou bokou zenn adilt konmela, bann premye nosyon lanmour in enn plito enternasyonal, bokou fwa in atraver liv zistwar (fairy tales) ki nou akont zanfan. La, ki se swa Cinderella, Sleeping Beauty ou Snow White, nek zot tonm anmoure menm, e apre ki zot in zwenn sa “prens” (ki byensiny i solisyon tou problem), zot viv ere pou touzour “live happily ever after”, konmsi kreol, zot ere parey pwason dan boukan.

Bann lot rankont ki bokou in annan avek lanmour an grandisan, in atraver televizyon, kot la telenovela in fer kreol rev bann dimoun parey Maximiliano (No one but you), Paola e Paulina (La Usurpadora), Jorge de la Rosa (Maria de Los Angeles), Barbara (When you are mine) e plen lot ankò. La nou’n konpran ki lanmour i sa kek-soz ki ariv, bokou fwa, avek bann zoli dimoun, i souvan konplike e ou bezwen naz kont kouran, me ala fen, se lanmour ki sorti viktorye. Byensiny pou bann pli roman-tik, bann sanson lanmour, film romantik e liv “Mills and Boons” in ankouraz zot pou esper “the one” ki pou vin zot rezon pou viv. Ozordi petet, bann legzanp in sanze, lanmour in vin posib atraver reality shows parey “Bach-elor / Bachelorette”, nou swiv bann selebrite, ki mon-tre nou bann “couple goals” (bann keksoz ki nou anvi e espekte de nou partner) e lanmour i pran en lot laform atraver teknolozi e medya sosyal.

Mon propoz ou alor, en zistwar lanmour enpe dif-eran, enn lokal, ki pa enkli bann zengredyen labitid, tel ki ponm d’amour, paran pe swazir pretan e virzinite ki gany garde ziska maryaz. Sa enn zistwar, i vin avek tou konpleksite ki souvan akonpany lanmour.

Nou pou apel nou protagonist Josephine, me sa i sel keksoz ki pa pou reel avek sa zistwar, akòz sa ki mon pe al rakont ou i en antretyen avek en madanm Seselwaz, ki ozordi i annan 83 an. Vin avek mon dan bann lannen 1950, kot elekrisite pa ti form par lavi toulezour, delo, pou laplipar, pa ti koul dan tiyo e kanmiyon ti ranplas bis SPTC.

Premye lanmour

Bann pti rid obor son lizye I formen avek sa sourir ki I fer, ler i les son lekor gany anporte dan son mazinasyon, son lizye I regard dan en zistans, a en keksoz, ki zis li ki pe vwar, me klerman sa memwar I fer li ere...se sa ka-lite reaksyon ki memwar son premye lanmour i aporte. I rapel byen ki i ti kit lekol dan “senkyenm e standar”

sa ki konmela nou apel P5, en desizyon ki son tantin e granmanman (kot i ti pe reste) ti fer pou li, pou zot sa letan, ti fer plis sans pou li komans travay en anmenn en kontribisyon kot lakour.

Ti ler i ti al fer konmisyon anvil ki i ti remark sa garson, ki nou pou apel li Claude, kaptire par labote Josephine, Claude ti rod tou fason pou gany son latansyon. Jose-phine 83 an, i riye, en riye gou menm, ler i mazin Claude pe bat lizye ek li e kimanyer i ti tou kanmi, kanmi pe fer bann ti riye kot i ploy ploy zepol e bes bes son latet. Claude ti ankouraze, akòz i ti konnen i annan en sans, Josephine ti reste lwen avek lavi, enpe dan leo, konmsi koze, Claude ti ekspoze, i ti akonpany Josephine, apye ziska kot li. La, zot ti koz koze anmontan. Me Claude ti kondir li ziska ki i ti ariv en zistans avek lakaz, zot ti pe kontan dan maske, alor ti fodre pa ki granmanman ous-wa tantin i santi zot loder. Pa bezwen dir ou ki ler zot ti arete pou fer en dernyen koze, nek zot ti kas fey kanpes e zet ater...sa bon lanmour lokal dan lanatir! Avan Claude ti ale, i ti toultan demann Josephine kan i pou desann ankò anvil, dan sa lepok kot bis SPTC pa ti ariv dan tou pti semen, Josephine pa ti al anvil toulezour, e vi ki zot ti napa telefonn, ti enportan pou Claude mazin byen sa randevou.

Byensiny, i pa zis Claude ki ti’n remark Josephine, kot i ti pe travay, en dimoun enpe pli aze, avek bokou plis pourvwar e leksperyans ki Claude, ti’n osi remark sa labote entakt, e i ti determinen pou li etre premye... Josephine ti abitye al rann lapel 6er bomaten, e apre re-tourn ankò apremidi pou aroz fler. Se la ki sa Komander ti devlop sa lentere dan fler e ofer pou ed li, koz koz ek li, e akonpany li dan son bann ti tripò.

“Mon ti enbesil, mon ti enbesil” Josephine 83 an, i dir pe sekwe son latet, konpare ek sa memwar Claude, ki ti anmenn lazwa lo son figir. Sa enn memwar ou a kwar, i enn ki i ti pou’n plito anvi bliye. Komander, ki ti deza an-nan en fanmiy, pa ti les sa afekte li ler I ti’n met son lizye lo Josephine. Zis parey Claude ti mars tou sa zistans pou akonpany Josephine, Komander osi ti konn kondire, me li, akòz I ti Komander, i ti ariv anndan kot granmanman e granmanman, ki ti enpe for lo laz, ti koz avek Komander konmsi rien-ete. Josephine 83 an, i mazin ki petet son granmanman ti bet, bet parey limenm sa letan, akòz granmanman pa ti zanmen adres sa size garson/zonn avek li, e pa ti reazir drol ler Komander ti kondir li.

Lanvi v/s lanmour

Alors, lakours ti komanse pou son lanmour e linosans. Claude...zoli Claude, zantiy Claude, sarman Claude, ti kontinyen swiv Josephine sak fwa i al anvil. Sa sourir i retourn ankò lo figir Josephine 83 an, i rapel ki en zour ler i ti pe ale, Claude ti ser son lanmen e met en pti topet lesans ladan...plitar ler savon “Lifebuoy” ti fek sorti (pa tou dimoun ki ti annan sa) Claude ti fer li kado sa savon... Claude ti’n fini tonm anmoure e Josephine ti entrige par sa garson ki fer li kasyet bann ti topet lesans pangar granmanman a vwar.

Komander lo son kote, li ki ti ansarz Josephine dan

louvraz, e li ki ti dir ki pou fer, alor, i ti ranforsi latak, i ti komans pran liberte pou tous tous Josephine ler i ti gany sans. Vi ki li ki ti diviz louvraz, i ti war li nesaser pou Josephine al anmas koko lwen...lwen avek leres, kot la apre, i ti vin akonpany li, me son lentere ti plis dan kokodmer Josephine ki koko lo plantasyon.

I pa ti sirprenan alor, ki apre en pti pe letan, Josephine ti mank son reg, ler i ti fer Komander konpran sa, deswit i ti donn li enpe lekors pou efize, e fer sa reg retournen. “Mon ti enbesil mon dir ou, enbesil” Josephine 83 an, I dir ankò, on dire byen, Josephine 83 an, pa pe konpran Josephine 15 a 16 an. Menm si Komander ti’n adres sa sityasyon safwasi, son lentere dan Josephine pa ti dim-inyen, e ankò enn fwa, Josephine ti war son lekor pe sanze. I ti alor bezwen avoue avek Claude, ki i ti pe espe-kte en zanfan. Claude, ranpli avek dezapwentman, ti alor termin zot lyezon, e sete koumsa, ki sa premye lanmour ti ariv a en lafen.

Si i pa mir i a koule!

Pandan son groses, enn ki’n difisil, sirtou avek deza-pwentman son fanmiy, Josephine ti pou pas dan en lot tourman. I pa zis son premye lanmour ki ti pou kit li, me papa son zanfan...Komander, apre en kourt maladi ti vwar son lanmor li osi, kot la, i ti kit Josephine avek en vant. Josephine...15-16 an, ansent kot en vye granman-man, san gran larzan, konmsi koze, pli lisyen i meg, pli i gany pis, akòz lanmenm ler madanm marye Komander ti al konpran ki pe pase. Petet i ti konnen son msye I annan sa vilen manni, petet I ti ankò pe pler lefet ki son msye in mor, ki se swa son rezon, Madanm Komander pa’n fer gran problemn.

Josephine i rapel byen nesans son premye garson, i rapel lefet ki i pa ti konnen kimanyer i pou fer pou gany sa baba, i mazin byen vwar en delo koule, e sete son granpapa ki ti fer li konpran ki baba pe vini. I annan bon rekoleksyon sorti dan leo kot i ti reste, ek tou son douler fanm an desandan, sa voyaz pa okenn zonn ki ti pe kondir li, me sete son tantin ki ti pe ed li anmenn son trouso. Dan son douler, konfizyon e naivite i rapel de-mande “kimanyer sa baba pou sorti?” e repons vitman ti “kimanyer ou ti mete?” sa bann memwar i mouy lizye Josephine 83 an, me lavi i koumsa en ler...lanmour lokal i parfwa kriyel...lwen, tre lwen ek lespektasyon.

Me menm si Josephine ti epwize fizikman e emosyo-nelman, apre sa batenm dife, san sipor okenn zonn e lwen avek son fanmiy, Josephine ti met o monn sa gar-son ki pou finalman kontan li enkondisyonelman.

Alor, pou ou ki lanmour in dezapwent ou; pou ou ki apre maryaz, dan plas sa “they lived happily ever after” ou’n plito mizerab; pou ou osi ki pe kontinyelman naz kont kouran, me ki lanmour pa pe konkerir tou, parey dan telenovela; e pou ou ki pe tir bann portre “couple goals” pou Sen Valanten, me ki viv en kosmar ler sa flash camera I tennyen...lavi i kontinyen. Mon swet ou sa kouraz e sa lafors Josephine, ki ou osi petet, ler ou ariv 83 an, sa bann leksperyans a senpleman en memwar ki donn kouraz sa lot zenerasyon lanmoure.



The strange ways we used to court

BY CHRISTOPHE ZIALOR



Just like love and marriage, the way we court each other nowadays has changed significantly over the last century. The days when a man chose a woman as his mate and “wooded” her with gifts and the promise of marriage are long gone. And thank goodness: the woman didn’t have much say in the courtship system; she was supposed to be content with the fact that someone was buying her things and taking her away from her father.

From the suffocating traditions of needing our parents’ permission to marry, to the sexist way of referring to single women over the age of thirty-five, to the emphasis placed on a woman’s purity, I’m sure most of us can rejoice in the end of the courtship era.

Nonetheless, the ways in which we used to court is an important part of our history; while many traditions were passed down by European settlers, others originated in the Creole culture.

“Marriage may have had little to do with the emotional entanglement of two young people in early colonial days, but rather the approval of their parents” The Seychelles National Heritage Council’s Senior Project Officer,

Cindy Moka, explained.

She emphasized that in our culture, parents either choose who you marry or give their approval if you are of legal age and have found a suitable suitor.

It was expected that once you reached legal age, which was 18 or 21, you would be married off. If you had reached a certain age and not married yet, it was considered an embarrassment, especially for women, who were referred to as “old maids.”

If a young man lived in a district where there were no available suitors, his mother would go out of her way to find him a girl from another district.

Courtships in those days were strictly based on social class; a man from a poor family was not permitted to court a girl from a wealthy family. The same can be said for skin tone. Courting someone who was darker than you, was frowned upon if you were of lighter skin or white. If they did go through with the wedding they were in most cases disinherited.

Social gatherings were very different back then than they are now. Young couples met in a variety of places, including community activities and church, all of which were supervised by a chaperone.

“If a boy admired a girl, he would tell his parents, and they would then arrange for a visit to the girl’s parents’

house, known as ‘les accord’ in French. The meeting of the parents would also serve as an opportunity for both families to get to know each other. In some cases, if a family has a lot of young girls, the father will usually marry off the oldest instead, because the older a girl is, the less likely she is to be proposed to.”

The first visit to the house was usually on Sunday after church, and only the parents interacted with each other during that visit; the young couple did not usually attend. If all goes well, they will formally introduce themselves and begin courting each other, a process known as ‘dimans fer lanmour,’ in which the couple would meet every Sunday and spend time together. The parents were usually in charge of supervision.

“On these visits, the boy would usually bring the girl gifts like chocolate and what we call ponmdamour in creole,” Moka explained.

During their courtship, the young couple would use a handkerchief to flirt with each other, passing messages such as “I love you” depending on how it was folded.

Ms. Moka also stated that in order to marry, girls had to know how to be a proper housewife, while the boys would need to know how to fish and

farm.

Once the requirements are met it is only then that a letter of demand will be written and sent to the parents of the girl asking for her hand in marriage. In instances where the family was illiterate the letter was usually written by a priest or a notary.

When the girl was still under the age of 18, a vow to marry was made until she became legal. The promise was taken so seriously that if the boy broke it, he could be sentenced to prison.

The notion of purity was prevalent in those times, if a woman was still a virgin then she would be desired, however if she wasn’t it was something that would bring shame to her family.

“If you were single and not a virgin you were ridiculed” said Moka.

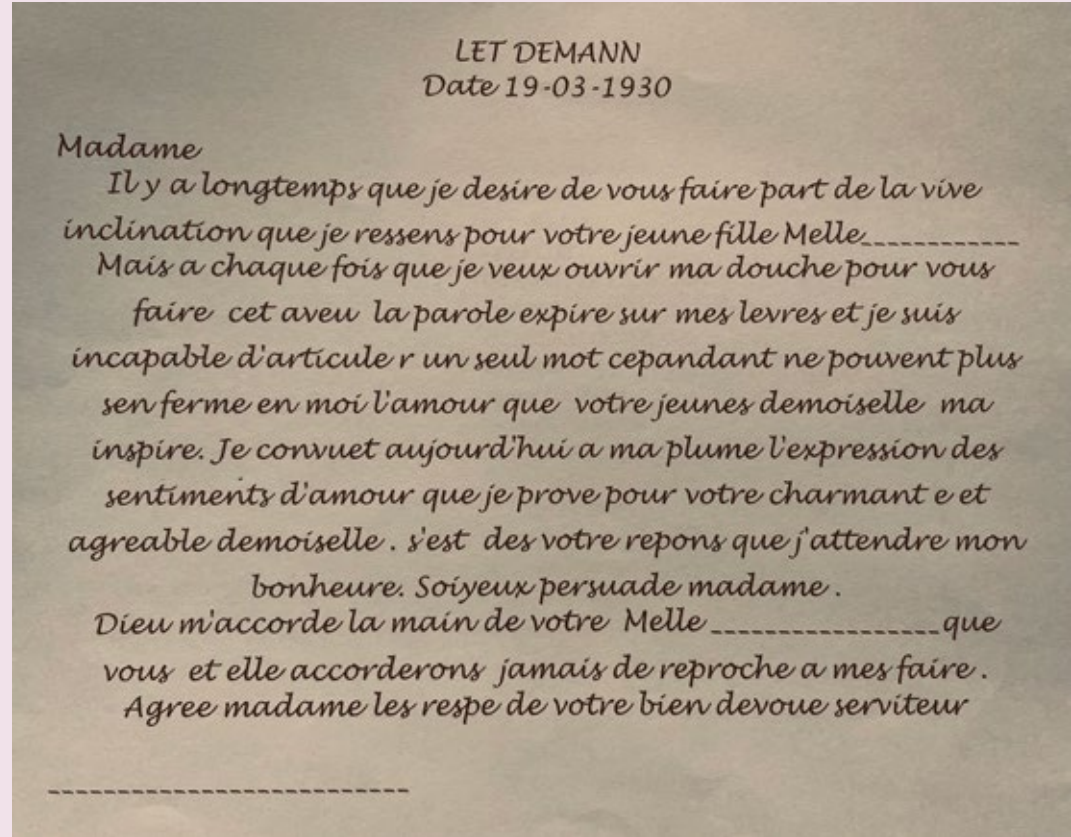
When the bride is a virgin, the couple’s bed sheets are scrutinized for bloodstains that are said to prove her virginity following the wedding night.

In creole, this was known as leved-sanm.

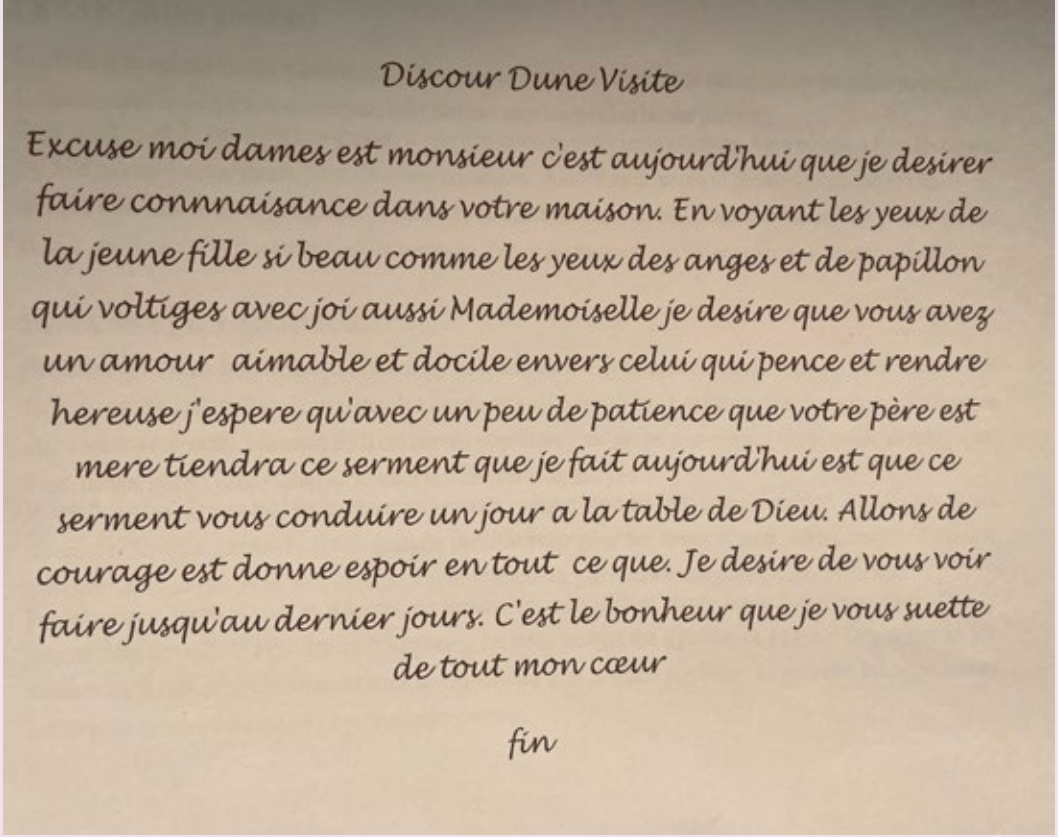
Although we’ve moved past the old traditions of courting, one constant appears to have remained from all the societal changes that have transpired over the last century: dating is tough. It is still nasty and sexist to this day. On the plus side, we don’t have to flirt with a handkerchief anymore.



Je trempe ma plume dans l’encre...

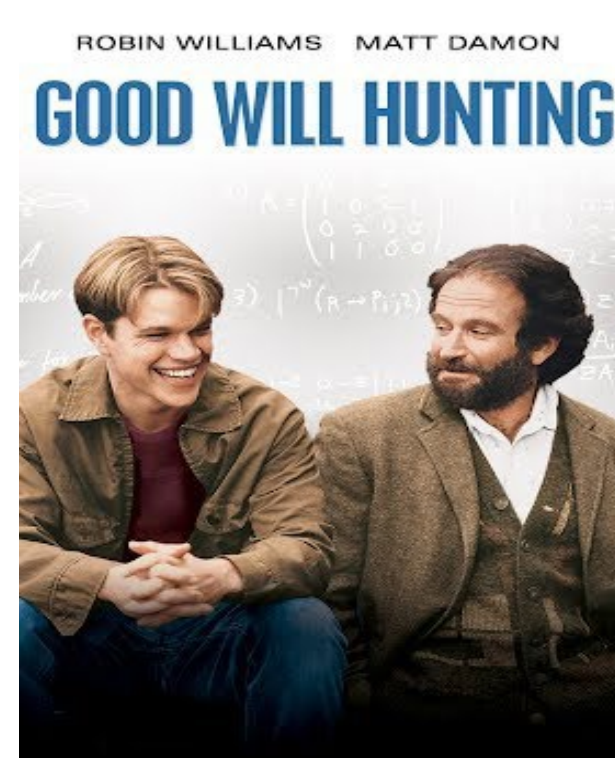
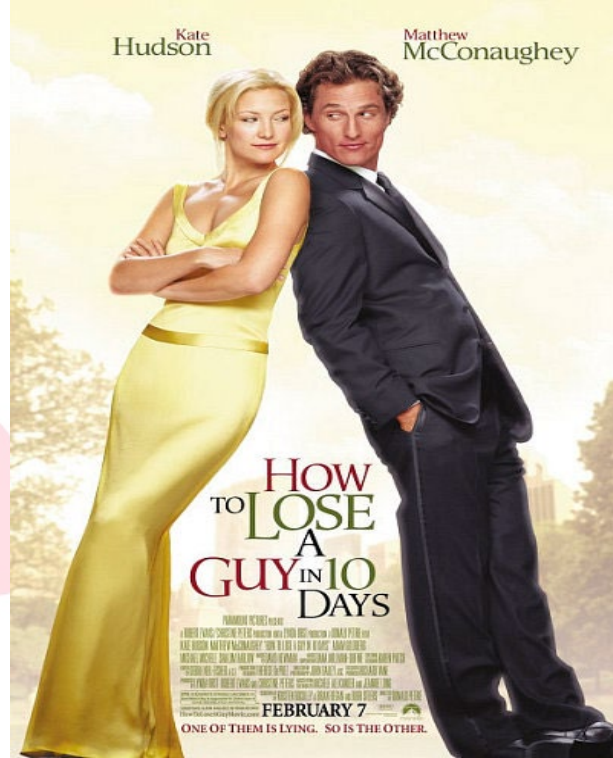
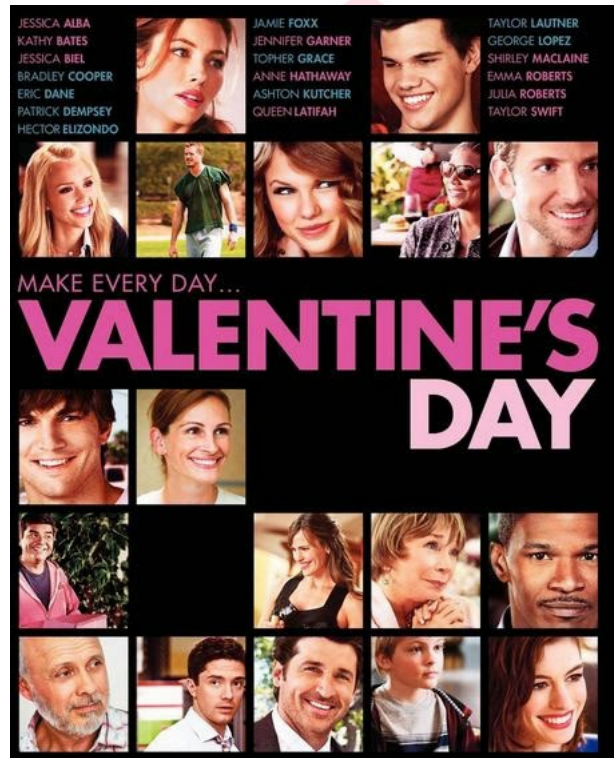
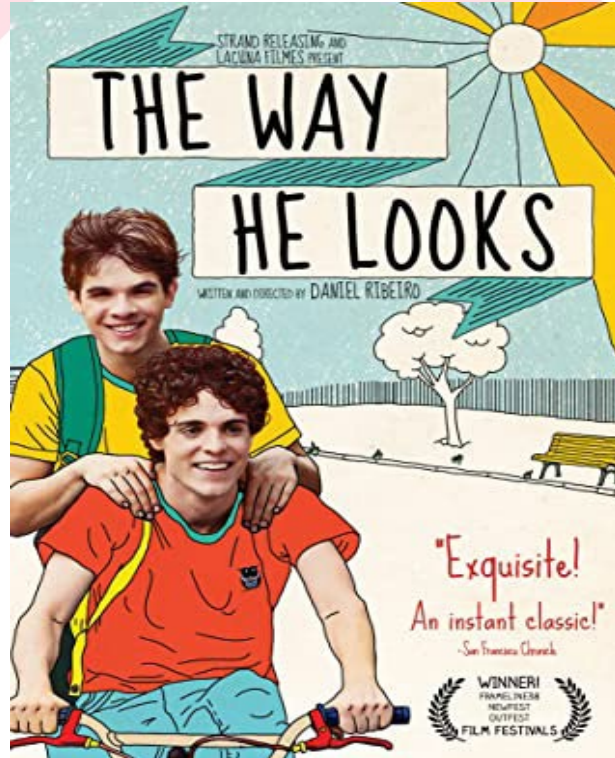


A letter of demand



A letter of visit

Movies to watch on Valentine's Day



COMPILED BY CHRISTOPHE ZIALOR

Love is in the air, and what better way to celebrate than cuddling up on the couch with your partner and watching a sweet romance? Whether you prefer classics or newer films, we have something for everyone, with films ranging from the early 2000s, when romantic cinema was at its peak, all the way to the 20s.

Call Me By Your Name

CALL ME BY YOUR NAME, is a sensual and transcendent tale of first love, based on the acclaimed novel by André Aciman. It's the summer of 1983 in the north of Italy, and Elio Perlman (Timothée Chalamet), a precocious 17-year-old young man, spends his days in his family's 17th-century villa transcribing and playing classical music, reading, and flirting with his friend Marzia (Esther Garrel). Elio enjoys a close relationship with his father (Michael Stuhlbarg), an eminent professor specializing in Greco-Roman culture, and his mother Annella (Amira Casar), a translator, who favors him with the fruits of high culture in a setting that overflows with natural delights. While Elio's sophistication and intellectual gifts suggest he is already a fully-fledged adult, there is much that yet remains innocent and unformed about him, particularly about matters of the heart. One day, Oliver (Armie Hammer), a 24-year-old American college graduate student working on his doctorate, arrives as the annual summer

intern tasked with helping Elio's father. Amid the sun-drenched splendor of the setting, Elio and Oliver discover the heady beauty of awakening desire over the course of a summer that will alter their lives forever.

The Way He Looks

Leonardo is a blind teenager dealing with an overprotective mother while trying to live a more independent life. To the disappointment of his best friend, Giovana, he plans to go on an exchange program abroad. When Gabriel, a new student in town, arrives at their classroom, new feelings blossom in Leonardo making him question his plans.

Valentine's Day

More than a dozen Angelinos navigate Valentine's Day from early morning until midnight. Three couples awake together, but each relationship will sputter; are any worth saving? A grade-school boy wants flowers for his first true love; two high school seniors plan first-time sex at noon; a TV sports reporter gets the assignment to find romance in LA; a star quarterback contemplates his future; two strangers meet on a plane; grandparents, together for years, face a crisis; and, an "I Hate Valentine's Day" dinner beckons the lonely and the lied to. Can Cupid finish his work by midnight?

How to lose a guy in 10 days

Benjamin Barry is an advertising execu-

utive competing with two female co-workers for a major campaign for a diamond merchant. He cuts a deal with his competitors that the account is his if he can make a woman of their choice fall in love with him in 10 days. In comes Andie Anderson who, in turn, is writing a story on how to lose a guy in 10 days as a bet with her boss to be allowed to write more substantial stories. With a hidden agenda in each camp, will either party be able to complete their mission?

Titanic

84 years later, a 100 year-old woman named Rose DeWitt Bukater tells the story to her granddaughter Lizzy Calvert, Brock Lovett, Lewis Bodine, Bobby Buell and Anatoly Mikailovich on the Keldysh aboard her life set in April 10th 1912, on a ship called Titanic when young Rose boards the departing ship with the upper-class passengers and her mother, Ruth DeWitt Bukater, and her fiancé, Caledon Hockley. Meanwhile, a drifter and artist named Jack Dawson and his best friend Fabrizio De Rossi win third-class tickets to the ship in a game. And she explains the whole story from departure until the death of Titanic on its first and last voyage April 15th, 1912 at 2:20 in the morning.

Goodwill Hunting

A touching tale of a wayward young man who struggles to find his identity, living in a world where he can solve any problem, except the one brewing deep

within himself, until one day he meets his soul mate who opens his mind and his heart.

50 First Dates

Henry Roth lives in a Hawaiian paradise with the company of endless women with no strings attached. This is until he meets Lucy Whitmore. Both Henry and Lucy enjoy the company of each other and feel the start of a serious relationship occurring. Approaching Lucy the next day, Henry is confused when Lucy fails to recognize him. This is the moment Henry discovers that Lucy actually suffers from short term memory loss and can't remember each individual day. Henry won't let this stop him and is prepared to make her fall in love with him all over again, each and every day.

About Time

At the age of 21, Tim Lake (Domhnall Gleeson) discovers he can travel in time... The night after another unsatisfactory New Year party, Tim's father (Bill Nighy) tells his son that the men in his family have always had the ability to travel through time. Tim can't change history, but he can change what happens and has happened in his own life-so he decides to make his world a better place...by getting a girlfriend. Sadly, that turns out not to be as easy as you might think. Moving from the Cornwall coast to London to train as a lawyer, Tim finally meets the beautiful but insecure Mary (Rachel McAdams). They fall in love, then



an unfortunate time-travel incident means he's never met her at all. So they meet for the first time again-and again-but finally, after a lot of cunning time-traveling, he wins her heart. Tim then uses his power to create the perfect romantic proposal, to save his wedding from the worst best-man speeches, to save his best friend from professional disaster and to get his pregnant wife to the hospital in time for the birth of their daughter, despite a nasty traffic jam outside Abbey Road. But as his unusual life progresses, Tim finds out that his unique gift can't save him from the sorrows and ups and downs that affect all families, everywhere. There are great limits to what time travel can achieve, and it can be dangerous too.

Me Before You

Lou Clark knows lots of things. She knows how many footsteps there are between the bus stop and home. She knows she likes working in The Buttered Bun tea shop and she knows she might not love her boyfriend Patrick. What Lou doesn't know is she's about to lose her job or that knowing what's coming is what keeps her sane. Will Traynor, knows a road accident took away his desire to live. He knows everything feels very small and rather joyless now and he knows exactly how he's going to put a stop to that. What Will doesn't know is that Lou is about to burst into his world in a riot of color. And neither of them knows they're going to change each other for all time.

Don Jon

Jon Martello objectifies everything in his life: his apartment, his car, his family, his church, and, of course, women. His buddies even call him Don Jon because of his ability to pull "10s" every weekend without fail. Yet even the finest flings don't compare to the transcendent bliss he achieves alone in front of the computer watching pornography. Dissatisfied, he embarks on a journey to find a more gratifying sex life, but ends up learning larger lessons of life and love through relationships with two very different women.

Midnight in Paris

Gil and Inez travel to Paris as a tag-along vacation on her parents' business trip. Gil is a successful Hollywood writer but is struggling on his first novel. He falls in love with the city and thinks he and Inez should move there after they get married, but Inez does not share his romantic notions of the city or the idea that the 1920s were the golden age. When Inez goes off dancing with her friends, Gil takes a walk at midnight and discovers what could be the ultimate source of inspiration for writing. Gil's daily walks at midnight in Paris could take him closer to the heart of the city but further from the woman he's about to marry.

HER

Theodore is a lonely man in the final stages of his divorce. When he's not

working as a letter writer, his down time is spent playing video games and occasionally hanging out with friends. He decides to purchase the new OS1, which is advertised as the world's first artificially intelligent operating system, "It's not just an operating system, it's a consciousness," the ad states. Theodore quickly finds himself drawn in with Samantha, the voice behind his OS1. As they start spending time together they grow closer and closer and eventually find themselves in love. Having fallen in love with his OS, Theodore finds himself dealing with feelings of both great joy and doubt. As an OS, Samantha has powerful intelligence that she uses to help Theodore in ways others hadn't, but how does she help him deal with his inner conflict of being in love with an OS?

Lost in Translation

Middle-aged American movie star Bob Harris is in Tokyo to film a personal endorsement Suntory whiskey ad solely for the Japanese market. He is past his movie star prime, but his name and image still have enough cachet for him to have gotten this lucrative \$2 million job. He has an unsatisfying home life where his wife Lydia follows him wherever he goes - in the form of messages and faxes - for him to deal with the minutiae of their everyday lives, while she stays at home to look after their kids. Staying at the same upscale hotel is fellow American, twenty-something recent Yale Philosophy graduate Charlotte, her husband John, an enter-

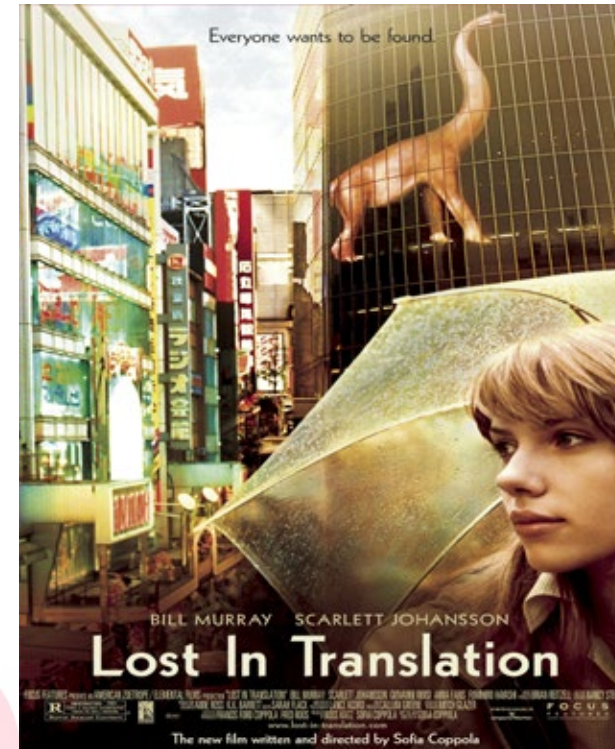
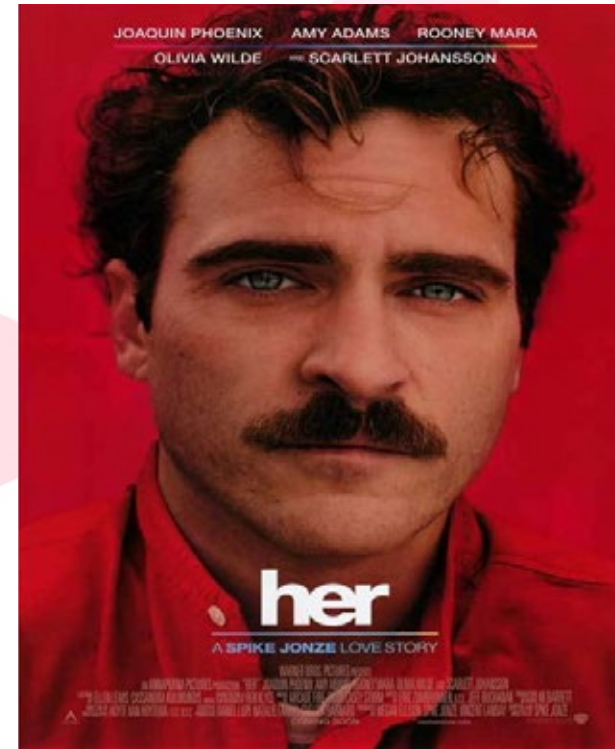
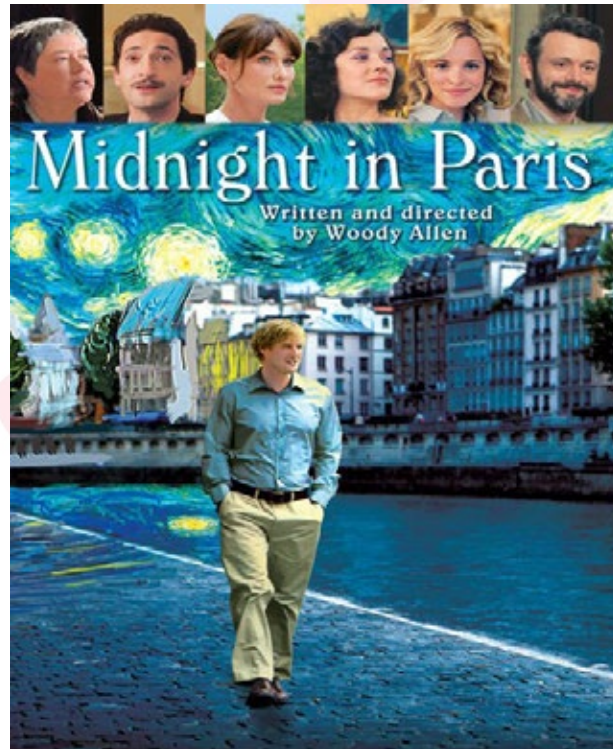
tainment still photographer, who is on assignment in Japan. As such, she is largely left to her own devices in the city, especially when his job takes him out of Tokyo. Both Bob and Charlotte are feeling lost by their current situations, which are not helped by the cultural barriers they feel in Tokyo, those cultural barriers extending far beyond just not knowing the language. After a few chance encounters in the hotel, they end up spending much of their time hanging out together, each helping the other deal with their feelings of loss in their current lives. The friendship that develops between the two, which is not always a bumpy-free one, may be just for this specific place and time, but it may also have long lasting implications

Marriage Story

MARRIAGE STORY is Academy Award nominated filmmaker Noah Baumbach's incisive and compassionate look at a marriage breaking up and a family staying together. The film stars Scarlett Johansson and Adam Driver. Laura Dern, Alan Alda, and Ray Liotta co-star.

The Great Gatsby

An adaptation of F. Scott Fitzgerald's Long Island-set novel, where Midwesterner Nick Carraway is lured into the lavish world of his neighbor, Jay Gatsby. Soon enough, however, Carraway will see through the cracks of Gatsby's nouveau riche existence, where obsession, madness, and tragedy await.



The Artist profile

Ozordi Dimans brings you the talented singer Yannick Savy -AKA Damasy. Twenty-six year old, Damasy started his music career in 2008, when he was still at Ecole Francaise des Seychelles (EFS). He pursued his music career while he was studying at the university in France in 2013.

He has made a name for himself in the local music industry by featuring many artists such as Elijah, Patrick Victor, Ras Pyek, JDA, Champion, Rez, Ion Kid, and Ruben, among others. He grew up at Roche Caiman, and has dedicated his life to music.



Damasy

Behind the lyrics: ‘Zetwal’ with Damasy

Damasy describes his song Zetwal as an expression of love inspired by an observation of a rainy night- when he noticed a bird in flight, attempting to reach its destination goal.

“Portraying love as an innocent bird struggling on a rainy night to reach its destination inspired me to write the song “Zetwal”, the artist explains.

In poetic license, he expresses that “A dark sky covered with heavy clouds and stormy weather could push a bird to steal the moon but not the stars.”

The artist expresses that he creates all his songs with images put together like puzzles that create a story. The deeper the images are, the deeper the song is.

“Love can be general, but always from a point of view to another to be relatable by the public,” he urges.

In “Zetwal” for example, there is three love

point of view.

- A general point of view, “Zot i’n fer ou kwar ki tou santer i en player”.
- 1st person, “Mon pe esper bis lanmour lo ou bus stop”.
- 2nd person, “Ou dout mon, pa le ekout mon”.

The singer said that these point of view creates actions throughout the lyrics that listeners may relate. Using figures of speech, the song builds emotions. Oxymoron is often use for example, “ tou sa ki mon dir ek ou, ou kwar mon dir ek en lot.”

“I use Hyperbole in the chorus, “Pou ou ma vol lalinn, zetwal pa fodre i deza dan ou lizye” drags deeper the emotions.”

Damasy also explained that he used personification and comparisons in the lyrical process of the song Zetwal. “Love is simple and complex such as music and all its components. Sweet and hurtful, it can make you and break you. This is maybe the reason why we fall to get love,” he concluded.

Lyrics

Damasy - Zetwal Feat. Gatto

Vers 1

Zot i’n fer ou kwar ki tou santer i en player
Prezan ou dout mon
Pa le ekout mon
Fer nou relasyon vin en failure
Tou sa ki mon dir ek ou ou kwar mon dir ek en lot
Sitiasyon a pe fer mon fou dan lazwa nou a pe tap kalot
Tou sa bann fanm ki a pe kriy mon non
Pa pou la ler mon nepli lo top
Mon le ek ou a tou moman
Pe esper bis lanmour lo ou bus stop
Babe ler mon dan show mon a pe travay
Rod sa larzan pou bliy nou hard times
Pa kwar mon pa le pas letan ek ou
Letan fre mon lebra i vinn fer letour
Ou
Zis ou ki mon anvi
Mazinn premye fwa mon ti zwenn
Ou
Cute manyer ou ti kanmi
I en problem pou zot letan zot war nou ere
Me pa plere

Chorus

Nou lanmour i’n alimen
Pou ou ma vol lalinn
Zetwal pa fodre i deza dan ou lizye
Aktres dan mon film
Avec toi je me sens si bien
Les haters koze mon’n fini abitye

Vers 2

Fanm pa kwar ki mon pe zwe ek ou
Letan mon dir ou ki mon anmoure ek ou
E mon anvi viv mon lavi an antye ek ou
Mon pa anvi fer ou plere mon pa anvi les ou
E partou kot mon ale enta fanm i anpandan
Bokou i ofer bokou me avek ou tou l annan
E l satisfezan pa anvi les ou mon non
Me mon en santer mon asire ki ou pa ni pe kwar mon
So pa pou gat letan pou dir ou ma montre ou
Ki ou form parti mon l’avenir ou
Ou melodi mon sanson manma, mon fitir zanfana
E tou sa mon pe dir ou onetmen
Se ou ki fer mon lavi konplet
Ou lalimyer ler i’n fer nwanr net
Letan lemonn pe pran ou pou bet
Konnen lo mon ou kapab konte

Chorus

Nou lanmour i’n alimen
Pou ou ma vol lalinn
Zetwal pa fodre i deza dan ou lizye
Aktres dan mon film
Avec toi je me sens si bien
Les haters koze mon’n fini abitye

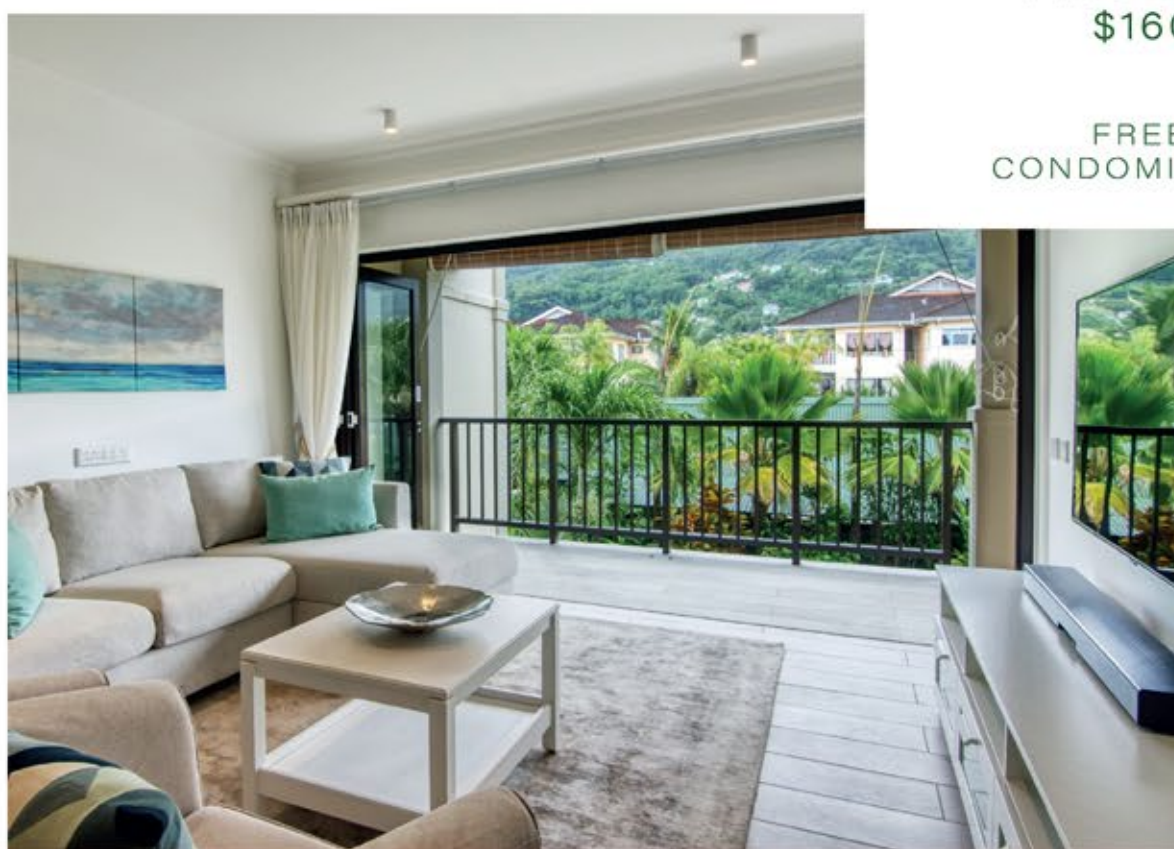


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My Story

If you have to run, run for a good cause

BY U-ROY JULES

Despite his age of 62, enthusiast runner Joel Melanie has accomplished many charity projects which have raised funds for various associations in Seychelles.

In 2021 alone, the sportsman was able to run to raise funds for six associations, such as the Autism Seychelles, the Seychelles Stroke Foundation, the Seychelles Association for the Blind and Visually Impaired, the Cancer Concern Association (CCA), the Seychelles Stroke Foundation, and Unique Foundation.

"I started 'running for a good cause' projects with an objective; to find ways I can help associations in Seychelles whose responsibilities are purely towards families and children," Joel told *Ozordi Dimans*.

The first "run for a good cause" project that Joel initiated was to assist the Cancer Concern Association. At that time, he was 59 years old.

"Many men were battling Prostate cancer. I realized that many families were dealing with such a battle and I felt that it was a necessity to help the Ministry of Health (MOH), and sensitize men more about prostate cancer," he said.

Joel then took his first cause to heart when he was approached by the Chairman of CCA.

"The association at that time needed funding for a plot of land and the construction of its center. I started working and setting up my targets, finding sponsors, and that's how it all started," he explained.

"Since I started to raise funds for the various association, I feel a sense of accomplishment. My goal is to nurture and expand awareness for an important cause. Increasing awareness will multiply the number of people that will help and engage with new projects," he added very proudly.

Joel Melanie's dedication and sense of community could well be attributed to his mother Regina Melanie. Regina is well known in the creole literary world not only as a woman who learned how to read and write at the age of 50, but after becoming a fully-fledged literate, she dedicated her time to teaching others to read and write.

"My mum was my rock. She was a brave lady," he confidently told *Ozordi Dimans*.

In fact, on 27th February this year, Joel's run will be dedicated to his late mother. A statue will be erected to celebrate his mother's accomplishment as well as one for former track

and field athlete Danny Beauchamp, who passed away on November 12, 2010.

"The challenge will be an opportunity to remember her. She is considered a pioneer in Seychellois Creole literature. People will al-

ways remember my mother as a strong and independent woman," he added.

Under the theme 'We all have dreams', alongside the tribute to his mother and Danny Beauchamp, Joel will also be raising funds

for a young University of Seychelles student, Shamira Sally, to procure a prosthetic device to improve her life.

For this next event, Joel will have 30 runners, to support him during the half-marathon.

"Running for a good cause motivates me and keeps me going, and I will persevere until my body says no," the enthusiast sportsman confirms.

"People might say that I am crazy for putting my body on the line, for the benefit of others, but I have a soft spot for people in need of support. It is not about the publicity, it is about doing what you love, and putting a smile on other people's faces, while you do it. To sustain my campaigns, I had to seek sponsors all over the island. I have to thank all businesses that have made such campaigns possible from day one. They are a lot to mention, but I am deeply grateful for their support throughout," he said.

The athlete is persuaded that running is good for one's well-being.

"Running is amazing for your body, brain, and soul. However, making that all-important step from your living room onto the street can be hard. The sofa is so comfortable after all. However, it is also standing in between you and your well-being.

He describes himself growing up as a very active little boy with a lot of energy and now because of practicing sports, he feels he has the strength of a youth.

"I'm 62 years old, but I feel like I am still in my twenties, that is because I have been running all my life," he said.

In elderly wisdom, Joel wanted to share a message with the youths-to stay healthy and to contribute to the community.

"Running can control stress and increase the body's ability to deal with existing mental tension. My advice for the youths is to stay healthy. My passion for running has allowed me to contribute to the community," he urged.

He says that at first, as with everything else in life, there were a lot of challenges but the key is to persevere.

"Sometimes my body does not have the ability to continue on such a journey, but I keep pushing and I eat healthily. I stay in shape to continue my generous campaign so I can keep putting smiles on peoples' faces," he concludes.



Joel Melanie



'We all have dreams' marathon this February



Joel's mother -Regina Melanie

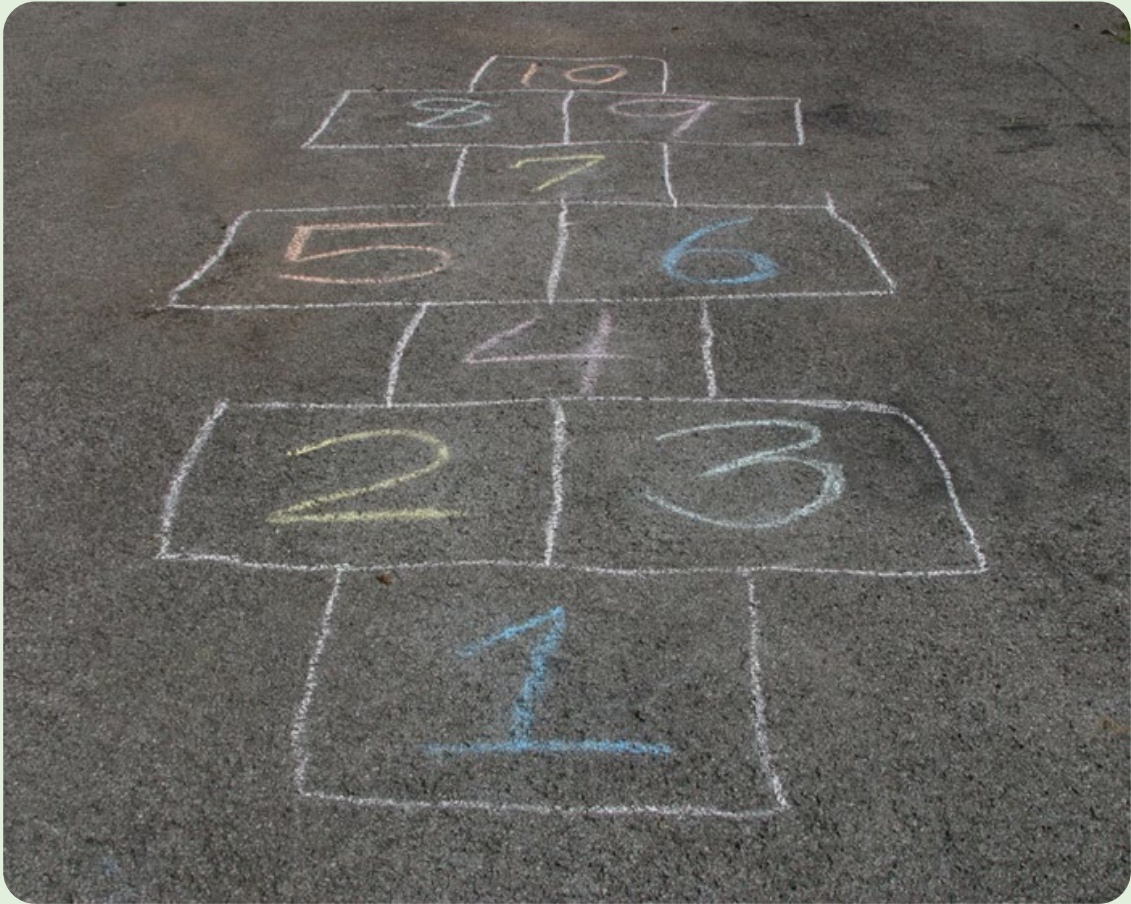


Danny Beauchamp



Shamira Sally

Plan Kare



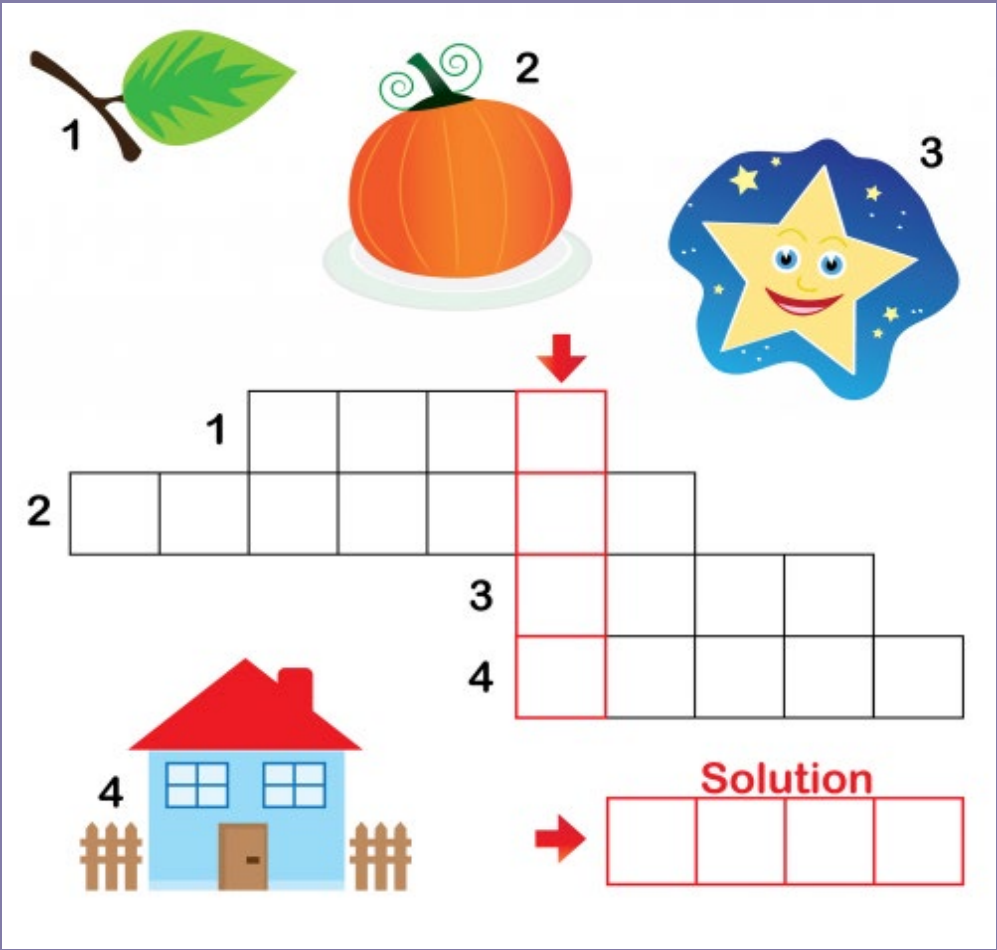
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Crossword Puzzles for Kids

Source: <https://www.playosmo.com/>

With printable crossword puzzles for kids, your child remains occupied while learning through games. As this activity does not require any supervision, you get to kick your feet up and relax too. Crosswords can improve spelling and vocabulary, develop focus, persistence and contribute to brain development. This Sunday morning, let your child relax with two crossword puzzles, and allow them to develop their knowledge.





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