

The Core Team

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EDITOR'S *Note*

Welcome to the first edition of **OZORDI DIMANS**

OZORDI DIMANS is the new brand identity addition of TODAY Publishers Seychelles Limited. As we launch the first-ever Sunday edition in Seychelles, our company celebrates a milestone and a historical moment in the media publishing industry.

On March 1st, 2011, TODAY in Seychelles was the first-ever privately owned independent print daily (except Sunday and public holiday) newspaper to hit the newsstands in Victoria, the counters of every retail shop, and reach the hands of our population on Mahe, Praslin and La Digue. A year after in 2012, we launched the first-ever electronic version of our daily online and added "Sealife Seychelles" magazine to our brand portfolio the same year.

Our stakeholders have always been at the heart of what we do. We gift you our people with **OZORDI DIMANS**, the first-ever Sunday publication in Seychelles, ten years later. Today we proudly deliver on your request and promise, making our publishing house Seychelles' first-ever seven-day publication. All who helped us challenge the status quo, supported us, followed us, advised us, entrusted us, and enabled us to shake things up to change the media landscape, our country, and our people's mindset to give everyone a fair voice to express themselves; thank you to you. For those who criticized and challenged us, we also thank you because, without intelligent and constructive criticism, we would not have learned from our mistakes nor changed to become who we are today in our community.

The idea of the Sunday edition came about exactly a year ago after our renowned special election edition that went viral. Our subscribers and followers demanded a "TODAY Dimans," as they so-called it, thus our title **OZORDI DIMANS**. It was essential to have a new vision for our new brand **OZORDI DIMANS**, to differentiate it from our daily TODAY in Seychelles.

As 2020/21 allowed us to rethink, reevaluate and reconnect with ourselves, we bring you a new hybrid composition of newspaper and magazine-like digitalized publication for a relaxed Sunday read. We also realized that the future is entirely open and unwritten. **OZORDI DIMANS** mission will be to write in the moment by reviving, capturing and embracing our forgotten past, history and culture, whilst we savor what's to come. We aim to bridge the gap between past and future to ensure sustainable information through **OZORDI DIMANS** as treasured memorabilia for our future generation to preserve and keep.

We ensured that we have something of interest for all walks of life as our publication is segmented. **OZORDI DIMANS** is packed with various features from hospitality, interior design, traditional games, life stories, fashion, education, health, entrepreneurship, movies, travel, marine to the environment, just to name a few.

In our first edition, we share the remarkable life story of "The Adam's Family," the extraordinary parenthood journey of Shafiq and Valerie and their now 15-year-old quadruplets.

We also bring you an up-close with Maria, "the witty waitress" you must have encountered celebrating a birthday evening with the team at Bravo.

Kenneth and Robinson are well known at the Beau Vallon beach playing frisbee. But did you know that they are also herbalists? Our journalist walked with them in their environmental world and discovered their passion for nature and plants. In this edition they share insights and knowledge of medicinal herbs that have been a creole tradition for many years.

Have you ever seen dogs hiking in the mountainous part of our islands? Look no further as a pet groomer and dog trainer Jean-Marie Croguennec and his dogs walk us through some of Seychelles' beautiful hiking trails while watching a vibrant sunset.

The long wait is over; feel free to join our 'Opinion' column and share your knowledge, concerns and views with us every Sunday. Every second edition, we will also give the youth of Seychelles a voice in **OZORDI DIMANS**. After all, they are the future. Their expectations and views matter to set the tone of direction for future leaders and generations.

Make sure you catch up with "Cadrill," English River's most popular fisherman from "Tales of an old fisherman," a man I have known since I was a little girl. It's an honor to have been able to feature him in our first edition. Let's not forget one of Seychelles famous business owners, known as "Batista," a beach boy from Takamaka, who once had a beautiful dream and living it today. He should be an inspiration to all of us. To close off our edition, get to know Chantal Elizabeth our 1994, "Kata" karate queen. I will not spoil the surprises ahead, so enjoy our first edition and feel free to share your feedback.

Photo Credit: Marsha Dine



Veronica Maria
MANAGING DIRECTOR & EDITOR

Christine Ouma



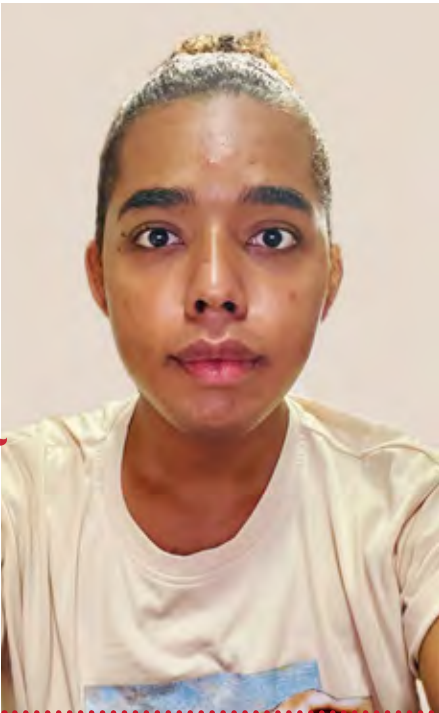
I want to live in a world where people are not afraid to share their stories, however scary or fascinating they may be. Stories of real-life struggles and achievements we can relate to and appreciate.

As a journalist with more than three years of experience, I have worked at TODAY Publishers Limited as a writer for the news, life, business, and sports pages. I am pleased to have been one of the lead business writers when TODAY in Seychelles was bestowed the Media House of the Year Award in 2018. I have also been a regular contributor for Sea Life Magazine, our marine-based publication owned by our mother company TODAY Publishers.

When I am not writing for our readers and partners, you can find me breaking a sweat at the gym or home, dancing, or spending some quality time with my friends and family. Yes, they keep me grounded!

The opportunity to work for OZORDI DIMANS came at an opportune moment. Together with the team, we have poured our hearts and souls into this new baby (as my boss calls it). As you read, may you feel the passion and creativity! May the stories inspire you to come forward and have your say, or better yet, implement some tips we shall be sharing with you. Happy reading!

Christophe Zialor



Dedicated to continuous learning and delivering high-quality articles, joining the OZORDI DIMANS team was a dream come true.

As a 22-year-old writer who has been working in media since I was just a teenager, I have watched my career progress. I started as a simple newsroom journalist at the National Information Service Agency (NISA), better known as Seychelles Nation, to a fully-fledged magazine writer with TODAY Publishers Seychelles Limited.

Being the newest member of the OZORDI DIMANS editorial team, I am looking forward to indulging you with my compelling articles that have been beautifully designed to inspire, entertain and spark debate week after week.

Readers will find exclusive interviews, stunning picture stories, book reviews, must-read lifestyle features, inspiring style and garden content with a sustainable focus, travel ideas - prioritising the best travel destinations and extensive cultural stories that explore our past, present and future.

Nothing more needs to be said except happy Sunday and pleasant reading.

Christel Allisop



"Do what you love and do it with passion!" Words I have lived by since the start of my professional career in 2006, in the Tourism Industry where I worked for a local Destination Management Company. Learning all I could in that trade, I later decided to try hotelierie, where I discovered a passion for Sales & Marketing. A rewarding yet challenging career.

Ten years down the line, with a thirst for more knowledge and new enthusiasm to try something slightly different, I joined the Sales & Marketing team of TODAY Publishers Limited. Though new to me, nevertheless an exciting new venture.

I fell in love with this profession because, first and foremost, I am a people person. I adore meeting new faces and interacting with clients. I enjoy the freedom, flexibility, daily learning and the feeling of accomplishment it provides. I feel a real sense of pride when I inspire and empower people to create marketing tools that customers will love, igniting actual results for their business.

I have always been enthusiastic about new projects, and this one is no exception. I like to get people excited about the things I'm excited about. It's a fantastic feeling. And right now, that is OZORDI DIMANS

I hope you will enjoy our stories and layouts that are creatively designed to transform your reading experience!

U-roy Jules



There is a lot to read on the market. So what is so different about OZORDI DIMANS?

Well, being part of such a devoted team and being among the first journalist to have contributed to such a splendid newspaper, I can finally admit that our dream has successfully come true.

After working at Seychelles Nation, I managed to gather the cultural knowledge needed to contribute towards the successful, historical launch of OZORDI DIMANS.

As a creative and passionate journalist, our newspaper allowed me the opportunity to become involved with different segments of our society; to allow our citizens a voice and to tell their personal stories.

Possessing excellent bonding skills and having an inquisitive mind has allowed me the chance to earn people's confidence.

We've come a long way!

Enjoy OZORDI DIMANS, let us have your feedback and I will see you next Sunday!

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Le Chantier, P.O Box 999,
Victoria, Mahé, Seychelles
Website: www.today.sc
Email: info@ozordidimans.sc
Phone: +248 4290999

The core team:
Veronica Maria
Managing Director & Editor
E: editor@ozordidimans.sc

Christel Allisop
Sales & Marketing Manager
E: sales@ozordidimans.sc

Journalists:
Christine Ouma
E: Christine.ouma@today.sc
Christophe Zialor
E: Christophe.zialor@today.sc
U-roy Jules
E: Uroy.Jules@today.sc

Graphics & Layout:
Trevour Maria and Anisha Mangroo

Contributors:
Ingrid Sinon
Marie Flora Ben David
Juliette Dine
Sandra Bonnelame
Peter J. Roselie

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Marsha Dine
Makeup Artist:
Anne-Marie Price

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The Adam's family today

Are quadruplets four times the worry or four times the love?

BY U-ROY JULES

Caring for one newborn can be an all-consuming task for a new mother. Multiply the number of babies by four and you have the recipe for exhausted, sleep deprived and overwhelmed parents.

On the occasion of the first 'OZORDI DIMANS' edition, we bring you an exceptional story about Valerie and Shafiq Adam who have successfully raised their quadruplets who are now 15 years old.

The quadruplets are two boys; Zia and Jaden; and two girls; Shamara and Kella. While raising four kids is obviously a huge responsibility, Shafiq and Valerie were willing to do whatever it takes to keep their family together, despite the many challenges along the way.

The pregnancy took her by surprise, but not nearly as much as the news that she was going to have quadruplets.

"It was in 2006, during the 3rd month of pregnancy, that the ultra sound showed twins, and we were both so happy. At five months' pregnant, I had my next ultra sound and I was left speechless when Dr. Zia Rizvi (after whom we have named one of our children) spotted two more babies, which added up to four babies! My husband was very excited and happy about the news, but I was also worried of any complications and thinking how my skinny body would accommodate four babies. It was not an easy pregnancy, but I was well taken care of by the nurses and doctors," she said.

Zia, Jaden and Shamara are at International School Seychelles (ISS), whereas Kella had to be removed due to medical conditions and treatment that she has to follow.

"Kella was born very small and was later diagnosed with mild cerebral palsy. It's not easy for her and us, but we treat her the same. It was definitely a life-changing time, you never know how strong you are until being strong is the only choice you have. But we had amazing support from our family, from the community in general, social department and Johnson & Johnson assisted us with monthly supply of baby and mother care products," she said.

With Kella's medical condition, Valerie has to take care of her full time, while her husband Shafiq works as a wholesaler.

By having quadruplets, the experience has brought the family closer to the community around them.

"One of the things we decided at the beginning of the journey was that we were going to accept help, because at that time, it was really hard. As responsible parents we had to fight for the survival of our four children," she added.

The babies who were born by C-section on the 5 September 2006, completely changed their lives. The first born was Jaden who weighed 2.020kg, the second was Kella at 1.440kg, third was Shamara at 1.926kg and last was Zia who weighed 2.005kg.

"It was truly an unforgettable moment that we will love and cherish forever. I must admit it was hard in the beginning but we managed through. My husband was very supportive and helpful. He managed to do everything around the house," Valerie recounts to OZORDI DIMANS.

So how will Valerie and Shafiq summarise such a wonderful experience?

"We love being parents of four brilliant kids. It's challenging, busy, exhausting and sometimes crazy, but we love it. We were really ready to be

parents. The biggest advantage of being part of the quadruplets is that each boy always has the company of his brother, so they almost never get bored and if one boy learns something, the other one learns from him very quickly, same as the girls," she said.

So while the kids were growing up, Valerie and Shafiq had to adapt to different personalities, and understand the children.

"Raising the children was not an easy task for us, but we took things one at a time, and man-



aged to navigate throughout. Most of the time, they will share the same thoughts, they will like the same toys, clothes and we had to be very conscious and treat them all the same. What used to be our quiet home at Mont Fleuri became very noisy. The house was full of laughter, love and little feet running around the house. We will miss those moments, little hands cuddling you, singing of nursery rhymes," she said.

She added life with multiple babies involves a

(Continued on Page 7)



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Are quadruplets four times the worry or four times the love?



7-year-old, Kella, Jaden, Shamara and Zia at Eden Island



The quadruplets cutting a cake to celebrate their 5th birthday



Valerie at eight months pregnant



Jaden, Zia, Shamara and Kella at 4

(Continued from page 6)

lot of planning. It can be hard work, but once you get into a feeding and sleeping routine, things will start to get easier. You take one day at a time, work as a team, accept help and look after yourself, that is the most important part," she said. The children turned 15 years old in September, and the parents are very grateful to have them in their lives.

We have given them our best as parents and we pray that they keep growing up with the good values we have inculcated in them."

Valerie and Shafiq have managed to surmount from all obstacles to become successful parents with a wonderful story to tell.

WEEKLY REVIEWS

What made TODAY's headlines this week?

Defamation is no longer a crime under the Seychelles Penal Code:
Defamation is no longer a crime in Seychelles. On Wednesday 6th October, the National Assembly voted to amend this Seychelles Penal Code. Vice-President Ahmed Afif was present at the National Assembly this week to propose the removal of sections 184 and 191 from chapter 18 in the Penal Code following recommendations from the Attorney General's office. As a result of this proposal, VP Afif also mentioned that the Attorney General is also looking to amend more laws such as cyberbullying and cybercrimes. The Bill for the amendment was officially voted for with 24 votes on the third reading.

Constitutional court rules against the provision of trial bundles to judges:
On Tuesday 5th October, a panel of constitutional court judges, including Chief Justice Govinden, Judge Gustave Dodin and Judge Mohan Burhan, ruled that trial bundles would no longer be disclosed to the trial judge.

Cesar and Confait swoop away millions:
Mercianne Cesar from Anse Aux Pins and M. Confait from Belonie are the new millionaires following the draw of the Mini Maz Millions held on Monday 4th October. Mercianne Cesar won the SCR1,500,000-star prize with ticket number 12732, whereas M. Confait, with ticket number 29419, landed him the first prize of SCR1,000,000. Kevin Morel from Anse Royale won half a million rupees (SCR500,000). The Maz Million Christmas lottery promises to crown three millionaires, with SCR2,000,000 being the Star Prize, with tickets selling at SCR500.

Seychelles moves onto the EU Grey List:
Seychelles' transition from Annex 1 of the European Union list of non-cooperative jurisdictions (EU black list) to Annex II (the EU grey list) comes at a time when Seychelles economy is embarking on economic recovery. Seychelles was removed from the blacklist to the EU's Grey list after an Economic and Financial Affairs Council meeting on Tuesday, 5th October. The country was blacklisted because the EU was concerned with the territorial tax system adopted in December 2018.

Singer wins battle against cancer:
Katty Melanie (popular local singer) has won her long-fought battle against cancer. The 46-year-old singer was diagnosed with cervical cancer, and she has successfully got through the fight after undergoing treatment to combat the illness in Dubai and Chennai. It was a real struggle for Katty as she had other health issues.

Another fruitful political dialogue with the European Union:
The 8th political dialogue meeting between Seychelles and the European Union was held Thursday 7th October at Eden Bleu. Several topics were extensively discussed, notably the Environment and Climate Change, Fisheries and the Blue Economy, Economic Recovery and maritime Security. This year's political dialogue was represented by new faces from the Seychelles government, as the last one was held in 2019 before Seychelles' political shift.

OPINION

Do we value conformity more than we value individuality?

BY NICOLA HUNT

Following the recent debate on the guidelines implemented by schools and post-secondary institutions, I found myself somewhat confused by our focus on seemingly arbitrary and archaic rules that leave little or no room for personal expression of any kind. It is clear that we as a nation still have many hang-ups about appearance, especially when it comes to our hair. Parents are routinely shamed when their children return to school after the holidays and their son's hair is deemed an inch too long. The approach is to refuse admittance to the students until the parents take them for a haircut, which in 2021 is a ludicrous as it sounds. I ask myself how the length of one's hair can impede one's learning and there is still no satisfactory answer.

We have just accepted that strict dress codes are best and have rarely questioned the purpose they serve. We rarely question how Eurocentric these dress codes are and the effect it has by propagating racial and gender discrimination, under the guise that it promotes better learning and behaviour.

We are in a golden age of cultural expression for black culture, where natural hair and styles previously deemed too edgy or "ethnic" are now being accepted and praised and yet we still have white-centric policies. The policies vis-à-vis "appropriate" and "professional" hair are either inherently racist remnants of a colonial era where those who did not understand afro hair declared it "messy" unless cut short, pulled back or straightened within an inch of its life, or it harks back to our socialist roots of conformity.

People of colour are finally rejecting these ill-informed perceptions of "good hair" and it is about time our dress codes caught up.

'A golden age of expression through style'

People of colour have had centuries of judgement on their hair, but thankfully we are in a golden age of embracing natural hair and beards. More and more on our TV screens and in magazines, we are seeing that it is okay to be different; it is okay to have curly hair. Put down your straighteners, throw away that scalp burning chemical relaxer and wear your natural hair with pride,

or not! Wear those hair extensions or braid your hair as you wish. Can we not extend the same joy and freedom to our young students? If a boy or young man with an afro misses out on opportunities in school or in the workplace it says far more about those around him than it says about him.

It shows a society that does not value individuals and individuality but rather conformity, and sameness. Neatness and personal expression are not mutually exclusive pursuits. We can be both neat and presentable while also expressing our own sense of self. Personal brand is something many corporate workplaces are trying to foster in their workforces; how to stand out and how to show who you are and what you represent.

This is not to say that I do not understand and appreciate the equalising effects of a uniform policy, which allows students to focus on their learning rather than their socioeconomic differences. It is hard enough for students from lower income households to have to compete by having the latest gadgets and shoes, or else they risk being labelled as uncool or worse, poor. Most parents would whole-heartedly support a uniform policy, but following a recent article in TODAY newspaper about the policies of various bodies, I think many of us would agree that it is time for reform.

Policing young adults

The language of the dress codes applied from these higher institutions in Seychelles was nothing short of shocking with its use of language around "confiscation" of jewelry or women being forced to wash their face if they are deemed to be wearing too much make-up or having visible body tattoos declared and recorded on some official document.

Shouldn't our institutions be teaching students about professionalism and decorum, as well as the varying expectations of different workplaces, not merely enforcing compliance to nonsensical, outdated, discriminatory dress codes? Adhering to a normative view of "professionalism" should be a choice. Students should understand that choices on appearance may well have unintended consequences on their future options, but that is a conversation to be had not a rule to be enforced. Rules are not the same as teaching something to someone. Right or wrong,

your choices in appearance will have an impact on your options so students should be forewarned but not policed.

As an employer, I may well question a prospective employee's decision-making skill if they showed up to an interview with a face tattoo and Mohawk, but this is an extreme scenario. In this instance we are talking about extra ear piercings, long hair on men and box braids or a head-wrap on women, let us not over-egg the pudding for fear of an extreme scenario.

Studies have shown that there is a clear connection between how we dress and how we act, but this is more in relation to confidence, authority and decision-making. There is a reason the term 'power suit' has been coined, because it works! Clothing can help you embody the persona you wish to exude in the workplace, but surely there is room for personal and cultural style to fit in there?

We should be focused on teaching a common sense approach to attire, an understanding of 'time and place'. A doctor walking up and down a hospital will dress very differently as compared to when he goes to a medical conference, but let us also be clear that his or her hairstyle does not make their medical credentials any less valid.

Loosen the reins on our children

Perhaps if we let young children express themselves with experimental haircuts and styles, they will be less likely to feel stifled as young adults.

Yes there is a time and place for different attires, but why aren't schoolgirls allowed to wear shorts like their male counterparts? Why are braids or coloured hair not acceptable? When can our children experiment with their style if not while they are young? Once our children enter the world of work they should enter with a strong sense of self and an open mind; open to continually learning and developing new skills, open to working with diverse groups of people of different backgrounds, and open enough to respect differences and the value it can bring.

Children do as we do, so if we propagate the discrimination it becomes a self-fulfilling prophecy. Decorum and neatness can be achieved no matter your personal style choices.

Is your love for fashion killing the planet?

CONTRIBUTED BY DJEAH MALVINA

Are you a fashion aficionado? Or perhaps have you developed your unique sense of style over the years? Better yet, does your bank account scream in terror every month as you click "place order." If so, let us have a quick chat.

How much money do you spend on clothes every month? People may spend over half their monthly salary trying to keep up with the season's trend only to switch up to the next. Surely I am not the only culprit here. I can guarantee that



Djeah's sewing machine

many of you reading this piece can relate.

So you have already checked out your cart. What about the clothes now sitting at the back of your closet? Let us say you had at least four or five wears out of them, and now that specific trend is not popular anymore. What is the next move? Will you ever wear them again? Will you give them away? Or would you let your parents turn them into cleaning rags before you throw them away?

Well, I have a serious question for you! Yes, you too Sir, do not think for a second that men get a free pass. Have you ever considered the fashion industry's impact on the environment? Since Seychelles is growing in popularity for its' environmental efforts, I believe this is a good point for discussion.

"Every year, millions of tons of clothing end up in landfills, not to put into account the millions that find their way into our ecosystem. There is also the amount of carnage that goes into manufacturing those trendy new apparel you have been eyeing. Just do a quick search on Google, and you would be astonished by the amount of water that goes into making a single pair of cotton jeans. If by the end of this discovery you are not panicking, I suggest that you start now. Have you not heard of greenhouse gases? Then again, most are not bothered by this phenomenon. What if I were to tell you that the synthetic fabric you are wearing is slowly eating away at your immune system- would that be enough to move you?

But do not despair. I am not here to ask you to abandon your love of fashion. There are many new alternatives on the horizon. My very first suggestion would be to Re-Use. Do not be too quick to cast your clothes aside. You could also recycle them or, as I now prefer to say - "up-cycle," turn your trash into treasure! I have taken the initiative and invested in a sewing machine. There is a growing global community of 'upcyclers,' and with the help of my friendly mate YouTube to guide me, the sky is the limit.

Recycling is not something to shy away from, especially in the year 2021.

On the other hand, not everyone will be lining up to buy a brand new sewing machine in the foreseeable future, and I do not blame them. It is indeed a tedious activity, and if you are not one with patience, I would not recommend it. Another option would be second-hand shopping. Although it may sound strange, the "pros" are endless. Still not intrigued? There is always the availability of buying more sustainable. The possibilities are literally one click away.

There are so many options out there for those who are willing to try. Would you be willing to divert your attention to slow fashion?



Beautiful top



Process of sewing a top



The completed top

WOMEN IN THE WORKPLACE

Maria-the witty waitress



Maria's charming smile

BY CHRISTINE OUMA

If you have ever been to Bravo Restaurant, then you have probably met Maria Thomas, popularly known as 'Maria'. She is a charming, bubbly, vibrant, witty, patient and beautiful waitress with a gorgeous smile. Her energy is unmatched and she is loved by many.

Based on the wonderful online reviews of the top-notch services she offers at the Eden Island-based restaurant; one would assume she has always wanted to become a waitress.

"Well, my career started on a sad note, just like many other people in real life. I was only 16-years-old when I started working as a waitress. I remember at the age of 15, my mother suffered a stroke and had to travel to Nairobi, Kenya for treatment. Due to the severity of her condition, my father had to travel with her. At the time, my elder sister was pregnant and was about to have a baby. This meant I had to step up and take care of my three younger brothers," she recalls.

Maria had hoped to join the National Youth Service (NYS) the following year, and later pursue a career in either teaching or nursing, only for these dreams to be thwarted.

Off she went to seek employment at the then Seychelles Hotels located at Bel Ombre to help her family.

"The interviewers handed me a tourism book to read in preparation for the interview. While in school, I was an 'A' student. I was able to register the information quite fast and I aced both my English and French interviews," she affirms.

That evening, she started working. She recalls having to serve at a Tourism Gala with almost no knowledge at all. She describes the first few days at work as 'chaotic'. She had not envisioned being part of such a busy working environment at the tender age of 16.

"There were days where I cried, luckily one of my mother's friends at the hotel noticed I needed some help learning the ropes. She urged me to report to work at least 3-hours before my shift started so she could coach me. I was delighted when I mastered how to set the table.

I realized that I enjoyed the job and I haven't left the industry since," remarks Maria.

Maria's career at Bravo started in September 2013. She describes it as a fun and fulfilling job.

"My boss has never reported an unsatisfied client from the tables I have served. I treat customers the same way I would want to be treated. I welcome our guests, make them feel comfortable, introduce myself then move on to other roles which I am expected to handle perfectly."

To note, as a waiter or waitress, the following are some of the common duties and responsibilities they are expected to handle perfectly. This includes: explaining to customers about the menu when asked. They should be in a position to state the ingredients in the food and how it was prepared.

They need to be conversant with the specials of the day. This is necessary in case customer's make recommendations.

Cleanliness of the crockery and utensils used to serve the food, serving food exactly as ordered without mixing orders, helping customers where necessary, present and open in addition to serving drinks properly to guests, keep check of the meal to ensure their maximum satisfaction, to prepare bills properly and procure payments with the cashier upon their request and follow the restaurant manager's instructions and directions on duties.

For Maria, the goal is to have guests leaving feeling satisfied. "I want them to come back, not only for the ambiance and good food but also for the services we offer. I want them to speak about Bravo wherever they go. I have served presidents, ministers, celebrities,



Sushi anyone!

ties, tourists, and people in the local community among many other important clients," she asserts.

Maria along with her colleagues enjoy spreading positivity, but this does not mean she does not have bad days.

"When I come to work, I leave any negativity at the door. When I find myself in an unhealthy situation, I take some time off, drink some water and get back to work. Some clients can be in a bad mood too; they are only human. If I cannot solve the issue at hand, I excuse myself respectfully and my supervisor takes over," she says.

Patience is a virtue also at the top of Maria's list. Ability to sell follows in close range, she says.

It is no doubt she has received a lot of compliments. **"If I were to become a millionaire I would already be one today, based on the heartwarming reviews from our customers. I have great reviews on Trip advisor too,"** she remarks.

Of course, Maria appreciates tips too. Who would not? On a good day, she takes home up to SCR 2,500. She warns despite tips being a great motivation, waiters must uphold great service to all.

"I get tips in various forms. I believe any of our customers may open doors for me in the future. I have been to offices seeking a service and I have received great help based on how I related to a client at Bravo. I encourage people

to give their best in whatever they do."

Brett Saunders, owner of Bravo Restaurant says "out of 10, I score Maria 11. Purely because she is always smiling, happy, willing to do the extras, comes to work with a bubbly attitude and seldom walks in a bad mood. The customers love her and she has fun with them. She comes to work to deliver on her responsibilities and have fun."

When Maria is not working, she enjoys reading, watching movies, and restaurant hopping. She has two children and reveals she had two miscarriages which led her to depression. She also notes that losing her father to cancer and her mother suffering a second stroke have been some of her toughest moments in life. "But I cannot carry all of the burden in my heart, that would be a load too heavy to carry," she says.

The 47-year-old notes that the COVID-19 pandemic has changed a lot in the hospitality industry; from lockdowns to social distancing and mandatory mask-wearing. She hopes for better days.



Maria and her boss Brett Saunders



Doing what she does best- serving clients

Promo valid until 31st December 2021.

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Young Entrepreneurs Are Redefining the Seychelles Dream

BY U-ROY JULES

Jevad Brioche a young entrepreneur in the consultancy business, has achieved a great deal since the creation of his business on 13th July 2020.

JAYS consultancy and services provides hands-on financial expertise, approachable and dependable services to small and newly established businesses.

JAYS consultancy focuses on providing efficient and professional financial services by maintaining a proficient end product.

The services provided by the company includes bookkeeping, monthly management reports, cash flow forecasts and management. The company also provides suggestions and procedures per analytical review, start-up of new businesses among other services.

"The purpose of the business was initially to take the experience as an ex-employee of ACM & Associates, where I worked for about four years and then proceeded to put it into practice on my own. I wanted to take on the challenge of helping clients start their own businesses from scratch and build their way to a proper business, along with giving professional services," he said.

Furthermore, Jevad wants to build the business and recruit new talent. His aim is to be ranked amongst the top consultancy and accounting business in Seychelles or internationally.

"I do have many competitors locally, many accounting businesses in Seychelles already have their client base and they usually get the bigger jobs. My target is to be one amongst them. I started the business during the time of the pandemic, so maybe I could have been doing better or not, but my mindset is locked on developing this business no matter the circumstances," he said.

Since all businesses have been affected by the

pandemic, why would someone, especially a young person venture into having his own business?

"In the aspect of market research upon start up on the business, I decided to search for small businesses, as I knew at these times they were struggling as the pandemic was already upon us and they could be the basis of the start-up of my business," Jevad added.

Jevad was mentored by Jean-Marie Moutia and Oliver Bastienne who he still respects and is very grateful to have been under their guidance.

Those two amazing individuals inspired him to become the young entrepreneur he is today.

"There were times when I even got angry, as they were harsh in regards to certain criterias, but now I understand where they were coming from," he said.

As the new-normal shifts and technology continues to evolve, remote working opportunities and the ability to earn money are becoming easier and more prevalent across the country.

"It takes a lot of work, but once you have launched your business, the goal is to get yourself to a place you can reasonably scale and allow the organization to run itself. The one thing every young entrepreneur must do is double down on their strengths because when you build on your strengths, you create a more powerful foundation that can with-

stand challenges.

Every good entrepreneur will tell you that your network is key to your success." said Jevad.

Many types of organizations frequently use consulting services. It is a simple and fast way to gain access to the required expertise.



Jevad Brioche

JAYS
& CONSULTANCY
SERVICES

Q & A with TGMI's Nella Belmont

1. When and how did your career in Education start?

My career in education started at a very young age. Since I left the National Youth Service (NYS), I was admitted at the Seychelles Polytechnic where I did my 'O' levels in English, French, Mathematics, History and Geography and 'A' levels in English and Geography.

I then enrolled in the Bachelor of Education (BED) programme with the Sussex University. I spent one term at the then School for Education, Seychelles, and in August 1990 I travelled to UK (Sussex University) for 2 years. I returned to Seychelles in July 1992, after being graduated with a BED as a secondary English teacher. I was posted at the National Youth Service Village at Cap Ternay. In April 1994, after the birth of my daughter, I was transferred to English River Secondary School where I remained until 1999. I was promoted as Deputy Head of Curriculum in 2000 at Beau Vallon Secondary School and stayed for 1 year only. I then applied for a post of secondary coordinator at the Ministry of Education Headquarters, a post which I held from January 2001 until December 2008. Three of us working at headquarters then wanted to go back to head a secondary school. Along with my other 2 colleagues we were posted to Pointe Larue Secondary School. Whilst one of my colleague was made head teacher, one was Deputy Head of Pastoral and I was made Deputy Head of Curriculum. Following the retirement of the Head teacher, I was appointed head teacher of the same school during the year 2011-2012. I then took up the challenge as a primary Head Teacher of the newly built Perseverance North Primary School in 2013-2014. However, having gone through such a long journey of leadership, I wanted to go back to the classroom and appealed to the Ministry of Education for a teacher's post.

2. When did you join Guy Morel Institute, and which position were you assigned?

On 15 January 2015, I joined the Guy Morel Institute as a full time lecturer.

3. Describe your career journey from when you joined TGMI up until now.

From a lecturer, (owing to my experiences as a leader), I soon became the Head of Programme for the Diploma course, a post I held until April 2021 following my request not to renew another contract due to personal reason. To date I am a Senior Lecturer; lecturing courses on leadership, Strategic Management, Performance Management, Work Life Balance and Behavioural Science.

4. What are some of the changes you have witnessed at the Institute?

When I joined TGMI, it was a faculty under the University of Seychelles. I have seen its transition from a faculty to an autonomous Institution under the parent, Ministry of Education. I have witnessed all staff making the journey together by working hard and smart in order for us to see TGMI being accredited by Seychelles Qualification Authority (SQA) late 2020.

5. Many people who have attended the school speak highly of the education system and mode of teaching. What are your core values when it comes to passing on knowledge?

You teach the learner and not the subject. As much as you are there to impart knowledge there are a lot you can learn from your learners; their experiences count and are very enriching and add more value to the quality of discussions. So being respectful, a good listener and attentive to individuals' experience is of extreme importance; one teaches

one in order to become a better person through lots of reflections. I always tell my learners 'be the agent of change where you are' and advocate for what you feel is right. What you say now might not be accepted now, but maybe one day it will.

6. What changes do you think the government should consider within the education system, and what benefits can those changes bring?

The government should consider reviewing subjects being currently taught especially in secondary so as to accommodate for emerging relevant subjects/topics around the blue economy, climate change, health and safety amongst others. Such subjects will open opportunities for the youth to embark on a career journey early on. It should also reconsider the implementation of Technical and Vocational Education Training (TVET), making it accessible to all interested students, of all abilities.

7. You lecture mainly management courses; kindly share some tips a good manager should consider.

There are so many and all are of extreme importance but here are a few;

- know your managerial as well as your leadership roles
- Ensure that your subordinates know the organisation's vision, mission, values and goals and that they know their roles in promoting and achieving same by having targets aligned to those of the organisation
- Establish and promote the organisation's culture (be informed about organisational behavior)
- know and value your employees/subordinates
- be a team member
- champion change management and performance management of staff
- Initiate and embrace your own professional development and that of your subordinates

8. How has lecturing at TGMI influenced your perspective about life and education?

You can achieve anything you set your mind to. You are your own limit. It simply requires having the right mindset.

It has greatly changed the way I look at things, the way I think and behave.

I reflect and 'pause' before I react and have become more assertive in matters of concerns to me and others.

I look for solutions within me rather than always relying on others to solve my problems. I have greatly improved my work life balance.

I decide how I want to react to different situations.

Education is life long and everyday one learns something new.

9. What goals do you have for the future?

Playing my part along with TGMI Board, Management and staff in realizing TGMI's vision of being 'a distinguished regional centre of excellence in lifelong innovative capacity development'.

Being an instrumental staff in achieving TGMI mission of 'building the human resource capacity to transform the Seychelles workforce thus enhancing productivity and social well-being'.

10. What advice would you give someone looking to become a lecturer?

Go for it. You will not regret such choice. You will on a daily basis be undergoing professional development and be transformed as you meet your learners and rub shoulders with your colleagues.



Mrs. Nella Belmont

The Executive Leadership Development – A Leadership Training with a Difference

The late Warren G. Bennis once said that "to survive in the twenty-first century, we are going to need a new generation of leaders—leaders, not managers". The need for leadership development has never been more urgent. Both public and private institutions have come to the realization that to survive in today's complex, volatile and uncertain environment they need more than just management skills. Today's organisations need leadership skills and organisational capabilities different from those they use to depend on in the past. There is also a growing recognition that leadership is not an elite club, restricted only for a certain few - Everybody has the capacity to become leaders!

In 2018 The Guy Morel Institute introduced the Executive Leadership Development training with the aim to provide dynamic and high-performing middle and top executives with the right skills, mind-set, and qualities to meet the current and future needs of both public and private sector. That training explores leadership in three contexts, namely personal leadership, organisational leadership, and societal leadership.

• Personal Leadership

According to Peter Drucker personal leadership is "the only leadership that's going to matter in the 21st century." Personal leadership seeks to develop the leader from inside out. It helps the leader to develop self-awareness, cultivate the right mind-set and acquire above average leadership qualities. Nelson Mandela who without a doubt was one of the greatest leaders of our time understood the power of personal leadership. After spending 27 years in prison he said the following, 'until I changed myself I could not change others'. Personal leadership is all about

transforming one into a better version of oneself. It is also about understanding your purpose and being able to translate that purpose into a captivated vision that will inspire your generation.

• Organisational Leadership

Once you start building your personal leadership, it will eventually spill over into other aspects of your life, even making you a better organisational leader. The second component looks at leadership in the organisational context. It focuses on the leaders' ability to lead groups of individuals toward fulfilling an organization's mission. Therefore, understanding the organisation's vision, strategies and values is key to becoming an effective organisational leader. The aspect of leadership and leadership position are also explored in this topic and the difference between leading based on position as contrast to leading based on relationship are equally highlighted.

• Societal Leadership

Societal leadership is leadership devoted to the public good. As societies becomes more complex and ambiguous, there is an increasing need for leaders to have a firm grasp of existing and emerging societal challenges. Societal leaders must therefore focus on creating sustainable value and impact for the betterment of society, within their sphere of influence.

Join us at The Guy Morel Institute so that we can keep empowering ourselves. With enhanced leadership competencies we can work together to change our country for the better.

Offered by TGMI



ECONOMY

“Did Seychelles learn from the market failure in the tourism industry”

CONTRIBUTED BY INGRID SINON- OWNER/ FOUNDER CUTTING-EDGE CONSULTANCY

Similar to many other industries both locally and internationally, the tourism industry in the Seychelles is being disrupted by new trends and innovative approaches. That means tourism can never be perceived as constant. It is evident from the Seychelles perspective that effort is being extended towards the diversification of the economy. However, inertia and inaction will undoubtedly delay the progress of the Seychelles economy. According to Investopedia, the market failure in the tourism industry, that is, the economic situation of inefficient distribution of goods and services in a free market in which the individual incentives for rational behaviour do not lead to rational outcomes for the group remains visible.

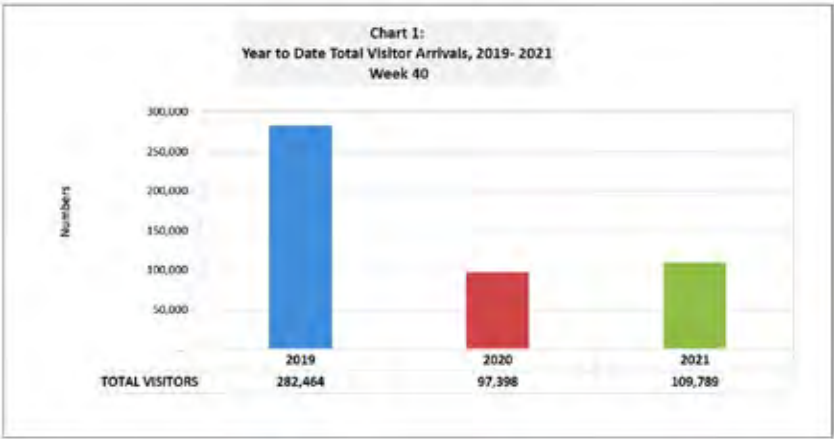
What would it take to snap Seychelles out of the tourism dream?

Amplified mismatch between Seychelles and tourists' expectations of the future of the tourism industry. Contemporary market research shows an increase in revolutionary approaches and trends in tourism, notably; shift from international to local tourism, virtual reality tourism, eco travel, personalised tourism experience made possible by data analytics, recognition technology that eliminates queues at the immigration desks, "smart" hotel rooms, student exchange programmes, enhanced customer experience, amongst other things. Unless Seychelles can tap into the above-mentioned approaches and trends to target the right tourists, figures depicted in the charts below is likely to continue.

Visitor Arrivals by Region
Year to date (2019-2021)

REGION	2019	2020	2021	2021/2020 percentage change
Europe	193,434	70,242	66,303	-6%
Africa	24,598	6,855	3,581	-48%
Asia	51,507	15,934	35,864	125%
Oceania	1,469	372	159	-57%
America	11,456	3,995	3,882	-3%
TOTAL	282,464	97,398	109,789	13%

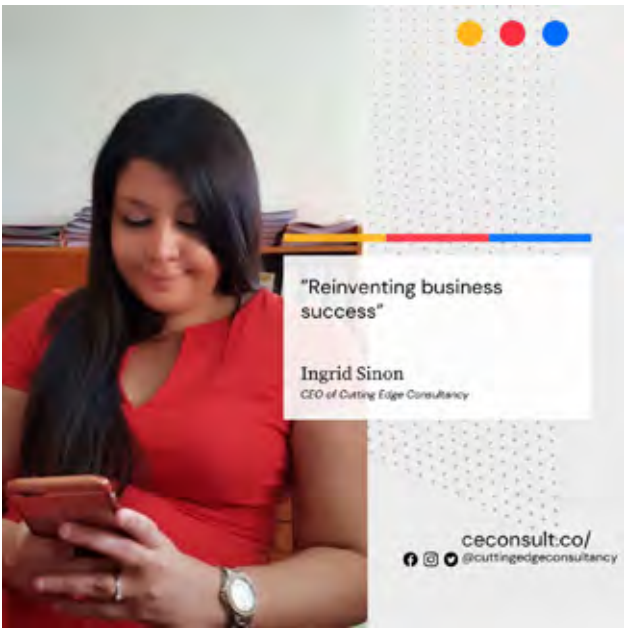
Visitor Arrivals by Region Year to Date (2019-2021)
Source: National Bureau of Statistics, 2021



Year to Date Total Visitor Arrivals, 2019-2021
Source: National Bureau of Statistics, 2021

Seychelles is being challenged to offer more than just beautiful beaches with white sand and crystal-clear ocean. In order for Seychelles to stand out amongst its peers, it has to combine selling its beauty with personalised tourism promotions for targeted groups of tourists. Nonetheless, encouraging trends being observed such as Cable and Wireless' 5G network are steps in the right direction.

The relevant Ministry and stakeholders have been actively engaged in making improvements in the tourism industry. Recent re-opening of existing tourism establishments and the opening of new ones have been beneficial but it cannot stop there. The tourism industry players must become more proactive and start anticipating trends and innovation accordingly.



PROFESSIONAL CV

Curriculum Vitae

BY CHRISTINE OUMA

A winning and professional CV is the key to being invited for a job interview. Below are some tips to help you upgrade your CV.

1

PROFILE

This section should have your full name, national identity number, email address, telephone contact, and LinkedIn URL (if any). Include a brief summary about yourself.

Tips:
Ensure LinkedIn is to date.
Email address is active.
Attach a passport size photograph.

2

EXPERIENCE

This section should include full details of past to present employment, including job title, duties and responsibilities held.

Tips:
Ensure to include present employer first, in date chronological order.
Ensure to state type sector/industry.

3

SKILLS/COMPETENCIES

This section should state technical and knowledgeable skills

Tips:
List skills you have a passion for.
List learned skills.
Remember having "attention to detail" traits is a valuable skill.

4

REFERENCES & CERTIFICATE

State 3 referees on your CV and attach your Leave Certificate.

Tips:
At the interview, one question to ask is would they wish to acquire written reference or will the potential employer seek themselves.
Obtain a Police Clearance Certificate.
Obtain a proof of Employment Certificate.

The job market is currently competitive. Having a winning, professional and honest CV will help you get an interview. Additionally, providing a CV, an employer may have its own in-house Job Application to complete and sign. The key to being chosen for a job will be to have a good CV and how confident you present yourself when answering interview questions.



UPCOMING Blended SHORT COURSES

Courses	Dates	Fees (SCR)
IT Productivity Outlook	13, 14, 15 Oct	2,150
Executive Leadership Development	12 , 13, 14 Oct	2,150
Supervisory Skills for the Practicing Supervisor	18, 19, 20, 21 , 22 Oct	3,300
Time Management for the Enterprising Entrepreneur	26, 27, 28 Oct	2,150
Managing People 2	3, 4, 5 Nov	2,150
Uncover your leadership	9 , 10, 11 Nov	2,150
Customer Service Excellence	10 , 11 , 12, Nov	2,150
Work Ethics	15, 16, 17, 18, 19 Nov	3,300
Fundamentals Sales & Marketing Level 2	17, 18, 19 Nov	2,150
Supervisory Skills for the Practicing Supervisor	22, 23, 24, 25, 26 Nov	3,300

For more information,
please contact us.

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| Facebook: TGMI Seychelles | Postal Address: Ma Joie | P.O. Box 678 Victoria

MCB RUPYS

Benefits & fun in saving for future generations!

MCB Seychelles launched an exciting savings product in November 2020 for children up to 17 years old. This new product brings many benefits, such as free standing orders from the parent's to the child's account, conducting MCB Rupys account transactions through the internet and mobile (JuicebyMCB Seychelles) banking platforms and progressive interest rates, payable from a minimum balance of SCR 1,000 as further detailed below:

Balance (SCR)	Interest Rate
From 1,000.00 to 4,999.99	MCB Seychelles Savings Rate + 0.05% p.a.
From 5,000.00 to 24,999.99	MCB Seychelles Savings Rate + 0.10% p.a.
From 25,000.00 to 249,999.99	MCB Seychelles Savings Rate + 0.15% p.a.
From 250,000.00 to 399,999.99	MCB Seychelles Savings Rate + 0.20% p.a.
Above 400,000.00	MCB Seychelles Savings Rate

To open a new MCB Rupys account, parents need to visit their nearest MCB branch with the following documents:

- Birth certificate and valid National ID of the child
- Parents valid National ID card
- A proof of address not more than 3 months' old

Since the launch of MCB Rupys, beyond the rise in number of accounts opened, there have been numerous positive reviews from customers and the public at large namely through social media channels. The Bank is planning exciting activities for the MCB Rupys' account holders. To mark Children's Day this year, the Bank launched #RupysArtSplash, an art competition for children up to 17 years old is being advertised on the MCB Seychelles Facebook page with interesting prizes for the best submissions.

We encourage parents to save for their children from their earliest age, promoting a culture of managing personal and family finances healthily. With MCB Rupys, we promise to put more benefits and fun in saving for our future generations.



Junior Account

Prepar zot lavenir

MCB Rupys is the first tiered savings account created especially for children under 18 years old. With its progressive interest rates, the more you save, the more you earn! Join MCB Rupys and enjoy peace of mind for your child's future.

For more info
Please visit an MCB branch or our website
www.mcbseychelles.com

Tel: 428 4555
mcbseychelles.com

Junior Account**MCB
Rupys**

Prepar zot lavenir

MCB Rupys is the first tiered savings account created especially for children under 18 years old. With its progressive interest rates, the more you save, the more you earn! Join MCB Rupys and enjoy peace of mind for your child's future.

For more info

Please visit an MCB branch or our website

www.mcbseychelles.com



Tel: 428 4555

mcbseychelles.com

CAR ACCESSORIES

Practical accessories to make owning and driving a car a better experience

BY U-ROY JULES

In our first edition of *OZORDI DIMANS*, we have independently selected practical car accessories for all model types of vehicles. Adding the right technology to an older vehicle can make it feel brand new. Upgrade your old vehicle with these high-tech car accessories for a completely different and enjoyable ride around our islands.

We have got the best car gadgets right here. Some of them you will be familiar with while others will be a first introduction to new and phenomenal car accessories. We steered our way through many car gadgets that are currently on the market to make a list that showcases the best of the best. From those needing a top-of-the-range dash cam, to car owners hunting down an extendable backseat clothes hanging rack, we have the car accessory for you.

To compose our list of car-related accessories, we took our time researching through the most popular purchases. So, what are you waiting for? Let us start the *OZORDI DIMANS* engine and race our way through some of the best car gadgets weaving their way through the Pointe Larue Highway.

1. TOGUARD BACK-UP CAMERA:

First on our scenic drive through the best car gadgets on the market is a dashboard cam. It is certainly not the last dash cam you will see here, but Toguard have done themselves proud with this model. It is a dual camera which shows a full HD 1080P using the front camera and a 480P rear camera. It even records your drive which can come in useful in the event of accidents. If there is an accident, this dash camera will recognize the collision and save a recording of what happened.



2. BLACK & DECKER CAR VACUUM:

If you let your friends or children eat in your car, then you probably need a vacuum that is the perfect size for a vehicle. Black & Decker have produced the perfect vacuum to take care of hard-to-reach crumbs. One of the best aspects of this car gadget is its nozzle head. The nozzle on this design is innovative in that it pivots to get into the small spaces beneath car seats and in between the seams of your vehicle's seats.



3. TFY TABLET HEADREST MOUNT

Want to pretend you are on a fancy plane instead of a Grand I10, on every road trip with the gang? If you are family oriented or you travel around a lot with your buddies, you will know that those in the back tend to get bored easily. So why not distract them by providing the perfect in-car entertainment, the TFY Universal Car Headrest Mount Holder. This compact and travel-friendly holder works with all 7-inch to 11-inch tablets. Specifically designed to allow for devices that are with or without a protective case, and with simple detachability, it can be removed from the headrest with ease.



4. BEATIT JUMP START KIT:

The best accessory of all car accessories when it comes to charging your car is the Beatit D11 800A Peak 12V Portable Car Jump Starter. This car charging accessory has the capacity to jump-start unleaded, diesel (up to 5.5L) and gas (up to 7.5L) cars. With two USB outlets of 5V, you can lend a hand to those in need by giving a jump start or charging personal devices. It can be used for camping, traveling, hiking, emergencies and for everyday use, making it the ideal car accessory to have at hand.



5. BLACK & DECKER TRAVEL COOLER AND WARMER:

Every person who goes on a ride will need this next car gadget on our guide. This travel cooler and warmer specifically made for inside your car. Keep your drinks cool without using ice, or food warm by plugging directly into 12V DC power supply. Kick back on your drive knowing that you have your very own road trip cooler with this Black & Decker product.



6. RELIANCER CAR UMBRELLA:

Everyone should have an umbrella. But should every car? The answer is yes after discovering the Reliancer Car Umbrella. This car accessory has a number of cool functions that adds more convenience and style to any car. The product from afar is a big umbrella-type design that covers the car. This is great to protect your car from falling debris such as leaves and twigs, falling bird messes and it keeps the sun rays out of the car and it also stops it turning your vehicle into a pre-warmed oven after work.



What exactly is SMVDA?

The Seychelles Motor Vehicle Dealers Association (**SMVDA**) was officially registered in 2017. It represents a grouping of all **Genuine** and **Authorized Licensed Motors Vehicle Dealers** operating in Seychelles. These are dealers that have been officially appointed by the actual vehicle manufacturers to represent their auto brand in Seychelles. SMVDA also acts as a consultative body for the motor vehicle trade on matters of common concern, with agencies of the Government, the Chamber of Commerce, or diplomatic representatives.

While being intensely competitive between themselves, **SMVDA members only sell the brand of vehicles for which they have the manufacturer's authorization**. They invest in the full training and after sales facilities required by the manufacturer they represent. In return they get direct support from the manufacturer, and regular contact and information on matters such as safety, maintenance software updates, and technical developments. They all have to make the investments in facilities, training and manpower as required to be appointed officially. These conditions must be respected continuously in order for them to retain their dealership.

By contrast, as a number of actual cases have shown, buying a car from any other source, whether overseas or local, does carry hidden risks for the buyer. Some of those risks may be discovered straight away upon delivery, others may remain hidden until much later. Safety risks can be even more serious than financial (e.g. unsafe airbag or seatbelt recalls & fixes that were only informed & applied to official vehicle sales).

Government spokesmen in July this year informed us that several vehicles had been stopped at the Port for being unsafe / damaged / second hand etc. The buyers concerned lost their money, and the government lost tax revenue. This is guaranteed not to happen when buying from an SMVDA member as they are self-regulating, being also responsible to the brand manufacturer to be correct in their dealings.

SMVDA members, and the familiar international vehicle brands they currently represent, **officially**, are listed on their website **www.smvda.sc** and Facebook page **www.facebook.com/SMVDA**. SMVDA stands by its motto below:

SAFE VEHICLES from GENUINE DEALERS



BUYING A CAR IS A BIG DEAL

From a manufacturer - approved vehicle dealer, you get:

- ☒ **GUARANTEED DELIVERY** - zero risk of losing your money from dodgy deals
- ☒ **GUARANTEED NEW VEHICLES** - zero risk of receiving a USED, or DAMAGED vehicle
- ☒ **GENUINE MANUFACTURE WARRANTY** - zero risk of getting stuck with a defective car
- ☒ **TOTAL SUPPORT** - manufacturer certified technicians and approved tools
- ☒ **GENUINE SPARE PARTS** - high quality parts with warranty
- ☒ **SAFETY RECALLS** - immediate awareness and action on any manufacturer announced safety recalls and remedies

MAKE THE SAFE CHOICE

To learn more about SMVDA or contact its members, visit: www.smvda.sc or <http://www.facebook.com/SMVDA>





Ancient Himalayan Pink Salt

And its amazing benefits



Himalayan Salt formed from dried up ocean water from over 250 million years ago in the Himalayan region and has over 84 primordial trace elements that our bodies can fully utilize. Famed throughout the ages for its numerous uses and benefits, it has been highly valued throughout the eons, including Alexander the Great.

By consuming as food, or just through heating through a salt lamp we can begin to reap the benefits of these minerals. Negative ions are what we get into our bodies when we go to the beach to energize us and cleanse us of our overload of positive ions. There have been some studies that show Salt Lamps to increase negative ions in the body between 150-300%. Another way to use Himalayan Salt is as a salt lamp. The heat from the light will release negative ions from the lamp that will work to cleanse and clear out the atmosphere of negative energies, bacteria and viruses. Computers, laptops, wifi, AC units, appliances, all release harmful positive ions into the atmosphere. Having a salt lamp not only looks beautiful and adds a warm, relaxing atmosphere to any space, but it will balance and clear the air while also offering strong grounding properties. Consider having several salt lamps at home, and at work, like we use at Eden Holistic Spa to add to the atmosphere for our clients and team.

At Eden Holistic Spa we have developed our signature Himalayan Hot Salt Stone Massage combined with organic warm coconut oil, to bring out the wonderful benefits for our clients to experience. The minerals and crystalline structure provide a

gentle exfoliation on the skin, making the skin feel smooth and soft after your massage session, but the greatest benefit from receiving a Himalayan Hot Salt Stone massage are the stones ability to promote deep relaxation, followed by an energizing effect and the feeling of grounding. The heat activates the Parasympathetic Nervous System, opens up the pores of the skin, relaxes the muscles and boosts circulation. The Himalayan Salt Stones give off negative ions. What does this mean? When there are too many positive ions in the body it leads to inflammation. Therefore, being massaged with the stones helps to exfoliate and remineralize the skin (among the many other benefits of the heat and massage itself) and to balance the positive ions with negative ions. This can help reduce inflammation. Another way to balance ions in the body is walking barefoot on the earth. The minerals in the Himalayan Salt stones assist in the detoxification process of massage. Massage alone is detoxifying because it is moving the blood and the lymph around in the body while releasing toxins stored deep in the muscles and tissues through certain massage techniques. The minerals in the stones help to draw out the toxins even further. Put all together and it creates an amplified healing experience while offering deep relaxation and a beautiful glow.

At Eden Holistic Spa we have also created a variety of different Himalayan Salt Body Scrubs, where our clients can customize their own freshly prepared Body Scrubs, by selecting Aromatherapy Essential oils from our own wide range of 100% natural and therapeutic grade Essential Oils, to achieve desired effects, besides detoxification and super smooth skin.



EDEN HOLISTIC SPA
SEYCHELLES



Himalayan Pink Crystal Salt Lamps
Varied Sizes Now in Stock!



Himalayan Pink Crystal Salt
Finely Ground, Coarse and Crystal Chunks

Hot Himalayan Salt Stone Massage

Experience the rejuvenating and healing benefits of this wonderful massage



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Eden Holistic Spa, 1st Floor, Eden Plaza, Eden Island

MEDICINAL PLANTS

Herbalists Kenneth and Robinson share their insight on Medicinal herbs

BY U-ROY JULES

Kenneth Gendron and Robinson Istral are two local Herbalists residing at upper La Gogue. They have studied and used herbs for many years, relying on powdered supplements, teas, solutions and skin creams to help treat everything from skin rashes to mild depression.

All their herbal supplements are also known as botanicals that come from leaves, flowers, roots and the barks of plants.

In the words of the two herbalists;

Medical plants, also called medicinal herbs, have been discovered and used in traditional medicine practices since prehistoric times.



"We are not doctors, we only attempt to find the root cause of an illness, and provide medicinal remedies to cure various illnesses, such as gastric, diarrhoea, and prostate infection amongst others. Although herbal medicine is used mostly for treating mild to moderate illnesses, we have noticed that many people prefer to use such methods."

They currently have 85 medicinal plants such as Bwa Sousouri (*Ochrosia Parviflora*), Bwa Koulev (*Psychotria Dupontiae*), Lerb Sat (*Acalypha Indica*), Bwa Torti (*Morinda Citrifolia*), Roz Anmer (*Catharanthus Roseus*), Katrepeng (*Cassia Alata*) among others.

OZORDI DIMANS will bring you more information on medicinal plants in the next edition and meanwhile the herbalists can be contacted on 2761868 or 2758324.



Kenneth Gendron (right) and Robinson Istral (left)

Montosyel (*Leonotis Nepetifolia*)

• Description:

A herb that grows up to three meters high and have square stems, serrated-edged leaves and spikes of clusters, with bright orange, hairy flowers with spiny bracts.

• Geographical distribution:

Introduced to America from Africa and now found in all tropical regions, especially Seychelles.

• Medicinal uses in Seychelles:

The principal use is to treat hernias. The roots and sometimes the leaves, are boiled and the liquid taken as a tonic. An infusion of leaves may also be taken for stomach problems.

Complete flower-heads are boiled and the infusion taken for fever. An infusion of leaves is taken for ringworms and other skin infections.

• Dominica:

An infusion of the leaves makes good treatment for jaundice.

• Notes:

It's bright, attractive flowers makes it a popular garden plant.



Professional work outfits

BY CHRISTINE OUMA

Rodyann's Fashion sells professional female work outfits and the outlet is situated at Oliaji Trade Centre, Victoria.

Work clothes have evolved over the years and the type of clothes depends on your employer's expectation. Rodyann's Fashion can help boost your confidence with their line of formal and casual wear.

Not only does Rodyann's Fashion sell work outfits, but also shoes and accessories.



Model: Samira Constance

The prices range as follows: -

- Dresses from SCR 850 – SCR 1550
- Blouses from SCR 290 – SCR 750
- Skirts from SCR 550 – SCR 750
- Shoes from SCR 650 – SCR 690
- Pants at SCR 750
- Belt at SCR 225
- Neckpiece SCR 250

Make an impression when going for an interview and wear a professional outfit.

More importantly to feel good and confident, a visit to Rodyann's Fashion is a must!



Rodyann's Fashion

Oliaji Trade Centre, Ground Floor
Contact: 2560496

Facebook: Rodyann's Fashion
Instagram: @rodyannsez





Name: **Kaline Jeanvole**

Height: 1.70 cm

Waist: 26 inches

Bust: 31 inches

Hips: 37 inches

Shoes: 39

**A fashion, photographic,
and commercial model.**

Agency: Telly Modelling Agency

Tales of an old fisherman

BY CHRISTINE OUMA

Gonsales, Maxime, Harry Cardrill bought his first boat from his father for SCR150, by selling eggs around Victoria on his bicycle. He was only 14-years-old at the time. Many years later, he upgraded to a fiber-glass fishing boat- Elena, named after his mother. Harry Gonsales- as he prefers to be known is one of Seychelles oldest fishermen. The English River native was born on 25 May 1946. His father introduced him to fishing at the age of 9 and for years fishing has been his main source of income.

“Growing up with three sisters was tough,” he says, especially after both his parents died while he was barely a teenager. They had a very poor upbringing and consequently never got a chance to go to school. While his father was still alive, he learned the ropes of fishing and his mother taught him sewing.

“I always wanted to own a business. So after my fishing escapades, I would hawk my 110-pack fish around on my bicycle. This was fun,” he recalls, pointing towards his antique bicycle leaning on a wall.

Jackfish, Bourzwa, Galate, Sab are just a few fish he goes out to catch. Just before the sun rises over the waters of the Indian Ocean and the soft sound of lapping waves is drowning out by the hum of motors, Gonsales sets out to the sea for his day’s catch. Not that he has never employed helpers but he does prefer going at sea alone.

“I fish where others are not willing to go. I work with the moon and tides just like the olden days but many are now switching to the use of portable (and rechargeable) lights powered by small solar panels. To be a fisherman you need to understand the



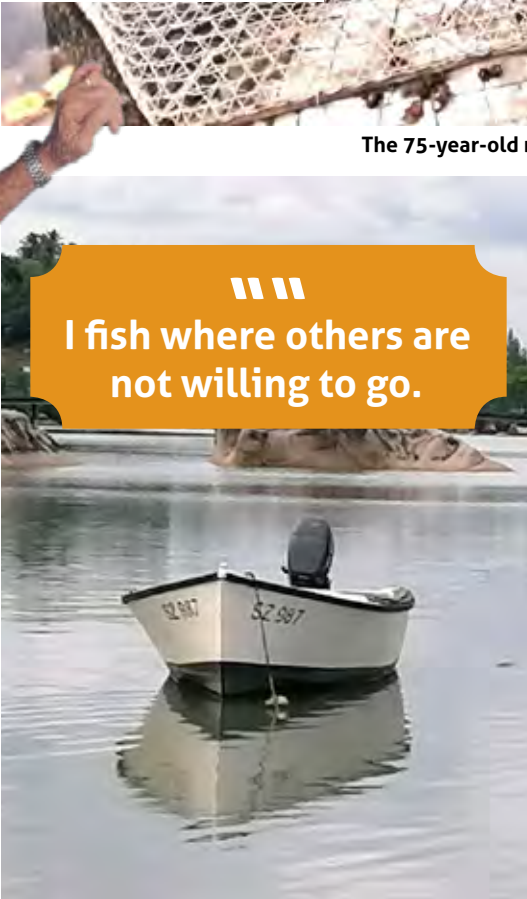
The 75-year-old repairing his traditional fish trap



Mr. Gonsales bicycle has served him for years



Mr. Harry Gonsales at his home



Elena the fibre-glass boat

I fish where others are not willing to go.

sea. It is like a story- one that many may not understand,” he notes.

One of his biggest and most memorable catch was a Tiger Fish. At that time, fish was less expensive. He sold it at just about SCR25. With a big smile on his face, he laments, “Those were the good old days.”

Although the prices of fish have since gone up and fishermen are earning more from their catches, Gonsales affirms the industry is facing new challenges. He says the introduction of new fishing techniques has led to overfishing and fish habitat degradation consequently leading to less fish in the sea.

“Fishermen need to practice sustainable fishing. The increase in illegal fishing is not helping either. I think the government needs to be more proactive in curbing illegal fishing in the Seychelles waters,” he urges.

Despite these challenges, Gonsales commends the work that has been done by both existing and previous governments in helping fishermen, for example, purchase new and more effective boats.

“I bought Elena at a discounted price and as a registered boat owner, I benefit from the cheaper fuel vouchers compensated by the Seychelles Fishing Authority. As we may all know, a fisherman is likely to make more money from fishing if the equipment belongs to him,” he asserts. Gonsales reveals he earns about SCR3,000 daily from his fishing busi-

ness.

The divorced father is however notably reserved while speaking about his family. He has been married twice and unfortunately both marriages did not work out. He lives alone with his dogs and other farm animals on the banks of English River. Despite having sired many children, he says only one child visits and talks to him.

“Because I am all alone, I have already prepared my grave where I’d like to be buried when I die. I want to be buried at my home,” he reiterates.

During his free time, Gonsales likes to cook and listen to music, and dance. He was part of the National Troupe- a traditional dance group created by the legendary musician- Patrick Victor. During Gonsales’ younger days, he traveled alongside other group members to the UK, Reunion Island, Madagascar, and France just to name a few, in their quest to showcase the Seychellois culture to other parts of the world.

Following a recent boat accident, Gonsales has not been at sea for months, however, he hopes to get right back as soon as he feels better. “I love the sea,” he remarks. Gonsales is urging upcoming fishermen to “become students of fishing, understand the sea and fish at the right time, use colorful fly lines- the fish love them. Think ahead, and fish where others are not willing to go. Keep a journal, and practice patience.

7 DAY LOCAL FORECAST

Today

Humidity: 74%

Wind: SE 13 mph

UV: 10 (Very high)

Sunrise: 05:59 am

Sunset: 06:10 pm

28 / 26 °C

Feels Like: 30 °C

Low 1:15 am (0.34m)

High 7:30 am (1.79m)

Low 1:51 pm (0.35m)

High 7:51 pm (1.54m)



Mostly cloudy

Moon Watch

New moon Wednesday 6 October

First qtr Wednesday 13 October

Full moon Wednesday 20 October

Last qtr Friday 29 October

Monday



28 / 25 °C

Mostly cloudy

Humidity: 71%

Wind: SE 9 mph

UV: 10 (Very high)

Sunrise: 05:59 am

Sunset: 06:10 pm

Tuesday



28 / 25 °C

Mostly sunny

Humidity: 71%

Wind: SE 11 mph

UV: 10 (Very high)

Sunrise: 05:58 am

Sunset: 06:10 pm

Wednesday



28 / 26 °C

Decreasing cloudiness

Humidity: 72%

Wind: SE 12 mph

UV: 10 (Very high)

Sunrise: 05:58 am

Sunset: 06:10 pm

Thursday



28 / 25 °C

Clearing skies

Humidity: 74%

Wind: SE 13 mph

UV: 10 (Very high)

Sunrise: 05:58 am

Sunset: 06:10 pm

Friday



28 / 25 °C

Light showers

Humidity: 72%

Wind: SE 13 mph

UV: 3 (Moderate)

Sunrise: 05:57 am

Sunset: 06:10 pm

Saturday



28 / 28 °C

Light showers

Humidity: 73%

Wind: SE 13 mph

UV: 7 (High)

Sunrise: 05:57 am

Sunset: 06:10 pm

From *Beach Boy* to Business Owner

BY CHRISTINE OUMA

Reminiscing on the good old days, mostly spent on the shores of Takamaka Beach, sitting and meditating on top of granite rocks, Jean Baptiste Hortere’s only dream was to get out of poverty. The beach boy turned business owner would frequent the beaches, sometimes hide in the bushes to watch tourists stroll along the beach, wishing he could live a better life.



Jean Baptiste Hortere

“My dream was to become a successful man and to come out of the misery my parents had grown up in. I knew I could make positive changes in my life and especially for my children,” he narrates. As a beach boy, Batista, as he is famously known, picked coconuts, was a milk delivery boy, and also helped his parents work in the cinnamon plantation. When he left school, in S2, a family living at Beau Vallon spotted him roaming the beaches of Taka-

maka and hired him as a housekeeper. There he worked for 1 year then returned back to his village in Takamaka. Batista was among the Seychellois men and women who constructed the Seychelles International Airport. The Reef Hotel was also under construction and soon, there were to be job opportunities at the hotel. “It was an opportunity for those who wanted to learn. During my 7 years at the Reef hotel, I worked

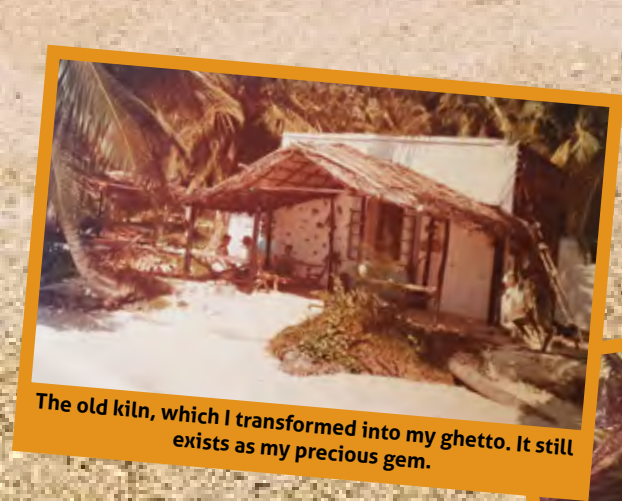
as a Kitchen Helper, an Assistant Cook, and later a Chef. I also had a short stint at Mahe Beach Hotel where I was a Chef de Partie. I also worked at Franky’s Restaurant, now known as Coco Blue.” Following the Coup D’état his then-boss closed down the hotel and moved back to England. In 1979 the boss called him to work at his hotel in England. “At the time, I was about 26 years old, married with 3 children and the fourth child was on the way. I felt it was a great opportunity to grow and learn. However, I experienced racism and this was particularly difficult, so, I returned home (Seychelles)” he narrates. Following his return home with depression, he separated from his wife and went back to living with his mother. At the time, Batista’s older brother worked on the property he now owns. He picked cinnamon and coconut on the abandoned property. For Batista, it was time to move on with life, so he went back to his old ways- a beach boy grilling fish on the beach. “I saved almost every cash earned from grilling fish. As a beach boy, I was well built and walked around the beach in my speedos. Italians and Germans frequented the beach and so I learned to speak the Italian and German languages fluently. I also bagged myself an Italian girlfriend but I still lived in the ghetto,” he cheekily asserts. He had no license to offer barbecue services on the beach, so on many occasions, the police were instructed to watch his activities. In 1987, a Seychellois man and his girlfriend approached him. They wanted to help him achieve his dreams as he had become a popular figure on the beach. “My vision was to set up a small restaurant at the beach, but I did not own the property. So the couple introduced me to someone who held a government position. I was told to write a proposal to purchase a piece of land on the property. People think I was involved in politics thus the reason I got a chance to buy the land, but on the contrary, I have never been involved directly with any politician,” he clarifies. The land was given to him on a lease, but he refused to have it on lease as he knew the government could kick him out anytime. He wanted to own it fully, so he pushed through and in 1995, his bid to buy the land was approved. During that time, there was no access road to the beach. He went back to plead with the government to offer him an access road, and soon, access was granted, making more people frequent the Takamaka Beach. The road helped his restaurant grow. His restaurant mainly offers seafood and has evolved over the years to cater for a variety of local and international food. Batista does not cook anymore but his signature dish of Batista sauce which is an infusion of ingredients remains popular and is named after himself. Takamaka Beach boast one of the most beautiful

“Today, I am living the future I had envisioned but I still have dreams for my children’s future.”



From beach boy to successful businessman

sunsets of Seychelles. The restaurant has served many returning guests just because of the sunset experience. “I still meditate on granite rocks. I am also happy to see young boys from my village kayaking and swimming. Tourists love seeing Seychellois in their natural element and I am always happy to see the boys because they remind me of my time as a kid” remarks Batista. The property is also home to giant tortoises and they are an added attraction to the restaurant and thus his business. Over the years, the business has expanded to offering accommodation services at the Villa Chez Batista. Batista says he owes his success to his willingness to learn and get out of his comfort zone. He also acknowledges the mistakes made along the way, such as gambling, an addiction he finally overcame. “Money can make you do things you wouldn’t wish to do. I have been an international gambler and even, travelled abroad to gamble. One time I lost so much money in a London casino and one my sons compelled me to stop. I am glad the addiction is long gone,” he says. Running a hospitality business requires self-discipline and respect for people. Batista says he likes to treat his workers and guests with respect. “I give and take,” he reiterates. After the pressure of work, he likes to enjoy a glass of wine on the beach or take a short road trip to Police Bay and back. “Today, I am living the future I had envisioned but I still have dreams for my children’s future. I am in the process of expanding the business and hope my children will continue my legacy.”



The old kiln, which I transformed into my ghetto. It still exists as my precious gem.



My ghetto



Serving guests grilled fish on banana leaves



Batista standing tall on his favourite granite rock while watching the sun set

— Get to know the beaches of Seychelles —

BY CHRISTINE OUMA

Whether living in Seychelles or heading to Seychelles, you are probably planning on spending some quality time on the beaches. In which case you may be wondering where the beaches in Seychelles are located? Mahé alone has about 70 white sandy beaches and to be honest, choosing a best beach can be tough as there are so many to choose from. Access to some of the beaches such as Grand Anse, Police Bay requires hiking and the sea can be a bit dangerous, especially for swimming. Majority of the beaches are breathtaking, surrounded by palm trees

and beautiful clean turquoise waters. So let’s take you on a journey to knowing some of the best beaches on this archipelago of 115 islands and the stories of people living along the beaches:

Anse Takamaka

Anse Takamaka is located on the South of Mahe. It can be accessed through the famous Chez Batista. It has a wide range of coconut trees, takamakas, luxuriant vegetation and boasts clear waters. It also features granite rocks. It is ideal for swimming except from the months of May to October during which the currents are strong.



Ghost crab by Nature Seychelles (Ludivine Ammon)



Takamaka beach



Beautiful sunsets on Takamaka beach

PORT VICTORIA

PART 1: THE COLONIAL ERA

CONTRIBUTED BY SEYCHELLES PORT AUTHORITY

CHAPTER ONE

PORT ROYALE – THE CHOICE OF THE PORT LOCATION

On the 19th of January 1609, in one of the first descriptions of Seychelles as an 'earthly paradise', the Englishman, John Jourdain lead an expedition that dropped anchor near the present-day Victoria wrote:

'.... within a pistol shot of the shore where we rode as in a pond...in which time we wated and wooded at our pleasure with much ease; where we found many coker nuts, both ripe and green, of all sorts, and as much fish and fowle and tortells and many scates with other fish. As also about the rivers there are many allagartes (crocodiles); our men fishing for scates took one of them and drew him aland alive with a rope fastened within his gills...' (Webb 1964:12)

The account of the French explorer, Lazare Picault's a quarter and century later, was not very different from the Englishman's.

'.... the second expedition made land on the 30th May 1744, at a point close to where Victoria now stands.... forests of splendid timbers for ships, ideal conditions for agriculture, hundreds of tortoises for meat, and every bay full of fish....' (Webb 1964:13)

In 1756, Captain Corneille Nicholas Morphey took formal possession of Mahé in the name of the King of France. He is said to have placed a 'stone of possession' (Pierre de Possession) on a rock or boulder facing an 'anchorage'.

The Captain was very impressed by the safety and expanse of the anchorage. It was deep enough for 200 vessels to ride at anchor. He immediately this information communicated to Port Louis in Mauritius (Ile de France).

It was this 'placid blue anchorage' that was named Port Royale and would develop in what we know today as Port Victoria.

In 1778, Lieutenant Charles Routier de Romainville, the first French Military Commandant of Seychelles selected the best location for the future town of Victoria. His headquarters which he named, 'L'Etablissement du Roi' faced the anchorage.

Victoria Harbor

The Harbor of Victoria sits beneath the lush mountainous backdrop and boasts a horizon surrounded by Ste Anne Island, Cerf Island, Moyenne Island, Long Island and Round Island. This harbor is well situated, affording complete shelter and safe anchorage in all weathers, with plenty of room for ships up to 20,000 tons.

'Long Island is the quarantine station and Round Island was previously used a leper hospital for female patients who had been transferred in 1940 to Curieuse Island off the coast of Praslin...' (Bradley 1940:370)

'It was soon to witness stirring events, including two vicious and bloody naval battles fought before the very eyes of the colonists'.

CHAPTER TWO

Why Port Victoria?

"Whereas the principal inhabitants of the Island of Mahé, one of the Seychelles islands, have in a petition to the Governor, expressed their desire that the Town and Port of the Island, which have not as yet received a special designation, should bear the name of "Victoria" and the Port that of "Port Victoria", Mylius was not too pleased that the town was not given the name "Port Victoria" and continued using it in his correspondence..."



Fauvel's Description And Photo Present Location Of Pierre De Possession



PLAZA "LONG PIER, VICTORIA"
RECONSTRUCTED BY BRADLEY
DATE: 1940



He had suggested the name of Port Victoria but from Mauritius came the directive that the inhabitants must be consulted.

Mylius was aware that the inhabitants of French region in general would oppose to that but he managed to collect enough signatures to forward an appropriate petition which was subsequently forwarded to the queen. He also submitted a list of proposed street names to Mauritius.

He referred to the roads of the Island of Mahé as follows:

"The principal streets of the town were called Rue Victoria and Rue Albert..."

Gordon Square was a well-kept lawn, and he refers to the handsome building known as the New Oriental Bank (to-day the Treasury and Secretariat)." (Bradley 1940:339)

Queen Victoria was proclaimed Queen in 1837 and was crowned in 1838: this explains why the name Victoria was chosen for the chief town of the colony, why Victoria Street received its name and reveals that Albert Street was named after the Prince Consort Albert.

Le Chantier

"Eventually, London approved the name of Victoria for the town, a decision that probably displeased Mylius, who henceforth in all his correspondence used the name "Port Victoria". Officially, this designated only the town's port and Mylius's action was to years later lead to some uncertainty over the exact name of the capital of Seychelles" (McAteer 2000:47-48)

"It was in 1892 during the episcopate of Monseigneur Marc Hudrisier(1848-1910) that the holy see raised the mission in Seychelles to the rank of a diocese, depending directly in the congregation for the propagation of the faith. Mgr Hudrisier was therefore the first titular Bishop of Port Victoria" (Bradley 1940:260)

"Bishop Hudrisier, since 1892... was the first Bishop of the new Roman Catholic diocese of Port Victoria" (McAteer 2000:200)

In February 1840, Queen Victoria of Great Britain who had been crowned on 28 June 1838 married her cousin Prince Albert of Saxe-Coburg-Gotha (Germany).

Charles Augustus Mylius (1795-1873), born in Germany, was convinced that the dependency which he preferred to call a colony, to the rebuke of his superiors, should be associated with the recently married Queen.

Mylius Wharf (Long Pier)

"The Long Pier was then 1,500 yards long, and in its centre was the custom's shed, the port office was then called the water police office (as today)! And there was a look-out post on Signal Mountain" (Bradley 1940:336)

During the administration of Mylius, parts of Victoria was reclaimed from La Rosière (the crucifix of Christ), firm land by following the road southward bound, past Le Chantier till the hilly part to Mont Fleuri road, Albert Street and Victoria Street respectively. All the flat land on the mountainside of the road was reclaimed gradually and buildings erected thereon.

The Port Office

"This little quay was built in wood during the French occupation. In 1801, when the French political (terrorist) prisoners arrived, they disembarked at the little jetty. There was deep water to this point, and the ship building establishment (Le Chantier) was at the shore end of this quay which was named Pour Embarquer" (Bradley 1940: 374-375)

In 1839, the administration in Mauritius voted fifty pounds sterling for building a "bridge and wharf" which was completed in 1881 and was subsequently known as "chaussée Mylius" (Long Pier). There was also a tram line used by mule-drawn cars along its length.



Port Office & Pier, Mahé, Seychelles.



Mylius Wharf (Long Pier)



View of Victoria Harbour from Bel-Air



Mylius Wharf (Long Pier)



Most inner islands of Seychelles are made of granite rocks and the middle of the islands have lushly green mountains, surrounded by white and sandy beaches. This weather, atmosphere and green scenery makes for some amazing hikes. Discover some of the best hiking trails in Seychelles as experienced by the Pet Groomer and Dog Trainer Mr. Jean-Marie Croguennec.

Jean-Marie is the only Pet Groomer in Seychelles and has a strong love for all animals and especially dogs. Over the years, his love for animals grew more and more that he decided to make looking after animals his business and lifelong career.

"If you are an outdoor lover, and a dog lover then there is nothing more wondrous than bringing your four-legged friend along to hit the Seychelles trail. Dogs can be great trail companions for several reasons. First of all, they enhance your mood. Dogs help lower blood pressure and cholesterol. Dog owners are found to have healthier hearts, and petting dogs help overcome depression" quotes Mr. Croguennec.



Morne Seychellois



Congo Rouge Trail



Anse Major Trail

Let's view some of his amazing pictures...

Anse Major Trail

The trail to Anse Major is a highlight. It is a relatively easy walk starting from Danzil, Belombre and is approximately an hour and a half walk. This trail has some amazing rock formation and sea views. It is the only way to Anse Major on foot.

Trois Frere Trail

The Trois Frere trail gets its name from the three peak mountain overlooking Victoria coastline. The trail name translated to English is "Three Brothers". The trail culminates at the foot of the Trois Frères Cross. The Cross is a traditional pilgrimage site for the catholic community on Good Friday.

Morne Seychellois

The Morne Seychellois National Park is situated on the island of Mahe, the largest island of the Seychelles archipelago. Morne Seychellois covers an area of approximately 3,045 hectares, more than 20% of Mahe, and is made up of a mixture of mangroves, lush tropical jungles, and tall

mountains. It is 10km in length and between 2km and 4km wide, equipped with an extensive trail network, covering more than 15km.

Cascade River Waterfall

To hike to the Cascade River Waterfall, first of all, get to the small settlement of the same name, and then take the path before the river that leads steeply uphill. After about 45 minutes, you will reach the small waterfall. You may then choose to follow the path further, which will take you to a beautiful valley between the Montagne Plateau and the New Savy, before heading up to Grand Anse on the west coast of the island. If you plan to do this entire walk, leave three to four hours early.

Casse Dent

Casse Dent is a long hiking trail that mixes ascents and descents through a fascinating mix of palm trees, marshes, and other tree species. The highlight takes the form of a small waterfall and cave, located near the end. There are two different routes, which separate before meeting again on a plateau. Some sections of the path are secured with wooden platforms and steps for sure-footing.



Trois Frere trail



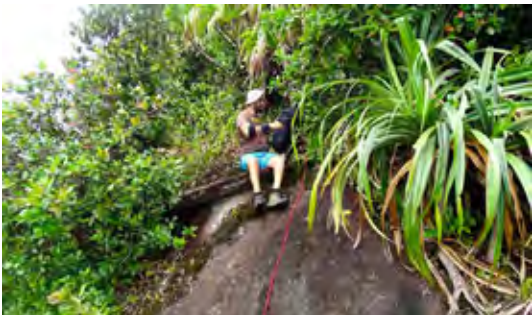
Cascade Trail



Trois Frere trail



A dog dipping at Anse Major



Casse Dent



Ilot Glacis



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Destination Dubai

Experience forever in numbered days

BY JOSETTE LARUE

The pandemic had put a temporary stop to travelling. With infrequent flights, closed borders and the fear of contracting COVID-19, many had opted to stay within the comfort of their homes. Travelling has now been made easier with effective COVID-19 testing and the worldwide vigorous vaccination campaigns. Tourists are pouring into airports, boarding one flight to the next destination.

Destination 2021

If you're looking to experience the feeling of "the city", then Dubai is the place to go. It begins from the moment you step off the plane and into the stadium-sized airport. The airport has everything one would need after a flight, during transit and before departing to their final destination. The experience begins there, with fast-paced, smooth sailing immigration processes and welcoming smiles by airport staff.

Plan your budget

Before whisking away to this glamorous holiday destination, one must ensure that they have enough funds to be able to enjoy the splendour that Dubai has to offer. If you are travelling to Dubai, without a doubt, you will spend money and perhaps more money than you planned but trust me when I say that it will be well worth it.

Accommodation

There is an array of accommodations to choose from, either on booking.com or Airbnb. My personal favourite thus far has been hotel apartments at Al Barsha Heights. Located 10 minutes away from Emirates mall, 5 minutes from Jumeirah, and about a 15-minute drive from the grand Burj Khalifa, Al Barsha Heights is clean, quiet, and in my opinion, an affordable place to stay for the average in-

come earner. However, if you are searching for a more luxurious holiday, then there are plenty of hotels to choose from.

Family bonding activities

If you are travelling as a family, you will not be disappointed with your holiday. There are countless family-friendly areas to visit, namely La Mer and JBR walk. I am sure that your little ones would be delighted to experience the child-friendly waterpark activities at Laguna Waterpark. I know what you may be thinking. Why should I go to the beach if I am travelling from an island destination myself? These two places are not renowned for their crys-



Dubai Miracle Garden



Saeed Al Maktoum House



Dubai Fountain

talline waters but instead for the plethora of services available for you and your children. Food stores are lined up from one end of the coastline to the other, with almost any dish that you could think of. If you do not feel like having Arabic food—that is okay. How about some Chinese, Italian, Sushi or even an American cheeseburger? And let's not forget Starbucks for the 'Gram'!

Discover Dubai

Dubai is more than a sum of malls and shopping sprees. If you are looking for an escape from the skyscrapers and city bustle, then perhaps you could rent a car and take a drive down to Hat-

ta. Found in the Hajar Mountain, the Heritage Village is a combination of wonders, from the traditional rural village, which presents a taste of the United Arab Emirates (UAE)'s culture, to the Hatta Dam. Spend a warm sunny day kayaking across its' soothing shade of turquoise waters with friends or family. Perhaps if you would rather spend a day exploring more of Hatta's landscape on foot, you could sweat it out on one of Hatta's many scenic hiking routes. Hatta is an hour and a half drive away from the central city of Dubai, and you will know you have arrived upon seeing the iconic Hollywood styled Hatta sign.

If it is your first time visiting a middle eastern country, I recommend booking a Dubai safari. Surf the golden sand dunes of the desert in a 4x4 Land Cruiser, or experience the ups and downs of riding a camel. Several packages are readily available, including belly dancing, an evening BBQ, henna painting and sandboarding.

You cannot travel to Dubai and not take a photo in front of the Burj Khalifa. Renowned as the tallest tower in the world, the Burj Khalifa has 163 floors, with a 360 observation deck on the 124th floor. If you find yourself at the Dubai Mall in the evening, gather around The Dubai Fountain to view and capture the water show, a choreographed water and light spectacle that can be enjoyed from the Al Forno restaurant at the mall.

Some may argue that the best part of travelling to Dubai would be that you will never find yourself lacking an activity to do. You can even experience a snowy winter in the hottest summer. Found in the middle of Emirates Mall is the epitome of advancement, Ski Dubai. Grab your skis and get ready to shred down the snowy slopes.

I could go on for days listing the number of things that one must do when travelling to Dubai, but there are not enough words in the dictionary to capture the splendour of the city. You are one holiday away from experiencing your dream destination.



Burj Khalifa



Morning Desert safari



The Dubai Mall



Dubai aquarium and underwater zoo



Global Village

Dubai



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Sommelier

BY U-ROY JULES

Where do you start when you are looking at an extensive wine list or one where the wines you recognise are not wines you want to drink? Ask for the sommelier. They can tell you what the restaurant specialises in, help you find a wine of good value on the list or even recommend special wines that are not featured on the menu.



As worldwide wine consumption continues to rise annually, so does the number of people attempting to have sommeliers' at the table.

In recent years, this craft has been the centre of attention of the Food and Beverage industry around the world, especially Seychelles.

In this article we will take a closer look at the role of a sommelier from a lecturer at the Seychelles Tourism Academy (STA) Mr. Nigel Denis.

A sommelier is a wine steward, also known as a knowledgeable wine professional who typically works in a fine dining establishment.

Sommeliers should have formal training to be able to specialize in all aspects of wine service, wine and food pairings as well as wine storage.

We asked Nigel about the process to become a sommelier?

"You do not necessarily need to go to wine school to become the resident wine expert at a posh restaurant. Upon returning to Seychelles from my studies in hotel management, I worked in various local hotels mainly in the food and beverage department.

I held different positions from a Maître D'hôtel, Assistant Restaurant Manager, Restaurant Manager, Outlet Manager and Assistant Food and Beverage Manager. During my time in the industry I took many wine classes both from local and international wine experts," he said.

A sommelier is a job title rather than a legal designation. The exact job description depends on the employer and the business for which a sommelier is working in; this trained and knowl-

edgeable wine expert may be employed by a restaurant, a retail establishment, a beverage or catering company, as a freelance consultant or as a writer.

"Being a sommelier is not only an interesting and exciting career choice. It can be very lucrative. A master sommeliers' salary is one of the

petitive too."

Nigel suggested a few basic wine pairings:

FOOD AND WINE PAIRINGS:

When pairing wine and food one should consider:

- The wine should be more acidic than the food.



"Being a sommelier is not only an interesting and exciting career choice. It can be very lucrative. A master sommeliers' salary is one of the highest paid jobs in the hospitality business..."

highest paid jobs in the hospitality business..." he said.

In 2019, Nigel successfully sat for the Wine and Spirit Education Trust (WSET) level one exam, whereby he learnt about the main types and styles of wine through sight, smell and taste while gaining the basic skills to describe wines accurately and make food and wine pairings.

"There is a demand for qualified sommeliers in the country. Most sommeliers are currently not Seychellois and there are very few locals qualified in this area. The salary of a master sommelier is one of the highest in the hospitality industry while an advanced or certified sommelier is com-

- The wine should be sweeter than the food
- The wine should have the same flavour intensity as the food.

- Red wines pair best with boldly flavoured meats (e.g red meat)
- White wines pair best with light-intensity meats (e.g fish or chicken)

A coconut chicken curry will be best paired with a wine of the chardonnay grape variety as it is a dry, medium- to full-bodied wine with moderate acidity and alcohol.

Its flavours range from apple and lemon to papaya and pineapple, and it also has notes of va-

nilla when it is aged in oak.

I would suggest a Bellingham Sauvignon Blanc or a Saumur Chapigny.

A grilled red snapper will be best paired with a wine of sauvignon blanc grape variety as the aromas range from freshly cut grass, peas and asparagus to tropical and ripe passion fruit, grapefruit or even mango. On the palate, wine tastes light with acidity and moderate alcohol.

I would suggest Les Foncanelles Sauvignon or Mulderbosch Chardonnay.

The wines can be found at ISPC Seychelles, located at Bois de Rose, SIBA Zone.

Nigel Denis
Food and Beverage Lecturer
Seychelles Tourism Academy



Recipes

Cooking Local Dishes

COMPILED BY CHRISTOPHE ZIALOR AND CHRISTINE OUMA

Looking for some good Sunday dinner ideas? OZORDI DIMANS has you covered!

For many, Sunday is family day. It is the one day of the week when everyone can sit down and have dinner together. It is the perfect way to end the weekend! So it is just natural to want Sunday dinner recipes to be extra special.

We have collaborated with Pierre Savy, author of 100+ Recipes from Cook & Share to bring you some of the recipes published in his book.

Starter- Carrot cream soup (serves 6-8)

A starter sets the tone for your entire meal. So why not begin your Sunday dinner with a creamy carrot soup?

Ingredients

- 8 carrots, roughly chopped
- 3 onions, roughly chopped
- 5 garlic cloves crushed
- A handful of crushed parsley, roughly chopped
- 4 cups of warm water

- 1 cup heavy cream
- 1 tablespoon of Thai curry paste (optional)
- 2 tablespoons of olive oil
- Salt and pepper to taste
- Vegetable broth powder or Maggi cubes

Preparation

Heat 2 tablespoons of olive oil in a medium-sized saucepan over medium high heat.

Once the oil is hot, add the onions and garlic and sauté until tender. Add in Thai curry paste (optional), carrots and parsley. Cook for 3 minutes.

Add the vegetable broth powder or Maggi cubes to 4 cups of warm water and stir well to dissolve.

Pour vegetables broth over carrots and leave to cook for a further 15 minutes over low heat or until carrots are soft.

Tip everything in a blender and puree until smooth and creamy.

Transfer puree back to saucepan and add heavy cream.

Serve carrot cream soup whilst still hot with bread pieces for dipping.



Carrot Cream Soup



Main- Oven Baked Octopus (serves- 4-6)

Being raised on an island where the seafood is in abundance, I had

not realized that octopuses might seem strange and exotic to a lot of people! There is a question I often hear from many people; how do you cook octopus?

The answer is pretty straightforward and here is an excellent example of the philosophy of Seychellois cuisine easy, simple and healthy. You marinate it and slow cook it in the oven until tender and delicious. That is how we do it in our homes, and it is as easy as it sounds.

The only difficulty you may encounter is during the preparation, where you have to remove the tooth from its center and clean its hood from its internal organs. However, in most store-bought octopuses, this has already been done.

Ingredients

1 Octopus, cleaned, washed and dried

Ingredients for the marinade

- ½ cup of Sugar
- ¼ dry red wine (optional)
- ¼ cup of brandy or cognac (optional)
- 6 garlic cloves crushed

- 1 onion, chopped finely
- 2 tablespoons tomato sauce
- 2 tablespoons barbecue sauce
- 1 tablespoon soya sauce
- 1 tablespoon olive oil
- Salt and pepper to taste

Preparation

Cook octopus in boiling water with half a cup of sugar and some salt and pepper until tender. Once cooked, drain and leave to cool.

While waiting for your octopus to cool, prepare the marinade by whisking together all the ingredients in a large bowl.

Transfer the octopus to your large bowl and coat it in the marinade sauce. Cover it with clean film and store it in the refrigerator overnight.

After the octopus has marinated overnight, start the baking process and set the oven to 160 degrees.

Transfer the octopus to a large baking tray and roast for around 30 minutes

Once cooked, serve immediately with a squeeze of lemon.

Dessert- Cassava pudding (serves 4-6)

After enjoying the carrot cream soup and a healthy serving of baked octopus, dessert comes just in time in the form of cassava pudding.

One of the most delightful aspects of every meal is, without question, the scrumptious dessert that ends it. Cassava cake is one of my absolute favorite desserts, as it is not only a popular Seychellois dish but also incredibly delicious. The perfect blend of cheesy, buttery and nutty taste, this cake melts in your mouth, letting you fully enjoy the harmonious intermingling of flavors. It is a delightful and hearty way to finish up a fantastic meal.

Ingredients

- 650 grams' cassava peeled and finely grated
- 225 ml milk
- 125 grams of sugar
- 125 grams of finely grated coconut
- 2 tablespoons of vanilla essence

Preparation

Grease a rectangular bowl and add the grated cassava, sugar, milk, vanilla essence and mix well

Steam cook the mixture for an hour or until cassava is firmly set

Once cooked, allow to cool completely and cut into cubes. Coat each cube with finely grated coconut

Refrigerate and serve chilled.



Cassava Pudding



Pierre Savy

Profile

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

In 2020, he started a Facebook group called Cook & Share. On the platform, members share pictures and recipes of meals they prepare. In a 2020 interview with TODAY, Pierre remarked the participation of the members is incredible and it shows that they appreciate the group and trying their best to cook, especially people who are new to the kitchen.

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



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Alfred Fourcroy

Innovation "Food and Kitchenware"

The world is changing thanks to innovative ideas which when used with intent and purpose can break through traditional ways of doing things, optimize learning, improve performance and create unprecedented positive change.

BY CHRISTINE OUMA



Innovation in the hospitality industry has sparked new ideas, equipment, ingredients and cuisine, delivering an expert culinary level cooking experience.

Alfred Fourcroy, CEO/ Partner of ISPC Seychelles- the official distributor of Electrolux Professional (a company that specializes in commercial food equipment and beverage solutions), says that Seychelles is slowly adapting to the new changes.

Kitchenware

Famous chefs keep evolving their culinary creations and there is no exception for kitchen equipment.

The slow cooking method, has been around for decades. The electrical slow cooker became popular in the 1970s kitchen. The concept of slow cooking is simple: put ingredients into a container and allow it to slowly cook at a low temperature (48 ° Celsius for fish, 54° Celsius for meat). Over the years, manufacturers have developed more efficient and stylish versions of slow cookers.

Another cooking method is sous vide method, which is cooking in a sealed environment. This gives the main ingredient the best environment to absorb all the spices, giving them fuller flavours with more nutritious value.

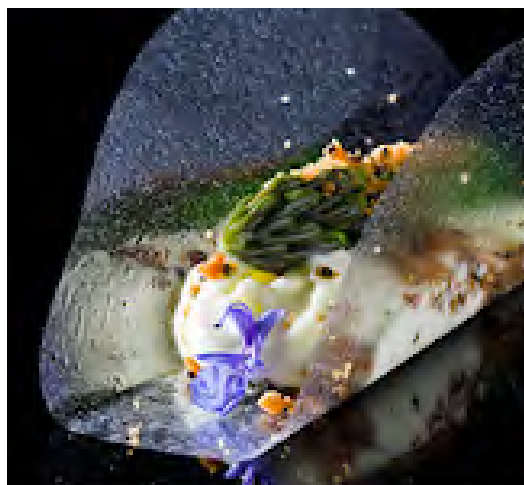
ISPC stocks many of these innovative cooking equipments, such as the Sous vide, the SkyLine Combi Ovens, and the Thermaline M2M equipment. The equipment is not only suitable for hotels and restaurants but also adds a modern touch to your home kitchen. Mr. Fourcroy remarks that some of these kitchen tools can be programmed through a computer system which can then be transferred to the oven and allow you to cook your meal the way you like. This help save time and reduces the stress of cooking.

Food and Beverages

At ISPC, you will find a wide range of molecular ingredients. Molecular cuisine blends physics and chemistry to transform the taste and textures of food. The result? New and innovative dining experiences. The term molecular gastronomy is commonly used to describe a style of cuisine in which chefs explore culinary possibilities by borrowing tools from the science lab and combining them with food. Formally, the term molecular cuisine refers to the scientific discipline that studies the physical and chemical processes that occurs while cooking. Molecular cuisine seeks to investigate and explain the chemical reasons behind the transformation of ingredients, as well as the social, artistic and technical components of culinary and the gastronomic phenomena.

"The use of molecular ingredients allows chefs to reshape ingredients without changing the taste", emphasizes Mr. Fourcroy.

He asserts that these technologies however, are



Clear Canape



Mango Sphere



Saffron Tagliatelle

not as popular in Seychelles compared to Europe but are slowly finding their way into the Seychellois market.

"Resistance to change is natural in human attitude and in Seychelles, there are not many people cooking at low temperatures. The amazing functionalities of modern ovens or molecular cuisine can be introduced through the annual Seychelles National Culinary Contests, such as the one we conducted with Michelin Star Chef Lionel Rigolet three years ago", remarks Mr. Fourcroy.

Additionally, with the introduction of blast freezing techniques, pastries can be frozen without losing the original taste of the product. This can also help save a lot of time as some of these ready-made ingredients may only require heating before being served.

Blast freezing can also be used for a many different food ingredients allowing professional chefs to preserve ingredients and or precooked ingredients in perfect condition, ready to be served whenever needed. For most products, it has become practically impossible to determine in tasting what was blast frozen and what was cooked fresh.

How Seychellois chefs can improve their skills

Mr. Fourcroy urges local chefs to seek, test and taste these available ingredients and use technologies to improve their skills and move with innovation.

It will also help them in food cost control (limited wastage) and it will help in assuring a more constant quality of dishes.

"A lot of time, even the local fish is overcooked. These techniques; such as cooking in low temperatures and controlled timing will improve the quality of food. One of the key characteristics of a good chef, is to know the ideal temperature to cook fish (47 Degrees Celsius) and meat at (54 Degrees Celsius)", he adds.

At ISPC you can find over 4,500 food products and 2,000 non-food products, most of which are innovation products.

Mr. Fourcroy's go-to culinary innovations are the Boiron fruit products and Espuma also known as foam. Espuma offers a moderns Asian-Spanish fusion cuisine, with well-selected lifestyle light food, and mouth-watering desserts to bring you a unique dining experience.

"People are always stunned when they experience the Espuma cuisine, it is divine, light and full of flavour", he remarks.

The ISPC believes the accep-



COCKTAIL ARTS

Mario Chrysostome, young bartender and mixologist at Trois Freres Distillery

BY U-ROY JULES



Mario Chrysostome

Mario Chrysostome is a self-made mixologist, born in Seychelles, a humble and intellectual young man. He enjoys learning about cultures in terms of language and traditions, not to mention delicacies of varieties of food and drinks.

He is married to Nikita Chrysostome from Kenya and before he met her, he had already adopted a nice and refreshing drink called “DAWA” which means medicine in Swahili.

“Mixology is an exciting discipline that combines an appreciation of classic cocktails and cocktail culture with a desire to create new cocktail recipes with a forward-thinking culinary approach,” he said.

So what does a mixologist do?
“Mixologists wear a variety of hats in the hospitality industry. Many mixologists work for a variety of bars and restaurant groups, whereas others own their own bars. Most mixologists will create original cocktail recipes, keep up to date with industry trends, sometimes work behind the bar and take time to learn about the history of cocktails,” he said.

For this first edition we will learn more about one of the most popular mixologist and bartender Mario Chrysostome.

Currently, I’m working as the Resident Mixologist for Trois Freres Distillery which is located at La Plaine St André, Au Cap where I have a nice office. Well, it’s a nice little Rum Shack where all the magic and wonders happen. Just keep a look out because I’m coming back with new innovation for all the Rum and Cocktail lovers out there. As a mixologist making cocktail is not just about pouring and serving drinks, its actually an art that you master throughout years of training. With skills like that you can host your own home-friendly cocktail events,” he said.

To be a good mixologist, you definitely need to have creativity, and Mario’s says that one of his most wonderful creations was the ‘Coco-Pine’ cocktail, which is a cocktail for the sunny weather of Seychelles.



“Well to be precise that is not my actual first cocktail, this was a creation made on the spot at the Takamaka Rum Shack. In the making of that particular cocktail, I was thinking of something tropical not too creamy, light and well balanced with the Seychelles sunny weather,” he said.

But his first actual cocktail was the famous Margarita, which is a cocktail consisting of tequila, orange liqueur, and lime juice often served with salt on the rim of the glass. The drink is served shaken with ice (on the rocks), blended with ice (frozen margarita), or without ice (straight up).

“My actual first cocktail was a margarita where instead of the original recipe I made the Sexy Margarita version, this creation was a lucky accident, I mixed the wrong ingredients and it turned out to be really good. So you see it’s totally normal to get it wrong at first because that’s what makes you a good bartender and it’s also important to never give up.”

As the person behind the bar serving the drinks, you learn a lot about body language; meaning if someone likes or dislikes your cocktail you will definitely know by their reactions,” Mario told OZORDI DIMANS.

Throughout his successful career Mario has been able to create a name for himself, and has gotten so many reviews about his cocktail.

“So as a Mixologist, so far I have got some reviews about my cocktail back in the days. Some were good and some were hmm, opposite of good, but I still picked up my shaker and shook up some amazing drinks and I took my pan and cooked up some nice additional ingredients for the cocktail. Basically, I’m inspired by any key ingredients that my hand can touch and whatever I can see, because you can make something so simple be the best drink ever. Take for example from Cuba Libre a drink, dated back in 1900’s from Havana which is simply “Rum & Coke” with a lime slice,” he said.

“My last point that I would like to share to all the bartenders-to-be and the mixologists across Seychelles is, to always continue learning and don’t be afraid to challenge yourself to the great beyond. Cheers to all.”

COCO-PINE COCKTAIL RECIPE

INGREDIENTS

- Takamaka Pineapple Rum 40 ml
- Takamaka Coconut Rum 30 ml
- Sugar syrup 15 ml
- Fresh lime juice 15 ml
- Pineapple juice 60 ml
- Fresh mango 1 slice
- Ice 100 gr

DIRECTIONS

Fill a shaker with ice. Add 40ml of Takamaka Pineapple Rum, 30ml Takamaka Coco Rum, 15ml sugar syrup, 15ml fresh lime juice and 60ml of pineapple juice. Shake well and pour into a cocktail glass. Garnish with fresh mango slice and enjoy.



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Ingredients

SHOPPING LIST

- 50ml Baileys Original Irish Cream
- 25ml Smirnoff/Ciroc vodka
- 25ml espresso
- A few ice cubes
- 3 coffee beans to decorate



Directions

STEP ONE

Pop all the ingredients apart from the coffee beans in a cocktail shaker.

STEP TWO

Shake it up until everything is blended and the liquid is smooth as silk.

STEP THREE



Strain into a martini cocktail glass and garnish with the three coffee beans.

STEP FOUR

It's cocktail time – get involved!



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I ti montre mwan manyer pou fer sak avek lakord nilon ki ganny servi pou anmar bann bwat komodite, plitar mon ti aprann fer sak vakwa avek mon gran manman, e fason trese sa 2 sak i parey, me vakwa li i pli delika e frazil pou travay avek.

En louveraz ki demann bokou pasyans, I pran bokou letan e i pa en louveraz ki mon kapab tay avek.

Pou komanse, mon netway mon vakwa e tir pikan, apre mon met sek dan soley pou detwa zour, apre la mon komans trese.

Anmezir ki mon trese mon ser li, pou fer sir napa bann gran trou vid. I pran mon anviron senk a sis zour pou konplet enn antye.

Ozordi mon annan 28an, apre 14an plitar mon rekomans fer sak, sa fwasi pa koman en pastan me pou ganny en pti reveni.

Nide ti vin apre ki mon ti kit mon karyer koman en zournalis kot stasyon televizyon nasyonal an Desanm lan-nen pase. Monn komanse dousman dousman, apre 14an ki mon pa tin tous li, apre dezyenm lese, in komans vin lo en standar ki mon kapab vann.

Menm si ozordi monn retourn dan sa menm karyer zournalis ankor mon ankor fer sak vakwa avek bi war li vin en biznes reisi en zour.

Monn swazir pou fer sak vakwa koman en lide biznes akoz mon annan abil-



Tir pikan lo son trwa bordir



Netway vakwa ek sifon mouye



Koup vakwa an diferan trans

ite pou fer li, e depi lanfans monn toultan annan en pasyon pou lar e kreativite.

Ziska prezan bann sak ki monn fer, mon kliyan i byen apresye.

Mon mesaz pou bann lezot dimoun se pou valoriz nou kiltir, sirtou pou bann ki pa dan en lanplwa an se moman, sak dimoun i annan abilite pou fer en keksoz, ki swa kreativ oubyen rann en servis ki zot kapab ganny zot lavi avek, alor servi zot abilite pou bouz devan.

Juliette fek anrezistre son biznes Blue-Fire Lady mwan pase.



Tres vakwa



Met vakwa sek



Koud



Rezilta- Sak Vakwa

A POEM ABOUT COVID-19

Planet Later i sipliye

Revey lemond in afebli
Lo vwal sa lannwit,
Lo reyon dart sa letensel
Lo sa pon flotan dan lesyel
Menm lo lezel divan ek letan
Mal sa syek in pran lavol
E komans son trazektwar
Pour bombard e enfekte later,
Koman aminisyon
Bann pti gout delo kontazyè
Ki vin tourmant tou lespri

Lo sak lorizon
En blennket lour e sonm
En latmosfer blende
Ki fer tranble later
E limit tou distans
Ant ou ek mwan
Mon lavi ek nou lavi
Pour protez tou lavi
En flanbe kriz imaniter
Ki anflanm bann laper
En lot sours mefyans

Sor sa deseni i listwar
Bann gran pandemi
Ki'n repet anfler
Bann pti bestyol;
San kontrol
Lagrip Espanyol
Kolera, SIDA, Ebola
E ozordi Viris Korona
Sa kouronn degize ;
Sa lenfeksyon egi
Koman en lerwa
In enpoz son lalwa
E detronn zonn
Priv li son laglwar
Aras li, son lespwar
En kou dir pour zonn

En ladvertisman ki,
Personn pa a labri
Lo tou lekran, sa san papye
In pran teren, e vyol bann teritwar
Kot i pase nek i twis son leren

Dan tou sans i fwet son roten
E san pitye, I frap for,
Tou kous, tou ras
I fer sir ki dan bal kafe napa triyaz
I pa ofer okenn lazistis, okontrer
I ogmant sa lekar e met retar

Lafreyer zonn i monte
Lo zot zenou zot sipliye
Larm zonn i inond later
Anba son lipye, later i grennen
Lo lezel bann lanz gardyen
Zot lam i pran lavol
Anven tou zefor, anven tou baraz;
Devan son pipil en defile lanmor
Dezespere, afebli ankò lo son zenou,
I enpire, sipliye e priye
Tou swe ek rev 2020, ti pou bwar di-
ven
Non pa fer en retour dan tan margoz,
Planet Later in arete, i lo poz
Moman pour zonn osi fer en poz,
E koz koz lo sa letan moroz
Fas avek son laper, reflesir
Lo son vek, son valer ek son maler
Sa dram malere e malsen

Kovid 19, in zwe avek son desten
En mesaz net e kler,
Nanryen pa stab anba lesyel
E pour viv en lavi larkansyel
Fodre viv soley, zekler ek lapli
Kar en sel pti gout ase pour
Tenny laflanm nou lavi

Kovid 19, malgre ou envizib
Ou pwisans, se vir lavi zonn anba lao
Boulvers son laservel anba lao
Ou'n rekree kour son lavi
Ou'n reetabli son nouvo lemond
Son nouvo fason fer, panse e viv
Moman pour li osi sanz son tou ;
Reenvante, inovè, rekomanse e rekree

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2020



Marie Flora Ben David

LENTRODIKSYON

Vizyon
Ganny rekonnet koman sa lotorite lo lalang Kreol Seselwa lokalman e enternasyonalman, e pour li vin sa meyer fasilitater dan promosyon bann lalang Kreol dan lemonn e bann kiltir enternasyonal.

Misyon
Misyon Lenstiti Kreol se pour devlop, prezerv e promouvwar lalang Kreol Seselwa ek lezot Kreol dan lemonn an zeneral, avek bi devlop Kreol koman en lalang maternel e nasyonal atraver ledikasyon, literatir, manifestasyon kiltirel e lenformasyon teknolozi.
Depi le 3 Septanm 2019, Lenstiti Kreol in tanporeman bouz dan en nouvo lokasyon ki baze Providence.
Lenstiti Kreol, ki sitye dan distrik O-Kap, Mae, ti fonde an 1987. I en sant resers e i en mezon-d-edisyon. Sa i vedir ki i fer travay letid lo lalang Kreol, son levolisyon, son devlopman, son promosyon ek son difizyon.
I en travay ki tenir kont lenportans ek rol ki Kreol Seselwa ti pran lo komansman bann lannen 80, pli egzakteman an 1981, ler gouvèrnman ti deklar li langaz nasyonal e ofisyel, lo menm nivo ki Angle ek Franse. An menm tan, nouvo lortograf standardize ti met an aplikasyon. Travay Lenstiti i pran an kont stati, ki fer li sorti konman en langaz pirman oral pour vin en lalang ekri ki servi ofisyelman dan lapres ekri ek medya, e dan tou bann sirkonstans ek lokasyon ofisyel e nasyonal. Deno-zour, i'n osi vin mwayen lekspresyon bann ekriven Seselwa. Lenstiti i pibliy



Lenstiti Kreol

laplipar travay sa bann loter.
An realite, i atas bokou lenportans avek piblikasyon e prodiksyon literatir an Kreol, akòz i sipor ki endispansab pour devlopman lalang. Ziska prezan Lenstiti in fer li enn son priyorite pour ankouraz dimoun prodwir e pour ankouraz kreasyon literer.
Lo kote resers, travay ki i antreprann i port lo bann laspe leksik ek sentaks, savedir lortograf, vokabiler ek gramer,

san bliy tradisyon oral, pour akonpanny li dan son devlopman konman en lalang ekri ki'n fer li posib annan en literatir ekri an Kreol.
Tousala i vedir ki proze resers ek piblikasyon i form labaz travay toulezour ki Lenstiti i fer dan son lobzektif pour devlop e promouvwar Kreol. A kote sa, e lo en baz ponktyel, i osi organiz bann aktivite kiltirel, sosyal e rekreyasyonnel pour prezerv bann eleman nou le-

ritaz ki veikil kiltir Kreol.
An relasyon avek letranze, bann rankont anyel parey bann kolok ek latab ronn avek lengwis, spesyalis ek serser sorti diferan pei kreolofonn oubyen an deor, dan en bi pour partaz leksperyans e aprofondi konnesans lo size lengwistik e kiltirel ki dan lentere komen.
Ler ti formen an 1987, Lenstiti ti fonksyonn avek en lekip 5 anplwaye.

Ozordi lekip in ogmante e i kont en kenzenn dimoun ki fer travay dan bann seksyon resers, literatir, difizyon, promosyon, grafizm ek ladministrasyon.
Lenstiti Kreol I ansarz par en Sef Egzekitif.
Lenstiti in komans travay lo diksyonner monoleng koman en lenstriman travay pour en pli bon letid lizaz ek konnesans lalang Kreol.
Vi son langazman pour lidantite kiltirel Seselwa, Lenstiti i zve en rol ase enportan dan sak edisyon Festival Kreol ki Sesel i organize an Oktob pour selebre e valorize kiltir Kreol.
Atraver bann manifestasyon kin organize, savedir lekspozisyon lo literatir Kreol, lansman ek sinyatir bann nouvo piblikasyon, lekspresyon lar popiler, konpetisyon kwiz enter skoler/enter distrik, konkour diskour enter skoler, Pri Regina Melani e Konkour Antoine Abel.
Deor, Lenstiti in war li enportan pour etabli kontak e antretenir lyen travay avek bann lenstitisyon etranze, ki'n kolabor avek li dan divers fason, parey "Centre d'Etudes Créoles", Eksan Provans, Lafrans; Kreolischer Bibliothek", Anbour an Almanny e pli pre avek nou" Ledikasyon pour Travayer", Moris, e avek bann lenstitisyon Kiltirel Larenyon ek Rodrig.
Avek tousala, e atraver lesanz e dan en lespri solidarite ki bann lyen i kree, Lenstiti i ganny loportunite pour li pli byen al antreprann son misyon dan devlopman, promosyon ek ladefans lalang kiltir ek lidantite Kreol.

ZEDMO

1. Kas serkey manz dimoun mor

2. Kat pile, enn vannen

1. Pistas, bodamyen

2. Seval

LEKSPRESYON IMAZE

1. Ler dimoun pe koze ou pase e zot arete

2. Kasyet toufe ouswa pez nouvel

1. Anba Bol

2. Met anba tape

MERS KI NOU BANN GRANPYE TI SERVI

1. Pa met pake lo latet dan lakaz

2. Pa balye lakaz apre 6er

1. I fer mizer/ anmenn lamor

2. I anmenn la mizer

LAREPONS

How people used to cook using the old 'marmite'

CONTRIBUTED BY THE NATIONAL MUSEUM OF HISTORY

The traditional kitchen was constructed away from the main house which was built using leaves and wood.

The roofing was made of latanier or coconut palm leaves and the partition inside was made with either wood or coconut leaves.

A 'foye' made with stones was built inside whereas 'touk dife' which comprised of three stones was placed either inside or outside the kitchen for cooking.

A small table 'tabli' was made outside the kitchen to put the plates and pots on and 'marmite' was used as a cooking pot. For cooking they used wood or charcoal.

Nowadays the kitchen is situated inside the house with modern conveniences.

The 'marmite' also refers as the cast iron was formally used for cooking over a fire.

It was used for various dishes including curries, roasts as well as roasting coffee beans.



A traditional kitchen



Utensils in a traditional kitchen



'Marmite' Cast iron pot on a traditionally lit fire



'Reso' (Hob)



'Foye' (Furnace)

Student Feature

BY U-ROY JULES

The Seychelles institute of Agriculture and Horticulture (SIAH) is the sole Agriculture and Horticulture institute in Seychelles. The institute is located at Anse La Mouche on the south of Mahe and was established in 1998. It has a land area of over 6 hectares and consist of administration offices and farming areas.

OZORDI DIMANS met with the young and talented student, Emmanuel Chang-Thiou from the SIAH school, who is in his second year studying for an Advanced Certificate in General Agriculture. The Institute is mandated to provide knowledge, skills, and positive attitudes to pre-service learners who have completed Secondary 5 education and willing to have a career in agricultural and horticultural. The Institute's second mandate is to provide training to the farming community, private businesses, parastatal organizations, and the general public through refresher or tailor-made short courses.

Emmanuel is of the opinion that

agriculture should be taught at a very young age and that Government should do more to encourage and motivate young people



to a career in the field. There is a myth that agriculture is an inferior career and this belief is false and should be addressed through education and awareness programs. "I consider agriculture as a major source of food we eat, provide us with jobs and enable us to reduce poverty in our community. As an individual with knowledge and skills in this field I would like to be a teacher to educate learners and make them understand the importance of agriculture to our families, country, and the world" he said. "My family encouraged me to choose this field as a career as I already had an interest in agriculture. The SIAH has been beneficial for me as it improved my knowledge and skills in the field. With such motivation from my family and teachers, I hope to get high results to make them proud." Emmanuel added. He recognized that the Government of Seychelles is working hard towards making this sector a key pillar of our economy. Agriculture contributes marginally to the Gross Domestic Product (GDP) and is important for national food security and nutrition.



A student with a goal

A day at SIAH comprise of agricultural processes, cultivation of renewable raw materials and production of food for humans and animals. The studies are in subjects of economic, technical, biological, and social science. A

Diploma in agriculture will open opportunities for work on large farms in Seychelles. Emmanuel's goal is to follow in the footpath of his family members who have worked in the field of agriculture.



Education

What Seychellois youth want and why does it matters for the future

BY CHRISTINE OUMA

Today’s young people who can imagine a better future are willing to speak up. While they expect a progression, they also recognise the work that has been done. OZORDI DIMANS posed the question “What do Seychellois youth want and why it matters for the future- with regards to education”, to some Seychellois youth, and below are their answers.



Name: Daryl Adolphe
Age: 18
School: National Institute of Health and Social Studies (NIHSS)

I have a number of things to say about our education system. First of all, I believe the academic aspects of our system are good but rather flawed. Yes, there are useful things we can apply later on in life but there are also things that may be irrelevant to some. There are also lessons that are not properly taught or focused on. Even the standard of teaching needs to be evaluated. For example, let us say S1(1). Regardless of students being labelled as the bright kids many in that class will have different learning abilities. To some, topics like the Pythagorean theorem or taxes are easy to understand but there are those who are not capable of processing such information and thus they may require a different approach of teaching to help them understand.

Instead of the one size fits all method that is in practice, could we try looking for different teaching methods for different types of learners? And this translates to homework too, could we find other alternatives?

Like Gardner’s theory of Multiple Intelligence says, “there are different kinds of intelligence aside from the common one, such as visual intelligence (visual and spatial judgment), verbal-linguistic intelligence (good with words, language, writing), and logical and mathematical (good with mathematics and numbers).

I believe a school system should accommodate every type of learner, though this would obviously mean that more resources should be allocated. Moving on to the practical aspect, I believe the Technical Enterprise (T.E) program in schools should have more variety than those already in place. If it is not possible to conduct these classes during school hours, can we look into turning them into Extra Curricular Activities (ECAs) where students can have an open choice about the skills they want to learn.

Lastly, the psychosocial spiritual aspects; primarily ignoring the topics of religion, Personal Social Education (P.S.E) and Citizen Education (C.E). This is an aspect I think is primarily ignored in education, even with these three, it still does not fulfil the requirements of most students.

I am also of the opinion that topics like mental health (what is mental health, why is our mental well-being important, how do mental problems affect students, and what can we do to improve our mental wellness), how can we foster healthy relationships, how can students engage in social interactions which are crucial for a student’s healthy development? These topics are barely mentioned at school yet mental health is important at every stage of life, from childhood, adolescence and through adulthood.

All in all, I believe our education system is good, it has helped raise proud and productive adults in the past, but now with the ever developing society, the ways of the past should only be adopted where necessary. As with an ever evolving society there are ever evolving problems!



Name: Yannick Freminot
Age: 18
School: Seychelles Tourism Academy

I believe that Seychellois students are being exposed to so much knowledge, efficient enough for their futuristic needs. From early childhood learning to attending the professional institutions and universities, students are granted the opportunity to have free education by the government and many are making good use of it.

Some may say the Ministry of Education is not investing enough in education but I am of contrary opinion. Why? Because it is a fact that at least 1 in every 10 students who graduate successfully after completing their studies in professional institutions is awarded a scholarship, especially the ones from School of Advanced Level Studies, Business Studies Academy and Seychelles Institute for Teachers Education and all of the schools are free. This shows that the turnouts on a yearly basis are not bad and this clearly shows that most of the students are taking their education seriously.

I am also of the opinion that the Ministries involved in the development of education in our country should put more effort on restructuring what we already have. They need to trust our students throughout the process because the introduction of new strategies and schemes will only weigh on existing defaults such as: a need to refurbish libraries and book resources, re-planning of time tables to allow students to dedicate enough time to learn their subjects of choice.

To conclude, I think the Seychellois students have been utilizing the available resources to their advantage. We have pilots, doctors, dentists, veterinary doctors, teachers and many other professionals, most of whom have been endorsed by the Ministry of Education. We are all grateful for what is being offered and we would be even happier if it could be revised for future generations.



Name: Magali Jumaille
Age: 22
School: University of Seychelles

I would like the Ministry of Education to consider mental health as a serious matter. This subject can be included in the school curriculum to sensitize students. I wish to see the system put more effort in educating the youths on how to manage different situations and challenges that may arise in our everyday lives.

Schools should also consider teaching financial literacy. Young people need to be educated on the values of money for better management. This will help many understand the different consequences that may arise if money is spent frivolously and also incorporate the importance of investing in their future. This will also help them with decision making in the long term.

Currently these important aspects of day-to-day life are not taught in any of our post-secondary institutions and our youths see themselves facing these challenges with no prior knowledge of what to do or how to react in certain circumstances.



Name: Martina Jane Luther
Age: 21
School: Seychelles Tourism Academy

Basic finance education should be implemented and prioritized at an early age, possibly at the beginning or during the second term of secondary school. Young pupils are not truly ready to manage their finances upon reaching adulthood.

Basic to advanced finance literacy can be made interesting at a young age; for example, budgeting is an everyday activity that would provide students with hands-on learning opportunities so they can use their growing finance skills; furthermore, it will provide parents with necessary items they require to discuss financial topics within their households to their children.

Personally, I remember receiving SCR50 every day for my school expenses. Subliminally I was practicing budgeting as I segregated the money between my bus fare, lunch, afternoon snacks and saving the remaining cash for the next day. Early financial literacy and ongoing studies can help young adults to better manage their money, invest in businesses (if possible), grow their own businesses and also plan how to acquire retirement money. By acquiring financial literacy, most adults, will be able to live independently, hence less reliance on government funding such as financial support or welfare. Having a young generation who has the knowledge to handle debt and credit amongst other important aspects of finance can lead them to take up managerial positions in the hospitality industry, for example, where most top finance managers are foreigners.

I believe teaching financial literacy will aid in minimizing poverty, develop and grow a more financially mature generation. A generation who can manage their expenses and help expand their country’s economy hence maintaining linkage and reducing leakage.

Parents also need to place emphasis on rewarding their children upon successful completion of assessments and exams. They should discipline their children at home to prevent them from becoming bullies to minimize violence amongst children. By doing so, students will exercise more respect towards lecturers. A further reinforcement of stronger relationships between parents and lecturers may help improve student performance. Parents also needs to assist or at least supervise their children while they are completing their homework, to better understand their strengths and weaknesses. It should not only be for teachers to determine the latter.

Florist spotlight

A florist is so much more than a person who delivers flowers. They are stewards of life’s celebrations and most important occasions. Think of Valentine’s Day, weddings, funerals, family gatherings, birthdays, anniversaries among many more reasons to celebrate. Youthline Payet of Flora the Florist has been serving the Seychellois community since 2010.

BY CHRISTINE OUMA



The podium



Florist Youthline Payet making a wreath

A florist is a person who is able to or trained to arrange flowers and other related elements into nice and irresistible designs.

Her business was born out of a passion for flowers. To sharpen her skills, she attended the School of Floristry in South Africa.

"I come from a family of artists, so this also inspired the path I took as well as my creativity," she added.

Youthline sells various types of flowers and floral arrangements, depending on their availability. She has recently imported roses, lilies, chrysanthemums, carnations, solidagos, alstroemerias, cabras, and other types of flowers from the Netherlands. She also buys flowers from Ethiopia and sometimes from Kenya and South Africa. These countries are amongst the largest producers and exporters of cut flowers.

According to her, roses are the most imported flowers in Seychelles. "Many people link rose flowers to love, and the Seychellois like to show and share love", she said. "Sometimes they order flowers for friends and acquaintances to show they are thinking about them", she adds.

When Valentine’s Day comes calling, it means the peak season for most businesses in the lifestyle and leisure industry. Since it is the month of love, flowers take the largest share of this cake. It is no dif-

ferent in Seychelles as businesses take this opportunity to make most of the profits from this special day.

Youthline confirms she makes the most profit during valentine’s season. "Despite the economy having been hit hard by the COVID19 pandemic, this year, individuals ordered flower arrangements above SCR 1000. It was a record because many had ordered flower arrangements costing about SCR 300 in the past seasons. I think people wanted to make up for the months they were unable to buy flowers due to lockdowns which affected many imports," she said. She also confirms most of her clients during this season were men.

Following the reopening of the country, the business is starting to bloom again, she says.

"The Seychellois are currently ordering flowers for the usual occasions, and I also work with some international companies linked to big hotel establishments where I deliver flowers to special guests," she asserted.

In January 2017, Flora the Florist was hired by the Government to provide floral arrangements during the state funeral of Seychelles’ founding president Sir James Mancham.

"This was my first big job as a florist. The order was only tropical flowers. I truly enjoyed it," she recalled. The opportunity opened new doors for her business. "I was flown to Frégate island for a week-long stay to provide floral arrangements to a former Miss Universe (Russia) during her stay on the island."

Flowers are bright, vibrant and delicate. Some people are drawn to them for purely aesthetic reasons while to others, they elicit a direct response from our brains, triggering cascades of happy chemicals and keeping stress at bay. The statement is according to research carried out by Rutgers University and a handful of other, equally well-renowned research institutions.

The research indicates; flowers boost your mood, floral arrangements promote peaceful relaxation, aids memory and recall, aids socialization as well as encourages creative thinking.

These results were tested using a variety of different flowers. Youthline urges the Seychellois people to learn more about other types of flowers to reap their benefits.

Nonetheless, she owes her success to loyal clients who support her business. Despite the effects of the pandemic, which prompted her to move her flower shop home from Trinity House, ground floor, Flora the Florist still delivers flowers to its clients.



A stunning floral arrangement by Flora the Florist



Floral arrangements during the state funeral of Seychelles’ founding president Sir James Mancham



Some people are drawn to flowers for purely aesthetic reasons while to others, they elicit a direct response from our brains, triggering cascades of happy chemicals and keeping stress at bay

Bringing life into empty spaces

CONTRIBUTED BY SANDRA BONNELAME- INTERIOR DESIGNER



Sandra Bonnelame

The number of decisions to make when bringing life into new spaces can be at times overwhelming even for those who love designing. It can be hard to know where to start as there are so many design approaches to consider as to whether it involves refurbishing or starting completely from scratch. In a world where interior design is ever-evolving, a push in the right direction is invaluable. Most importantly, the purpose and importance should come first! No matter how amazing the space may be, if it does not meet its purpose the way you



A calm, warm, natural, minimal and inviting, mood board

need it to, you probably will not end up spending much time at all in that particular space. It is important to plan and design how you will be using the space as this will guide the finishing selections; from flooring, furnishing, lighting and accessories. Each project starts with a plan, so start with gathering inspiration from design sites or magazines that you love and collect them in a folder. Inspiration boards are filled with rooms, furniture pieces, colours, and materials. It is important to be clear, and coherent on your design journey. Your design collection will serve as the foundation of your design plan. This general idea about how to start on an interior design journey, allows you to plan your design project. At this stage do not worry about budgets or measurements, as at this point, it's about enjoying the process.

Five neutrals to try that are not beige

Choosing a colour palette can be a daunting first step when diving into designing a space. If you want to keep things simple without being too bland, there are a few tricks you can try when it comes to selecting a colour palette. Some people are turned off by the idea of a beige look. Sometimes it may seem uninteresting and dull. It is worth knowing however that there are a variety of shades in the beige family that are much more visually appealing than the classic colour you might be envisioning. In the spirit of bringing more interesting suggestions to the table, listed below are a handful of unexpected neutrals that are equally versatile when it comes to simple design.

Purple

Purple might seem like an unexpected suggestion in terms of neutrals and simplicity, but if you select a shade that has a fair amount of grey or brown mixed into it, those will work as neutralizers, and will greatly soften the purple look. If you are interested in experimenting with some purple, you may start with lavender or a warm shade of mauve - these are both gentler, more natural-looking hues that provides just a subtle hint of colour.

Blue-Grey

Blue-grey is an incredibly common pick when it comes to neutral with a twist. This is an especially practical choice if you are working on a master bedroom redesign. Not only does this colour family bring a very soothing, relaxing energy to any space, it is also easy to mix and match with colourful accents.

Grey-Green

favourite colours but opt for a shade that has the right amount of grey or brown mixed in, you are left with a subtler version of that colour, which can then be easily used as your neutral base. This grey-green look has the same soothing effect mentioned above and is a popular pick for bathroom designs

because of the earthy, spa-like effect it adds to a space. **Gold** While chartreuse seems to be one of the new colours for interior designers of late, this shade is a little too bold to work as a neutral. If you start at char-

treuse and work back a few shades lighter, you are left with a soft-looking golden yellow that could easily play the role of a rooms' base neutral. **Warm Grey** Many people avoid the idea of grey because they fear it gives the home

too much of a chilly, wintertime look. If you opt for the more traditional grey shades this may be true, but if you browse warmer options you will be pleasantly surprised with the flexibility the shade offers in terms of a neutral. Warm grey has a very crisp, clean look to it and is a great option for those with a more minimalist taste.



Some neutrals you may consider



EXPRESSION OF INTEREST FOR LEASING OF SPACES IN THE PROPOSED NEW SPF BUILDING, INDEPENDENCE AVENUE (EX-PIRATES ARMS)



Seychelles Pension Fund is launching an expression of interest from prospective tenants within the hospitality, retail and entertainment sectors who are interested in leasing a space(s) in SPF's new building at Independence Avenue.

The total rentable spaces will be available on the following floors upon completion of construction of the building, expected in 2024:

Floor	Total Rentable Area (approx.)
2 nd Floor	1094 sqm
3 rd Floor	1055 sqm
4 th Floor	976 sqm

CONDITIONS:

- Applicants should provide completed bidding document and detailed business plan, inclusive of a proposed floor plan for space to be occupied, and source of funding.
- The cost of all necessary amenities including internal partitioning and interior design will be borne by the successful bidder.
- Rentable spaces available for lease for a minimum of 5 years with options to renew

Seychelles Pension Fund will contact the selected prospective tenant once shortlisted to discuss and formalise the arrangement

Interested applicants should contact:

Mr Vincent Adam, Project Manager on 4295866 or Vincent.adam@spf.sc for a copy of the bidding form, and detailed brief on the spaces available.

Submission of expression of interest, and business plan/concept should be submitted by email to the above contact person or in a sealed envelope bearing the following;

'Expression of interest for rental space at New Commercial Building – Ex-Pirates Arms'

and placed in the dropbox located on the ground floor at Seychelles Pension Fund, Caravelle House, Victoria, on or before close of business on the 9th November 2021.

Please note that proposed requested rentable space and prices may be reviewed and SPF reserves the rights to not accept your bid.

— FINISHED APARTMENTS AVAILABLE TO VIEW —

EDEN VIEW VILLAGE



- New Waterfront Apartments released
- Communal area with mountain views
- Gated security village
- Secure parking and storage
- All bedrooms are en-suite
- Furniture packages available
- Walking distance to Eden Plaza shops, restaurants and entertainment
- Beautifully landscaped gardens
- Views across Eden Marina

OWN
IT
NOW1, 2, 3 & 4
BEDROOMSPRICED FROM
\$160,000FREEHOLD
CONDOMINIUM TITLE

EDEN VIEW VILLAGE

TO BOOK AN APPOINTMENT TO VIEW OR FOR FURTHER INFORMATION CONTACT:

JEAN MARKHAM +248 252 7715 / CHRISTOPHER NEL +248 252 7575
OR EMAIL: INFO@EDENISLAND.SC WWW.EDENVIEWVILLAGE.SC

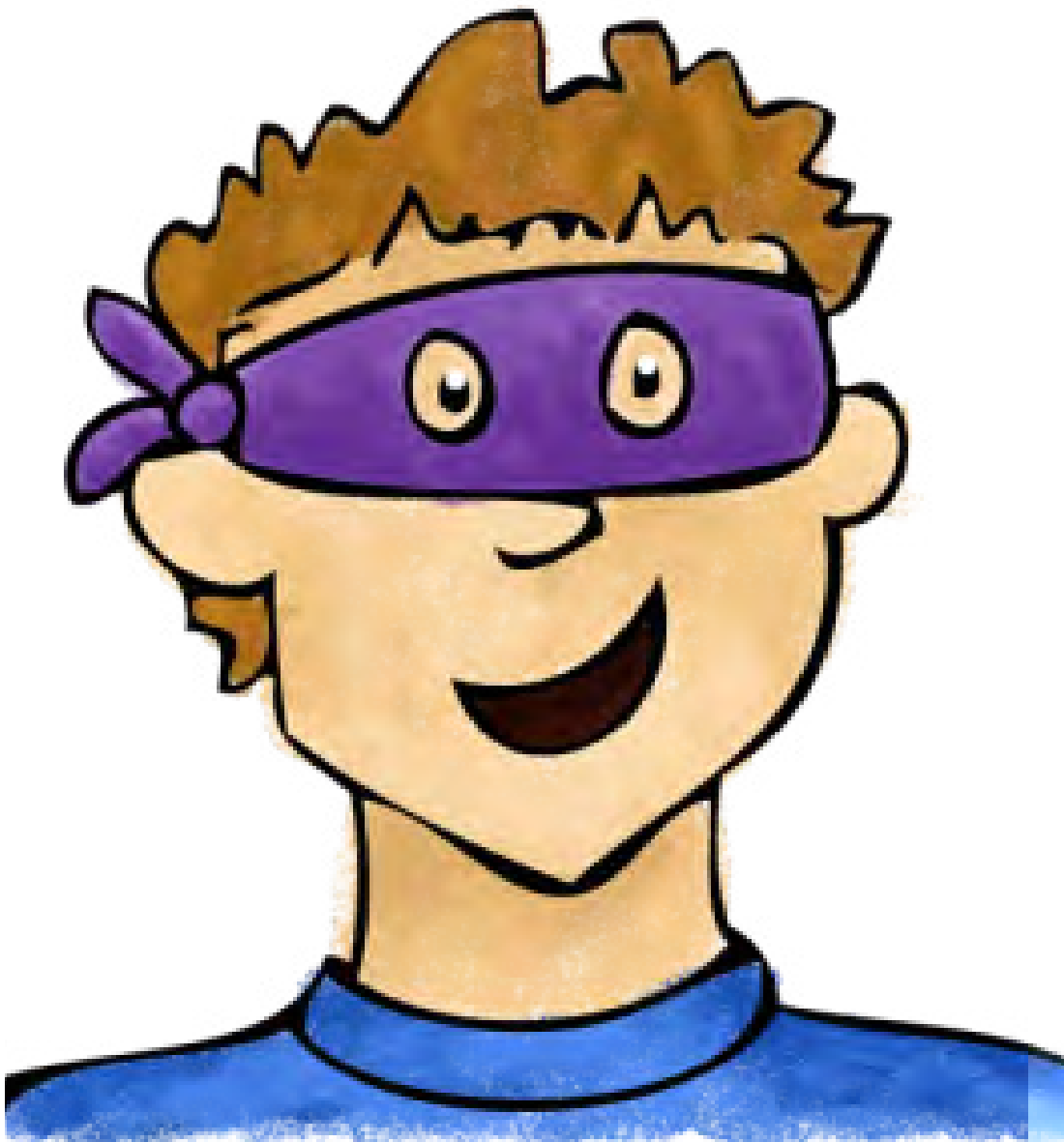
Office hours Monday to Friday 08:30 to 17:00 and Saturdays 09:00 to 12:00



Games

BY CHRISTINE OUMA

Would you rather...



Would you rather wear a Teenage mutant Turtle mask?

This Covid-19 pandemic has brought some major changes into our lives. We are practicing social distancing, seriously cutting down on our social life with friends and trips out of the house. Many families are spending a lot more time at home (practically... all our time at home) as working from home is encouraged especially for non-essential workers.

There have been a few times during this pandemic that games have helped us out, providing a chance to laugh and play together, to do more than chores and jobs, or worrying.

OZORDI DIMANS will be publishing family-friendly games of all sorts that could be played at home during this unprecedented time.

"WOULD YOU RATHER" is a hypothetical played game where players choose which of two scenarios they'd rather do.

Best for: Any number of players with minimum two-players.

What you need: Nothing!

How to play: Take turns to ask each other questions starting with **"Would you rather..."** and ending with two different scenarios. Examples:

(1) "Would you rather have to wear ski goggles for the rest of your life? OR

(2) "Would you rather have to wear a Teenage Mutant Ninja Turtle mask?"

Some more examples below:

Would you rather...

1. Live to be 90 with great health or live an extra ten years past 90 with not-so-great health?
2. Live off of bread only or live off of anything but carbs?
3. Be respected but feared or laughed at and loved?
4. Only travel by car or only travel by plane?
5. Travel in a time machine to the past or the future?
6. Have a butler or a chauffeur?
7. Learn a new talent or perfect one you already have?
8. Live in a comedy or a drama?
9. Have one very close friend or lots of casual

friends?

10. Be sweaty or ashy?
11. Be married to an attractive person with a horrible personality or a not so attractive person with an amazing personality?
12. Eat lumpy porridge or eat sweet potatoes without any drink?
13. Be famous on the internet or in real life?
14. Be smart but a total jerk or sweet but dumb?
15. No one shows up at your wedding or your funeral?
16. Be free or be safe?
17. Give up social media or eat the same dinner for the rest of your life?
18. Have everyone know the details of your finances or the details of your love life?
19. Lose the ability to lie or believe everything you are told?
20. Be left alone when in a bad mood or have someone to cheer you up?
21. Be able to read your partner's mind or have a partner who can read your mind?
22. Be told an uncomfortable truth or a comfortable lie?
23. Give up music or books?
24. Spend two years with your soulmate or spend the rest of your life with a nice partner?
25. Receive a gift from someone or spend time with someone?

The questions can be thoughtful, silly, or completely hypothetical.

Once someone asks a question, everyone else must answer the question. Then another player gets to ask a question.

Another variation for a large group is to have one player draw a question and answer it alone. Then another player draws another question and answers it for themselves, and so on. This could work well if you have more than two persons playing as it's hard to have everyone answer each question.

Note that once you get playing with a good group, the ideas usually start coming to players.

Have Fun!

Kouk

Contributed by Department of Culture

Kouk I en zwe lorizin Franse ("Cache-Cache) ek Angle ("Hide and Seek"). Bi prensipal sa zwe se rod bann manmay kin al kasyet oubyen atrap zot avan ki zot ariv kot en bit (landrwa determinan). Kouk I kapab ganny zwe par nenport kantite manmay a lafwa.

Dan bann lepok oparavan I ti ganny zwe lizour ek osi aswar e par bann garson ek fiy melanze.

I ekziste kat (4) kalite kouk ki ti pli popiler parmi bann zanfan.

(i) kouk kler: kot en dimoun oubyen de i esey atrap lezot. Sa ki ganny atrape I son tour pou tay ek lezot.

(ii) kouk kasyet; Pou sa enn bann lezot manmay I al kasyet e sa enn ki 'res' I konte ziska senkant e kasyet son figir e apre I al rod bann kin kasyet. Ler i vwar enn I devret tay kot bit e 'debiste'(pronos non sa dimoun e dir ezakteman ki landrwa sa dimoun I ete). Si sa dimoun I ariv kot bit avan li, I pa

posib pou li debiste sa dimoun.

Sa enn ki ganny debiste premye oubyen dernyen I vin res pou lot parti zwe. Si personnn pa ganny vwar, sa menm dimoun i res ankor.

(iii) kouk delivre sike; Sa kalite zwe ti pli popiler dan zwe kouk. Pour sa marmay I partaz group an de tim ekzakt. Zot anvoy en dimoun ki tay pli vit pou al sikann lot tim e anmenmtan esey fer mannyer pou atrap zot adverser. Sak tim I kit en lespas ki si zot adverser I sote, I pa pou kapab retournen. Zot ganny konsidere koman prizonyen sa group.

Pou zot ganny delivre fodre en dimoun dan zot tim I vinn tous lanmen enn sa bann prizonyen.

(iv) Kouk Sardin; Pou sa enn manmay tousel oubyen de I atrap lanmen e tay avek lezot manmay san ki lasenn I kase. Bann ki ganny atrape I vin dan lasenn.

En lot fason zwe seki bann manmay ki pe taye, I sorti lo en bit al kot en lot. Bann ki dan lasenn I bar zot dan milye. Lasenn pa ganny drwa al devan oubyen deryer. E zot bouz selman lo kote.



kouk sardine

Source by: Lenstiti Kreol

SANZ EN LET

Sanz zis en let dan sak mo pour fer en lot dapre sinifikasyon ki'n donnen.

Legzanp: kasyet- En respipyan lakwizin : larepons = Lasyet

1. KALOU: En fri _____
2. BATO: En zouti _____
3. KOTE: Aksyon ki fer avek lakord _____
4. PYE: Fer sa avek dibwa _____
5. MOR: En fri ki pa ver _____
6. LOR: Fer avek liv _____
7. LISE: Nou pas dan soulye _____
8. TAPE: Lisyen i fer sa aksyon _____
9. SENNEN: Met dan likou _____
10. SERVI: Sa ki fer fonksyonnen nou lespri _____



BY CHRISTOPHE ZIALOR

For horror fans looking for a pre-Halloween fright, Netflix's new series, *Midnight Mass* might just be the show for you.

The new series hails from the hit show *Haunting of Hill House* and *Haunting of Bly Manor* creator Mike Flanagan.

Midnight Mass tells the tale of a small, isolated island community whose existing divisions are amplified by the return of a disgraced young man and the arrival of a charismatic priest. When Father Paul's appearance on Crockett Island coincides with unexplained and seemingly miraculous events, a renewed religious fervour takes hold of the community, but do these miracles come at a price.

The show stars *Haunting of Hill House* alum Kate Siegel, Zack Gilford, and Hamish Linklater.

"I'm just going to admit it, *Midnight Mass* is my favourite project so far," Flanagan wrote in a letter introducing the se-



ries to the press. "As a former altar boy, about to celebrate three years of sobriety, it is not hard to see what makes this so personal. The ideas at the root of this show scare me to my core. There is darkness at work on Crockett Island. Some of it is supernatural, but the scariest is born of human nature," said Flanagan.

"The darkness that animates this story is not hard to see in our own world, unfortunately," he continues. "But this show is about something else as well... faith itself. One of the great mysteries of human nature. How even in the darkness, in the worst of it, in the absence of light and hope we sing and I hope you enjoy our song," he wrote.

As for the *Haunting* series on Netflix, Flanagan stated that for the moment he has no plans to make a third season. Even though *Midnight Mass* technically is not associated with *Hill House* and *Bly Manor*, there are enough actors from the anthology involved in this new series to make it feel that way.

Desperate Housewives



Lane, it instantly secured must-see status. Here was a show whose pilot opened with suicide and closed with bad words scrawled across a blackmail letter. "Desperate Housewives" masked brilliant episodic drama in a middle-brow whodunit — and tossed in enough playful humor to make it a farce.

The forty-minute show tested our threshold for what seems like every character flaw imaginable: adultery, bribery, pill-popping, manipulation, marital breakdowns, seduction, prostitution, murder, nanny-poaching. These ladies didn't always adore their kids, and they didn't always stay faithful to their families. Half a decade before Tony Soprano was paralleled with Don Draper and Walter White to applaud the male-centric antihero trope, a group of women was, in a refreshing twist, the ones who filled the libertine roles. "Housewives" captured the intense, scheming woman outside the limitlessness of fantasy or the concerted feminism of certain blithe laugh-track sitcoms. In its provocative way, "Desperate Housewives" seemed to say that as long as women are expected to fulfill categorical roles, they would be pushed to all lengths to defeat those stereotypes.

At its prime *Desperate Housewives* was arguably one of the most-watched shows on television. It was a show unlike no other at that time, which was not afraid to go to some deep dark places like widowhood, adultery, coming out, abuse, drug addiction, cancer, and suicide.

The characters are lovingly developed - but flawed - each in their unique way. The setting is almost like a narcotic - the beauty of the homes, both inside and out, their perfectly manicured emerald-green lawns and lush gardens lull you



Approximately seventeen years ago, on a sunny day, in the loveliest of suburbs, in a town called Fairview, housewife Mary Alice Young decided to put a gun to her head and

end it all, instantly a pop-culture moment was born and we began our journey into the lives of four "Desperate Housewives."

When the curtain rose on Wisteria

into a false sense of serenity. But underneath it, all is an electric undercurrent - and that is supplied by the talented ensemble of ladies that make up the cast. The writing is superb and

creative, so the show hums along at a nice place.

If you need a break from Covid19, daily worries, unemployment - the world, then this is the show for you.

My Story

Chantal Elizabeth - 1994 'kata' karate queen

BY CHRISTINE OUMA

In karate, three elements are important, physical strength, spirit and heart.

A karate event aired on television sparked an interest in 10-year-old Chantal to take up the sport. A few days later, she came across pictures of karate sportsmen and women while perusing a sports magazine. This compelled her to ask her father if she could join a karate club in her local community of Perseverance.

Karate is primarily a striking art that teaches practitioners to utilize punches, kicks, knees, elbows, and open hand strikes to disable opponents. Beyond this, karate teaches practitioners to block strikes and breathe properly.

Most styles of karate also extend into throws and joint locks.

The basic goal of karate is self-defence. It teaches practitioners to block the strikes of opponents and then disable them quickly with pinpoint strikes. When takedowns are employed within the art, they tend to be used to set up finishing strikes.

Training in karate generally involves four aspects or fundamentals. These fundamentals are the different forms of movements that make up combinations and techniques practiced in karate;

- Kihon (Basic techniques)
- Kata (Form or pattern)
- Bunkai (Study of techniques encoded in kata or "kata application")
- Kumite (Free Sparring).

Students will practice these basic techniques repeatedly so they become ingrained in the body and mind.

When Chantal joined her Perseverance community club, there were many members, however as the training intensified, the group grew smaller.

"A few years later, I also stepped down from active involvement with the club when I was in Primary 9 and later re-joined in 1991," she explained.

At the age of 19, she was very popular and well known for her 'kata'. With 8 years of experience, she won the Ladies Kumite Jo-Shinmon Shorin Gu most inspiring female student in 1994.

In the early 2000s, Chantal decided to quit the sport.

"I was dealing with certain situations that could not allow me to continue the sport," she revealed. At the time she was leaving, she had already acquired a black belt.

According to 'The Karate Lifestyle', in Karate (as well as in many other Japanese martial arts), kyu ranks are considered student ranks and represent the early stages of practice. The practitioner is then called "Mudansha".

As they progress, karateka (karate practitioners) advance numerically downwards through

the kyu grades, so 1st kyu (or brown belt) is the highest or most advanced "student" rank.

White Belt (6th Kyu)
Minimum time before the next rank: 3 months of active training as a white belt

A white belt symbolizes the starting point or the beginning of the karate journey. Individuals new to karate do not know how to control their minds or bodies yet, so their white belt is a representation of both their pure nature as well as their commitment and determination to learn and

grow through karate.

Yellow Belt (5th Kyu)
Minimum time before the next rank: 6 months of active training as a yellow belt

Like every belt level, the yellow belt is acquired through an exam. At this level, the student begins to understand the basic principles of karate.

Green Belt (3rd Kyu)
Minimum time before the next rank: 9 months of active training as a green belt

The student starts to refine the skills they have learned so far. He or she slowly gets better at protecting himself or herself and at the mechanical execution of the techniques. The green belt is more aware of their opponent's movements.

Blue Belt (2nd Kyu)
Minimum time before the next rank: 12 months of active training as a blue belt

ing as a blue belt

At the blue belt level, the student starts to show more significant control over both his or her techniques and mind. During sparring, they show considerable authority over the opponent. In self-defence, they show more control and confidence. Also, they are more and more adept at countering.

Brown Belt (1st Kyu)
Minimum time before the next rank: 18 months of active training as a brown belt

The brown belt level is the last kyu level. At this point, the student has reached an undeniable level of maturity both in terms of his or her martial skills and mind. Brown belts have a high level of control over the mechanical execution of Karate techniques and are having more and more skills in applying those techniques with a resisting partner. In terms of self-defense, they have a better overall perception of physical altercation and combat.

Black belt

The black belt ranks are considered advanced grades and are categorised on skill level; good, fine, proficient, excellent, outstanding, superb, top-level, etc.

The black karate belt generally symbolises the end.

Injuries may be sustained while practising or competing. Fortunately for Chantal, she never suffered any severe injuries.

"Even when you are competing in semi-contact, and both participants are attacking at the same time, sometimes you get injuries. Thankfully, I never sustained any severe injury, except for a hit on my lips," she reiterates.

It is said that courtesy is a cornerstone of the sport, as both mental and physical strengths are part of karate training. Beginners will first receive lessons on respect and self-control, before ever learning striking techniques.

She affirms karate instilled values such as self-control, respect for life and ability to protect it, perseverance, continuous self-improvement amongst others.

"Compared to when I started in the sport, I do not see many young people joining the sport. And so, I appeal to parents to encourage their children to join karate clubs. Karate instils discipline and if your children follow the rules, they shall grow to be disciplined and well-rounded people," she urged.

Chantal is a mother of one. Her daughter is also involved in sports namely swimming and dancing. In a 1994 Seychelles National Sports Council(NSC)- Athlete's Profile, Chantal was described as a sportswoman who, "displays exemplary behaviour both in and out of the dojo".





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