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# EDITOR'S *Note*

## Social Perception and Categorization

We live in a fast-paced society where everyone is busy rushing to work, attending to their family, catching up with friends for drinks or dining out on the weekends.

While most of us are preoccupied in our own little world, we have also become blinded to our social environment. I would venture to say that a significant percentage of our population does not have the luxury of enjoying what many of us take for granted. Many in our society today are quick to judge and have the perception that the down-trodden deserve their fate. But the reality is far more complex than what we see or want to believe.

Today, I will chat about social perception and categorization. It means how we perceive, interpret, categorize, and form impressions of people in our society. Realistically, 99% of the time, this process occurs automatically and consciously within a few minutes of meeting or seeing someone. We make rapid decisions and judge irrationally, which often can lead to misunderstanding, stereotyping, and sadly, prejudice towards others. This happens because social situations can be influenced by our own personal characteristics and expectations, categorized by others' physical appearance, ascribed attributes, verbal and nonverbal communication.

One common barrier I have noticed in our society is how people stereotype individuals, groups, and classes of people. This happens because it is easier to judge than get to know the person or group. Let me share some of my own personal experiences with you today.

When I drive, I like to observe people by the roadside. One particular sight that touched my soul was watching this gentleman carrying a huge red bag filled with plastic bottles from town to Providence in the hot sun. Though he may never be recognized by those who sped by him, it is a herculean task for someone to do what he does in this day and age. It is arduous work, reminiscent of our ancestors who used to carry heavy burlap (gunny) bags of cinnamon barks or coconuts on their heads every day.

Though we do not know him, he too has a story just like any of us. Most would categorize him and have the same perceptions about who he is. Why? Because he is a nobody to us, and who cares, right?

Well, that should not be the case if we were to look beyond our own insecurities or prejudices. Instead, we should be able to see a courageous, reserved man who puts his pride aside, despite the onlookers eyeing him apprehensively while he searched a trash bin for plastic bottles. In my eyes, this "unknown" man contributes more than many of us towards a sustainable, greener Seychelles while he does his best to eke out a living. Does anyone know how he feels? How many of us have ever said good morning to him or given him a lift at the back of a truck to his destination? Sometimes a simple good morning or a smile to a stranger goes a long way to show appreciation to others.

Take a few minutes to ponder.

How about the Bangladeshi expatriates who remove the trash from our doorsteps and sweep our town early in the morning to maintain our country's reputation? They do the job so professionally that I admire their efforts and politeness. Have our Seychellois people been looked down upon for doing this job or fear being socially categorized? Our society must realize that our country will not sustain itself if everyone is wealthy and holds a prestigious position; we will crumble like the Jenga blocks. So, it is thus time to stop believing that someone who collects trash, collects plastic bottles, or cleans fish at IOT is inferior to others. People sometimes enjoy what they do, but personal perception and social categorization discourage many from taking up these roles. Our society needs a mindset change. It is important to respect others for who they are and not for what you think they are or should be. We need to stop stereotyping others for unperceived reasons as it creates prejudice in our community. At the end of the day, we should ask ourselves a simple question; who are we to judge another?

I encourage grandparents and parents to look into the mirror, to remember where they came from, and share their stories with their children and grandchildren, with the hope that they will hand down important values to the next generation who can cherish and relive these stories one day. Most parents nowadays do not allow their children to meet people in their community, whereas most youngsters are too busy mingling with people or avatars virtually as they shy away from physical beings. Who created this and when did we become so disconnected? Perhaps it is time for a "human reconnect" and by doing so, we can help to alter these perceptions that have been deeply ingrained in the minds of the 21st-century generation.

Now I will share my secret; whenever I feel disconnected from my culture and people, I escape to the Sir Selwyn Selwyn Clarke Market. There, I can converse with ordinary people selling their flowers or fruits, fish and vegetables. They are always so welcoming, and never complicated. Most like to share old stories while reminiscing of their younger years. Here, you will see people of all ages come together as one, and it is a place which transcends class; no distinction between upper class or working class here! It is the place where I can be myself and truly connect to my past and appreciate our culture. It is the most beautiful and fulfilling feeling for me, and the camaraderie and ambience are exhilarating yet so simple. Our market is still our little gem that keeps our traditions humming. With its hustle and bustle, coupled with the colourful Creole language, it is truly and uniquely Seychellois.

Sadly, many of our children and the younger generation do not know nor do they frequent our Seychelles market. To parents, this place has more to offer than shopping for fruits and vegetables. So, take your child on a memorable trip to the 'bazar' on a Saturday morning. Allow your children to experience and connect with their people and culture, just like we did with our own parents and grandparents of yore.



Photo Credit: Marsha Dine

Next time you stop by the market, make sure you look out for one of our local celebrities. In this week's edition, we bring you David Louise's story. A man well-known for his famous quote which went viral on social media: "Pran ou en desizyon" (meaning "make a decision", which resonates so much better in our native language). You are probably wondering why David is dressed up as a boxer on our cover image? We have a surprise; find out more as you scroll down the pages.

As Halloween is around the corner, meet Abu-Anas Servina, who explains the concept behind witchcraft in Seychelles. We also found Mama Yolanda, a 76-year-old Seychelloise running Boko Boko Restaurant in Mombasa. Next time you visit Kenya, stop by Mama's place to say hi or enjoy a traditional Seychellois cuisine. If you do, do not forget to email *OZORDI DIMANS* to share your experience.

Chang-Leng & Wong and Christen Chambers bring some serious advice to the table in our Law and Advocacy page, while you check out and reminisce over popular hairstyles in Seychelles back in the day.

For our adventurous sea lovers, plan a professional dive experience to discover the hidden treasures of "The Aldebaran" and "The Twin Barges" wrecks at Beau Vallon. Later, stop by the Hilton Northolme to meet Chef Manuel for an exquisite dinner.

Check out "Les Romances", a traditional singing style in a poetry form popularly sung by an elderly or mother of the bride at her wedding reception. Oh, the wonderful memories of strained, high-pitched vocal cords...

Finally, *OZORDI DIMANS* remembers Mr Jacob Marie, alias "Ton Pa" in "Treasures of the Past", a truly unique music veteran who will forever remain in our history.

Before I sign off, I want to thank everyone who sent messages of congratulations on the launch of *OZORDI DIMANS*. We appreciate your positive notes as they serve to motivate our team and encourage us to do better. For now, I hope you enjoy this second edition as much as you did the first and I wish you a "Bonne Dimanche".

  
Veronica Maria  
MANAGING DIRECTOR & EDITOR



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A witchcraft setting

BY U-ROY JULES

Both the Quran and Hadith make reference to witchcraft and the evil eye as well as to supernatural beings known in Arabic as jinn (the origin of the English word genie). Jinn or demons are normally invisible to humans; the Jinn are part of God's creation. They were created from the fire before the creation of Adam and humankind. Locally we have religious leader Abu-Anas Servina who graduated from the King Abdullah University of Science and Technology and is a specialist in Jinn. For 17 years Abu-Anas has devoted his life to protect the community against malicious witchcraft. "Religion remains a powerful influence on notions of health and disease. However, according to Islamic belief, jinn is a real creature that forms a world other than that of mankind, capable of causing physical and mental harm to human beings. An example of such harm is a 'possession' which is destroying many families," Possession is the belief that an individual has been attacked by an alien spirit or other parahuman force, which then controls or alters that person's actions and identity. To the observer, this would be manifested as an altered state of consciousness. According to Abu-Anas, possessions, locally is more common in women and marginalized groups. Spirit possession generally occurs in cultural contexts in which the self is more likely to be fragmented. "It's so easy to become a witch doctor by just using words and action against God. By this you are calling upon the Jinn to take control of your life. Witchcraft can easily be done by having only the name, hair, blood of a person, and make him sick or develop another disease which doctors will find hard to diagnose. Sometimes it's even too late to save that person from malicious witchcraft," he said. Being possessed by demons or evil spirits is one of the oldest ways of accounting for bodily and mental disorders. The idea that



Courtesy History of Seychelles

spirit possession and mental illness are related has a long historical legacy around the world. Throughout history mental illness has been attributed to demonic possession.

**Ghost Stories and More**

There is also a lot of superstitions in Seychelles, dating back to when the African and Malagasy slaves first inhabited the islands with the French. This goes hand in hand with Gris Gris, the 'black magic' of Africa. Its popularity rose so much that in 1958, the government banned sorcery of any kind.

**Seychellois are still superstitious. There's a tradition of watching over bodies of dead family members to help make sure their soul does not become a zombie, in Creole a 'Dandotia'.**

But the most common problem in Seychelles is witchcraft, which is becoming more and more common throughout the community. The government must pay close attention to such malicious acts currently affecting the community. OZORDI DIMANS sought the opinion of passers-by in the Market Street on this important subject. A shop vendor, Lita Marguerite said that believing in God will prevent all sorts of malicious witchcraft. "Witchcraft claims that cooperation with evil, or the devil gives supernatural power to those who exercise its so-called authority. But through Christ, the truth of God, divine love, we can recognize the erroneous nature of this belief and protect ourselves from it. I believe malicious practice, should be dealt with and many families

(Continued on Page 6)



# THE CONCEPT OF WITCHCRAFT IN SEYCHELLES



Religious leader Abu-Anas Servina



Andre Servina



(Continued from page 5)

lies are also spending a lot of money through or against such practice. "she said. Another passer-by, Andre Servina, also a shop vendor added that witchcraft has existed for so many years, and still exists today. "If you believe in your creator, the devil will never penetrate your soul. Belief in witchcraft works through fear and hate. It appears in various guises. Locally, for example, one of the beliefs associated with witchcraft is a belief in the divinity of one's parents. But whatever specific form witchcraft takes, the right understanding of God exposes the illusory nature of its so-called origins and shows us that because God is good and is the only power, evil has no real origin or power," he said.



Lita Marguerite



Witchcraft tools

## WEEKLY REVIEWS

### What made TODAY's headlines this week?

#### Seafarers to receive their dues

At a press conference held on 7th October following the 8th political dialogue, the Designated Minister and Minister for Fisheries and Blue Economy, Jean-Francois Ferrari gave a positive response on the subject following the delayed payments to seafarers by the European Union. Although he did not go into details, he stated that the Ministry of Fisheries and the EU have reached an agreement in principle whereby the EU would grant the Seychelles government the possibility of using a sum of the EU money to compensate the fishermen.

#### Seychelles surpasses 2020 visitor arrivals

On 11th October, the country celebrated yet another milestone. Disembarking from the Qatar Airways flight was the 114,859th visitor, thus officially surpassing the total number of passengers that had arrived in Seychelles in 2020. The lucky couple, Tim and Marlien Gentges, were greeted with an ensemble of traditional music and a bouquet presented by the Principal Secretary of Tourism, Sherin Francis. For the year 2020, 114,858 visitors had disembarked into Seychelles.

#### Transparency Initiative Seychelles (TIS) expresses its concerns about the amendment to the Public Persons (Declaration of Assets, Liabilities and Business Interests) Act of 2017.

In a statement dated 12th October 2021, the Board of Transparency Initiative Seychelles (TIS) expressed its concerns about the amendment to the Public Persons (Declaration of Assets, Liabilities and Business Interests) Act of 2017, whereby spouses and household members of high-level government office holders are no longer required to declare their assets. The Bill was approved by the National Assembly in its 22nd September 2021 session. The Board stressed that prevention of corruption and exposing the unexplained wealth of public officials in positions of trust are of genuine legitimate public interests.

#### Chaos at Perseverance

On Tuesday 12th October, police arrested eight people, three of them were minors. This was a dispute between two families who were attempting to deliberately damage each other's homes. The incident was triggered by one of the minors who had recently been released from police custody, for starting a similar quarrel. This time the Police have confirmed they will be bringing a harsher charge and they are hoping to receive a conviction so that he will remain in Police custody until his appearance in court on October 20th, 2021.

#### Batch of Ceres apple juice recalled over elevated levels of toxins

APEX, the official distributor for Ceres brands, is asking customers who have purchased the 100% Apple Juice Ceres with the single unit barcode 6001240200018 to return the product after they were alerted by the National Consumer Commission (NCC) this week that the product contained elevated levels of mycotoxin patulin. They will thus receive a full refund.

#### Part of Le Chantier Mall goes up in flames

In the afternoon of 15th October, a soon to be opened lounge went up in flames at the Le Chantier Mall. The building which comprises of different organisations and shops was evacuated immediately. The cause of the fire is not yet known, at least until the investigations are completed. According to the Police, as a result of the fire, three people were rushed to the hospital. Two women were later discharged, whilst one man of Indian origin, is in the Intensive Care Unit and his condition is considered critical.



# OZORDI DIMANS; The new voice of Seychelles Publication

BY CHRISTOPHE ZIALOR

It's not often we get to say it, but a brand new magazine has just been launched in Seychelles, for our local and foreign readers alike. Not only that, *OZORDI DIMANS* is the first and only digitised Sunday Paper in the country.

Following our successful launch on October 10, *OZORDI DIMANS* quickly became a must-read weekly. Here is what the public had to say about the first edition.



**James A Michel**  
Former President of the Republic of Seychelles

*OZORDI DIMANS* is more than a welcome addition to the local media landscape, which was sorely lacking a Sunday paper. I have read the articles in your first edition of *OZORDI DIMANS*. They are wholly absorbing! I find them to be thoughtful, insightful and entertaining. There are features to please every taste and interests.

I do realise the enormity of the work and the effort that goes into such a publication, and the deadlines that you have to meet. I can only commend you for the excellent work that you are doing and wish you every success and perseverance in the tasks ahead.

Finally, I wish to congratulate TODAY and the whole team behind this wonderful initiative.



**Lehka Nair**

Bravo on this new Sunday edition. A great read for the weekend! Congratulations to your wonderful hard-working team.

**Alain Butler-Payette**  
Bravo!

**Stanislaus Issa Olonde**

Wow! I went through it and I can confidently assure you that this is an AWARD winning MAGAZINE. Kudos to the team who worked tirelessly to come up with this unique creativity. Keep it up!

**Anne Lafortune**  
Interesting read for a Sunday. Well done.



**Danny Faure**  
Former President of the Republic

Congratulations to Today on your new initiative! I really enjoyed reading the first copy of *OZORDI DIMANS*. I wish the team all the best.

**Audrey Annette**  
Great initiative and Happy Sunday.

**Patrick Muirhead**  
Very polished looking.

**Kethleen Esparon**  
Congratulations! Indeed TODAY Publishers is the first-ever seven-day publication in Seychelles. I have enjoyed reading "OZORDI DIMANS", which is a very colorful, interesting, informative and thrilling Magazine. Wishing "Today in Seychelles" staff all the very best in their careers and thank you for providing us with the recent and latest News...Adverts...etc.

**David R. Hughes**  
Congratulations and well done for an excellent informative publication.

**Gilbert Frichot**  
Congratulations to the Today team and great initiative.

**Mohsin Ebrahim Abul Fadl**  
Hearty congratulations. Your perseverance despite all odds paid off in the end. Truly amazing issue.



**Patrick Victor**  
Thank you very much and congratulations. I still remember holding the first TODAY. Wow. Bravo and best wishes.

**Michelle Lafortune**  
Very good initiative.

**Raj Meetharban**  
Kudos on creating this wonderful new product. Ozordi Dimans is a sure winner. One major point is its distinct identity. The Sunday edition is markedly different from its daily counterpart both in content and layout. It is thus likely to attract readers beyond your loyal audience.



**Rassin Vanier**  
Chief Editor Seychelles News Agency

It's something new for the weekend to relax, and discover more about our country. The content is very interesting and easy to read. My only complaint would be that it has too many pages.

**Kate Carolus**  
A nice Sunday morning read. Congratulations on a great first edition. The variety of content differentiates it sufficiently from the 'daily'.



**Ralph Volcere**  
I think that the Sunday publication is a great edition and good initiative on TODAY publishing's part. It was much needed and I'm sure people will look forward to it every week as it is a big read. The content is great and very good for our country as it makes our media landscape vibrant.

**Jemma Simeon**  
Good initiative and thanks for sharing. Teaching and learning amidst the Covid-19 pandemic would make interesting reading as well.

**Robert Grandcourt**  
Congratulations!



**Veronique Laporte**  
Chairman Air Seychelles Board

Congratulations to the team.

**Aubrey Lucas**  
Fantastic and great job.

**Gafoor Yakub**  
Good initiative.

**Anna Marzocchi**  
That is a great initiative and fantastic.

**Valli Ismael**  
Thanks for another great product from you. Fabulous Sunday reading.

**Menatie Verghese**  
Great initiative! It's so visual, featuring interesting everyday good life stories that are generally missed during one's busy and stressful week, with no lengthy articles.... easy reading for a relaxed Sunday morning. Well done Team!

**Bernard Georges**  
Well done TODAY!

**Jeff & Doreen Payet**  
Melbourne Australia

Thank you for the first publication of the Sunday issue. Well done and keep up the good work.

**Darell Bristol**  
Congratulations on the new print and for filling a void.

**Thresa Humphrey**  
Wow this is truly amazing news. I will definitely be reading it. Keep up the good job.



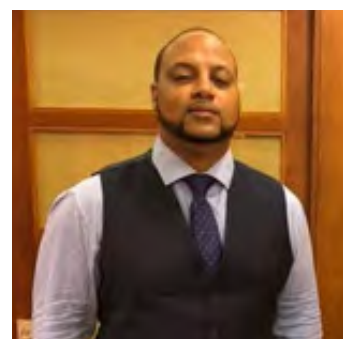
**Wallace Cosgrow**  
Congratulation on yet another great achievement.

**Susan Butler**  
Congratulations on the launching of your new Sunday paper, *OZORDI DIMANS*. Well done. Looking forward to reading your intriguing articles.

**Jeanette Larue**  
Bravo to the team at Today.

**Iris Carolus**  
Thoroughly enjoyed the first edition. A lovely Sunday morning read! Keep up the good work!

**Peggy Marie**  
Thank you for *OZORDI DIMANS*. It is a great initiative and much appreciated. Wishing you much success in the publication.



**Oliver Bastienne**  
Thank you. Great and positive start, finally something to read on Sunday morning that's local. My only suggestion would be to rearrange the pages so readers who like to read business, for example can find all the content in one category. It also has too many pages. Will the readers appreciate all the stories? Otherwise congratulations to the team. I look forward to future collaborations.

**Frank Elizabeth**  
Great issue. Really enjoyed it. Well done. Good initiative.

**Wellington Manjengwa**  
Very well done on this milestone, I've just gone through the publication, it's a beautiful magazine and very informative. Great job to you and the team behind this.

**Marie – Michelle Joseph**  
Thank you Today! Very nice and interesting edition.

**Valerie Bresson**  
A great first edition.

**Lucie Mein**  
Thank you and it's a great idea to have a Sunday paper to relax with. Will enjoy reading this.

**Joel Morgan**  
Impressive.

**Jean-Paul Barallon**  
What a great initiative. Congratulations from Australia.

**Lucie Lucas**  
Good initiative for TODAY, keep up the good spirit and team work. Congratulations.



**Alain St. Ange**  
The new Sunday newspaper which was issued for the first time last Sunday is indeed a welcome publication. Sunday is a relaxing morning and being able to sit with a newspaper is not only good but keeps one updated on latest news and developments at a time when no one is pressed and running. The content of the first issue provided a good mix of quality editorials of current matters. I would suggest a half page of current world news of Saturday night could be worth exploring. Congratulations to the Today publication and to the team standing behind it. Well done!

**Wendy Payet**  
Wow! This is a great initiative and well done to your team!

**Capt. David Savy**  
Great initiative.

**France Bacas**  
I applaud the launch of your first publication of the new Sunday paper, *OZORDI DIMANS*, with great sincerity. I must admit that it makes interesting reading on a Sunday morning. With the introduction of this first Sunday newspaper I am sure that Sunday in Seychelles will not be the same again - kwar mwan!

Also, I have taken the liberty to share it with a few of my colleagues in Australia and USA – it's not something that I practice – and I have received encouraging feedback. Honestly, I can imagine how hard you people have worked to make it happen. You deserve all the success that comes with it – determination and hard work makes all the difference! By the way, the stories of 'the tales of an old fisherman' – an old boy from my hometown 'English River'; and also from 'beach boy to business owner' I think were brilliant. If there is any justice, the success of your new Sunday paper would keep all readers well beyond the forthcoming years. Sa mon kwar osi!

It is also in my opinion that, with copies of *OZORDI DIMANS* at the hotel foyers and receptions the foreign tourists would be attracted to it. After all, remember that Europeans enjoy their Sunday papers in the morning. As for me, I cannot wait for next Sunday! Wish you all the best.





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# TASTY BURGER



NEW  
MENU







Mama Yolanda proudly presenting her pwason creole fish in coconut and chicken creole dishes.



Sega performance during Seychelles Independence day celebrations dinner at the restaurant.



Entrance to the restaurant.

# Daring Abroad

BY CHRISTINE OUMA

**Y**olanda Firth is a Seychellois running a successful restaurant business in Mombasa, Kenya. Founded in 1975, Boko Boko Porini, Seychellois Restaurant offers the finest Seychellois cuisine and continues to draw diners from around the world. The restaurant is located at Kanamaj, about 25 kilometres north of Mombasa on the Mombasa-Malindi highway.

## Tell us about yourself?

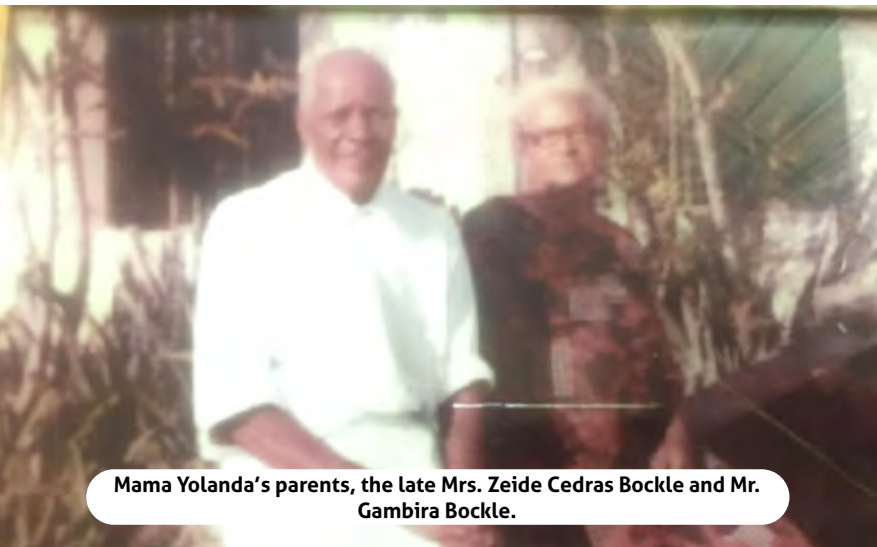
I was born in 1945 in Kwale in the South Coast of Mombasa on a remote farmland in the countryside next to the Marereh Springs. I am the 9th child and I had 11 siblings and my late parents were Zeidi Cedras and Thadee Bockle they got married in the 1920's. My mother, a native Seselwa was an orphan and lived in a missionary convent in Seychelles. The missionaries arranged their marriage and my mother made a voyage to Africa to meet her future husband who was also brought up by the missionaries and he later worked as a cook in the parish. This is where my culinary skills come from.

## What was the idea or inspiration behind establishing a Seychellois restaurant in Kenya?

My dream of having a restaurant began in the early 1970s. Both my late husband and myself had great love for different foods and we were always having luncheon parties and outdoor barbecues with friends and relatives. Sadly, in May of 1975 I unexpectedly lost my husband to illness. We had just begun to lay the foundation of our business that today stands as the Bokoboko restaurant.

## What was it like in the beginning? Were there any unusual challenges or advantages?

I certainly had my share of challenges at the time. Being a widow and a single mother of four young children and expecting our fifth child was not easy for me both emotionally and financially. Back then, it was difficult for a woman to start a business let alone having to shift from being a housewife to tending solely for my children. However, on the upside, I am thankful for the moral and financial support that I received from close friends and relatives who were really supportive. I indulged in various farming activities such as, growing bananas, vegetables and



Mama Yolanda's parents, the late Mrs. Zeide Cedras Bockle and Mr. Gambira Bockle.

other cash crops such as poultry farming to earn an income and to continue with the completion of the restaurant.

## What are some of the Seychellois dishes you specialize in and what is your signature dish?

We specialize in various types of meals from beef to vegetables, but the main dish is fish. A family recipe from my mother called "Pwason Le Coco" and other popular dishes such as "Mahe Beef" and seafood platter including another the favourite "Zourit Le Creole" with Mayoke (cassava). There is also the "Poule Tamarind" (chicken in tamarind sauce).

## What are the stories behind some of these dishes?

All the dishes names have a personal story behind them but truly they are mostly related to my late mother who prepared these Creole meals for us as children.

## Which Seychellois spices do you use in your dishes and do you import them directly from Seychelles?

I prepare our own unique spices with the same ingredients that are available in Seychelles that is a mixture of various condiments in roasted coconut and the mixture is grinded into a fine powder to get the exotic taste and aromatic type of Creole masala.

## How did the Kenyan people and tourists receive your restaurant and how has that changed over the years?

It has truly been a blessing from the very first day I opened the doors to customers. 31st of December 1975, the date which I vividly remember when we ushered in the new year of 1976. I am grateful to see the customers coming regularly to the restaurant and also to be able to still

serve our meals to younger generation.

## Why do you serve dishes on banana leaves? Is it to enable your guest to experience the traditional Seychellois way of life or are there any other reasons?

Serving part of our meals on freshly cut banana leaves is in itself a native form of hospitality. It is not only natural, authentic and inexpensive but also exotic. Not to mention that it is also paper free, environmentally friendly and sustainable.

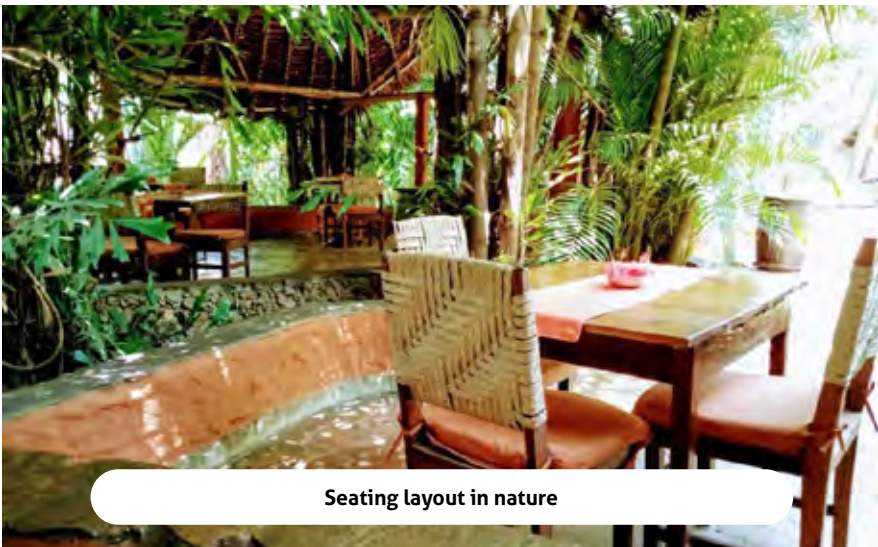
The significant values that have kept me in this business are: appreciating the combination of two cultural ethics of both Creole and Kenyan.

## Does the architecture of Boko Boko Porini, Seychellois restaurant also represent some features of the traditional Creole architecture? How does this add on to the overall Creole experience?

Yes, it does have architectural and structural features of Creole designs with high raised thatched roofing, wide open space, the landscape of flora and fauna (fish ponds, bamboo thickets and wide range of trees and shrubs).

## You have probably served visitors from around the world, what are some of their reactions when they taste the Creole cuisine and do, they feel that they have had a taste of Seychelles through your meals?

It is always a delight to see the visitors enjoying not just the pure taste of the Creole dishes but also the ambience and



Seating layout in nature

atmosphere of the place. We have had many good comments from visitors who say that this is like a place they visited back in Seychelles! Today, I am glad to say that we have been visited by Heads of states, Diplomats and even the Seychelles

Consulate, VIPs and prominent local people alike.

## Do you frequently receive Seychellois at the restaurant?

The catering business that I got from my parents. Using and incorporating locally available ingredients to prepare the meals at the restaurant. The location of the restaurant along the coast makes it easy to obtain fresh fish daily.

## What personal time management tools and strategies do you use to keep up with the busy life of an entrepreneur?

Most important is to prioritise my time. I get up at around 5.30 am and start with the home chores and have breakfast and head to the restaurant and organise the workspace and delegate tasks so as to make work easier. I believe in getting up early to accomplish as much as I can for that day. I plan wisely how to use my time as I am not only committed to the restaurant I am also a member of various projects in the local community.

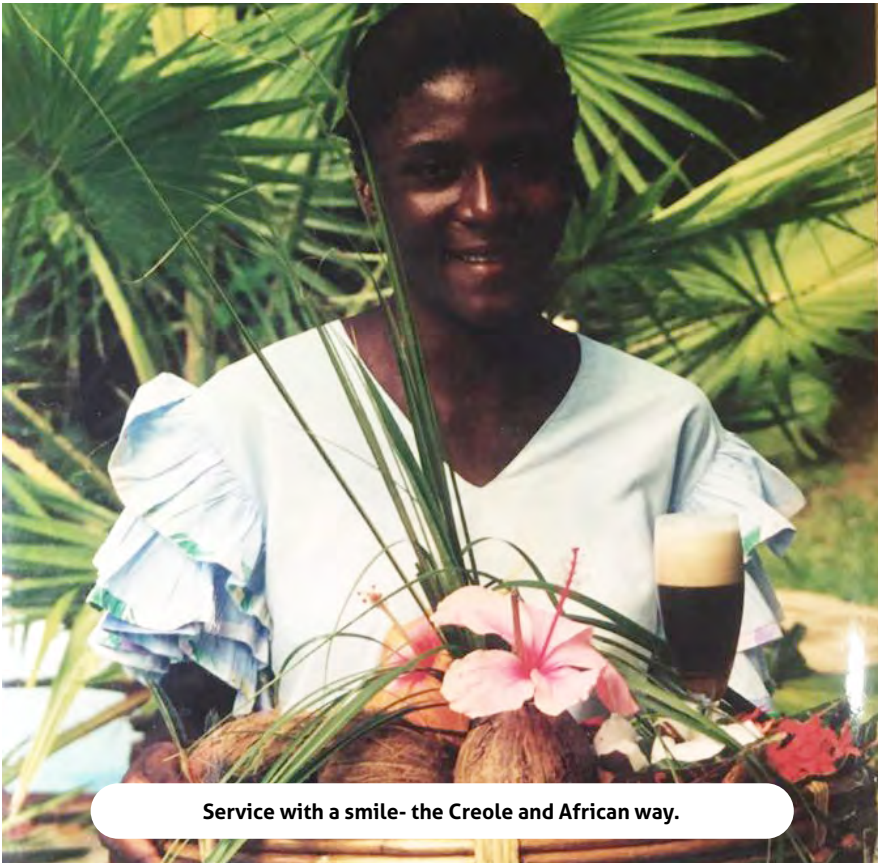
## Do you have any Seychellois chefs in your team or did you offer training to your Kenyan staff to do the job?

All the staff are Kenyans and the chefs are trained at the establishment and are trained to prepare a variety of meals that are incorporated in our menu.

## How often do you visit Seychelles?

I must say, not as often as I would like as it is not easy to be absent from the restaurant for long periods of time. It is paramount to be on the premises to ensure the smooth running of the daily operations at the restaurant. The last time I was back in the Seychelles was with my two daughters who persuaded me to take a break and there I celebrated my 74th birthday.

## Seychelles is known for its hospitality and tourism; did that have influence on your business?



Service with a smile- the Creole and African way.



It most definitely had a positive impact as I embraced both the Creole and Kenyan historical hospitality in an industry that in turn was linked to tourism. I was fortunate enough to be able to serve the travellers with food, drink and accommodation with cheerfulness and open-handedness.

## Apart from food, what other hospitality-related services do you offer?

We introduced over time services related to accommodation facilities, short African safari excursions, fishing and boat trips along the creek and one day tours of the town. We also train school leavers who are interested in careers in the catering and hospitality industry.

## Describe your typical work week?

From Mondays to Fridays I get up at about 5.30am.

Daily checks, store and stock taking is done. I go shopping for kitchen provisions. Orders are made for fresh products such as fish and chicken. My afternoons are spent in my garden nursery and I also carry out inspections of the grounds. The weekends are the busiest days as we tend to get many guests for family lunches and also visits to the tortoise and crocodile sanctuary.

## How has the Covid-19 pandemic affected your business?

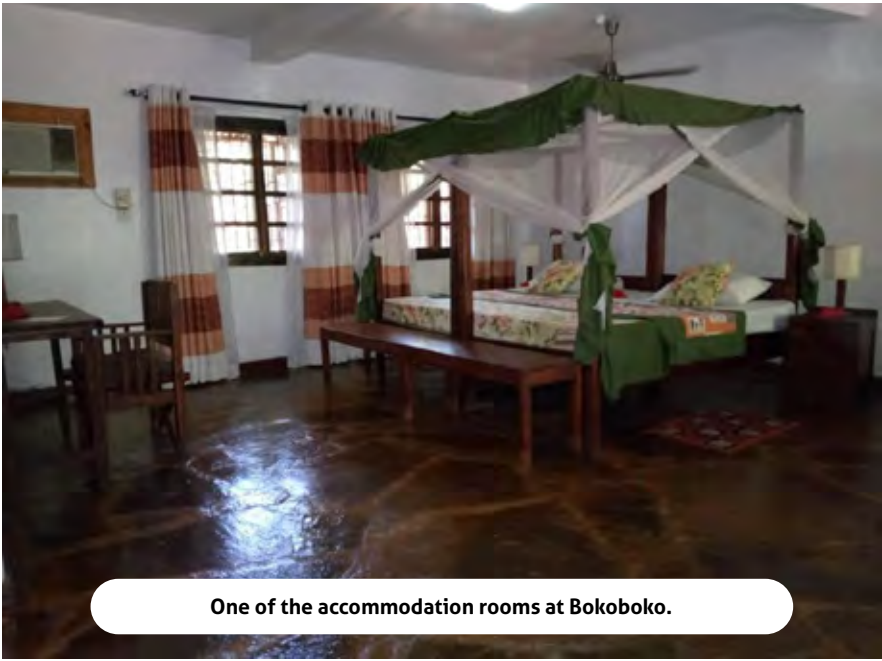
It has surely affected the business in many ways both socially and economically but we are able to adjust accordingly to implement the Covid-19 protocols. Of course, we now have fewer customers than before but the number is steady as we are utilizing more outdoor space for social distancing and providing more take-aways instead of our usual table service. The restricted business hours have affected the business too and so the time is now spent on the farm selling coconut seedlings and other plants from the nursery to meet the daily costs.

## What advice would you give to other Seychellois entrepreneurs starting out in the restaurant business abroad?

One must be passionate, have the drive and self-motivation. If you can make the personal sacrifice to work hard while enjoying every moment of it and warmly embracing cultural differences and similarities, that I believe can be the recipe for success!



A typical buffet setup of various dishes during the celebrations dinner.



One of the accommodation rooms at Bokoboko.



Yolanda (mama) with her children.



George, a member of the family has been with mama for 47 years. It is an Aldabra tortoise from Seychelles.



# Medina Laboudallon speaks on tour guiding

BY CHRISTINE OUMA

**M**edina Laboudallon of Laboudalloniana Tours is a young tour operator who has grown in the profession to become a well-known tour guide on Praslin Island. She started her career at Creole Travel Services as a tourist guide. During her 8-year-stint at the DMC, she was promoted to Excursions Coordinator. She also worked at Vallée de Mai as a visitors' attendant before embarking on freelance tour guiding.

While on Praslin, she conducts guided tours to Anse Georgette, Vallée de Mai Nature Reserve, Fond Ferdinand, Glacis noir, Pasquiere, and Salazie.

Her love for nature was influenced by her father, Dr. Victorin Laboudallon, frequently considered the 'Father of Seychelles Conservation'. He founded the Terrestrial Restoration Action Society of Seychelles (TRASS) which has mobilised an army of 3,000 volunteers to repopulate the island of Praslin with 15,000 plants every year since 2010.

"I spent most of my childhood exploring nature. His influence impacted my choice to join Seychelles Tourism Academy to study Tour Guiding," she tells OZORDI DIMANS.

Tour guides are one of the front-line players in the tourism industry. Through their knowledge and interpretation of the destination's attractions and culture, and their communication and service skills, they have the ability to transform tourists' visit into an experience.

For her, knowledge of Seychelles and culture top the list of what a tour guide must know. She is an expert in medicinal plants and hiking adventures.

It is also necessary to have some knowledge and culture of nationalities you encounter. A tour guide must also strive to keep her guests entertained, and meet their expectations she adds.

According to Medina, physical fitness is also a requirement for this profession, as some adventures require working or walking long hours. The longest trail hiked was Gran Lazar Fond Ferdinand. Together with her father they have conducted a 5-hour-long guided tour for four French nationals between the ages of 63-75.

"I was amazed by their level of fitness. I have also led 4-hour-tours with botanist group-Wikinger in Vallée de Mai just for its flora," she remarks.

Depending on the tour site, she usually carries a backpack with equipment such as a compact First Aid kit, binoculars, a map, water, fruits, and sweets to eat.

There are several benefits of hiring a tour guide, such as getting access to those places you may not be aware of otherwise. Whether you choose group tours or private tour guiding, there is much to learn and discover. Although group tours are common among tourists in Seychelles, some tourists prefer private tours.

Private tours are tailor-made and are usually preferred by those who want to see or go to specific places. Naturalists, bird watchers and botanists are amongst those who enjoy private tour guiding, she reveals.

Medina says that she loves her job and attributes her success to being outgoing, connecting with clients via social media and promoting the Seychellois culture.

The ongoing pandemic has hit the tourism industry hard and despite its effect on her work, Medina is grateful for every opportunity she gets and says the pandemic has allowed her to evaluate and adjust to the new normal.

Her greatest wish is for established business owners to be opened to working with smaller businesses and exchange ideas that could be beneficial to both.

"My advice to those who wish to start their businesses are to be innovative, be ready for competition, remain focused, and make sure it is something you love.

Additionally, I urge tour guides to upgrade their information from time to time, research to deliver correct information to tourists, strive to give clients a taste of the Seychellois culture and promote conservation," she concludes.

**Knowledge of Seychelles and culture top the list of what a tour guide must know.**



Medina takes a selfie with tourists during a hike



Medina with her father



A souvenir photograph with a German group.



Medina poses for a photo with the male and female fruits of the Coco de Mer.



She enjoys the landscape from Fond Ferdinand viewpoint.



# Q & A with TGMI's *Kairen Madeleine*

***Kairen Madeleine joined the dynamic team of workers at The Guy Morel Institute (TGMI) in November 2019. He recognises it as a real step forward to a fresh and more challenging career. During a Q&A with OZORDI DIMANS, the Senior Examination Officer expounded on his roles and provide some useful tips that may help manage exam anxiety.***

COMPILED BY CHRISTINE OUMA

## What are your roles as a Senior Examination Officer?

To oversee the assessments process, either in the form of exam administration or assignment submission. In line with TGMI exam policies, guidelines, and regulations, I coordinate, oversee and ensure that everything that concerns exams, whether they are local or international, is properly administered. A lot goes into meticulous planning and preparations to avoid clashes on the exam timetable and for the successful administration of exams. It must be noted that the Senior Examination Officer is not an island, so to speak, and that the exam process involves an entire coordination of various duties from different work colleagues, each having a specific role to play.

As the Senior Examination Officer, I act as the first point of contact and liaise with all the examining bodies.

Examinations at The Guy Morel Institute are two-fold, local and international. Both exams comprise paper-based (narrative) and computer-based exams (CBE).

For local exams, there is quite a process involved before an exam paper finally finds its way into the exam room, in front of a candidate. In the preparation and administration of an exam paper, there cannot be any room for error. Everything is done as per a timeframe, and under the strictest security. In the administration of local exams, there is a good rapport between the Assessment Office and the invigilators. TGMI has a pool of internal (full-time support staff) and external (part-time). Coordinating the invigilation of multiple exams using TGMI staff is not an easy task as the full-time staff have their daily duties to attend to. As such, the services of external invigilators are often sought.

Before the administration of international exams, either computer or paper-based, there is extensive communication between overseas institutions and our Assessment Office. Through well-established trust, exams are administered either through physical or remote invigilation. For live proctored exams, TGMI provides a fast internet connectivity service for candidates who, due to the current pandemic are finding themselves stranded in the country and cannot travel overseas to their respective university to sit their exam. This idea was welcomed by both students and their parents at the beginning of the restriction on movements to and from the country.

I also take care of physical assignment submissions; all the while ensuring that learners submit their assignments on time as per deadlines given. These assignments are, in turn, submitted to the respective lectures.



Online submissions are catered for by our Senior Librarian, whose additional role is to assist the Assessment Office. The Covid-19 pandemic has accelerated TGMI's plan to go paperless, reduce costs and become more environmentally friendly. It has resulted in the electronic submission of most assignments, which does not require direct contact with learners or their assignments in hard copy.

Additionally, I chair the Assessment Board Committee through which marks for assessment components, final course results and recommendations are ratified. It is only after this process that results are published on the learners' portal. In regards to the approval of overall grades for programmes, these are approved by the Academic Committee.

All in all, I must ensure that all necessary stationeries, infrastructures, materials, and other requirements are securely kept and are available for exams. One occupying such a position must be clear-headed, vigilant, and always on top of things, as examinees' future partly depends on the conditions of how they have attempted their exam(s). One must also be prepared to work outside normal working days as some exams are set on key times which may fall on either a public holiday, a Saturday or even a Sunday.

## How best can candidates manage anxiety during exam time?

It must be noted that not all candidates

have anxiety before taking an exam; and even so, whether a candidate has anxiety or not, it will be up to the invigilator to ensure that all candidates are made comfortable prior to taking their exams. However, to minimize anxiety, candidates must:

- know their exam timetables (date/time/venue of the exam)
- have studied and know the subjects that they will be assessed on
- have a fair knowledge of the type of questions that they will be assessed on through practice tests
- have gone over exam routines with their lecturer
- have had enough sleep the night before
- have had a proper meal (not too heavy!)
- reach the exam venue at least one hour before the exam start time
- bring photographic identification and required stationery
- practice relaxation techniques (taking deep breaths)
- avoid distractions, and
- be positive always

## Do you think students should be graded based on their performances from a young age until adulthood?

Learners, regardless of whether they are children, young adults or adults should be

assessed on content taught – what is known rather than what is unknown or left for speculation. Unfortunately, we live in a world where everything is measured or graded by laid down criteria, and learners in schools are no exceptions. Learners are told that if they do not pass exams or make certain grades, they would not be able to get into a particular post-secondary institution or the university for that matter – as if one's future is closing in on him/her when that is not really the case. It should be noted that not everyone aspires to go to a university. Some young people want to venture into business, sometimes, at the early age of 19. I think children's interests should be tapped in as young as 8 years old. They can be channelled and educated according to their abilities given that Seychelles can provide for the development and mastery of their interests. That way, we will have more skilled workers in specific fields in the long run.

## How would you describe your job, and what do you enjoy about it?

My job is rather delicate as future careers depend on the way I go about it whilst at the same time it is a responsibility that should be discharged with high integrity. One must, simultaneously, be clear and level-headed.

I enjoy the friendliness of the staff and the quiet working environment. Being situated on a hillside, I am fortunate to enjoy fresh air in my spacious office. It provides me with enough space to move about as I discharge my daily duties. And what I enjoy the most is when an exam has been successfully administered without any hiccups, and learners walk out of the exam room satisfied, not just with their question paper but with the conducive environment under which they have taken their exam.

## How has it been like working at The Guy Morel Institute?

I cannot complain. It has been an enriching, interesting, even exciting, and pleasant experience so far, where I get to benefit from the flexible working hours.

## What are the difficulties you face in your job?

I must be present for all exams – at all costs. It is a responsibility. However, I am only human. Should I fall ill, something happens to me, or I proceed on annual leave, then a trained staff can fill in my shoes provided that everything is laid down, which is normally the case. My annual leave must be well-planned as TGMI has peak exam seasons which are June/July and November/December.

## What plans do you have for the future?

To take TGMI exams to greater heights, by offering new services and modern forms of assessments. In addition, assist in putting in new infrastructure and continue to advocate for the implementation of modern practices in assessment and work closely with the TGMI Marketing Team to market new services offered by the Assessment Office.





# Inheritance in Seychelles

CONTRIBUTED BY EDITH WONG, ATTORNEY-AT-LAW

Inheritance in Seychelles is regulated by the Civil Code of Seychelles Act. The law has recently been amended, however it has not come into force meaning that the old law currently applies. For the purposes of this article, we will refer to the current law which is still in force as the “Old Law” and the new law as the “Amendments”.

Under the Old Law, the principle of “forced heirship” under the Napoleonic Code, on which our Civil Code is based, applied. It meant that at the time of a person’s death, a portion of their estate, which included land, money and any other asset owned by that person, would compulsorily belong, as of right, to their children as heirs (subject to any debts and obligations of the deceased). The amount of their estate that would vest in the heirs would depend on the number of children the person left behind at the point of their death. If a person had one child, half the estate would vest unto the child and the other half, known legally as the “disposable portion” would be for the person to deal with as they saw fit. If they had two children, two thirds of the estate would be for the children and the disposable would be one third, and three children or more would mean a reserved portion of three quarters and one quarter would be the disposable portion.

The reserve portion and disposable portion would be calculated upon the value of the estate and not necessarily the actual assets. This means that heirs of the person could receive some money, if any, shares in land and any shares in any company. The reserve portion would then be divided equally between the heirs.

However, the issue that most heirs had was that the law stipulated that the value of a person’s estate was only calculated at the time of their death. This meant that if before a person died, they had gifted properties or assets which were more than the disposable portion calculated at the time of their death, then the heirs had the right to reclaim that asset and return it to the “pot” to be redistributed. For example, if a person had three children and two pieces of land, and gifted one plot of land to a friend, then at their death, if the value of that gifted plot were greater than one quarter of the value of the person’s estate, then that gifted plot, or the value in excess, would need to be returned to the estate to be distributed between the heirs.

The principle of forced heirship also prevented parents from giving everything to one child, or gifting one child in excess of the disposable portion. This is because of the idea that each child was to receive equally from their parents.

This inability to do with your estate as you wished bound a person even if they did a Will. This meant that when a person would divide up their estate in their Will, it was important to remember that each child would have to receive an equal portion of the estate, and to ensure that the total value of gifts did not exceed the disposable portion that was allowed

under law for the person to gift. This led to many cases where children would contest the Will of their parent, especially in cases where a parent left the majority of their estate to one child, if there were several children.

It is important to note, that when calculating who your heirs were, the situation would change dependent upon whether or not a person made a Will. If a person did not make a Will, then half of their estate would go to their surviving spouse, and the other half would be divided equally between the children. This was irrespective of how many children the person had. Whereas if the person made a Will, then the reserved portion would be dependent on how many children the person had without considering their spouse. It was thus, entirely possible for a person not to leave anything to their surviving spouse simply by making a Will.

Even more important, was that under the old law, a person was only considered a surviving spouse if they had been married to the deceased person. Given the society of Seychelles today, this gave rise to many situations of injustice where persons who were cohabitating could not inherit from each other, no matter how long they had been cohabitating for.

The Amendments have now done away with the notion of forced heirship and also make provisions that persons who cohabit, or in Creole “en menaz” can now inherit from each other, subject to proof of the same. This means that a person could make a Will and leave everything to anyone or just one child. However, if they do not make a Will, the old provisions of how the estate will be divided will apply.

Interestingly, the Amendments have even made provisions for where at the time of a person’s death they were in two relationships; a marriage and another cohabitating relationship. The Amendments now say that the married spouse will take half of the movables and half of the estate of the person. However, if there were two households that were being maintained, the partner who was unmarried will take the furnishings of their respective household. However, in exceptional circumstances, the court has the power to step in and to change the division if the result of the division according to the law would be repugnant to justice according to the circumstances of the case.

The Amendments have thus brought testamentary freedom to a person and have corrected the injustice that was being caused to partners who were not married. But in doing so, it has attempted to strike a balance by allowing the law to step in and divide the assets in a manner that seems fairest when a person leaves behind no Will.



# LAW AND ADVOCACY; APPLYING CPI INFLATION TO THE SEYCHELLES LAW Consumer Price Index

CONTRIBUTED BY CHRISTEN CHAMBERS

The Consumer Price Index (CPI) is a measurement of prices of a basket of goods that the National Bureau of Statistics(NBS) (calculating over 6,000 prices) believes is a good representation of goods purchased by the average citizen in Seychelles. The first thing to note regarding this statistic is that it is a subjective measure of average consumer prices because the computation changes, as was seen when NBS varied the basket of goods in January 2021. NBS aims to compile the most credible data for spending patterns of the people in the population and this is why NBS tends to alter the basket. A good example of how this data is subjective is the Owners’ Equivalent Rent (OER) statistic compiled in the USA, which accounts for over 20% of the ‘all items’ CPI number, and is obtained through surveys asking homeowners that if they were to rent their own home, how much do they think rent would be. This is as opposed to collecting the actual rent and home sale figures to produce the components of housing and shelter. For this reason, it may be better to look at these statistics alongside prices of imports and exports if this information is available.

According to the June statistics released on July 7th 2021, Seychelles’ core inflation rose by 10.35% in comparison to USAs core inflation rising 4.5% (and 3.7% CPI year-to-date), displaying the vulnerability of Seychelles to inflation as a Small Island Developing State. Unfortunately, Seychelles can face greater challenges than only increasing producer input prices that pushes up the CPI. Seychelles can be vulnerable to the global trading currency exchange rates too which is exasperated during an export shortage and a trade deficit, such as when Seychelles’ tourism faces an adverse shock. All this means is that inflation in Seychelles is largely dependent on the global economy and whether the global supply shocks subside over the coming months. If global inflation does not subside there is the real possibility that stagflation may set in Seychelles and abroad, which is higher unemployment caused by rising prices.

**Social Welfare and Real Wages**  
The effects of inflation are felt

by the general population through diminishing of real wages and social welfare. Social welfare is calculated using the formula as described on the Seychelles Pension Fund website but is also a result of the average annual CPI through the Seychelles Pension Fund (Benefits) (Amendment) Regulations, 2018 (as an amendment of S.I. 3 of 2013), where the benefits are increased annually in line with the average CPI of the previous year. This increase, however, is capped at a maximum CPI rate of 5% and its recipients have inflation exposure at rates higher than 5%. As an example, if CPI is calculated at an average of 12% CPI for 2021 the purchasing power of the welfare benefits diminishes by 7% in the following year if inflation remains at 12%.

Real wages are affected because of the fixed nature of contracts and which are difficult to renegotiate, and because of the pressure enterprises feel on their bottom line as output declines with inflation consumption pressure. Wage increases are at the discretion of the employer and it is up to the employee to negotiate a reason for a wage increase. Employees are protected by the national minimum wage and section 39 (A) of the Employment Act whereas employers are protected with no mandatory price increases. If wages remain the same and the prices of the basket of goods consumed increases, this leads to the person only able to purchase fewer of the same goods or services.

Whether global inflation is transitory or not is a hotly debated topic, however the likely reality is no-one really knows whether inflation will be transitory because the circumstances are novel to economists and interested scholars. With the knowledge that there is even the possibility of inflation continuing into the months and years ahead it may thus be wise to turn to one of attorneys’ favorite laws – that of Murphy’s law. This old adage reminds one that ‘if anything can go wrong, it will’ and it is not treated as a matter of fact but allows for analysis and preparation for the worst-case scenario, thus less vulnerable to being caught off-guard. Applying Murphy’s law today, the numbers above suggests it may be time for employees and businesses to prepare for lasting inflation in the economy and to be aware of where they are vulnerable to rising prices - such as exchange rate exposure, rents, savings, and ailing community ties. As Warren Buffett famously once said ‘It’s only when the tide goes out that you learn who has been swimming naked’. Don’t be the one swimming naked.







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# Marsha Dine

## on photography

the least because there is a small window of shooting for weddings and most of the time, the photographer does not have control over the event proceedings.

"Shooting weddings can be stressful, and I do not enjoy working under pressure. However, I do post-wedding shoots because, during this time, the bride and groom are more relaxed," he explained.

Explaining the concept of fine art photography, Marsha said it allows interpretation to be abstract, surreal and most of the time self-expression. It allows creative freedom, he remarked.

**So which camera does Marsha Dine use?**

"Well, speaking of my 'in-house' camera, I am in the Nikon family and I am currently using the Nikon D850," he gladly revealed. "The reason I bought it is because of its high resolution. I can do all of my shoots with Nikon D850, and it is even better for commercial work" he explained.

According to bhphotovideo.com, proving that speed and resolution can indeed coexist, the Nikon D850 is a multimedia DSLR that brings together robust stills capabilities along with apt movie and time-lapse recording. Revolving around a newly designed 45.7MP BSI CMOS sensor and proven EXPEED 5 image processor, the D850 is clearly distinguished by its high resolution for recording detailed imagery.

This can make you wonder; what features should one look out for when purchasing a camera?

Well, to know that, you must first take a second to consider who exactly you are. How exactly do you plan to use this new equipment? Are you a landscape photographer? A top-end commercial shooter? Will you be photographing subjects in the studio? Will the beautiful frames that emanate from your camera make you the king or queen of photography? Or do they need to maintain resolution when stretched across the entirety of an island? All of these questions may help you decide, or in some cases dictate your decision of one camera versus another.

"D850 is good for resolution pictures, therefore it is a great commercial shooter. It is not however always the best camera for coverage. This is because it can be unforgiving compared to cameras with fewer pixels," he added.

**What are the tricks for taking great pictures?**

"There are many tips for great pictures. Looking at your subject in the eye, use flash outdoors, lock the focus, know your flash's range, watch the light, be a picture director etc". Marsha asserted. Most importantly, photographers should be able to connect with the subject, whether a person, landscape, or object.

"Connecting with the subject means interpreting it virtually and the results showing the image you had in mind. I am also big on proper lighting. Sometimes the composition of a subject can be off, but with good lighting, you can have a great picture," he said.

Time of day also matters when it comes to picture quality. According to Marsha, the best time to shoot is in the early morning, from 6 am until 9 am.

"Then from 3 pm to 6.30 pm," continued Marsha. "These I call the golden hours because the sun is at an angle. The worst time to shoot is between 11 am to 1 pm because the sun is overhead," he reiterates. But sometimes he uses artificial lighting to shoot during this time of day.

"The flashes I use are similar to studio lights but they have specialised batteries and are portable," elaborated Marsha.

Additionally, Marsha notes, while shooting, it is easy to be carried away by props. To avoid this, always remember they are there to help the subject stand out, and not the other way around.

"I also like to work with other creatives as well. Those who have good taste when it comes to styling, for example. Most of the time, photography is not a one-man-show," he said.

You may wonder what goes through the mind of photographers when shooting or taking pictures. Well, in Marsha's case, it is light.

"Light is never good enough. I am always looking for perfect lighting thus, I spend a lot of time fixing the lighting when I shoot. I am also learning not to take this aspect of lighting too seriously because sometimes it can become stressful. My goal is to have fun shooting, especially when it is a fashion or portrait-related work."

**Truths about the profession**

Marsha reiterates photography can be time-consuming, especially post-production work.

"Weekly, 95% of my time goes into post-production. I have to produce great pictures and meet deadlines, and sometimes I find myself editing until 3 am, sometimes even 4 am."

Photography can also be an expensive trade when it comes to equipment; lenses, computer and software used during post-production.

**Fun facts**

Marsha likes to shoot in black and white.

"Colour can be distracting. So most of the time upon taking a few shots in colour, I switch to black and white to focus on the texture and lighting. I do not let colour override the subject. To me, pictures look better in black and white," he said.

Describing the uniqueness of his photos, Marsha asserted that there are only a handful of pictures he likes.

"I am my worst critique, meaning I always want to improve. I am specific about the pictures I share on social media. Therefore, people only see what I want them to. I am picky. I also give each shoot 100% of my professionalism. I do not take any opportunity for granted," he concluded.

Marsha believes photographers are here to help capture moments. The photographs become the references. A simple captured moment can mean so much to generations to come.



Life in colour



Takamaka ginger shot by Marsha Dine



Model Anisa Rose shot by Marsha Dine



Gabriella Gonthier shot by Marsha Dine



Marsha likes to shoot in black and white

BY CHRISTINE OUMA

Photographers are amongst the most inspiring beings because of how they are always on the move and working hard on new and exciting projects. They challenge us to see the world with a new set of eyes. Photography is a diverse field encompassing many genres such as events, portraits, commercial works, among others. Marsha Oliver Dine of Marsha Dine Photography is one of Seychelles' most sought after photographers.

The 35-year-old developed a passion for fine art at a young age.

"My passion for fine art started when I was in crèche. Like many young people, I started by drawing. When I completed my secondary school education, I joined the College of Visual Arts, now known as SIAD," he narrated.

Soon after, he proceeded to the People's Republic of China where he spent five years at the Central Academy of Fine Arts (CAFA) and obtained a Degree

in Fine Art.

Marsha, who is an introvert, had to figure out life on his own and adapt to a new country. Interestingly enough, he pushed through.

"The fast paced life in China was a game-changer. I interacted with people from various walks of life. The impact made me who I am today," he said.

Simultaneously as he developed, he also ventured into photography. He revealed that shooting the Potpourri Magazine covers played a role in introducing him to the Seychelles photograph industry.

"I had posted some of my work on Facebook. They approached me to do their cover shoots, and I grew from there," he remarked.

Marsha identifies as a fine art photographer but, he does this the least as most of the time, he finds himself doing commercial work, which ranges from fashion, lifestyle, product, food, weddings and architectural photography.

He does however do wedding shoots



Exposure





## MISCONCEPTIONS ABOUT LIFE INSURANCE

The Covid-19 pandemic has made it clear that life can change in an instant and when that happens, we need something to fall back on. Investing in a life insurance is the best protection for yourself and your loved ones, because death and disability can happen at any time.

There are many misconceptions out there about life insurance and knowing the facts can help you make an informed decision. Below are some of the most popular misconceptions.

### 1. LIFE INSURANCE PREMIUM IS EXPENSIVE

The younger you are the cheaper your premium will be, because the premium is based on your age and sum insured. For example, the premium for a young person can be about the same price as a cocktail. It's best to invest in a life insurance when you are young and reap the benefits later on in your adult years.

### 2. LIFE INSURANCE IS NOT A PRIORITY

Life insurance should be a priority for people with dependents, be they children, spouse and/or elderly parents. The benefits include paying off a mortgage, pay for a funeral, serve as an inheritance for loved ones or fund a child's education. Have you ever considered what would happen to your loved ones if you pass away? A life insurance could help ease their financial burdens for a while, as they adjust to life after your passing.

### 3. I CAN GET A LIFE INSURANCE LATER

Life is so fast these days and before you know it "later" is too late. It's better to secure a good premium when you are young and healthy. Keep in mind that age and health can make it tough to get the coverage you want later on. As you get older you may develop a condition that prevents you from getting insurance cover or you'll end up paying a higher premium because of your age. The sooner you get life insurance, the cheaper your insurance rates will be.

### 4. I AM TOO YOUNG TO GET A LIFE INSURANCE

No one's too young for life insurance. In fact, the younger and healthier you are, the easier it is to get covered at a great premium. At HSI Life, you can buy a policy at 18 years old and get on with enjoying your life.

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#### myLife Plans

- myLife Security (15 years)
- myLife Cover (20 years)
- myLife Benefits (20 years)

#### myLegacy Plans

- myEndowment Plan (flexible term)
- myRetirement Plan (flexible term)
- myOffsprings Plan (flexible term)

#### Junior Education (mature when a child is 18 or 21 yrs old)

#### Mortgage Protection/ Credit Life

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#### Group Life

Our group life policy is for companies that would like to offer additional protection and benefits to their employees.

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# KNOW *yourself*

## The First Step that makes a big difference in self-awareness

BY CHRISTINE OUMA

*“Know yourself” is the number-one advice people often ignore. Most people assume they know themselves: I mean they have been through various basic stages in life, college, relationships, had a job or two (or five or ten). But the real problem with “knowing yourself” is that people do not like being assessed. Even looking inward can make many people feel uncomfortable.*

In ancient Greece, the philosopher Socrates famously declared that the unexamined life was not worth living. Asked to sum up what all philosophical commandments could be reduced to: ‘Know yourself’.

According to ‘The School of Life,’ “Knowing yourself has extraordinary prestige in our culture. It has been framed as quite literally the meaning of life.”

No matter how much this makes you squirm, the fact is knowing yourself is the key differentiator in achieving a successful outcome and achieving goals such as landing the job you want. Think about it: Knowing yourself means that you understand your strengths and have identified those ‘development areas’ also known as your weaknesses.

About a year ago, I would have said that I didn’t know myself as I do now. I was living just for the sake of it. Deep within, I knew I had to dig deep because really, I wanted a more meaningful life. I had to start by building the basic blocks of life and learn more about my personality.

I have always known that I enjoyed reading self-development books. I had started reading “Don’t Sweat the Small Stuff... Omnibus” by Richard Carson who is a brilliant author. So I tasked myself to complete reading it and I have learned some viable lessons just through that book. The metaphors he uses and the stories of other people he’s engaged with in the past are fascinating. Carson shares some simple ways to keep the little things from taking over your life. If you haven’t read this book, you should give it a go.

I remember reading it and having these shifts in perspectives. Paradigm shifts you in a way and it adds up into your cup.

I was also looking into getting into shape. Starting my fitness journey made me even more self-aware. It changed my mental state and I became more resilient in my mindset. Sometimes it is the basic shifts that can improve your life.

Before this, I was going through a rough emotional patch. I was struggling to get out of bed in the morning, I complained to my



Who am I

partner about work every day and I looked like a mess. I remember traveling home and a close relative saying, “you should ask your sisters how to take care of yourself,” which to me meant, I was ‘beat up’! These are some of the signs of someone who is not taking care of themselves and these are things we should all aspire to address.

Once you look at yourself again, you start thinking, ok, I have buried my head in the sand a little bit, I need to address these issues. It is painful at first but once you get a good foundation and start noticing the changes, you shall appreciate the effort and life becomes more meaningful.

*It is often said if you fail to know yourself, you risk becoming a victim of your blind spots.*

You will overestimate your strengths and underestimate your weaknesses. Or you will think you are “this” (perfect fit in a startup) when, in fact, you’re actually “that” (more suited in a traditional, hierarchical company) and it happens more frequently than you think.

**Knowing yourself means understanding:**

- Who you are, your strengths and weaknesses
- What motivates you and drives you to do your best
- Your sense of purpose (what resonates deeply with your values)
- The type of organization where you would fit best

You know what you know, but you do not know what you do not know if it is hidden away. Knowing is where the action occurs. If you know you are not looking after yourself, you know you are likely to do something about it or tell someone then that conversation is going to lead you onto something. And these are the things that can save your life especially in desperate times.

And as Korn Ferry says, long before you look “out there” for a job, your search needs to begin inward, with who you are and what you have to offer. Learning about yourself and looking at the truth will empower you with self-knowledge and self-confidence.



# MEDICINAL PLANTS

## Six medicinal plants to try in Seychelles

BY U-ROY JULES

Plants are known to contain pharmacologically active substances. Traditional medical practitioners have considerable knowledge of herbal medicines. Seychelles has many unique plants that have not been studied in depth. The people of Seychelles originate from diverse ethnic backgrounds which has resulted in a culture with a strong tradition of using herbs in medicine and consultation with traditional healers. Some of the plants and their uses in traditional healing are outlined. OZORDI DIMANS will learn more about the six most popular medicinal plants, which are used for different treatment.



**Bwa sousouri**  
*(Ochrosia parviflora)*

'Bwa sousouri' (*Ochrosia parviflora*) is one of the most successful plants used for coastal rehabilitation. It is also a fast growing plant that local herbalists, Kenneth Gendron and Robinson Istral produce in large quantity in their nursery. The bark of 'bwa sousouri' was once used by Seychellois women as a form of contraceptive although in high doses it can also cause miscarriages. Women would use it as a hygienic herbal bath after giving birth. It can also be used to treat stomach gas.



**Bwa koulev**  
*(Psychotria dupontiae)*

One of Seychelles' most highly-prized medicinal plants is the 'bwa koulev' (*Psychotria dupontiae*) with its distinct clusters of berries which are almost ceramic in appearance. This is a plant reputed to cure no less than 15 different conditions, including headaches, hyper-tension, unclear menopause and nosebleeds.



**Bwa torti**  
*(Morinda citrifolia)*

Used in the past for fast healing of vaccinations, it is now more commonly used in Seychelles for a number of ailments by making it into a juice, known now worldwide as Noni juice. It is used especially for its rejuvenating properties. Be warned it has a strong foul smell that is definitely not for the faint hearted.



**Roz anmer**  
*(Catharanthus roseus)*

Grown in most home gardens on the islands, this is used as a tonic for everyone in the family. It has been used by the elders sometimes with children suffering from leukemia. In some parts of the world, it is used in the treatment of diabetes.



**Lerb sat**  
*(Acalypha indica)*

When children suffered with teething pain, this common remedy was made by mixing the leaves with honey and administered to them by their mothers. Leaf juice of *acalypha Indica* is used to reduce phlegm and in the treatment of cough, asthma and other breathing problems. The leaves of the plant contain laxative properties and hence are used to treat constipation. The herb is also used to eliminate intestinal parasites and worms.



**Katrepeng**  
*(Cassia alata)*

This plant was used to treat skin conditions and the bark boiled and used as a cleanser. The leaves were used for acne, eczema and sores. The leaves or sap contain anti-fungal properties and can be used to treat any fungal infections such as ringworm. Scientific studies have confirmed the plants effectiveness against skin infections.





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# Hair Evolution- Seychelles

BY CHRISTINE OUMA

Seychelles is a melting pot of different races, traditions, and religions, from the different four corners of the earth; Europe, Africa, Asia, and the Middle East. Traditionally, the island has attracted a broad diversity of people including freed slaves, European settlers, political exiles, adventurers, traders of Arab and Persian origins as well as Indian and Chinese merchants.

Practically, almost every hair type has been represented in this multi-ethnic society and each one contributing its special way at how people wear their hair.



According to Flora Ben-David, CEO of Kreol Institute (Lenstiti Kreol), Seychellois hair type can be explained by the following mixture:

French and British origins hair types are long, short, matte, glossy, silky blond, and straight. Those of African origin have coiled, curly, kinky hair textures, while both Asian Chinese / Indian have wavy, curly, and sometimes straight hair.

Today, we take a look at some hairstyles worn by Seychellois men and women from the 1940s to 1960s:





PHILIP SHAMHONG



Height: 1,79 cm  
Waist: 31"  
Bust: 35"  
Hips: 31"  
Shoes: 42

A fashion, photographic, and commercial model.  
Agency: *Telly Modelling Agency*





The Aldebaran Wreck

BY U-ROY JULES

The Aldebaran Wreck

The Aldebaran is a 28m/92ft fishing vessel which was sunk on the 11<sup>th</sup> of July 2008.

Located opposite to Anse Major, it is a site that every diver should witness in Seychelles.

It is sitting proudly upright and is teeming with marine life. The depth of the site is 28-40m/92-131ft. There is a medium current. This diving site is recommended for experienced divers.

Jean-Marie Croguennec, an experienced diver who took the amazing picture stated that you have to be an experience diver to see the Aldebaran Wreck.

“When I first saw the Aldebaran wreck, it was such an astonishing site. You have to be there to experience such view, but you have to be an experienced diver to reach the depth site of -40m.” he said.

This wreck is home to reef fish, moray eels, lionfish, groupers, silver sweet-lips, schooling yellow snappers, scorpion fish, schooling batfish and mackerel.

Depending on the season it is often visited by stingrays, giant groupers and guitar sharks.

Twin Barges Wreck

The Twin Barges Wreck is located near Mahé island and is best suited for CMAS /OW divers (CMAS\* is the entry-level diving certification for recreational scuba diving issued by the Confédération Mondiale des Activités Subaquatiques, while OW stands for Open Water. These two barges were sunk on purpose at the foot of the Corsair Reef in 1989 by the Association of Professional Divers of Seychelles. Over the years these barges have become heavily encrusted with hard corals, fan corals as well as sponges and now shelters an abundant marine life. The low current allows for night dives to be done at the site.

When to go

The best conditions for diving at this site are April to May and October to November. The average annual air temperature in this area is around 25C/77F. The average water temperature ranges from 26C/78F to 30C/86F. The average depth of the site is 25m/82ft with water visibility of around 10-30 m/32-98ft.

What to see

Divers get a chance to observe puffer fish, porcupine fish, lionfish, octopus, scorpion fish, stonefish, crocodile fish, moray eels, golden trevally, leaf fish, jackfish, catfish, stingrays, sweet lips, parrot fish and pipe fish.

It can be reached from Beau Vallon.

Picture courtesy: Jean-Marie Croguennec



Twin Barges Wreck

7 DAY LOCAL FORECAST

Today

Humidity: 71%  
Wind: ESE 13 mph  
UV: 10 (Very high)  
Sunrise: 05:56 am  
Sunset: 06:09 pm

28 / 25 °C  
Feels Like: 30 °C



High 3:37 am (1.38m)  
Low 9:46 am (0.65m)  
High 3:50 pm (1.46m)  
Low 10:08 pm (0.55m)



Afternoon clouds

Moon Watch

First qtr Wednesday 13 October  
Full moon Wednesday 20 October  
Last qtr Friday 29 October  
New moon Friday 5 November

Monday



28 / 25 °C  
Increasing cloudiness  
Humidity: 69%  
Wind: ESE 14 mph  
UV: 10 (Very high)  
Sunrise: 05:56 am  
Sunset: 06:09 pm

Tuesday



28 / 25 °C  
Overcast  
Humidity: 68%  
Wind: SE 13 mph  
UV: 10 (Very high)  
Sunrise: 05:56 am  
Sunset: 06:09 pm

Wednesday



28 / 24 °C  
Overcast  
Humidity: 73%  
Wind: SE 9 mph  
UV: 7 (High)  
Sunrise: 05:56 am  
Sunset: 06:09 pm

Thursday



28 / 25 °C  
Cloudy  
Humidity: 70%  
Wind: SW 9 mph  
UV: 7 (High)  
Sunrise: 05:55 am  
Sunset: 06:09 pm

Friday



28 / 24 °C  
Light showers  
Humidity: 75%  
Wind: WNW 10 mph  
UV: 10 (Very high)  
Sunrise: 05:55 am  
Sunset: 06:09 pm

Saturday



28 / 27 °C  
Scattered clouds  
Humidity: 76%  
Wind: NNW 7 mph  
UV: 10 (Very high)  
Sunrise: 05:55 am  
Sunset: 06:09 pm



# Best Diving Spots in Mahé, Seychelles

SOURCE SEYGUIDE 4<sup>TH</sup> EDITION

Scuba diving is a fascinating activity that is practiced all year round in Seychelles. However, enthusiasts will prefer the months of March to May and October to mid-December (winds and sea conditions are quieter, water temperature around 29 °C and visibility guaranteed). The dives are often shallow (8-20m) with some sites of 25-40m for deep-sea lovers. The unique underwater geology around Mahé offers a habitat for a variety of species; sea turtles, octopus, eels, trevally, barracuda, butterfly fish, groupers, moray eels, sharks, eagle rays and more.

Mahé has about five dive sites, the majority of which is between Cape Ternay and the Northern tip of the island. Port Launay Marine National



© Tony Baskeyfield / STB

Park is a wonder for the eyes of the discerning diver and is the perfect place for beginners. Protected lagoons and shallow reefs offers very colourful and varied dives.

Also famous is the Shark Bank site which is more suitable for advanced divers. Strong currents

attract pelagic species (reef sharks, sting rays, batfishes, barracudas and whale sharks from September to November). Further north of the Island, the islets of Dragon's Teeth and Brissare Rocks are two other sites not to be missed.

Wrecks are also part of the underwater land-



scape of Mahé. The Twin Barges, two wrecks sunk voluntarily at the foot of the reef of the Corsaire (1989) from an artificial reef sheltering corals, copper hatchets, shrimps-harlequins, lobsters, schools of catfish etc.

In Mahé, as on other islands, dives are organized by professional instructors accredited with the recognized body of the Association of Diving Instructors (PADI). Most centers use SCUBA equipment and tanks of international standard approval. Victoria and Silhouette Island have decompression chambers and many diving centers and cruise ships offer special programs for snorkelers.

Every year, Seychelles celebrate the Festival of Underwater Images of the Indian Ocean (Seychelles Ocean Festival, SUBIOS) which takes place at Beau Vallon.



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# The Wreck of Ennerdale

BY CHRISTINE OUMA - IN COOPERATION WITH OF SEYCHELLES PORTS AUTHORITY

*The maritime history of Seychelles contains many chapters that tell the tragic accounts of ship wrecks in this part of the Indian Ocean.*

*From a Portuguese clipper that wrecked off North Island in 1784 to a Norwegian barge named "Norden" that sank near Providence in 1907.*

*These harrowing stories make us aware of those many wreckages of ships that lie hidden in the murky depths of the ocean and of the many lives that were taken by an instance of cruel fate.*

One particular disaster that still linger vividly in the memory of the Seychelles is the sinking of Ennerdale in 1970. On Monday the 1st June of 1970, at 8.00hrs, the Royal Fleet Auxiliary tanker carrying 20,000 tons of fuel oil left Port Victoria, after spending two weeks in the harbor. The 47,000-ton vessel

was 710 feet long and 90 feet wide. The crew consisted of 18 British Officers and 33 Seychellois men. They were on their way to refuel the Frigate H.M.S Andromeda, which was expected to arrive in Mahé on a Friday. Almost half an hour later, the tanker which was sailing at a considerable cruising speed struck an uncharted pinnacle of granite near Mamelles Islet, eight miles to the north-east of Victoria.

By the next morning, Ennerdale was lying on her starboard side with her port bow protruding slightly above the surface and the most dreadful consequence that one would expect from a sinking tanker was happening... it was leaking oil. The oil slick extended from the wreck in a south-easterly direction. The Governor, Sir Bruce Greatbatch (1917-1988) accompanied by Port Officer Captain J. A Sauvage and Captain George

Bray went to visit the wreck in the inter-island ferry boat Lady Esme to see the extent of the pollution.

The Ennerdale was launched on the 31st August of 1962 by Kieler Howaldtswerke and originally named MV.Naess Scotsman for Anglo-Norness Shipping Co. Ltd. The vessel classed as a Mobile Bulk Tanker was chartered by the Admiralty on the 13th July 1967.

Salvaging operations began almost immediately. Various options were considered in a bid to avert an ecological disaster. Initially, it was decided that pumping the oil out of the tanker would be the ideal solution. However, when it was apparent that the vents that were discharging the oil were underwater and could not be reached because of heavy swell, the plan was abandoned. By the 5th of June, the oil slick had spread to reach Silhouette Island, some

30 miles to the west of the wreck. It was decided that the best and wisest course of action would be to rupture the oil fuel tanks so as to release the cargo while the South East monsoon could help keep the oil away from the shores of Mahé.

An airborne method of delivering explosives was then devised and this entailed placing 3 mortar bombs in a pallet which was lowered into position on the wreck from a helicopter. The cordtex fuse was then ignited by the crew inside the helicopter. The explosives demolished the tanker's port wing tank releasing 12,000 tons of oil. To reach the starboard side tanks, another ingenious plan was devised and this was to place the demolition charges in the correct position. Divers secured a 45-foot wire pennant to the top of the wreck and using a Gemini Dinghy, joined it to a similar wire which was lowered from the

helicopter. As the dinghy raced clear, the helicopter crew lit the cordtex fuse and released the bomb tray which, on its ninety-foot pennant dropped down alongside the vents on the lower tanks. This difficult hazardous operation was directed by Lieutenant Commander Brian Harold Lithgow Braidwood, the Far East clearance Diving Officer of the Royal Navy and Lieutenant Max Kenworthy, the Senior Pilot from the 847 Naval Air Squadron. On the 19th of January of 1971, both men were respectively awarded with the Queen's commendation for Brave Conduct and for valuable service in the air.

Now, the Ennerdale has become a favourite diving location, 17 fathoms under the sea. During the last five decades or so, hundreds of divers have gone into the interior of the tanker, where fishes have made their home.



The Tanker Ennerdale when it sank



# The most amazing hiking trails in Seychelles, through the eyes of Dillys Pouponeau

BY U-ROY JULES

Dillys grew up with the spirit of adventures. Her childhood comprised a lot of outdoor activities, school club trips, hikes, visits and local voyages.

She was encouraged by her parents because for them, they had their peace of mind while she was not at home.

"I can say The Duke of Edinburgh's award was a great part of my life. Upon hearing about it I knew it was the ideal club for me. I pursued until the Gold level and even became a leader, leading expeditions on the different islands of Seychelles and even internationally to Mauritius and recently in Kenya. I like to explore different places. I developed an incredible attraction to nature which I love to capture especially when they interact with each other, I really appreciate the sceneries and sounds of nature and most importantly a level of peace, that until today I find it difficult to live without," she said.

Dillys is passionate about the island, which was why she decided to choose a career around nature, especially on islands with well-preserved environments, with no human interference.

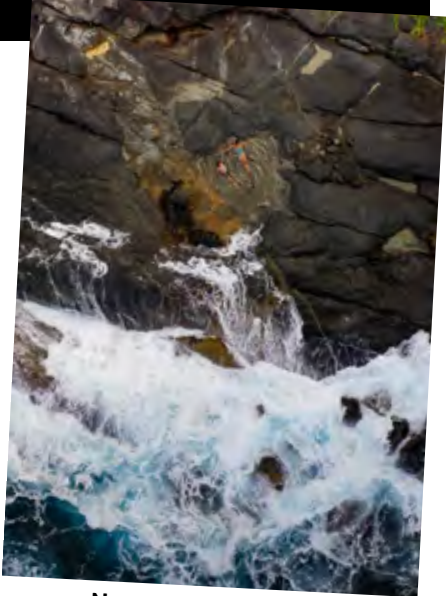
"My international interests are similar places to Seychelles, the African countries and other habitats which provide well bio-diversified ecosystems both on land and in the sea. Another thing I like about these ventures is meeting people. You will never stop discovering



Diving with Yellow Snappers



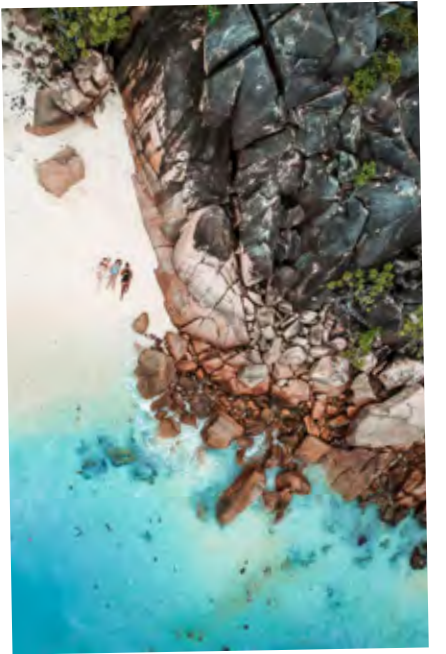
With Mr Brands the tortoise on Fregate island



Natural rock pool at Silhouette Island



Coco de mer trail on Praslin



Curieuse island beach with friends



Snorkeling with turtles at Petite Soeur Island

I chose the perfect career for me based on my personality and interest; my current moto 'Live the life you love; love the life you live'.

though these adventures relax the mind, I always take that into consideration. I must say that I chose the perfect career based on my personality and interest. My current moto 'Live the life you love; love the life you live'. My wish is to grow old with a partner who also enjoys venturing," she said.

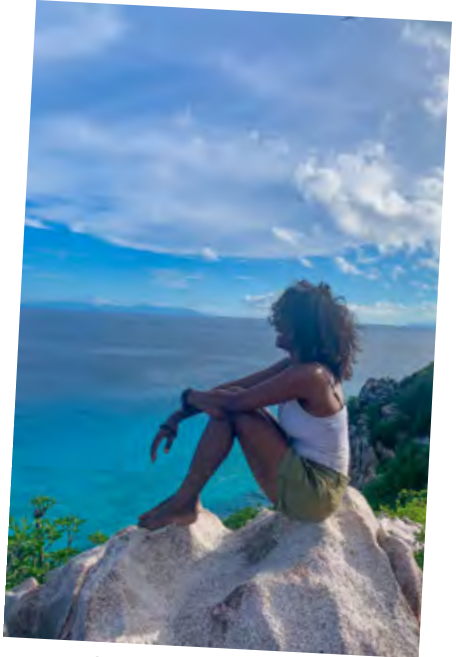
new personalities, share different stories, knowledge and experiences, especially older people and those who have been through a lot and have a lot to say about their life long experiences. Lastly and most importantly is that I always venture with a purpose, unlike my Instagram name Dilly's Seychelles Wanderer," Dillys told OZORDI DIMANS.

Whether it is for work or personal, for Dillys it is always a journey. She likes documenting and sharing them through pictures or videos to inspire people.

"Bear in mind that I do move around a lot, but because I post a lot of pictures of my ventures, it does not mean that I am always out and about. I have a well balance active lifestyle and there are days where I need to rest. Speaking from experience it is essential for the whole body and mind to rest, al-



Viewpoint at Lemuria Resort overlooking Cousin, with an Air Seychelles flight landing



Ile Aride viewpoint



Bird Island sunset with the Sooty Terns



Snorkeling with a marbled stingray and shoal of Mackerels, Aride Island



# Magical Sri Lanka- the experiences you cannot miss

COMPILED BY CHRISTINE OUMA

Sri Lanka is famous for its beautiful beaches, elegant cities, stunning waterfalls, craggy peak mountains, tropical jungles packed with free roaming wildlife, complex civilization and history as well as legendary relics , ruins, temples and palaces.

Whilst the world is facing unprecedented upheavals due to the Covid-19 pandemic, countries are opening up their borders and thoughtfully welcoming travellers and tourists. The desire to travel is palpable, humans are social beings after all and travel widens our horizons, expands knowledge of our planet and enables us to celebrate the natural wonders and destinations other than our own. We all just want to get out there safely, connect and have some sort of normalcy again.

A 5minute read is a disservice to the country and its magnificent sites and this article is not a tour guide. However, the triangle cities of Kandy (the cultural centre of the island), Galle; a southern coastal gem known for Dutch era colonial fort, and Colombo (the most populous city) are most frequented by travellers. Sit back and enjoy this edition as it will sure enthuse and whip up your appetite to visit Sri Lanka.

**Where to start? Colombo!**

The gateway to Sri Lanka, this cosmopolitan is the gateway to, Sri Lanka's capital. Hop onto a 'tuk-tuk' for an exhilarating ride you will never forget or chose to explore on foot. Colombo is an eclectic mix of elegance and sophistication with swanky and trendy hotels and office blocks contrasting with colonial era red tiled buildings. It also boasts a melting pot of races, religions and cultures and a rich colonial heritage. Stroll the sprawling streets to discover historical sites and museums such as the Old Dutch Hospital, the Wolvendaal Church and while at it, smell fragrant spices, explore colourful silks, sample Sunday jazz at the Barefoot Cafe and savour ice cold beer or sunset cocktails, fresh fruits and vegetables. Here, mosques, temples, churches congregate on the same streets.

There are fantastic iconic sites to discover in the city including the Fort Station, the Red Mosque and the Khan Clock Towers. Also famed as a shopper's paradise, exquisite boutiques feature international brands, local handicrafts and fabrics.

**Beyond Colombo?**

Head out to Kandy the cultural magnet or Galle on the southern coast for an encounter with a UNESCO listed World Heritage site of Galle Fort, where you will find winding cobblestone streets, art galleries, laid back cafes, jewellery boutiques and colonial architecture that echoes the Portuguese and Dutch influence from the past.

**Epicentre of culture**

Sri Lanka is home to a few of UNESCOs inscribed world heritage landmarks. One of the most popular is Polonnaruwa which was



Sri Lanka's Minneriya National Park

the country's capital in the 12th century and is home to ruins of Buddhist temples and dagobas (dome shaped shrines) which are frequented by Buddhist monks. Another recommendation is the rock fortress of Sigiriya (the Eighth Wonder of the World). Towering over 200 metres, the volcanic formation was developed into a palace fortress in the latter half of the 5th century.

The annual festival of Kandy Esala Perahera (June 26 - July 16) honours the Sacred Tooth relic believed to be the Buddha's actual tooth. Not to be missed is another equally famous event, The Gathering (July - Early November) where herds of elephants migrate to the shores of an ancient reservoir in the north central part of Sri Lanka's Minneriya National Park.

**Adrenaline packed Ceylonese adventure.**

Most of Sri Lanka remains undiscovered by travellers. Before the travel restrictions due to the pandemic, thrill seekers were steadily streaming in and venturing beyond the cities and beaches into the central highlands of the country. From the Sri Pada, a 2243m high conical peak mountain and regarded as the holiest mountain in Sri Lanka, the countryside is populated by several mountains and tropical jungles inhabited by elephants, wild boars, leopards and other wildlife who inhabits of the forest. Quiet rivers, untouched trails await explorers. There are a plethora of playgrounds for lovers of water sports, ranging from wa-

terfalls to rivers such as Mahaweli, Kalu and Kelani Riders, trekkers and bikers can also have an adventurous experience through the steep valleys and through the landscaped tea bushes.

**Wildlife trail.**

Sri Lanka is home to several national parks. However its worth checking which will be opened to visitors before travel due to Covid-19 restrictions. The Ministry of Tourism has listed over 18 bubble attractions which currently includes Udawalawe National Park, Royal Botanical Gardens, Yala National Park among others. Here lies your chance to safely view wild animals up close and personal. Up to 44 mammals and 215 species of birds have been documented in the



Eat like a local

sambol (pennywort salad, kiribath with lunu miris, pol sambol (coconut relish) and wood apple.

**Wake up in the countryside**

Away from the hustle and bustle of the cities, natural beauty is one of the major attractions in Sri Lanka. Areas such as Nuwara Eliya consists of rolling green hills, fields upon fields of tea gardens and charming villages await you in the countryside. What a place to relish high tea including the famous Ceylon tea at magnificent colonial style retreats and lodgings offering Scottish-style golf courses.

For a real dose of rest and relaxation visit the countryside

and lovingly touched its architecture leaving a lasting legacy that has reshaped architecture globally. Several of his master acts lay here in Sri Lanka, Bali, Singapore and parts of Asia although regrettably some in ruins and most with polluting modifications. Sri Lanka however is still a mecca for architectural explorers. Buildings including hotels designed by the maestro evoke a sense of pleasure that goes perfectly with the climate and culture landscape of Sri Lanka and location specific ethos. His own country house, Lunuganga a masterpiece passionately put together over 50 years ago exhibits his genius, sitting on a large verdant estate a short drive from the beach resort in Bentota. The house features



Colombo

tasteful and important furniture collection, priceless art and garden that domesticates the wild tropics.

The Dutch and Portuguese's also left an indelible mark on the architectural scene and most buildings ranging from private residences, hotels, churches and commercial buildings proudly exhibit their architectural styles.

**Wellness and medical tourism**

Sri Lanka is amongst the market leaders in the Asia region for wellness and medical tourism. Several hospitals have state of the art facilities with cutting edge technologies and highly trained specialists. Hospitals now offer personalized care to international travellers and patients, tailored to include logistical assistance such as airport pick-ups, accommodation, visa and immigration arrangements, air ambulance to name a few. From routine health checks to specialized treatments it is all under one roof. Little wonder why most websites are full of named international testimonials including a number of Seychellois. Wellness and mental health have come to the centre stage of peoples live as we aspire to live healthier. To tap into these needs with hospitals even offering yoga retreats for people to rejuvenate.

Next time you pack your travel bag think Sri Lanka, whether you want a peaceful getaway, architectural discoveries, shopping sprees, spiritual pilgrimage, tempting your taste buds, medical reasons or an exhilarating adventure they got it!

where you will surely take a breath from the fast paced life. In these parts, the world clock runs a little slower, tradition and culture is highly fascinating to the travellers' eye and highly observed by the friendly locals.

**Beach escape**

Lots of secluded and deserted beaches stretch out for miles with hotels in every category of accommodation from beach sharks, breezy open air villas to decadent suites. Surfers can catch a wave at the world renown Arugam Bay or Baby Point. Whale spotting (including sighting of the rare blue whale) is another big draw best experienced from November to April.

**Beautiful architecture**

The master architect Geoffrey Bawa plied his trade in this beautiful country

area including leopards, sloth bears, crocodiles, deer, elephants, peacocks, monkeys among others.

**Eat like a local**

For culinary adventures Sri Lanka is a delight! Immerse yourself in the enticing food scene and discover the spicy secret. The country has a very distinct cuisine and is famed for its fiery but well-balanced flavours.

Refuel at the Pettah Bazaar for the best dishes and snacks in town, including fish ambul thiyal (sour fish curry), kottu roti, kukul mas curry (chicken curry), parippu (dhal curry), lamprais, polos (green jackfruit curry, hoppers,wambatu moju (eggplant/brinjal pickles), gotu kola



Landscaped tea bushes





# Focus on Chef Manuel - Executive Sous Chef at Hilton Seychelles Northholme

BY CHRISTINE OUMA

Any professional chef would call himself lucky to hold an executive position to create menus in a 5-star hotel chain and to share his creativity with guests from around the world and live his passion.

Manuel Carbone, an Executive Sous Chef at Hilton Seychelles Northholme, worked hard to build his resume, starting with internship programmes in Italy in 2006, followed by international placements.

"My mother had a Pizzeria and I spent a lot of time with her at the restaurant particularly in the kitchen and on the restaurant floor. The guests would always wonder what my role was at the restaurant. At the young age of 13, I secured a job as a kitchen steward and I remember spending a lot of time watching and learning from the other chefs" Chef Manuel tells Ozordi Dimans on how his interest in culinary started.

At the Marco Gavio Apicio Culinary school, he learned all aspect of food, bakery and fine dining. Nonetheless, like many culinary students he set himself the ultimate target of becoming an Executive Sous Chef.

An Executive Chef is ultimately a leadership role — they are responsible for overseeing other chefs, creating new menus, training kitchen staff and



Chef Manuel

nised flavours allows the guests to enjoy the Creole curries. "So far, the feedback has been fantastic" he commented.

According to him, modern- Creole cuisine is the perfect way of introducing guests to the Seychellois cuisine.

A successful Executive Sous Chef must be almost as good with people as they are with food. Some Chefs may find themselves managing their staff more than they cook! Chef Manuel does not have to deal with the latter. Why? Because he has a great kitchen management team and the rest of the staff in other departments are supportive. He remarks that "the Hilton Northholme team is a family."

Chef Manuel derives his inspiration from the Three-Michelin starred Chef, Heinz Beck who is German-born but is an expert in Italian cuisine. "He is an inspiration because he is German but cooks Italian Cuisine. Just like him, I want to be an inspiration for young chefs. I hope when I work with any team, they take the positives from me. I also strive to communicate clearly when sharing my skills. I am constantly analysing my skills and knowledge. It is also important that I interact with guests from different background to find out what they like. I give my best to meet the guest expectations," he concludes.

managing the general operations of the kitchen.

While the path to becoming an Executive Chef may be winding, there are some skills and experiences that make one stand out to become an Executive Sous Chef. It includes a love for learning, experience, clear vision, management and communication skills, patience, business knowledge and a passion for cooking.

"My first international experience was as an Italian Chef when I was only 23 years old. Later I joined Hilton Seychelles Labriz Resort and Spa, still as an Italian Chef. Six month ago I took the role of Executive Sous Chef at the Hilton Seychelles Northholme Resort and Spa.

Together with five other Seychellois Chefs, they have created a Beverage and Dinner Menu for the newly renovated Mahé Restaurant. Mahé is Hilton Northholme Resort and Spa's signature restaurant where à la carte breakfast and dinner is served. The modern-creole restaurant is among the 4 dining areas at the Hilton property.

"The beverage menu consists of a range of exotic drinks and the signature mocktail – Jumanji. You can sip this refreshing drink as you enjoy the panoramic views of the Indian Ocean. The main ingredients of Jumanji are passion fruit, mango, pineapple, coconut, and mint.

The concept used to create the rest of the menus involved Chef Manuel's international expertise and creole recipes acquired by Seychellois chefs from their parents and grandparents.

"Everyone working in a kitchen – whether in a restaurant or a catering company – has to understand the basics of how ingredients interact. Therefore, we practice, practice, practice and only the best makes it on to the menu."

"While creating the menu, we did not solely focus on flavours, spices and techniques of cooking, but also on time spent to prepare each dish" he adds.

Chef Manuel notes that not all hotel guests can appreciate the spiciness of the traditional Creole curries. Therefore, the use of internationally recog-



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Curry



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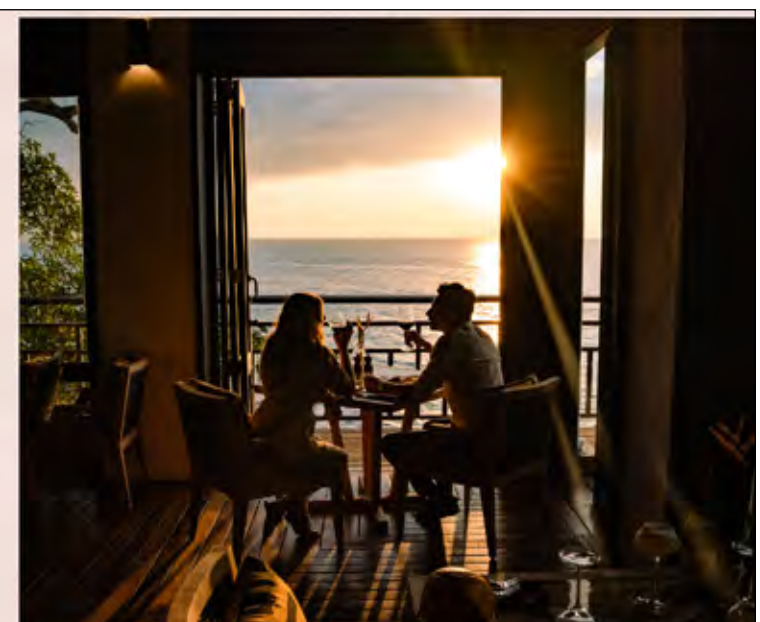
Hilton Seychelles Northholme Resort & Spa



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# Cooking Local Dishes

COMPILED BY CHRISTINE OUMA

## Starter- Pumpkin chutney

### Ingredients

- 750g pumpkin, peeled and cut into small pieces.
- 1 long red chilli, finely chopped
- 1 teaspoon fresh chives, finely chopped.
- 2 onions, finely sliced
- Juice of half a lemon
- 1 teaspoon white wine vinegar
- 2 tablespoons olive oil
- 1/2 teaspoon freshly ground black pepper
- salt to taste

### Preparation

Cook pumpkin pieces in a large pot of boiling water over medium-high heat until soft.  
Once cooked, drain pumpkin pieces using a colander and transfer them to a large bowl.  
Roughly mash pumpkin pieces using a masher or fork.  
Tip in remaining ingredients and mix well until combined. Check seasoning and adjust according to taste.  
Serve pumpkin chutney whilst still warm alongside the main dish.

Serves 4-6



Fish Curry with Basmati Rice

## Main Course- Fish Curry

- 1kg fresh fish, cut into bite-size pieces
- 2 round onions, chopped
- 1 tablespoon masala
- 1 tablespoon turmeric powder
- 1 tablespoon garlic, chopped
- 1 tablespoon ginger, chopped
- 1/4 cup curry leaves
- 3-4 cinnamon leaves
- 2 tablespoons sunflower oil

- 1 cup water
- salt and pepper to taste

### Preparation

Season fish with salt and pepper and set aside.  
Heat oil in a deep heavy pan over medium-high heat and fry onions until golden brown.  
Stir in masala and turmeric powder. Cook for a few seconds stirring all the while, then add in the fish and remaining ingredients.  
Adjust the heat to medium-low and simmer for about 10 minutes until the fish is cooked.  
Serve hot with white basmati rice.

Serves 4-6



Vanilla Ice Cream

## Dessert- Ice cream

- 2 cups heavy whipped cream
- 1, 1/3 cup sweetened condensed milk
- 1 teaspoon vanilla extract

### Preparation

In a large mixing bowl, use a hand or stand

mixer to whip the cream until stiff peaks form, being careful not to overdo it.  
In a separate large bowl, whisk together the vanilla extract and sweetened condensed milk then, gently fold in the whipped cream using a spatula, slowly incorporating the two mixtures together so it stays light.  
If making individual flavours, scoop the cream mixture into small bowls and gently fold in desired mix-ins, or if making just one flavour, mix desired mix-in directly into the cream mixture.  
Transfer cream mixture to container and freeze for 4-6 hours.

Serves 4-6



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.



# What it takes to be a good baker

BY U-ROY JULES

A baker is a person who bakes bread, cakes, pastries as a trade. Locally, we have various bakeries selling different kind of products such as cakes, sweet and savory treats, desserts and more for their customers. Venessa Ikarakwu is a well know baker and owner of her own business namely The Baking Room (TBR). She has always been a cake lover and keeps sharing love of everything about cake to her loyal customers and creating happiness on their special day. Despite appearances portrayed by international media that baking and decorating is an easy craft. It requires patience, dedication and discipline. "I believe that if you want to keep progressing you must be your best self and never stop learning. TBR is a home baking business located in Anse Etoile where I grew up. I remember at an early age always being interested to cook and bake with my grandmother and as fate would have it, I am now a baker," Venessa studied at the Seychelles Tourism Academy (STA) where she acquired basic knowledge of pastry and baking. She gained additional knowledge of baking from her husband Oche Ikarakwu who has culinary experience and skills. "It is this passion and love for cooking, baking, decorating and support



Venessa Ikarakwu



Together with her husband, Oche Ikarakwu, they run a bakery business

from my husband that led us down the path to start up our home baking business. You don't have to love cooking to cook, but you have to do more than love baking to bake," she said. In 2019, Venessa and Oche Ikarakwu established TBR and since then have never looked back. She has a Bachelor Degree in International Hotel Management and Oche is a Seasoned Chef. "Over the years before starting the business, I have acquired knowledge in the field of Sales, Marketing and Communication and it is from these skills that I have built, developed and nurtured The Baking Room to where it is today. We started TBR as a hobby while I was still employed. Due to health reasons after discovering I had lupus, I had to take care of my health and adjust to the new reality of not having a job as well as the uncertain-

ties of the Covid pandemic. I pushed myself with the support of my partner and customers to continue growing The Baking Room and I believe this helped me to recover and to get back on my feet," she said.

ously evolving where old practices are being merged with new techniques," she said. Being a baker, you must prepare everything, such as the ingredients and being able to plan ahead and be ready to meet deadlines.

"We always check a week before what we have planned on our calendar and our inventory so that we can source for ingredients locally. This can sometimes prove to be challenging since some of the ingredients are not always available locally. But because of our out of the box thinking, we always find a way to make it work. We have also made great emphasis on our high standard of hygiene," she said.

Locally we have so many Pastry Chefs and such industry is becoming saturated. Customers are looking for the finest bakery products on the island, and TBR is gradually becoming one of the most successful

bakery business on the island. "From our knowledge and observations, there are opportunities for Pastry Chefs but as for bakers the opportunities to grow to international standards are limited. This is due to several aspects such as availability of specialized training courses, equipment and tools and an overarching body to guide, manage and represent registered bakers nationally. As bakers, a missing ingredient simply means that we have to spend more time researching and finding an equal alternative that will serve the same purpose but not changing or impact the quality of the finished product. Costing has also been proven to be complicated since the prices of ingredients keep increasing," she said. "We have to say that Italian cream cake is our favorite flavor combination. The tender texture of coconut combined with cheese cream and topped with crunchy texture and nutty pecan nut flavor is heavenly," she said. "The most important skill that we believe comes first for us is organizational skill followed by time management. Both of these skills influence the finished products and how you manage the administrative work required. Also, knowledge of food costing is very important, the price of products should not be subject to guessing and should be based on prices of raw materials"





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Partager Red

Tasting notes

- Brilliant cherry red colour.
- Aromatic and pleasant nose with red fruit aromas (raspberry and blackberry).
- Medium-bodied and well-balanced wine with round tannins and fruity aromas on the palate.

Food matches

Great with red meat and cheeses.  
Serve between 14 and 16°C.

Partager White

Tasting notes

- Brilliant pale straw colour.
- Intense and perfumed nose, with floral notes and white fruit aromas (quince, apple).
- Round and well-balanced on the palate with a nice fruity finish.

Food matches

Perfect as an aperitif, with seafood and fish, white meat.  
Serves between 8 and 10°C.

Partager Rose

Tasting notes

- Brilliant salmon-pink colour.
- Aromatic and pleasant nose with red fruit aromas (cherries).
- A delicate and well-balanced wine with refreshing flavours.

Food matches

Perfect with mixed salad, BBQ, pizzas, and grilled food.  
Serve between 8 and 10°C.







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#### INGREDIENTS

- 700 g** Pasta of your choice
- 1 L** *Excellence Cooking Cream*
- 500 g** Mushrooms
- 200 g** Cheddar Cheese
- 20 g** Butter
- 2 Tbsp** Crushed Garlic
- 1** Onion (Chopped Finely)
- 2 Tbsp** Olive Oil
- 1/2 cup** Parsley (Chopped Finely)

1. Pre-heat oven to 180 C / 200 C
2. Cook the pasta in boiling water for 10 min.  
Rinse & Drain add a dash of Olive Oil.  
Set aside.
3. Chop the mushrooms and saute in butter,  
season with salt and drain.
4. In a deep pan saute the onion & garlic in  
butter, add the *Excellence Cooking Cream*.  
Bring to a gentle boil (10 mins), add parsley,  
season to taste.
5. Combine all the ingredients in a deep baking  
tray, top off with cheddar cheese.  
Place in oven for 30/45 min or until golden.  
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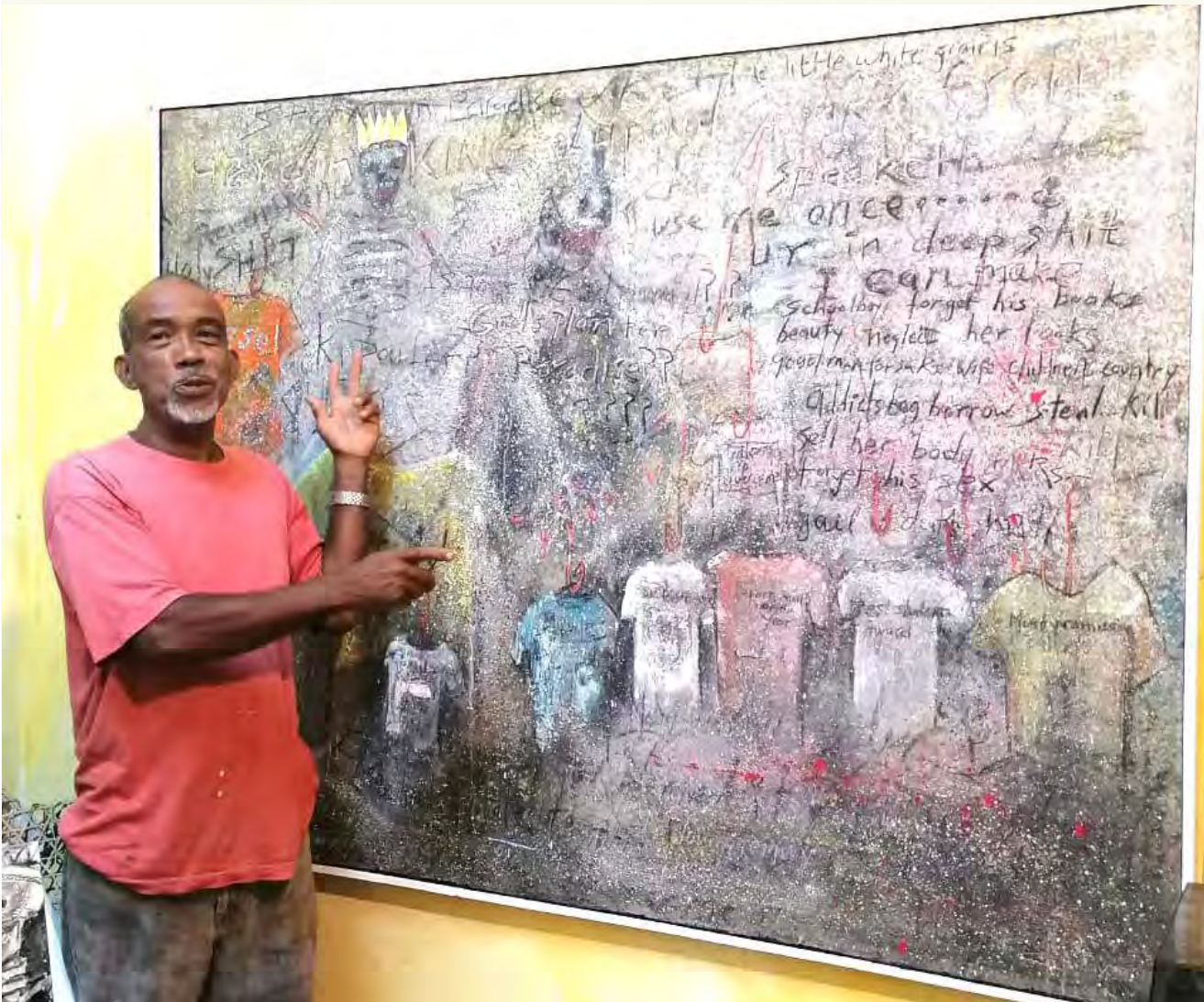
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# Artist, Egbert Marday shares inspiration behind his works

BY CHRISTINE OUMA



Egbert Marday poses next to one of his valuable paintings

Egbert Marday is an established artist who enjoys painting and sculpting. Most of his work are abstract but he also does figurative paintings. He shares that he likes to do paintings that depict people's way of life, usually in their social settings. "I love to paint people and bring out their emotions in my work. I also love market and street scenes because these are where emotions and pulses run high," he explains. Whenever Marday come across situations he considers beautiful, he paints the happy scene with beautiful colours. According to him, a first glance of the picture tells people to embrace such beautiful scene, not just literally but

also with the hope of improving on such beautiful scenes within their settings. "If I do a painting of alcohol or drug addicts in their habitat; the scenes arouse the viewer's imagination. Most

Marday believes the subjects of drugs can and should be involved in viewing artists' work to develop an awareness on drug abuse. "They could get to discuss these issues amongst themselves, hear the interpretation of the artwork from the authors among other important aspects that could be integrated in such settings to help addicts come out of this great menace. Unfortunately, this is yet to happen in Seychelles and I would really appreciate if we can make it happen," he affirms. Together with other artists, Egbert has been lobbying for the setting up of the National Arts Museum or Gallery where

**King Heroin has a crown and sits at the top. It lies on the shoulders of personalities including the President, Judiciary, school teachers, Bishops, the common men and women on the streets amongst others and unfortunately no one can dethrone it.**



King Heroin art work



Domino playing gathering

artists can have a space for commercial gallery, landmark history of Seychelles as well as those that address issues of drug addiction. He confirms that tourists are the biggest art spenders and most of them go for the best artist's work. "Whenever they visit my studio, for example, they tend to purchase my best works and most of the time it feels like the best of Seychelles is being taken away from our country. We sell some of our best works to the tourists because we still have to earn a living from our works," reiterates Egbert. He further said that

there are some artworks he prefers not to sell to tourist, especially particular ones on drugs menace in Seychelles. "I have a painting I call 'King Heroin', also inspired by the legendary James Brown in his poetic song 'King Heroin'. King Heroin has a crown and sits at the top. It lies on the shoulders of personalities including the President, Judiciary, school teachers, Bishops, the common men and women on the streets amongst others and unfortunately no one can dethrone it. If we are not careful, the drug menace will take over our country," warns Egbert.



Some of Mr. Marday's works at his workshop



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# Les Romances

CONTRIBUTED BY LENSTITI KREOL

Comme pour tous les peuples, il faut noter qu'aux Seychelles, les types de chants sont peu nombreux, mais les versions parfois très différenciées, sont répétitives surtout en termes de la poésie.

En ce qui concerne les romances, il existe en premier lieu celles dites romances de mariage, souvent

celle d'une pressée de sa marier, celle d'un homme marié trahi ou déçu.

Les romances de métiers apportent leur note de poésie naturelle. Les Seychelles étant un pays formé des îles, les romances de métiers sont surtout des romances de matelos.

Cependant il y a aussi des romances pour distraire

la solitude d'une jardinière, des romances de laboureur, etc.

Le travailleur, en effet, chante pour se distraire d'un travail pénible ou monotone, exécutant les romances qu'il sait et qu'il aime. Ces bels airs pourraient aussi bien être classé parmi les romances d'amour.

Les romances d'amour parlent d'amour sollicité,

partagé, repoussé ou déçu.

Ensuite il y a les romances festives ou dans l'air, pour les saisons, comme la nouvelle année, et, Noël.

Il y'a aussi les romances familières dans lesquelles les gens se retrouvent.

Il en existe aussi des romances à danser qui s'appellent romance de vaise.



Un dimanche de romances-Seychelles Nation



## KIT ROB PER

*Mon ti ne le 10 Zilyet 1980. Mon setyenm piti dan en fanmiy nef zanfán.  
Ne, batize e grandi Lentandans, pli prezizaman dan en pti kanton ki apel dan Bannavanr.  
Mon'n kontan literatir depi mon premye zour.  
Mon en aktivis Kreol avek lanmour.  
Mon premye lekritir, mon ti fer li avek en bout sarbon.  
Mon ti ekri lo lakaz mon manman.  
Avek mon balye zig e mon balye fatak.  
Avre dir mon konpoze ziska mo in tonm latak.  
Mon dekrir mwan konman en ekriven avan tou.  
En poet apre tou. En akter, en rakonter. Enn ki anvi partaz son don. E fer tou dimoun kontan.*



Par Vincent Milius

En zenn garson, Leonar alyas Per Roze, ti en zenn pret parwas Kaskad. I ti anmoure avek Mariz me son vokasyon pour vin pret ti pli for. Donk i ti les tou deryer pour li antre per. Me apre en serten tan, i ti realize ki pa sa ki i ti vremen anvi. Donk en zour bomaten, ler Bedo ti al anmenn dile kot per, parey i abitye fer tou le bomaten, Bedo ti sirprann ki Per Roze pa ti ankore leve. Apre detrwa kriye, i ti al rod sekour kot lakaz bann relizyez. Ansanm zot ti retourn kot lakaz per e la zot ti war ki lakaz ti'n devir anba lao...

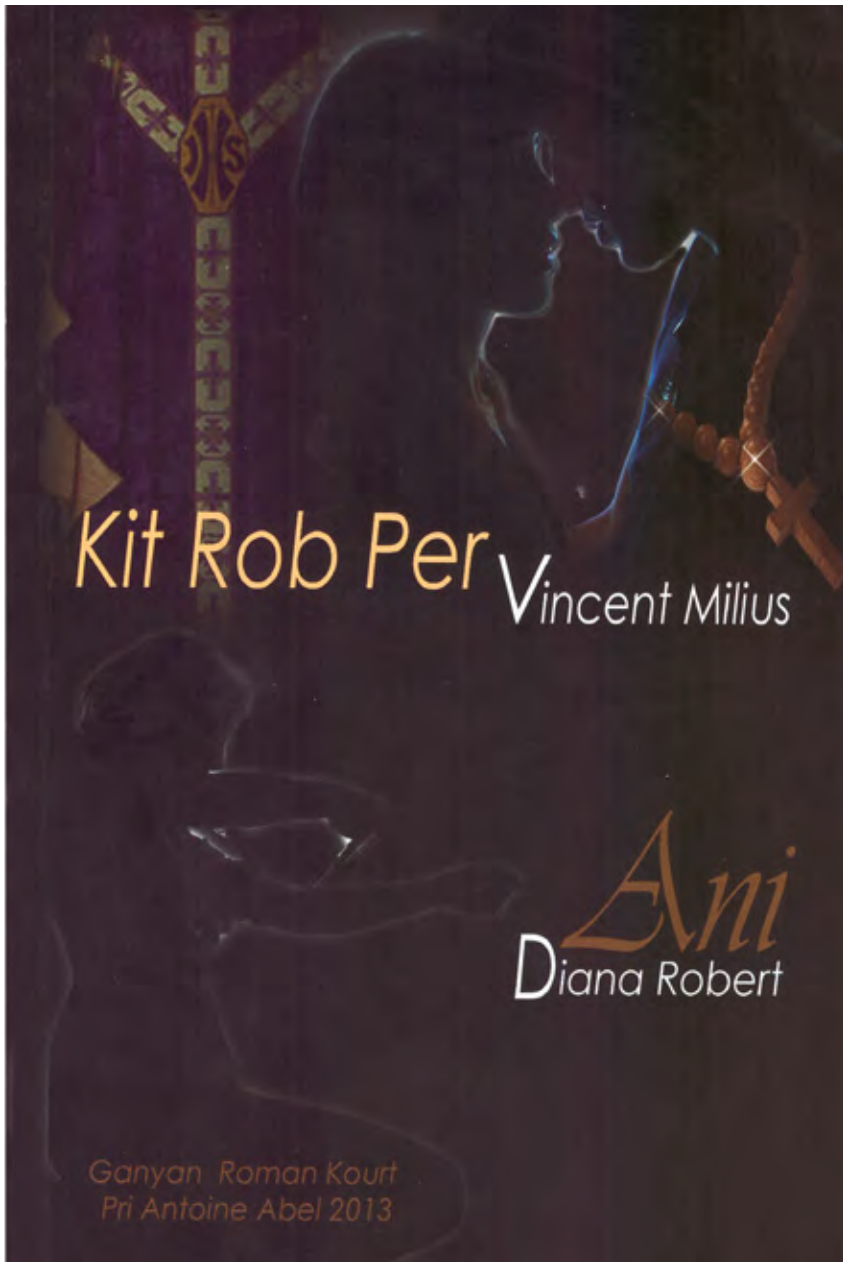
*Diana Vel nee Robert ti ne le 13 Zen 1971. In grandi dan distrik Pte Larue e Kaskad. I en anseyan sosioloji par profesyon e I travay dan lekol Letid Avanse. Dan son pas tan I kontan ekri e al borlanmer. I osi kontan listwar sesel. Dan son lakour toultan ti annan en kantite liv e tou dimounn ti kontan lir. Son manman Georgine Robert ti en asenyan e plitar ekriven e sa dezir pou literatir I vin otamatik pou son bann zanfán.  
Diana I osi fer la poezi an kreol Seselwa.*



ANI  
Par Diana Robert

Ani, zenn fiy ranpli avek lavi, zenn fiy avek bokou rev parey nenport fiy son laz. Kot pour al lekol, manman ti bezwen kriy li plizyer fwa ler Bedo ti sonn laklos legliz pour li leve, ki byensir Ani ti fer avek difikilte. Sa zenn fiy ti anvi eksperyans lavi dan tou son dimansyon, e apre serten frekantasyon, Ani ti fini koman en droger. Apre ki Ani ti'n sibir plizyer difikilte ek deseptyon lavi, Ani ti deside al koz avek son papa e demann li led pour li sorti anba sa fleo drog. Me desten ti desid otreman. Apre ki i ti ganny atake par enn sa bann trafikan, Ani ti al fini dan swen entansif. Bedo ti sonn laklos e safwasi laklos ti ganny sonnen espesyalman pour Ani, me Ani pa ti leve dan sa sonmey profon...

Sa de zistwar i trouve dan en sel koleksyon e si ou anvi konn plis lo sa de zistwar tre enteresan e pasyonan, aste enn e met dan ou koleksyon. Liv i anvant kot Lenstiti Kreol Sesel, Culture House, Providence, e i kout 125 rroupi.





# TREASURES OF THE PAST

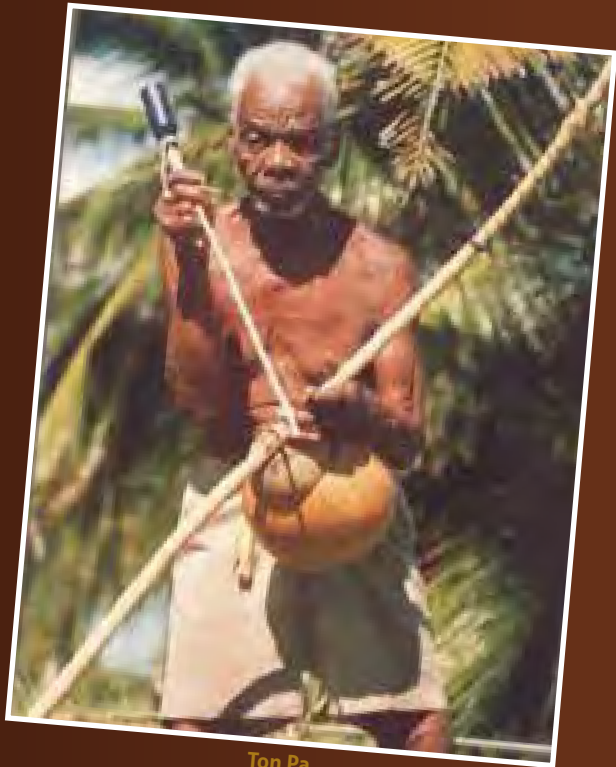
## Jacob Marie- alyas Ton Pa

CONTRIBUTED BY NATIONAL MUSEUM OF HISTORY

Jacob Marie alyas Ton Pa, ti ne le 30 Out 1908. I enn bann vedet Seselwa kin zwe pli gran rol koman en mizisyen pour prezerv nou lanmizik tradisyonnèl. Petet san Ton Pa, bonm ek zez ti pou disparet depi lontan. Ton Pa in en sours lenspirasyon ki bann santer parey David Philoe ek Patrick Victor in sant lo la. I ti en labourer ki dan son letan lib ti kontan zwe lanmizik notaman bonm ek zez. I ti fabrik sa de lenstriman an servan en kalbas ek lalinny. Ton Pa in perform bokou dan bann lotel lokalman. Swe profon Ton Pa sete ki lazenes pa les bann lenstriman tradisyonnèl perdi e donn plis lenportans bann lenstri-man modern. I ti ganny imortalize kan en moniman ti ganny plase La Bastille pour onor son zefor pour prezerv nou lanmizik tradisyonnèl. Ton Pa ti mor le 28 Zanvyè 1994.



Ton Pa (Jacob Marie)



Ton Pa



Jacob Marie alias Ton Pa Sculpture by Steve Marie





# Kids say the *darndest* things

BY CHRISTINE OUMA AND U-ROY JULES

Children are naturally curious and they crave information. This prompts them to ask questions. Most parents have experienced this, they ask you one question, only to bombard you with an array of questions following the answer.

Have you ever tried turning the tables and taking on the role of the investigator?

Presenting pertinent questions to children can help expand their views and allow them to be more open-minded. In the Kid’s Corner, we will ask a few kids some questions, and hopefully, they will be able to answer. The questions will get them to think about solutions to problems or spark their curiosity. In this edition, our first participants are Hella Domingue and Layvin Grondin both from École Française des Seychelles. Hella is 10-years-old and Layvin is 5-years-old.

## Layvin Grondin

- 1. What would you wish for if a genie gave you three wishes?  
A jet-ski, a fishing rod and a toy TV.
- 2. If you had a restaurant, what will you serve?  
I would serve burgers, chips, bread and oranges.
- 3. If you wanted to make everyone on the planet smile, how would you do it?  
I would take a picture of them and tell them to smile.
- 4. If you got to be a parent for a day, what rules would you have?  
I would tell my children to go to school.
- 5. What makes you feel happy and why?  
When I went to a new house.
- 6. What do you think is the meaning of life?  
Life is when you breathe.
- 7. If you were an animal, which animal would you be and why?  
I would be a tiger and groan because I like the tiger. I would also like to be a dinosaur.
- 8. If you had a time machine, where would you go and why?

- I would go to the police station because I would like to dress like the police.
- 9. What is one thing you would change about the world?  
I would change spider man into a doctor.
- 10. Imagine you just won a million dollars, what would you buy first?  
I would buy plenty of clothes, toys and real animals like a dog.
- 11. What is something that helps you fall asleep at night?  
Listening to songs and reading bedtime stories.
- 12. If the sky could rain food, what food would you like for it to rain down?  
I would like it to rain burgers.
- 13. What is something that makes a family special?  
My family members are pretty, beautiful and nice. I have many mummys.
- 14. What is beautiful about Seychelles?  
Going to school.



## Hella Domingue

- 1. What would you wish for if a genie gave you three wishes?  
My first wish will be to be able to do all my work in school to be smart. The second wish will be to have a happy family and the third is to give homeless people, food, water, and a house but a small house.
- 2. If you had a restaurant, what would you serve?  
That’s easy, lasagna, burgers, salad, shrimps, ice cream, eggs, fish, seafood, hot dogs, pizza, sandwich, yogurt, steak, roast chicken and kebabs.
- 3. If you wanted to make everyone on the planet smile, how would you do it?  
I would tell funny jokes and make people dance.
- 4. If you got to be a parent for the day, what rules would you have?  
The first rule I will tell my children is to go play outside, the second one is no technology and the last will be to eat vegetables.
- 5. What makes you feel happy, and why?  
I feel happy is when I am at the beach, I feel free and I like swimming. I also feel happy because I know how to swim and can save people.
- 6. What do you think is the meaning of life?  
To be happy and brave at the same time.
- 7. If you were an animal, which animal would you be and why?  
I would be a turtle because the turtle is so small and goes to the ocean.

- 8. If you had a time machine, where would you go and why?  
I would go to La Digue because I would like to meet the people and make friends with them.
- 9. What is one thing you would change about the world?  
One thing I would want to change about the world is to make peace because people are fighting all over the world.
- 10. Imagine you just won a million dollars, what would you buy first?  
I will buy a house.
- 11. What is something that helps you fall asleep at night?  
It’s to listen to a little music.
- 12. If the sky could rain food, what food would you like for it to rain down?  
I would like to rain burgers and pizza.
- 13. What is something that makes a family special?  
To be a special family is to be nice to all the members of the family.
- 14. What makes you feel happy?  
I feel happy because I love to eat and have wonderful parents.





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Sandra Bonnelame

# Environment



It shows the use of plants, natural light and material finishes that all contribute to having a healthy sustainable space

CONTRIBUTED BY SANDRA BONNELAME-INTERIOR DESIGNER

As an Interior Designer, I am fully aware of the tremendous impact design products can have on the environment. I advise on type of materials and products and the costings. Locally I believe our interior environments are taking a toll on our health and this can undeniably be linked to the ever-increasing health concerns when it comes to conditions such as asthma, allergies reproductive health and childhood development. From choosing the materials for construction and interior materials we have to be mindful and make informed choices to reduce exposure to indoor pollutants.

Hopefully, as Seychelles becomes increasingly more aware of the importance of being environmentally more responsible, so will clients seeking interior design services by incorporating sustainable principles in their interior spaces. The health of the environment is top priority for an Interior Designer as people spend most of their time in offices, schools and home. Quality of air, heating, ventilation, lighting and acoustics should all be considered. Sustainable principles in design may reduce the negative environmental impact.

3 simple tips

- 1. Avoid products and materials with

high levels of toxic emissions. For example, furniture or equipment that has been treated with harmful chemicals releases dangerous toxins in the air. Look for materials with low emissions of VOC (volatile organic compounds) and other air pollutants.

2. Improve indoor air quality by making sure air can

regularly circulate and remain fresh. Plants act as natural air filters, and — contrary to common beliefs — so do carpets. Carpets improve air quality by trapping the dust particles from the air and holding them until vacuumed. Carpets are also excellent sound insulators and it reduce noise by absorbing sound vibrations.

3. Make sure your interior has natural light as it is another beneficial aspect for health. Natural light reduces stress and increases productivity which is especially relevant for workplaces. As much as possible it is important to be surrounded by elements of nature.



Celebrate your well lit home with house plants

## 5 Benefits of Houseplants

SOURCE: BIOADVANCED

When you embellish interior spaces with houseplants, you are not just adding greenery. These living organisms interact with your body, mind and home in ways that enhances quality of life.

Breathing Easier

When you breathe, your body takes in oxygen and releases carbon dioxide. During photosynthesis, plants absorb carbon dioxide and release oxygen. This opposite pattern of gas use makes plants and people natural partners. Adding plants to interior spaces can increase oxygen levels. At night, photosynthesis ceases, and plants typically respire like humans, absorbing oxygen and releasing carbon dioxide. A few plants such as orchids, succulents and epiphytic bromeliads do just the opposite, taking in carbon dioxide and releasing oxygen. Place these plants in bedrooms to refresh the air during the night.

Releasing Water

As part of the photosynthetic and respiratory processes, plants release moisture vapor, which increases the humidity of the air around them. Plants release roughly 97% of the water they take in. Place several plants together and you can increase the humidity of a room, which helps keeps respiratory distresses at bay. Studies at the Agricultural University of Norway documented that by using plants in interior spaces decreases the occurrences of dry skin, colds, sore throats and dry coughs.

Purifying Air

Plants remove toxins from air, up to 87% of volatile organic compounds (VOCs) every 24 hours, according to NASA research. VOCs include substances like formaldehyde (present in rugs, vinyl, cigarette smoke and grocery bags), benzene, and trichloroethylene (both found in man-made fibres, inks, solvents and paint). Benzene is commonly found in high concentrations in study settings, where books and printed papers abound.

Modern climate-controlled, air-tight buildings trap VOCs inside. NASA research discovered that plants purify that trapped air by pulling contaminants into soil, where root zone microorganisms convert VOCs into food for the plant.

Improving Health

Adding plants to hospital rooms speeds recovery rates of surgical patients, according to researchers at Kansas State University. Compared to patients in rooms without plants, patients in rooms with plants request less pain medication, have lower heart rates and blood pressure, experience less fatigue and anxiety and are released from the hospital sooner.



Philodendron houseplants

The Dutch Product Board for Horticulture commissioned a workplace study that discovered that adding plants to office settings decreases fatigue, colds, headaches, coughs, sore throats, and flu-like symptoms. In another study by the Agricultural University of Norway, sickness rates fell by more than 60 % in offices with plants.

Sharpening Focus

A study at The Royal College of Agri-

culture in Cirencester, England, found that students demonstrate 70% greater attentiveness when they are taught in rooms containing plants. In the same study, attendance was also higher for lectures given in classrooms with plants.

How Many Plants?

The recommendations vary based on your goals. To improve health and reduce fatigue and stress, place one large plant (8-inch diameter pot or larger) every 129 square feet. In the office or classroom settings, position plants so each person has greenery in view. To purify the air, use 15-18 plants in 6-8-inch diameter pots for an 1,800-square-foot house. That is roughly one larger plant every 100 square feet. Achieve similar results with two smaller plants (4-5-inch pots). Remember that for the best success with any houseplant, you need to match the right plant to the right growing conditions.



Peace lily plant



Gragon tree



Spider plant



Gerbera daisy houseplant



Snake plant



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**Glacis , Seychelles, Mahe**


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

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

**Offers invited USD 3.5m+**

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



A two-story white house with a balcony and a red roof, surrounded by tropical vegetation.

**Anse La Mouche, Mahe**

Anse La Mouche, Mahe

- Fully furnished
- 5 Bedroom
- 2 self-contain units
- 2-bedroom unit and 3-bedroom unit

A large, single-story house with a red roof and a large lawn, surrounded by tropical vegetation.

**Sans Souci, Mahe**

Unique opportunity. This property used to be a hotel. Need tlc and will not take much to put it in shape.

On 3.5 acre of land.  
2-bedroom house included in the sale 3 outbuildings, one bedsitter.

Situated in the mountain of Sans Souci above the capital Victoria. Fresh, cool air. Peaceful and idle for a retreat.

A large, single-story house with a red roof and a large lawn, surrounded by tropical vegetation.

**Sans Souci, Mahe**

Spectacular views in Sans Souci on the island of Mahe, in this 4 bedroom and 4-bathroom home. Large and open living room and dining room. Expansive verandah with 180-degree ocean and pool view. Tennis court, swimming pool.

Situated on 3 acres of beautiful landscaped flowers and fruit trees. Private cottage. Gated.

Historic Home, classified as National Monument.

Price available upon request

- 4-bedroom
- 4-bathroom
- Large and open living room and dining room
- Expansive verandah with 180-degree ocean and pool view
- Tennis court
- Swimming pool
- 3 acres of beautiful landscaped flowers and fruit trees
- Private cottage
- Gated

A large, single-story house with a red roof and a large lawn, surrounded by tropical vegetation.

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# How The Good Doctor Became One of the Biggest TV series

**Source: The Guardian**

The TV drama, which stars Freddie Highmore as a surgeon with autism and savant syndrome, has engaged millions of viewers but critics remain sceptical.

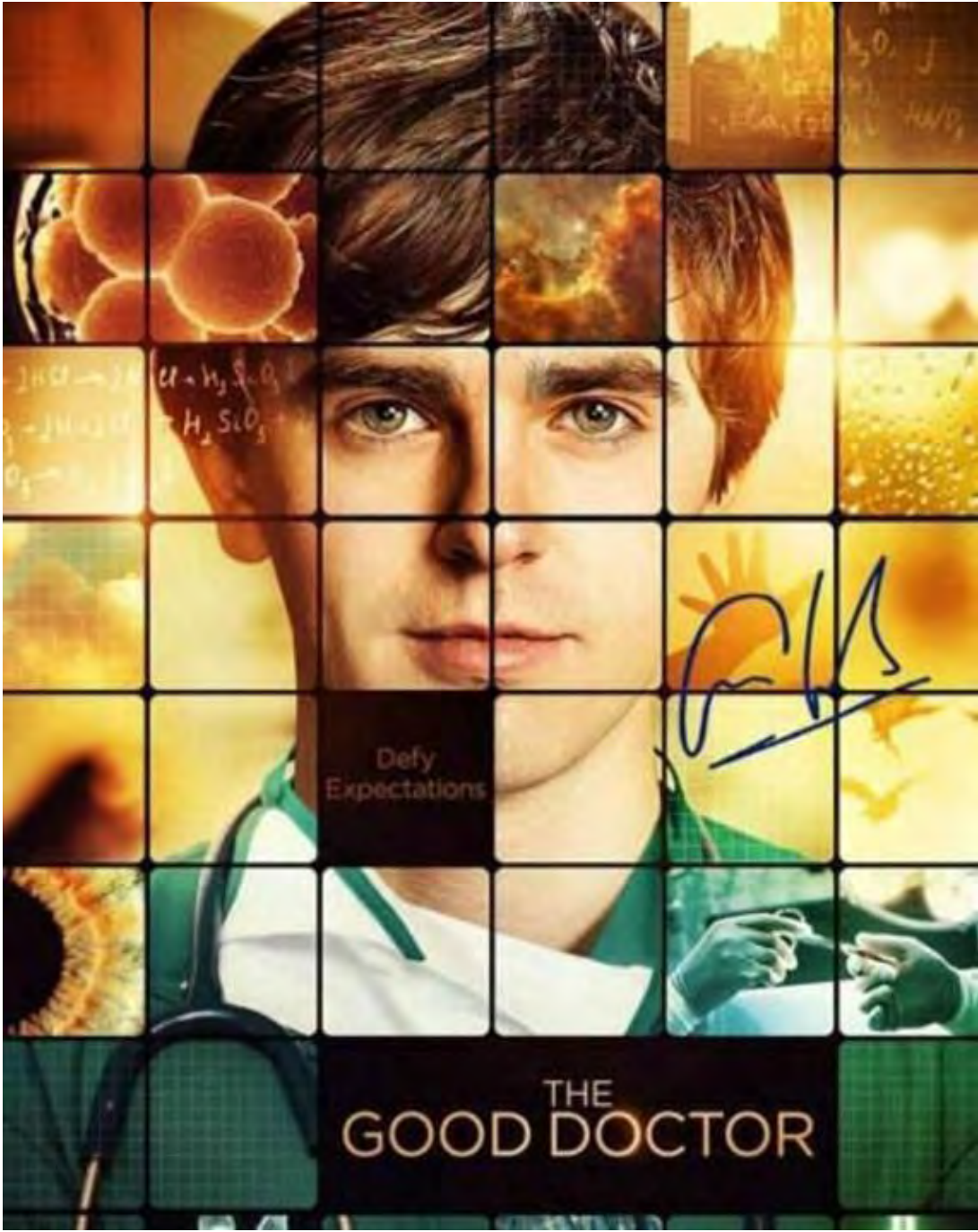
Ever since Grey's Anatomy and hits like House, Nurse

Jackie, and ER completed formidable seasons-long runs, viewers have been clamoring for the next great medical procedural.

Since its initial release in 2017, it seems they got their wish with ABC's new drama The Good Doctor, created by House's David Shore and

based on a Korean series of the same name. Is The Good Doctor "great"? Well, not exactly, but it does enough to fill the void in a genre that is always been less about medicine than the often galactic, always dramatic goings-on at our favourite fictitious hospitals.

Shaun Murphy, played by Highmore, is an autistic surgeon with savant syndrome. His stream of consciousness speaks the language of anatomy, and when the show's particularly keen on calling attention to his genius. Organs and veins and glands float above his head like illustrations ripped from a medical school textbook. "He's not Rain Man," says his main advocate at the prestigious St Bonaventure hospital in an attempt to convince the board that Murphy is hireable and high-functioning. To those in the autism community, the show has deftly done just that. "The Good Doctor does a fine job of navigating this razor's edge," Mr. Kerry Magro on the website Autism Speaks, noting that it shows "several characteristics that can accompany an autism di-



agnosis such as social awkwardness, lack of eye contact, playing with his hands during stressful situations". He adds: "Freddie's take will resonate with many in the community."

As for its entertainment value, The Good Doctor proceeds the way most medical dramas do: each day brings a new patient in need of life-threatening surgery; the doctors fight for stature and opportunity while romancing one another in the process. We discover that Shaun's

childhood was marred by the gruesome deaths of both his little brother and pet bunny, and he is disciplined for behaving poorly or erratically in front of patients before saving the day with surgical heroics. It is sentimental, and it is probably no coincidence that as hitmaker Shonda Rhimes (of Scandal, Grey's and How to Get Away with Murder) prepares to leave ABC for Netflix, the network has pushed a new drama to the forefront of its programming.

Ultimately, critics may be of little significance to The Good Doctor: it is now ABC's most-watched Monday drama in 21 years. Unseating The Big Bang Theory alone brought the show a good deal of press, and should it continue to handle autism as deftly as viewers think it does, The Good Doctor will join This is Us as that rare network hit in the age of streaming supremacy.

The series is currently in its fourth season, since debuting 2017.



Dr Shaun Murphy



The cast of the Good Doctor



Dr Shaun Murphy in action treating a pregnant woman



# Two truths and a lie

BY CHRISTINE OUMA

**What it is:** A talking group game, perfect as a “get-to-know-you” game with people you don’t know well (or want to get to know better).

**Best for:** A group of 6 to 12 people.

**What you need:** Nothing!

**How to play:** The basic game play consists of players sharing three facts about themselves. Two of the facts must be true, and the third one should be a lie. Then the other players have to guess which one is the lie.

So here’s how you could set up the game. Have all of your players sit in a circle and choose someone to start, i.e. Mark. Mark would say the facts out loud. Then the rest of the players would discuss,

consult, and decide which facts of Mark is false. Optional, to keep score, players can guess individually and whoever is correct score a point. Mark can also score for every person who are not correct about his facts.

**Strategies:** When you’re giving your three facts, since you’re trying to fool the other players, it’s good to disguise the lie as a truth; that is, something that people would believe you’ve done. Alternatively, you could try to disguise your truths as lies.

**Variations:** Another option to the game would be instead of having players reveal their lie right away, you could have everyone in the circle say their truths and lie, and then go back around the circle a second time and let people reveal what was true and false.



I can finish a whole large pizza in one sitting



I’ve been skydiving



I’ve had my picture in the Newspaper

# Danm

Danm I en zwe iniversel. I ti ganny entrodwir isi sesel parey bann lezot zwe par bann Eropeen. I ekziste de (2) kalite danm isi sesel. (i) Danm kare; sa I souvan fwa en karton ki bann pti kare in ganny desinen lo la. I annan swasant (60) kare ki ganny penn an de kouler diferan.(Lekzanp blan ek nwar,rouz ek nwar). De (2) zwer I fer fas e sakenn I annan ven (20) pyon.

(ii) Danm latet; sa kalite I pli ganny pratike aköz I pli fasil pou fer. I kapab ganny desinen lo en karton oubyen ater lo en landrwa plat.

Danm latet I dan la-form en rektang avek de bout triangiler ekstra dan son de ekstremite.

De (2) zwer I fer fas avek kanmarad e sakenn I annan li sez (16) pyon.

Dan zwe danm bann pyon I bouz selman dan sans devan swa vertikal (drwat devan), orizontal (akote) e diagonal (atraver). Sa bann mouvman I ganny fer lo bann laling ki dan pozisyon idantik.

Bann pyon I ganny sans bouz dan direksyon advers deryer Selman ler zot \* 'manze'(sot e pran pyon oponan) en pyon advers.

Zwe I komanse apre ki

sa de zwer in desid lo lekel ki pou zwe premye. Bi sa zwe seki sa de zwer I fer fason pou manz tou pyon kanmarad. An menm tan zot fer posib pou ariv lo bout ekstrenm defans kanmarad.

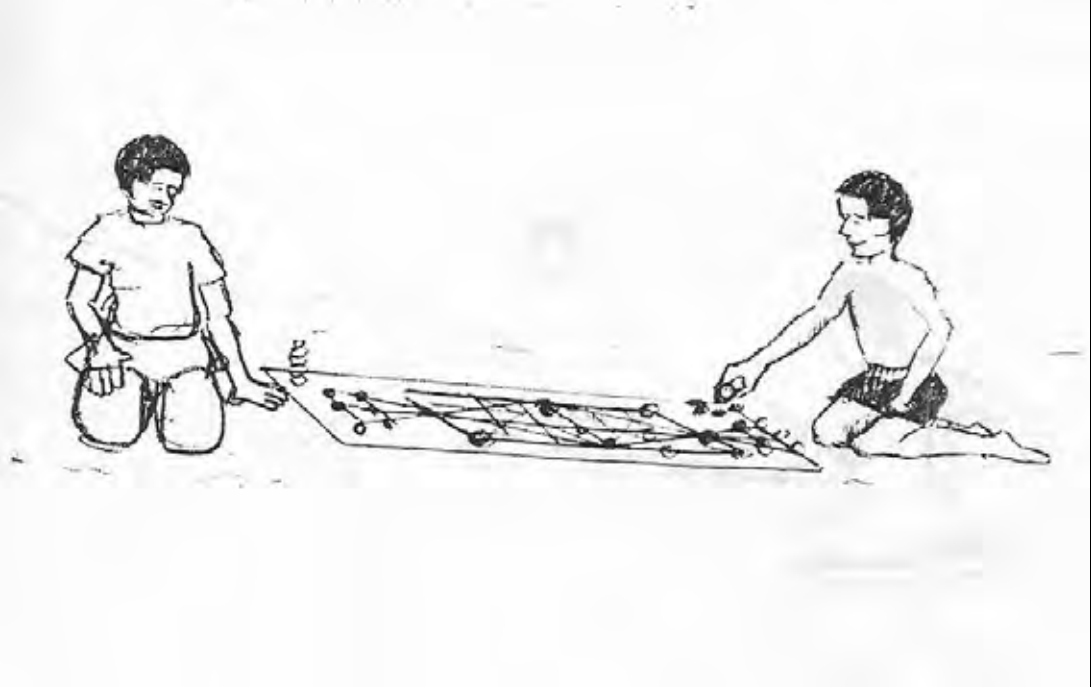
Si enn oubyen de pyon I ganny sans arive san ganny manze, sa pyon I ganny konsidere koman 'danm'. Dan sa ka en lot pyon idantik I ganny azoute avek.

Sa sitiasyon pou bokou dan lavantaz sa zwer ki annan aköz en danm I kapab sirkil lo en pli gran sirfas ki lezot pyon.

Bann pyon ordiner pa ganny drwa bouz plis ki en fwa swa dan sans vertikal, orizontal ou dyagonal ant de laling, ekspete si I annan plis ki en pyon advers pou manze.

En zwer I ganny konsidere koman gannyn ler in reisi manz tou pyon son oponan.

'manze': - Ler en pyon I kapab bouz de (2) fwa ou plis konsekutivman. An menm tan I sot en pyon ki advers I ganny plase dan en landrwa vid devan li.



Danm latet



# RODE LEKEL

Source: Seychelles Creol Institute

Legzanp: elnnas = lasenn

1. ZNAPEERGL \_\_\_\_\_
2. TNIDE \_\_\_\_\_
3. GVAE \_\_\_\_\_
4. FLSEOEU \_\_\_\_\_
5. IOMFUR \_\_\_\_\_
6. TKITIA \_\_\_\_\_
7. MREFLA \_\_\_\_\_
8. ARMNE \_\_\_\_\_
9. NIEBOSA \_\_\_\_\_
10. IREMP \_\_\_\_\_



My Story

David Jones Louise

BY CHRISTINE OUMA

Childhood

"I was born on the 11th of October, 1963 and come from a family of two brothers and three sisters. We were so poor and my mother left for Beirut, Lebanon to work when I was just a baby. I remember she returned to Seychelles when I was about 7 years old. Life was not easy, but I enjoyed my childhood and pushing a wheel with two sticks was great fun.

Family

I have three children, two girls and a boy, Marcus who is about 28 years old. My daughters were born four months apart from different mothers.

Boxing

I started boxing in 1982 when my doctor recommended that I engage in sporting activities to manage my medical condition, asthma. My ex-brother-in-law was a boxer and sports became a big part of me. He enjoyed morning runs so I would tag along and we also went to the gymnasium. My coach Dan discovered that I was good at boxing so he encouraged me to join the boxing team. I trained twice a day at 9 in the morning and at 5 in the evening. I worked as a fireman so my training was mostly in the evening. Boxing helped me manage my asthma and in fact I am no longer asthmatic.

I participated in local boxing matches within Seychelles and one of my

goals as a boxer was to beat heavy weight boxer Louis Marie. He beat almost everyone he was put in the ring with and in fact, he beat me twice. I vouched to myself that I would train hard enough to beat Louis before retiring from the sport.

In preparation for my last match, my brother-in-law and I opted to do our own training. I had to be fitter than Louis to beat him so I jogged a lot after technique training. I used to run from La Louise to Beau-Vallon and back as part of my training and when I finally beat Louis, I stepped down from boxing.

During my time as a boxer, the sport did not pay. I

recall seeing sports men and women receiving trophies but boxing had no monetary value like today. Following my last boxing match I made a decision to quit the Fire Brigade as my salary was not enough to support my family. I went on to be a truck driver and today I am a Fishmonger.

Fishmongering

When Seychelles started becoming keen on developing the Blue Economy, I saw an opportunity in the industry and became a Fishmonger Operator. I clean and cut fish for customers at the Selwyn Clark Market in Victoria.

On a good day, I can clean up to 300 fish and charge SCR 35, however people love me and most of them pay SCR 50. I also pay the Government monthly for the space in the market. I really love this job because I work for myself and can make good money on good days. People are quite friendly at the market and my clients are the best.

Social life

Many people have posted videos of me on Facebook and some assume I am not aware when these videos are filmed. The truth is, I am always aware and take no offence. They film me because I like to speak my mind. Sometimes people show me the videos and I watch and have a good laugh. In fact they are funny to watch.

I have also noticed that some people make videos of me when I am drunk because I swear a lot. I was quite unhappy with the ex-government and have been angry for so many years for various reasons. I had applied for Government Housing in 1997 and I am yet to receive a house. At the age of 58 years, I am still living with my aunt. It is a sad situation but there is not much I can do.

With the change in Government, I feel relieved and hope one day I will get my own house. However, we have to give the current Government time to get accustomed to the job as 43 years is a lot to correct the wrongdoings. I voted for President Ramkalawan and will give him time to work.

Hobbies

In my free time I like to play the guitar. I learnt to play at the age of 15. In my younger years I was lead guitarist in Police Boys and another band at Cascade. Those were the days!

Advice to sports men and women

I urge the Seychellois sports men and women to be determined because there is more to be achieved. Have self-confidence, train hard and always have the mindset of a Winner.



David loves his fishmongering job



David sharing a light moment with some of his fans at the gymnasium



David the boxer





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