

Organic man Joe, ~a life away from the hustle and bustle

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PROTEZ NOU KREOLITE

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ANMOURE AVEK EN PEI,
ANMOURE AVEK SON LANGAZ

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NOU LALANG MATERNEL,
NOU "NUUMTE OOTE"



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EDITOR'S *Note*



The first utterances of words we construct are always manifestations of the appreciation of the world around us. The language of which we are to find our way through life. The gift handed down to us for which we are to find our true voices- the essence of who we are.

In this week's edition- Ozordi Dimans accentuates the International Mother Language Day. The day is an initiative of Bangladesh and was endorsed in the year 2000 by UNESCO to emphasize the significance of cultural and linguistic

diversity for communities. It is to honour and respect the diversity of languages across the world.

Zwazolinet writes about the language "Nuumte Oote"- which means true voice. A language of old Mexico that suffered at the brink of extinction. The writer makes an overt reference to the fears we have or should have of our own Creole language in relation to the influences that impact our island nation.

The ambassador for Culture, Mr. Patrick Victor urges that we 'Protez nou Kreolite" and Mrs. Flora Bendavid brings a supportive discussion on 're-connecting to our culture through dialect.'

We spend some time with the lovely Collete Gilleaux, a pioneer of the Seychelles' education reforms. She shares her love for the beloved Seychelles and the Seselwa-Creole language.

On the 13th of February, the world commemorated 'World Radio Day". The Ozordi Dimans team cannot close February without saluting the place of radio in Seychelles. We honour this event in an interview with Jeanette Julienne, a long serving member of staff at SBC radio for the last 40 years. She recounts her experience and love for Radio with Ozordi Dimans.

We invite you to meet Joe-organic man, a man who has found happiness in a life quite different from the norm of what is expected in society. Joe chooses an organic way of life, moments of solitude, and meditative prayer. A life away from the hustle and bustle.

We all have our calling and purpose in life, some of us can put our thoughts together relatively quickly, and achieve that enlightenment very early on. For some of us, the quest is long - to be at that point when we can sit comfortably in the shells of our beings.

The International Mother Language Day- 21st February- Most of us in Seychelles will celebrate the Creole language, and there will be, of course, those whose maternal language is that different song that adds to the symphony of the vibrant colours of our nation

I wish you all a beautiful week, in the essence of who you are.

Fabienne Fardial
Executive Editor

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Organic man Joe,

~a life away from the hustle and bustle

BY CHRISTINE OUMA

Joseph Eddie Amade AKA Joe Cocker is a man who lives an 'Organic' life on the San Souci slopes. Joe, 60, has lived a secluded life for the past 30 years and hasn't left his home in the last 6 years.

It took guts to pay a visit to Joe. Why? On our way to meet up with Joe, myself and my colleague Denise Dufresne met with some locals and asked for directions to Joe's house. We were advised that "Joe is not very friendly". Some of the comments included, "Good luck with that one!" and "I hope he agrees to meet with you." But, knowing how journalists are, we remained enthusiastic about the course.

Joe lives just downhill from The Station.

The last people we met before arriving at Joe's humble abode were two young men in their twenties. They were gracious enough to take us to Joe's house before continuing their errands.

The path leading to Joe's reveals his way of life. He's let nature take its course. The lush green vegetation attests to it. "Joe says you're welcome," the boys say soon after. Wow, exactly the opposite of what we were told. This is why sometimes never judge a book by its cover.

"Welcome my sisters, Jah Bless," he said immediately when he saw us. "Thank you for visiting; today is truly a blessed day." "Come on in," he continued. "That's a warm welcome," I whispered quietly to my colleague.

His attire is only comparable to that of the Amazon Rainforest's indigenous people. The Amazonians made their clothes out of the resistant and natural fabric that the forest grows for them. They tame the hard cortex of the tree and transform it into a textile material by stripping the bark from the tree and beating it to soften the fibres. Joe was completely naked except for a sack loincloth draped around his hips and groin.

We quickly explain the reason for our visit. We suggest an interview, and he agrees calmly to tell his story.

Joe has always wanted to live away from the hustle and bustle. He narrates that his parents moved to Praslin when he was young, to an area mostly surrounded by nature. Joe frequently skipped school to run and spend time in the forest. He admits that he wasn't good at school. His parents eventually let him be. He adored his solitary life. Then, 30 years ago, he decided to begin living a typical native life. But he didn't have any land, so he looked around and acquired a large plot of land, which is now his home.

He grows fruits and vegetables there, as well as domesticated animals such as chicken, geese, peacocks, ducks, guinea fowls, turkeys, fish, cats, and dogs, to name a few. The fish are housed in a natural pond. His house is mostly made of wood (picked from fallen Takamaka trees), except for the exception of the roofing, which is done with modern iron sheets. An outdoor kitchen and other small shelters for his animals and birds can be found on the left side of his main house. His primary source of food and medicine is his garden. He clarifies that he considers all of the animals to be his pets. Joe eats mostly vegetables, but he also eats fish on occasions.

A small round palm-thatched house is to the right. I was overcome with nostalgia upon seeing it. Why? When one sees a hut, one immediately thinks of mainland Africa. Huts are a type of dwelling. They are usually round and have a peaked roof. Most huts are typically made of mud or clay, with a wooden structure supporting the building and a single wooden pole in the center supporting the grass-thatched roof. The thatched-roofed structure was discovered early in East Africa, where various indigenous tribes built them as a homestead alongside a lifestyle based on agriculture and farming. A thatched roof has a sublime quality to it that makes it an appealing and versatile choice. Joe's hut is used as a prayer room.

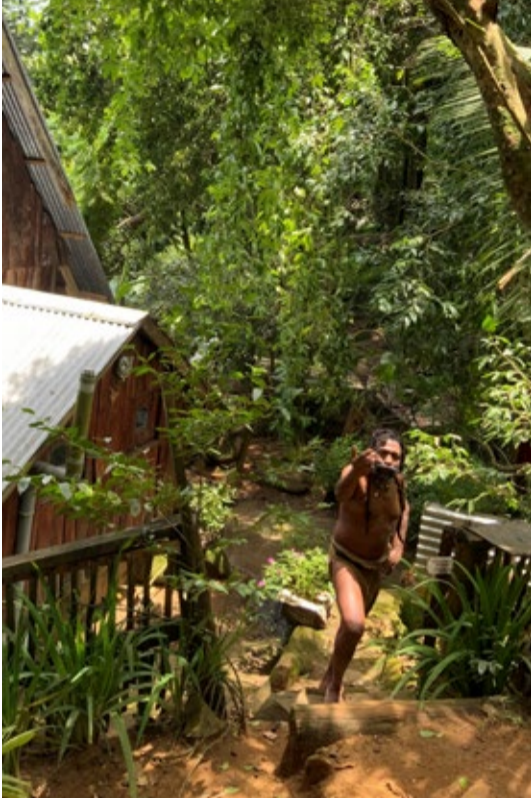
He says he must first take a bath to cleanse his body before presenting himself for worship or prayer. Muslims are known to perform ritualized washing, known as Wudu', so Joe's practice is not out of the ordinary. Cleanliness is extremely important in Islam, and the idea that physical cleanliness is symbolic of spiritual cleanliness is widely held. There are two basic types of ablution: those involving the hands, feet, and face, and those involving the mouth, nostrils, and head. Joe, on the other hand, must clean his entire body.

Joe practices traditional African religions (or traditional beliefs and practices of African people), which are a collection of highly diverse be-

(Continued on Page 6)

(Continued from page 5)

liefs. These oral traditions, which include belief in a supreme creator, belief in spirits, veneration of the dead, use of magic, and traditional African medicine, are generally more prevalent than scriptural traditions. Humanity’s role is generally viewed as one of balancing nature and the supernatural. Thus at his homestead, he has another sacred site. A space for meditation and other rituals. Joe values respect for everyone, and the virtues of honesty, trustworthiness, and courage.



Joe welcoming us to his home



A collection of photos of football teams that Joe was once a part of.



Joe in one of his bedrooms



Joe standing outside his prayer house



A souvenir photograph of Joe, Ulrike and their daughter



Fish in its natural habitat at Jpoe’s home



Joe in deep thoughts



A visit to his turkey den

Family

Although people living the native way of life—their family structures are typically extended, with mothers, fathers, uncles, aunties, sisters, brothers, cousins, and so on, Joe’s family unit is a little different. He was previously married to a German woman—Ulrike Amade, with whom he had a daughter. They intended to co-parent and remain friends after their separation. Ulrike has been delivering household items to his home for the past six years. “We have a plan where she brings me whatever I need and I go to my gate to get it. My daughter is wonderful, and we have spent some quality time together. She has the ability to make me emotional after a conversation with her. She accepts me for who I am. I am the creation of God. I am who I am,” Joe affirms. Joe’s home is also strategically decorated with



The Peacock, one of Joe’s many bird species



Zen stones. His is on the right, his daughter is in the center, and his ex-wife is on the left. Zen stones are typically placed in Zen gardens to represent various aspects of life, and this is still the case today, as it is widely enjoyed as such. Stones are natural and reflect the balance between man-made structures and nature, and this is also implied in their use. In the long run, Zen stones can represent whatever you want, but they are primarily used in Zen for weighting and anchoring, gracefully and naturally according to the physics of material earth. Stone has many meanings in and of itself; stability, heavyweight, usable material, solid, and gives way to sculptures, statues, and art quite easily upon the eye. The Zen stones, according to Joe, represent the ages of his family members. Each year, when each of them turns a year older, he adds a stone on top. Joe goes by three virtues: love, peace, and unity. And, despite the fact that he has never visited Victoria in his loincloth, he tells us that our interview and introduction to the general public has set him free. He is free to leave his home and to be in public spaces as he pleases. Joe leads a sustainable lifestyle, which means he uses the land without harming the plants and animals that live there as well. “The earth is our historian, our educator, the provider of food, medicine, clothing, and protection,” a wise indigenous man once said. We leave Joe’s place with his words and urges to do less harm to the environment.

WEEK REVIEW

What Made TODAY’S Headline this Week

Hubert Mothe passes away in fatal stabbing

On the 11th February 2022, Mr Underwood and Ms Robert, were arrested for their alleged role in the death of Hubert Mothe. The incident was reported to be related to an argument between the victim’s brother, Dean Mothe and Ms Robert, which the victim attempted to put a stop to. Mr. Underwood then proceeded to get involved in the incident which concluded in the fatal stabbing of Hubert. Thirty-two-year-old Ryan Underwood, and his partner twenty-seven-year-old Steffie Robert, were taken into police custody, as primary suspects in the death of twenty-five year- old, Hubert Mothe.

Man falsely arrested

Following an incident on the 12th February 2022 where a man was ‘arrested’ by an aggressor who falsely claimed to be a member of the Seychelles Defense Force (SDF), the victim’s family has sought justice and retribution. The Seychelles Defense Forces have gone on record to state that the aggressor was not a member of either the SDF, Military, or of any authoritative entities. The aggressor put the victim, Mr Jules Zialor in handcuffs and shouted violently to the public to go to the State House should they have an issue. Mr Zialor, who works as a security guard at APDAR, was at the Victoria Bus Terminal when the incident occurred.

The Seychelles Defense Forces improves ability to conduct operations at night with new drones

The two ‘Parrot ANAFI’ drones are to be placed with the newly created drone unit, for particular use in maritime security and surveillance. The hand-over was attended by high-ranking Seychellois military officials and specialists from the Canadian Coast Guard, among others.

Treasury bonds to be issued through auctions

The government is issuing three treasury bonds totaling to SCR 700 million, two for the Central Bank of Seychelles (CBS) and one bond for the Development Bank of Seychelles (DBS). These will be issued through auctions on March 7, 2022. The Ministry of Finance, Economic Planning and Trade, CBS and the DBS held a joint press conference on the 16th February 2022, to provide further details on the treasury bonds.

Curtain closes on Cutlass Express 2022

This year’s Cutlass Express naval exercise officially came to a successful on Friday with a closing ceremony held at the Seychelles Defence Academy, at Ile Perseverance. The 20th edition of the Cutlass Express kicked off on February 7th, with the participating nations including Seychelles, Mauritius, Comoros, Kenya, Tanzania, Canada, United States and United Kingdom.

Car hits pedestrian on Albert Street

A 26-year-old man was rushed to the Victoria Hospital early Friday morning, after getting hit by a car on Albert Street. According to witness accounts, the man was attempting to cross the road when he was hit by the car and bounced off the windscreen onto the ground. The incident occurred on the side of the road where the Camion Hall and old SMB shop stands—opposite Kanna Mall.

PROTEZ NOU KREOLITE

PAR CHRISTOPHE ZIALOR

Nou leritaz kiltirel i enn ki senboliz lareisit tolerans, i form par lafyerte nou nasyon. Me malerezman sa langaz ki boukou nou in grandi lo la in konmans perdi son valer dan lasosyete.

“En kantite zefor in ganny fer pou detrir nou lalang. In annan en kantite dimoun kin enkonnyaman sansir zot lekor,” Patrick Victor, Anbasader pour Kiltir i fer sorti.

I donn en legzanp ki bokou dimoun i mont lo radyo oubyen televizyon e zot per pour koz kreol pir.

“Sa laper i fer zot koz en kreol melanze avek angle, ki pa sipoze leka”

Patrick i dir ki bokou dimoun in grandi lo sa laper depi lanfans, enkli li.

“Mon pa pour zanmen bliye ler mon ti ankor pe lekol e mis ti abitye bat mon e imilye mon aköz mon ti koz kreol dan laklas. Mon ti bezwen marse ek en lanseny lo mon ledo ki ti dir ‘ I must not speak creole during school hours’.

I azoute ki sa leksperyans i ankor vivid dan son lespri.

“Dan lakour kot mon tou dimoun ti eksprim zot lekor an kreol, me si dousman ou pe touy sa lalang, zanfan pour grandi

avek sa lafreyer.”

I note ki pandan lannen in annan deba lo kwa ki nou kapab fer pour protez nou lalang, me nanryen pann ganny akonpli. I azoute ki sa fenomenn in fini anvair nou.

“En lot legzanp mon kapab pran i nouvel lo SBC. 6er nouvel i an franse, 7er i an angle, toulede pa melanz kreol, me nouvel 8er ler i sipoze an kreol nou ganny en melanz angle, menm avek zournalis ki pe demann kestyon,” i azoute.

Msye Viktor i fer sorti ki i realize ki sa nouvo zenerasyon pa pou koz menm kreol ki li i ti grandi lo la, e i aksepte sa selman i dir nou bezwen pran fyerte dan nou langaz e koz li byen.

Msye Viktor i enn parmi en pti group seselwa ki pe travay dir pou protez nou kreolite. I enn parmi bann ki siport artizan lokal dan zot lar e i fer bokou rankont enter-nasyonal pour promouvwar nou kiltir e nou lalang.

“Me pour nou protez nou lalang, fodre nou tou nou lo menm paz. Nou kreolite i sipoze vin otomatik, i sipoze vin natirel, aköz touris pa vin la zis pou labote Sesel, zot vin la pour eksperyans nou kiltir e kreol i form par nou kiltir aköz nou pye koko e nou lans i osi vibre an kreol”

I azoute ki in ariv ler pour nou aret masakre nou lalang kreol e sofgard li. Aköz ler viziter in vin dan nou pei fodre zot pe ganny sa gou kreol e war kouler kreol, e ler i ekout radio i tann son kreol.

“Lasanble nasyonal i enn parmi bann lenstitisyon ki pe gard nou lalang maternal vivan, zot pe defann nou kreolite agresivman e zot pe fer en louvray fantastik. Se dan sa fason ki nou tou nou sipoze fer dan lakour, dan landwa travay e menm dan lasosyete.”

Msye Viktor i azoute ki medya i zve en gran rol dan proteksyon nou kreolite e pa zis oner lalang kreol zis en zour dan lannen.

“Nou kreol se en zafer ki vivan e i bezwen reste vivan. Les nou pei rezonnen e bann son kreol lo radio e televizyon”

I kontiyen pour dir ki i pa kapab fors person pour koz kreol, me selman i kapab ede pous kreol devan.

I konklir par dir ki nou kreolite pe vibre dan kanton, me fodre nou ki anmenn li devan aköz i annan en lonbraz ki pe kouper nou langaz kreol.

“Nou trezor nasyonal se nou kreolite, e nou bezwen annan lafyerte ladan’

PATRICK VICTOR, ANBASADER POUR KILTIR



Re-Connecting to our culture through dialect



Marie Flora Ben David

BY CHRISTOPHE ZIALOR

Our mother tongue is more than just a language; it is also the foundation of our civilization. Only through studying the mother tongue can culture and tradition be passed on and imbibed.

Nowadays, speaking creole is seen as beneath us. Many individuals think of the language as one for the simple people, and those who are less educated, and they believe that in order to get their point across or sound more knowledgeable, they must speak English. I'm embarrassed to admit that I'm one of them.

I will admit that I have this perspective since I am a product of my generation, I was reared on American television and was taught as a child that we must always speak English,, and while my parents and grandparents grew up hearing stories about 'sougoula and frer zako' I grew up on Pinocchio and the Little Red Riding Hood. By the time I started secondary school, creole had faded from my mind, and I had lost not just my ability to write in creole, but also my capacity to speak specific words.

This is an experience that the younger generation has had as well; as we have grown older, we have ignored our mother tongue in favour of learning another. English proficiency has become a requirement. However, we have lost the value of our own culture and heritage as a result of this, and we no longer bother to learn about what makes us Creole.

For nearly two decades, UNESCO has commemorated International Mother Language Day with the goal of preserving linguistic variety and encouraging mother tongue-based multilingual education.

Flora Bendavid, the Chief Executive Officer of Creole institute noted that this day is an opportunity for us to celebrate and speak our mother tongue.

She added that mother tongue is defined as the language parents (especially the mother) speak when they talk to their children, most of us learn how to speak it in our childhood, pretty much naturally. We don't know how to write in that language, but we learn how to speak that language.

"On International Mother Language Day, everyone in the country celebrates and embraces their mother tongue, whether they are Indians, French, or English. It is about diversity," Mrs. Bendavid explained.

Bendavid went on to say that the Creole language is not a burden and that we should stop thinking of it that way.

"We preach inclusion, yet we don't include our own mother tongue." Creole is our identity, and we should consider the many advantages it offers."

She noted that the mandate of the Creole Institute is to promote the Creole language and educate the public and they have done so by collaborating with many government and private entities. In recent years they have con-

ducted many conferences and have also included technology in their teaching by conducting video conferences.

"Even foreigners who employ Seychellois want to include creole in the workplace as they want to be inclusive of all languages. It is not just me and my team that should be preserving the Creole language -it should be all of us"

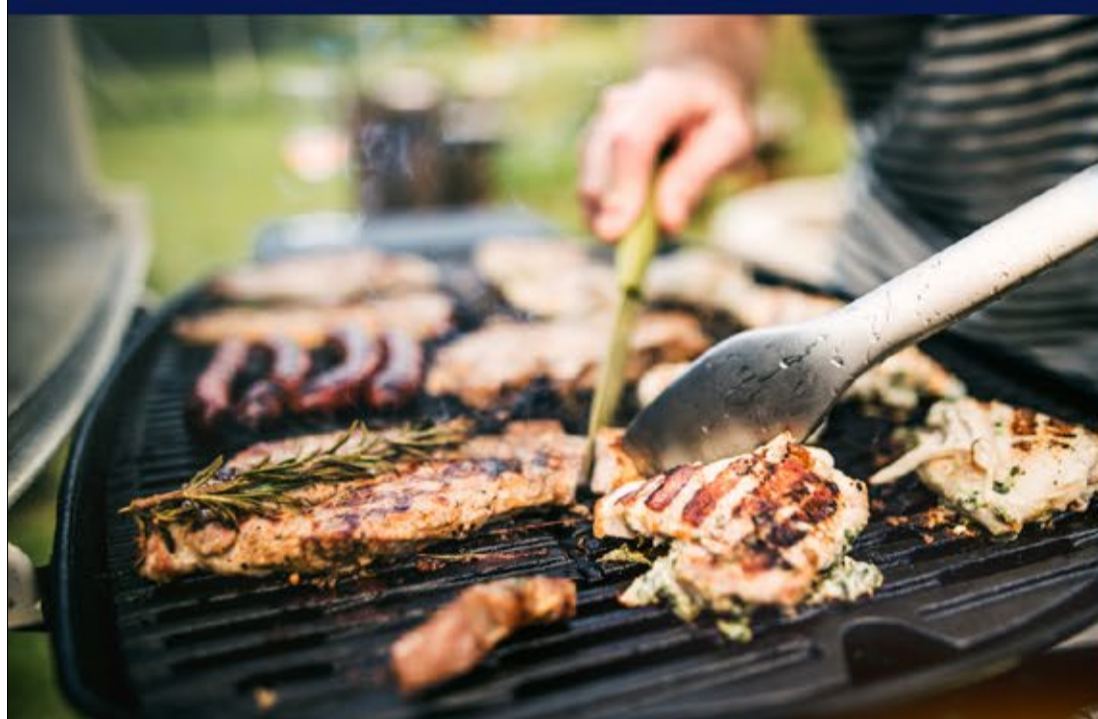
She pointed out that the education system has a huge role to play in preserving the Creole language.

"Mother tongue always takes precedence over other tongues. The child's whole growth is aided by the mother tongue alone. Only if a youngster obtains his education in his mother tongue will he develop physically, mentally, and intellectually. You'll grow up listening to your mother tongue around you, from the time when you're in your mother's womb. That's the only language you'll hear for a few years or until you join a school. It connects you emotionally" she remarked.

She also emphasized the need of teaching children standardized English rather than a mixture of English and creole or slangs. She also mentioned how harmful it would be to limit a youngster to only speaking one language.

"According to UNESCO, more than 1,000 languages will be dead or dying by the end of the century. So it is important for us to protect our mother tongue, after all, it is the language that introduces us to the world.

Speak it. Think it. Write it. Read it. Teach it.



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February 15th—17th 2022

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The town's 'Cavern of Alibaba'

BY U-ROY JULES

JEHK Souvenir receives a mixture of both local and foreign customers dazzled by the variety of products available for purchase, from clothing, footwear, jewelry, accessories, souvenirs, crafts, and raw materials.

The shop is located at the Carrefour des Arts Building in the National Library Car park in Victoria. It opens its door weekdays from 9 am to 4 pm and on Saturdays until mid-day.

The owners, Jacqueline and Evans Mothé, opened their doors to the first customer 14 years ago in 2008.

The shop focuses on products such as art, craft, and raw materials catering for locals looking to create art, jewelry, and crafts.

"We started this small retail business to support local artists. We take pride in creating products that resonate with our customer's wishes. With the ever-evolving market, we are mindful and constantly adapting to the needs of our loyal customers," Jacqueline told *Ozordi Dimans*.

Evans added that they have included unique and handmade souvenirs that promote Seychelles.

"Many customers have nicknamed the store 'The Cavern of Alibaba' due to the multitude of products available for sale. We are known for our affordable prices and our excellent customer service," he explained smiling.

JEHK Souvenir shop is also popular amongst

customers for its concrete garden ornaments, such as eagles, miniature swans, and tortoises, created to brighten any garden.

"In 2020, even with the economic difficulties, we took the opportunity to give a new logo and face to the store by improving the layout and rebranding to stay up-to-date with the modern trends.

The couple expressed that to create more visibility they have also created a Facebook and Instagram page @JehkSouvenir to connect with their customers and to share the products that many may have overlooked in the 'Cavern of Alibaba,' they added.

With the economic downturn caused by the COVID pandemic, JEK Souvenirs has specialized in the sale of holistic products to cater for its local customers with an avid interest in crystals, smudge sticks, incense, Tibetan singing bowls and much more. JEK has a large collection of gemstones sourced from all over the world including Amethyst, Rose Quartz, Black Tourmaline, Turquoise, and Tiger Eye. For those looking to purify negative energy, JEK has Paolo Santo, White Sage, Lavender, and Cedar Smudge Sticks. The owners of the shop highlighted that these stones are very popular with their regular holistic customers.

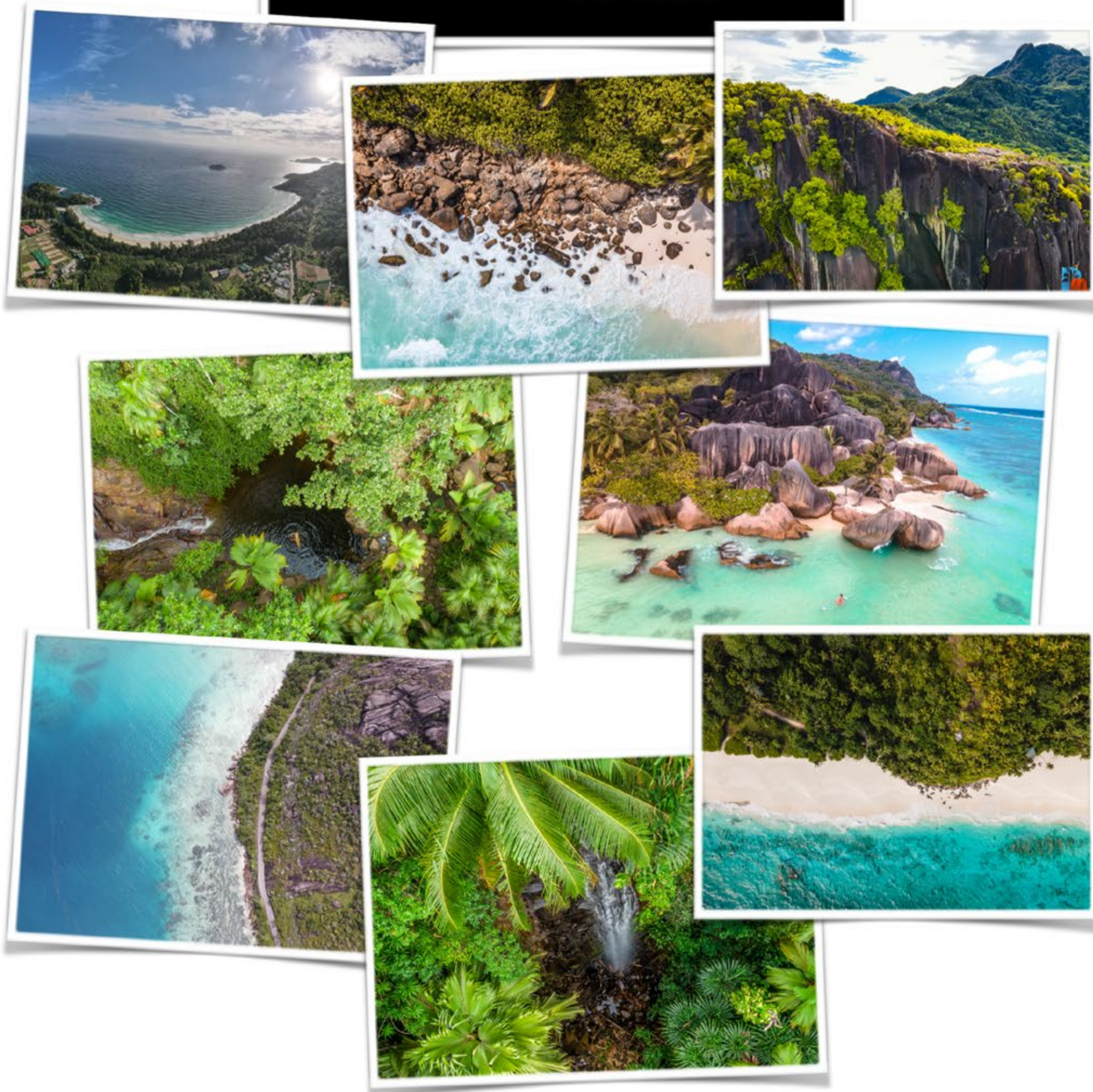
Whether you are shopping for small souvenirs or large gifts, you will find something in the store just for you. Follow JEK Souvenir on Facebook and Instagram to stay up-to-date with their new products.





The owners of JEK-Jacqueline, and Evans Mothé




*Birds
Eye
View*



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FAIR TRADING COMMISSION

The Fair Trading Commission is an independent government body established under the Fair Trading Commission Act 2009.

We aim to safeguard the interests of consumers, promote competition and fair trade in Seychelles to benefit consumers, businesses and the economy.

We strive to ensure compliance of individuals and businesses to the laws administered by the Commission- namely: The Fair Trading Commission Act 2009; the Fair Competition Act 2009 and the Consumer Protection Act 2010.

In fact, we are empowered to carry out investigations in relation to the conduct of business in Seychelles to determine if any enterprise is engaging in practices that are in contravention of our laws. Such investigations may be self-initiated by the FTC or may be carried out following a complaint. All investigations are

carried out by the staff of the FTC.

Our initiatives also include promoting the education of consumers and businesses through advocacy and publications.

The Fair Trading Commission (FTC) is an independent government body established under the Fair Trading Commission Act, 2009 (Act No. 17 of 2009), to:

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

KWEN KONSONMATER

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

Can the supplier check the product before giving you a remedy?

Consider this scenario: You have purchased a brand-new refrigerator and 5 months after the purchase you start having some issues with the refrigerator.

Since you have six months warranty as per the Consumer Protection Act 2010, (CPA 2010) you go back to the supplier and request a refund; you are informed by the supplier that his technician will have to check the product first before any decision can be taken.

You do not agree and you start to feel annoyed because you urgently need a refrigerator.

"Can the supplier check the product before giving you a remedy? The answer is yes!"

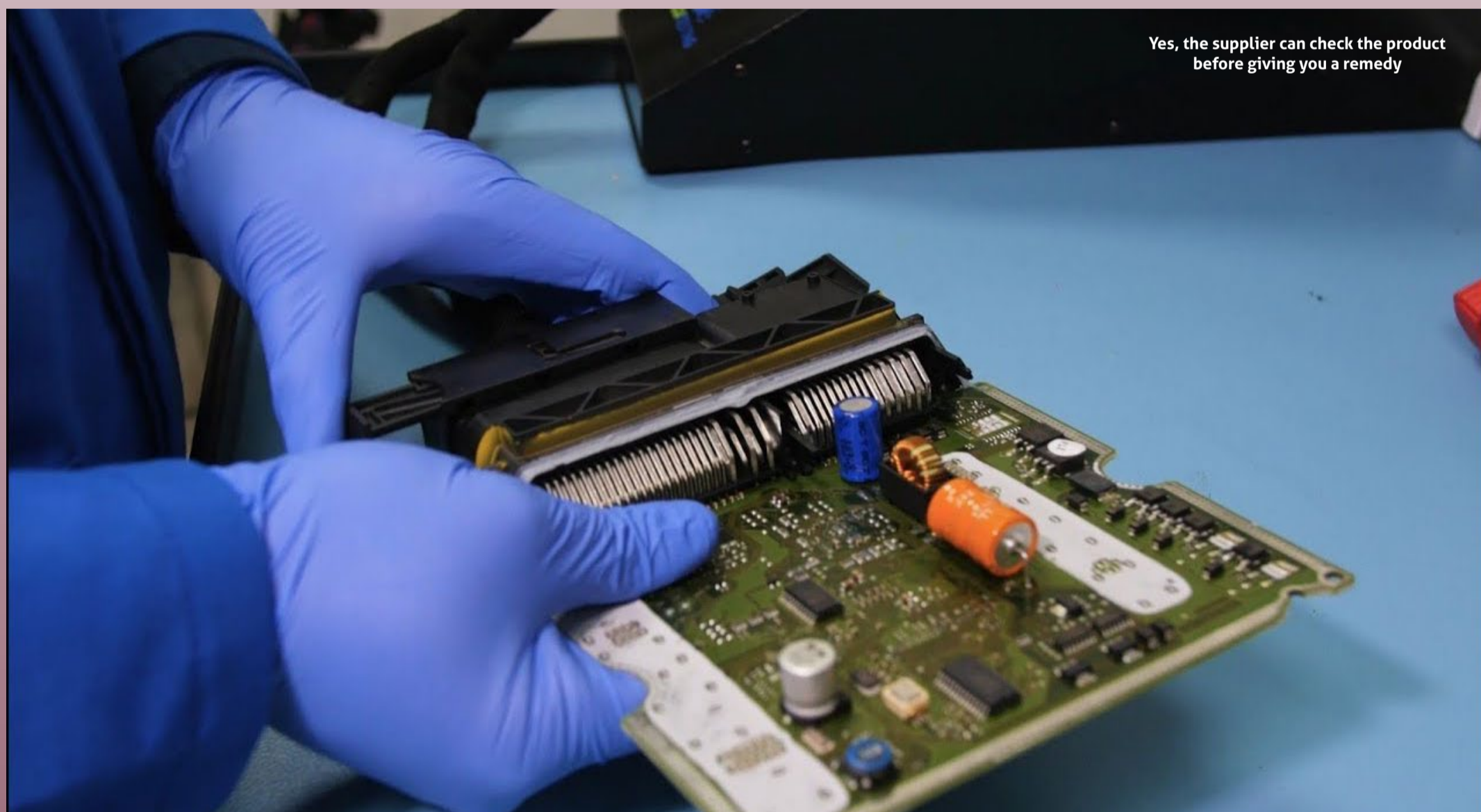
In the above circumstance, the supplier has not refused to assist you and is willing to sort out the problem. Once the problem has been diagnosed by the technician, if it is a manufacturing defect then you are entitled to either a repair within 60 days, or a replacement within seven days or a refund within 24 hours as per Section 42 (1) of the CPA 2010.

Furthermore, if you agree for a repair you will have a 6 months warranty on the spare part being replaced. If within 3 months after the repair you encounter the same problem or further issues with the product, you are entitled to a refund or a replacement of the product as stated in section 42 (6) of the CPA 2010. If you agree for a replacement any express warranty given will continue.

REMEMBER, you are not eligible for any remedy stipulated in the CPA 2010 if the product has been damaged due to misuse, alteration contrary to the instructions or act of God.

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Hypnotherapy: A new dawn for residents of Seychelles

BY CHRISTINE OUMA

Seyhypnosis & Coaching is Seychelles' first-ever Hypnotherapy Clinic, thanks to Anne Kernanec, Hypnotherapist/Psychopractitioner who thought it would be a great addition to the Seychelles Health and Wellness industry after much research.

But, first, what exactly is hypnotherapy? Hypnotherapy, also known as guided hypnosis, is a type of psychotherapy that uses relaxation, extreme concentration, and intense attention to achieve heightened consciousness or mindfulness. In other words, it causes the individual to enter a "trance" or altered state of consciousness.

This type of therapy is considered alternative medicine and is used to help reduce or alleviate a wide range of issues, including psychological distress, phobias, and unhealthy, destructive, or dangerous habits (such as smoking and/or drinking). The goal of hypnotherapy is to effect positive change in a person while he or she is unconscious or in slumber(sleep).

Anne employs Ericksonian Hypnosis, a type of indirect hypnosis named after Dr. Milton Erickson. Erickson, a well-known American psychiatrist, and psychologist is widely regarded as the "Father of Hypnotherapy." His discoveries have had an impact on a wide range of therapies, from strategic family therapy to neuro-linguistic programming. Dr. Erickson discovered that indirect suggestion could result in therapeutic behavioural change, according to British Hypnosis Research. Rather than giving direct orders, he preferred to converse with clients using metaphors, contradictions, symbols, and antidotes to influence their behaviour. As a patient who experienced extreme pain after contracting polio at a young age, he believed it was critical to "put yourself in the patient's shoes" and truly understand the client's current situation.

Unlike Freud, who encouraged self-exploration, Erickson took a different approach- a form of brief therapy where a patient's past history is not the focal point of change.

Anne describes her job as an opportunity to assist humans in finding their own solutions based on the patient's present rather than their past. For example, when someone is dealing with grief or the loss of a loved one, depression, relationship/family/work conflicts, has been a victim of an attack, anxiety, or addiction, she observes that looking into the future provides a greater opportunity for change.

Anne clarifies that she also works closely with psychotherapists in her job who sometimes refer clients to her. Psychotherapy has been shown to be extremely effective in "digging deep" into the past to recover repressed memories or past trauma(s) – all of which may be causing psychological distress, mental health conditions, and/or problematic behaviors. According to her, the primary goal of psychotherapy, particularly psychoanalytic and humanistic approaches, is to focus on previous experiences in order to identify the root cause, issue, disorder, and/or symptom of an individual's distress.

"Hypnotherapists focus more on now and the future," she reiterates.

Speaking on tapping into the power of the mind in hypnosis, Anne says, "your mind is powerful, and

hypnosis can tap into that power, while referring to the deep aspects of the unconscious mind that can have a significant impact on both minds and bodies. It can connect more directly to the inherent healing power of humans, but this can be obstructed by conscious beliefs, doubts, and ideas," she continues.

Hypnosis is a therapeutic tool that can directly access the subconscious mind and bypasses the critical part of the conscious mind. At the conscious level, it can be hard to access the oldest and most emotionally significant experiences that individuals have had because the conscious mind stands in the way. She explains that it can be a way to protect the individual from remembering and reliving negative emotions and unpleasant memories, however, it can also prevent the person from overcoming those memories and traumatic experiences. By using hypnotherapeutic and psychotherapeutic techniques, the root of the problem can be accessed directly and resolved.

Anne describes her passion for hypnotherapy to be generated by the love she has for humans and the belief that we are all capable and that we just need to tap into our minds.

She also recounts her first encounter with a hypnotherapist who helped solve an issue with her daughter. Following the sessions, I saw my daughter in a new light. She appeared to be reborn and that experience drew me into pursuing a career in Hypnosis. This was over ten years ago.

The best part of hypnotherapy, according to Anne, is helping a patient and witnessing change. Anne admits that sometimes she hypnotizes herself during client sessions to increase her awareness and better listen to clients.

"I had a client in France who was the victim of a street attack," she says, explaining that the patient was in her early twenties and was attacked while walking down the street. She had Post-Traumatic Stress Disorder (PTSD) and was stressed, anxious, and her sense of safety had been shattered. The patient became disinterested in activities, felt helpless and powerless, and avoided places or things that reminded her of the incident.

"She never left the house, and if she did, she wore dark hoodies and was completely covered," she adds.

"My patient returned to the clinic a different person several weeks after the hypnotherapy sessions. She got dressed up, had her hair done, and looked stunning. She was living again. She acknowledged that she had lived the trauma, accepted her current state, and learned resilience," she affirms noting that the latter plays a big part in hypnotherapy.

Anne ran a hypnosis clinic in France before moving to Seychelles. Hypnotherapy is widely practiced there. Anne is, in fact, the Vice President of the Vox Intus Association. The Association has assisted many former members of the Army who have suffered from PTSD.

SeyHypnosis and Coaching is only two weeks old and is located at Espace Building, Flamboyant Avenue, Ile Du Port, Mahe. According to Anne, based on the clients she has received so far, her services are well received in Seychelles.

The methods employed, as well as the hourly rates (costs), differ. Why? This is primarily due to the fact that this type of psychotherapy is a trust-based exercise that necessitates a significant amount of time, training, skill, and effort.

Anne Kernanec



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AUTO SKY Spare Parts & Accessories is a new small business which started in October 2021. Its aim is to provide car accessories and spare parts at a reasonable price in Seychelles. Auto Sky uses social media as a platform for marketing and do not currently have a shop. Delivery services is also provided.

The below products were independently selected by the owners Ryan Hetimier and Farah Jules.

1. STATIC SUNSHADES

Living in a tropical climate, this accessory comes in handy when the sun rays become too much to bear. Whether it is for just any passenger or infants, it is used as a protection from sunlight and helps reduce heat in your car.



2. DOLPHIN A/C CLEANER

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3. ANTI-FOG FILM

This simple to use accessory can be applied to your side mirrors to prevent mist and condensation and shield from unwanted scratches, smears, and dirt. They come in packs and are easily replaced.



4. MULTIPURPOSE MICROFIBER TOWEL

These microfiber towels can be used as car wash drying towels, window glass cleaning towels, and can be used for a household for cleaning mirrors, tiles, and windows. These soft fabrics will not scratch or leave smear on your window.



5. SEAT COVER

These come in a variety of colors. They are universal seat covers that will fit most of the cars in Seychelles and consist of covers for front seats, back seats, headrest covers as well as steering wheel. They are easy to put on and remove, and are machine washable.



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THE SEYCHELLES GIANT MILLIPEDE

(*Seychelleptus seychellarum*)

COMPILED BY U-ROY JULES

Seychelles is full of extraordinary insects, and each insect has its special purpose in the ecosystem. In this week’s edition we will learn more about the Seychelles Giant Millipede (SGM) *Seychelleptus seychellarum*.

Once found on all of the archipelago’s granitic islands, they are now found only on islands free from introduced predators such as rats and other alien invasive mammals. They are now abundant on islands such as Cousine.

Distinguishable from a centipede, which moves much swifter, not to cite that a painful bite can be harmful, this endemic species is an innocuous vegetarian that depend on an irritating chemical shield to protect it from predators. The chemical is relatively harmless but can be irritating on human skin. The adults are lustrous dark brown while juveniles are bright red-brown.

Although in nominal size, such a small creature plays one of the most crucial functions on the islands. They contribute immensely to our ecosystem by breaking down plant litter through their feeding pattern. They are a food source for many animals.

Millipedes influence the speed of organic matter decomposition. An immensely important process for soil fertility for all other plant and animal species. Despite being small in size, they are giant for conservation, and in the maintaining of the fabric of the environment around us. The SGM is also considered one of the most considerable large millipedes in the world.



DID YOU KNOW?

What do giant millipedes eat?

In their natural habitat, most millipedes are scavengers. They eat damp or rotting wood particles. They also eat decaying leaves and other plant material. If their habitat starts to parch out, millipedes will attack living plants.

What vegetables can millipedes eat?

Soft and seedless fruits and vegetables are their favoured food. Giant millipedes prefer vegetables like cucumber, tomatoes, mushrooms, carrots, spinach, lettuce, and fruits like apples, melons, bananas, peaches.

Can millipedes swim?

Millipedes can only swim but only for a brief duration! They respire oxygen via spiracles found at the underside of their legs. If they stay submerged in the water for more than a few minutes, they are incapable of accessing oxygen, and they will drown.

SEYCHELLES GIANT MILLIPEDE

TIPS AND TRICKS:

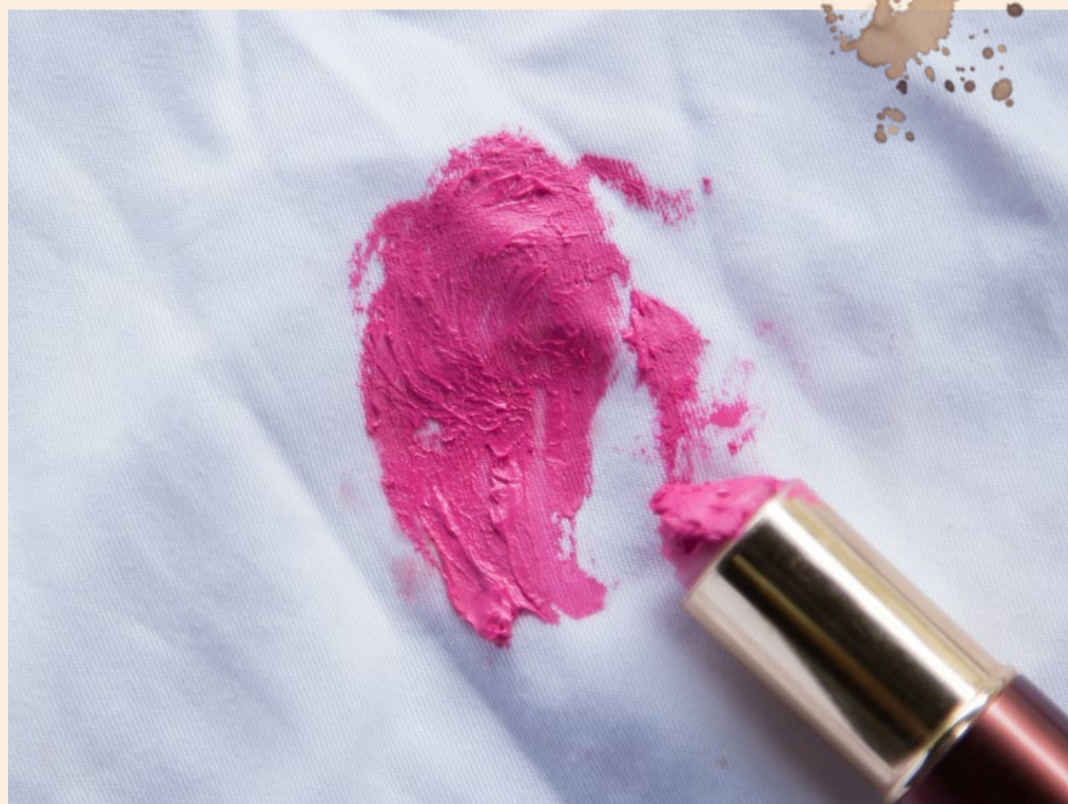
How to Remove Stains From Clothes



Ink stains on clothes



Coffee stains on clothes



Lipstick stains on clothes

SOURCE: Singapore LAUNDRY

How to remove stains from clothes? This is a common question asked by many of us. Experts say that stains can be easily removed from clothes by fast action. In this article, we are going to see some best tips to remove stains from clothes.

To remove the stain easily, it is recommended to bloat a stain instead of tossing cloth in the dryer. If you toss a stained cloth in the dryer, it can lead stain to set in permanently. While removing the stain from cloth, try to scrub the cloth gently so that you won't damage the fabric.

Lipstick stain is a common problem reported by housewives all over the world. How to remove a lipstick stain from cloth?

Let's check here how to do this process. For removing a lipstick stain from cloth, it is advised to use a stain removing gel directly on the stain. After the application of the gel, rub the stained area with a toothbrush.

Now, leave the stained cloth free for fifteen minutes and wash it using soap as usual. If done correctly, you can see the cloth free from lipstick stain. Similar to lipstick, deodorant is a common product used by youngsters. At times, certain deodorants can create a stain on clothes. You can easily remove this stain by soaking the stained cloth in a vinegar solution. After soaking, you can give the cloth to the dry cleaning service.

Grease is a common problem reported by women all over the world. Let's see how to remove this stain- First of

all, you need to prepare a paste by combining warm water, comet, and baking soda. Apply this paste to the stain on the fabric and leave it for a fifteen minutes duration. After a period of fifteen minutes, wash as usual using soap.

Stain due to motor oil is another common trouble reported in today's busy lifestyle. Here, you need to use a paste made from Goo Stain (a stain removing product) or you can make your own at home by **stirring together ½ cup of baking soda, ¼ cup of vegetable oil, and 6 drops of citrus essential oil in a container with a lid.**

While applying the paste, make sure that you apply it on both sides of the garment. Wait for two hours and now your garment is ready for laundry service.

Now we are going to see how to remove blood stain from clothes. First of all, you need to soak the cloth in cold water for one full night. Take the cloth out from cold water and check whether the bloodstain is visible or not. If the bloodstain is still visible, immerse the stained cloth once more in cold water or in a stain remover liquid for one full night. Now, take the clothes out from water and wash as usual.

Stain due to ink is a common trouble reported by women with school-going children.

Today, you can easily remove stains due to ink by spraying a certain amount of hairspray directly on the stained area. If the stain is not visible after a certain period of time, continue cleaning the cloth by washing in cold water. Applying heat on clothes can make the stain to set in. Hence, make sure not to use hot water or dryer to remove stain from clothes.



Felicita Filippin



Height: 165cm
Waist: 65cm
Hips: 91cm
Shoulder: 8.5cm



SMART DESIGN TO REDUCE CARBON FOOTPRINT AND IMPROVE COMFORT FOR YOUR HOME

CONTRIBUTED BY RHONY DESAUBIN (ARCHITECT AND DIRECTOR)

A combination of smart design coupled with architectural features can greatly improve the comfort of a space. These elements not only play a big role in reducing your carbon footprint but also promote a pleasant and relaxing space.

- Opposite opening will promote cross ventilation and improve interior comfort.
- Large Roof Overhang or Canopies to shade windows from direct sunlight will reduce direct heat.
- Keep as much natural light as possible. Blinds, frosted films, the screen can be used to control privacy where required.
- Create a focal point where possible if a vantage point is not available. This can be in the form of a courtyard, Water feature, Artwork.
- Maintain soft earthy colors that can diffuse light across the space. These are any variations of off-white, brown, beige, etc.
- Rainwater harvesting can sustain any household during the dry season and relieve pressure on the Public Utilities network.



7 DAY LOCAL FORECAST

Today

Humidity: 72%
Wind: NW 19 mph
UV: 10 (Very high)
Sunrise: 06:24 am
Sunset: 06:38 pm

27 / 26 °C
Feels Like: 29 °C



Low 1:36am (0.42m)
High 7:40am (1.66m)
Low 1:51pm (0.39m)
High 8:00pm (1.67m)



Overcast

Moon Watch

Last qtr Thursday 24 February
New moon Wednesday 2 March
First qtr Thursday 10 March
Full moon Friday 18 March

Monday



28 / 25 °C
Cloudy

Humidity: 72%
Wind: NW 17 mph
UV: 10 (Very high)
Sunrise: 06:24am
Sunset: 06:38 pm

Tuesday



28 / 26 °C
Breaks of sun late

Humidity: 71%
Wind: N 14 mph
UV: 10 (Very high)
Sunrise: 06:24am
Sunset: 06:38 pm

Wednesday



29 / 26 °C
Partly cloudy

Humidity: 70%
Wind: NE 11 mph
UV: 7 (High)
Sunrise: 06:24am
Sunset: 06:38 pm

Thursday



29 / 25 °C
Cloudy

Humidity: 71%
Wind: ENE 9 mph
UV: 7 (High)
Sunrise: 06:24am
Sunset: 06:37 pm

Friday



28 / 27 °C
Scattered clouds

Humidity: 72%
Wind: NNE 9 mph
UV: 10 (Very high)
Sunrise: 06:24am
Sunset: 06:37 pm

Saturday



28 / 27 °C
Isolated tstorms late

Humidity: 75%
Wind: NNW 11 mph
UV: 3 (Moderate)
Sunrise: 06:24am
Sunset: 06:37 pm



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NATURAL



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

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

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

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

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Hikes and Trails

Salazie Trail - How to get there and what to expect

BY U-ROY JULES

Length: 2.9 km
Time: 1 hour
Diffuculty: Easy
Total ascent/descent: 329 m (1,079 ft.)

After spending a great week on Praslin and hiking the Glacis Noir trail, we are back on Mahe this Sunday morning, ready for our next adventure. Today, we are off for a hike in the Seychelles National Park on the Salazie nature trail.

From Victoria, you can take the bus to Sans Soucis where the trail begins. Should you be driving, there are ample parking space to leave your car.

After walking a few hundred meters, the path leads to an old structure. You will then cross a river on a concrete bridge.

Leave the trail when it turns right and continue straight towards a water maintenance building. After this landmark, the trail will continue.

On your right, you will see a magnificent glacis. A few minutes later, you will come to



another panoramic viewpoint that includes several different peaks.

Left to right: Mission Lodge, Congo Rouge, above them the Morne Seychellois, and, finally, the Copolia glacis.

After a good half hour, the path rises steeply where you can also enjoy a good view of the ocean upon reaching the top. After walking past the water utility building, a concrete bridge takes us back to a dark forest with tall trees where the ground can also be waterlogged.

The last part of the trail is more challenging, passing through the dense forest and down a narrow path between undergrowth and boulders to a private housing estate.

After a half-hour walk, you will arrive at the top of the Salazie Trail, for an amazing view. Remember, before you start on any trail ensure you are well equipped. Wear comfortable footwear, carry plenty water, apply sunscreen and wear a hat if possible, and most of all your determination to complete the trail.



After a few hundred meters along the trail- the remains of an agricultural building.



Young cinnamon trees in abundance along the trail

The Caribbean Island of Martinique

COMPILED BY CHRISTINE OUMA

This lovely island combines European culture with Caribbean beaches. Martinique is an overseas region and a single territorial collectivity of France. An integral part of the French Republic, it is located in the Lesser Antilles of the West Indies in the eastern Caribbean Sea. It's a tropical island boasting mountains, jungle, and beautiful beaches, and it will also surprise you with its delicious food, wine, and cheese imported from France. And, if that isn't enough to whet your taste buds, Martinique's distilleries produce one of the world's best rums. The island, as a part of France, has high living standards, clean streets, convenient flight connections, good medical care, safety, and quality roads, among other things.

History and Culture

Prior to the discovery of Martinique by Columbus in 1502, the area was inhabited by Arawak and Caribbean Indians. There was no real European interest until the French colonies were established in 1635. Though the British made brief attempts to occupy the Island during the 18th and 19th centuries, it has remained under French Colony ever since (along with Guadeloupe). Slavery was abolished in 1848, and in the late 19th century, tens of thousands of workers arrived from India to replace the slave workforce on the plantations. Both Martinique and Guadeloupe were administered as parts of the French Antilles. In 1946, rather than following a path to independence, the two islands were incorporated into the French nation with the status of Overseas Departments. Following political evolution and a package of decentralization policies



Martinicans performing during a carnival



Hotel La Pagerie



Some of Martiniques dazzling dishes



Martinique market



Fort-de-France, the capital of Martinique

introduced by French President Mitterrand, most affairs, with the major exception of defense and security, are now generally under local control.

Martinique is known by different names such as: Madinina, "the island of flowers" or Jouanacaera, "island with iguanas".

Martinican culture reflects its diverse population and has been influenced by different populations resulting from various waves of immigration. Contributions of European culture arrived on the island in the 16th century, African culture brought by former slaves who came to work on the island, but also Indian, who arrived at the end of the century, can be distinguished, and finally traces of Caribbean culture, the island's first inhabitants. The majority of Martinique's population is the descendants of African slaves, whether from the Caribbean or Carinago. The local cuisine is a blend of all cultures in your palate. For example, you can enjoy beef bourguignon with "légumes péi" (local vegetables: yams, breadfruit, dasheen, banana vegetable, yellow bananas). The coq au vin is often similar to those of France's New Year's Day meal and enjoyed with family.

The most visible contribution that came from India remains the "madras" tissue and the frequent use of spices such as Colombo (a mixture of spices used in the preparation of meat). Martinique's culture is very colourful, whether in clothing where colors are popular or highly colored by the various fruits and vegetables sold on market stalls. Thus the large Grand marché de Fort-de-France (Big market) and its lively atmosphere with the cries of merchants and customers is a strategic place to watch closer the Martinique animated life.

Language links

French is the official language used in administrative systems. However, the native language spoken in the most familiar and informal setting is Creole, which is primarily French (African, American, and English dialects). Creole was originally developed as a means of communication between African slaves in order to communicate with each other and understand the orders of the French master

Getting around

Martinique's main airport is Martinique Aime Césaire (FDF), which is located on the outskirts of the capital, Fort de France. The passenger ferry from Dominica to the north or St. Lucia to the south is the other way to get to the country. L'Express des Iles operates daily ferries between those three islands and Guadeloupe further to the north. Because public transportation is limited throughout the island, renting a car may be the best option if you intend to explore. Martinique also has a good road network, with the majority of the roads being of high quality and meeting European standards. Expect winding roads in the northern part of the Island.

Places to Visit in Martinique

Martinique has something to suit everyone's tastes. The island's north is mountainous, rugged, and full of adventure. Hiking up Mont Pelée should be on the bucket list of any active traveler. It is the highest point on the island (1397m) and one of the most popular hiking options in Martinique. The climb to Mount Pelée is an exceptional experience. The nature is different here than on the other parts of the island, as its vegetation includes no trees but only bushes and various plants. From the top, there is an amazing view of the whole island, from the Caribbean Sea to the Atlantic Ocean. After climbing the volcano, visit the town and ruins of Saint-Pierre, which were destroyed by the volcano in 1902. Les Gorges de la Falaise is an ideal location for taking in the scenery.

Water sports enthusiasts may head to the island's eastern side. Popular water sports include surfing, kiteboarding, and windsurfing. Presqu'île de la Caravelle is a beautiful peninsula with beautiful beaches and hiking trails with spectacular views. These trails are not challenging; anyone can do them; however, the can get quite high, so bring plenty of water!

In the flatter, drier south, beach lovers are in heaven. Beaches such as Anse d'Arlet and Anse Dufour are ideal for scenery and snorkeling. Anse d'Arlet is one of the most charming places on Martinique, with its picturesque fishing village, creole houses, small 18th century Roman Catholic church, and a pier directly in front of it. The beach is long and sandy, and you can jump off the pier into the turquoise waters. This spot is wonderful for picnics and swimming. You can explore the rock full of corals in the middle which is home to many species of colourful fish. You can even buy fresh fish directly from the local fishermen.

If you are coming to Martinique looking for history you won't be disappointed. The city is a great spot to explore, especially the Schoelcher library and the spice market. Schoelcher is a historical city library in the centre of Fort-de-France and is certainly one of the most beautiful buildings in town. It was designed by Henri Picq and originally was constructed in Paris at the end of the 19th century. After that it was taken apart and relocated by boat to Martinique, eventually being rebuilt at the La Savan Park. This library was created to contain 10 000 books donated by Victor Schoelcher, who wanted free education to be accessible to everyone. This place attracts many visitors thanks to its interesting architecture and 130 000 books. In addition to the ruins of Saint-Pierre in the north, you can visit the slavery memorial at Anse Caffard and take a rum distillery tour in the south.

Best Beaches in Martinique

Martinique has so many beaches that naming the best is nearly impossible. There are over 60 of them, with sand in a variety of colors ranging from white, golden, and pink to grey and black. The north is known for its wild black sand beaches, which are dark due to volcanic activity, whereas the south Caribbean coast has the most popular touristic white sand beaches. Grande Anse de Salines, near Sainte

Anne in Martinique's southeast, is one of the island's most popular beaches.

Le Diamant is a long beach on Martinique's south coast with views of the rock. Dufour is not too far from Anse d'Arlet .

A pretty little cove that offers an excellent chance to swim with turtles as they feed on the seagrass.

Stay

The best area to stay in Martinique will be determined by the activities you intend to do. Stay in the north if you want to go hiking. The town of Le Morne Rouge is a centrally located small town very close to the south trail of Mont Pelée.

Le Tartane and Presqu'île de la Caravelle are centrally located along the east coast, providing easy access to hiking, watersports, and beaches. Martinique's tourism hub is Les Trois Îlets. This area is the most popular with tourists along the coast, and thus provides a plethora of accommodation options such as restaurants, and other amenities.

Best time to visit

Temperatures on the island are consistently warm all year. However, the high season runs from December to April, when the number of tourists is much higher. The rainy season lasts from July to November, with the possibility of hurricanes. As the number of tourists decreases in the spring, it is an ideal time to visit. However, you can enjoy your time in Martinique throughout any season!



The beautiful beach at Anse Dufour



The Schoelcher library



Anse Caffard Slave Memorial



The 1902 eruption of Mount Pelée

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The Two Most Common Dip in Arabic Cuisine



Chef Marcus

There is a wide variety of Arabic meals to pick from because the term “Arabic” spans over 20 nations, each with its own culture, traditions, and cuisine. One thing we can all agree on is that they make some of the best dips. Chef Marcus Freminot, known as ‘Gato’, shares with us two of the most popular Arabic dip.

Hummus

- Ingredients**
- 380g cans chickpeas, drained and rinsed
 - 2 cloves garlic, crushed
 - 10 g tahini paste
 - 5ml freshly squeezed lemon juice
 - 4ml extra virgin olive oil
 - 3g paprika
 - 1g salt
 - 3 tbsp cold water



Matoubala

pine nuts for garnish (optional)

Method

Begin by chopping the garlic in the food processor. Add the rest of the ingredients and blend in the food processor until desired consistency. Blend with cold water for a smoother consistency.

Moutabal

Ingredients

- 2 Egg Plant
- Cumin
- Olive Oil
- Yoghurt
- Tahina
- Salt
- Lime Juice
- Garlic
- Pomegranate Seed
- Olives

Method

Grill the eggplant on an open fire or in the oven. When cooked separate the skin with flesh using a fork. In a bowl crushed garlic, yoghurt, cumin, lemon juice, tahini, salt, pitted grilled olive, grilled eggplant. Crush and mix using a fork until all the flavours come together and it is well crushed. Garnish with pomegranate seeds & Serve with Arabic bread

About the chef

Chef Marcus Freminot, known locally as “Gato”, acquired his nickname at a very young age because of his addiction to a certain cake. Seychelles born, Marcus studied and obtained his professional experience in Reunion island, France and Belgium. He is the youngest Seychellois chef in charge of a major hotel chain kitchen. He was also a promotional chef with the Seychelles Tourism Board and has showcased Seychelles local cuisine around the world in places such as Brazil, Europe, Sri Lanka, South Korea, South Africa and India. His first encounter with the professional kitchen was at Le Meridien Barbaron, now Avani. His culinary experience over the years also includes being a culinary lecturer at the French embassy, chef at various five-star locations, take away places, food trucks, food stands as well as promoting Rum around the world. Chef Gato now operates his own catering company called Gato’s catering.



Hummus dip



Moutabal dip



Annabelle

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CHEF TALK: MANGO HOUSE with Chef Carmine and Chef Chris



Chef Carmine

BY CHRISTOPHE ZIALOR

The word “taste” includes unlimited possibilities in the world of culinary. It can relate to sentiments evoked by things other than food, in addition to gustatory and olfactory experiences. Chef Carmine Favarolo and Chef Chris Muse, from Mango House perfectly encapsulate this notion. Carmine Faravolo was born in the southern Italian city of Naples. He grew up eating traditional cuisine prepared by his grandmother, who he considers to be one of his first mentors in the kitchen. The chef’s passion for cooking began at a young age. He noted that as a boy, he used to play football, but that

he was always curious about how his grandmother prepared various dishes. As a result, Carmine started skipping football and traded in his cleats for an apron. “I learnt from my mother the basic traditional cuisine, that incorporated the many fragrances of Naples. They were always welcomed at home, especially during Sunday family gatherings.” The chef told Ozordi Dimans that his childhood was filled with incredible memories of the house always stacked with plates with everything from appetizers to sweets, it felt like a tiny party. By the time he was 14 years old, the young chef had enrolled at the professional culinary school in Rieti, Amatrice-400 km away from his village.

“It was a fantastic experience, and it was because of that school that I was hired as a training chef at a luxury 5-star hotel in Rome, Italy’s capital. Chef Carmine explains that year after year, his desire to mature grew stronger, as did his desire to experience fine dining, gourmet restaurants, and Michelin star establishments. “I was very interested to learn more about it, and thanks to my colleagues and my hard work, I was able to work in these well-known restaurants,” said the chef. Working in these establishments, Carmine noted that expectations were high, the sacrifices, the rhythms, the adrenaline was different, the small details were the winning weapon, and year by year he began to perfect his craft. “I recall my mentor telling me that “in order to develop my talent, I needed to travel and acquire different skills and work systems.” I understood those words to mean guts and fortitude, and I left Italy. From London to New York, Australia, Spain, China, and Thailand, I enriched my own background till I reached 1 to 3 Michelin star restaurants all over the world.” He says one of his best experiences was with Simon Rogan, Quique De Costa, and Antonio Mellino, “where I learnt professional ethics, bioproduct, team respect, and ingredients.” “One of the secrets they taught me was to cook what you know, and if you don’t, study and try the meal day by day until you figure out where it came from,” he added. A chef’s job is demanding, but if you enjoy what you do, you will never work a day in your life. “Today, my culinary philosophy, which is based on the concentration of flavors and the use of color, serves as my business card. I work with tradition, but I also enjoy experimenting with new ideas; it’s a culinary art, and it’ll be a fantastic combination,” he continued.

The chef urges that one is to never forget where one came from and to always include this in your work. In the year 2020, he arrived at Mango House after a journey round the culinary globe. It was an easy decision for him to reside in Seychelles because he was fascinated by nature and the lovely surroundings. “It was a simple choice. I’d always wanted to visit the Seychelles for a vacation, so when the opportunity arose, I jumped at it! Mango’s project was also one of my favorites.” The chef has captivated guests at the

LXR resort with his superb cuisine since his arrival. With years of experience, he has figured out how to create the perfect flavor combination for the tastiest dishes. “When I make a dish, I first analyze the components to get a sense of how they taste, then I utilize my senses to taste sweet, sour, salty, bitter, and umami,” said the chef. I have a lot of favorites! Squid tagliatelle, beef tartare, and sweet potato gnocchi are among the examples. My meals are usually accompanied by a glass of wine,” he concluded.



Chris Young-Kon, like Chef Carmine, fell in love with cooking at a young age while watching

his mother and grandmother in the kitchen. It wasn’t until 2016 when he started

his apprenticeship certificate in food preparation at the Tourism Academy that he was able to hone his culinary skills. While at the Academy, Chris got the opportunity to intern at the Hilton DoubleTree Allamanda. After two and a half years at STA Chris graduated as the best overall student on certificate level, this allowed him to get a bursary with the government to study at the International College and University in Malaysia. Chris studied at the college for two years and managed to earn his diploma in Culinary Art. “The education I got while at the university was on another level compared to STA, not only did it go in-depth when it came to culinary art but it also covered how to manage a kitchen, and also covered health and safety guidelines” The young chef was offered the opportunity to intern at the Hilton Kuala Lumpur during his time there, where he learned how to cook real Asian delicacies. He also competed in the Hilton Culinary Cup and came in second place. “It was a wonderful success for me to come in second, especially considering the talent I was up against,” he remarked. He also competed in the Food and Hotel Malaysia competition, which is one of Asia’s most prestigious culinary competitions, with over 1,500 participants and over 1,000 culinary professionals. Chris won a bronze medal in the seafood category, adding to his already outstanding résumé and allowing him to secure a position at yet another

Hilton property. When the position of Demi Chef de Parti at Mango House became available, he leaped at it. “Since I began, I’ve grown more consonant in my kitchen. My commitment to the job allows me to improve day by day.” He noted that Mango house has opened a lot of doors for him when it comes to further training and opportunities. “Training is supplied to us so that we can continue climbing the culinary ladder; I started as a demi chef and have demonstrated my abilities, therefore I will soon be promoted to chef de partie.” Chef Young-Kon is currently learning how to make authentic Neapolitan pizza under the tutelage of chef Carmine

at the Muse Restaurant. He characterizes himself as a chef who does a little bit of everything, including preparing appetizers, grilling, and learning how to make the ideal Italian pizza. “I am grateful for the opportunity to work with Chef Carmine. I’m also grateful to the Tourism Academy and the government for recognizing my cooking ability. The greatest thanks also goes to Hilton Properties, with whom I have had the distinction of working for” Chris also thanked his parents especially his mother for always supporting his dream and for being his number one cheerleader. The young chef plans a five-year goal to have his own business, as well as settle down and having a family.



Chef Chris



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Glacis, Seychelles, Mahe

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"I draw to create my own vision and style,"

BY U-ROY JULES

A young artist of twelve years old, Michaela Prosper displayed the ability to paint and draw at a very tender age under her parents' observation.

Just like every child indulging in a passion, their little dream can only be catalyzed by firm encouragement from their parents. Being born of artists parents, with her father's knack for playing musical instruments and writing music and her mother's love for singing, it was quite natural that Michaela was born gifted.

One of her most important traits is her ability to feel new senses and feelings, to throw herself into new things, a new universe that only she understands. Her amazing skills enables her to do things differently, and create her style, to stand out of the ordinary.

At a young age Michaela strives to attain values, such as discipline, passion, patience, and determination. These qualities allow her to follow her passion despite the challenges at first.

"I consider myself very talented; painting for me is like being in my world, which makes me comfortable. When I am not painting, I consider myself a very loud and playful individual, especially around my friends and family," the confident young artist told *Ozordi Dimans*.

"At a very early age; I would draw cartoon figures and animation. I would myself in drawing and painting and that became my favorite extracurricular activity," she continued.

In time the young artist discovered her niche



Young Michaela Prosper

in watercolor painting.

"Currently I can paint abstract, images from my head with various magical colors, to bring my drawing to life. I enjoy using the classical background in drawing while introducing other nuances, styles, and contexts. I render certain parts of my work more than others to create a sense of focus. I strive to maintain a deep sensitivity to color, hue, saturation, and value. I draw to create my vision and style," the young artist adds.

Speaking to *Ozordi Dimans*, Michaela's mother, Linda, stated that they noticed their child's talent from very early on and has had difficulty finding professional tutors to train her.

"We have tried to find her a mentor, but they are really expensive. However, we have not lost hope, we are still looking for a mentor, an artist that can assist her loping her skills. Even though she paints for pleasure, we advise her to date her paintings and initial them so that she can have a lifetime of memories.

Michaela wants to promote her skills and get people to know her and discover her amazing talents. Nevertheless, the only way to become a better painter is to make more paintings, with the help of her loyal family, she believes that will fulfill her dreams.

For all who dares to dream, the sky is the limit; and this young painter through dedication and perseverance, she may one day accomplish her dreams.



Michaela loves to be in nature

Helda R Marie

Poet – Ekriven - Lirisist

Helda in en poet pour plis ki 35 an.
Son lentere dan lapoezi ti komans a en tre zenn az apre ki i ti’n ganny enspire par en poenm ki ti’n vin dan son laporte. Sa maryaz bann mo dan sa poem ti fasinn li.

I en poet ki ekri avek pasyon, dan en fason orizinal dan tou le trwa lalang maternel Sesel.
Me i annan en gran latasman e donn bokou lenportans lalang Kreol.
Son bann poenm i revel son latasman for avek tradisyon/ kiltir e krwayans Seselwa.

Helda i en ganyan pri Antoine Abel, en manm Lasosyasyon Ekriven Lardwaz e in partisip dan plizyer resital, piblikasyon lokal osi ki enternasyonal, menm fer bann lesanz liteter e kiltirel dan larezyon e ayer.



Poet, Helda Marie

Bal asosye

Kanmtole ti’n apiye!
Anba lalimyer kolmann, lasaler ti a pe monte.
Mon rob zendyenn ti’n kole partou kot ti kapab.
Mon Rêve D’Or lontan in fannen,
Mon de gongon ti’n anpyang.
Mon soulye baret ti’n sou dan en kwen anba latab.

Mon ti’n degourdi...
Tou danm ti’n sirote...
Kavalye ti’n flanbe o petrol!
Lakaz Fifty ou a kwar ti a pran dife!!!!
Pa fourtou!

Kan ti’n ariv ler pou krwaze sase,
lizye fermen, mon ti voltize lo lasal, legèr
parey legren kalis dan van-d-swet.
Mon lipye ou a kwar pa ti pe tous planse,
Tou kima sa madanm ti’n terni anba nou dis komandman!
Mon ti danse, promenait ek lakontman, ek lafyerte, mon leker kler.
Lasyer ti koule ziska dan mon sevir...ar sa ti gou!

E letan komander ti dir ‘fer balanse roule roule’...
zot o...mon ti fer mon zekar, glis dan lebra Versanz...
ar...mon manman...si mon pa mor ...mon a fol!!!

Isi kot nou’n erite (250an En pep)

Zot war la isi,
Isi i nou pli gran leritaz.
Antere anba dinm disab blan
Maske dan misteryez kavern granit
Kek bout nou listwar i ankor dan sonmanbil

Sa bout pyer rar ki depas sirfas losean
Kazole par soley e lalinn
Karese par laroul, frole par divan
Aroze par larm bann lanz
Se zot ki ti donn nou sa, en zour,
Sa zour zot ti donn nou nesans

Bann ki ti ras nou dan berso nou zanset,
Ti an’n swete kit nou lo en zil dezer e sek
Bliy nou parla dan krevis kek manman kap
Kot menm sa pli move zerb i refize pouse
Me non, pa sa ki ti’n anmas nou!

Avek leker deborder, anfle ek regre
Zot ti forseman anbras zot maler
Derasinen ti vin en boner
Zot ti oule desir nou loule pou ranpli nou ek zot mers
Maler a zot, nou’n ranpe me nou’n sirviv lesklavaz!

Ziska ozordi, menm avek lafimen dan nennen
nou ankor pe kriye apre leko lapo kabri
Nou pa okenn lanbraz me nou franbwa kreol!
Sa ki nou ete ti’n ekri depi sepa kan...
...gardyen nou lorizon
vre propriyeter nou teritwar...
Nou sel kreater nou vre desten.

Non, non, nou pa’n bliye gou sale lo nou lalev dekoke
Sanmenm sa nou asize anba lonbraz pye takamaka
pe plise dan deloryonm nou reisit
ou a dire setyenm syel e tou son bote i trouve
anba kouvertir nou kapatya

Lekel ki pou dir nou nou pa konn sa ki nou ete...?
Lekel ki pou dir nou nou pa konn kot nou sorti...?
Kan ou ek mwan nou konpran fenomenn nou legzistans.
Akoz anefe, zis en kreol....ki vreman konpran en kreol!

anmoure avek en pei, anmoure avek son langaz

PAR U-ROY JULES

Colette Gillieaux ,ti ne le 14 Sep-
tanm 1936 en Belzik in adopte
nou pei Sesel koman se li. Colette
ti vinn vakans Sesel an 1978, e parey tou
toursis, e depi ki in met lipye lo nou pti
pei, i ti tonm anmoure ek nou pti larsip-
el, e i pan zanmen ganny lenvi retourn
ankor kot li.

Ozordi Dimans, ti al rann en vizit sa
madanm ranpli avek zistwar kot li, Gla-
cis, pou diskite enpe lo son lavi koman
ekriven. Ler nou ti arrive, Colette ti pe
esper nou avek en gran sourir lo son figir,
e i ti pe donn diri en gran kantite pti sren
dan enplas desinyen zis pou zot dan son
lavarang.

I ti esplik nou ki i fyer ki in kapab dan
son prop fason, ede dan ledikasyon bann
zanfan ki ti dan difikilte, e osi avek liter-
atir dan pei.

Son devosyon ek bann zanfan ti kom-
ans ler i ti enkor pe reste Belzik kot i ti
annan en lekol pour bann zanfan dez-
abilite.

“Mon ti annan en lekol pour bann zan-
fan avek dezabilite an Belzik. Vi ki monn
pas dan en lanfans tre difisil kot mon
ti ganny bate avek mon Papa. Le mo-
man ki loportinite ti prezante, mon ti fer
mon letid dan Sikoloji e mon pa ti anvi
ki okenn zanfan i ganny maltrete parey
monn gannyen dan mon lanfans.

I ti kontinyen pou dir pour dir ki i ti en
lazwa pour mon travay avek sa bann zan-
fan e pour donn zot lanmour.

‘Parfwa i arive ki ou lekor i demann
repoze, e vi ki mon ti osi en plonzer, sak
vakans mon kantan pran en konze lwen
avek Belzik, ki’n permet mwan vizit 32
pei, ziska monn ariv Sesel,” madanm Gil-
lieaux I rakonte.

Premye travay sa ekriven ler i ti ariv
Sesel, ti an 1980, dan lekol pour man-
rmay eksepsyonel ki ti baze Victoria. In
konsakre son lavi pour eseye ankouraz
dimoun pou aprann zistwar kourt.

Letan i ti ariv Sesel, lekol Eksepsyon-
nel ti’n fek ouver son laport e apre en
demann fer par Minis pour Ledikasyon
sa letan, Msye Jacques Hodoul, i ti kom-
mans travay avek sa lekol e I pa ti retourn
Belzik.

“Apre sa, mon ti ganny demande pou
pas dan tou bann lekol pour evalye leta
bann zanfan ki ti pe ganny difikilte e se
la ki mon ti vwar ki ti annan bann zanfan
ki ti pe ganny difikilte avek langaz angle.
Mon ti mansyonn sa dan mon premye
rapor avek defen madanm Danielle de St
Jorre e apre sa reform dan ledikasyon ti
ganny fer e kreol ti ganny entrodvir dan
lekol,” madanm Gillieaux I rakonte.

Colette in osi ganny rekonnet dan Sesel
pour son kontribisyon dan literatir Kreol
e osi koman en gran defanser lalang Kre-
ol. In osi ekri nou premye diksyonner tril-
ang an kreol, franse ek angle, e osi bann
liv ki ti tre popiler dan bann lekol primer
ki enkli ‘Titi sa pti katiti’, ‘Tenten sa pti
marten’, ‘Lodi sa pti pwason antete’ e
‘koksinel’.

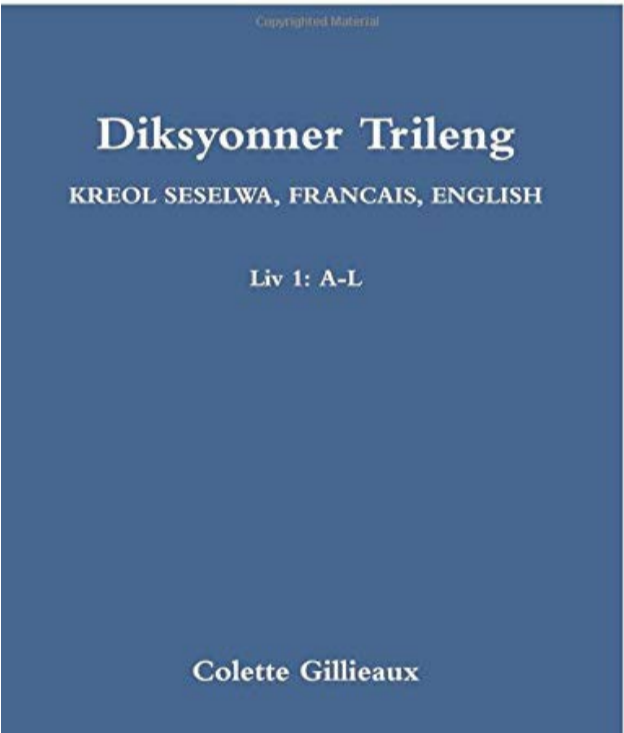
“Pour mwan, depi zour ki mon’n ariv Se-
sel, Kreol in annan en lenportans enorm,
vi ki lalang maternel i vreman enportan.
Monn ne en Belzik, selman mon konsider
mon lalang maternel koman Kreol.

Avek led Prezidan sa letan, Danny
Faure, mon ti ganny nasyonalite Sesel-
wa, aköz tou bann kontribisyon ki monn
fer,’ Collette i rakont Ozordi Dimans

‘ Mon bann premye liv ki mon ti ekri
ti ase fasil pour bann zanfan lekol
eksepsyonnel. E osi pandan 10 an, mon
ti pibliy magazin ‘koksinel’,” I azoute.



Colette Gillieaux ek son diksyonner trileng



Diksyonner Trileng Liv 1



Diksyonner Trileng Liv 2

Parey noun mansyonnen, son pli gro
proze I sa diksyonner trilang, Kreol,
Angle ek Franse. Collete in osi pibliy en
‘memwar lo lesklavaz’.

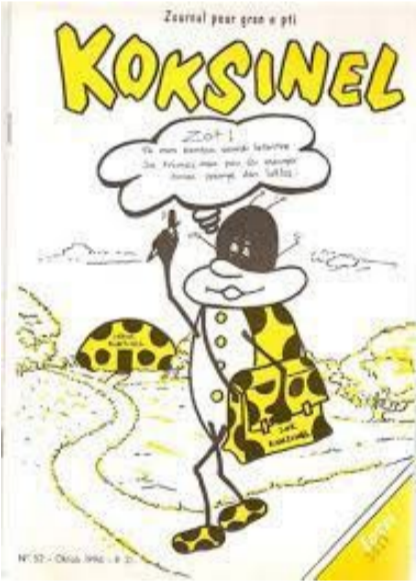
“Ti pran mon 19 an pou ekri sa
diksyonner e finalman i ti ganny pibliye
par Msye Adrian Skerett. Pour sak mo,
mon ti met li an langaz kreol, angle e
franse. Si pa ti Adrian, sa diksyonner pa
ti pou’n ganny pibliye.

I annan de volim plis ki diznef mil mo. I
enportan ki nou protez Kreol konman sa
lalang maternel absoliman pou ki bann
zanfan i annan posibilite konpran sa ki
ansennyan i montre zot e devlop zot po-
tansyel,” Madanm Gillieaux ti fer resorti.

A laz 84an, Colette ki viv tousel, i napa
zis lanmour pour zanfan, Colette i osi an-
nan en gran lanmour pour zanimo.

“Mon pasyon i ekri avek lir. Monn ariv
en laz ki mon nepli kapab ekri, me mon
vremman apresye mon lavi Sesel. Mon
kapab dir ki mon dan lazwa, aköz monn
nobou ed en kantite zanfan annan en pli
o nivo ledikasyon dan Sesel. Avan mon ti
annan en kantite lisyen, me mon denyer
lisyen fek mor. La I reste mon bann zoli
pti sat e zwazo.” Colette i fer resorti.

Colette pe ansemoman soufer avek
Dupuytren, en maladi ki koz diformite
dan lanmen e ledwa. Sa madanm byen
for avek touzour en gran sourir ek bokou
lenerzi i anvi pas son dernyen zour dan
lanmour kot i pe reste Glacis.

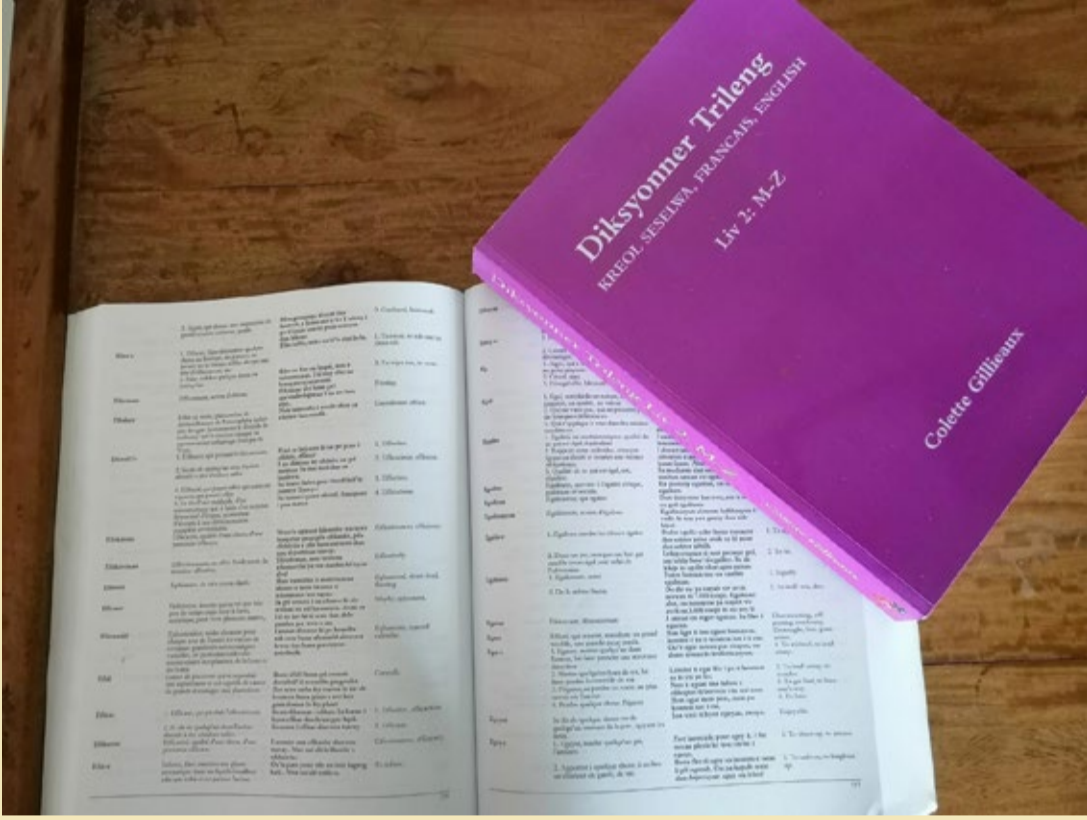


Diri tale ater pou bann zwazo ki vizit li toulezour

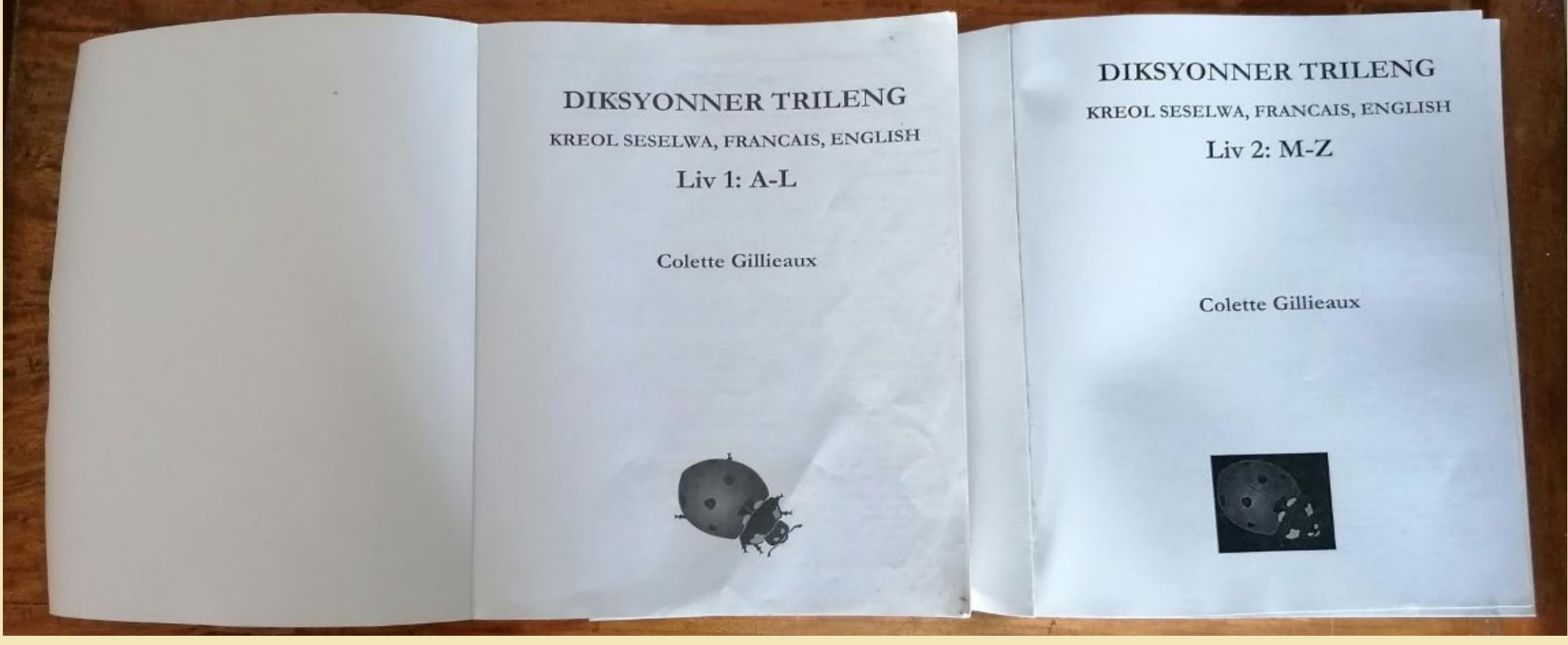
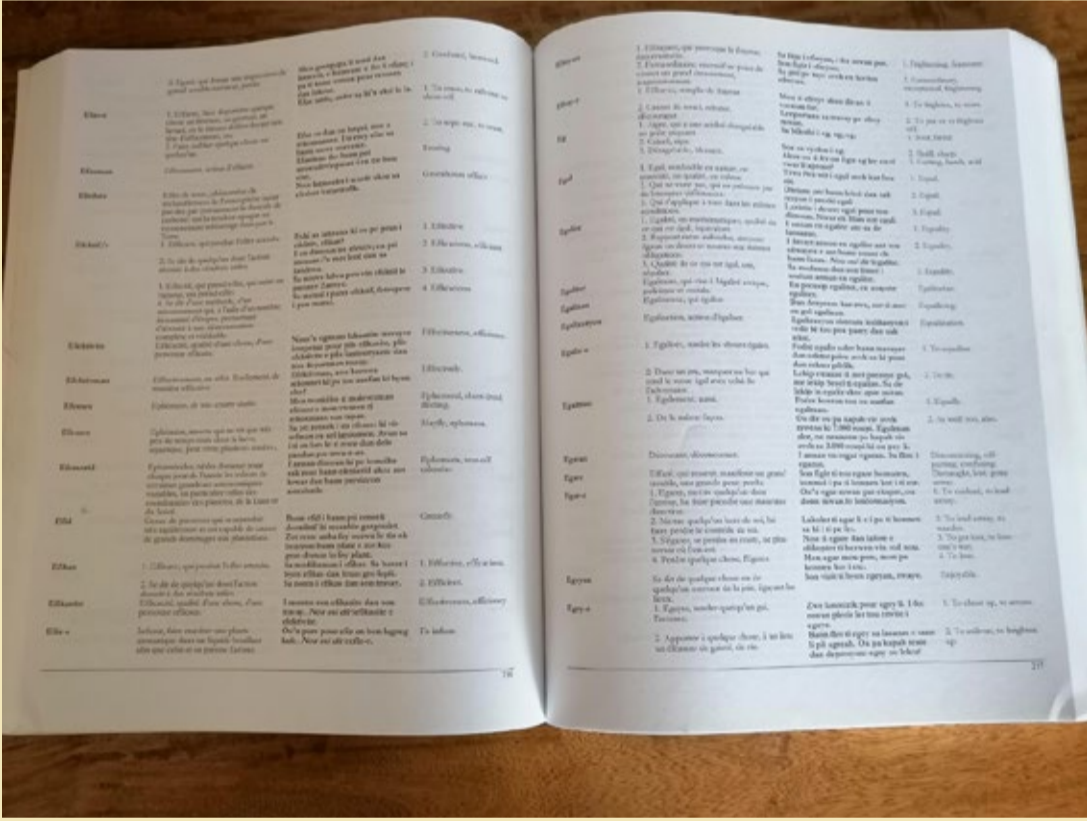
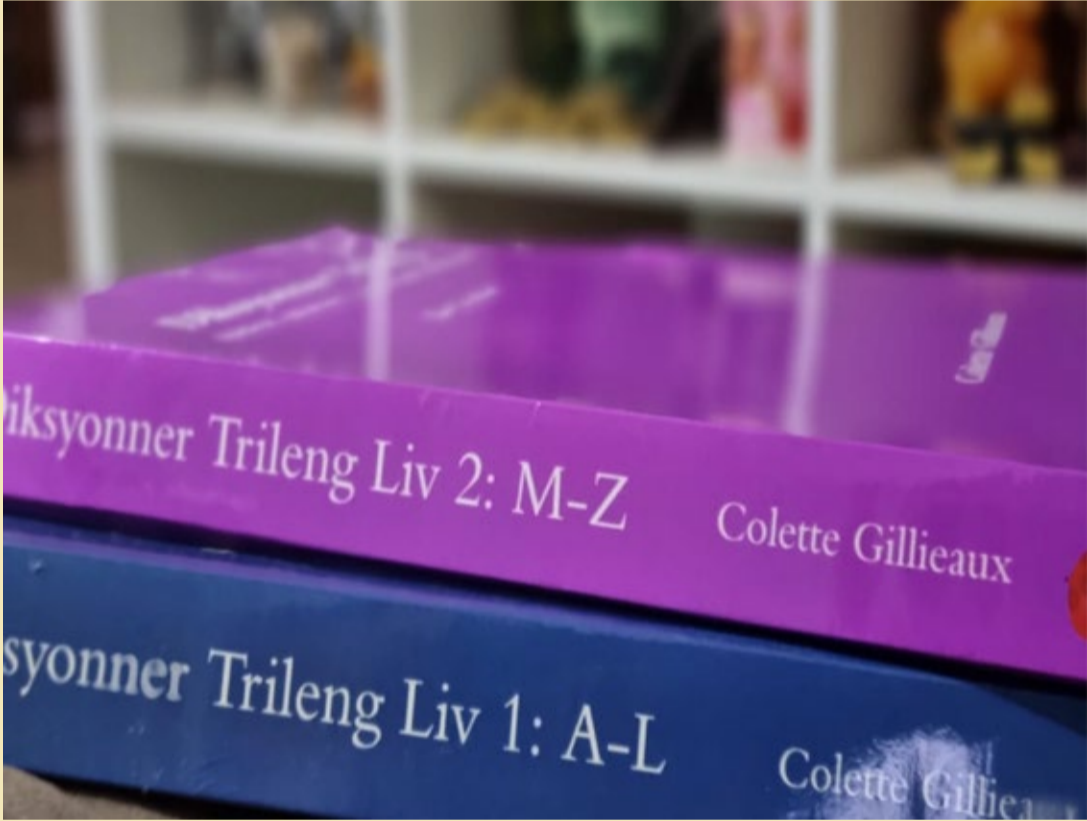
The First Trilingual Dictionary

BY U-ROY JULES

Colette Gillieux has contributed a lot to the Ministry of Education (MOE), she has played a major role by publishing the first Trilingual dictionary. It took her 19 years to write such a masterpiece and was finally published by Adrian Skerett, the dictionary is in Kreol, French, and English. Ozordi Dimans presents you with some extracts of the Trilingual dictionary.



Kreol Seselwa, Francais, English ekri par Colette Gillieux



Nou Lalang maternal, nou "Nuumte Oote"



dan en pti vilaz an Meksik (Mexico) ki zot ti koz en langaz apele Ayapaneco -ouswa Nuumte Oote ki vèdir 'vre lavwa'. Sa non Nuumte Oote ti non ki bann zabitan sa landwa ti donn sa langaz tandis ki Apayane-co i en non ki ti ganny donnen par bann etranze ki'n annan bann enteraksyon ek Meksik.

Dan bann lannen 2000, sa langaz ti an danze disparisyon, vi ki ti reste zis de dimoun ki ti kapab koz Ayapaneco byen, me, konm de maler, sa de dimoun ti'n fase avek kanmarad, alor, menm si zot ti le sel de dimoun ki ti konn sa langaz, zot ti refize koz avek kanmarad. Apre enpe letan ki sa sityasyon in ale koumsa, sa de tonton dan zot 70 an ti decide aranz keksoz, e la bokou zefor in gany fer pou sey prezerv sa langaz e anpes li disparet.

Kestyon enteresan alor, i eski langaz kreol Seselwa i an risk vin parey langaz Ayapaneco en zour?

Angle an kreol v/s kreol an angle

En langaz i reste vivan letan i pas ant en zenerasyon a en lot. Sa ki pli zenn i aprann mo, lentonasyon e lekspresyon, kot la, parey bann ti kato, zot repete ziska ler tou i tonm daplon, e zot kapab dialog byen dan sa langaz. Dan en pei kot laplipar dimoun i koz en sel langaz, sa prosedir i relativman senp...me sa i klerman pa Sesel.

Ti annan en letan Sesel, kot laplipar zafan ti aprann kreol koman zot premye langaz, alor zot ti koz avek en aksan kreol, e ler zot ti aprann koz angle, ou ti pou souvan tann zot dir "dis" dan plas (this) e "dat" dan plas (that).

Sete sanmenm sa zenerasyon ki ti ekout bann sanson angle lo radyo, e apre re-fer zot prop lenterpretasyon, depandan lo kantite angle zot ti konnen, sa bann lenterpretasyon ti kapab annan 2,3 mo angle ki ler ou met ansanm pa fer en sou sans, ouswa napa en sou mo angle, me sa

pa ti anpes sa bann dimoun sant aot vwa avek tou sa konfidans dan lem-onn. Sa bann menm dimoun ti pou osi "koz angle an kreol" la zot bann plasman mo, ti pou fer zot dir bann keksoz parey "me, I don't know me" (mon pa konnen mwan) ouswa enn ler zot zis pran en mo kreol, roul zot lalang en pti pe plis, e vwala, zot ti kwar ki sa mo in degiz an angle en sel kou. Petet i sa bann lanbara par-e ki fer ki konmela tou i le kontrè. I pa drol pou vwar en group zafan Seselwa, par anba 5an pe zwa "an angle" kot la, lo zot menm, zot swazir ki sa i langaz ki zot pou servi pou kominike. I enportan note osi ki i pa bann angle ki zot paran ti sante e ekri dan zot kaye sanson, sa bann angle bann ti Seselwaz konmela, I souvannfwa vin avek en aksan ki bord ant Ameriken e "Queen's English".

Tan ka lontan letan ansenyan ouswa adilt ti anvi dir en keksoz ki zot pa anvi zafan konpran, zot ti koz angle antre zot. Tou in sanze, ou pou souvan vwar en group adilt pe koz kreol antre zot, apre koz angle avek zot zafan, souvandfwa dan en lakour, sa zafan i sel dimoun ki pa konn koz son lalang maternal.

Byensiny labote et triling se ki nou kapab kominik dan plis ki en langaz, e petet sa paran ki swazir pou montre son zafan zis angle i senpleman annan lentasyon pou donn li serten lavantaz edikasyonel e pou fasilite son lavi. Apre tou, depi dan bann fasilite vey zafan, si ou al fer sa fot e dir mis "bonjour" i vitman reponn "good morning", dan en fason ki fer li kler ki napa plas pou kreol la...alor eski nou kreol i lo semen vinn parey Ayapaneco avan sa de zans ti byen?

Nou fyer nou Lalang maternal... well...kinda

Seselwa koman en nasyon, pou ensidir dir, toultan annan en relasyon enteresan avek son lalang maternal, souvandfwa nou pou dir ki

nou fyer nou langaz, me nou aksyon i tant pou otreman. Par egzanz, avan ki nou ti "koz kreol an angle" nou ti "koz kreol an franse" kot si ou pou ekout bann vye sanson, ouswa repas lo bann vye program televize, ou pou vwar ki nou koz lo "lagriculture" dan plas "lagrikiltir" ouswa "Jeudi" dan plas "Zedi" e nou toultan annan "choix" dan plas "swa". On dire byen, ki ler ou ti koz "comme ça" ou ti paret pli entelizan e petet ou pwen ti pas pli fasilman. Byensiny, apart lefet ki konmela Angle i sa langaz ki nou prefere, napa bokou ki'n sanze, tre tre pe dimoun i koz en kreol prop san bezwen demann Angle e Franse pret bann mo ki deza egziste dan nou langaz. A sa pwen petet, ti a bon ki mon deklar mon prop lipokrizi, aköz mon osi, plen fwa nek mon "borrow" menm. Petet sa i en keksoz ki nou'n erite koman en pep ki'n souvandfwa ganny oprese, ki se swa dan bann lepok lesklavaz, ouswa dan lepok ki nou'n ganny kolonize; petet i en keksoz ki nou'n aprann lekol letan ansenyan in kontinyelman fer nou konpran valer sa de lot langaz, ouswa petet menm i annan pou fer avek en serten enferyorite ki nou atas avek nou prop langaz- an konparezon avek sa de lot Lalang.

Ki se swa son rezon plen nou kreol ki fer plis ki en an dan "pei deor", ler nou retourn Sesel nou souvan deklare ki nou'n oubliy kreol, ouswa nou adopte aksan sa landrwa kot nou sorti (sirtou si nou sorti dan en pei Was), klerman nou relasyon avek nou lalang maternal i enn tre fasinan.

Bokou dimoun i rekonfort zot lekor dan lefet ki "kreol i fasil aprann" e i "pa pou anmenm ou okenn par" alor, dan sa sans, ou profite e aprann en langaz ki pou anmenm debousman pou ou, apre plitar ou ava aprann sa langaz "ki napa verb" parey nou kontan dir. Me, avek lalang kreol i annan plen eleman enteresan, ki demann serten metriz e komann nou lalang avan ou kapab aprann, sa bann eleman, ki souvan

gany oubliye, I fer nou lalang maternal tre spesyal e enteresan.

Egeskigiougoukonngonnlangan-gazgazmagadanmnganmsegeret-getougou?

Zis parey bann ansenyan ki pa ti anvi zot zelev i konpran ki zot ti pe dir, ti koz an angle, bokou gran paran ti koz Langaz Madanm Seret, ler zot pa ti anvi serten dimoun konpran zot. Pou bann ki ti pratik sa, zot ti kapab koz tre vit antre zot e konpran, kanmarad. Menm si madanm Seret pa inikman pou Kreol-Seselwa, dan larezyon osi i annan son ekivalan, me i en eleman ki nou pe fasilman bliye pas avek nou bann ti dimoun ki koz kreol an angle.

Pti ki mon pti mon pisans I for

Zedmo I alafwa en fason fer pase letan me osi fer marse lespri. I fer mon mazin mon prop granpapa... dan son sapo lapay lo son pti ban deor kot I pran ler fre pe kontinyelman "quiz" mon. Ti en plezir pou li vwar mon pe kas latet e pa pe konn en sou larepons. Sel fason pou mon perform byen, sete pou mon memoriz larepons sa bann zedmo, me byensiny, i ti toultan annan ankor. Bann ki tanzantan ti monte par egzanz, ti "bef dormi lasenn marse, ouswa "mon ne gran mon mor pti pti" e "pti ki mon pti, mon pwisans i for" (tyek alafen lartik pou larepons zedmo). Li osi, i ti kapa ben zoli pastan ant paran avek zafan ozordi.

Koz pe gard pe

En parti nou langaz ki pa sitan fasil aprann, i lafason ki nou formil nou fraz pou dir tou sa ki nou anvi dir, san vremen dir tou sa ki nou anvi dir. Sa i fer mon rapel en vye moutya ki dir "torti pou nepli mont lo rido, i sed plas pou madanm reziser", bann granmoun pou dir ou "en ta koze sa!", me pou en zenn petet, sa fraz pa pou vèdir bokou. Nou gran paran ti souvan kontan koz dan sa fason ki fer lespri kontinyen travay, bokou

letan apre ki sa konversasyon in terminen. Petet sa i montre en serten lentelizans ki nou zanset ti posede pou kapab zwa avek bann mo, ki fer ou konpran sa ki ou anvi / pare e kapab konpran. Si nou pou retourn lo laniy sa moutya, i annan ki kapab kwar i pe adres kimanyer zonn I viv an armoni avek nou lanvironnmon, me plen granmoun pou dir ou, ki sa pe adres serten aktivite entim ki madanm reziser ti pe fer lo lans; alor, i pa torti ki pe kit son mark deryer, me se plito madanm reziser e son konpanny ki responsab.

Sanson moutya in imortaliz sa abilite pou zwa avek nou lalang maternal ki nou zanset ti annan, zot ti donn nou langaz en serten profond-e e labote ki nou pa souvan vwar ozordi. Sa fason dir keksoz san menm bezwen zoure, e san koz direk, i osi komen ler kreol in vekse, kot la ou pou tann "ou a tat ou delo", "rod ou nat pou ou dormi lo la" ouswa "ou a pike ou pa a anbarke" ki fer ou konpran ki "zafer pe sal" konmdi koze. Sa bann lekspresyon in souvan ganny servi koman en zouti serye, ki'n koz bokou dimal, menm plis ki en agresyon fizik, kot menm apre bokou lannen, son sikatris i reste, e sa enn ki'n gany blese pou dir ou ki "koze mirak pa lafresisan". Zisteman, proverb, lekspresyon imaze, lardon esk... i sa pti zepis ki fer nou langaz spesyal e enteresan, me malerezman i en lot eleman nou lalang maternal ki bokou zenn pa neserman konpran.

Parey tou langaz ki evolue, I annan plen mo ki'n vin rar dan lalang kreol, bann mo parey "vep", "ran-nise", pti banben, latrin, kima etc...I bann mo ki ou pa neserman tande dan langaz kouran. Byensiny i annan bann mo nouvo ki'n ganny adapte e plizoumwen form par lafason nou koze, tel ki "ice cream". "computer" e "aircon". Sa bann sanzman parey i kit en langaz vivan, e parfwa i menm anmenm en laspe enteresan lo rezon ki nou'n swazir pou adopte serten mo, sirtou letan nou servi non en "brand" pou reprezant tou leres, tel ki "Omo" e "Squezy".

Dan serten pei, depandan lo ki parti sa pei ki en endividi i sorti, i tre probab ki son aksan i diferan, nou kreol, apart nou bann ti dimoun ki koz kreol an angle, laplipar nou i partaz menm aksan. Diferans I vin petet dan serten mo, par egzanz pake biskwi v/s pake gato, makapo gran fey v/s friyapen, trwa lere v/s maket, ti kel kele v/s tik tike e mang blan v/s mang kinon. I sa bann ti mo, e lezot ankor ki ti parfwa donn en lendikasyon lorizin en dimoun e kot in aprann son kreol.

Klerman nou Lalang maternal i annan bokou profond e i en langaz ki enkwayableman fasinan e ki pa sitan banal e fasil, klerman I annan en gran lenportans e petet se li ki nou Nuumte Oote (vre lavwa). Tou langaz i evolue dan son fason, e petet, sa ki nou langaz pe fer. UNESCO parkont, i konsider bann langaz ki zafan pa pe koze koman andanze e sa ki zis bann ki pli aze ki koze, koman severman an danze. Lavenir nou Lalang maternal I tou depan lo nou e I bann swa ki nou pou fer ki fer ki pou petet fer nou fini parey sa de tonton an Meksiko (Mexico) ou pa.

Bonn fet lazournen Lalang maternal!

Larepons zedmo"bef dormi lasenn marse (zironmon), mon ne gran mon mor pti pti (labouzi) pti ki mon pti, mon pwisans I for (piman)

Jeannette Julienne: A veteran of the Radio

BY CHRISTOPHE ZIALOR

On the 13th of February, the world celebrated 'World Radio Day'. To commemorate the occasion Ozordi Dimans sat down with Jeanette Julienne, Head of production and programming of Radio, and long serving member of the SBC staff for a chat on the evolution of Radio in Seychelles as well as her love for the medium.

The radio, while being over a century old, is still one of the most popular means of information dissemination and instruction. We can confidently assert that there is a radio in every home on the planet, with news and entertainment reaching every corner.

Because of its ability to reach the largest possible audience, it remains the most frequently utilized communication medium on the planet.

So it is only fitting that those involved in radio in any way take the time to honour the role of the radio in communication and its contribution to our lives.

Jeannette Julienne has been at the forefront of the growth of radio broadcasting in Seychelles for over forty-four years, having worked for the Seychelles Broadcasting Corporation. Jeannette has watched the radio evolve going from analog to digital.

"I began my profession shortly after completing my studies at Regina Mundi College. I noticed an advertisement for a journalist at Radio Television Seychelles (RTS). I walked all the way from Mont Fleuri to Union Vail to apply and was fortunate to be accepted," Jeanette Julienne recounts.

In 1978 she was employed as a trainee journalist, a post she held for over two years. Due to family commitment, Jeanette asked for a transfer to the documentation department in 1981.



Jeannette Julienne

review our programs and decide how we can improve so that we can provide the best form of entertainment"

She revealed that her ethos is that if you have job satisfaction then you will be able to deliver and you will be successful at what you do-which is how she has been able to hold a career at SBC for the last 44 years.

One of Jeannette's major achievements during her time at the station was extending the broadcast to 24 hours, as compared to the previous years- when it ended at 10 p.m. Another of her accomplishment- is the establishment of the three-day broadcast for the first Seychelles' International Carnival event.

"This is my second home; I spend most of my time here, and when I'm at work, I do everything I can to ensure that the people who listen to our shows are satisfied. The beauty about SBC is that they offer everything that you would need in order to provide the best possible service"

Unlike prior years, when SBC lavished attention on World Radio Day, this year's commemoration was more subdued due to COVID-19. Mrs Julienne noted that the majority of the events took place in the studio, with programs centered on the theme "Radio and Trust."

"We conducted interviews with members of the public, asking them what the radio meant to them, and we received a lot of positive feedback, with some even stating that they listen to their radio from the time they wake up until the time they go to bed"

She ended by inviting young people to become a part of their thriving team. She stated that SBC provides excellent opportunities for young individuals to advance in the business world.

"I will not be here for many years, we need a young team to keep the torch going."

"I still worked closely with journalists when they would conduct research for their programs," she noted.

In 1986 she was again transferred to another post; radio programming; where she helped decide the time slots for different programs as well as finding international programs to complement the local ones.

Later on, she was promoted to assistant programming officer and then the Head of programming. At the moment she occupies the post of Head of Production and Programming in 2010 a post she still occupies.

"As head of programming, I am in charge of everything that goes on air"

In relating to the turn from the 20th

century to the 21st, Jeannette noted that many things have changed in the radio landscape in Seychelles.

"Everything was analog in 1978; we had to transmit a show using heavy apparatus and tapes. After a few years, we progressively migrated to digital, starting with our archives and programming." When it came to operational aspects, the move made the work a lot easier,"she added.

The types of programming being transmitted by the radio also changed as the millennium progressed.

"Our show has evolved, but the ideas have not; we present the type of program that touches on every area of our society so that everyone can relate to it. We have a creative session every year where we



Jeannette during a road show



Jeannette with the former CEO of SBC, Mr Antoine Onezime



The team at the Paradise FM Award

OZORDI REWIND

THE MENTALIST



BY CHRISTOPHE ZIALOR

Without a doubt, the best show I've ever seen, and I've seen a lot of shows in my life. Every single one of the actors is fantastic, but Simon Baker, who is charming, sophisticated, and dashing, deserves special notice. It feels like he has made the character his own, in the initial seasons you can see the pain in his eyes when he remembers his past and the people he has lost.

He says a lot even when he is not saying much. All episodes have a wonderful mix of thrill, suspense, humor, and the underlying love between the two main characters makes the show even more endearing. I held myself from watching the last few episodes just because I didn't want the show to end, that's how good it is. Crisp plots, amazing twists that leave your jaw hanging. Even when the main antihero gets what he deserves, and new characters

are introduced, the show does not seem like a drag.

Plot Summary

Patrick Jane, an independent consultant with the California Bureau of Investigation (CBI), has a fantastic track record for solving significant crimes by employing his razor-sharp observation abilities. He also frequently uses his mentalist powers to persuade witnesses or offenders to reveal the case's true facts, which are only known to them. Patrick Jane is infamous within the Bureau for his flagrant disregard for protocol and his semi-celebrity past as a psychic medium, which he now confesses he feigned. Patrick Jane's contribution to solving a series of high-profile crimes is highly regarded by his colleagues.

No-nonsense, on the other hand, Senior Agent Teresa Lisbon openly opposes having Patrick Jane in her team and alternates between grudgingly accepting his utility and scolding him for his theatrics, narcissism, and hazardous lack

of limits. Agents Kimball Cho, Wayne Rigsby, and rookie member Grace Van Pelt make up Lisbon's squad, and they all think Patrick Jane is a loose cannon but respect his charisma and ability for solving crimes.



The main cast



The Artist profile

Born on December 25, 1998, Julian Basset AKA JDA is a talented musician.

He is among the few Seychellois artists who incorporate French, English, and Creole in his style of music.

Julian's passion for music started to blossom at the age of eleven.

JDA recently release the hit song 'Large',

which is currently one of the biggest hits on the island, with a brand new video clip.

Julian also has many top songs such as 'Day 1' (ft Gunz), 'Happy Birthday' (ft Gunz), 'Minimum', and 'Tat ou Dilo', among others.

In this week's edition, will learn more about the song- 'Large', and understand the meaning behind the lyrics.



JDA

Behind the lyrics: 'LARGE' with JDA

'Large' is one of JDA best works so far. The song came to its best with the help of Daryl Canaya (Dareal Thing Rechordz).

JDA told *Ozordi Dimans* that many people have been cheated on, and are still struggling to get back on their feet and that he hopes that this song will help people learn the power of trusting themselves and their instincts.

JDA expresses that he has gone through his own bad relationship experience and has learned to treat himself with kindness, understanding, and empathy.

"I learned to value myself and treated myself with the love and care I deserve," the artists confirm.

'Not only are the lyrics catchy, a lot of people can relate to it- being cheated on is one of the most devastating and damaging things that can happen in a person's life. It can lead to emotional distress and depression," JDA said.

The song is about a true-life story, which many people have gone through in their own way.

'Large' is being played on every radio station across the islands.

"The song is one of my projects that stood out. It's not my usual style of music, and my fans know this -but I decided to step out of my comfort zone, and create something people will love."

Lyrics

Lanmans pwalo
I so
Large

(Chorus)
Si son phone i sonn devan ou i pa reponn
Large mon frer
Laisse ale i annan en lot
(Large)
Si letan ou dan travaille et li i pe casse ta tête
Large
Anba lot i annan en lot
Large, large, large mon frer mon dir ou large
Large, large, large ma belle mon dir zot large

Belle indépendante d'après li i annan grad
I le faire un tour Dubai zis i call son sugar dad
Pa economy ni quarantaine ni ward
I le pass par highway pa zanmen pass par cascade
Pendant ce temps ou pe kass telephone pe rod li kote i ete
Kekfwa si ou ti met en ti 24 i ti a reste connecté
Kreolor, gro bag, gro sac ki i le
I dir si t'as pas les moyens quitte tes distances silvouplait
Ça fait mal pou war mon frère pe ganny tape ek lavi
Mon lontan mon ti poun ale si tu veux mon avis
Ou le war les vrais couleurs de la mere monte abord mon navire
L'amour nou donnen gratuitement pa sipoze ek tarif
Lache la mon frère

(Chorus)
Si son phone i sonn devan ou i pa reponn
Large mon frer
Laisse ale i annan en lot
(Large)
Si letan ou dan travaille et li i pe casse ta tête
Large
Anba lot i annan en lot
Large, large, large mon frer mon dir ou large
Large, large, large ma belle mon dir zot large

Pa ring mon line
J'suis occupé ek mon oseille nek mon la
Nek mon la, nek mon la, nek mon la
Zot dir le petit napa cœur c'est degueulasse
Bezwen enta pou prend son place
Mon pa en dalton pa kontan ganny talonnen
Alors mon vey mon lamonnen
Pa pe war mon met mon trust tou mon kouraz dan en lanmen
Ki pan ed mon bouze letan mon tank ti moitier plein
Mon le sipor pa zis en zoli lekor
Bezwen donn mon lanmour pa zis la roley en or
Akoz des comme toi y en a encore

(Chorus)
Si son phone i sonn devan ou i pa reponn
Large mon frer
Laisse ale i annan en lot
(Large)
Si letan ou dan travaille et li i pe casse ta tête
Large
Anba lot i annan en lot
Large, large, large mon frer mon dir ou large
Large, large, large ma belle mon dir zot large
Large, large, large mon frer large

Large, large, large ma belle large
Large, large
Large mon frer large
Large, large, large ma belle large

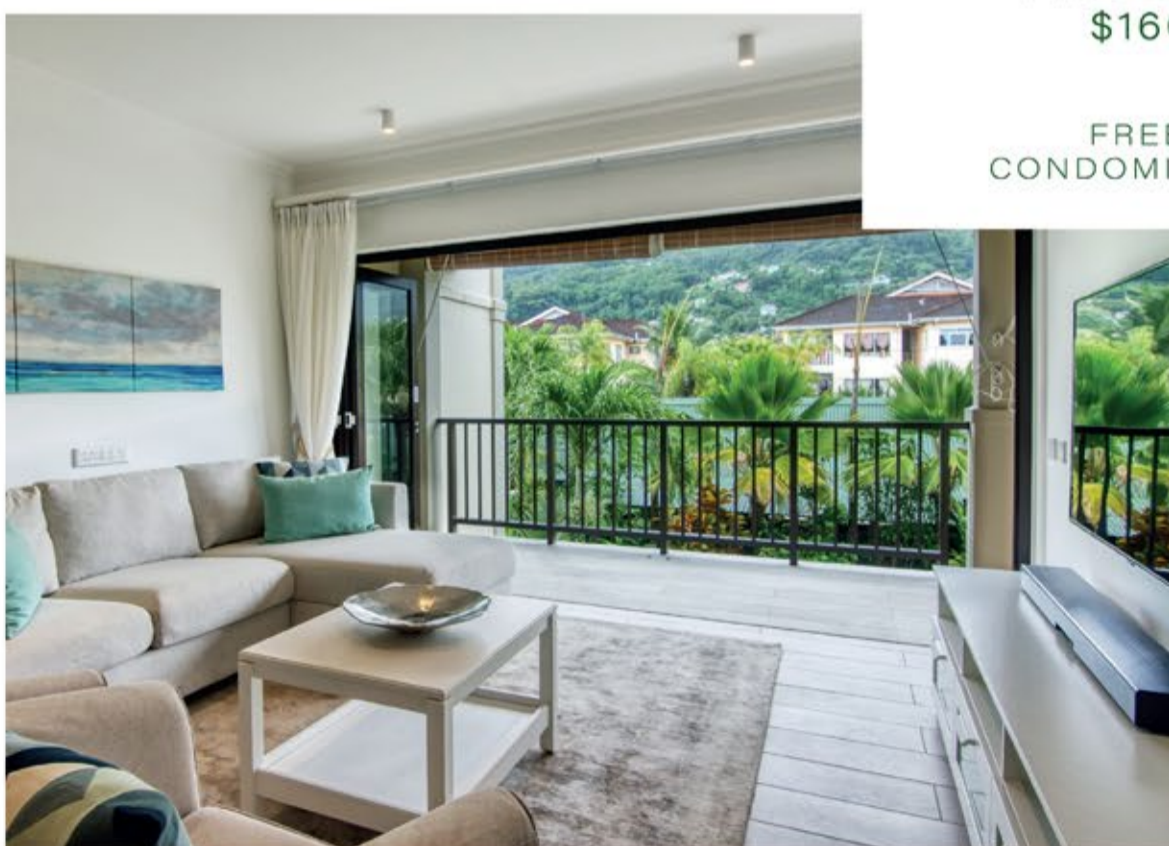


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My Story

Spotlight on George Constance, former football player and Coach

BY CHRISTINE OUMA

Former footballer, Georges Constance, now 67 years of age dedicated his youth playing for the National team, Rovers FC, Ascot FC, St Louis FC, and Mont Buxton, and is currently a member of the Mont Buxton Veteran Team. He excelled as a captain and coach and is now running his own cleaning business. *Ozordi Dimans* spoke with the football legend, who shared his experiences, passion for the game, and some words of encouragement for aspiring sportsmen and women.

Ozordi Dimans: When did you first realize that you wanted to play football?

George Constance: When I was about 14 years old, I moved to Mahe from La Digue Island. Coming to Mahe was like coming to the city at the time. There was no tourism on La Digue, so there was little work. Furthermore, there were no sporting events on La Digue. When I first arrived on Mahe, I would go to Gordon's Square (now called Freedom Square) to watch people play football. There was no stadium in Seychelles at the time. I developed an interest in football and, after a brief stint with the junior teams, I joined the Rovers Football Club. Later, I was chosen to join the Youth National Team, where I eventually became Captain. This was back in the early 1970s.

For Independence Day, a league was formed. Rovers, Ascots, Rangers, and others were to compete, and the government announced at the time that the winning team would travel to various African

countries to play friendly matches. After the Rovers won, we traveled to Kenya, Tanzania, and Zanzibar for friendlies. I decided to change clubs after the trip. I was approached by Ascot and played there until regionalisation was implemented.

In addition, I was a member of the National Team. I joined St Louis FC after regionalisation.

During that time, I received a parcel of land at Mont Buxton as part of the land redistribution programme. In 1981, the district asked me to establish the Mont Buxton Football Club. Mont Buxton was promoted to the First Division after only 9 months, which was a fantastic achievement.

Ozordi Dimans: When you played for the National Team, what was a normal day for you like?

George Constance: When I was a member of the National Team, training was interesting because we were training at a competitive level. As the games approached, the training would become more intense. It required a great deal of discipline. We would face similarly well-trained footballers. I used to be a defender (left-back).

Ozordi Dimans: What was your driving motivation to continuously give 100%?

George Constance: Football has always been a passion of mine. I enjoyed competing against other countries, both at home and away. Furthermore, the adrenaline rush of having to play while so many



George Constance (2022)

people sat down to watch was a powerful motivator. The football field or stadium was always packed with fans cheering on their favourite team. I enjoyed every minute of it.

Ozordi Dimans: Who were some of the players that you used to look up to?

George Constance: Gerard Hoareau had a profound influence on me. He was both my coach and a player at Rovers. I looked up to him because of his unrivaled discipline. Lewis Betsy, a Rovers cen-

tral defender, was another man who inspired me. He was also a disciplined player, and I admired his playing technique.

Ozordi Dimans: You had the privilege of representing your country, explain the experience in the countries you played against.

George Constance: We used to have a lot of fun in Mauritius and the Reunion Islands. I recall the fans in Reunion in particular. The spectators were a very active group and we felt great representing Seychelles.

Ozordi Dimans: When did you stop playing and why?

George Constance: Even at the age of 67, I have never stopped playing football. I'm a member of the Mont Buxton Veteran Team. However, I stopped competing when I was in my late twenties. I got a job as a Trade Union Officer, and because the job demanded a lot of my time, I sometimes had to finish work late and didn't have time to play or practice. However, during my prime times, I had a good run.

After leaving the pitch, I also worked as the Secretary-General of the Seychelles Commercial Trade and Commerce Workers Union.

This was inspired by a group called the Young Christian Workers, which I was a member of at the time. I was passionate about youth, which was also influenced greatly by a brief time at Seybrew. During the construction of the Seybrew building, my

coworkers elected me as their representative (a shop steward). While performing my duties as a workers' representative, I met with the Director of Seybrew, negotiated with them on some work-related issues, and one of the meetings' outcomes was a Company Canteen and food for the workers. It was an interesting period in my life because I learned a lot about labour laws and workers' rights.

Ozordi Dimans: What are you up to currently?

George Constance: I currently own and operate a cleaning service. I have a compactor machine that is used to reduce the size of material such as waste or biomass by compaction at the damping site.

Ozordi Dimans: Lastly, what advice would you give to kids out there who are looking at pursuing a career in football?

George Constance: I believe that to compete in football or any other sport, you must be willing to make sacrifices. When I was coaching Mont Buxton FC, some players arrived late for training, and if they arrived early, they would sit down to discuss the English Premier League or Europa League rather than begin practicing. After training, I would sometimes punish them. The punishment was to run for a certain amount of time.

But, I do wish there could be a greater interest in sports among younger people.



The young George Constance



A photo of the Rovers Football Club taken in 1976



George (first row-second from left) with the Rovers in 1974



The Ascot Team



An old photograph of the old St. Louis team

Domino

Domino l ganny zwe dan diferan parti lemon e dan diferan fason. I annan ventwit (28) morso rektangiler en bwa, metal, ivwar oubyen plastic avek bann pti pwen ki ganny penn lo la. Lo bann morso bann pwen l ant sis (6) ziska "blan"bout domino ki napa pwen lo la). Domino l kapab zwe par de (2), trwa (3) oubyen kat (4) dimoun. Metod pli pratike isi Sesel se zwe a kat kot de zwer ki asiz en fas kanmarad l fer kont en lot de asize dan pozisyon idantik.

Lobzebtif sa zwe se fer sir ki ou fini zwe tou bann morso domino dan ou lanmen avan ou oponan. Dan ka ki zwe pe deroul a kat, sak zwer l annan set (7) morso domino. Zwe limenn i konmans avek doub sis; morso domino ki annan plis pwen lo la. Dezyenm zwer i devret osi zwe en bout sis e an swivan lezot dimoun i zwe domino ki annan ater, si zot napa zot dir 'pas'.

Letan en zwer in fini zwe tou son morso domino ater (tape) son bann oponan i met zot domino ki reste ater pour kont pwen. Fodre en tim i ganny li senkant (50) pwen pour li donn son oponan en 'kapot'. Si son oponan ti napa ditou pwen ou ganny en kapot blan, si son pwen ti pli ba ki dis(10) sa vadir zot ganny en kapot bef. Si ou oponan i tape premye zwe lo komansman savedir ou ganny en kapot sigal.

Si tou lede tim i annan par lao dis pwen, zwe l ganny konsidere koman dan 'final'. Sa de tim i leve e les en lot de dimoun zwe oubyen zot zwe ankor en parti si i annan zis en tim de deor.

Dan sa sitiasyon sa tim ki tape l reste lo latib e son oponan i leve. Domino i ankor en zwe ki ankor tre popiler parmi bann dimoun lokal espesyalman dan lafen lasemenn.



Domino (www.thecreolemeltingpot.com)

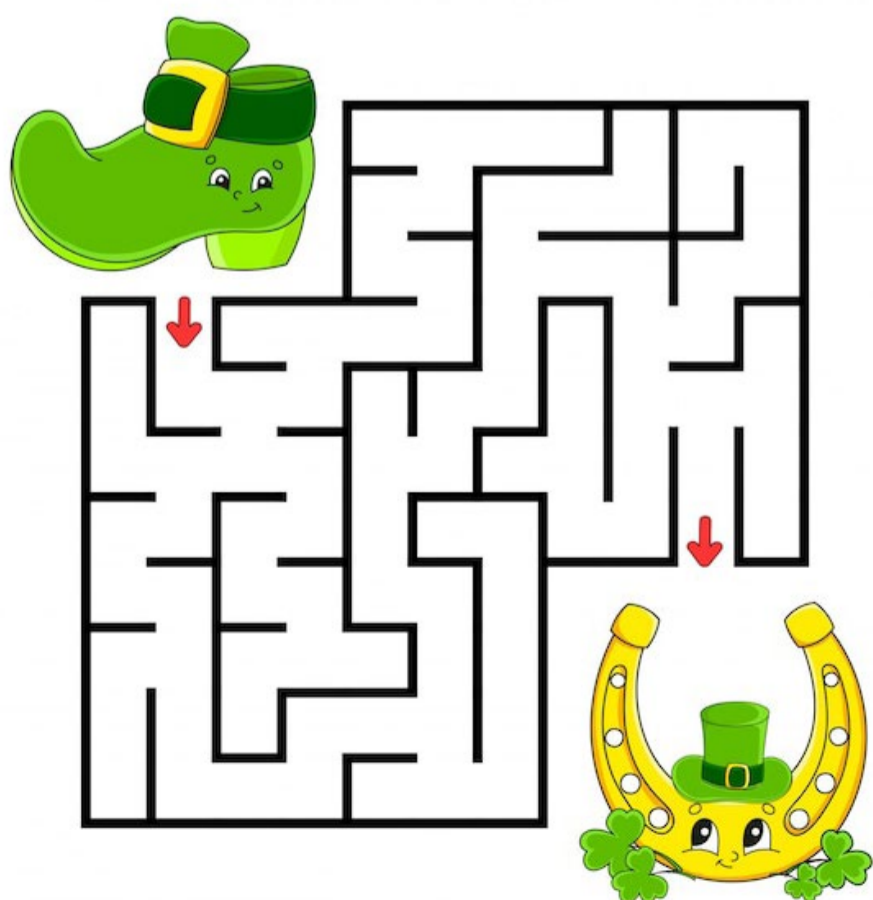
Maze

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

A maze is a path or group of paths, typically from an entrance to a goal. ... The paths and walls in a maze are generally fixed if it is not on an online game. Usually, in online games, the walls and paths can change during the game.

This is a fun game for the little ones to enjoy on a Sunday morning.

Perhaps you can design your own maze for your children to have fun with. You can have their favourite object at the exit of the maze and the little ones can try to find their way to it!





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