

*“I built a
castle out
of all the
bricks
they
threw at
me”*

**VIKTOR LAZIC: WORLD
TRAVELER - 08**

.....

**ADVANCED LEVEL CONVERSATION
ON BULLYING - 15**

.....

**WILDFLOWER CAFE: ENGLISH
CLASSICS ADULTERATED - 33**





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EDITOR'S *Note*

The National Pink Day or the National pink shirt day was established in Canada on the 23rd of February when students David Shepherd and Travis Price stood up for a fellow 9th grade student that was being bullied because he was wearing a pink shirt. In a show of support, the two dressed up in pink shirts the next day for school. They also went out and purchased pink shirts which they distributed to the students of the school. Because of the heroic gestures of two boys- and a worldwide event was initiated.

This event happened in Nova Scotia, Canada in 2007. Since then the National Pink shirt day has been celebrated on the 23rd of February each year. In today's era, with the evolution of style and fashion, wearing pink shirts is no longer attributed to the female gender. Today, there would not be a reason for someone to be bullied for wearing a pink shirt, but it cannot be emphasized enough that bullying remains a social phenomenon that affects all groups of society.

Trevor Louise, narrates his story with *Ozordi Dimans* about the bullying he endured as a teenager. Trevor learnt to take a stance, like students David Shepherd and Travis Price.

Today on our magazine cover, he wears a pink shirt in solidarity in the fight against bullying, but as you will read on you will understand that his stance became a devotion to the cause. Trevor became the founder of the NGO Stand Up, Step up, where he and his team strive to create awareness on the issue.

Doctor Marina Shamova writes an excerpt on the relationship that exists between the bully and the victim. The pronounced, but yet suppressed fears of both the victim and the abuser that allow them to cave into the trap of this pernicious relationship.

She elaborates an extract that should be every parent's read- *What can be a good plan of action if your child is bullied?*

As in this coming week - the 28th of February is World NGO Day. - A day for the awareness and the education on what NGOs are doing for societies locally, nationally, and internationally, the Ozordi Dimans team did not want to miss the opportunity to shed light on the meaningful work that this group of the civil society also viewed as the third sector, contributes.

Trevor Louise's story complements both aspects of the two world celebrated days -as Stand Up, Step Up represents both an NGO and a fight against bullying.

On our history page, we showcase some of the services of some of the NGOs in Seychelles. Ozordi Dimans hopes that this prods you to want to discover more about the services offered by different NGOs in our country.

'Carpe Diem!' A phrase from the Russian Poet, Horace denoting 'Seize the day!' You cannot miss our



story on worldwide traveler Viktor Lazic and his fascinating tales of travels across the globe. Amongst his globe-traveling, Viktor articulates his adventures in Seychelles. As you are compelled in his intriguing story, we surely hope that you don't miss out on how his life is the quintessence of the Russian poet's words- *Carpe Diem!*

The anti-bullying day was marked on the 23rd of February. As we conclude the week, if you feel a little aggrieved that you have missed wearing your pink shirt- in support of the fight -on the dedicated day, do not be dismayed, as although celebrated during the month of February in many parts of the world,-the United Nations' observance day against bullying is on the 4th of May.

That leaves you with ample time to get your pink shirt out of the drawer, ready for May 4th.

Let us rendezvous to colour Seychelles in pink on Wednesday 4th of May 2022, but until then, here's wishing you a pleasant week ahead!

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"I built a castle out of all the bricks they threw at me"

THE STRUGGLE OF A YOUNG MAN TO OVERCOME BULLYING

BY CHRISTOPHE ZIALOR

School should be a joyous period in a child's life, but for many, coming to school every day may be torturous, especially if you are being bullied by not just your peers but even teachers. Bullying and fat-shaming are all too frequent in today's culture.

The act itself can be defined as pushing one's views onto another person. The views can be about anything, and threats of physical or mental harm are frequently used to compel a victim to follow someone else's interpretation of how things should be done.

As we commemorate the International Day Against Bullying, we speak with Trevor Louise, who as a youngster was subjected to bullying on a regular basis. Now 27 years old, he has committed the better part of his 20s to educate the public about the harmful consequences of bullying on a child's mental health.

Trevor was born and raised in the Bel Air district, where he attended primary school. After completing the last level of Primary-Primary, he began secondary school at Belonie, where his formerly cheerful school experience took a turn for the worse.

"I went into secondary school thinking it would be like primary school, and I was foolish in that regard," he told Ozordi Dimans

He went on to note that his tormentors preyed on that innocence and naivete to poke fun at him. Moreover, some of his teachers took it upon themselves to start mocking him because he was suffering from acne at the time.

"What teachers don't realize is that many students look up to them, but when you have that person that you are supposed to look up to humiliate you in front of a whole classroom it hurts on a whole other level," Trevor said.

Trevor stated that he believes instructors require more training on how to interact with the children they educate.

"Bullying is a habitual conduct, so if your teacher insults you, students will pick up on it and believe that name-calling is OK."

"I wore a smile on my face every day at school despite what I was going through and many people assumed that I was happy but that was not the case. I believe that many people live this experience," Trevor continued.

The young man noted that he has come to terms with the bullying today, but explains that it was detrimental to his mental health at the time.

"Bullying can either make or break you and for many individuals, it is the latter. If you are not strong and have a decent support system, you will not be able to overcome it on your own," he

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advises.

He narrates that bullying took a toll on his self-esteem and that he began to isolate himself from family members in an attempt to cope. This led him to doubt his purpose in life.

Although it seemed that the whole world was against him, Trevor received the support of family and a few teachers at school who were able to understand what he was going through.

Research highlights that often in cases when a youngster is bullied, they are somehow caught in the cycle and become a bully themselves.

Trevor, however, opposes this notion. He believes that if you're being bullied and you stand up for yourself, others immediately view you as the bully which he feels should not be the case.

"Bullying is ultimately about oppression." As a result, the moment you stand up for yourself, others think you're arrogant which is not the case," Trevor addressed.

He stated that he understands how bullying can alter a person's thinking and make them more enraged, reporting that at one point he was a very bitter person who took out his anger upon his family.

Although his teenage years were not the best, Trevor used the very same traumatic experience to shape the course of his life.

"I was able to graduate and go on to study law, and I am currently working on my master's degree in conflict resolution, which is related to bullying," Trevor shared with Ozordi Dimans.

Apart from his education, Trevor is involved in a variety of youth organizations and is the founder of Stand Up, Step Up Seychelles, a non-profit organization dedicated to the prevention and awareness of bullying.

Trevor considers that Stand Up, Step Up is not just an organization but that it is a family. He asserts that through continuous training the NGO has managed to better educate members on bullying.

He stated that he believes his charity has made a difference in the lives of the children they have assisted.

"I am very proud of what I have achieved in my life, I managed to take the stones that they threw



at me and build a castle with it. And I use my voice now to speak up against bullying so that kids will not go through what I experienced"

"With Stand Up Step Up, we've been able to touch many lives," says the NGO leader, who wants to keep holding awareness sessions and putting in place frameworks to combat bullying.

"At the end of the day, we were able to bring bullying out of the shadows and demonstrate to the community just how serious it is," he added.

Trevor also urges that for the efforts to be worthwhile, the government must step in and assist in the battle against bullying.

He also reiterated that although many awareness workshops about bullying have been held at schools, people forget that as we get older that cliques, social exclusion, and name-calling still travel from the playground to the work-

place. Modern workplaces can be rife with opportunities for a bully to humiliate or put someone down—those with a non-confrontational personality can often find themselves as easy targets.

"We recognize that bullying is not limited to children, as adults, we must understand where to draw the line and what our rights are," Trevor advised.

Trevor insists on boundaries and counsels that when someone crosses your line, you must advise clearly that this is not acceptable. And when they do not stop, legal action can be pursued, and that there are measures to safeguard the worker."

Trevor closed by saying that we all have a part to play in the fight against bullying and that we should work together to spread love and optimism.



WEEK REVIEW

What Made TODAY'S Headline this Week

Seychelles Pride sold for USD6.2 million, procedures were not by the book

The report is out on the sale of the Seychelles Pride, the first tanker in the Seychelles Petroleum Company's fleet, after a five-week investigation conducted by the Public Enterprise Monitoring Commission (PEMC). The findings: Seychelles Pride was sold to Northern Tankers for USD6.2 million—USD5.8 million for the vessel itself and USD 400,000 for the equipment onboard the vessel. An alarming fact however was that the money was transferred into a newly opened escrow bank account, not approved by the board of Seypec, which had an ex-employee listed as one of its signatories. The sale of Seychelles Pride went under scrutiny last month, after the government established that it had not been made aware of the sale and Seypec's CEO, Conrad Benoiton, was subsequently suspended as the investigation kicked off.

From 'kales kase' to being on the right path

In his second state of the nation address held on Tuesday, February 22nd, President Ramkalawan itemised over a year's worth of achievements, from economic growth to the good management of COVID-19 this past December which will soon lead to easing of COVID restrictions and measures. With all of these achievements at hand, President Ramkalawan noted that the country "is on the right path" and is stable—a statement which is strikingly opposite to last year's 'kales kase' analogy.

President Ramkalawan also took the opportunity to speak about the Ukraine-Russia crisis saying that his government is worried that 'A war could affect Seychelles' tourism market in Eastern Europe'. Since his statement, Russian forces have launched a military assault on neighbouring Ukraine, crossing its borders and bombing military targets near big cities.

'Twosday' sets record-breaking wedding ceremonies in Seychelles

59 couples were married on Tuesday, February 22nd, 2022. According to Nadia Francourt, Registrar of Marriage, this is a record-breaking number of civil weddings in Seychelles officiated by the Department of Civil Status. The date's popularity is due to it being a ubiquitous palindrome—a date that holds the same numbers when read both forward and backward (22/2/22), even when written in the United States month/day/ year format or the day/ month/year format used worldwide. Considered a lucky number and date, it is no wonder Seychellois and visitors alike were drawn to February 22, 2022.

One of Seychelles' former Attorneys at Law allegedly commits suicide

On February 23rd, 2022, Franky Simeon, a former attorney at law, was allegedly found hanged at his home in Bassin Bleu – Les Mamelles. According to a statement from the Seychelles Police, his body was discovered by a police officer around 6.20 p.m. on February 23rd while assisting one of his family members to retrieve some belongings from the house. The police have launched an investigation into the circumstances, pending the results of the autopsy, which will determine his true cause of death.

Frank Marie granted bail after several requests

Since his arrest in December, Frank Marie's defence team has been requesting for bail endlessly. In yesterday's appearance before the court, Chief Justice Rony Govinden granted him bail for a bond of SCR100,000 and other conditions.

Naddy Vidot on NGO:LGBTI Sey



Naddy Vidot

BY CHRISTINE OUMA

As we celebrate NGO Week, we spoke with Naddy Vidot, activist, and president of LGBTI Sey, about the context for LGBT rights in Seychelles, and the new project he's involved in championing a positive shift in acceptance of LGBT+ people and working on a legal report with international support that will be presented to the government in the hope of inspiring legislative reforms in Seychelles. We also touch base on a case filed to the United Nations Human Rights Committee in 2020 by a member of LGBT+ Sey claiming that the lack of legal recognition of gender identity in Seychelles has breached her right to be recognised as a person under the law.

Ozordi Dimans: What inspired the set-up of the LGBTI (Lesbian Gay Bisexual Transgender Intersex) Association in Seychelles?

Naddy Vidot: LGBTI Sey was formed in 2015 but was not allowed to officially register until 2016. As the only NGO advocating for equal rights for LGBT+ persons in Seychelles, there is a need to have independent representation advocating for equality and human rights-irrespective of a person's gender identity or sexual orientation.

Ozordi Dimans: Could you explain a bit what life is like for LGBT people in Seychelles?

Naddy Vidot: Every experience is different but I do notice that there are a lot of people who live a very discreet life and do not feel safe to be open about their sexuality or gender identity. For over 6 years the NGO has been

advocating for legal and social change that will hopefully better the lives of the LGBT+ community.

Ozordi Dimans: The Association has been advocating for the laws of Seychelles to be reviewed to make them more inclusive, what are some of these areas LGBTI want to be reviewed?

Naddy Vidot: Our laws should constantly be reviewed as we grow and develop as a society. Legislative review that clearly articulates equality for LGBT+ relationships and, equal access to public services and protections.

Ozordi Dimans: Are there any other cases that have been filed in court regarding infringement on LGBTI rights in Seychelles -apart from that of Mervin Jezabel Barbe who had filed a case to the United Nations Human Rights Committee in 2020, claiming that the lack of legal recognition of gender identity in Seychelles has breached her right to be recognised as a person under the law?

Naddy Vidot: There was the Barbe case that advocated for gender recognition that is contrary to the sex Barbe was assigned at birth; that case was unsuccessful. We do not have any other cases that have been filed that directly relate to the infringement of the rights of an LGBT+ person in Seychelles, not because we don't have people in the community that want justice but because we have people in the community that are afraid to access it.

Ozordi Dimans: There are people who do not understand the distinctions between sexual identity and gender identity, could you explain the difference in layman's language?

Naddy Vidot: 'Sex' and 'gender' are often used interchangeably, despite having different

meanings. 'Sex' is based on a person's biology and 'Gender' is how a person expresses themselves. Gender can be fluid and is more than just male or female.

Ozordi Dimans: Since the set-up of the LGBTI community, do you think there is a shift in public attitudes towards the community?

Naddy Vidot: I think that people are learning to educate themselves more on LGBT+ issues and are more accepting but there is still more social change that is needed; a positive change in public perception is just as important as legislative change. I think what is also helping to progress this change in attitudes is the realisation that we all have a friend, colleague, or family member that is LGBT+ and they are just as an important part of the community as anyone else.

Ozordi Dimans: What type of awareness programmes or projects are responsible for that shift, if any?

Naddy Vidot: I think the work that the NGO has done over the years/ is doing such as workshops, training, engagement with the media as well as collaborations has helped a lot; it has helped us to gain support nationally and internationally and, it is important to be mindful of the role we all have to play in this. The more we are comfortable talking about things that make some people uncomfortable, whether it be in the privacy of our homes or in the media, then the easier it is to normalise topics that were once very taboo- such as sexual orientation and gender identity.

Ozordi Dimans: So do you feel like average Seychellois are becoming more accepting?

Naddy Vidot: There is a positive shift in acceptance of LGBT+ people and their need for equal rights. At the end of the day, people should remember that LGBT+ people accessing equality is a human rights issue that does not detract from their access to equality. The

LGBT+ community just wants to live a life free of prejudice, judgment and discrimination.

Ozordi Dimans: What advice would you give a person who is struggling with their sexuality or gender identity?

Naddy Vidot: Anyone struggling with accepting their sexuality or gender identity should know that they are not alone and there is an active community filled with people who identify just as they do. As you get to know and accept yourself, to live in your truth, it can get better. If you are struggling and are not ready to reach out, then try and speak with a trusted friend or family member until you are ready to openly be your true and authentic self.

Ozordi Dimans: You are an example of living out loud. It shows people that one can live a full and open life. Naddy, what motivated you to become an activist?

Naddy Vidot: I have always strongly believed in advocating for others who are struggling to be heard. We all deserve to be treated equally, without fear or shame and we need to all come together to support the most vulnerable in our society. I believe that if you are not part of the solution then you should look within and ask yourself what can you do to help- that can be as simple as being supportive and creating safe spaces.

Ozordi Dimans: From LGBTI Community records, how many people identify with this group in Seychelles?

Naddy Vidot: The difficulty in quantifying how many people are LGBT+ is difficult because a lot of people do not feel safe and comfortable to identify as LGBT+. Ideally, people shouldn't have to come out as LGBT+ because there should just be acceptance and understanding that, whoever you love and however you want to express your gender identity, it is ok.

Ozordi Dimans: And just to close, what plans does the LGBTI Community have for the future?

Naddy Vidot: At present we are working on a legal report with international support that we will be presenting to the government that we hope will inspire legislative reform. We have more work that is being done, with our national and international partners that we will publicise when the timing is right. Additionally, we will be building on the success of the last Pride month, which is internationally held in June every year, and we will have the first LGBT+ film festival in the country. We hope to bring attention to the economic opportunity that being internationally recognised as a safe place for LGBT+ people can bring, especially to the tourism and tourism related industries.

Accompanying photos are from LGBT+ Sey events and media engagements.



"I SEE THE WORLD AS MY HOME"

AN EXCLUSIVE INTERVIEW WITH WORLD TRAVELER - VIKTOR LAZIC

BY CHRISTOPHE ZIALOR

A man who lives to the fullest is ready to die at any moment. Making the most of the present means to seizing the moment.

A man who lives to the fullest does not only take advantage of the opportunities that come his way; he also creates his own, making the most of the brief moments.

Viktor Lazic is a man who approaches every day as if it were his last. He describes himself as a writer, traveler, and cultural guardian.

Throughout his life, he has visited over a hundred countries and met some of the most unique and fascinating people on the planet. Ozordi Dimans caught up with him on his trip to Seychelles.

"First and foremost, I am a curious cat. I like to stick my nose in everything. I would not call myself a tourist but rather a traveler. I go everywhere, just as I would go to a house I haven't visited in a long time," explained Viktor.

The world traveler also stated that he does not keep track of countries, instead, he enjoys distinguishing them. To him, it doesn't matter how many he has visited. He believes that each country has its own charm and deserves equal attention, and for that he has no favourites.

"If I wanted to, I could tick off every country on the planet," he said confidently.

The world's wanderer prefers to travel to a single destination and spend time there knowing the land thoroughly.

"I traveled around Russia for two years and I have spent another two years traveling across the United Kingdom. I'm pretty sure I've been on the road for 14 years," he noted.

MODE OF TRAVELING



Mursi Tribe, Omo Valley. Famous for cutting their skin and taking out their front teeth so they can put beautiful plates inside the skin of their mouth.



The famous Cheops pyramid in Egypt- Vitor visited and entered more than 400 pyramids and graves while in ancient Egypt

Viktor impressively recounts one of his longest trips to Ozordi Dimans - a journey that took 421 days of which he traveled through Europe and Asia in an old Lada Niva Russian jeep. A journey that commenced from southern Serbia in Kosovo to Norway, then to North Korea, Australia, and Southeast Asia, and back to the commencing point.

"I only slept in my bed for 65 nights, 308 nights in my car, and the rest — outside," he continued.

He goes on to say that he traveled to 32 countries and four troubled regions that were fighting for independence during this journey.

"I used more than 20 different kinds of transportation to get across. And for that, I drove nearly 80,000 kilometers out of a total of 140,000. I was stopped by local policemen 102 times, and I passed through 78 borders," Viktor said.

And of course, along the way, there are accounts of how his old automobile broke down 34 times and he has occasionally found himself in precarious situations. To make money to repair the automobile so he could swiftly be back on track, the world's explorer once ended up washing donkeys on a donkey farm in Mongolia.

Travelling has other tolls, such as his phones and camera being stolen several times and up to losing 22 kg during tasking trips such as the one to Mongolia, but to Viktor, the satisfaction of reaching the end is the epitome.

How does one travel across the globe? Viktor explained that he will employ every possible way to move around, as long as it takes him to the place which he wants to reach.

Methods such as camels, horse or donkey rides, sledge dogs, people-drawn carts, bamboo rafts, super jeeps, skies, private cars, and even walking.

"I traveled without a GPS, relying on antique maps and compasses for navigation.

Traveling through such methods accounts for many days without showers. Viktor says that the longest he has gone without showering was 16 days.

On my next trip, I'll break that record with 22 days," he adds proudly.

"Nature and people are amazing, and simply remembering my excursions to Greenland, Ethiopia's Erta Ale volcano and the Amazonia jungle makes me very happy,"

He smiles as he expresses how

climbing volcano craters and visiting hard-to-reach regions and tribes are two of his favorite things.

"I like to listen to their tales and spread the word. I enjoy depicting all sides of a location or nation, both the good and bad, because no place or person is simply good or bad".

The tripper conceded that he dislikes destinations designed solely for one-day visitors or wealthy visitors who only want a hotel and fine food and have no interest in learning about the local culture.

FASCINATING EXPERIENCES

It is not surprising then that Viktor's stories are peppered with a potent mix of the bizarre and the truly fascinating.

He recalls a particular trip to Sumatra Indonesia where he was a runaway groom.

"I went to a remote Batak hamlet, which had a reputation for cannibalism in the past. There was a miscommunication – as is common in marriages – and locals mistook my statement that I like one girl for wanting to marry her," he laughed.

So they surprised me with a wedding the next day! I assumed it wasn't me who was the groom at first, and I was delighted to observe their custom, but when I learned it was my own wedding, I decided to be courageous, and I bravely — ran away!" he exclaimed.

Running out from there wasn't easy; it took 18 hours and some climbing across a volcano."

The runaway groom who ended up in the next village with ill health was adopted into the next tribe of Minangkabau, a matriarchal society in which men have no ownership rights!

"A specific ritual was done to cure me by a local shaman, who read from a sacred book made of palm leaves and human bones. I didn't want to leave without the book once he finished, so it's now in the Book and Travel Museum in Belgrade"

He adds that apart from this event, which became well-known in Serbian media, Viktor was also shot in Iraq, the bullet shattering his car's headlight. Moreover, he was also imprisoned in South Ossetia for a week.

Amongst his peculiar experiences, was a visit to Toraja tribe on Sulawesi island in Indonesia.

"I was a guest of the tribe's local monarch. One princess requested that I meet her grandfather, who lived in an area of the hamlet where no tourists were allowed. As they adored strangers, I gladly accepted," he recounts.

"The family took me to the cemetery in the morning, and I had no idea that he had been deceased for 20 years! They even opened the tomb and took the body for a stroll! He was mummified, and I expected that, but I didn't anticipate that I'd be honoured to see a dead monarch in person!

We had a terrific conversation (with a priest-translator)," he said in amusement.

Amongst Viktor's interesting stories that may be classified as "strange, he tells tales of medicine practitioners in some of the



Inside the grave of the Toraja Tribe in Indonesia

tribes and a particular episode where they cure illnesses by thrashing the patient.

"In order to acquire healing or heavenly protection, I was literally beaten up a couple of times! This was practiced as the most effective way to exorcise evil spirits from your body."

Aside from nearly being married and the occasional beating to stave off evil spirits, Viktor has tasted some of the world's most unusual cuisine.

In Balut, the traveler accounts for tales of trying duck egg embryos that are still in fertilisation that are half boiled and eaten from the shell half cooked.

The egg is served only 14 to 21 days after it's been incubated. The partially developed embryo bones are soft enough to chew and swallow as a whole. Seeing the half-developed duck fetus and eating it all slimy once the egg is broken, on the other hand, is a fascinating experience, according to him.

While most of us drink our coffee imported from Brazil or Spain, Viktor has a different preference when it concerns coffee.

"My favourite coffee and tea are both made from feces!" Viktor exclaimed.

He went on to say that Indonesian kopi luwak is without a doubt the best coffee on the planet. It's made up of partially digested coffee cherries that the Asian palm civet has eaten and defecated. As the cherries pass through the intestines of the animals, they ferment, giving them a unique flavor that no other coffee can match.

He explained that a similar procedure is used to manufacture tea from panda dung from China and both these exceptional tea and coffee can be tasted in the Book and Travel Museum, in Belgrade, Serbia, where I am the curator."

NOME SWEET NOME

While these are all interesting culinary techniques, nothing compares to his parents' home cooking, according to Viktor. Although a world traveler, Viktor can still claim the wondrous attributes of his homeland, Serbia.

"When you're traveling, it is often hard to find a good home-cooked meal, especially if you're on a backpacker budget. In Serbia, delicious beef is accessible at a cheap price. I've never seen such tasty meat at such affordable prices anywhere else,"

Additionally, the fruits of Serbia are well-known. Fruits, such as delectable cherries, plums, apples, pears, and grapes, will virtually flourish everywhere. I consume a lot of fruit that would cost a lot of money in other parts of the world yet grows right in my garden in Serbia," he said.

He also adds that family is the

(Continued on Page 27)



Viktor on his recent trip to Seychelles



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“If you do not work on yourself and your personal growth, you will never really achieve much in anything you set out to do,”



Loni Adeline

BY U-ROY JULES

Civil engineers design major transportation projects, they conceive, design, build, supervise, operate, construct and maintain infrastructure projects and systems in the public and private sector, including roads, buildings, airports, tunnels, dams, bridges, and systems for water supply and sewage treatment.

Only 33 years old, despite the many challenges along the way, Loni Adeline has achieved plenty during his career in civil engineering. According to Loni, the profession is an exciting one, because, at the end of the day, you can see the results of your hard work and determination.

“I am the youngest of three children from a stable family. I have been blessed with two well-respected parents who have passed on a wealth of wisdom to us. Be it general knowledge, academia, or lessons in good manners,” he said.

He started his journey at the School of Advanced Level Studies (SALS) in math, physics, and computing, after his secondary schooling and then studies f a degree in Civil Engineering, Malaysia.

A degree in Civil engineering demands good command in mathematics.

Loni’s first job was at Joe Pool Associates. He worked there for two years, where he said that he understood that only continous practice can complement what he had learned at university will make him into an efficacious civil engineer.

“I learned a lot from my time there and will be forever grateful to Mr. Pool and my mentor there, Egbert Louange.

Moving to the Public Utilities Corporation (PUC) as a Project Manager. Two years later he founded his own consulting business called LPA Structures.

“ It has not been smooth sailing at all; I have to face many challenges including a battle with depression for several years to successfully be where I am right now,” the engineer told Ozordi Dimans.

“If there is one takeaway from all the years I have worked it will be a phrase I had repeated to myself during the most difficult

years ‘the work is from the inside out. If you do not work on yourself and your personal growth, you will never really achieve much in anything you set out to do,” he added.

Loni said that he is glad that he has been able to put in the work.

“I am now clearer about my position as an engineer and the service I am willing to provide to my clients,” said Loni.

He encourages that to be a civil engineer you need to expand on technical training, mathematical skills, written communication and oral communication skills, leadership skills, organization skills, problem-solving and decision making.

“Many people think, ‘plan feray’ or structural engineering plans when they think about engineers, but the profession is far richer. A civil engineer designs and oversees the construction and maintenance of buildings, roads, bridges, dams, airports, harbors, and even water and wastewater systems,” Loni explained to Ozordi Dimans.

The engineer also explains that as an engineer, one needs to have an understanding of the strengths of materials in use to ensure that the structure being designed can withstand the different forces applied to it during its intended use.

“In designing a bridge for foot traffic, for example, you would require a weaker bridge than one for cars and trucks. Therefore, the bridge will have to be designed accordingly. So in effect, a civil engineer designs structures for its intended use supervises the construction to ensure the design is followed, makes adjustments if need be, and provides guidance on maintenance and renovations that need to be done,”he added.

Loni argues that,in life, we all have to face various challenges along the way, and it is very normal to have difficulties in life and that you just have to acknowledge that life has ups and downs as part of the normal human experience.

Loni has always found a way to keep pushing forward.

Loni advises that opportunities and difficulties will come your way in whatever field you are in and that the important thing, perhaps, is checking yourself to see what the career path is making you become as a person.

“ If your job makes you bitter then best you do something else,” he counseled.

He notably stated that in the engineering field, there are surely many pressures because everyone wants things done quickly. And that it is easy to allow yourself to be overcome by external pressures and lose yourself in the process.

However, he vouched that a career in engineering is a worthy one and that it provides a vast playing field of opportunity to grow both as a person and as a professional.

Despite being a talented civil engineer, Loni’s dream was to become an architect to be trained in the art and science of building design, where he could develop the concepts for structures and turn those concepts into images and plans.

“In all honesty, I did not start out wanting to be a civil engineer. During my secondary school years, I had always wanted to be an architect. As it turned out when I reached A-levels there was no scholarship available for architecture. I was sold on to the engineering idea by the School Director at the time since I was doing Math and Physics. It sounded good so I rolled with it,” he explained.

However, he insists that over a decade later that he is happy with the decision. “The beauty of this field is that you do not work in isolation, so I

do have input into the architecture of the buildings I work on,” he shared with a smile.

“The best part for sure is a happy client, firstly when the plans are approved by the Planning Authority and the second is at the end of a construction project,” he continued.

The young engineer continued to explain that most times construction projects do not run swiftly. There are often many disputes that occur between clients and contractors.

“With my experience in project management, I am able, as far as the client permits, to defend the client and ensure they are given a fair deal . I ensure that the engineering plan is followed through correctly. There is a good sense of satisfaction when your efforts are recognized and rewarded,” he said very proudly.

Ozordi Dimans wanted to find out what is next for the young and ambitious architect.

“Project Management. The current business is almost entirely engineering. With the increase in construction costs, people are more careful about how they approach their construction projects. The need for an advising third party with good knowledge of construction in a project is no longer just convenient, it is becoming a necessity,” expressed Loni.

He continued that just as a lawyer is needed for legal matters and a doctor for medical issues - a project manager is needed in construction projects.

“Handling construction contracts and making sure all parties are on the same page at all times, providing advice in decision making on the projects; are but there are a few things LPA Structures can provide,” Loni noted.

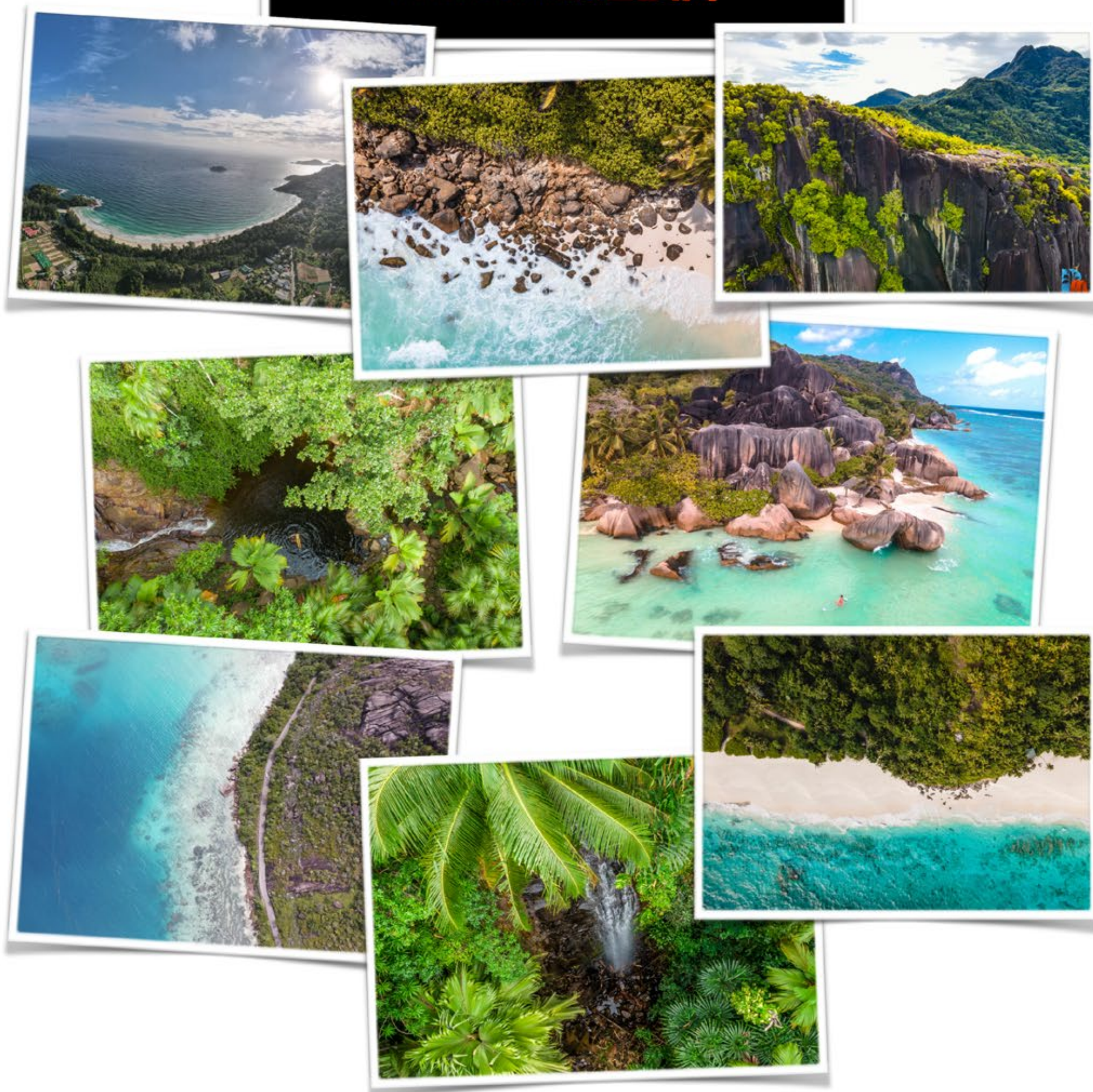
He also encourages youths to join the field “ I have said this several times over the past few years, there are not enough engineers for the amount of construction work going on in the country. The positive thing is that the industry is not reserved for designing engineers; there are many roles an engineer can take within it – you can be a consulting engineer where you design and oversee the construction, or you can be a construction engineer where, as part of the building contractor’s team you can devise construction methods and quality control on the builder’s side,” Loni remarked.

He also commented that there are also avenues in research which is virtually untapped locally.





Loni in work mode


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Teaching your child how to save money

COMPILED BY CHRISTOPHE ZIALOR

The habit of saving money may be a crucial life skill, but it's not one that always comes easy.

This is why it is important to teach your child how to save money at an early age. Teaching them about delayed gratification can help them avoid overspending and learn to appreciate taking control of their finances. With that in mind, here are ten things you can do to get your kids on board with saving.

1. DISCUSS WANTS VS. NEEDS

The first step in teaching kids the value of saving is to help them distinguish between wants and needs. Explain that needs include the basics, such as food, shelter, basic clothing, healthcare, and education. Wants are all the extras—from movie tickets and candy to designer sneakers, a bicycle, or the latest smartphone.

You can even quiz them on items in your home to drive home the concept. For example, point out items in their bedroom or the kitchen and ask them whether the object is a need or a want. This allows you to explain the idea that you have to prioritize what you spend money on, leaving some money for future necessities.

2. LET THEM EARN THEIR OWN MONEY

If you want your children to become savers, allowing them to earn and save money provides them with the opportunity to learn how to use it. When you offer allowances in exchange for chores, they're also

learning the value of their hard work.

3. SET SAVINGS GOALS

To a kid, being told to save—without explaining why—may seem pointless. Helping children define a savings goal can be a better way to get them motivated.

If they know what it is they want to save for, help them break down their goals into manageable bites. If they want to buy a video game, for example, and they get a small allowance each week, help them figure out how long it will take to reach that goal, based on their savings rate.

4. PROVIDE A PLACE TO SAVE

When your children have a savings goal in mind, they'll need a place to stash their cash. For younger kids, this may be a piggy bank, but if they're a little older, you may want to set up their own savings account at a bank or even get a kid-friendly debit card.

5. HAVE THEM TRACK SPENDING

Part of being a better saver means knowing where your money is going. Tracking expenditures is a little easier with a bank

or debit card app, but you can also do it the old-fashioned way.

If your children get an allowance, having them write down their purchases each day and add them up at the end of the week can be an eye-opening experience. Encourage them to think about how they're spending and how much faster they could reach their savings goal if they were to change their spending patterns.

6. OFFER SAVINGS INCENTIVES

One of the reasons people save in their employer's retirement plan is the company's matching contribution. After all, who doesn't like free money? If you're having trouble motivating your kids to save, you can use that same principle to ramp up their efforts.

If your child has set a big savings goal, you could offer to match a percentage of what they have saved. As an alternative, you could offer a reward when your kid reaches a savings milestone.

7. LEAVE ROOM FOR MISTAKES

Part of putting kids in control of their own money is letting them learn from their errors. It's tempting to step in and

steer kids away from a potentially costly mistake, but it may be better to use that mistake as a teachable moment. That way, they'll know in the future what not to do with their cash.

8. ACT AS THEIR CREDITOR

One of the basic tenets of saving is to not live beyond your means. If your child has something they want to buy and feels impatient about saving for it, becoming your kid's creditor can help to teach a valuable lesson about saving.

Say your child wants to purchase something that costs more than they get in allowance. You could "lend" the money and require payment from the allowance that you provide, with interest. The lesson you want to teach is that saving may mean delaying gratification longer, but the item you want to buy will end up costing less if you wait.

9. TALK ABOUT MONEY

If you want kids to learn about saving, you have to nurture an ongoing discussion. Whether you schedule a regular weekly check-in to talk about money or make money chats part of your daily round, the key is to keep the conversation going.

10. SET A GOOD EXAMPLE

Getting your emergency fund in shape, opening a savings account, are all steps that you can take to encourage saving as a family activity. You could also decide to save for something together, such as a big-screen TV, a family vacation, or a pool.



Piggy banks are a good way for small children to save money

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Advanced level conversation on bullying

CONTRIBUTED BY MARINA SHAMOVA
CLINICAL PSYCHOLOGIST AND GENERAL
DIRECTOR
PsyService (Seychelles) Ltd.

Marina Shamova is a well-known Clinical Psychologist who works as a private Psychologist. Ms. Shamova, who previously worked for the Ministry of Health, is well-versed in the psychological issues that affect the people of Seychelles and continues to provide her services through PsyService (Seychelles) Ltd. She has also worked with the media on a variety of topics, sharing her knowledge and services with the general public. Having previously discussed bullying and discrimination in the media, she hopes to shed some new light on the subject in this edition.

Aspect 1. Both a bully and a victim are passing through specific helplessness.

With a great difference of course: the victim feels helpless to adequately protect him/herself, whilst the bully is helpless in building a full-fledged self-esteem and communication skills.

A bully is afraid of his/her own fear and helplessness that is why the bully chooses to abuse the power instead of admitting his/her values.

And a victim is afraid of... his or her own anger! Suppressing it all the way the most, being afraid "to lose the face", "not looking nicely", "to drop politeness or dignity or level or wis-

dom or...(you name it)".

Aspect 2. A victim of bullying differs in children and adults. A child bullied in school is definitely more helpless than an adult discriminated against at work. But another difference is laying in responsibility – a child objectively can not be responsible (psychologically and legally) fully for his/her normal defense and for productive solution of the problem, whereas an adult can and even is actually responsible again for both, self-defense and the conflict solution.

Then I must admit that passing through discrimination while I was working hard at the Ministry of Health, I was all the way fully responsible for keeping myself in more or less good psychological shape to do my job well, as well as for constructive solution of the problem. I was definitely responsible to attempt all the possible trials to solve the situation of bullying and I was responsible for my choice to keep myself in that situation till the very end of the contract (while the previous foreign specialist made another choice, leaving the work and the country).

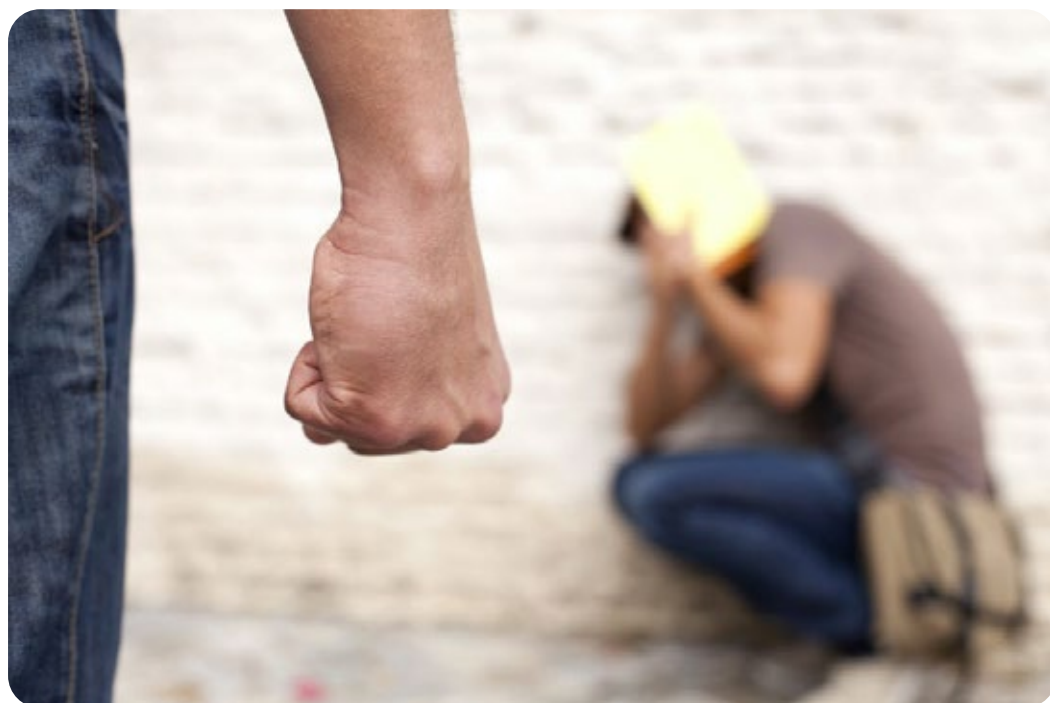
Aspect 3. A victim sooner or later will attract and involve a so-called "Savior" – someone potentially mighty to help, save, or to support with his/her special power. So in my example, I was talking to 4 (!) ministers of the country asking just for legal advice, nothing more than that. And as in the classical Karp-



Marina Shamova



Do not be a bully



Bullying happens among both children and adults

man drama triangle which functions by a predictable scenario always (google it please. "Persecutor"- "Victim"- "Rescuer"), of course, my Saviors were not really rescuing me or mighty to do so. That is important to understand if you are currently under the pressure of your abusive boss: there is no Savior (Rescuer) per se outside, people can help and support, they can contribute the public exposure of the bully and can do many useful acts but nobody is able to save you. Your real Savior is always there, in yourself.

That means an adult Victim should not avoid the responsibility of rescuing himself but realize that it's time to become fully aware of the situation and to create a productive plan of self-rescuing. Better have a plan B and even C too.

Meanwhile, a child, bullied at school, needs to receive help (but again not to be "saved") from his/her caregivers on how to become strong to deal with and to communicate with different people. Every child should constantly learn how to survive better in society respecting and appreciating his /her own and the others' needs (but constructive communication is another topic. Adults need to learn productive communication- even more than the kids!)

Those three aspects take place in most of our relationships, the severity differs but abuse, bullying, and various kinds of discrimination happen much more often everywhere. We just haven't called them as such before.

What can be a good plan of action if your child is bullied?

I can recommend the algorithm more or less is universal for children and teenagers. Again, all the details in a unique story of bullying matter – "small" insignificant peculiarities are not small for a psychologist.

- First of all, objectively make sure your child is a victim and not the abuser. This is one of the most important sides which parents usually underestimate initially that's why they make a lot of serious mistakes later. Define the damage which your child got very clearly. Clarify the facts that hap-

pened. Do not be driven by your emotions or possible illusions, all the facts of bullying should be proven unless your child has no evidence but yet is just insisting – then you better believe your child.

- Explore together with your child what she/he has done to create respectful communication and if it is still actual, teach your child to do that or attend psychological counseling. Convince your child that no matter what is happening you will always be on her/his side! Even if they do a mistake you are going to love them unconditionally, helping to sort the consequences of the mistake out together.

- Explore together: what peculiarities have attracted the bully's attack, who else is participating in the story and how, and what can be still done in order to build normal communication.

- Then if the bully is still creating discrimination, several measures must be happening contemporarily. There needs to be the involvement of other caregivers' attention and responsibility (teachers, parents of the bully, parents of other children to be informed) among them.

- And only if after all of these steps bullying is still happening, you are definitely obliged to make it a legal case, appealing to the help of the school's administration and higher levels of authorities. Meanwhile, keep your child constantly receiving emotional support and training of his/her communicative skills.

As many times said before, I will remind you again. The bully is a coward and the only things he/she is hoping for are – your fear to talk about bullying, your fixation on your image of a "kind person"- "better than the bully" or a "nice person indeed". The bully feels that he/she can take a risk again and will be not responsible for the acts of discrimination. You have to make choices on your side, is it worthy to entertain your bully more? or it's time for you to grow a personality and to act fair and firm enough.

But if you still feel the need for individual support, don't hesitate to book an appointment via telephone at +248 2643200.



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HOW TO MAINTAIN YOUR BICYCLE

BY CHRISTOPHE ZIALOR

Every bike needs a little tender loving care to ensure you get a smooth ride. Here are ten top tips to keep your bike in tip-top shape

1. KEEP IT CLEAN

If there is one thing you can do to prolong the life of your bike, -it is to keep it clean. Tedious, but true. No fancy cleaning kit required – a bucket of soapy water, a sponge, and an old toothbrush is all you need, though a proper de-greaser will help break down the oil and grit in the chain and gear sprockets.

2. KEEP YOUR TYRES INFLATED PROPERLY

Poorly inflated tyres are prone to punctures. Forget flimsy hand pumps – you need a standing track pump with a pressure gauge to do the job. Look on the side of your tyre for a number followed by the letters PSI. That tells you how much air to put in.

3. CHECK YOUR BRAKE PADS

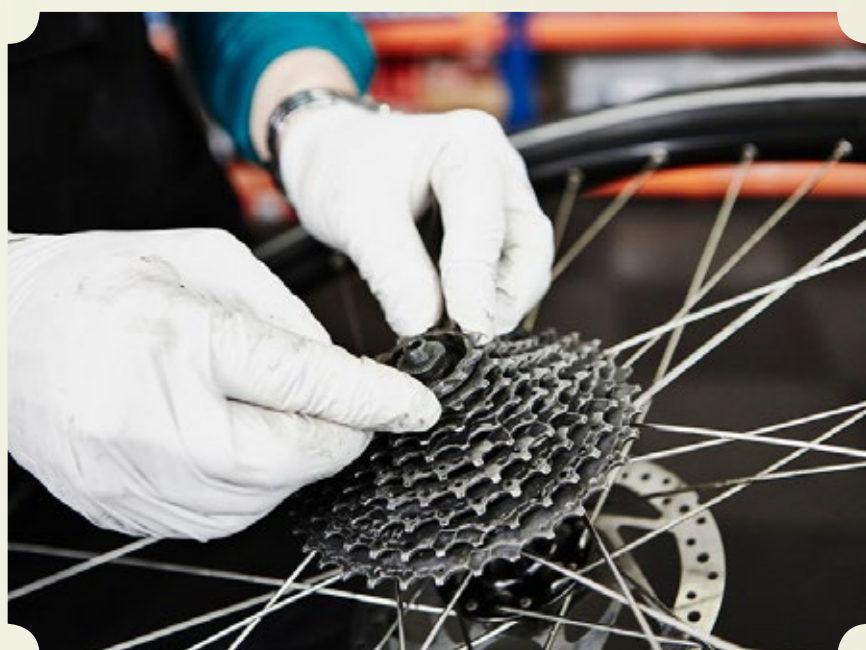
Worn brake pads equal rubbish brakes. You can tell they are worn if you can hardly see the grooves anymore. Fitting new brake pads is a very cheap and easy fix and any number of websites can show you how. You just need a set of Allen keys and some patience.

4. SILENCE SQUEAKY BRAKES

Screeching brakes are often dirty brakes, or at least dirty wheel rims. Clean and dry both properly and 50% of the time, you've solved the problem. If that doesn't work, they might need adjusting.

5. TIGHTEN SAGGY BRAKES

If your brakes have become sluggish and lackluster – i.e. if you squeeze the brake lever and it moves more than halfway towards the



handlebars – you need to tighten them up. The easiest way to do this is to twiddle the barrel adjuster by the brake lever. If that doesn't do the trick, you'll need to get your Allen keys out and free the brake cable by opening the brake nut, pulling it taut, and closing the nut again. Again, let the internet be your teacher.

6. GET A PROFESSIONAL SERVICE

Once a year should be fine, ideally at the start of spring if you've been brave enough to cycle through winter. There is no shame in getting the pros in. Think of it as your bicycle MOT.

7. LUBRICATION, LUBRICATION, LUBRICATION

Buy some bike-specific lubricant and use it sparingly on any parts of your bike where metal touches metal. There is no point oiling your chain unless you have cleaned it properly first – you'll make matters worse.

8. CHECK IF YOUR WHEEL IS "TRUE"

Turn your bike upside down and spin your wheels. Do they wobble a little from side to side? If so, they need "truing". This is a quick fix, but not one for an amateur, as you need special equipment. A bike shop will do this for a small fee.

9. GET YOUR SADDLE PERFECT

If you are prone to SBS (sore bum syndrome), experiment a little with your saddle, raising or tilting it slightly to suit your riding style. If you get sore knees while cycling, you might have your saddle too low. When you pedal, your legs should be almost straight on the downwards revolution.

10. BUY SOME LATEX GLOVES

Bike oil is a nightmare to get out from under your nails. If it's too late for that, scrub your hands with washing up liquid and sugar, only adding water right at the end.

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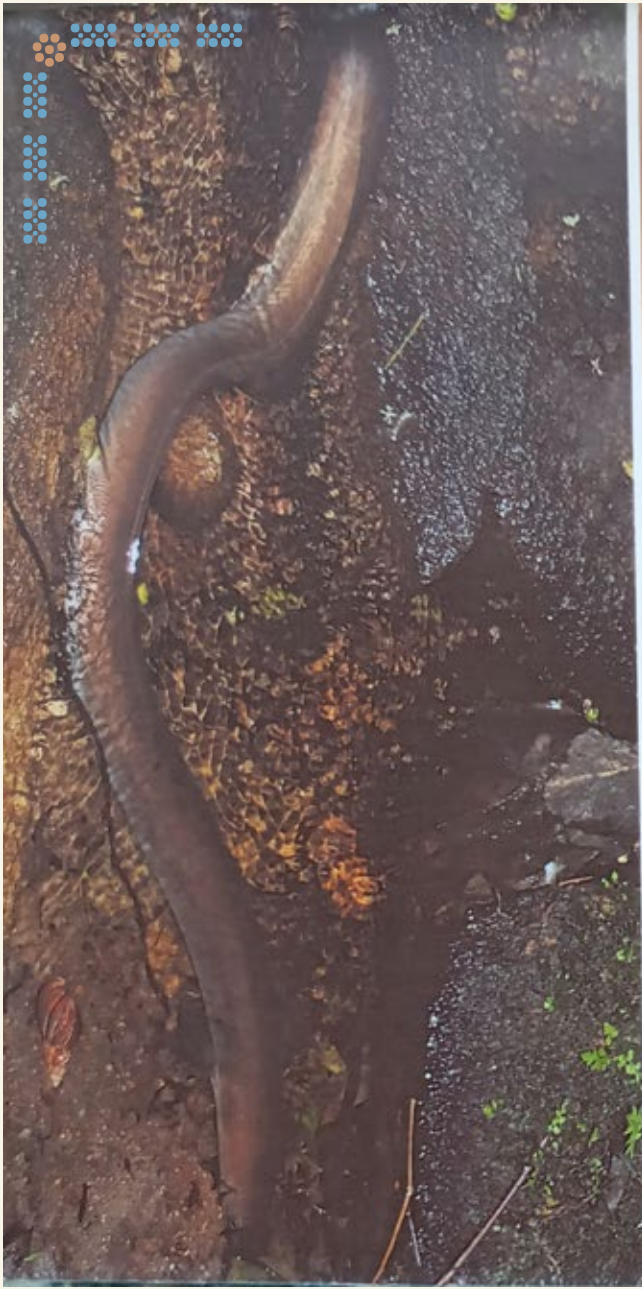
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SEYCHELLES' FRESHWATER FISHES

COMPILED BY CHRISTINE OUMA

Along the rivers of Seychelles, some freshwater fish can often be spotted such as Tilapia Oreochromis massambicus, the Seychelles Killifish (Pachypanchax playfairii), and Eels or Snake Eels (Anguilla bicolor). The Tilapia was introduced to the islands, while the Seychelles Killifish, also known as Golden Panchax, (Pachypanchax playfairii) or the Seychelles endemic Gouzon. Eels are native to the islands. Learn more about them by reading on.



EEL ANGUILLA BICOLOR

Creole Name: Angi
Length: 1m+
Origin: Native

A large yellow-brown eel. Adults can grow to be 1m or longer in length and are thick-bodied. They can travel overland for short distances and can be found at all altitudes. Found on Mahe, Praslin, Silhouette, La Digue, Curieuse, and possibly smaller islands, as well as Aldabra. Adults, like other Anguilla species, return to the sea to breed; however, the breeding site is unknown.



SEYCHELLES KILLIFISH OR GOLDEN PANCHAX PACHYPANCHAX PLAYFAIRII

Creole name: Gourzon
Length to 10cm
Origin:Endemic species

These endemic freshwater fish are found on Mahe, Praslin, Silhoutte islands. The small fish can grow up to 10cm in length but usually much more smallish than the average 10cm. They can be found on Mahe, Praslin, and Silhouette in brackish or freshwater habitats ranging from mangrove to high-altitude streams. Juveniles are straw-coloured whereas adults have brilliant reflective green and red spots. These spots extend onto the fins in males. Females have a black spot at the base of the dorsal fin and are less colourful. Killifish feed on insects, worms, and crustaceans. The similar-looking introduced guppy Poecilia reticulata (called Milyon in Creole) can be found in some lowland streams. Male guppies typically have colourful fins, while the drab females have a rounded belly.



TILAPHYA: TILAPIA ORECHROMIS MOSSAMBICUS (TILAPIA MOSSAMBICA)

Creole Name: Tilapya
Length: Up to 39cm
Origin:Introduced species.

Large shoals of this fish can be seen in granite islands' streams and mangrove areas. Adult males can grow to be 39cm long but are rarely this large in Seychelles. They dig small pits in muddy or sandy substrates where they breed: after laying their eggs, the female broods the eggs and small fry in her mouth for protection. It is omnivorous, eating both fish, algae, and insects. Despite being introduced as a food, it is rarely eaten in Seychelles.



Jordanna Shabella

BY CHRISTINE OUMA

Meet Jordanna Shabella, a makeup artist who is well-known under the brand Bella's Brows, Make-up, and Hair. Her interest in the beauty industry began with a passion for art when she was just a young girl, but it grew stronger while she was pursuing a Diploma in Office Management & Administration at the Business Studies Academy. "Before leaving for school every day, I remember I just wanted to fix my eyebrows," she says. Her hobby-turned-business also inspired her to enroll in a short course in Hairdressing at the Seychelles Tourism Academy. She works in close collaboration with Black Beauty Salon, a Beauty, Cosmetics, and Personal Care salon on Malakoff Street in Mont Buxton, Victoria. She is now one of the most sought-after hair and makeup artists, and she continues to educate herself in order to learn new skills.

Shabella gives us an insight into her world of beauty, covering everything from wedding hair and makeup trends to advice for brides-to-be.

Ozordi Dimans: Can you describe current trends in bridal styling you've noticed? And what are your favourites?

Jordanna Shabella: Nowadays, most brides opt for natural-looking make-up. I occasionally get clients who want to try something bold, such as wearing super-red lipstick or darker eyeshadow. I really enjoy doing this type of makeup. I also have a bride-only eye-shadow palette to make their make-up stand out from the rest. When a bride or anyone else sits in my make-up chair, I know what looks best on them. I appreciate it when a client gives me the freedom to be creative because as an artist, certain things just click, especially when it comes to colour. I know what will mix well with what and what will not. I enjoy it when clients put their trust in me with their faces.

Ozordi Dimans: How should a bride-to-be choose her make-up artist for her D-day?

Jordanna Shabella: Because it is her wedding day, the bride should pay close attention to the details of her make-up application. I notice a lot of people looking at the prices first. As an artist, I have a keen sense of detail. Brides should also think about trial make-up before their wedding day, especially given the tropical weather in Seychelles.

Many make-up artists watch online make-up videos from other countries without considering that the weather is different -in those countries or the fact that the products used may not be suitable for the Seychelles weather. We can't duplicate everything, especially the finishing make-up which should adhere to the weather.

Ozordi Dimans: What are three things that make for the perfect wedding look?

Jordanna Shabella: To begin, the brows are an important part of the overall make-up look; they are my signature as a make-up artist. Most people can tell my work by looking at pictures of eye-brow makeup on the internet. I'm a big fan of brows. When I do makeup, the first thing I do is do the eye-brows. Second, the blending of the eye shadow is absolutely essential. It has to be neat. It just has to be perfect, and the last thing to think about, especially for a wedding, is the foundation and lip colour. The entire make-up application should be done with the utmost attention.

BRIDAL HAIR AND MAKE-UP TIPS WITH Shabella

Ozordi Dimans: Does the hair come first or it's the make-up first?

Jordanna Shabella: I believe that brides should do their hair first, followed by make-up. When our team is handling hair and make-up, the hair is done first, and if I am only doing make-up, the hair is usually already done. I believe most brides are aware of this.

Ozordi Dimans: What should brides avoid on their wedding day when it comes to hair and make-up?

Jordanna Shabella: If you're going to have a facial, schedule it a few days before your wedding. Also, avoid using oils on your scalp because the oil will most likely run down your face. Remember that the wedding day is always stressful, so a little sweat here and there is normal, so avoid the oils. I also advise brides to avoid using new products on such a special occasion because you don't know how they will react to your skin or the heat. And if I'm doing your make-up, I'd appreciate it if you could let me do the brow trimming myself rather than having it done elsewhere, as brow care is part of my package.

I understand that most brides want to save time, but you run the risk of having your brows trimmed with little regard for the look you want to achieve for your wedding day.

Ozordi Dimans: At what time should the bride have her make-up done on the wedding day?

Jordanna Shabella: I recommend starting the make-up application 45 minutes to an hour before the wedding. I usually spend about 30 minutes ap-

plying make-up. Some brides schedule their own hair and make-up appointments in line with the day's plan, which I highly recommend. It relieves stress for everyone, especially the bride.

Ozordi Dimans: What can couples do to help you make your job easier?

Jordanna Shabella: I encourage them to schedule a trial makeup session for the bride and to the brides, give me a sense of what the dress will look like so I can have an idea of what kind of make-up will complete the look. I don't usually interact with or see the groom, but if the bride wants to involve the groom in the process of doing hair and make-up, she might tell us what he likes for consideration.



Bridal transformation



Shabella in her element



Hair and make-up transformation



The finishing is a critical part of make-up application

Jade Alvis



Measurements

Height: 174cm

Bust: 98cm

Waist: 82cm

Hips: 100cm

Model type: Concept photoshoots and Video Production for social media marketing

Business: ZAKSYON SESEL

Photography: Sharon Okai from Ghana

TIPS FOR CHOOSING INTERIOR PAINT COLORS



CONTRIBUTED BY JRK DSGNS

FIRST STEP: HOW YOU WANT THE ROOM TO FEEL?...

Do you want it to be cozy and intimate? Rich and dramatic? Clean and bright? Then choose a paint color that helps you achieve that feeling.

It's also very important to consider how much light you have and how that light will affect the shade you choose. With enough light sources—both natural and artificial—you can paint a room as dark as you like.

"If you love a paint colour, don't be afraid to saturate your space in it. Swathe the walls, ceiling and trim in the same hue. If you've found a colour that you love but are concerned that it will be too strong, pick a slightly grayed or muted shade of the same colour. A slightly toned-down shade may feel less intimidating.

"Always be careful with yellows and periwinkle blues; they tend to come across stronger than you think they will."

- 1. Find Paint Colour Inspiration
Magazines and catalogs have always been the staple of decorating inspiration. You have access to thousands of pages of inspiration on the internet.
- 2. Pull Your Paint Colour From a Print
One of the easiest ways to choose interior paint colors is to start with a print fabric. Throw pillows,

- bedding, and even table linens can provide you with paint colour ideas. If you're creating an accent wall, look to the boldest colours in the print.
 - 3. Look Outside for Ideas
Bringing the outside in is a popular inspiration for color schemes. Whether you choose foliage green or the laid-back blues of the beach, exterior-inspired color schemes are meant to be restful and relaxing.
 - 4. Find Your Paint Colour in Artwork
An interior designer's secret is choosing colors from artwork in your home. Most artists are masters of color and light, creating their color schemes for their pieces.
 - 5. Do Your Homework Before Shopping
Choosing the right interior paint colour starts at home. Before you head to the paint store to gather paper samples, gather inspiration from catalogs, magazines, and fabric swatches. The hardest part of choosing a paint colour, at first, is having too many options.
- Once you narrow down your paint colour choices, return to the store for paint color samples to try at home. This step is crucial to finding the perfect colour.

(Continued on Page 24)

7 DAY LOCAL FORECAST

Today

Humidity: 78%
Wind: N 13 mph
UV: 7 (High)
Sunrise: 06:24 am
Sunset: 06:36 pm

28 / 26 °C
Feels Like: 32 °C
High 2:31am (1.4m)
Low 9:32am (0.72m)
High 3:32pm (1.23m)
Low 9:23pm (0.75m)



Moon Watch

- New moon Wednesday 2 March
- First qtr Thursday 10 March
- Full moon Friday 18 March
- Last qtr Friday 25 March

Monday

28 / 26 °C
Isolated tstorms late
Humidity: 77%
Wind: N 13 mph
UV: 7 (High)
Sunrise: 06:24 am
Sunset: 06:36 pm

Tuesday

28 / 26 °C
Tstorms early
Humidity: 74%
Wind: N 13 mph
UV: 7 (High)
Sunrise: 06:24 am
Sunset: 06:36 pm

Wednesday

28 / 26 °C
Scattered clouds
Humidity: 71%
Wind: NNW 13 mph
UV: 10 (Very high)
Sunrise: 06:24 am
Sunset: 06:36 pm

Thursday

28 / 26 °C
Sprinkles early
Humidity: 72%
Wind: NNW 11 mph
UV: 7 (High)
Sunrise: 06:24 am
Sunset: 06:35 pm

Friday

29 / 25 °C
Overcast
Humidity: 74%
Wind: NNW 10 mph
UV: 3 (Moderate)
Sunrise: 06:24 am
Sunset: 06:35 pm

Saturday

29 / 28 °C
Decreasing cloudiness
Humidity: 73%
Wind: NNW 11 mph
UV: 3 (Moderate)
Sunrise: 06:24 am
Sunset: 06:35 pm

(Continued from page 24)



Tools: Paint Color Apps Can Make Choosing Paint Color Easier
The most popular paint color apps give you the ability to match a color you see anywhere, as long as the phone or tablet camera can read it. Though it may not be an exact match, these apps can suggest similar colors.

COLOUR DISPOSITION
It's important to consider the cardinal direction the room faces, the windows, and the natural light of a room (if there is any). Choose colors that are cooler and darker for north-facing windows as the light enhances the color or certain blues and grays. We take into serious account what the room is used for, the mood our client is after, and what time of day it will most often be enjoyed.



"It's also crucial to see the room in relation to other rooms in the house—if the door is open or you pass through one room to the other, do you see this room's colour? Are you creating a rhythm or a focal point? It can be a great surprise if an interesting color is at the end of a hallway—it draws you in to the space and you can enjoy the journey traveling towards the focal point.
It's also essential to think about how the colour relates to the environment—the hues and tones of your existing woodwork, stone, tile, or flooring, as well as what you see outside: the plants, the natural environment, as well as what direction your windows face.

COLOUR MEANINGS
Different colours can create different moods. Some colors, such as gray, black, brown, and darker shades of blue can read as moody or masculine, while white, ivory, pastels, and lighter shades of blue and green are considered soothing or cheerful. It might be helpful to start by thinking about your favorite colours and those that are completely off-limits in your mind. I personally love living in a house with white walls, which allows for my art and furnishings to really stand out.
"While it is generally okay for the colour palette in your home to vary a bit from one room to the next, I would urge you to keep the overall colour palette somewhat consistent. If you have the urge to embrace a bold paint colour somewhere, use it in a space that is separated from other spaces such as a bedroom, library, or powder room."

PRIMER A MUST
Always use a primer to ensure that the true colour of your chosen paint comes through. This is a step that some people skip, but it is the only way to make sure that you end up with the colour you want. Even if you are painting with a white over a white, different shades will have different undertones you'll want to hide before covering. When painting over a dark colour, consider priming twice.

TROPICAL COLOUR TRENDS
1. Turquoise. This vivid blue instantly brings to mind warm tropical waters and calm sea breezes. Turquoise's intensity is offset by its sunny undertone, making it a terrific tropical accent color in almost any room of a home.
Pair it with: Turquoise retains its tropical vibe when combined with various shades of pink, coral, orange and yellow.



2. Aqua. A paler blue than turquoise with a slight green undertone, aqua is a tropical pastel that adds a soothing, warm vibe to any space.
Pair it with: Aqua feels summery when paired with leafy greens, energetic fuchsia and bright yellow.



3. Coral. This classic muted orange has unmistakable island charm. Also known as a deep peach or pink salmon, the color coral is, in a way, a deep pastel. It inspires images of refreshing sorbet or summer sunsets.
Pair it with: Try turquoise, aqua, pistachio green and brighter orange with coral. Keep in mind that the intensity of coral can change depending on what color you pair with it.



Examples of How Paint Colours Can Change the Look and Feel of a RoomSee exactly how different a room can look based on its color and the placement of paint in certain areas. You will see how the same room dramatically changes between each image with a simple alteration of its color while the furniture and its placement remains the same.

Lighter colours brighten a room and make it feel larger



Darker colours give larger rooms a smaller and much more cozy feel.



Bring the ceiling down in a large room by painting it a darker

colour in comparison to the walls



If a room feels too wide, paint two walls a darker colour to bring the walls in



A dark coloured accent wall can shorten a long room, while adding a pop of color



Make a shorter room feel longer with a darker ceiling and matching accent wall



Give a room the perception of more height with a lighter colour on the ceiling



Light-colored accent wall can highlight features in a room, while the darker colour can hide features






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Hikes and Trails

Copolia Trail-How to get there and what to expect

BY U-ROY JULES

Length: 1.4 Km

Intensity: Medium to High

Change in Altitude: 180 m

Departure Point: Valriche (Sans Soucis Road)

Actual Walking Time: 2 hrs one way

HIGHLIGHTS:

- Rocky landscape & ecology
- Panoramic views

Last Sunday, the Ozordi Dimans team, went to the Seychelles National Park on the Salazie nature trail. Today, we are off for a hike at the Copolia trail.

Both hikes are in the same region at Sans Soucis Road and are easily accessible to the public.

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

About:

The Copolia trail located in the Morne Seychellois National Park starts off the Sans Soucis road and is very popular with both tourists and locals.



View from the top

There is a welcome board at the entrance of the trail, providing visitors with information about the trail, how long it takes to complete the trail, its level of difficulty, and the flora and fauna one can find along the way.

Direction boards to indicate the path to follow and the distance left to hike has also been erected along the trail.

The Copolia trail, located on the east side of the Morne Seychellois National Park, is 1.4 kilometers long and is of medium intensity. It takes the average person one hour to reach the top of the trail, which offers a scenic view of the capital, Victoria, and the east coast of the main island up to the country's international airport. Along the trail, one comes across many endemic

floras and faunas. The first part of the walk is a descent through sandy secondary forests of cinnamon and rubber trees. As the trail climbs higher, many interesting endemic and indigenous plant species can be encountered. It is also the habitat of the Seychelles' endemic birds such as the Seychelles Bulbul, Blue Pigeon, and Sunbirds. The exposed glacier

with a lack of soil and harsh condition has its special vegetation of endemic plants, including the vacoa (pandanus multispicatus) and the infamous pitcher plant (nepenthes bervillei). From the top, the views are magnificent over the east coast of Mahe, the islands of the St.Anne National Marine Park, and beyond to Praslin and La Digue islands.



Copolia Trail starting point



Seychelles Sunbird



Seychelles Blue Pigeon



Seychelles Bulbul

(Continued from page 8)

one thing he truly misses while scouting across the globe.

Even though always far from home, he is always nostalgic about The Book and Travel Museum.

"I'm the 9th generation in my family to deal with books, and I work with 2 million books."

It's quite difficult to transport that! I miss that environment and the labour behind the scenes of the Museum.

The traveler affirms that although he has seen the world, he loves living in Serbia and doesn't see himself moving anywhere else.

"But as I previously stated, I feel at home anywhere, and I can spend long amounts of time pretty much anywhere and be comfortable.

According to Viktor, his family opposed his trips and attempted to stop him at first.

"They're used to it now, and if I don't travel for an extended length of time, they'll assume I'm sick or something is wrong with me."

It's a love-hate relationship; they would prefer that I stick to my lawyer's license and work from home like everyone else, but they also enjoy and understand my job and choices," the traveler remarked.

TRAVELING ESSENTIALS OF
A WORLD TRAVELER

"Traveling alone is always my preference. However, I occasionally travel with Mileva, a stunning and seductive doll.

My mother was so afraid of me driving and sleeping alone in the car that she forced my father to go out and buy a sex doll and they surprised me by putting it on the back seat.

Mileva is dressed up, wearing a large hat, and even smoking a cigar!

The concept was simple: People will be less inclined to assault me if they believe I'm traveling with another person.

Mileva became a mega sensation as a result of it, and she even gave interviews to Bulgarian, Polish, and Russian television!"

"I can get around without the internet, but I need my phone to take photos, so it's really necessary. Everything else isn't required. I frequently buy clothes and other necessities on the road and then discard them after because bringing back to Belgrade valuable books and artifacts that I acquire along the way for the Book and Travel Museum is far more important than my clothes or other personal possessions."

"People are often surprised by how small my baggage is; "I often carry only a school bag, and even that bag is full of books and strange museum items," he said.

"I always end up with huge bags



Sulawesi, Indonesia on top of a volcano crater

at the end of the trip though. If airport workers in Mahe opened my luggage, they'd be surprised to see 45 kilograms of books, many signed by local authors, a moca drum, a huge traditional garden watering bucket, your flag, a traditional hat, and a bunch of things made from palms and coconut,"he told Ozordi Dimans

THE TRAVELER'S LIST OF
FAVOURITE PEOPLE MET.

"If I had to make a top ten list of people I've met around the globe, Seychellois Glyn Burridge would undoubtedly be on it."

He was in Iran at the time of the revolution, teaching English to the royal family's youngsters.

I've also met Hose Mujica, the president of Uruguay, the world's "poorest" or, in fact, richest president, who gave away his whole salary to charity and continued to drive himself to work in an old automobile that was falling apart.

He went on to say that he has also met four survivors of one of the well-known 1972, Chile airplane crash. When the plane crashed into a mountain top, it forced survivors to devour the bodies of their colleagues as a survival mechanism.

Viktor also has a special place in his heart for famous Iranian writer Mahmoud Dowlatabadi and writers from Amazonian jungles, medical healers from Mongolia, volcano keepers from Indonesia.

"I also had the opportunity to meet one of ISIS's commanders shortly before the group's forma-

tion.

It's been a very sad and difficult story about how protracted battles and wars have warped and damaged people's lives. I also met with the Sultan Prince of Ternate, as well as Malacca straits pirates who live off plundering ships passing through their city."

"Many countries around the world are proud of their friendliness and heartfelt welcome to visitors. I would place Iceland, the Caucasus, Iran, and Uruguay at the top of the list, but there are so many other countries that deserve to be featured.

To save money on lodging, I intended to sleep in my car while traveling around Georgia. But it was impossible: strangers approached me virtually every night, offering me a place to sleep! Sudanese people astonished me the most. They are impoverished, yet incredibly honest and nice. They demonstrate that being poor or wealthy has nothing to do with honesty and good behavior."

He went on to say that whereas most people attempt to take advantage of tourists in most nations, Sudanese will go out of their way to help a stranger and make them feel welcome.

In Sudan, bus tickets are purchased as you exit the bus, and when strangers spotted him, they would frequently pay his fare



One of the tribes in Omo Valley, Ethiopia-It is one of the places in the world with the highest diversity

when they exited.

"This old person sitting next to you already paid, to welcome you to Sudan," the driver would say as he went to pay.

"Those situations brought tears to my eyes because I know that this fare is high for them, even though it is small for me and most other travelers – it's less than 1 USD – but they are so poor that they can't afford it, and perhaps because they paid it for me, they won't have food on the table that day!"



Nonetheless, they were willing to pay to make a stranger feel at ease. It was truly unforgettable."

He noted that while traveling in Greenland, local Inuits advised him to walk as much as possible as it will be an amazing way for him to connect to nature.

"I enjoy walking, but my shoes, and occasionally my legs, can't always manage it!" My brand new shoes practically fell apart after two weeks of walking in the Seychelles. My legs were not helped by a couple sea urchin stings. Despite this, I was able to view quite a bit. In Japan, they think that walking and having a garden are the keys to longevity. I'm certain it's true."

SEYCHELLES

Viktor told Ozordi Dimans that

he has met many Serbians in Seychelles.

"I can't say I blame them; your nation is truly lovely and unique in so many ways. Maybe someday I'll remain longer as well."

He describes his trip to Seychelles as one being unforgettable.

"Everyone knows about the beaches, but there's so much more to Seychelles." You have magnificent forests and natural resources, as well as a rich cultural heritage. It rained a lot while I was there, and I know most visitors despite it because they came for sun and beaches, but it was a tremendous blessing in disguise as I was able to explore your islands with rain and occasional floods (I almost had to swim across the yard to get to my hotel in La Digue).

I was able to see your islands from a different angle. Rain is valuable, and it is what distinguishes your natural environment; it is a significant element of your daily life for the majority of the year."

He recounted a humorous incident that occurred when he was here. When he became stuck on one of his climbs, a companion became concerned that something horrible had happened as a result of the storms, and she filed a missing person report with the local police.

Because she doesn't speak English, it was quite an adventure for her, especially for the police officers who couldn't understand a word she said and assumed the woman who came to them was the one who got lost.

"They drove her back to the hotel after I finally spoke with them on the phone, but they got stuck in the mud, so we had to push the police car out! They were really gracious, I must say. These are the kinds of stories that make the trip unforgettable and help us remember it for the rest of our lives.

He states that he met many remarkable people such as Glyn Burridge, Bernard George, David Andre, John Writz, Patrick Victor, Michael Adams, George Camille.

Meeting those fascinating people and climbing Mare Aux Cochon National Park's mountain peaks, were highlights of my trip. I'll return, but not as a traveler this time, but as a friend."

As a travel writer and amateur photographer, Viktor makes it a habit to document his travel using his phone and his GoPro.

To write his travel stories, he connects his chats with the locals and materials collected and documented.

THE TRAVEL WRITER

The photos are his in the Book and Travel Museum and are available in a digital archive.

His stories are testimonials about people and life, they also safeguard history and culture for future generations.

"I began writing when I was five years old, and when I was fourteen, I began writing trip stories.

My country was going through a difficult period of war at the time and I was even a refugee for a while.

I was fortunate enough to have family in the United Kingdom and I traveled to London.

People in Serbia were subject to sanctions at the time, making it nearly impossible for my friends to go outside of the country. I began writing to impart knowledge of the world to them.

I've now authored six books and published over 1000 travel articles. In Serbia, it's difficult to locate a magazine, television show, or radio station that I haven't seen or heard on," he adds.

THE FUTURE

As Viktor makes his way out, he leaves us with a final enigmatic comment;

"Don't be afraid. Go for it! You will only regret things you didn't do; places you didn't see."

Even though he has been to most parts of the world, there are still some destinations left to tick on his bucket list. He noted that he would like to visit the whole world, the moon, and Mars.

"I would love to visit all the places that I haven't, and then, at least once again, all that I have already seen."

Silhouette Island and the Aldabra National Park are on the top of his list.



Viktor, traveling by horse in Tundra Mongolia



Erta Ale Lava Lake in war zone Ethiopia- It can be reached only during the night due to high temperature



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Five Simple and Healthy Breakfast Recipes

COMPILED BY CHRISTOPHE ZIALOR

It is a common misconception that skipping breakfast aids weight loss or is necessary for a healthy diet. However, eating breakfast every day keeps the metabolism running at peak efficiency, which is essential for weight management. While some people can eat the same breakfast every day, those of us on any kind of diet want variation. It's difficult to know what's healthy and what's not when there are so many possibilities. Ozordi Dimans has put up a list of five nutritious breakfast recipes that will not only please your taste buds, but will also help you stay on track with your weight loss goals.

1. Eggs Baked in Avocado



Egg baked in avocado

Ingredients

- 4 avocados
- 8 eggs
- 2 limes
- Kosher salt and freshly ground black pepper
- Chopped cilantro, optional
- Sliced scallions, optional
- Sliced chilies, optional

Warm flour or corn tortillas

Directions

1. Adjust oven rack to middle position and pre-heat to 450°F.
2. Cut each avocado in half and remove the pit. Using a spoon, scrape out the center of each halved avocado so that it is large enough to accommodate an egg (about 1 1/2 tablespoons). Squeeze lime juice over the avocados and season with salt, then place on baking sheet. Break an egg into the center of each avocado. Don't worry if some of the white spill out as long as the yolk is intact.
3. Bake in the oven until whites are set and the yolk is runny- about 10 to 12 minutes. Remove from the oven and garnish with cilantro, scallions, and chilies and serve with tortillas.

2. One-Pan Egg and Turkey Skillet Recipe

Ingredients

- 1 pound ground turkey
- 1 cup salsa
- 6 eggs
- salt and pepper to taste

Instructions

1. Spray skillet with non-stick spray and add in ground turkey.
2. Cook over medium heat until the turkey is browned. Drain any grease.
3. Add in salsa and mix well. Cook turkey and salsa for 2-3 minutes.
4. Crack in eggs and cover the skillet for 7 to 9 minutes or until eggs are cooked to your liking. I cooked mine for the whole 9 minutes because I liked my yolks cooked all the way through

3. Banana Sushi roll

Ingredients

- A large banana
- Almond butter
- Toasted coconut flakes

Directions

1. Spread a banana with almond butter (or your favorite nut butter).
2. Roll it with toasted coconut flakes (or your favorite toppings), making sure all sides are covered.



banana sushi roll

3. Slice into bite-size pieces.

4. Serve right away and enjoy a delicious and healthy treat.

4. Watermelon Pizza

Ingredients

- 6 wedges of watermelon
- 1 bunch mint fresh herb
- 6 strawberries, hulled,
- 1 punnet raspberries
- 1 punnet blueberries
- 1 tbsp pumpkin seeds
- 1/3 tsp cinnamon
- 1/2 tsp honey
- 1 tbsp Greek-style yogurt
- 1 tbsp shredded coconut
- 1 tsp chia seeds
- 2 tsp sultanas
- 1/3 cup cottage cheese

Directions

Mix cottage cheese, yogurt, honey, and cinnamon in a bowl until smooth. Spread mixture over watermelon slices. Arrange in a circle to make a pizza shape and scatter with berries, sultanas, seeds, coconut, and mint to serve.

5. Peanut Butter Energy Bites

Ingredients

- 2/3 cup creamy peanut butter (160 g)
- 1 cup old fashioned oat (100 g), plus extra for rolling
- 1 1/2 tablespoon honey
- 1/4 cup mini chocolate chips (40 g), plus extra for rolling
- 1/4 cup flax seed (40 g), optional

Directions

1. Mix all ingredients in a bowl until well-combined.
2. Cover with plastic wrap and chill in the refrigerator for at least 30 minutes.
3. Once chilled, roll into approximately 1 inch (2.5 cm) balls. (Cover hands in a light layer of butter or oil to facilitate rolling and avoid getting sticky hands.)
4. Lay out a thin layer of oats and chocolate chips on a cutting board or work surface and roll the balls in the mixture. Finish off by rolling each ball between your hands to pack in the oats and chocolate chips.



One Pan Egg and Turkey Skillet



watermelon pizza

Berry Trifle

WITH:



The wobble of a sweet, fruity jelly. The silkiness of whipped cream. No festive feast would ever be complete without a crowd-pleasing trifle. The best, however, include Bakers Boudoir® biscuits to soak up all that berrilicious yumminess.

Ingredients

1. 300 g Bakers Boudoir® biscuits
2. 2 x 80 g boxes raspberry jelly powder
3. 200 g fresh raspberries
4. 250 ml (1 cup) custard
5. 250 ml (1 cup) whipping cream
6. 2 cups (500 ml) whipping cream
7. 100 ml coffee, cooled
8. Fresh berries for garnish
9. Icing sugar for dusting

Instructions

1. Make the jelly as per box instructions and pour into trifle bowl. Refrigerate for 1 hour and then add the fresh raspberries. Refrigerate for a further 4 hours or overnight. The jelly must be completely set.
2. Whip 250 ml of cream until stiff and fold the whipped cream into the custard.
3. Place half of the custard cream over the set jelly and top with Bakers Boudoir® biscuits. Sprinkle over 50 ml coffee and repeat the process.
4. Whip 500 ml of cream to stiff peaks and dollop over the Bakers Boudoir® layer. Garnish with fresh berries and a dusting of icing sugar.
5. Serve and enjoy!



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English classics adulterated: “Baking ignited a longing to reconnect with my heritage and so began the experiments”



BY U-ROY JULES

Elza Frichot-Dahoo, born and raised in Seychelles but of Indo-Persian descent, started her career in tourism, from hotels to the Seychelles Tourism Board (STB) to a local Destination Management Company (DMC). Life, however, took a most unexpected turn and today she runs Wildflower Café (WC) in the heart of the Botanical Gardens.

WC has recently re-opened in the Botanical Gardens at Mont Fleuri, bringing to the patrons and visitors of the Botanical Gardens a space to relax and to savor wholesome bites and delicious refreshments. The cafe brings a taste of authenticity with the best and freshest ingredients from the garden- flowers- that add a magical touch to fine-baked pastries, cakes, doughnuts, croissants among others, as well as healthy drinks to complement the bites.

WC originally opened in 2019 at Espace Building, and was fast becoming one of Victoria’s most popular outlets and attracting many to its series of well-

subscribed farmer’s markets. With the pandemic and extended restrictions, the café had to close its doors, and this came as a blessing in disguise. WC reopened in the spectacular Botanical Gardens in late 2021.

According to Elza, the re-opening of the popular café within the gardens has been greeted favorably.

“Wildflower Café opened its doors in 2019 with resounding success. Local clients showed up in support and continue to come to our kitchen because, aside from the place being wonderful, it is home to a hearty wholesome meal,” the owner told Ozordi Dimans.

“We were no longer catering exclusively to our usual local clients and so we wanted our visitors to taste the Seychelles islands through our small menu of wholesome breakfast and lunch options with the flavours of our colorful markets, the aromatic spices of our gardens, and the zing of our exotic fruits,” the baker continued.

Elza goes on to say that the dream of opening a cake and coffee shop was her mother’s originally. She is thankful to the strong women in her life who have had a strong presence and in some way or another have had influence in achieving this dream.

“I was born and raised in Seychelles, and throughout my childhood was surrounded by strong Parsi women who loved to cook and to whom I owe my passion for food to,” Elza told Ozordi Dimans.

She recounts how for her mother, baking comes most naturally and how her

mother mustered the patience to allow her sisters and her the honor of stirring cake dough in her massive ceramic bowls while they were growing up.

“I am thankful to my beloved Aunt nicknamed Baouk- who was always present, always equipped with a thermos, snacks, and a dose of good humor, and to my grandmother Coomi, a lady in the truest



sense of the word, who migrated to Seychelles in the late 40s.

“When I was a child, the excitement of sneaking into my grandmother’s large black and white tiled kitchen, to peak into tiffin boxes carefully laden with jam tarts, ‘bhakras’, and ‘pattice’ after school was unparalleled.

Saturday teatime at my aunt’s house at

Bel Air was always a delight with enormous jars of sweet ‘nankhatai’ and crumbly ‘batasa’.

Amongst the fond memories of cakes in her childhood days, Elza recounts the ‘sweet-dish’ of semolina that was dispatched from her granny’s kitchen in little glass bowls to all the surrounding homes.

Albeit, the sweet-smelling days of baking her childhood, Elza did not begin to explore cooking until in her early 30s.

“My passion for food was limited to eating mostly, being surrounded by such amazing chefs. It is only when I stumbled upon the thin, yellowed pages of my grandmother’s ‘Good Housekeeping’ paperback cooking books, which I began experimenting in a small apartment kitchen,” she explained.

“Baking ignited a longing to reconnect with my heritage and so began the experiments. Soon enough, I began adulterating English classics such as Victoria sponge cakes with the ingredients that had coloured my childhood: almonds, cardamom, rosewater, pistachios, saffron. I decided to re-invent myself, follow my passion and so the journey began,” she told Ozordi Dimans.

Wildflower today boasts vibrant home-cooking with dishes such as green banana curry, creole Shakshuka, golden soup, coconut panna cotta with chili papaya, bigarade and lemongrass cheesecakes. The cafe also offers several vegan options.

The newly relocated spot in the Botanical Garden is close to Elza’s heart. Her maternal grandparents, upon settling in



Elza Frichot-Dahoo

Seychelles, were living just opposite the garden at Mont Fleuri.

Elza went on to say that she, of course, faces a few challenges in the daily running of the cafe but the passion behind Wildflower and the ever-strong family support system is what keeps her firmly rooted.

“A short promenade through the Botanical Gardens will lead you to discover the café. Its new terrace is now submerged in nature. After visitors have had a little walk and spotted the tortoises, they can enjoy the very green, tranquil, and peaceful surroundings of the café,” she said.

Wildflower Café is open Mondays to Fridays, 8 am to 4 pm, and Saturdays, 9 am to 3 pm (Sundays closed).



Nankhatai



Pumpkin Cake with Cinnamon Buttercream



White Choc Pistachio Doughnuts



Teatime at Wildflower



Fresh Bigarade & Passion Fizz. Credit Vanessa Lucas



Elza’s grandmother -Coomi Pardiwalla

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Glacis, Seychelles, Mahe

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

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

Offers invited USD 3.5m+

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



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

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

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- 2 bedroom, 1 bath
- Full kitchen on one floor
- Fully furnished
- Gated
- Fully fenced

North Mahe

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

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TEL: 4280482 / 4280484

In the mind of Paolo Kipao

COMPILED BY CHRISTOPHE ZIALOR

Paolo Kipao is an abstract artist whose work is influenced by his Italian and Indian Ocean upbringings. His paintings pull you in with their beauty, technique, and dazzling colors, but they keep you there as you try to figure out what they’re about. The artist was gracious enough to send Ozordi Dimans five of his paintings and a brief description of what he is trying to depict in his portraits.

THE OLD MAN AND THE KID

It is a 140x120 oil on canvas made in 2020. It is an idea I had to express the impermanence of everything but giving a sense of peace and not of desperation. Giving space in the world to others coming.



2022 CONNECTION 120x100

Inspired by the concept that everything in the cosmos is nature and that we are all connected and are a part of it. Everything, from a stone to a tree, a star, and a human being, is a part of an indescribable entity, and the awareness of this is simply- existing.



2021 IT HAPPENS AT NIGHT 120X100

At night could be in a Square or an empty street or even at the end of a party -a languid couple twirls exhausted on an improvised dancing floor in a splendid light only they can see.



2022 BRAVERY 240x120

It’s one of my larger pieces, and it’s made to be both horizontal and vertical. Because there is a lot of material on this canvas, I use the word constructed rather than painted. Something beneath me wanted to appear on the rough surface, where fascinating images and figures float in the black Sea of Life. Fears and liberty are evoked by the marked symbols.



2020 FREESTYLE DANCE 240X120

Another large piece with vibrant colors against a black background. The title is self-explanatory. I wanted to impart movement to this person or female dancing and spinning jumping, conjuring frantic music and sound, and turning like a dervish to achieve nirvana.





Relentless she stands

Author: Janani Krishnamoorhty

Long gone are the days...
of her heart-wrenching dismays, tear-soaked pillows,
from woes she'd often not disclose.

No stranger to being bullied,
for too long she kept her fears buried.
Afraid of what tomorrow would bring,
somber in silence...she kept on aching.
Tormented by their cruel and harsh nature,
she wondered if she'd ever have closure.

This couldn't possibly be defined as life, for no one was born for impending strife.

Gradually she began to realize,
there's more to this than meets the eyes.

For this was only the beginning,
of a tremendously disguised blessing.

Long gone are the days...
of her heart-wrenching dismays, tear-soaked pillows,
from woes she'd often not disclose.

No stranger to being bullied,
for too long she kept her fears buried.
Afraid of what tomorrow would bring,
somber in silence...she kept on aching.
Tormented by their cruel and harsh nature,
she wondered if she'd ever have closure.

This couldn't possibly be defined as life, for no one was born for impending strife.

Gradually she began to realize,
there's more to this than meets the eyes.

For this was only the beginning,
of a tremendously disguised blessing

She would doubt herself no longer,
for her trials made her a warrior.
What bruised her only made her stronger,
to face life with eyes gleaming in splendor.

From the blazing ashes she rose,
like a phoenix from out the shadows.

Let her voice be amplified,
her very bones bravery fortified.

This is her life...this is her time,
and there could not be anything more sublime.

She's the Captain of her own command... and relentless she will always stand!

Bullying

Author: Pascalina Ally

Bullying i sa mo ki ou pe tann nonmen e ou pe vwar son aksyon.

I sitan fermal pou war en viktim pe
pas dan sa kalite sitiasyon.

Lannen apre lannen ou tande ki annan zenn pe swiside,
pe overdose zot lekor e menm pale al lekol zis
akoz zot pe ganny bully.

Pa tou viktim ki annan sa kouraz pou koz lo sa ki zot pe pas ladan.

Pou ki rezon ki sa viktim pe kontiyelman gany bully?

Parfwa ou le demann sa bully si i annan lekor pou fer
son kanmarad soufer.

Kestyon nou ankor pe demande?

1.Eski sa bully pe santi ki u sa viktim pe
pas ladan?

2.Si sa viktim i koze

keksoz i kapab amelyore ouswa vin pli serye?

Mon en zenn aze 16 an monn pas atraver bullying tou dilon

mon lavi dan segonder,i pan fasil monn lager e monn fer

kankan zis pou mon aret ganny bully

malerezman nanyen pan sanz kouma.

Monn bezwen debout for lo mon menm e koz ek mon lekor ki

mon pa sipoze les parol ek aksyon sa bann
dimoun afekte mon.

Mon pa pou dir monn aret gany bully me sa kantite strong mon

strong pa fasil pou sa bann parol re afekte mon aköz

mon sorti lwen.

Pou tou bann viktim ki pe kontiyelman gany bully mon le dir
zot reste for menm si pa fasil bouz devan e koze aköz si zot

kontiyen kit zot soufrans anndan i pour kontinyen afekte
zot zour an zour.

Enta laport i ouver pou zot gany led, zot pa zanmen zot tousel.

E ou sa viktim mazin de fwa avan ou koze e fer aksyon
aköz ou pa zanmen konnen demen si ou pou pas dan sa sitiasyon

ki ou pe met en viktim ladan.

Si monn kapab fer li

alor zot bann viktim zot osi zot kapab fer li.

Mersi!

Molding the minds of tomorrow- Perspective of a young teacher

BY CHRISTOPHE ZIALOR



Bertrand during his University days

What qualities distinguish a superb teacher?

Teaching is one of the most difficult careers of today. It necessitates a thorough understanding of subject matter, curriculum, and standards, as well as enthusi-

asm, a caring attitude, a love of learning, discipline and classroom management skills, and a desire to make a difference in the lives of young people. With all of these requirements, it's no surprise that outstanding teachers are hard to come by.

Although teaching is a somewhat unpopular career choice among young people, there are still individuals who are willing to enter a classroom and devote themselves to molding the minds of tomorrow. Twenty-three-year-old Bertrand Bibi is an example of such an instructor.

Bertrand spent his basic and secondary school years at the Plaisance school and attended two years of Advanced level studies at SALS. He was then awarded a scholarship to study at the Asia Pacific University of Technology and Innovation (APU) in Malaysia.

"I was able to enroll in a dual degree program for Bachelors in Tourism Management at APU and Staffordshire University in the United Kingdom," Bertrand told Ozordi Dimans.

He graduated in 2020 with a first-class degree.

"I returned to Seychelles and, as teaching was not on my mind at the time, I went to work as a policy analyst for the Department of Civil Aviation, Coast and Marines," he clarifies.

In 2020, at the height of the pandemic, he realised that the profession he had chosen would not allow him to reach his full potential.

"I couldn't put anything I'd learned at university into practice, so I decided to change careers." "Since I was teaching in 2017 while waiting for my scholarship, I decided to dip my toes into the world of educators, and in November of that year, I returned to Plaisance Secondary, not as a student, but as a full-time Geography teacher."

"To say it was easy would be a lie," Bertrand remarked, however, he added that with the aid of the teachers and management at the school he was able to adapt, and in time develop his own teaching strategy.

"It was the start of a new journey, and I anticipated that there would be a lot to learn, but it would be a fantastic adventure," the young teacher said.

To better equip him with the skills for



Student Ambassador at APU

teaching, Bertrand then enrolled at the University of Seychelles for the Post-Graduate programme in Education.

"I consider teaching to be the most important job in the world since as educators, we hold the responsibility to educate society.

He added that if you want to be a teacher, you must be motivated and enthusiastic, and when the heart is not in the work- the children suffer as a result.

And as a young teacher, he believes that building a positive working relationship with his students makes an impact on them. Teachers frequently serve as surrogates for their pupils, and Bertrand regards the belief that as a teacher, you must keep an open mind because kids will occasionally approach you with personal concerns and that you will need to provide counsel to them.

Sir Bertrand, who has been teaching for almost two years, said that he is proud that his students have done exceptionally well, with the majority of them passing their tests.

The young teacher remarked that he always appreciates opportunities and will welcome the opportunity to teach in a post-secondary institution, but for the time being, he will remain at Plaisance Secondary.

His advice to prospective graduates in choosing a career as a teacher is as follows: "There is a teacher shortage; having local teachers will be a benefit for the educational system.

The way forward is to have fresh ideas, to aid the educational system, we should all work together."

He also encouraged that accrued experience of working in education develop

aptitudes and qualities that equip one to be able to work in any work environment.

In conclusion, Bertrand personally recommends that the Seychelles' government can do more to encourage young people to take the teaching profession.

"Government and stakeholders should work together to encourage local teachers, which discourages them. Local instructors should come first, and if we need expatriate knowledge, we can bring them on," the young educator argues.



ECO school leader



The social science department, Plaisance Secondary



Bertrand with one of his S5 classes

STUDY SKILLS

COMPILED BY U-ROY JULES



Study skills are essential as most of us will have to study throughout a long period of our lives.

Many students are struggling and get easily discouraged while studying, but it requires desire, dedication, and a lot of work. They are an important set of transferable life skills.

To be able to study you need to have a plan.

Study skills are the skills you need to enable you to learn efficiently, it is even more important now during the COVID-19 pandemic with the difficulties that impact learning at school.

Firstly, it is important to know what your learning style is-

Below we give an overview of the four learning styles.

The four core learning styles include visual, auditory, reading and writing, and kinesthetic.

- Visual -Visual learners succeed when the information is elaborated using clear pictures of the information hierarchy. They are better able to retain knowledge and details when the infor-

mation is delivered to them in a graphic depiction, such as arrows, charts, diagrams, symbols, and more. If you like using graphics when taking notes or studying perhaps you should consider that this method is best for you.

- Auditory - Often called "aural" learners, auditory learners favour listening to information that is presented to them vocally. These types of learners function well in group settings where vocal collaboration is present. They may enjoy reading aloud to themselves, too.

- Reading & Writing - Here the learner focuses on the written word, reading, and writing. These types of learners succeed with written information on worksheets, presentations, and other text-heavy resources. These learners are note-takers. They achieve strongly when they can reference written text.

- Kinesthetic -kinesthetic learners are hands-on and succeed when employing all of their

senses during learning. These learners tend to perform well in scientific studies due to the hands-on lab element.

Key points about study skills:

- Develop your approach to studying and learning in a way that meets your own needs. As you develop your study skills, you will discover what works for you, and what does not.

- Study skills are not subject-specific, they are generic and can be used when studying any area. You will, of course, need to understand the concepts, theories, and ideas surrounding your specific subject area.

- You need to practice and develop your study skills. This will increase your awareness of how you study and you will become more confident. Once mastered, study skills will be beneficial throughout your life.

Tips for studying

- Keep a list of the motivations of why you need or want to study. Whatever your reasons are, write them down on a piece of paper and keep them in-sight so you can see them often. When you feel like skipping out on studying, read them over to remind yourself of why you need to work hard. The reasons can range from wanting to get good grades to have the right grades to get into a post-secondary or university.

- Boring information- attempt to make it more interesting. Questions you can ask are

- How can I use this in my life?" Such as making a biology topic related to understanding your own body or the environment around you. In literature classes for example you can relate the characters to people around you or characters you appreciate in movies.

- Set a timer. No one likes to study without a stopping point. Give yourself periodic breaks during the time allocated to study. Study blocks of 30-50 minutes works well.

STUDY SKILLS BASICS

1. Manage your time
2. Take breaks
3. Exercise
4. Sleep
5. Prioritise
6. Clear your schedule
7. Ask for help
8. Relax

A brief outlook on CEPS

COMPILED BY UROY JULES



To commemorate the world Non-Governmental Organisations (NGO) day, Ozordi Dimans brings you a small history about the Citizens Engagement Platform Seychelles (CEPS). We will also feature some NGOs in Seychelles and the services they provide to the community.

World NGO Day is an international day dedicated to recognizing, celebrating, and honour all non-governmental and nonprofit organisation, and the people be-

hind them.

On the 8th of November 2022, CEPS celebrates ten years since of existence after the Liaison Unit for Non-Governmental Organisations of Seychelles (LUNGOS) was dissolved.

CEPS's mission is to provide common ground for Civil Society's development. The organisation works as a catalyst to enable the prevalent growth and maturation

of the Civil Society sector. It provides the capacity for inter-organizational/sector networking and liaison, partnership facilitation, and policy engagement. It has also initiated an Inner Island Committee to ensure communication and networking across the islands

Aside from the role of empowering and supporting its NGO partners through capacity-building workshops. It has also conducted training to improve leadership, ad-

ministration, projects, and NGO management. It has held the responsibility of training a pool of election observers, led civic education sessions with the ambition to educate the country on the three branches of governance in the country; the Executive, Legislative, and Judiciary.

And has also successfully founded the first-ever shelter for victims of domestic violence in Seychelles. This project was funded by the European Union.

CEPS partook in the formulation of the first country's action plan for Open Government Partnership (OGP). It has also organised three editions of CEPS Volunteer Award.

The History and Impact of Volunteerism in Seychelles, Visitor's Guide to Baie Ternay, CEPS Volunteer Policy, and the Contributions of Civil Society towards the Economy are some of the materials published by CEPS.

Some NGOs in Seychelles

COMPILED BY UROY JULES

Civil Society, regarded as the third sector is globally identified and acknowledged as a significant factor in development. In Seychelles, there are about two hundred organizations that can be classified as CSOs. These legally registered organizations are not-for-profit, voluntary-based operating independently from Government. Most of the active organizations are accredited members of the Citizens Engagement Platform Seychelles (CEPS) the platform for civil society organizations in Seychelles. Ozordi Dimans bring you a few NGOs, with all their details and information.



Alliance of Solidarity for the Family (ASFF):

Purpose: To promote responsible and solid families with a special emphasis on sexual and reproductive health. The NGO promotes love, fellowship, and higher effective communication in the family to make them a meritorious unit of society.

ASFF promotes the development of greater awareness and understanding of sexual reproductive health, family planning, and responsible parenthood in the interests of human rights, family welfare. The NGO started the Youth Action Movement (YAM) to reach out to youths in assisting them in developing important life skills such as leadership.

ASFF provides a health facility that delivers HIV-Status checks, pregnancy tests, blood pressure, pap smears, and BMI. The services are mostly free or at a very minimal price located at Malakoff Street.

Date Founded: 1995

Chairperson: Ms. Marie Antoinette Nanon

E-mail Address: asff@seychelles.net

Contact: 4323211- 2821028

Commission: Social Health and Education Commission

Facebook: ASFF Seychelles



All Things Are New Evangelism Faithful Ministry Of God

Purpose: Evangelizing in Seychelles, the NGO promotes the words of God to the public. Their aim is to encourage spirituality and moral living.

Date Founded: 2018

Chairperson: Mr. Paul Robert

Contact: 2610638

E-mail Address:

Commission: Faith-Based Commission



Association Pere Lambert

Purpose: The NGO promotes the protection of the environment, community development, prevention of drug abuse, and child abuse and rehabilitation. The association strives to work for the greater good of every member of society and the growth of local communities.

Chairperson: Ngowegui-Mbenessesse Yves

Date Founded: 2018

Contact: 2619248

E-mail Address: ngoweguy@gmail.com

Commission: Faith-Based Commission



Association for the Promotion of Solid Human Families (APSHF):

Purpose: APSHF promotes welfare, unity, and enhancement of family values through education, information, and support through counseling of families in difficulties. The association also educates and supports the goal of solid human families, and promotes the welfare of all women of the family as a unit. They provide support for all workers of families in distress.

Date Founded: 8th February 1995

Chairperson: Rosy Denis

E-mail Address: apshf@seychelles.net

Contact: 4225300 – 2564144

Commission: Social Health and Education Commission



Association for Rights, information & Democracy (ARID)

Purpose: To develop and empower all Seychellois to know their rights and responsibilities through access to information and democratic processes.

ARID believes that the free flow of information is essential for resolution, restoration, and nation-building. They are therefore dedicated to establishing an institution that is democratic, inclusive, effective, and assertive.

Date Founded: 8 July 2015

Chairperson: Ms. Lucianne Sofola

E-mail Address: luci_anne@live.com

Contact: 2521496 – 2777004



Lights House Restoration Center:

Purpose: The NGO aims to provide a pertinent role to people in the communities by offering a holistic and natural approach to achieve better health. It promotes mental, spiritual, emotional, and physical health.

The Lights House Restoration Centre provides educational programmes for the betterment of family life, children's health, and education through seminars, art, crafts, and healthy cooking sessions. The association aims also to help those in need of assistance in the community.

Date Founded: 2019

Chairperson: Inese Hall

Contact: 2574343/2722179

E-mail Address: inehall@yahoo.com

Commission: Social Health and Education Commission



Caritas of Seychelles:

Purpose: To help the less fortunate members of our society. Caritas Seychelles was founded in 1975 by Bishop Felix Paul to respond to the poor and marginalised by providing the basic human needs of food, clothing and shelter. As the agency developed the scope of its activities expanded to include emergency and humanitarian relief, assistance to church projects and groups, initiatives to assist the sick and activities for the elderly and disabled.

Date Founded: 1975

Chairperson: Mrs Anne Pool

E-mail Address: caritasey@intelvision.net

Contact: 4323270

Commission: Social Health & Education Commission



Bling Bling Poetry Association (BBPA):

Purpose: The CEPS accredited NGO has been in existence for seven years now and regroups poets of all ages. The goal of the BLING BLING POETRY Association is to continuously develop and elevate Seychelles poetry at the national, regional, and international levels.

Date Founded: 21 January 2015

Chairperson: Ms. Stephanie Joubert

E-mail Address: blingblingpoetry@hotmail.com

Contact: 2618644



Citizens Democracy Watch Seychelles (CDWS):

Purpose: Foster and strengthen democracy and good governance by creating awareness about rights and values through advocacy, civic education, leadership training, election monitoring, and mobilization of media. CDWS provides training for election observers.

Date Founded: August 2012

Chairperson: Mr. Gerard Lim-sam

Contact: 2526026

E-mail Address: cdwseychelles@gmail.com

Commission: Gender Rights & Governance Commission



National Council for Disabled (NCFD):

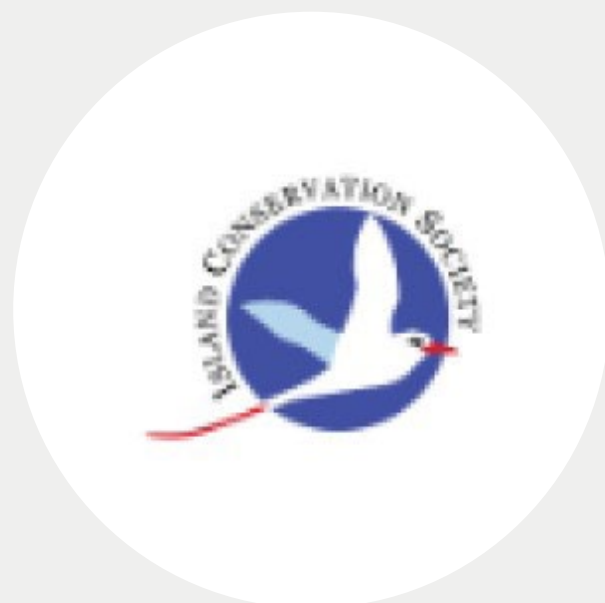
Purpose: Promotion of wellbeing & rights for persons with disabilities. To provide care and assistance to disabled persons; to assist in the provision of facilities considered by the Council to be necessary or desirable for the welfare of disabled persons; to undertake any other activities in furtherance of the functions of the Council.

Date Founded: 1994

Chairperson: Mrs. Celine Franchette

E-mail Address: ncfcd@seychelles.net

Contact: 2822236 – 241400



Island Conservation Society (ICS):

Purpose: The NGO promotes the conservation and restoration of the island ecosystems and sustainable development of islands. It aims to enhance the awareness of their vulnerability and crucial importance to the planet's biodiversity.

Date Founded: 10 April 2010

Chairperson: Mr. Adrian Skerette

E-mail Address: askerrett@hotmail.com



Association of People with Hearing Impairment (APHI):

Purpose: To ensure that the hearing impaired have the right of employment, access to all educational, social, cultural activities, and medical services for the realisation of their full potential.

Date Founded: 8 November 2005

Chairperson: Anita Gardner

E-mail Address: Lizyepoutande@yahoo.com.au

Contact: 2749791- Aucap School – 4375151 P.O Box 504

Commission: Social Health and Education Commission

ClickBait

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TIME

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PRODUCTION
DIRECTOR
CAMERA
DATE



BY CHRISTOPHE ZIALOR

I am the type of person who gets hooked on thrillers and criminal shows that keep you

captivated after each episode and that sort of thing. And trust me this one didn't disappoint me at all.

The best aspect is that the tale

and plot are realistic and do not appear to be a story full of flaws and superficial twists and turns only to make it interesting. There are just the proper

amount of tension, drama, and plot twists in this story, with none of them being overdone.

To be honest, the seventh and eighth episodes were like roller coaster rides. Every ten minutes, my mind was blown away.

I also liked how each episode focused on a different character while the plot moved forward.

This is ideal for anyone who enjoys a nice brain teaser! Before someone spoils the story twist for you, binge it as soon as possible.

This series is quick to watch and is both captivating and fun. I didn't even look at the number of episodes because I'm prone to post-show blues, but I finished it in one afternoon.

Even when you detest a character, the performance is great, and the story arc is satisfying.

Plot Summary

Clickbait follows the story of Nick Brewer (Adrian Grenier). A seemingly normal family man living a seemingly harmless life. Then, all hell breaks loose after he is kidnapped and forced to film a ransom video with a series of cue cards which explain that when the video reaches five million views, he will die.



Nick's Sister Pia, who is determined to find her brother



Sophie and her two children

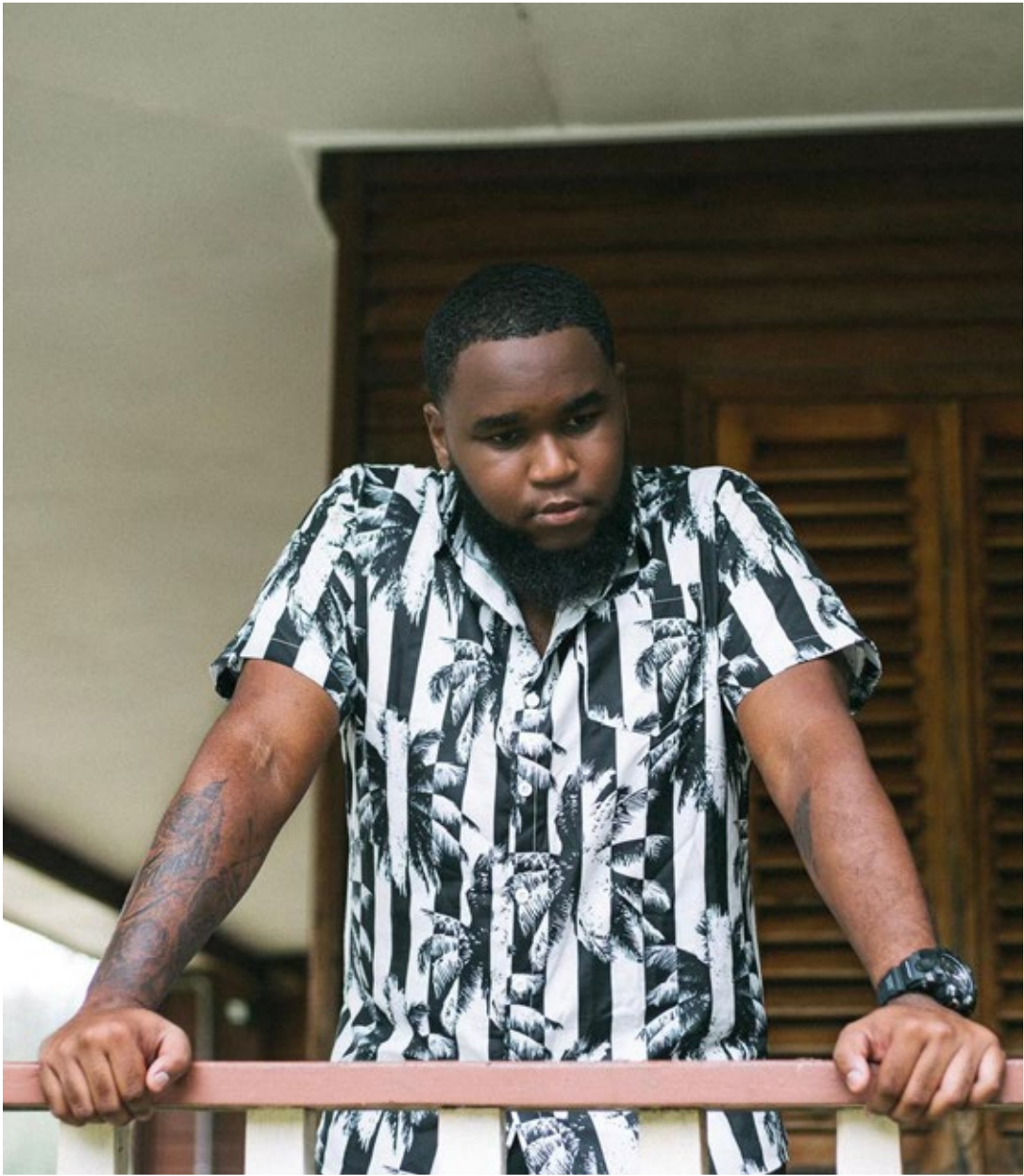


Nick and his wife Sophie



Adrian Grenier portrays Nick who is kidnapped at the beginning of the show

Behind the lyrics: Parfe pou ou with Jeezy



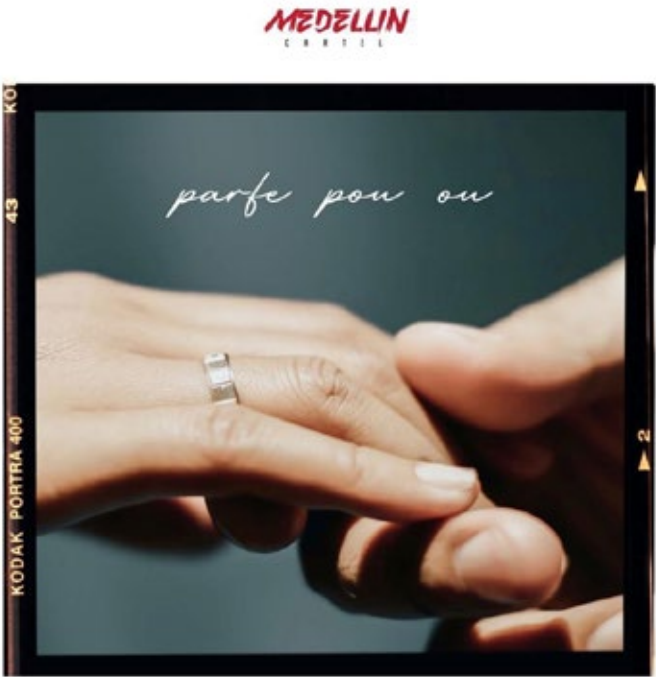
Jeezy

BY CHRISTINE OUMA

According to musician/songwriter Julious Zialor popularly known by his stage name Jeezy, his song “Parfe Pou Ou” released on Valentine’s Day conveys the message that being valued is an important aspect of a relationship. He explains that to most of us, Valentine’s Day is either a day where we celebrate being in love or a day where we feel a certain way about not being in a relationship. “I’ve never heard someone celebrate Valentine’s Day simply because he or she feels loved, appreciated, and valued; thus, this song is about simply feeling that you are enough for someone, regardless of what you or others think. That you are perfect in the eyes of the person you are with. To me, this song means a lot as I want to send the message that being valued is an important element in a relationship,” the artist expressed. The song was inspired by a love-related conversation he had with a friend. “A close friend of mine was telling me about a person he met and asking me for advice on whether or not he should start a relationship with that person. He told me how he feels about that person, how he wants to be with that person, and how he is concerned about what other people will think if he is with that person. And I asked him, “But what about that other person, how does she feel about you?” “Don’t tell me how you feel for her, tell me how she makes you feel. And that’s when my friend started thinking and said “that’s a good question”, he elaborates on the inspiration behind the song. He goes on to say that he kept the lyrics simple and relatable because he wanted it to be a song that everyone could relate to. Jeezy’s career in music began with the success of his EP “Mon Sans,” which was released on August 30, 2020. Many people thought it was flawless. Among the songs on the EP were ‘LAVI ADILT FT, JDA & LY1’, ‘LENTANASYON FT. TIFA’, ‘LEKER I DIR’, ‘KLOUTE’, ‘MON TOU’, ‘I CAN’T MAKE YOU LOVE ME (Creole Cover)’, and ‘FREESTYLE’. He attributes his current fan base/crowd to that EP. “The EP is what got me started, and it’s how the name Jeezy became well-known. I created the EP in order for my voice to be heard and acknowledged, and I believe it accomplished that goal, for which I am grateful to all of my fans and everyone

who has supported me since then,” he notes. Jeezy says he fell in love with music when he was a young boy, which sparked his interest in working in the music industry. He liked watching all the music videos of Seychelles artists on television, and one day he thought to himself, “That’s it. When I grow up, this is what I want to do.” And as he grew older, he fell more deeply in love with music and singing, though he always did it at home, until he was about 16 years old and went to a studio with one of his cousins and recorded his first song, which he considers a “disaster haha...” he laughs. Despite his initial failure, he reminded himself that “no one said it was going to be easy.” Making music was his dream, so he had to make it happen one way or another. And that’s when he began writing and composing songs, though he kept most of them to himself until he met Damasy, who at the time had a studio. “I went there and made a few songs that were OK, but I wasn’t satisfied, so I went back to the drawing board, I kept on writing and working on my vocals,” he says, noting that he was surrounded by artists at the time, but he didn’t want any handouts. He wanted to put in extra work and earn it. And that’s when he made his first EP and from there, “I can say things started progressing, I still feel like I’m not 100% there yet but slowly and surely I will reach where I aspire to be,” Jeezy remarks. Jeezy also lets us in on his personal life and the music he listens to, which ranges from hip-hop to pop, afrobeat to the gospel, R&B to reggae, and so on. “But if I had to pick, I’d go with R&B and Afrobeat because that’s what I listen to when I’m in the comfort of my home. The 23-year-old is a Saint Louis resident and the father of a 3-year-old boy. He describes himself as outgoing, friendly, and approachable. He also enjoys his own company. “I’ve been told that I’m funny and fun to be around. I’m not sure if that’s true haha... I believe it is safe to say that I am an easy-going person,” he concludes. Jeezy is currently working on his first album, which is expected to be released before the end of this year God willing...(if Bondye pitye), but he promises his fans that they will receive singles from him from time to time while he is working on the album.

Lyrics



JEZZY

Parfe pou ou

Lesyel i ouver pou ou ek mon
Kot ou anvi nava ale
Pran ou lanmen met dan pou mon
Les mon perdi dan ou lizye
I annan ki tir dir,ou tro byen pou mon
Me pou ou sa pa enportan
esey tou fason,pou ou degout mon
Me oun sok mon ler oun dir mon

Chorus:
Ou dir ,ou dir mon perfe pou ou
Ou dir ,ou dir mon perfe pou ou
Ou dir ,oh wi,oun dir mon perfe pou ou
Ou dir ,oh wi-i-i ,ki mon perfe pou ou

Ou dir ki ou mon pli gro siporter
Ou dir ou pa pou ale pou ki pou kit mon anpler
Zis vre lanmour ki ou annan ofer
I vre,i vre
Mon kontan lafason ou get mon
Si en zour ou pa war mon
Aswar dan ou rev,ou kriy mon non

Chorus:
Ou dir ,ou dir mon perfe pou ou
Ou dir ,ou dir mon perfe pou ou
Ou dir ,oh wi,oun dir mon perfe pou ou
Ou dir ,oh wi-i-i ,ki mon perfe pou ou

Ki mon perfe pou ou
Ki mon perfe pou ou
Ki mon perfe pou ou



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My Story

“I love sports for everything it has taught me about teamwork, leadership, community, hard work, the pursuit of excellence”

BY U-ROY JULES

Ulric Mathiot aka 'keker' was a Seychellois Professional football player and manager. His football career started in Survivors Football Club at the age of 17 years old and has worked for Les Seychellois Press for two years.

Recently retired as the Sports Director at the National Sports Council (NSC) with the Football Federation, 'keker' has accomplished a lot throughout his career.

"My love for the sport started at the age of six years old, at the St Jean Bosco School, I was inspired by Adrian Fisher, who worked as head coach for the Seychelles football national team then. Seeing such passion, I was motivated to become a physical education teacher," he told Ozordi Dimans.

A member of the Seychelles football team, Ulric won the silver medal at the first Indian Ocean Island Games (IOIG) in Reunion Island.

At the age of twenty years old, in 1979, Ulric became a physical education teacher with the Ministry of Education (MOE).

A determined and hardworking sportsman, between the years 1981 and 1986, he received a



2013. Ulric once again took the responsibility of coaching the Seychelles national team.

Even though he recently retired, Ulric works Education Sports Technician consultant. He is also planning to open his own freelance sports consultancy business in the future.

"The project started last year when I have noticed there was such a demand. My consultancy services will provide mentoring services to sports coaches and physical educators.

He continued to explain that the consultancy will not only offer training to both sports coaches and physical educators. But he will assist with lectures about sports development perspectives and strategy," he said.

Ulric told Ozordi Dimans that he has noticed several changes in our sports industry. He believes that more work needs to be put in whereby sports a career whereby those passionate about sports can earn an income. He says this opportunity is lacking in Seychelles.

"In the past, we had to depend a lot on our own; we had to create our own opportunities for us to succeed.

He adds that the country needs to construct more infrastructure for athlete development.

He also adds that he wants to contribute to mak-



scholarship to study Physical Education and Sports in Cuba.

"It is through sports that I was able to obtain this degree, this made a big impact on my career," he confirms.

"I love sports for everything it has taught me about teamwork, leadership, community, hard work, the pursuit of excellence.

Ulric says that these positive skills helped him to

elevate this passion into a career.

"Sports can inspire all of us to do great things," he added.

In 1979, Ulric coached the St Louis team during the regionalization era. At the same time, he was also coaching the Sunshine under the club system.

He also represented Seychelles National Football Team as a player at IOIG in 1990. The team won the bronze medal.

In 1991 and 2008, he went to coach the national

team.

Ulric has been the National Technical Director of Seychelles since 2010.

Throughout his career, he has also trained other coaches in his capacity as an instructor for both the Fédération Internationale de Football Association (FIFA) and Confederation of African Football (CAF).

Following the resignation of Dutch coach Jan Mak who was training the Seychelles National Team in

ing this happen by providing his services to the sports community.

He urges that we need to have passion for what we do. This is pivotal for success in any job

"In the position of a coach, athletic trainer, PE teacher, the first thing you should realize is that not only what you say matters, but also how you say it. Your heart must be in need to succeed," Ulric concluded.



Traditional Games

Gard ek Voler

Sa zwe I kapab ganny pratike par en tre gran group manmray- fiy ek garson melanze. Zot partaz group an de tim menm kantite partisipan. En group i vin 'gard'e lot i vin 'voler'. Group ki voler i al vol bann keksoz parey koko, boutey vid e lezot keksoz senp e ler zot vwar 'gard' vini -zot taye. Gard i tay ek zot e sa ki ganny atrape i ganny met dan 'kaso'. Letan tou bann 'voler' in fini ganny atrape, rol sa de group i sanze e zwe i kontinyen.



Anti-Bullying Activities for a bully-proof classroom

SOURCE: Behavior-Management.com

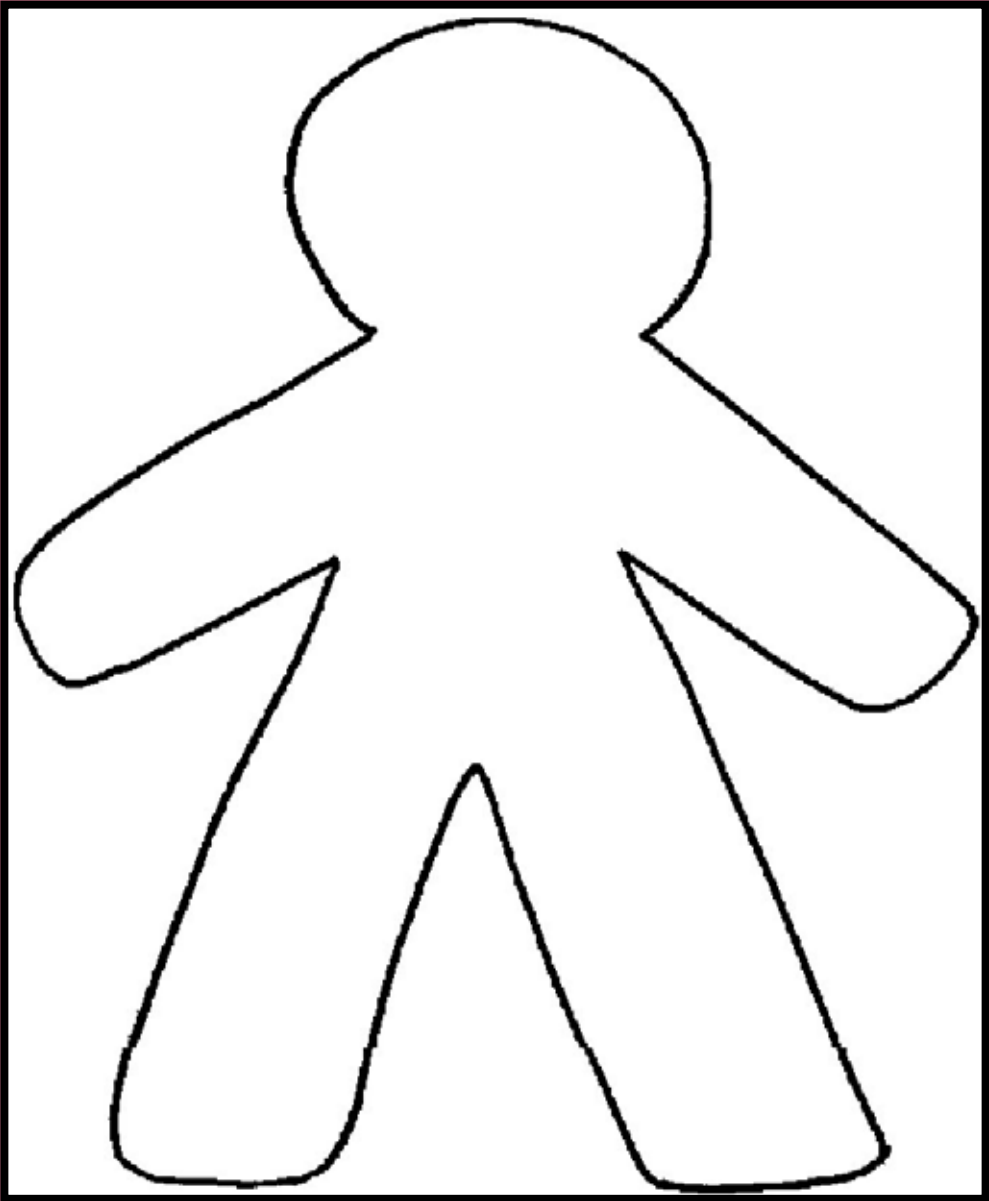
Are you looking for a great way to teach your kids/classroom about bullying and how it can affect someone? Behavior-Management.com came up with three effective activities for you.

Activity – Wrinkled Wanda – On chart paper, have the children trace an outline of a full-body person. (See below for an example) Once the outline has been traced, the children will write unkind, rude, and disrespectful statements all over the outline.

These are statements that could be made to another person like, “You’re a loser, Nobody likes you, You are dumb.” Identify the drawing as a girl named Wanda. After Wanda is completely filled with a variety of negative comments, have the children crumple the drawing, and then un-crumple it. Post the wrinkled drawings around the room. Explain to the children/ class that these drawings are examples of what negative comments can do to a person who is bullied. Bullying comments can destroy a person’s self-image and often leads to a defeated body language in the victim.

Next, have the children do the drawing again. This time write as many positive comments on the drawing as possible. Statements like, “You did such a nice job, or I enjoy your friendship. Fill it with really nice statements. Cut this drawing out, but don’t wrinkle it. Post these drawings around the room. This person is now just called Wanda. What is the difference between the two?

Activity – The toothpaste activity – Ask for a volunteer to come to the front of the room. Place a strip of masking tape on the length of the table. With a tube of toothpaste, have the volunteer run a bead of toothpaste on the length of the masking tape. Now ask the participant to put the toothpaste back in the tube.



Obviously, it can’t be done. This is an example of how hurtful words are once spoken and cannot be taken back. Bullies say hurtful words frequently and need to know the impact that their words have on their victims.

Activity – Who am I? This activity requires an illustration of something that happened to a person from the time he was in the 6th grade until he graduated from high school.

My name is Jim and it became rather endearing to some to call me Jimbo. I really didn’t mind it but someone decided to drop the Jim at some point and call me Bo. I accepted the handle but way down deep I wish that folks would just call me by my real name, Jim. Oh, everyone meant no harm, but my parents, teachers, friends, coaches, all called me Bo. I didn’t have the heart to tell them that I didn’t like it. I lived with it.

Once I got to college, I made everyone aware that my name was Jim. Often we as teachers can call students by names that we hear other students call them, and may not even be aware that they may not like being called certain names. Address your children/ students by their actual names to avoid leveling the ground and jeopardizing your authority.

Have the children/class write down on a sheet of paper names that they were called when they were younger or that they may even be called now. After they have done this have them crumple up the paper and throw it in the garbage can as an indicator that they will never be called this name again. Next, have them write down on another sheet of paper what they want to be called as an indicator that this is what my name actually is.

Hopefully, these activities can help those you are teaching to stand and fight against bullying.

Try to share this with as many people as you can to help the fight against bullying.



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