

TOP VEGAN CHEF

*Toni Flora*

TAKES OVER HILTON  
SEYCHELLES

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SEYCHELLOIS STUDENT  
STUDYING IN MALAYSIA

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GREEN FASHION

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# EDITOR'S *Note*

## The impact of our everyday behaviours

According to World Vision (2021), the United Nations, and the World Population Clock (WPC), the global population is estimated at 7.9 billion people currently, with 10% living in extreme poverty (international poverty line earning below \$1.90 per/day categorized since 2015 based on the 2011 prices for the cost of living). WPC has projected an increase to 8.1 billion people in just four years, and this figure reflects a yearly population growth fluctuation between 1 to 0.94% by 2025.

### How is the United Nations combatting the poverty epidemic?

The real journey began in 1981 when the World Bank started collating data to understand global poverty. After almost a decade in 1990, figures showed that 1.89 billion people (36% of the world population) lived in extreme poverty. In 1995, the United Nations brought together the largest gathering of world leaders to participate in the World Summit for Social Development. Leaders wrote the famous Copenhagen Declaration and pledged to eradicate poverty by 2015. Come 2010, the Millennium Development Goal shockingly achieved and reduced the 1990 extreme poverty rate by 50% five years earlier (World Vision, 2021). It is important to note that thirty-one years ago, 50% of the global population in developing countries survived on less than \$1.25 daily.

As part of the United Nations' Sustainable Development Goals (SDG), global leaders continue their fight to eradicate extreme poverty for everyone across the globe by 2030.

### Has the pandemic affected the SDG's mission?

According to the World Bank estimation, an additional 97 million people were driven into extreme poverty in 2020 due to COVID-19. It is unclear to what extent the pandemic has impacted the global poverty rate in 2021, but it would be interesting to know the setback it may cause to the 2030 SDG plan.

Earlier this year, a study released by the Seychelles National Bureau of Statistics (NBS) and the World Bank showed that about 25% of our population of 98,462 (as of 1st July 2020) live below our country's poverty line set at SCR 4,376 monthly per adult. The NBS study of 2036 households also revealed positive results, which reflected a significant reduction of 13.5% of Seychellois living below the poverty line from 2017 to 2018. It means that Seychelles was on the right track to recovery pre-Covid. Our population is currently estimated at 99,202 persons as of 30th June 2021. This figure represents an annual growth rate of 0.7% in Seychelles.

### So, what is the poverty line?

We hear politicians overuse the word "poverty in Seychelles", which I believe is exaggerated for political expediency and mileage, especially to gain votes from the less-educated members of our society. According to World Vision (2021), the poverty line defines household incomes too low to afford basic needs, such as shelter and food. This is measured via household surveys and based on a country's economy and government. Indeed today, we have a percentage of our population living below the poverty threshold, although Seychelles is categorized as a high-income country. But in reality, our population does not really suffer from extreme poverty like millions around the globe. Instead, around 25% of our population faces revenue poverty, where someone earning below SCR 5,000 monthly cannot make ends meet due to the country's prohibitive cost of living. With that said, our leaders need to evaluate the impact of the pandemic on the affected population to ensure that all efforts are made in order to remain in line with our SDG commitments of mitigating and eradicating poverty by 2030. I, for one, am pretty optimistic that Seychelles can meet its SDG's goals if all key partners remain committed and focused. Because while no country can ever eradicate poverty altogether, our small island state owes it to its citizens to meet these targets with a profound sense of pride and urgency.

I recently browsed through the Multidimensional Poverty Index (MPI) Report 2019 for Seychelles, and one specific piece of data under our "Health" dimension caught my attention. The Global MPI uses three dimensions when evaluating a country's poverty rate; living standards, health, and education. Usually, health data records undernutrition (term refers more specifically to deficiency of nutrients) figures for the population considered poor or deprived in Seychelles. The 2019 report showed that the "Obesity" result is alarming at 3 percent, and 4 percent for the undernutrition group classed as poor and deprived. Based on this observation, it begs the question: how can the poor and deprived be obese? Which brings me to the interesting conversations I had last week with several influential local female leaders at a vegan lunch debate event hosted by Hilton Silhouette Labriz Resort.

Most of our discussion revolved around food consumption and sustainability, plant-based cuisine and education, healthier eating, and obesity. Several points were raised as to why our population cannot maintain more nutritious eating habits today, compared to the olden days when real poverty was at its peak. In the past, people still managed to eat a healthy, well-balanced diet of fresh produce such as fish, locally grown vegetables and fruits, and occasionally meat which was a Sunday treat rather than a daily staple. More time was spent in the kitchen versus nowadays due to time limitations and work commitments. Sadly, many households have replaced well-balanced meals with canned products, fast foods, processed energy-dense foods, sweets, soft drinks, snacks, and of course, consumed in much larger portions that only contribute to this rise in obesity rates. Several researchers have published physiological explanations as to what exactly causes obesity. All are linked with excessive consumption of food that has high concentrations of carbohydrates, fats, sugar and even animal protein and other harmful chemicals. This obviously supports the 3% obesity rate in the poor, as the food intake and portion play a vital role in the deprived group's diet. The question is, are these households spending more on processed or fast foods? If so, that also raises concern as to why? Are those products more affordable than our local produce, or is it more convenient despite putting the household under financial stress?

The ladies also shared their concerns regarding the younger generation's preference for quick and easy meals. My personal view is that when the import market was liberalized, it allowed the deprived population to experience a plethora of new products, which quickly saturated the market and became popular with consumers. Because of the lifestyle change and availability of such products, the population adapted, and the eating habits and diet changed for the worse. The youngsters emulated their parents and became accustomed to a "quick" dinner of burgers or chicken and chips, and consumption of imported meat quickly replaced the usual fish diet of yore.

In summary, our discussion concluded that everyone must take ownership of what they consume. Dietary education must continue, and positive campaigns such as the "5 Portions" initiated



years ago by the Ministry of Health should return.

In today's Ozordi Dimans, we share our experience and an exclusive interview with top vegan Chef Tora Flora, a strong advocate for sustainable farming. She is currently visiting Seychelles and being hosted by the Hilton Seychelles Resorts and Spas and also shares her vegan expertise with students of the Seychelles Tourism Academy. My personal favourite is Tora's mushroom canapes that actually has a meaty taste and her delicious vegan cream cheese canapes that melts in one's mouth.

Meanwhile, if you are thinking of taking the step to study abroad, catch up with young Seychellois Wayne Morel, who is studying Mass Communication in Malaysia and shares his experience as an international student.

Insurance is an integral part of our lives. Today's edition explores this complex and competitive business while being educated on the various products available to the local market by Marie-Paule Rose, the Director of Choice Brokers. She explains the role of an insurance broker.

Starting a company can give one the "jitters", but do not be fearful as business consultant Peter Roselie guides "starterpreneurs" through Part 1 of this step-by-step journey in this week's Business & Economy section.

Eco-fashion? Green-fashion? No worries! Just let 29-year-old research enthusiast Mariette Dine engage and inspire you about this new trend. She believes sustainable fashion is the future and is now becoming a global movement that will change our consumption pattern and help reduce ecosystem degradation caused by humans.

If you are a subscriber to our eTODAY daily, you must have read about Gilbert Charles Elisa in past editions. Today, he shares his story as an ex-serviceman in the British army and shares a personal story that has kept him grieving for over five decades.

Take a trip down Beau Vallon memory lane to meet the second generation of the Mancienne family at the Boat House Restaurant, a popular venue with tourists and locals alike. Francoise and Nichole Mancienne recount the story of the transformation of their fisherman father, Richard Mancienne, into a successful business owner, and how the family has sustained their trade for decades.

Do you miss French cuisine right now? Well, wait no more, and book yourself a table and enjoy a romantic evening or night out with friends at the Paris Seychelles – French Island Cuisine at Fisherman's Cove Resort Bel Ombre.

There is so much more to read, but do not forget to check the education page and learn the power of leadership from the youths of Seychelles, while you also check out our five top book picks for October.

Time to sign off. Enjoy your Ozordi Dimans, and I wish you a wonderful Sunday and a productive week ahead.

  
Veronica Maria  
MANAGING DIRECTOR & EDITOR



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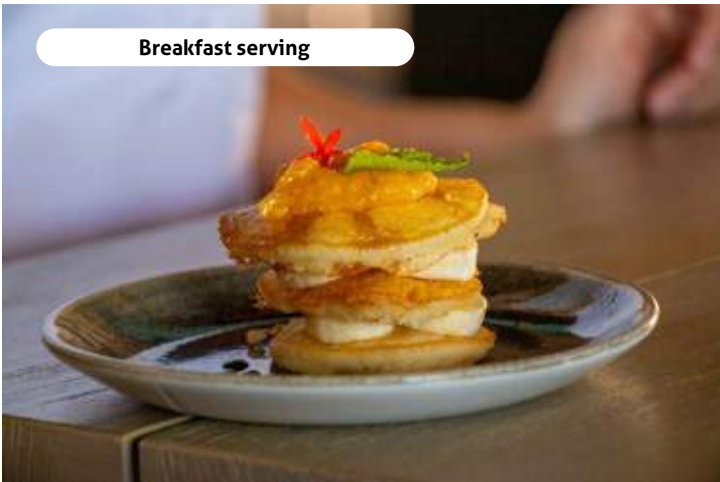
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Good harvest



Breakfast serving



Cocktail event



Sharing knowledge with the guests



Breakfast preparation

# TOP VEGAN CHEF *Tora Flora* TAKES OVER HILTON SEYCHELLES

BY CHRISTINE OUMA

Eating is one of the most impactful human activities. From reducing meat consumption to supporting local farmers, every bite we take makes a difference.

Hilton Properties Seychelles is hosting vegan gastronomic experiences with Swedish food designer and founder of Tora Flora Food, Chef Tora Olsson. The gastronomic scientist professionally known as Tora Flora has brought together science, art, and a pinch of madness to create exclusive dining experiences at the Hilton Seychelles Northolme Resort & Spa, Hilton Seychelles Labriz Resort & Spa, and Mango House Seychelles, LXR Hotels & Resorts.

She combines organic plant-based ingredients with a touch of molecular gastronomy and an aesthete's finesse. Tora arrived in Seychelles on 3rd October and will be leaving on 27th October

**OZORDI DIMANS** caught up with the award-winning chef for an exclusive interview during her stay on Silhouette, where she delivered a unique and memorable experience for diners.

**Who is Tora Olsson, and what foods did you eat and love whilst growing up?**

I am a food scientist with a Bachelor's Degree in Gastronomy and a Master's in Food and Meal Science. I grew up in a small village in Sweden surrounded by nature. My father is a Botanist. As a kid, I remember my father taking me on hiking trails and teaching me what I could eat from the forest, and that is why I use a lot of edible flowers.

I have always liked various types of food, and when I was 10-years-old, I became a vegetarian. And after that, my interest to become a vegan increased.

**There are many reasons why people become vegan. What were yours?**

I always had the influence to eat plant-based foods from when I was just 10-years-old. I decided I did not want to eat animals because I love them, and I did not want to eat anything that may cause harm to animals. I also do it for health and environmental reasons.

**When did you decide to become a chef, particularly a vegan chef?**

After school, I moved abroad to Turkey for two years and in 2017, I moved back home. It was at this time that I decided to become a chef. Initially, I wanted to be a food developer for big brands but I did not find a job. So I started my Instagram account @toraflofood. The intention was to use it as a CV and show people what I could make. The response was great, so I developed more and started my company Tora Flora Food where I also provide Culinary Courses in Green Cooking, Food Styling, and Molecular Gastronomy.

**Explain the concept of molecular gastronomy in layman's language.**

Molecular gastronomy is when scientists and chefs collaborate to find new techniques of nutrition and food preparation in the kitchen. It does not have to be explosive but is a never-before-seen creation involving physics and chemistry.

**How do you ensure dishes are varied?**

Usually, my creative side takes over. I also research extensively on the internet and use ingredients from my surrounding.

I find inspiration in nature, sometimes when taking power walks. I like to use flowers. I remember always asking my father if the flowers I picked were edible. Nature is my inspiration

**What is the hardest thing about cooking vegan food and plating?**

The hardest thing is not the cooking or plating but to change the perception about eating plant-based food. That it is tasteless or does not have enough proteins and nutrients. Plant-based foods are not tasteless! It all depends on how you prepare it. You will feel healthier and lighter, because by following plant-based diets you will have many more different kinds of food, with many more nutrients.

There are a variety of plant foods including legumes, whole grains, vegetables, fruits, nuts, and seeds which help to ensure vegans are still meeting all of their nutritional needs.

It is also worth noting that I take my vitamin B12 supplements which are only found in animals.

Diffusing the myth that vegan food is not tasty may take time, but the visiting vegan chef helps spread the word. With interest increasing in healthy eating, part-time veganism might well become a full-time fixture in many people's lives.

Environmental concerns may also be a big motivator.

**Who is the most inspiring chef you have met during your career and journeys around the world?**

I have met and worked with some inspiring chefs, and they include students during my travels. There is no specific chef I look up to because I do not want to limit myself to any style of food preparation or styling. I like my own uniqueness.

**You are an advocate for sustainable farming and sustainable food. What does it mean, and why is it important to you?**

The vegan concept is a sustainable way to eat and take care of our environment.

(Continued on Page 6)





Collecting ingredients from nature

*(Continued from page 5)*  
This goes back to where and how the foods are grown. The food system should not cause deforestation, soil erosion, biodiversity loss, water pollution and worsen the effects of climate change.  
Being a vegan also means reducing food wastage.

How would you describe your style?

I like fine dining. To serve up creative dishes centered on balancing wellness of the body and mind with nutritious plant-based food inspired by my surroundings.  
My creations are packed, full of flavours and fresh ingredients.  
Also, I prefer to have many small dishes, which could be up to seven instead of preparing or having a main course. I find the main course too heavy for my liking.  
Additionally, I like to cook for small groups of people to maintain the taste, flavour, and styling.  
I want my guests to have a worthwhile experience with a personal touch.

What are your usual flavors combinations?

I love spicy, sweet, and sour flavors.

Will some of your creations become permanent fixtures on the menu at the Hilton Properties?

A few weeks ago, we had a cook-off with students from the Seychelles Tourism Academy at Hilton Northolme. One of the students won the cook-off, and one of her creations may be featured on the menu.  
Additionally, I have



Lemon grass from Labriz

seventeen students from Seychelles who have enrolled in my course to become Vegan Chefs. Exciting times await Seychelles in the future.

What have been some of your best moments since you arrived in Seychelles?

I have had a great experience in Seychelles. I particularly enjoyed hiking on Silhouette a week ago. During the hike, we picked ingredients. They included jack fruits, star fruits, passion fruits, mangoes, breadfruits, hibiscus flowers, and more. Together with the other chefs, we prepared various creations using all the ingredients.

What advice would you give a person looking to become a vegan?

Do not cut out animal products like meat, fish, dairy, and eggs from your diet at once. Do it gradually.  
You could start by eating vegan food just once or twice a week. It is an easy way to transition. Take it a day at a time.

What advice would you give a student looking to become a vegan chef?

Practice as much as you can, watch YouTube videos and take my online course to develop your knowledge.

Tora share her favorite recipes with us

Vegan Cream Cheese

- Ingredients**
- Cashew nuts: 100g
  - Almond milk: 180ml
  - Oil: 50ml
  - Apple cider vinegar: 10ml
  - Sea salt: pinch
  - Agar: 5g
  - Basil: 10g

**Cooking method**  
Put all ingredients in a blender and blend until it's completely smooth. The fat from the nuts should come out, and the cream should be completely smooth without any graininess.

In a pot, heat the mixture. Make sure to stir to avoid the cheese sticking or burning on the bottom of your pot.

Remove it from the heat when it starts to bubble and pour it into molds.

Store the cheese mixture in the freezer to be served later.

Tomatoes with pesto

- Ingredients**
- Basil: 10g
  - Oil: 70ml
  - Pine nuts: 40g
  - Garlic: 2g
  - Balsamic vinegar: 10ml
  - Walnuts: 40g
  - Agave syrup: 10g
  - Salt: pinch
  - Tomatoes: 700g

**Cooking method**  
Put all ingredients except tomatoes in a blender and blend into a rich and creamy pesto.

Then cut the tomatoes in half.

Mix the tomatoes with the pesto and keep them in the fridge to be served when cold.



A visit to the farm



Breakfast setup

# WEEK REVIEW

What Made TODAY'S Headline this Week

Hilton Seychelles Labriz Resort & Spa hosts the first-ever vegan debate

Monday October 14, Hilton Seychelles Labriz Resort & Spa hosted the first-ever vegan debate involving Women Leaders to spark a conversation on the growing desire for plant-based food.  
The round table discussion was inspired by the visiting leading Swedish Vegan Chef Tora Olsson (A.K.A Tora Flora). The debate centered around veganism in Seychelles and how we can become more sustainable by adopting a vegan based diet.

Le Chantier Mall Fire Update

The fire Department also gave a review in regards to the deadly fire that took the life of a 50 year old, man of Indian origin. Deputy Chief Fire Officer Regis Bethew stated he is pleased with the majority of the work done on Friday when the fire broke out at Le Chantier Mall, but that a thorough investigation is underway to fully understand the circumstances behind the fire.

Returning graduates invigorated to apply skills acquired

Tuesday October 15, Minister Justin Valentin conducted a meeting with 15 returning graduates in the field of education. The discussion focused on their experience, acquired knowledge and how it could be applied for the betterment of the Seychelles educational system. The Minister encouraged the group to put into practice what they have learned in their studies with the full corporation of the Ministry of Education.

President Ramkalawan assents to the decriminalisation of defamation.

On Wednesday October 16, the President of the Republic, Wavel Ramkalawan, found it apt to assent to the decriminalisation of defamation in the presence of the media and other key individuals such as the Chairperson of the Association of Media Practitioners Seychelles (AMPS), Mr. Rassin Vannier.

As from now, individuals or media houses will no longer face the possibility of being arrested for defamation. However, they can still be sued for intentionally damaging a third party's reputation.

Air Seychelles is crowned Indian Ocean's leading airline for the second year running at the 2021 World Travel Awards

The airline has also been recognized as 'Indian Ocean's Leading Airline - Business Class 2021' and 'Indian Ocean's Leading Cabin Crew 2021' at the 28th edition of the annual World Travel Awards.

Air Seychelles has won four highly-prized accolades at this year's World Travel Awards (WTA), including the most coveted title of 'Indian Ocean's Leading Airline' for the second consecutive year and 'Indian Ocean's Leading Airline Lounge' for the first time in history

Sandy Benoiton, Air Seychelles acting chief executive officer said: "Winning the World Travel Awards including the title of 'Indian Ocean's Leading Airline' for the second year running is definitely a remarkable achievement for Air Seychelles guests, partners and staff members.

Celebrating 36 years of 'Kreolite'

The Mayor of Victoria, David Andre formally opened Festival 'Kreol' on October 21st at Mont Fleuri's National Theatre.

To mark the beginning of the thirty-sixth edition, numerous activities such as traditional dances, a fashion show, and musicals were organized at the National Theatre.

17 new recruits officially join TAZAR

On August 23, 2021 a batch of recruits was given the opportunity to attend training with the Special Forces Unit. 17 service personnel, containing 16 men and one women participated in the training, on Friday morning these 17 personnel graduated in a special ceremony.

The certificates were presented by the Chief of Staff Colonel Simon Dine. The training itself was divided into three phases. The first phase revolved around physical conditioning. Phase two was about weapon training and marksmanship whilst phase three was reserved for test and practical exercises.



# My opinion on the state of our Nation

CONTRIBUTED BY BARRY LAINE

**Introduction** - Thank you *OZORDI DIMANS* for the opportunity to express my opinion on the state of our nation today by way of this article. Expressing one's opinion is one of our fundamental human rights bestowed upon us by our Constitution and International Laws; no one can take our human rights away or violate them without serious consequences. Some people in Seychelles are impervious to our human rights but that has got to stop.

After spending 46 years of my life living and working in UK, USA, Germany, Switzerland and Japan, attaining CEO and Chairman positions of several companies, I returned to Seychelles in 2004 to retire but there was so much to do that I put retirement on the back burner. In 2004, I established a Teaching Academy called Academy of High Performance where we still teach Management Courses. At the same time President James Michel invited me to join the team and created the University of Seychelles. We worked very hard as Founders of UniSey for 3 years and the establishment was inaugurated by Her Royal Highness Princess Anne on 27 September 2009. I recorded a CD called Nobody's Child which raised RS 200,000.00 which I donated to First Lady Nathalie Michel for the foyer kids' home welfare. I assisted in raising funds for various charities including the animal welfare charity. Then, I made a second CD and the proceeds went to Seychelles Alzheimer's Foundation. This was followed by a Country Music Show at ICCS.



Barry Laine

In parallel, I set up a wellness clinic called Transform-therapies opposite the airport in Anse Des Genets. We offer treatments for mind and body related illnesses using Clinical Hypnosis and Aromatherapy essential oils and massages to bring about recovery. It is unbelievable and very sad to see how our people are suffering as a result of the events which took place under the last Government from Coup D'état in 1977 right up to the last elections when the current Government was voted in. We are a proud nation and we do not go around shouting how much we are hurting inside but under hypnosis the truth is revealed. I form my opinion from my dealings with the echelon of our society some of whom are not honourable and they should be ashamed of themselves. Fortunately, for me they cannot bully me because I have been very well educated.

I then established an NGO called Seychelles Truth Reconciliation and Peace Platform (STRPP) and I researched into how 51 countries dealt with their Truth and Reconciliation programme. My nephew Francis Monchouguy, aged only 19, had disappeared without trace on December 20, 1990 and I wanted to make sure that we in Seychelles underwent the process of finding the truth, coming up with a reconciliation and restoration programme that would help the victims of the Coup D'état come to terms with the atrocities and how to deal with the perpetrators. I handed my report to President Danny Faure on July 28, 2017 then in 2018 the National Assembly established the Truth Reconciliation Committee under the leadership of Wavel Ramkalawan the leader of the opposition at the time and on 9 May 2019 President Danny Faure inaugurated the Truth Reconciliation and Unity Commission (TRNUC) at State House to be chaired by a non-Seychellois and lawyer Mrs Gabrielle McIntyre and Vice-Chairman, Seychellois Michael Green.



Presentation to President

Nowadays on almost a daily basis, we can watch on SBC TV when they transmit the TRNUC programmes about the sufferings of the victims and the wrong doings of the last Government. As we watch live our fellow citizens burst into tears because they have been so badly physically and psychologically hurt, and it is irreparable. This pain has been inside them for more than 40 years and this I am ashamed to say is the state of our nation in reality. We have suffered unnecessarily and unjustifiably and the perpetrators must accept the blame and reconcile while we still have time to do so before we shake hands with Saint Peter or Lucifer.

**We have been misled all the way** - Someone the other day said the last government left us a small surplus in our Central Bank. Wow, what a statement. If a Government does not spend our tax money on essential services the citizens need, of course we will accumulate a small surplus in our Central Bank, that's not smart. Take a look at the state of our roads, no visible road markings in dangerous places, they have faded so badly and cannot be seen at night and yet we have only one main road running along the length of our main island. We have known about sea level rise for years and yet we continue to have our power station, our telecommunications exchanges, our essential services, even our solar panels and

wind turbines are at sea level. You have to ask yourself who are these people who are in charge of our destiny?

What about the bad smell of decaying and untreated sewage that has been there for over 15 years at Providence along our one and only main road, then the same bad smell at Roche Caiman that has been there for the last 5 years and now this beautiful aroma that tourists enjoy has turned up by Cat Coco at the Port coming from IOT probably decaying animal remains. Even when the French management team took over PUC during Minister Morgan's era the decaying faeces smell was there and it is still there today. If these smells had been near State House something would have been done about it by now for sure. Maybe our tourism industry should advertise this attraction "Come to Seychelles and enjoy the beautiful smell of decaying faeces".



Final stage

**We have been robbed blind** - I mentioned in my TRNUC interview on SBC TV when I presented a report on 9 September this year calling for the next and last stage of the TRNUC process to be established soon otherwise the victims will not receive their compensations as has happened in other countries like South Africa. You are welcome to receive a copy of this report by email; I have it in soft copy. In this report I have asked that we should employ the services of Forensic Accountants to establish who stole our money and opened offshore bank accounts and I noticed our Minister for Finance has asked the Americans to help us with the services of some Forensic Accountants and Fraud Investigators so now let us see who has stolen our money. I bet you some people are getting nervous, so they should, the day of reckoning has arrived.

**How come politicians get rich so quickly?** - You have to ask yourself this question. How come someone becomes a politician and suddenly this person can afford a big house, a big car and regular holidays abroad then offshore bank accounts on a politician's salary or even on a President's salary? I leave you to ponder on this matter.

**We have a great deal of work to do** - We have inherited worse than a Kales Kase (broken chariot) we have been left with the ship, HMS Seychelles, in which the rats have ran off with the cheese and the fridge is empty. We must all contribute and we must not expect President Wavel Ramkalawan as President to perform miracles, he is a good priest but not a miracle worker. Our Judiciary needs drastic changes and cleaning up, our Anti-corruption Commission must deliver or close down, our Human Rights Commission, now they have the support of the European Union, must apply the human rights principles to all citizens the same and in good time. Some of our laws need changing because some laws contain ambiguity leading them to being applied differently depending on whether you are rich and well connected or poor, this cannot continue and the National Assembly is doing a good job despite the dramatic and frequent childish walkouts by the SPUP/SPPF/Pari Lepep/US.



Kales kase

As the saying goes "Now is the time for all good men to come to the aid of their country and put politics aside." Cadet Quaestio.

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## SEYCHELLES PENSION FUND MEDIA RELEASE Thursday 21<sup>st</sup> October 2021 SPF receives ISSA awards for good practice

Seychelles Pension Fund personified success with a string of awards and special mentions with regards to its participation in international awards organized by Social Security governing bodies; notably, the International Social Security Association (ISSA) and the Pensions & Investments World Pension Summit Innovation Awards. These awards, through a bi-annual competition, are aimed at challenging innovation and the sharing of good practices within the International Social Security organisations, of which SPF is a member.

Seychelles joined Morocco and Algeria as the winning participating countries to present their respective projects in the online forum entitled 'Developing a culture of Social Security through communication and education' in the virtual presentation on Wednesday 6th October 2021. SPF was requested to make a presentation of one of its entries which earned a certificate of merit – a cartoon strip entitled; 'Zan mon zanmi pansyon' which featured in national newspapers in 2018.

The cartoon strip which was developed as a supporting tool to the 'Pas kot Fon Pansyon pour en konversayon' campaign, was to realign ownership of credible source of information about pension. This was developed at a time when SPF was experiencing difficulties in this area as ill-informed social media opinion leaders /formers were making contradictory statements about SPF, thus negatively influencing the members and its brand. Other notable tool set up to support the strategy was the institutionalising of a Customer Service Section within the organisation.

In 2020, SPF participated with a list of new innovative ideas undertaken during 2019-2020 and was awarded with Certificates of Good Practice from ISSA for the following:

### a) The Voluntary Contribution Starter Gift Voucher

This product earned SPF a Nominated finalist spot for the Annual Pensions & Investments World Pension Summit Innovation Awards 2020, as well as special mention for Certificate of Merit with special mention for ISSA good practice for Africa. The objective was to identify ways in which existing contributors or retirees can influence significant others and loved ones through advocacy, to consider saving through the Voluntary Contribution Scheme by targeting gifting as a consumer behaviour trait.

As a result of the positive outpour, SPF will soon be launching the online version of the Voluntary contribution gift voucher available from the e-contribution tab on its website [www.pensionfund.sc](http://www.pensionfund.sc) in time for the festive season.

Below is the list of other innovative ideas SPF submitted which were awarded with special mentions:

### Certificates of Merit

- Educational cartoon strips in national media: to promote correct information-sourcing for members reaching out for pension education;
- Extended Mark-up Language Files: implementation of an automatic data capture, to allow for timely posting of allocations and to reduce human error;
- Pension e-Service: enabling members to register and obtain access to their Statement of Accounts online, at any given time.
- Pension in figures: A pocket-sized booklet to reach out to the members, in an effort to be more transparent and promote easy access and a more practical way of keeping abreast of SPF's financial and operational activities.

### Attestation:

- Protecting you: Informal Sector Campaign; Engaging effectively with workers in the informal sector by targeting individual groups independently.

### FOR IMMEDIATE RELEASE

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# Seychellois student *Wayne Morel,* shares his experience on studying abroad

BY U-ROY JULES

Whether you are studying for a semester or an entire program overseas, studying abroad can be challenging. Some students may face various issues such as mental and emotional problems, due to living on a tight budget.

In this article, we learn more about Wayne Morel, a young student who is currently studying Mass Communication in Malaysia for the past three years.

Wayne has realized that it is a great opportunity to be studying abroad, and not only is it a great way to make friends, but also to practice language skills and travel.

### What are the impacts of living overseas?

First, there is the mental and emotional aspect which is quite draining. Leaving family members behind was a bitter-sweet decision for me. I never intended to stay all my life in Seychelles and wanted the experience of living an independent life away from home so that I could grow as an individual and learn more about myself. However, it came with a cost as Malaysia is known for its racism tolerance. Kuala Lumpur and Selangor are very urbanized but the mentality of the population is quite lacking. This had a huge effect on my mental health from day one and the culture shock of this beautiful country made it hard for me to self-actualize and understand my future goals in life. Although the degree I decided to undertake gave me an edge at self-progression, I managed to understand communication with people more effectively and most importantly to communicate with myself. The other factors such as racism were inevitable and harder to overcome. As I searched for accommodations a lot of the advertised spaces stated "No Africans" in certain areas. To me, that was insulting but it was another lesson to be learned and another struggle to overcome, which I did. I eventually found an apartment with a close friend and began my journey as an international student.

There were more struggles when the pandemic began and I had just returned to Malaysia after my Christmas break. It was an uncertain time, but for me, it was another blessing in disguise. The pandemic allowed me to slow things down as I had a lot of stress and was dealing with mental health issues brought on by past traumas. While growing up none of my family members talked about mental

illnesses or mental health in general and that was one of the main reason why I wanted to live abroad. I learned that being inside and in lockdown for two years can have major mental health repercussions. I had an anxiety disorder that had never been addressed and it got worst. However, I managed to pull through the depression and anxiety. I can now deal with it healthily and still be able to advise others along the way.

### What are you currently studying and why?

I am studying Mass Communication and technically it is a field that falls under Social Sciences. I enjoy talking, exploring places and getting to know people, their struggles, and lifestyles on a scientific level. Communication is key and crucial for the world that we live in. We communicate via our senses and in today's world this is transmitted through our electronic devices in various forms. We live through communication from the moment we are born, until we draw our last breath. How effectively we do it varies from person to person. My fascination with human behaviour when it comes to communication, helped me understand who I am, what I want, my limits and seeing the truth for what it is.

**The biggest lesson I have learnt from my three years studying communications is that there is no good or bad. The truths are the way we interpret and react to them.**

I know it may sound very cliché the whole Ying-Yang preaching, but trust me the moment I realized it, my journey of self-growth truly started. My passion for Social Sciences truly grew at that point and I am excited to share it with my friends who are "Woke". It made me appreciate them even more and this also carries out the love and appreciation I have for my family. My studies made me appreciate their struggles and flaws and in a way my own. Now, whenever I tell people "I don't know where I am going, but I know where I come from" I truly mean and understand it.

### Tell us about life in Malaysia?

Life in Malaysia in my opinion is fast-

er and more upbeat, especially when you live and study in the same areas as friends. It is extremely convenient, and more affordable than Seychelles in a way, but more expensive for a newly independent adult. Having to learn to manage your finances, needs and expectations becomes an everyday task and some may cave under the pressure. Fortunately, I had a lot of help and guidance from my dear best friend Carinne. She was Universe-sent and this girl can tackle any hindrance sent her way.

I took her as inspiration for a lot of the things I did and in a way, I fell in love with our friendship. My experience in Malaysia became glamorous or seemed glamorous because of the people I was surrounded by. Another person who gave me "life" whilst I was there was my cousin Ralista. Having a piece of back home reminded me of who I was and we did so much together, especially traveling and experiencing the real Malaysia. Our time in this Asian country was a struggle for both of us, but together we grew stronger. I will never forget the many times we went out drinking and dancing to relieve the stress of university work and when we visited other states in Malaysia to go satisfy our curious nature.

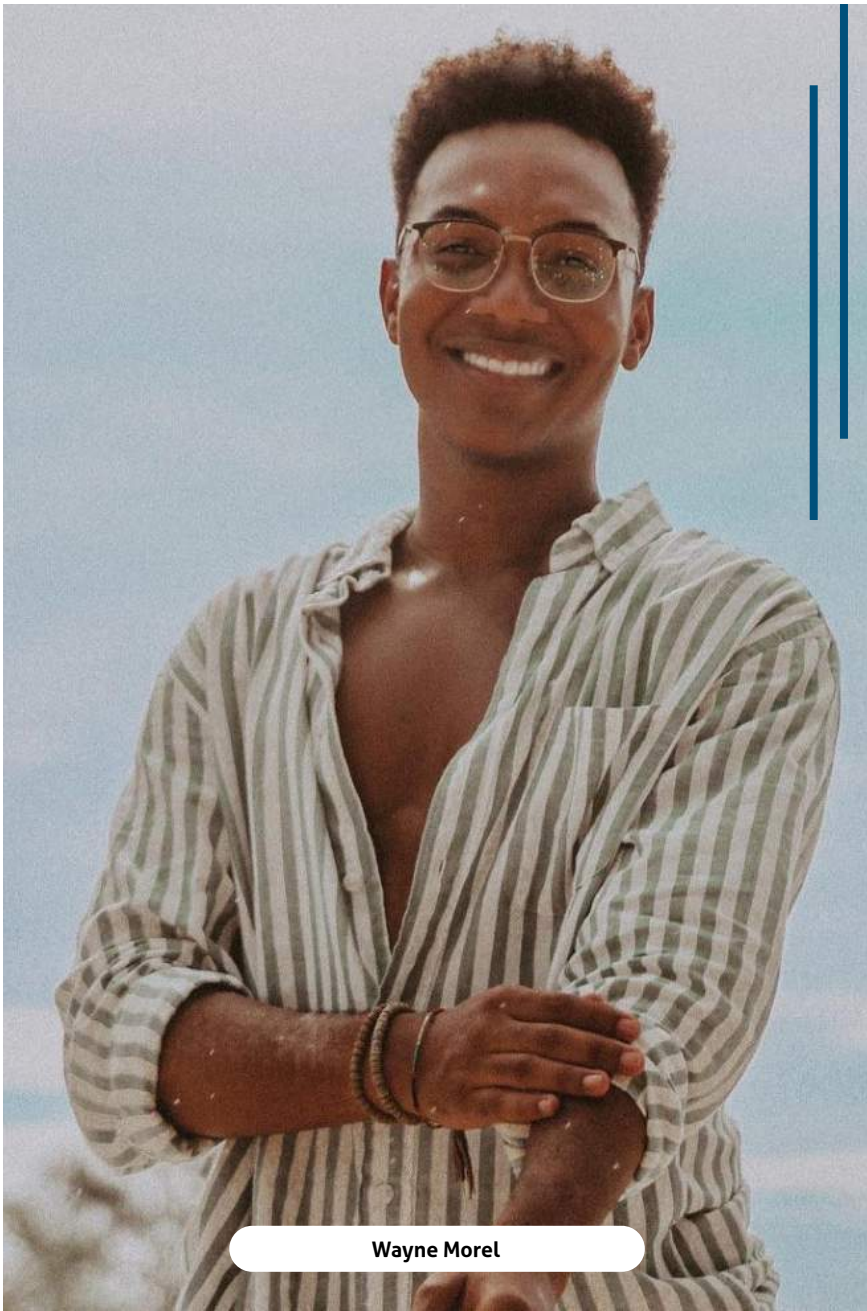
I should also mention my boy Rasheed. He and I had many amazing moments in Malaysia. I am forever grateful for the people in my life and wouldn't change any bit of it.

### How are your parents contributing to your education?

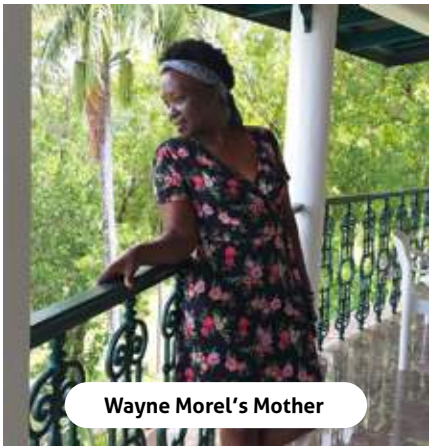
I think most Seychellois students should be thankful for what our parents have done to get us to this point in life, and as for me, I truly am. My mother and father supported me emotionally and financially at times but best of all, they are amazing role models to me. I have my mother's temper, determination, and decisiveness and my father's kindness, forgiveness, and charm. The best of both worlds in my opinion. In contrast, they were also my blueprints. Every mistake they made was a good lesson for me and I learned from them in every way possible. Like in every households, there are ups and downs, agreements and disagreements, but I wouldn't give them up for anything in this world. I am who I am because of them and again I have to say I am forever grateful to them. I consider myself very privileged and blessed.

### To Future Seychellois Students

To the future students going to study abroad or specifically in Malaysia, just have fun and remember there's always someone out there looking out for you and you're not alone. For the love of everything good in this world, ask yourselves "What would Beyoncé do?".



Wayne Morel



Wayne Morel's Mother



Wayne Morel's Father



Advertising our event with my favorite lecturer



Wayne and his Mass Communication peers during a campaign



# MARIE-PAULE ELABORATES ON THE ROLE OF INSURANCE BROKERS

BY CHRISTINE OUMA

**W**hy do I need insurance is a question many have asked themselves. You work hard to build a secure financial life for your loved ones. That means you want to be sure that your family, home, property, and health are taken care of in case something happens. Nowadays, you can insure almost any part of your life, there are different type of insurance on offer for every person.

The industry has contracted insurance brokers, agents and in some countries even banks to sell its products.

Marie- Paule Rose who is the Director of Choice Brokers, a leading insurance brokerage company in Seychelles states that an insurance broker has a fiduciary duty to act in the best interests of the clients and to provide sound practical advice which is independent of any insurance company's influence. Also, a broker must be able to perform its duties and responsibilities in a competent, honest, and fair manner.

"The role of an insurance broker is to act as an intermediary between the client and the insurance provider. A broker markets and sells insurance policies to clients and proposes different insurance policies available to cater individual needs", says Ms. Rose.

Insurance brokers are regulated and licensed by the Financial Services Authority (FSA) and contracted by insurance companies. The rules and regulations of insurance are set in the Insurance Act 2008.

Marie- Paule sells all types of insurance policies, and the most sought after policies are life, mortgage, motor, house insurance and recently there has been a demand for funeral cover policies which is a new product on the market.

When choosing a plan, one needs to think about how much cover is required and what monthly premium the person can afford. There are different rates available and pros and cons for each product

When taking an insurance policy, most people will place pen to paper without reading and understanding the terms and conditions of the policy. A broker's duty and responsibility is to provide comprehensive advice to the client to ensure understanding of the policy being considered.

"Having a broker makes things easier as they serve as mediator between the client and the insurance company. A broker takes care of all renewals, claims and any other issues relating to a policy. Having a broker can save you time and the service is free" she explains.

The broker's rates are the same as that offered to you by an insurance company or agent. The benefit of a broker is that they can negotiate for special rates on behalf of the client.

"When choosing insurance for a client, I always make sure to choose what is best in terms of coverage and cost, especially for general insurance policy which has a quantifiable value," Marie-Paule says.

On the business aspect of insurance brokerage, Ms. Rose says she enjoys her job, but like any other job it has its good and bad days. The job requires a lot of effort, dedication, and odd working hours. It also has its rewards of satisfaction when a client is happy with the service delivery.

OZORDI DIMANS asked Ms. Rose if the Seychelles insurance industry has enough insurance companies for its small population and she opined, "People have a choice as to which insurance company they want to purchase from. They need insurance but are sometimes too busy to visit an insurance office for advice. For those busy people, Choice Brokers is your solution and you may contact me on 2524747 or email [choice-brokers@seychelles.net](mailto:choice-brokers@seychelles.net)"

Insurance is a rewarding career and for those looking to join the insurance industry you need to be devoted and committed, comply with rules and regulations to earn your client's respect and trust.



Mortgage is one of the most sought-after policies in Seychelles



**NEW****TAX EXEMPTION OF PRIVATE PENSION**

**Income and Non-Monetary benefits tax (Amendment of second schedule)  
regulations, 2021  
S.I 76 of 2021**

What is considered as a Private Pension?

Private Pension is an additional pension scheme on top of the normal compulsory Pension Fund scheme that some companies offer to their employees. The pension Scheme is set up by the employer for the benefit of their employees.

For some companies the scheme can be regarded as an incentive to attract and retain employees. This pension is paid either on a monthly basis or a lump sum when the employee retires or resigns from the particular company.



Paragraph 1 of the second schedule to the Income and Non-Monetary Benefits Tax Act has been amended to include paragraph (q) after sub paragraph (p), which states:

**“(q) a monthly or lump sum payment received by a beneficiary of a private pension fund or a pension scheme, being a pension fund or a pension scheme established by an employer where contributions are made by the employer on behalf of the employed person.”.**

The Tax Exemption would apply to benefit payments received by an individual after coming effect of this law, which means the provision will apply to Pension payments received as from the 13 September 2021 and will not be applied to payments received prior to the said date.



For more information:

- S.I 76 of 2021 is available for download from the SRC website [www.src.gov.sc](http://www.src.gov.sc)
- You can visit the SRC office on Mahe, Praslin and La Digue during working hours
- Call SRC on 4293737



**Seychelles Revenue Commission, 3<sup>rd</sup> Floor Maison Collet, Victoria, Mahé**

**Telephone: 4293737  
Website: [www.src.gov.sc](http://www.src.gov.sc)**



# Jitters When Thinking About Starting a Business

## THE 'STARTERPRENEURS' JOURNEY



CONTRIBUTED BY PETER J. ROSELIE  
BUSINESS CONSULTANT

...Starting a business can be viewed as easy, but managing and staying into it can be quite cumbersome...” penny Belmont Ex-CEO/ SENPA/ ESA.

In reality, we should reverse that logic and ensure that we can stay in business for generations to come. Whenever a 'starterpreneur' starts with a dream of opening his or her enterprise, their minds are usually full of promises and potentials. Most of the time they focus only on the money and success that may come their way.

In many instances, they turn their ideas into a business to request a start up loan from the bank. New start-ups may face many barriers of such as a half-baked concept of the idea, rushing through the conception stage of the ideation process, and not analyzing the entrepreneurial ecosystem before deciding and finding their business fit. Most of the time, the person is not ready or prepared for the inception stage, which involves a prototype, marketing, commercialization, and/or knowing what will be their Minimum Viable Product before full launch.

The process of Ideation is to convert the idea you have into a business economic model by using a simple matrix for idea selection. The Business Excellence Modelling is a tool used to help an enterprise know how to make money from the business idea that they have selected to pursue. It identifies the product or service that the business plans to sell, its target market and any anticipated expenses, etc. It describes the rationale of how an enterprise creates, delivers, and captures value in economic, social, cultural, or other contexts.

**Your business model forms part of the overall business strategy and it could be used to develop the three-tiered product roll out which includes the ideation phase, the business process, and the stakeholder stage in the marketing strategy.**

If you don't get the above right from the inception phase, there is a strong possibility that dream of yours will end before it even begins. Without a proper business model, you are preparing for disaster, ending up creating a debt be-

fore you start your enterprise.

Issues, difficulties, and obstacles are always going to come up and for that, I will refer again to the quote of Penny Belmont, "a business can be viewed as easy to start but to manage and stay in it is difficult". The difficulties should always be addressed with conviction and a determination that you can convert them into greater opportunities.

In my view it is not that easy to start but, what is very important and obvious is that from the Conception, you will need to have a great plan with a realistic vision. Knowing your "WHY" is a matter of utmost importance. By maintaining a strong spirit and determination a 'starterpreneur' should give due attention to its business model. In order to make money with your business idea you need to describe, assess and synergize the nine important pillars into your Business Model Canvas which includes the following:

- Key Partners
- Key Activities
- Key Resources
- Value Proposition
- Customer Relationship
- Customer Segmentation
- Channels
- Cost Structure
- Revenue Streams

Remember, challenges design us as entrepreneurs; they are our great teachers. Whenever we face them, we should first accept them and deal with them smartly. The first challenge an entrepreneur faces is always ignored and that is "YOU." It's important to understand your habits, character, and attitudes and dare to manage your self-motivation.

There are many challenges that a 'starterpreneur' could face, some that no experts can even predict;

Locations (Rental/Lease), labor issues and costs, inflations, no sales due to lackluster marketing and commercialization strategies, spending habits, which can dilute your dreams leading you to uncomfortable situations.

Do not let minor roadblocks derail your hopes and dreams. Think big and start smart and small. Try to understand the journey you are taking and the realities you will face in the pursuit. By pre-empting what might come your way during your pursuit of success and happiness can help make all the difference in the world.

Do not be scared to fail. Failures are learning curves. You do not plan to fail, even though it is part of the matrix.

End of Part One



## TIPS FOR IMPROVING PRODUCTIVITY

CONTRIBUTED BY PRODUCTIVITY UNIT  
MINISTRY OF EMPLOYMENT AND SOCIAL AFFAIRS

As individuals, if we are to improve productivity, we need to have positive work attitudes. This encompasses having qualities such as pride in our work, the need to continue to strive for self-improvement, an excellent sense of responsibility and the desire to work towards long term goals. If we possess these qualities, they can lead to increase creativity and innovation.

Below are some simple steps to help you to be more productive;

01

**On your way to work, get yourself motivated to face the day.** A positive attitude will make the day more pleasant and productive.

02

**Keep your work in perspective.** You can only do the best you can in each situation. Look beyond yourself and your work, and consider the bigger picture.

03

**Plan your time.** In your to-do list, include long term projects as well as the more imminent things that need doing. Prioritize your to-do list – do the most important things first.

04

**Concentrate on the task at hand.** Do not let yourself be distracted by worrying about all the other things to be done or losing energy over the undesirable situation you find yourself in. Stay in the moment.

05

**Seek clarification anytime you are not sure or where you are faced with conflicting demands.** The more clear and open you are with your manager and the other people you work with, the better it will be for you in the long term.

06

**Delegate wherever appropriate.** Decide if there is anything that can be delegated, or that more fairly belongs to someone else's work load. Always remember – do it or delegate it – never handle a piece of paper twice.

07

**Learn to relax** no matter how challenging the work is.

08

**Contribute towards creating a pleasant work environment.** Do not gossip in the office as it creates negativity all around. Do not listen to any gossip either.

09

**Keep your workplace clean.** A clean environment is more conducive to work in.

10

**Learn to have more fun at work.** Perform with a more fun orientated approach.

11

**Review your day before you leave for home.** Look at what worked well, and what could be improved the next day.

12

**Learn new skills** as this will help you to improve yourself.

Although team effort has been said to be the foundation of productivity improvement as it requires a climate of mutual trust and understanding, I am sure that many of the tips mentioned above will also help to improve your productivity in the work place.





**Halloween**  
CUPCAKES on sale

SCR  
**25**  
each

**29-31**  
**OCTOBER**  
AT ALL  
SKYCHEF  
OUTLETS\*

\*While stocks last. The Skychef Snack Shop is closed on the 30<sup>th</sup> and 31<sup>st</sup> October  
Located at the Seychelles International Airport and Independence House in Victoria



# KNOW *yourself*

## Relaxation and healing

COMPILED BY CHRISTINE OUMA

**S**tress is one of the causes of discomforts and health problems. With a busy life, people are prone to mental and physical strain. Occasionally, we are on the verge of pressure. And being rattled by the fast pace of life sets everyone in discomfort. Some could manage it but, there are a few who hardly could. As an effect, some people suffer from low energy, they get unwell and fail to perform. The productivity of human-kind deteriorates. In a sense life breaks down. For us to stay sane, balancing is the key.

Just like any machine, human beings do feel the need of shutting down sometimes. In this way, we can refuel and refresh our bodies. When refuelling takes place, the chance of a good performance is high. As an outcome, we become productive and efficient. To do so, we resort to something that will make us feel replenished. One source of it is the spa.

The word spa is derived from the name of the place in Belgium, Aqua Spadeneia. A word, back in Roman times, that means to moisten. It is told that people gather in a spring found in that town, which heals iron-deficiency-triggered illnesses, or sickness characterised by deteriorating body energy.

At first, it was believed to solely cure ailments, but over time, man discovered that spa is also for keeping the body in good condition-aesthetically. This routine is not just to cure one's illness but also to keep one's mind and body relaxed and beautiful. Thus, they have innovated various types of treatments designed for a specific body need.

### Facial

It is a procedure intended for facial care. It is done mainly for the relaxing of the nerves in the face through massaging and skin peeling. This method is a gentle cleansing of the parts on

the head area. It can also help improve appearance and features.

### Body Massage

On the other hand, a body massage is another relaxation method. It is for the physique's complete wellness. Tired muscles are the number one target of this route. It aims to recover and recharged weakened nerves in the body.

### Waxing

It is a type of hair removal procedure performed on different parts of the body. Waxing makes the skin look smooth and flawless. It also aims to relax pores from the ingrown hair. It may be painful at first but, as you regularly do it, the pain lessens.

### Aromatherapy

It is considered the most relaxing kind of spa treatment that we can experience. It recharges our bodies' energy with the use of aromas. Often, it is done together with a body massage procedure.

### Exfoliation

Alternatively, is a method that undergoes to peel off dead skin. It is proceeded exclusively to reveal the newer skin. As we age, our skin dries up and creates wrinkles. To prevent or at least keep up with it, we sometimes need to renew our epidermis or the outermost surface of our skin.

With many treatment procedures that have come up, visiting a spa for any form of treatment may help take away your stress and keep you on the go.



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



# "EAT FOR OUR HEALTH"

## to lower risks of chronic diseases

A movement and campaign was born this week with the great ambition to make Seychellois a healthier nation.

The Ministry of Health launched its "Eat for our Health" (Manz pour nou Lasante) campaign which it hopes will be a lifelong movement to encourage Seychellois to get its food priorities right, and reduce the alarming rate of obesity and chronic diseases.

The launch coincided with the World Food Day, which also places emphasis on eating local produce for better Health.

At the core of the campaign is the concept of "My Healthy Plate" (Mon Lasyet Lasante) which urges us to eat balanced portions of vegetables, fruits, fish, eggs, meat and tubers, breadfruit, and grains (refer to illustration).



**Figure 1:** The illustration shows that  $\frac{1}{2}$  the plate should be vegetables or fruit;  $\frac{1}{4}$  of the plate fish, meat, eggs, lentils or beans, and  $\frac{1}{4}$  of the plate tubers, breadfruit or wholegrains

Alongside the plate there are several sub-messages to further encourage healthier habits.

### Eat fresh and local

Fish, local lean meat, eggs, local tubers, fruits and vegetables are more nutritious and readily available



### Eat more fruits and vegetables

Eat 5 portions of Fruits & Vegetables every day to improve gut health and support immune functions



### Reduce sugar and salt

Lower your risk of high blood pressure, diabetes, heart disease and cancer



### Drink more water everyday

Include at least 8 glasses (2 litres) of water every day to improve digestion of food and removal of toxins



### Sit less and move more

Sit less and be active for at least 30 minutes every day to strengthen muscles, joints and bones



Photo credit: Dr. Conrad Shamlaye & Dr. Mercy Chikoko

Earlier this year the Principal Nutritionist at the Ministry of Health talked about concerns that lifestyle diseases are on the increase in Seychelles.

The Minister of Health has herself made repeated statements that more emphasis should be placed on prevention.

A statement from the Nutrition Unit said: "Food, Water and Exercise are the key tools to prevent chronic diseases, and these are ALL within our control".

With regards to the 'Eat for our Health' movement, they say: "We call it as such because we know it's going to be a long and hard road to educate our people to adopt the right habits, especially cutting down on sugary and salty food and drinks.

"We have to make it clear to them that by eating correctly they can lower their risks of chronic diseases that will help lessen the burden on their families and society.

For more information please contact Nutrition Unit, Health Care Agency on (+248)4388000 or email [stephanie.desnousse@health.gov.sc](mailto:stephanie.desnousse@health.gov.sc)





# WORLD POLIO DAY IS 24 OCTOBER

endpolio.org | #endpolio



Rotary  

**Sunday 24 October**  
**World Polio Day 2021**

*World Polio Day* (October 24) provides an opportunity to highlight global efforts toward a polio-free world and honor the tireless contributions of those on the frontlines in the fight to eradicate polio from every corner of the globe. Through the Global Polio Eradication Initiative (GPEI), CDC works with partners to eradicate polio and end the suffering from this devastating disease.

**Polio**, also known as **Poliomyelitis**, is caused by one of three **poliovirus** (PV) serotypes belonging to the Picornaviridae family.

### Rotary International and Polio Campaign

**Rotary launched PolioPlus in 1985** and was a founding member of the Global Polio Eradication Initiative in 1988. Through decades of commitment and work by Rotary and our partners, more than 2.5 billion children have received the oral polio vaccine.

Rotary's goal has been **working to eradicate polio for more than 35 years**. As a founding partner of the Global Polio Eradication Initiative, we've reduced polio cases by 99.9 percent since our first project to vaccinate children in the Philippines in 1979.

### Polio in Seychelles

Although the last case of polio in the country was registered in **1966**, the Seychelles is also one of the 216 countries worldwide to roll-out the IPV vaccine by the end of 2015. This action is the largest and fastest globally coordinated vaccine introduction project in the history of the world. Over the last 4 years, Seychelles wild polio cases remained stable at around 0 and on 25<sup>th</sup> August 2020 Seychelles obtained the "Wild-polio free" certification from the World Health Organisation (WHO).

### Symptoms of Polio

In the majority of cases, the infection is asymptomatic – persons do not exhibit symptoms. Those that do have very mild symptoms and the infection may go unnoticed. Symptoms include fever, headache, fatigue, stiff neck, muscle pain, and vomiting. In some cases, the virus enters the bloodstream to attack the Central Nervous System which causes paralysis, usually in the legs. This is also known as Acute Flaccid Paralysis where the limbs become floppy. In severe cases, patients can become quadriplegic when the thorax and abdomen muscles become paralyzed and have difficulty breathing, swallowing, or speaking. Post-Polio Syndrome, characterized by muscle weakness, joint and muscle pain, and severe fatigue, can occur in survivors 15 to 40 years after being exposed to the virus. Treatment includes supportive care of symptoms, antispasmodic medication, physiotherapy, and even orthopedic surgery.

### Which countries still have polio 2021?

Polio remains endemic in two countries **Afghanistan and Pakistan**.

### How many cases of polio are there in 2021?

Countries reporting cVDPV cases and isolations.

Pakistan reported 135 cVDPV2 cases in 2020, more than a fivefold increase from the 22 reported in 2019. To date in 2021, **195 cVDPV2 cases** have been identified globally, including 43 in Afghanistan and eight in Pakistan.

Delivering on a promise to eradicate polio will require equitable access to vaccines, no matter a child's circumstances, to end all forms of polio. It's crucial to continue working to keep other countries polio-free. If all eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year.





# CAR ACCESSORIES

BY U-ROY JULES

We’ve got the best car gadgets right here. Some of them you may be familiar with, while others may be newly introduced phenomenal car accessories. We steered our way through many car gadgets that are currently on the market to compile a list that showcases the best of the best.

To compose our list of car related products, *OZORDI DIMANS* took time to research through the most popular purchases.

So, what are you waiting for, let’s start the engine and race through those cool car accessories.



## TYRE PRESSURE MONITORING SYSTEM

Tyre pressure monitoring systems keep a constant watch on vehicle tyre pressures, alerting the driver of sudden or gradual tyre pressure loss. In the case of a sudden change, like a blowout or puncture, that information can help avoid accidents. Monitoring gradual losses and slow leaks, drivers can get the longest life out of a set of tyres by identifying issues that lead to increased wear.

## PORTABLE CAR BATTERY JUMP STARTER

Sometimes, car batteries drain up to a level that they could not initiate the ignition. In such cases, you need to jump-start using another battery. Nowadays, motorists are able to access roadside assistance in case of emergencies.

However, sometimes you may be stuck in remote areas where the service is unavailable. Also, once you contact breakdown services, the time taken to attend to your vehicle can be exhausting. Using your own portable jump starter, you can start your car instantly and be on the move again.



## HAND SANITIZER

We travel to many places using our car and meet different people. Hence, we believe there’s no need to tell you guys why you need a hand sanitizer in your car. Hand sanitizer is a must-have accessory for everyone these days, especially in the current climate. So, you can either keep a standard sanitizer bottle or install a battery-powered dispenser.

## AIR PURIFIERS FOR CAR

As the name suggests, an air purifier purifies the air inside the cabin. In addition, advanced air purifiers also capture harmful bacteria and pollutants as well as eliminate odours.

An air purifier is a beneficial accessory and hence some auto-makers like Kia and Hyundai are already providing them in their cars.





# HOLISTIC HEALING

### BACKGROUND

Holistic Healing pharmacy was founded in 2015 and launched its operations in October the same year. The goals of the pharmacy were to provide goods and services based on both curing diseases with pharmaceutical drugs as well as herbal supplements. Progress was slow due to several factors such as the rapidly increasing numbers of pharmacies in the country, importing of products already on the market, and the inability to market and sell the products as required. In mid-2018 it was decided that the focus would be changed to healing through herbal products both locally produced as well as imported and the business name was changed to Holistic Healing Apothecary which seemed more appropriate in line with holistic healing.

The decision to undertake this venture was taken after extensive study and research done, which concluded that the health provision systems in the country both public and private, at large are focused on selling imported, synthetic chemical-based drugs which are aimed at suppressing symptoms of diseases and not with healing the conditions by identifying the causes thereby eliminating.

Many incurable diseases such as diabetes and hypertension are classified as chronic illnesses. This means that the patients have to take medication for the rest of their lives.

The snowball effect of this is endless medical investigations and research and treatment bills. The costs for these are borne differently from private to public sector.

In the private sector, the cost is incurred directly through the patients and in the public sector indirectly through taxes.

The chronic conditions plaguing the people of this country are numerous such as obesity, hypertension, diabetes, cancer, gout, asthma, eczema, kidney disease to name a few. Many of them are largely related to our western and convenience-based, stressful lifestyle which might seem oxymoronic considering that Seychelles has had a socialist government over the last 40 years. Most of the population have gotten used to eating imported, processed food and considering that these foods are devoid of proper and adequate nutrition,



they are highly addictive and therefore are consumed much more compared to the food consumed by our ancestors 50 years ago. Proper health education is also severely lacking in schools and the media.

The medical conditions are then processed by the health care system which prescribes them with available drugs. Most Seychellois with chronic medical conditions will be treated on average by five or six doctors locally over their lifetime. Those who can afford to go overseas for treatment, will possibly be treated by one or two specialists throughout the duration of their illness.

To add to the dilemma, many Seychellois are skeptical of traditional time-tested and proven remedies used by our ancestors from antiquity such as our African roots, Indian ayurvedic and traditional Chinese medicine. A good example would be to ask a holistic health practitioner if herbal medicines, which have been used successfully since the dawn of creation, are safe whereas if they visit an allopathic medicine practitioner and are given 4 or 5 types of drugs they will take it religiously, often without even asking what they contain! With insufficient information and sometimes downright horrendous assumptions, they make poor decisions as pertains to their health and endure a lot of unnecessary spending and not to mention the physical, mental and emotional

suffering as well.

Whilst the allopathic medicine system is useful in some ways such as emergency cesarean sections and other emergency surgeries, it has become quite clear that it has many limitations and has not made significant breakthroughs in the last 30 years, well at least not locally. Today there are more hospitals and pharmacies than ever before in this country and yet the number of sick people is constantly on the rise. A glance at the Ministry of Health statistics will confirm that. With the constant inflation as well as poorly and slowly delivered health services in the public sector, many people turn to private health practitioners for their services. Due to the free market, however, prices range from unaffordable to exorbitant to downright ridiculous. The only people benefitting seem to be the providers and the clients are often left unsatisfied or worse off than when they purchased the service. The people have become accustomed to "what can we do? we have no other choice?"

There are a large number of traditional healers practicing in Seychelles. Since the country's constitution does not require most of them to have a license, there is no standard to adhere to. This like everything else has its pros and cons. One benefit is that someone who is properly trained in the natural healing arts can practice the trade without much interference from regulators as the art and science are not widely understood and practiced here. One drawback is that there are many charlatans, knowing about the Seychellois' ubiquitous long-held and often false superstitious beliefs, who are ready to take advantage of them.

### GOALS

At Holistic Healing Apothecary, our enterprise aims to provide the people of Seychelles and the Indian Ocean region and eventually the whole world with top quality, organic, natural, locally produced herbal health medicines, cosmetic and food products made from homegrown plants as much as possible as well as imported herbs in the cases where they cannot be produced locally. These products are for sale locally and for export at competitive prices. We are also focused on providing services such

as massage and acupressure as well as facials, manicures, and pedicures using our locally made products. We also provide treatment for acne, pimples, blackhead, facial scar, dark marks, facial and body hair removal treatments, peels, and skin rejuvenation, clients advice on cosmetic and skincare products as well as holistic healing through different ancient and scientifically-based natural healing traditions such as proper diet, herbalism, crystal healing, fasting, rejuvenation, etc.

Our products are on sale at our store in Room 106, Orion Mall, Victoria. We also provide delivery services. Our contact email addresses are drmarcfelix@gmail.com and rmousmie@gmail.com contact phone numbers are +2482782552 and +248788891.

Our products are also available for purchase at Loulou shop in Anse Kerlan, Praslin and Faith and Salvation shop in Anse Reunion, La Digue, Tanmi shop in Victoria, Vannie Hair Saloon in Plaisance, and Amanda's Hair Saloon in Anse Boileau.

We will be offering our products through more local outlets soon.

### PRODUCTS

Presently we have a range of approximately 10 products which have made phenomenal success over the last 6 months namely

Neem powder, Neem Soap, and Neem Cream for skin conditions such as acne, eczema, psoriasis, dermatitis furuncles, stretch marks, birthmarks, tinea corporis, tinea versicolor, paronychia.

Neem cream contains high levels of anti-inflammatory substances that are a natural treatment for eczema. Neem also has antiviral, antibacterial antifungal, and analgesic properties.

### Neem hair cream for hair loss:

A side-by-side comparison of a person's hair. The top image, labeled 'Before', shows a close-up of a person's hair with some thinning. The bottom image, labeled 'After', shows the same area with noticeably thicker and fuller hair growth.

Neem hair cream is known for its medicinal properties and is an effective cream to treat hair loss. Due to its antibacterial, antifungal, and anti-inflammatory properties. Neem hair cream is an excellent way to curb dandruff. It helps the hair follicles to become stronger and encourages hair growth.

### Neem oil for hair thinning and balding:

Neem oil is a very good remedy for people who suffer from hair thinning and balding. You simply have to use this oil on your hair and scalp to strengthen your hair follicles and it will automatically promote hair growth. It will also make your hair shine.

### Detox tea to lose weight:

Detox tea can make you lose what's known as "water weight." Detox teas may also have a laxative effect speeding food through your digestive tract. This can give your abdomen a slimmer flatter look.

### Cayenne cream for joint pain and painful musculoskeletal conditions:

Cayenne cream is a popular topical pain reliever. Cayenne cream can treat joint pain due to arthritis and other painful musculoskeletal conditions. It is considered effective even for deep joints such as the back, hips & shoulders.

### Black seed oil and cream for moisturizing the skin:

It is high in antioxidants and helps to fight inflammation

### Virgin coconut hair gel:

Promotes hair growth, deep hair conditioning, scalp conditioner, and hair moisturizer.

### CONCLUSION

In future, we plan to expand our operations thereby increasing the range and quality of our products and open an outlet in the south of Mahé within the next 24 months as well as increasing the services we provide as more of our staff develop the necessary skills through training both locally and overseas, with the particular aim of putting Seychelles on the world stage where it belongs as far as healing disease conditions through naturopathic methods.







Club of  
Mahé



# BLOOD DRIVE

**FRIDAY AND SATURDAY, OCT 29<sup>TH</sup> & 30<sup>TH</sup> 2021,  
VICTORIA HOSPITAL**



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**#BE A HERO**



# Twenty-nine-year-old research enthusiast Mariette speaks on Green Fashion

BY CHRISTINE OUMA

A Young research enthusiast, fresh from the University of Seychelles, an 'ecologist' at heart, a model, and a young TEF2019 entrepreneur, Mariette Dine engages in various projects leaning towards sustainable consumption and development and how such projects can help restore our ecosystem. A recent project involved her MSc dissertation in Marine Science and Sustainability at the University of Seychelles, a programme supported by the ETF programme. The final dissertation had the title "the use of marine algae as a sustainable resource across sectors", of which the implementation of the project was also partially funded under the SeyCCAT Blue grant 4 project. The study focused on the versatility of macroalgae (Seaweed) and their potential uses such as creating non-woven fabrics from bio fiber or bioplastics that are algae-based.

Mariette's study is linked to her business idea M.eco-fabrics that is focused on environmentally friendly textile products categorized as "green fashion". Green fashion is part of the larger trend of sustainable design where a product is created and produced with consideration to the environmental and social impact it may have throughout its total life span, including its "carbon footprint".

Fashion is a million-dollar industry that continues to evolve. Many industry players are starting to shift to Green Fashion.

Mariette highlights that this is timely as the ocean for example is facing various human stressors, such as marine pollution and ecosystem shifts which impacts the oceans' functionality and production.

"Whatever we do on land eventually reaches the ocean, and the fashion and textile industry remains the second-largest polluter, especially water pollution which is most concerning. The textile and fashion industry uses a lot of synthetic fibers, and not only clothing but also textile accessories for cars, houses etc. Did you know that recent studies have shown that we can be releasing over 140,000 to 700,000 microfibers per 6kg wash from our laundry only (the majority of it being synthetic)? Now, considering that Seychelles residents would do their washing on an average of 4.7 days/week based on cited studies from S4S and other relevant stakeholders, this estimation would lead us to an approximate figure of 658,000 to 3.29 million microfibers/household released into our ocean space. This was again part of a desktop study under a Capstone Project within the MSc course," she reveals.

In addition, fast fashion has an even greater impact on the environment. Recent studies have shown that synthetic microfibers are the most abundant form of micro plastic found in the ocean, compared to plastic bottles and slippers. It is by far the most concerning pollution when it comes to micro plastic pollutant, due to its microscopic



size. Once it reaches the ocean there is no way of cleaning it up.

She explains that synthetic microfiber then accumulates toxins through bio magnification which can then be consumed by aquatic lifeforms and thus reaches our plates. This can have a long-term impact on both aquatic and human health. Consuming synthetic microfibers is unavoidable, says Mariette, however, proposed solutions suggested through several studies, are to reduce its input from its source, this can be done by changing our washing habits, e.g. using cold water to wash synthetic fibers instead of warm water. By making use of innovative technologies such as "Cora balls" which capture microfibers or by using alternative products that are bio-friendly and are made from bio-fibers which can also be made from seaweed.

It is to be noted that the environmental footprint of our wardrobe is the priority of the green-fashion movement. Although recycling textile products back into yarn for reuse is one other proposed sustainability solution. Mariette highlights it can also be "a double edged sword solution", whereby converting it into new products can be tricky in terms of maintaining quality which does not reduce the release of microfiber through washing. Nonetheless, it can bring about positive change in our consumption patterns and may help reduce its input in landfills.

Wondering how you can reuse garments or embrace recycling? Well, Mariette suggests you can stuff them for cushions or make use of second hands also termed as " thrift shopping", a trend that is conveying eco-friendly habits.

" Recycling is also very good in inspiring innovation among entrepreneurs who continuously find new ways to solve issues of pollution in general, and every action towards restoration and positive change in consumption pattern is a good way forward," she adds.

Mariette plans to launch an eco-friendly fashion line in Seychelles and hopes to make use of invasive species one day.

"M.eco-fabrics aims to be the main driver of sustainable change and development in the Seychelles fashion and textile industry for the benefit of ecosystem-based management by the year 2030. The business is currently in its research and development stage. It is a passion venture projected over the long term and aims to be the main locally based eco-friendly fabric supplier



in Seychelles, with an assured sustainable supply chain" she reveals. For now, research is still ongoing to identify potential plants or natural resources that can be used to make green garments and other products. However, the focus is to produce organic-based fabrics and the idea is to use what is available in Seychelles which would benefit the restoration of ecosystems.

She also acknowledges that producing garments do require a lot of determination, research and stakeholder engagement bringing together different people with various skill sets to achieve set goals and this is a journey she has started.

"It requires cross-sectoral partnership from key people in the fashion industry to local craftsmanship, researchers in conservation, marine science and the blue economy," reiterates Mariette.

How impactful would it be if most Seychellois switched to green/eco-friendly fashion?

According to Mariette, switching to green/eco-friendly fashion would be the easiest personal contribution one can make towards reducing micro plastic pollution. "Although it may be a progressive change, it will allow every one of us to assertively know that we are making a difference by just choosing to wear eco-friendly fashion," she urges.

Mariette believes sustainable fashion is the future and is now becoming a global movement to change our consumption pattern to help reduce ecosystem degradation caused by humans, "for the only way we can go far in life is together," she concludes.



Mariette holds a bioplastic she made



A fabric making process



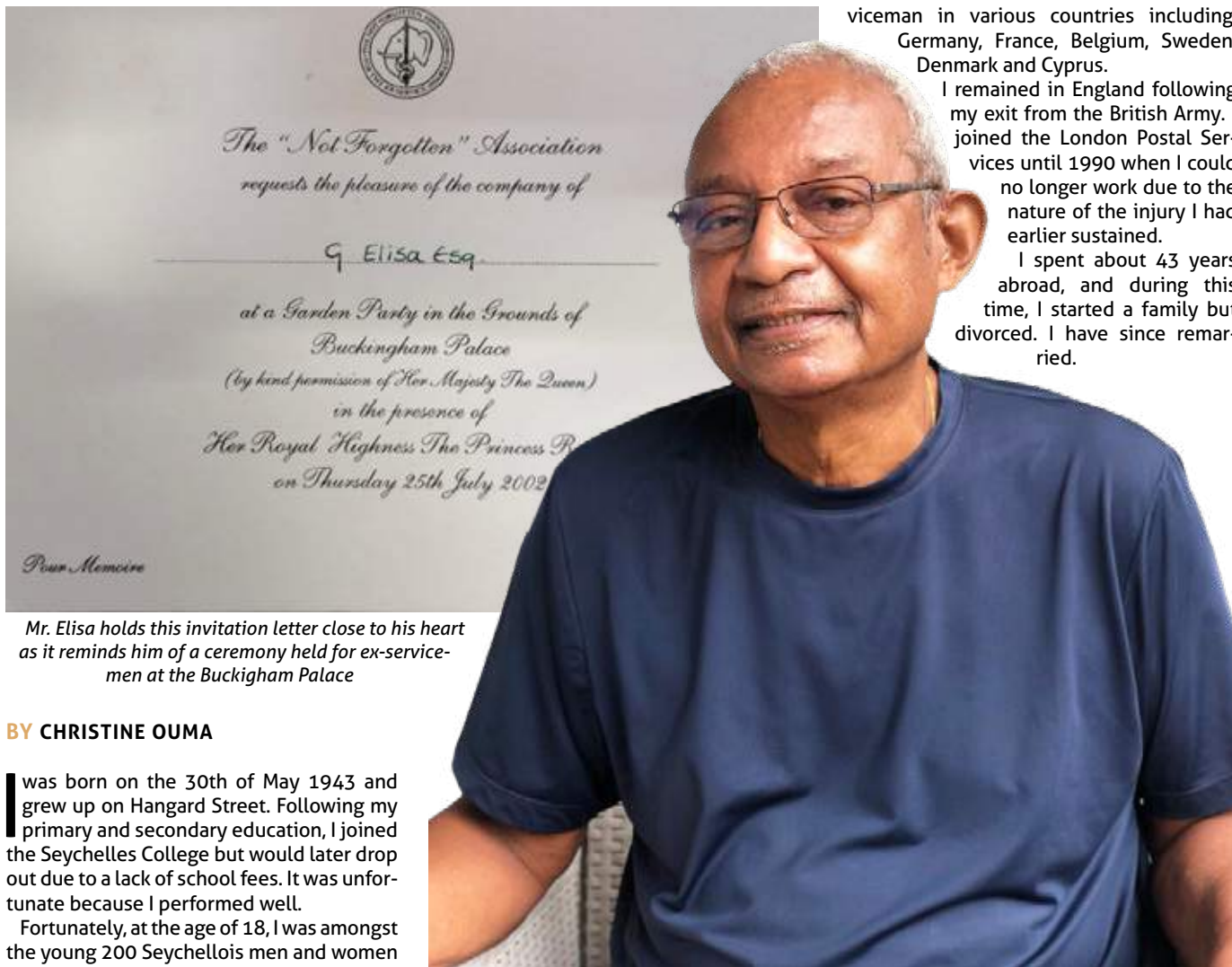


Height: 181cm  
Waist: 28"  
Bust: 34"  
Hips: 33.6"  
Shoes: 42  
A Fashion, Photographic, and  
Commercial Model.  
Agency: Telly Modelling Agency

*Zelka Bistoquet*



# Ex-serviceman *Gilbert Charles Elisa* shares his experience in the British Army



Mr. Elisa holds this invitation letter close to his heart as it reminds him of a ceremony held for ex-servicemen at the Buckingham Palace

BY CHRISTINE OUMA

I was born on the 30th of May 1943 and grew up on Hangard Street. Following my primary and secondary education, I joined the Seychelles College but would later drop out due to a lack of school fees. It was unfortunate because I performed well.

Fortunately, at the age of 18, I was amongst the young 200 Seychellois men and women recruited to join the British Army. In that crew, about 25 were women.

We were divided into three different groups for travel purposes. I was among the 99 young men who on the 23rd of July 1961, boarded the R.M.S Kampala for Mombasa, Kenya.

On arrival at Mombasa, we took a train to Nairobi, and I spent six weeks in Kenya before boarding a plane to join the British Army in London.

When we got to the United Kingdom, we were assigned to various camps for training. I was stationed at a training camp in Aldershot. It is a town in the Rushmoor district of Hampshire, England. The first weeks involved basic training designed to build characters and bring out qualities in each

recruit. It was an experience filled with different emotions, thoughts and feelings.

Discipline, fitness, marching and weapon training all formed part of the basic training. I had to grow into a man. Soon I progressed to Trade Training and later became a 4 tonnes army truck driver. As an army driver, my duties and responsibilities were transporting everything from food, water, arms and ammunition to soldiers at any time. My career in the British Army lasted only 7 years and 11 months. I had to leave because I suffered an injury on the football pitch, and the injury denied me the possibility of growing ranks.

Though short, I enjoyed my time as a ser-

viceman in various countries including, Germany, France, Belgium, Sweden, Denmark and Cyprus.

I remained in England following my exit from the British Army. I joined the London Postal Services until 1990 when I could no longer work due to the nature of the injury I had earlier sustained.

I spent about 43 years abroad, and during this time, I started a family but divorced. I have since remarried.

we go to Liverpool, while we were there we came across a musical shop. We went into this shop and started looking around. I found the records section. I spotted this one record with the title 'Mother is Gone'.

I asked the shop assistant to play that record so I could listen to it as I did not know the song. The record started playing, and those were the words as it started playing. The song went like this;

'Dear brother, mama left us this morning. The Lord has taken her away, she left this world with a smile on her face whispering our saviour's name'... so it went on.

I bought this record because I liked the song and did not think of anything else.

The next day my brother and I were summoned to the sergeant's office. When we got there, he beckoned us inside then he took out an envelope, read its content, looked at my brother and I then told us, the telegram had come from Seychelles from our family. He said that he was sorry having to inform us our mother has passed away. This is the wording of the record I bought together with my brother the day before.

How was it possible that all those eventualities were put together? My brother and I were in different countries; for some reason, we came together, and there the message of our mother's death was delivered.

**This is not a made-up story, this happened to me in October 1963, and to this day, every time I think about it, I shed tears for my mother who I loved so much.**

## My mother's death

One of the saddest and lowest points of my life was while I was in the army. My beloved mother died just two years after I moved to London. The nature of the service and a lack of flights to Seychelles did not allow me to make it home for her funeral. Fifty-eight years on, I am still grieving. My mother, Mary Anne Elisa had sacrificed so much for us. I wanted to ensure she was well. The events leading to the confirmation of her death were strange but true.

My commander had given me some leave to visit my brother who was recuperating after an operation in England. On the second day of my visit, my brother suggested

I am glad I sent my mother half of my monthly earnings during the two years. I wish she would have stayed longer.

Despite these sudden events, I made a life for myself and my family. In 2003, I returned to Seychelles.

Service in the British Army was a life-changing opportunity. The discipline, respect, patience instilled in me has remained in me.

At present, I live at Ma Constance. I am working towards the revival of the Ex-Servicemen Association. I hope through the association, the remaining 25 ex-servicemen who are still alive can receive the recognition they deserve.



Young Mr. Elisa



Early days in the Army

## 7 DAY LOCAL FORECAST

### Today

Humidity: 68%

Wind: NNE 4 mph

UV: 7 (High)

Sunrise: 05:55 am

Sunset: 06:09 pm

28 / 22 °C  
Feels Like: 29 °C

Low 12:51 am (0.45 m)  
High 7:01 am (1.67 m)  
Low 1:21 pm (0.44 m)  
High 7:19 pm (1.47 m)



Partly cloudy

### Moon Watch

Last qtr Friday 29 October  
New moon Friday 5 November  
First qtr Thursday 11 November  
Full moon Friday 19 November

### Monday



28 / 22 °C  
Increasing cloudiness

Humidity: 72%

Wind: SE 9 mph

UV: 7 (High)

Sunrise: 05:54 am  
Sunset: 06:09 pm

### Tuesday



27 / 25 °C  
Isolated thunderstorms

Humidity: 75%

Wind: SE 14 mph

UV: 7 (High)

Sunrise: 05:54 am  
Sunset: 06:09 pm

### Wednesday



27 / 22 °C  
A few thunderstorms

Humidity: 76%

Wind: SE 10 mph

UV: 3 (Moderate)

Sunrise: 05:54 am  
Sunset: 06:09 pm

### Thursday



27 / 22 °C  
Showers early

Humidity: 69%

Wind: NNE 5 mph

UV: 10 (Very high)

Sunrise: 05:54 am  
Sunset: 06:09 pm

### Friday



28 / 21 °C  
Sunny

Humidity: 69%

Wind: W 8 mph

UV: 10 (Very high)

Sunrise: 05:54 am  
Sunset: 06:09 pm

### Saturday



28 / 28 °C  
Light showers

Humidity: 71%

Wind: SSW 9 mph

UV: 7 (High)

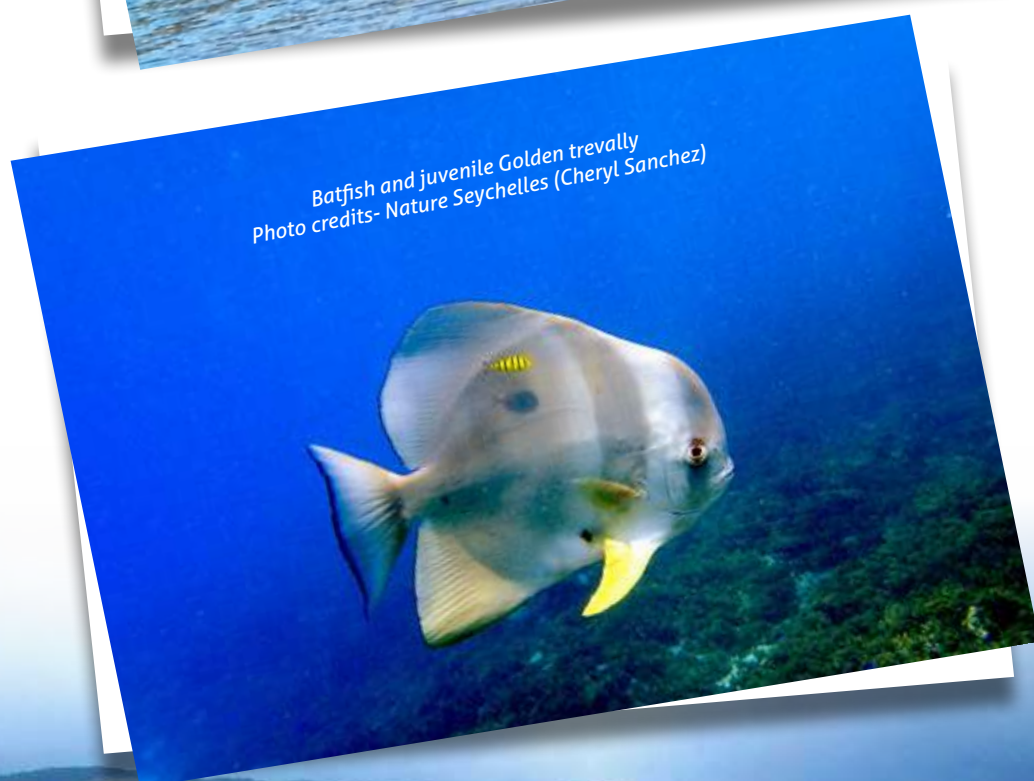
Sunrise: 05:53 am  
Sunset: 06:09 pm



# BEAU VALLON BEACH

BY CHRISTINE OUMA

The beautiful Beau Vallon Beach is perhaps the most popular in Seychelles, frequented by locals and tourists alike. This is in compliment to the beautiful atmosphere, soft-sandy surface, activities, and proximity to some of the most loved accommodations. It is a base for diving and snorkeling due to its clear waters and coral reefs. The beach is estimated to be about 3km long and safe for children. The beach is perfect for those seeking a bit of adventure on their vacation.





BY CHRISTINE OUMA

Located at the heart of Beau Vallon beach is the Boat House Restaurant, a family-owned business established in 1991. It is a favourite among visitors and locals alike. It offers a relaxed atmosphere for dining, with finger-licking-good Creole cuisine.

Sisters Françoise and Nicole Mancienne run the family business. They took over from their father Richard Mancienne about six years ago.

Françoise narrates the idea to start the business was born from her father's interest to earn some extra income for the family.

***The then fisherman started by cooking for two tourists at his home (now the Boat House) and soon he was hosting groups and gatherings.***

The family then decided to move houses so they would fully transform the place into a restaurant. The Boat House features Creole-themed architecture, a simple open-air, wooden-framed building, mainly built using recycled products.

Many friends, families, and acquaintances have visited the Beau Vallon beach-front-based restaurant not only for the food but also for the spectacular view of the ocean. The tapas bar, added a few years ago is famous for its cocktail drinks and beer. The signature drink and dishes are the Boat House rum punch and octopus curry respectively.

"The drink is made entirely with local ingredients like the passion fruit and Takamaka rum," she revealed.

Before the pandemic, the restaurant offered buffet dining, however, this has

since changed due to a reduction in the number of tourists visiting Seychelles. Françoise spoke of the breath taking sunsets on Beau Vallon Beach although now she rarely gets time to admire the beauty of nature due to work at the restaur-

# BOAT HOUSE



## RESTAURANT



Richard and Karen Mancienne

rant.

"Beau Vallon beach is no longer as quiet as before. It now offers activities such as diving, kayaking, boat trips, hikes to the nearby Bel Ombre trails, to mention a few.

More people are coming to enjoy it

but it used to be like a little fishing village with quiet mornings and nights. But I also like how locals and tourists alike are coming to spend time on this wonderful beach," she added.

Françoise highlighted that the Boat House's ability to adapt to change has played a major role in its success.

"We are flexible and quick to recognise what people like and adapt to. Our very fast service made us stand out, and we also created a friendly atmosphere for our clients," remarked Françoise.

Both sisters enjoy working together and their parents help too.

Notably, like many businesses, the effects of the pandemic have led to an increase in the prices of commodities.

"The main challenge is implementing rules and regulations as provided by the health authorities. We have had to hire more staff for crowd control and implement all the measures required. It is a lot of work and sometimes stressful especially over the weekends when most people want to dine at the Boat House. We have realised that we have to manage not just the restaurant but also the guests," she noted.

Besides the Boat House, the family also owns a spa and souvenir boutique.

Françoise highlighted one of her greatest memories at the restaurant was in 2011 when Seychelles hosted the Indian Ocean Island Games, also known as Jeux des îles de l'Océan Indien.

"On that day, all the contestants from Reunion turned up at the Boat House unannounced. The restaurant was fully packed and it was a record-breaking day as they were also celebrating their wins. It was a great day for business," she concluded.

The Boat House has undoubtedly brought together the people of Beau Vallon and provided tourists with a sumptuous taste of Creole culture and cuisine.



From left; Françoise Mancienne, Moses and Christian.



An aerial view of Boat House restaurant in 2012



Night life at Boat House



Friday night at Boat House



An old photograph of Boat House by day



The Creole buffet



Head bar man Kevin, one of the best on the island.



Enjoy a beautiful sunset while catching up with friends at Boat House





# THE HISTORY OF SEAPLANES IN SEYCHELLES

BY CHRISTINE OUMA

According to Seychelles Civil Aviation Authority (SCAA), the first aircraft to reach the Seychelles “under its own steam” was a consolidated model 28 Twin-Engine Flying Boat, the civil version of the famous Catalina, which arrived on the 17th June 1939 named GUBA 11.

A seaplane is a powered fixed-wing aircraft capable of taking off and landing (alighting) on water. Seaplanes are categorized into two categories based on their technological characteristics: floatplanes and flying boats. The latter are generally larger and can carry more. Some seaplanes can also take off and land on airfields or solid ground. They are in a subclass called amphibious aircraft, or amphibians. Fixed-wing amphibious aircraft are seaplanes equipped with retractable wheels, at the expense of extra weight and complexity, plus diminished range and fuel economy compared to planes designed for land or water only.

The Catalina flying boat landed on the waters of Port Victoria on its fifth leg of its trans-world flight, says historian, Tony Mathiot.

The Catalina made a stop-over trip to Seychelles to refuel. It stayed for about two days before going on its next stop, in Mombasa.

In 1942, during World War II, the Royal Navy was stationed in Seychelles. They brought with them canons and other weapons and were used for reconnaissance and offensive roles.

Moorings were set out in Victoria harbour and a new slip way was constructed.

“The Royal Navy brought a total of six Catalinas to Seychelles after establishing an army base. The aircraft would fly over Mahé and also fly to Mombasa, Kenya. On the 8th of July 1944, one Catalina caught fire when it took off at Port Victoria and some crew members were saved. Earlier in 1941, an incident featuring an amphibian plane occurred, and all crew members perished,” Mr. Mathiot recounted.

It was only after 28th July 1946 that the Catalinas officially left Seychelles when the station closed. However, between 1942 and their departure date, the flying boats, as were famously known, also provided air service between Mahé and Mombasa, Kenya.

The passengers were mainly the Catholic and Anglican Missionaries and a few other elites. The flying boats only carried some mail because, during this time, the post service relied upon the ships of the British India Steam Navigation Company, who had earned a postal contract in 1895 to ship letters.

“Following the exit of the Catalinas in 1946, Seychelles solely relied on the British Indian Steam Navigation Ships that only arrived in Seychelles, at least once a month. This was a setback for Seychelles”, said Mr. Mathiot.

He stated that no Seychellois formed part of the crew members of the aircrafts except during the Civil War.

In 1959, the Directorate of the British Survey took a trip to compile the maps of its territories. At the time, Seychelles had no existing maps of the archipelago.

“The British shipped an Amphibian aircraft on a British carrier. It was in a big wooden box, and it was an attraction to the Seychellois. From October 1959 to June 1960, the aircraft photographed 155 square miles of land. Soon after, the map of Seychelles was produced, some of which are in use today.”

The year 1963 marked the beginning of an official U.S. presence in Seychelles when the U.S. Air Force Tracking Station was built on Mahé.

“During this time, the Grumman HU-16 Albatross—a large twin—radial engine amphibious seaplane, operated by Pan-American Airways, conducted weekly trips to Seychelles until 1972. It mainly carried supplies from the Port of Mombasa to the Station,” narrated Mr. Mathiot.

*It is said the arrival of the first flying boat in Seychelles was of great support for Seychelles postal services. However, the condition of the Seychellois people drastically changed following the arrival of BOAC SUPER VC10, the first jet aircraft to land at Seychelles International Airport on the 4<sup>th</sup> of July 1971.*

“Of course, even before the runway was completed, aviation entrepreneurs in Kenya were taking the opportunity to expand their services, and in 1970 Wilken Air Services of Nairobi started a passenger and mail service from Mombasa to Mahé. Captain John Falconer Tailor was behind this venture. He operated the service with a twin-engine Piper Navajo until it was overtaken by BOAC’s introduction of weekly air service from London to Seychelles. In 1972, he teamed up with businessman Tony Bentley-Buckle and founded Air Mahé. It provided domestic air services to link the various Islands of Seychelles,” Mr. Mathiot recalled.

Air Mahé was renamed Inter-Island Airways in 1978 before a new competitor, Air Seychelles, which began flying in 1979, took over. In 1983, Air Seychelles became an international airline.



Historian  
*Tony Mathiot*



Hikes and Trails

# Exploring the beauty of Seychelles

BY CHRISTOPHE ZIALOR

Hiking is one of the most popular pastimes in Seychelles, with so many luscious mountains and valleys, it would be a crime not to go exploring.

There are some amazing hiking trails to be found on the islands and many locals and tourists alike are spending their days climbing rocks, going down trails and taking the perfect selfie with the most amazing panoramic views. Shaiid Melanie is one of the many Seychellois who enjoys hiking and has even created a social media group to encourage more people to take on this popular pastime.

"Our group is called Hikeyseychelles and we try to engage our viewers locally or internationally by showing them the outskirts of Seychelles" said the trekker.

He added that he started the group as a means of getting individuals together and to better acquaint them with nature and help rejuvenate themselves after a long working week.

"Once we got the group off the ground, we met up every third Sunday of every month, however due to the public health restrictions in regards to gathering we have been infrequent in our



Mount Haword - Glacis

landscape, Pointe Larue, Anse Aux Pins and a few glimpses of Anse Boileau," said Shaiid.

Even though he has been on countless trails, the hiker is still in awe of the beauty of Seychelles.

"We usually go in a group. Having a guide there helps so much as they share insights of the different aspects of the trail like its plants, and animals at that particular area. We learn something new every single time," he said.

One criticism he noted however was that many trails are not well maintained and hazardous, as it can cause hikers to get lost or even slip and fall.

He added that "I have seen initiatives whereby they started cleaning the pathways which are good and encouraging but there is still a long way to go".

Although hiking may be fun it can also be challenging which is why it is advisable to go in a group or with a tour guide.

"It is better to go in groups in case something unfortunate happens. Especially for trails that do not have a clear path. Luckily we do not have wild animals here in Seychelles but the worst that can happen to you is slipping off a rock, in mud or having a falling tree hit you," he said.

The hiking group's next challenge now that health restrictions have relaxed a bit will be to tackle the famous and not for the faint hearted Morne Seychellois.

"It is a 4 hour walk back and forth and we are up for it," he stated.

hikes," he said.

So far Shaiid and his group have been to 10 trails and have described 'Mont Sebert' to be their favourite spot.

"It is a lot of work to get up there.

First you have to walk 100 plus stairs, then make your way across within the woods and start climbing the rocky hills. But once you get to the top, the breathtaking view will make it all worth it. You are able to see the town



Mount Haword- Glacis



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## India

# A country so breathtakingly beautiful, colourful, vibrant, and diverse

COMPILED BY CHRISTINE OUMA

As a traveller, one of the most valuable experiences you will have is a trip to India, a country so breathtakingly beautiful, colorful, vibrant, and diverse. Stunning landscapes ranging from snow-capped peaks of the northern Himalayas mountains to the beaches of Kerala in the south await visitors. From hectic Delhi to majestic Mumbai. Home to the seventh wonder of the world, the Taj Mahal. India is a travel wonderment. Yet, admittedly, due to its sheer vastness, it can be overwhelming and practically improbable to explore the whole of India. So much has been written and said about India that it is daunting to add any fresh insights. This article barely scratches the surface of incredible India!

### Keep an open mind

India is deeply steeped in cultural heritage and norms that tie and bind the diverse country together. Culture is the lens to the society's soul, social fabric, and networks. Travelers will face some inconveniencing rules as they travel through India but staying open-minded and taking a cue from locals will help root you in its heritage and give you a more authentic experience of the country and its people. On the global stage, Indian influences through its food, architecture, art, design, religion, medicine, especially its role in Covid-19 vaccine production, cancer care, and more cannot be missed. Whatever we do, see, and eat, there is an Indian contribution to it.

To connect with the true soul of India, it would be valuable to learn the Indian philosophy of 'Paisha Vasool' - finding value in everything that we have and making the most out of every interaction. It is from this that you will learn the virtue of focusing on a place and staying a little longer to savour the experience as you immerse yourself in the local culture. Paisha Vasool will help you appreciate why personal relationships have become valued currency especially in a country so vast and densely populated that one would easily feel lost and anonymous.

### Travel slowly and explore a region

One cannot thoroughly visit India in one trip or even a lifetime. A whirlwind vacation through its many highlights may be good for ticking the box and getting a full camera roll but completely misses any real memories and all the cultural nuances and treasures that make India such a rewarding place to visit. Regional and cultural identity is very strong and extremely fascinating to explore here. Focusing on one or two regions and giving yourself time to visit multiple sites including the less hyped ones is a much more rewarding



Enjoy some beach time in Goa

and relaxing experience than spending few hurried hours per location leaving you stressed, with a lesser understanding of the places you visit and no meaningful relationships with people you meet. Go beyond the surface, connect with people, majority of whom are very warm and hospitable, and experience the sometimes subtle or fiery differences through local dishes, myriads of festivals, and strict cultural traditions. If you are short on time nonetheless but need a fascinating introduction to India's best, there is something for you. The classic golden triangle includes Delhi (Humayun Tomb, Red Fort), Agra (Taj Mahal, Agra Fort, Fatehpur Sikri), and Rajasthan (Jaipur - Pink city, Amber Fort) will blow you away.

On the other hand, if you have time and other interests, then explore Goa - best for beaches, Kerala- great for relaxing, Mumbai - for culture buffs. Other noteworthy but less trodden areas include Himachal Pradesh - great for trekking and host to scenic mountains and the Dalai Lama, Rishikesh - yoga and meditation, Madhya Pradesh - renown for erotic carvings and tigers, Minali (Himachal Pradesh) for backpackers and thrill seekers and Varanasi (Uttar Pradesh)- religious capital of India.

### Delhi

The second-largest metropolis in the world after Tokyo, Delhi is the microcosm of India with trapping from the country's many cultures, relations, and traditions. It's the place where people with big hearts live. Discover the beauty, sights, sounds, and vibrant street



Holi Festival

energy of Delhi a treasure trove of impressive architectural wonders such as the Taj Mahal (about 2-hour train ride and worth dedicating time to discover a unique and fascinating story), Raj Ghat, Red Fort, Jamma Masjid (the largest mosque in India and built from red sandstone), Lotus temple, Humayun's Tomb and Qutub Minar (73 metres high). Early morning strolls through Delhi's green and romantic spaces such as Lodhi gardens are equally very rewarding. Delhi is celebrated for its great cuisine and you cannot leave the city without trying the delicious butter chicken among other treats. It is also a shoppers paradise with wonderful bazaars. Take a local guide to old Delhi for a behind-the-scenes amazing and humbling experience through the maze of back alleys. Discover the over 350 years old Chandni Chowk Market and get a feel of how Delhi was over 100 years ago. For reasonably priced traditional souvenirs, carvings and tapestries, visit the Janpath Market or try the Nizamuddin Dargah on Thursday evening for motivational music and street food. The Gandhi Memorial is also a great place to help you reflect and retrace the life of Mahatma Gandhi. The Hauz Khas village is famous for those seeking a western scene. Here, you can sample cocktails, enjoy bars and western-style cuisine.

### Goa

Goa offers a quiet escape away from sprawling cities. Replete with swaying palms, white sands, diverse coral reefs, and warm turquoise water, Goa is beach

are also great eats. Take a trip to Trivandrum for Ariya Nivaas' all you can eat exquisite vegetarian dishes. Traditional cottages and houseboats offer unique accommodation options and are a great way to take in the local way of life. For the history buffs, Kochi town (a port since 1341) is a historic neighborhood to learn the history and relationships of the Maharajas and Jews. And while the international trade may have declined, the air is still thick with history, exotic and aphrodisiacal smell of spices such as cardamom, pepper, and ginger, some even used by the Egyptians for mummification.

### Rajasthan

The land of the maharajas is the must-see state of India brimming with incredible attractions. Majestic forts, lavish palaces, and vivid art line up most corners, remnants of a rich and romantic past. Some of them are now in ruins or restored to their former splendour. Yet this land of kings has much more up its sleeves, from deserts excursions, jungles, camel caravans, tigers, and enough festivals to fill up a calendar. Jaipur the city of victory is a delightful city to wander around and is notorious for tickling visitors pink. The Sariska tiger reserve is also a must-visit sanctuary to watch the sambar, wild boar, and several bird species among others. The Pushkar camel fair is Rajasthan's most famous festival. The arrival of the cameleers is quite a sight and smell to behold. Bundi is the captivating town, the Rajasthan of travel brochures. Narrow lanes of magnificent brahmin blue houses, assorted temples, and picturesque palaces make it one of the most 'instagrammable' places in India.

### Mumbai

The port city is all India wrapped into one and offers something for everyone. It is great for exploring the cultural and natural richness of the Indian subcontinent. Mumbai will delight both art, culture, and history buffs. It has two noteworthy UNESCO listed sites and the temples lining the streets will startle visitors for their beauty and engineering. Star attractions include Prithvi Theatre, Jehangir Art Gallery, Kala Goda Festival (yearly), Chhatrapati Shivraj railway terminus (opened in 1880 and a perfect example of Victorian Gothic revival architecture). Chor Bazaar (Thieves Market) moniker derived from when Queen Victoria lost her purse/ violin/jewelry which was later found in this market. For foodies, grab spicy grilled treats like chicken tikka, kebab, or paneer masala. However, Mumbai can be humid and the best traveling time is between October to February. There is a mega festival in August/early September of Ganesha Chaturthi.



Indulge in some authentic Indian food during your visit



Rajasthan





# Cook and share recipes

Sunday dinners are all about spending quality time with family and friends, relaxing at the end of the weekend, and of course, enjoying a delicious, comforting meal with loved ones. In this week’s cook and share, Ozordi Dimans gives you three recipes that will have your family licking their plates and going for seconds.

COMPILED BY CHRISTOPHE ZIALOR

**Starter- Greek Salad (serves 2-4)**

I love a good salad, mixed greens, sweet juicy tomatoes, bell peppers are some of my favorite starting points for a fresh healthy meal. This Greek salad recipe is flavorsome and refreshing and the best part is that it does not take much time to prepare.

**Ingredients for dressing**

- 1 tablespoon extra-virgin oil
- 1 tablespoon of lemon juice
- 1 tablespoon red-wine vinegar
- 1 teaspoon dried oregano
- ¼ teaspoon salt and ground black pepper

**Ingredients for the salad**

- 1 ½ cup diced ripe tomatoes
- 1 ½ cup diced cucumbers
- 1 cup diced green bell pepper
- ⅓ cup thinly sliced red onions
- ¼ cup quartered black olives
- ½ cup diced feta cheese

**Preparations**

- Place ingredients for the dressing in a jar. Secure the lid and shake until dressing is well Combined
- Place ingredients for the salad in a salad bowl and drizzle dressing all over.



**Main Course- Prawns Rougaille (Serves 4-6)**

Prawns Rougaille is a popular Creole Mauritian dish with a rich, tomato base flavor with ginger, garlic, celery, and thyme. A perfect combination of African, French and Indian influence.

**Ingredients**

- 1kg prawns
- 2 onions, roughly chopped
- 3 ripe tomatoes roughly chopped
- 1 can peeled tomatoes
- 3 tablespoons of tomato sauce
- 1 large bell pepper, roughly chopped
- 5 garlic cloves, crushed
- 1 tablespoon butter
- 1 tablespoon soya sauce

- 1 tablespoon aroma sauce
- Parsley and thyme, chopped
- Salt and pepper

**Preparations**

- Wash, clean and dry prawns
- Heat butter in a large pan over medium to high heat, then add garlic
- Add in prawns, sauté for 5 minutes or until cooked
- Add in tomatoes, onions, and bell peppers and cook for 5 minutes
- Adjust heat to medium-low, add remaining ingredients except for the thyme
- Cover with lid and let it cook for 15 minutes
- Adjust seasoning, sprinkle with thyme and parsley and serve with rice or salad.



**Dessert Apple Crumble**

Although not a popular dessert on the island, apple crumble is a dessert you would not care if you had it with every meal. This is the perfect dish to bring your Sunday dinner to a close, but be warned, once you make it your family might expect it every week.

**Ingredients**

- 4 apples, peeled, cored, and thinly sliced
- ¾ cup of sugar
- 2 tablespoons of lemon juice
- 2 tablespoons of flour
- ½ teaspoon ground cinnamon
- Raisins (optional)

**Ingredients for the crumble topping**

- ½ cup of all-purpose flour
- ½ cup of brown sugar

- 1 teaspoon of ground cinnamon
- 1 ¼ cup of instant oats, pulsed in a food processor until fine
- ¼ teaspoon of salt
- 8 tablespoon of unsalted butter cubed

**Preparations**

- Preheat the oven to 350 degrees and spray a baking dish with cooking spray
- In a large bowl toss the apple with sugar, lemon juice, flour, raisins, and cinnamon
- Pour into the baking dish and spread out into an even layer, set aside when done
- Mix the flour, brown sugar, butter, cinnamon, oats, salt, and butter in a large mixing bowl, your mixture should resemble bread crumbs
- Sprinkle crumbs over apple slices, pressing gently for an even slightly flat topping
- Bake for 45-50 minutes until the mixture is bubbly and the crumble is golden brown



# Paris Seychelles at a glance



Dushantha Chamara

BY CHRISTINE OUMA

At 5.00 p.m., my colleague and I were walking towards our host at the Paris Seychelles Restaurant, to the left of the entrance of Fisherman's Cove Resort. The golden rays of the sunset twinkling on the ocean, and the walk on the newly renovated boardwalk matched by the sound of the soothing waves crashing on rocks is welcoming for a sundowner moment.

I am lost in thoughts as I try to make out how beautifully breathtaking the views must be, watching the sunset by the deck.

A few guests are chit-chatting over cocktails while others are trying to capture views through their camera lenses.

The aura of the magnificent high thatched roofing made from natural Lattanier at the lobby does not escape me.

Then there is the island feel furnishing, the neutral white wooden furniture, the rocky embellishment on the tables that complement the surrounding. The open

space inspires a sense of freedom which makes you feel like you can become



Duet of Red Snapper- Octopus

whatever you want, in my case, relaxed. The soft shades of turquoise that comprise the décor, brighten up the space and uplift your energy, and you know there is no limit to the tranquility you can enjoy, making it a great spot to take repose.

Soon, the drinks arrive. They include five variants with the gin tree specials. The beautiful smelling herbs make the first sip worth a trip to the Bel Ombre based Resort. It is thirst-quenching.

Food

Paris Seychelles serves french-Island cuisine, a combination of French-classic gastronomy with Seychelles' rich culinary history, drawing from both Africa and Asia. Chef de Cuisine, Dushantha Chamara arrives with the chosen entrée. It's beautifully plated Thon a' la Nicoise "Red Tuna/avocado/asparagus/soft boiled egg olive/croutons/artichokes".

A bite of the tuna reminds you of why this saltwater fish is among the most commercially valuable fish on the planet. It is freshly luxurious. Of course, the special marinade adds to its flavour.

Then follows the main course. I chose the Duet of Red Snapper-Octopus "Octopus Ceviche/Seared Red Snapper/Crispy okra Fingers/Broccoli Chorizo-Bacon Butter".

Chef Dushantha explains the food is homemade Octopus carpaccio. On top of it are fine-cut fresh vegetables including cabbage, bell pepper, and tempura. Special marinade for the fish includes coriander, thyme, parsley, and lemon juice.

"The fish is pan-fried with garlic and onion, then transferred to the oven to allow maximum absorption of flavour. The fish is also served with some bacon butter sauce and homemade tomato confit bites," adds the chef.

The medium-low classical music playing in the background heightens the food and drinks' taste and flavours.

At dusk, the soft lighting across the re-



sort provides an unbeatable ocean view from the picturesque pontoon. The sea is calm, and the surrounding is just perfect and inviting for a bite of multilayered chocolate and coffee filled dessert. This combination is one of my favourite delicious treats, sipped with a shot of cognac.

What a way to unwind!

This spot is ideal for a romantic evening, girls' night out, or family dinner, perfect for vacationers and locals alike. You will experience a personalized treatment depending on what you wish to achieve by the end of the evening.



Mix to your taste



The boardwalk



Thon a' la Nicoise



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# My journey to becoming a bartender

BY U-ROY JULES



Jocelien Belise serving a refreshing Seybrew draught beer

**There are a number of different ways people enter the world of bartending. Some people are lucky and just land the job straight away. Others have great connections and get into bartending through them. But, there is only one way that is reliable and accessible to everyone, and that is by starting out in a lower position first.**

Jocelien Belise, started his career at the age of 17 following his studies in Industrial Finishing at the Seychelles Polytechnic in 1986. The course covered activities such as spray painting, panel beating, welding and industrial painting and decorating.

Mr. Belise is currently working and running the bar at Gran Kaz Casino Bar and Restaurant. He went through various challenges to be in the position he is today.

"After completing my course, it was challenging to find a job in the field, my mother was working as a laundry attendant at Reef Hotel at the time, and she mentioned to me that the company was seeking casual workers in the kitchen and bar. I had two options: kitchen steward or glass washing. So, I thought to myself why not give one of these jobs a try, whilst I wait for a job in the field I studied for. I went to apply for the post of "Glass Washer" this role was also known as 'Barboy'," he said.

After one month in the position of 'Barboy', Mr. Belise was promoted to trainee bartender by Mr. Dereck Barbé who was the Food & Beverage Manager at the time, but he refused.

"I refused because I felt that I was not ready for the pressure of the bar, and I did not know how to handle customers. Obviously, Mr. Barbé was unhappy about my decision. He saw potential in me and left me with an ultimatum; take the offer or leave, and I am glad he did as this is what led me to a lifelong career in bartending. I decided to take the offer because I did not want to lose my job and I knew that this decision would not make my mum happy as she encouraged a strong

working culture among all my brothers and sisters,.

After accepting the promotion Mr. Belise ended up working at the Reef Hotel for three and a half

years, and gained more experience.

"After working at Reef Hotel, I have worked at Silhouette Island, Denis Island, Mahe Beach Hotel, Amusement Centre and Pirates Arms Restaurant. I helped in setting up the bar at Pirates Arms, Coco Dór and the Fun Park on La Digue. I currently run the bar at Gran Kaz Casino Bar and Restaurant. Although I have many years of experience, I am still ambitious to learn more about this industry. I enjoy working at Gran Kaz, we have a good team of bartenders. I feel part of a family and I would describe the company as my second home. The work can be challenging, and this motivates me as there is always the opportunity to learn new things," he said.

He added that through his career he has managed to gather various experiences and met different types of people.

"There is a lot more to bartending than meets the eye. Not only do you learn about people and the fascinating world of food & beverage, but you learn life skills that most other jobs won't teach you. "The job was not exactly glamorous. All I did was make a few cocktails, polish some glasses, and pour glasses of wine. It was what came with the job that made it so memorable" he said.

Mr. Belise sees bartending as an art, by trying different combinations to create unique cocktails and in creating an experience for the customer through the services he provides.

"I serve a variety of customers each with different drink preferences, I enjoy this as it allows me to be creative. The job allows me to serve many different customers, from those who enjoy cocktails to those who love spirits and beer," he said.

Mr. Belise has 37 years of experience in bartending and received many different trainings from drink preparation to stock taking and bar management.

"I am also trained in different topics surrounding alcohol safety, for instance on the local laws specific to the sale of alcohol, how to refuse service to a drunk customer along with how to encourage responsible drinking and on the effects of alcohol," he said.

He hopes that through the years of experience he gained in such industry, that he manages to inspire a lot of young individuals who want to work in this industry.

"To all aspiring bartenders I hope that my story inspires you to chase your dreams and achieve your goals," he concluded.



Enjoy draught beer with your friends at Gran Kaz





Alfred Fourcroy

*How much do you know about wine? No one seems to know as much as wine lovers, especially if you have ever sat next to someone at a dinner party who loves wine, they won't stop telling you about how much they love it. And how much do you want to know about wine? Some may say the few Master Sommeliers may be in a better position to tell, but really, anyone who loves wine can attest that learning never stops. We speak to Alfred Fourcroy, a business mogul and CEO/ Partner of ISPC Seychelles with a family background of wine producers, who shares some of the basic knowledge you may need to know about wine.*

Today we are having an adventure in the extraordinary world of wines. It is a vintage tale, a little murky with an aroma of intrigue and certain lingo on the palate. It begins with some of the most common varieties of red and white wine grapes you may want to know;

Red grapes

Cabernet Sauvignon  
Merlot  
Cabernet Franc, and  
Sangiovese

White grapes

Sauvignon blanc  
Chardonnay  
Chenin blanc  
Riesling.

For thousands of years, people have dedicated their lives to growing grapes and making wine out of it. Contained in this simple pleasure is an incredibly complex product, distinguished by climate, weather and soil components amongst other key characteristics which come into play during and after wine making.  
“For instance, Seychelles has a warm equatorial climate, mostly the grapes that could be grown here would be sweet grapes which can only produce sweet wines. The content of sugar in the grapes varies; the warmer a region is, the sweeter the grapes. When you ferment grapes which have more sugar content, the higher the alcohol content in the wine,” Mr. Fourcroy explains.

# Wines from the Vines

BY CHRISTINE OUMA



Food and wine pairing

Northern France and other countries like Germany experience temperate climates. The yearly average temperatures in these areas are lower compared to Spain, for example, thus alcohol content in wine produced in these regions vary and is generally lower. It is also worth noting that grapes grown in regions with lack of sunshine and heat do not develop a lot of sugar. So wine makers will choose specific grape varieties that are adapted to the climate and develop sugar content and fruity flavours.  
Mr. Fourcroy clarified that sugar in the grapes are not tasted in most wines because during fermentation, the sugar is changed into alcohol. “Some grapes from the Muscat family have a very fruity taste”, he adds. If you want to make sweet wine, when the grapes have fully grown and have reached maturity, you may give it some more time on the vine before you harvest, letting the grapes lose water and reach a higher percentage of sugar, this is known as late harvest wines.  
“Slowly in autumn, the vine will dry out and not

feed much to the grapes. The grape will start to dry, though not completely and this reduces the water content. This means the sugar content is more concentrated,” he explained.  
In the year 1855, in the Bordeaux region, the French had an idea of classifying the best wines in their region to help the consumer identify the quality level of the wines. Later, in 1933, Chateaufeuf du Pape was admitted as the first French appellation defining the precise area it was covering (The “Champagne” appellation was established in 1936). The appellations principle was born and developed across Europe and the rest of the world. Thanks to them, looking at a bottle of wine and knowing the appellations and eventual classifications, you will know the wine you are going to taste.  
At ISPC, there is a wine and spirits section in which the bottles are displayed by country of origin and appellations. The total range counts more than 2.000 different references. There are also 2 locked wine cellars in which the most expensive bottles



Champagne



Chateau Petrus



Chateaufeuf du Pape



Tuscany region



from different origins are exposed. In the spirits area there is a great variety of most of the spirits categories from gin to whisky not forgetting the vodkas, the cognacs, the tequilas, the rums, the calvados, the liqueurs and plenty more aperitives and/or “pousse-café” (after meal drinks) such as port, sherry, pastis, vermouth grappa, liqueurs, and plenty more.  
As such, there are various characteristics to be followed while wine tasting or drinking. The first is choosing the right wine glass. First, consider the bowl tulip shape, second- choose a wide but still tulip shape bowl for reds, third-choose a narrower bowl for whites, fourth- choose a tall narrow flute for sparkling, you may also consider the stem and rim.  
Mr. Fourcroy explained that the wine glass matters because even the subtle differences in the glass designs can significantly impact how you experience a wine. Because wine glass shape and style impact how much air comes into contact with the wine, how much aroma is released and reaches your nose, and especially where the wine first hits your tongue. All these elements ultimately impact the flavour you taste. Don't like how a wine tastes? Before you blame the wine, give it a try in a different glass! There are also guidelines that apply to pouring the different types of wine, pairing wine with food but that deserves articles of its own. It is worth noting that no wine should be stored or served at a temperature above 25 degrees Celsius.  
There is such a wide variety of wine that only your taste buds and sense of smell may distinguish whether you like the wine or not. In Mr. Fourcroy's own words, “if someone is offering to serve you a glass of good wine, say yes, because then you will know what good wine is. Maybe you may not like it but this may help you choose another type and maybe you will understand the art of wine more. You do not have to be a wine connoisseur to enjoy wine but the connoisseurs should help consumers identify what's best and what you prefer.”  
One of the most expensive wines of the world is from Burgundy- Romanée-Conti 1945 Vintage. It was sold for over \$500,000 for 1 bottle at an auction. It is a very rare wine, but this does not mean all good wines are expensive, confirms Fourcroy.  
According to him, other fine wines are also from the Bordeaux region and some of its famous Chateaux such as Mouton Rothschild, Cheval blanc, Pétrus and, from Italy, the Ornellaia wines from the Tuscany region just to mention a tiny few since there are plenty of good wines from many other origins across the world, most of these can be found at his store.

**Which factors impact the price of wine?**

Many factors, some a little surprising, impact the price of wine. The obvious factors include a wine's scarcity, the labour costs to produce the grapes and wine, and the cost of the vineyards themselves. Some less obvious factors that can impact the price of wine include consumer perception about the cost of a quality wine, the cost of oak barrels in which the wine is aged, and the cost of label design and packaging.  
“Where the grapes are grown and how they are grown is an essential factor that impacts the price of wine,” reiterates Mr. Fourcroy. “A wine maker can choose to make from the grapes that you grow up to 200 Hectolitres of wine per hectare. But you can also choose to make a higher quality wine and produce lesser by just picking the best grapes and producing just about 30-40 Hectolitres of wine per hectare. Now imagine the differences between such wines,” he asserts.  
There are more to discover from a bottle of wine, and if you wish, you may travel to some of the best wine regions of the world. Usually, they are absolutely beautiful and stylish places. The food is always good because where there is good wine there is good food. It's an enjoyment of gastronomy.  
Mr. Fourcroy also recommends learning about wine by tasting. “Instead of buying 3 bottles of the same wine, buy 3 different wines and experience each through a team building activity, or organize wine tasting with friends.  
Last but not least enjoy wine simply meaning don't worry about not knowing much about wine. Just enjoy it and decide what you like and don't like by simply identifying the wines you are tasting and remember the ones you didn't like so you don't buy them again.  
“You can't buy happiness but you can buy wine and that's kind of the same thing”.



# 6 HANDY BBQ TIPS

1. USE METAL UTENSILS, NOT PLASTIC
2. TAKE IT OFF THE GRILL A LITTLE EARLY
3. WAIT 5 MINUTES BEFORE YOU USE THE GRILL
4. KEEP THE RAW FOODS AWAY FROM THE COOKED
5. COOK PORK AND BEEF OVER HIGH HEAT
6. WRAP VEGGIES IN FOIL



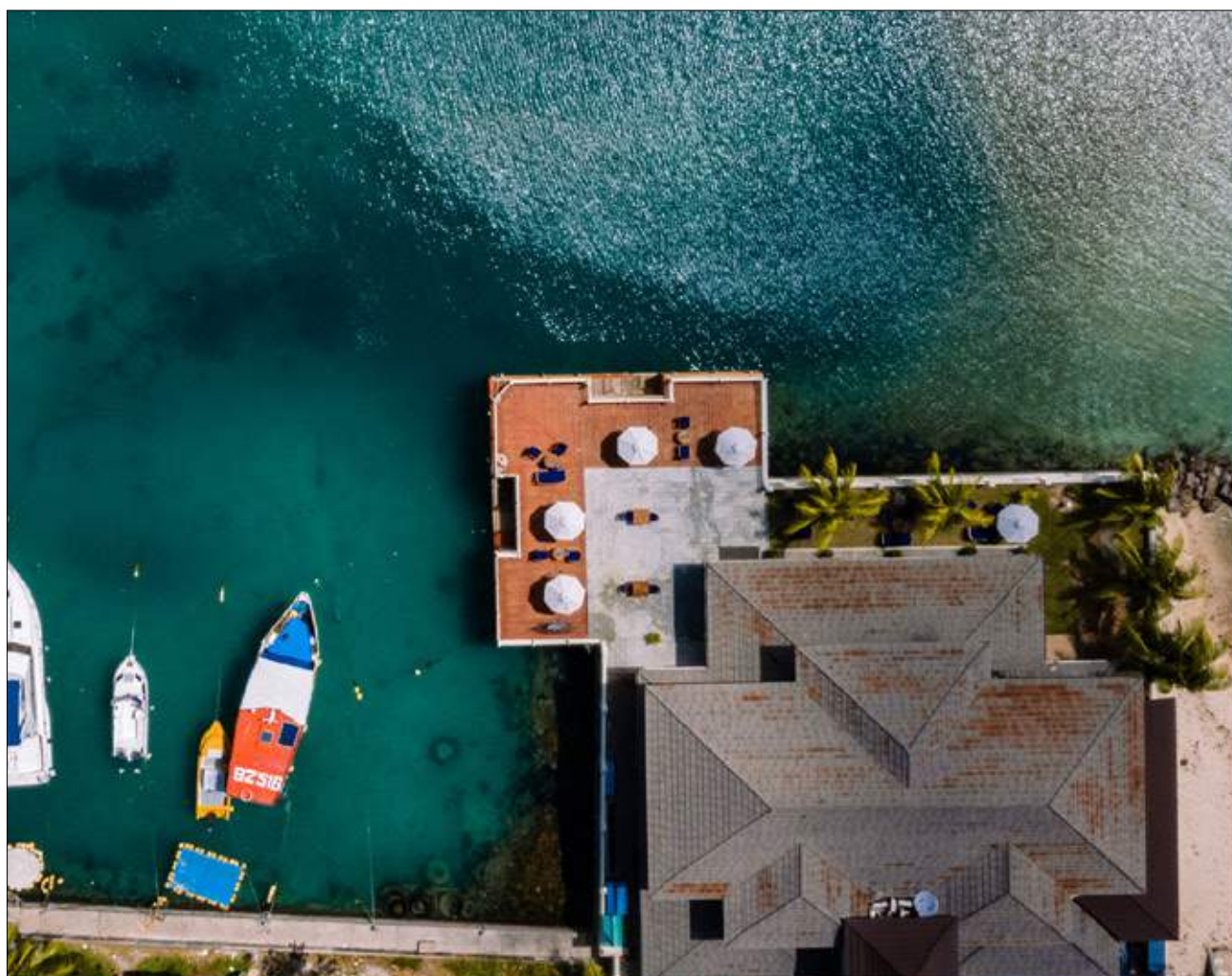
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# Uncorked

## WINE DINNER

 **Thursday, October 28**

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**Uncork an evening of culinary pleasures, each paired with the perfect glass of wine.**

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*Scr 950*  
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COCKTAIL, COFFEE AND DESERT RECIPES

## BAILEYS S'MORES

A new take on a campfire classic, this melty  
marshmallow treat will have you demanding s'more.

**SERVES: 2**

ABV: 13.1%



### Ingredients

#### SHOPPING LIST

- 100ml Baileys Original Irish Cream
- 100g crumbled digestives or shortbread
- 100g mini marshmallows
- 120g marshmallows
- 100ml chocolate sauce
- Blow torch to finish



### Directions

#### STEP ONE

Add the crumbled shortbread to the bottom of a jar. Dollop on marshmallows

#### STEP TWO

Heat the chocolate sauce and pour it into the jars.



#### STEP THREE

Sprinkle on the mini marshmallows. Pour the baileys over the top. Toast the marshmallows with the blow torch until all melty

#### STEP FOUR

Ready...steady....dig in! Last one to finish does the washing up.



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# Discover Moutya and Segga

*with Gael Guichard*

BY U-ROY JULES

The traditional dance of Seychelles is the 'Moutya' and 'Segga', which is danced accompanied by singing and has an African or Madagascan rhythm. Music and dance have always played a major role in our culture and are still an important part of local festivities. Gael a talented dancer, started his career at Beau Vallon Primary School, when he was in P4. He started to learn the 'Segga', and from there he continued following his dream at the Seychelles School of Dance (SSD). "I dance all kinds of dances and love my Creole dances of

'Moutya' and 'Segga' more" he said. Seychelles 'Moutya' dance is currently in the final stage of being considered as a world cultural heritage by the United Nations Educational, Scientific, and Cultural Organisation (UNESCO). Having a talented youth like Gael, promoting our culture brings values to our traditional dance. "Our country is becoming more and more multi-cultural and my wish is to protect the Creole culture. We are living in a world where Seychelles is fighting to keep its culture alive, but we must also realize that we need



Showcasing a contemporary dance performance at the Seychelles Fashion Week 2019

to evolve with time and our cultural dances will also have to evolve". he said. To appreciate the dance, we must first learn the history behind it and this Gael has managed to gather throughout his years of intense dancing both locally and abroad. "The 'Moutya' was created by the slaves of African origin around 200 years ago. The rhythm of the 'Moutya' is of African origin but the lyrics are specifically of the Seychellois Kreol language. 'Moutya' and 'Segga' are performed in open air, mostly on the beach. Testimonies are kept alive through the oral tra-

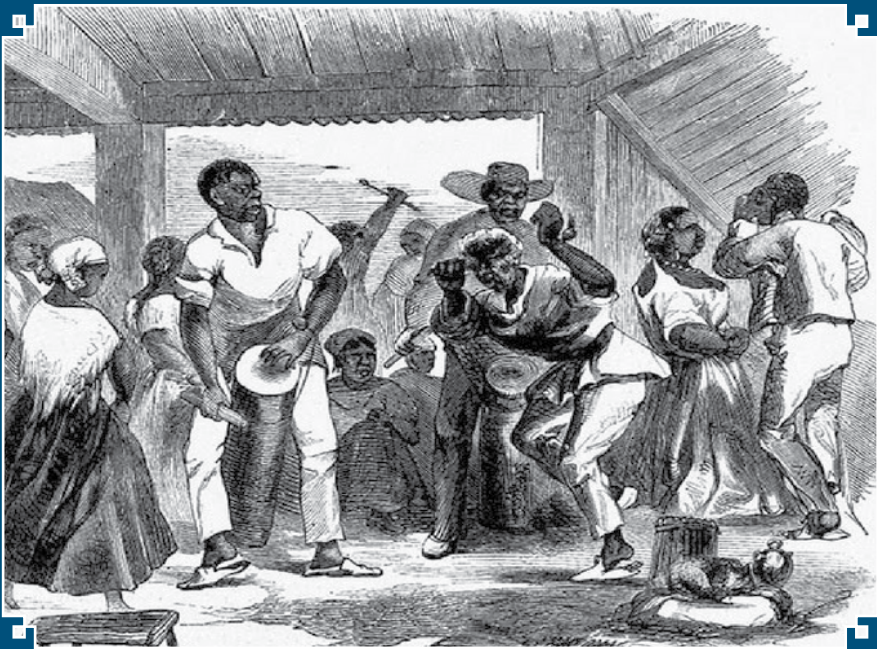
ditional songs, stories, riddles, and dances. It brings me happiness when I dance my traditional dance and always reminds me of my history.", he said. From 15 in 1770, the slave population of Seychelles increased to 221 in 1788 and 1,820 in Year 1803. Four years later this figure jumped to 2,759 and by 1818 there were a total of 6,638 slaves in Seychelles. The slaves came from various parts of Africa, hence from different ethnic groups. The majority came from the sister-island of Madagascar, while another from South Eastern Coast of Africa (mainly Mozambique) and Central Africa.



Performing a cultural dance with Emergency Crew



Emergency Crew



A demonstration of how slaves danced in the past



An ancient Segga dance scene



Gael also enjoys stage performances with artists



Gael enjoys sharing his dance knowledge with younger people



# “The Power of Knowing What You Don’t Know”

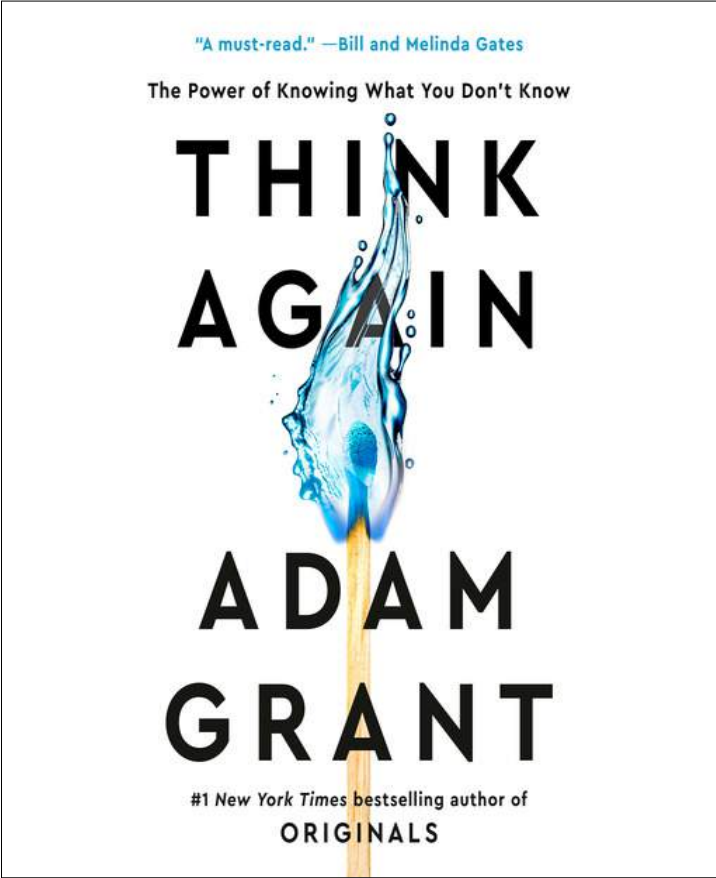
BY ADAM M. GRANT (GOODREADS AUTHOR)

SOURCE: GOODREADS.COM

Think Again is a book about the benefit of doubt and about how we can get better at embracing the unknown and the joy of being wrong. Evidence has shown that creative geniuses are not attached to one identity, but constantly willing to rethink their stances and that leaders who admit they don’t know something

and seek critical feedback lead more productive and innovative teams. New evidence shows us that as a mindset and skill set, rethinking can be taught and Grant explains how to develop the necessary qualities to do it. Section 1 of the Book explores why we struggle to think again and how we can learn to do it as individuals, arguing that ‘grit’ alone can actually be coun-

terproductive. Section 2 discusses how we can help others think again through learning about ‘argument literacy’. And the final section 3 looks at how schools, businesses and governments fall short in building cultures that encourage rethinking. In the end, learning to rethink may be the secret skill to give you the edge in a world changing faster than ever.



## OZORDI’s *top 5* Books for October

COMPILED BY CHRISTINE OUMA

Adults

1. Don’t sweat the small stuff... Omnibus

In this omnibus Richard Carlson shows you how to stop letting the little things in life drive you crazy; how to interact more peaceably and joyfully with colleagues, clients, and bosses and provides strategies for achieving financial success by giving up stress, worry, anger and fear.

2. Sapiens

THE MULTI-MILLION COPY BESTSELLER\*\*

Discover the book that inspired Gareth Southgate’s leadership style. ‘Interesting and provocative... It gives you a sense of how briefly we have been on this earth’, Barack Obama. What makes us brilliant? What makes us sapiens? Yu-

val Noah Harari challenges everything we know about being human in the perfect read for these unprecedented times. Earth is 4.5 billion years old. In just a fraction of that time, one species among countless others has conquered it. In this bold and provocative book, Yuval Noah Harari explores who we are, how we got here and where we are going.

3. Red Sea Spies: The True Story of Mossad’s Fake Diving Resort

THE TRUE STORY THAT INSPIRED THE NETFLIX FILM THE RED SEA DIVING RESORT.

‘Secret missions, brazen deceptions and thrilling, clandestine operations - Red Sea Spies has it all. But it has something more important, too - a genuine human mission that made a difference.’ David Hoffman, author of The Billion Dollar Spy. In the early 1980s on a remote part of

the Sudanese coast, a new luxury holiday resort opened for business. Catering for divers, it attracted guests from around the world. Little did the holidaymakers know that the staff were undercover spies, working for the Mossad - the Israeli secret service. Providing a front for covert night-time activities, the holiday village allowed the agents to carry out an operation unlike any seen before. What began with one cryptic message pleading for help, turned into the secret evacuation of thousands of Ethiopian Jews who had been languishing in refugee camps and the spiriting of them to Israel. Written in collaboration with operatives involved in the mission, endorsed as the definitive account and including an afterword from the commander who went on to become the head of the Mossad, this is the complete, never-before-heard, gripping tale of a top-secret and often hazardous operation.

operation.

Kids

4. All Are Welcome

By Alexandra Penfold

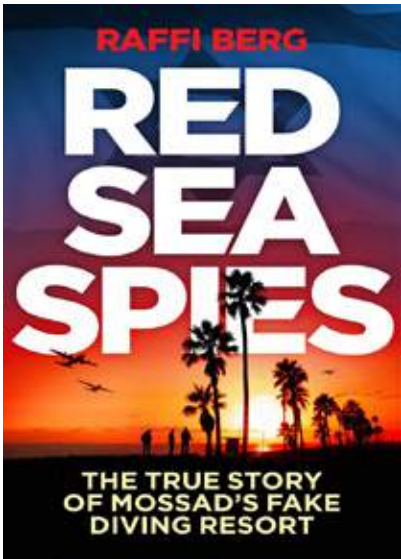
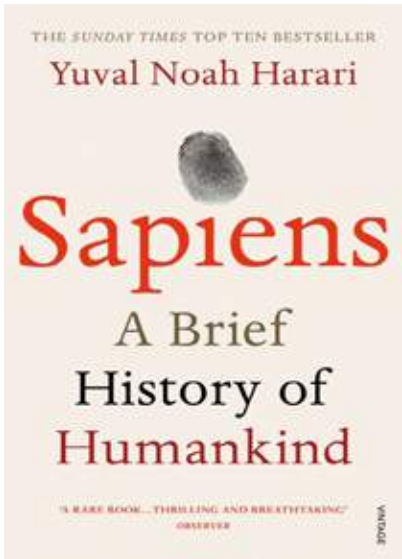
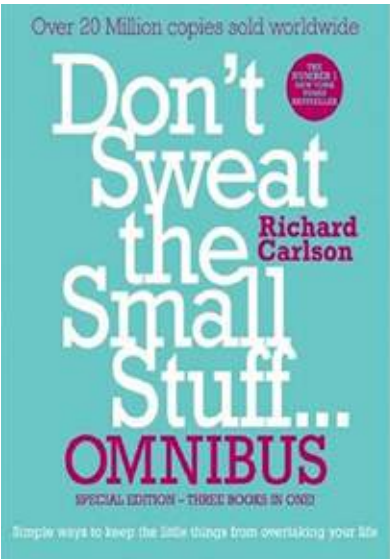
The #1 New York Times bestselling picture book, celebrating diversity and inclusivity. No matter how you start your day, what you wear, when you play, or if you come from far away, all are welcome here. Follow a group of children through a day in their school, where everyone is welcome. A school where children in patkas, hijabs, baseball caps and yarmulkes play side by side. A school where students grow and learn from each other’s traditions. A school where diversity is a strength. Warm and inspiring, “All Are Welcome” lets young children know that no matter what, they have a place, they have a space and they

are welcome in their school. Engaging lyrical text and bright, accessible illustrations make this book a must for every child’s bookshelf, classroom and library.

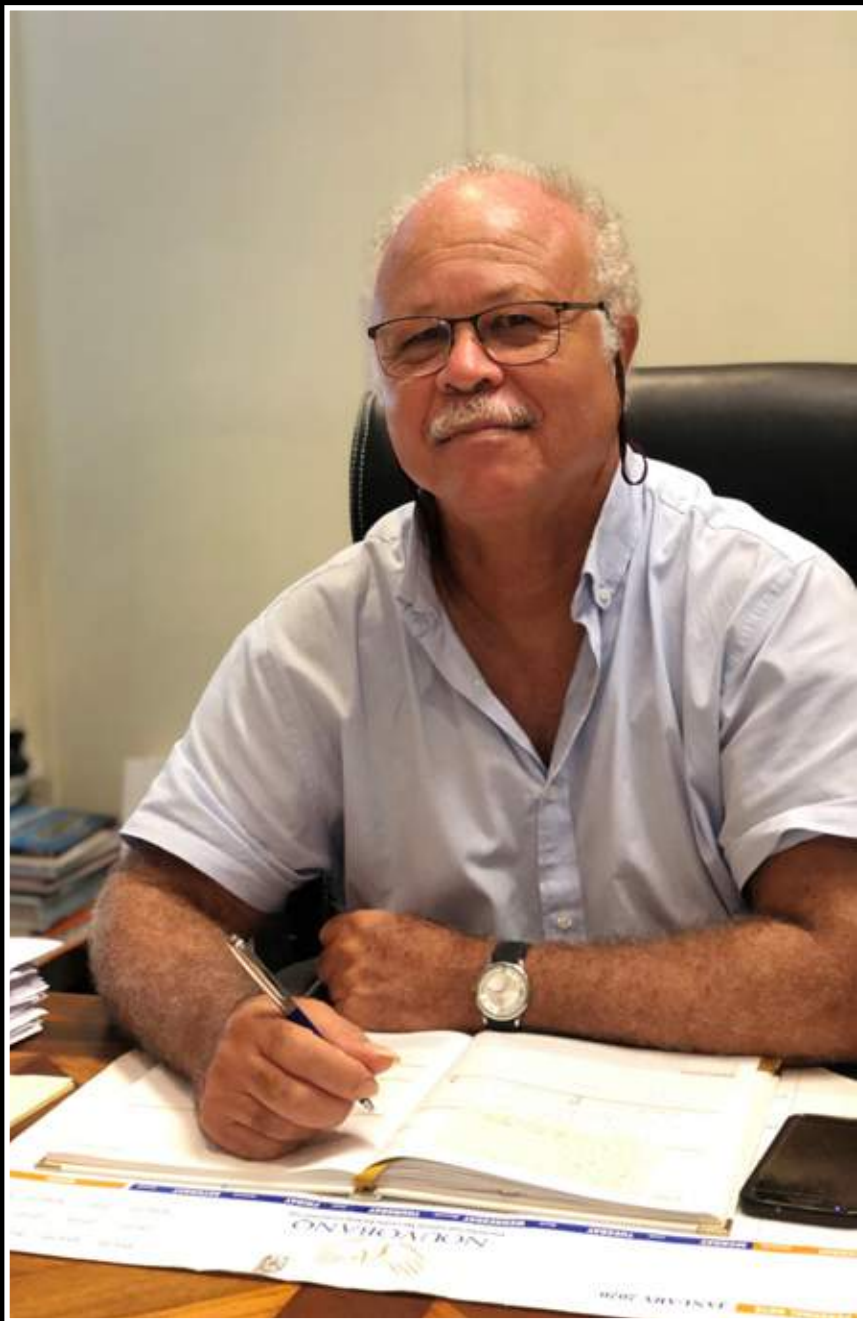
5. Be Kind

By Pat Zietlow Miller, Illustrated by Jen Hill

When Tanisha spills grape juice all over her new dress, her classmate contemplates how to make her feel better and what it means to be kind. From asking the new girl to play to standing up for someone being bullied, this moving and thoughtful story explores what a child can do to be kind and how each act, big or small, can make a difference or at least help a friend. With award-winning author Pat Zietlow Miller’s gentle text and Jen Hill’s irresistible art, “Be Kind” is an unforgettable story about how two simple words can change the world.







David André, Mayor of Victoria

# Old Government Secretariat - Currently The Mayor of Victoria's Office

SOURCE: NATIONAL MONUMENTS OF SEYCHELLES

One of the oldest official buildings in Victoria that still exist in Seychelles. It was built during the last decade of the 19th century to serve as the Administrator's Office. In 1903, when Seychelles became a Crown Colony with a Governor, Executive and Legislative Councils, the building became the Governor's Office and Council Chamber. Sir Ernest Bickham Sweet-Escott, the last Administrator of the Seychelles Dependency was the first Governor and Commander-in-Chief of the Colony of Seychelles.

Like most buildings constructed during that period, its design was dictated by the nature of the tropical climate, with wide spacious verandahs that extend all-round the rectangular building. The arched doorways and windows provided for sufficient ventilation. Even in a building of such simplicity, there in the decorative ironwork of the staircases and banisters recognition of the aesthetic of the Victorian period exist.

In its time, the building has served many purposes and housed several different departments and institutions such as the first Magistrate Court, the now defunct Victoria District Council, the Survey Department and the National Library. In the 2000's, the Old Secretariat Building which is situated on State House Avenue also housed the National History Museum. Today, it accommodates the Mayor of Victoria's Office. To note the building had a major refurbishment in 2014.

How appropriate it is that a building constructed at the end of the 19th century for representatives of the Crown to administer and manage the political affairs of the British colony, at the end of the 20th century, became the repository of historical artifacts and objects and now plays an important role in the overseeing of Victoria. This is a building that is certainly a priceless souvenir of the past.



The building housed the National History Museum in 2000



# The Power of Youth Leadership

**COMPILED BY CHRISTINE OUMA**

Coordinating is extremely difficult, but there is power in numbers. With that power, the youth can shape key agendas, such as climate crisis, social ills, youth empowerment, education, to mention a few. In Seychelles, there are 18 Youth-led Non-Governmental Organisations registered under the Citizen Engage-

ment Platform Seychelles (CEPS). The organisations are solution-centred, and this emerging power of the youth is remarkable. OZORDI DIMANS speaks to some of the youth leaders on their roles and impacts within and outside their organisations- a reflection of the power of youth leadership.

# Stand Up Step Up Seychelles

**Trevor Louise**  
**Chairperson of Stand Up Step**  
**Up Seychelles.**

**What have you learnt about leadership as a youth leader?**

Leadership is as its name suggests. I do not think there is a big difference between a national leader and a youth leader because we are all working towards the same goal which is contributing positively and constructively towards the progression and development of our country and the people.

Therefore, the lessons I have learnt as a leader are what I have always known but, now I get to live and practice it daily. Leading is all about sacrifices and living a life of servitude. To lead, a leader must have followers, and the biggest challenge is trying to please everyone. Although this is not easy, I try to meet people halfway and strive to empower them to become better versions of themselves. Another tip for good leadership is to listen. A good leader must listen, so people will want to listen to you too. A leader who fails to listen, may not go far.

**What impact has your organ-**

isation had in your community and country?

As an association, we continue to advocate and educate people on bullying and the overall effect it has on the victims. We continue to organise sessions aimed at empowering young people, including victims. We also share messages and reflections through our social media platforms, allowing participation from the general public, thus, creating awareness.

I believe we have broken barriers as a youth-led organisation. We have managed to bring an issue that was considered a taboo topic to light. People are now more aware of what constitutes bullying and the steps they should take if they face this issue.

Our organisation was also involved in formulating the Anti-bullying policy and strategy together with the Ministry of Education. We submitted a cabinet memorandum to the attorney general's office with the hope of incorporating anti-bullying provisions into the laws of Seychelles.

## Is it time to level up governance with the efforts of the young

generation? (Mention key issues affecting the youth and include laws or policies you would like reviewed, if any).

If a survey was to be conducted on the numerous policies we have as a country, I believe the results will shock many. The majority of those policies highlight the development of young people, but the practice is always different.

People face many barriers, however, younger people face the most because a lot of decisions are taken without proper consultation or consideration of their inputs.

For example, in the youth policy, 11 remarkable key priority areas talk about the needs of young people. The policy further states the position of the government in the implementation of the priority areas. But are they followed to the letter? No.

**What has been your unique style of working with your peers or focus groups?**

I have an open-door policy. We table the discussion and go with what the majority believe is best. I always make sure that I obtain

the views of my members before carrying out any activities, and I respect their inputs. Most importantly, I treat them as equals. I believe it has got us this far.

**Describe the growth you have witnessed among your teammates and/or focus groups and why being part of such organisation contributes to positive youth development.**

The members have grown significantly! Two of our members won the Positive Youth Award. Some members have won The President's cup and have been featured among the top ten positive youths. A result of their hard work and devotion. The key to growth is an opportunity, and so I ensure our members are exposed.

**Do you see yourself taking up national or international leadership positions in the future?**

It has never been about positions or roles. All I want is to contribute to the development of my country. I have been doing it freely for over five years now, and I will continue to do so.



**Trevor Louise**

# UN Youth Seychelles



**Annarose Clarisse**

**Annarose Clarisse**  
**Founder and Country Representative**  
**UN Youth Seychelles**

**What have you learnt about leadership as a youth leader?**

Do I want to be a leader? No, I want to inspire others to develop their full potential and believe in their ability to do great things. "It is what you do and why you do it." I wrote this in a Facebook post in August 2017. I learned a few things, that leadership is not necessarily about a position and not about being the influencer amongst the group either. It is really about wanting to achieve something together and looking out for your team, bearing the load of what makes something hard and uncomfortable, and pushing through to achieve something worthwhile with them. I learned that it is a journey you take with others where you have their best interest, helping them to access their own leadership roles or lead their own initiatives and in our case, it is more or less about youth empowerment.

**What impact has your organisation had in your community/country?**

UN Youth Seychelles(UNYS) has been in existence for over 4 years. We have realised more than 10+ projects with a direct reach of over more than 500+ youth. This has

been mostly through the Global Money Week which is a Financial Education awareness week, the Silver Lining project focused on 8 dimensions of well-being, promoting the Sustainable Development Goals, attendance of UN Youth Assembly, and through our engagements as members.

Is it time to level up governance with the efforts of the young generation? (mention key issues affecting the youth and include laws or policies you would like reviewed if any).

Firstly, I think good governance should be promoted even in youth-led organisations. This will also build youth's experience in areas and careers around risk management, ethics, sustainability, and compliance at a very young age. These same principles would follow them in their workplace. In addition, governance should be upgraded to proactively create platforms that provide training and inclusion in the country's policies and decisions and also increase legislations that create a safe environment for youth to strive in. Youth are stuck in the centre of all social ills in society and society knows what they are. We are past figuring out what the problems are but now society must design the solution and this will involve a governance framework from policies and laws to set out what we as a community will not tolerate when considering the wellbeing of youth.

**What has been your unique style of working with your peers/focus groups?**

To understand their personalities, aspirations, skills, and weaknesses as well as being vulnerable enough to share my own, even my own mistakes and experiences. This has enabled me to build strong connections with my peers and build trust that whatever the circumstance we had the best interest at heart. For me, it is important for us to not be scared to acknowledge a mistake we make and establish a learning environment where we can even laugh at our flaws.

**Describe the growth you have witnessed among your teammates and/or focus groups and why being part of such organisation contributes to positive youth development.**

Team work makes the dream work has been our key slogan. Having read each application of members who have joined I will say all members already possessed great potential, had achieved great things, had a deep passion and drive to contribute to the betterment of the country. What we have discovered is how each of us adds to the puzzle to make something happen, to drive a project, or create an impact we initially thought was not possible. We have had several leadership journeys as head of divisions, those who were voted as President or Vice President, those who led initiatives as project coor-

dinators, in events, or even outside of UNYS. Through these, we have learned from each other's different skills, approaches, perspectives, and even from the workshops we attended. I would also say the team developed and pushed for the growth of the organisation too as now we are experiencing and seeing various ideas and contributions being realised.

**Do you see yourself taking up national or international leadership positions in the future?**

UNYS showed me that, "you may not be qualified but what you do qualifies you". As a young adult and I believe for the youth too this advice can go a long way. I developed further professionally in my place of employment with an inspiring and exemplary leader who I am fortunate to have as my mentor, while some practical leadership skills and experiences I had cultivated in the Non-Governmental Organisation (NGO) setting as a volunteer. I think the path I will take will eventually surprise me but the focus is on making such leadership roles more accessible to other youths as well especially through engagement, developing experience and leading their own initiatives. After all, UNYS is Youth-Led Non-profit, Non-Governmental organisation acting 'Global' to mold conscious leaders. We as members of the organisation commit to promote the global goals and youth engagement in leadership roles nationally and internationally.



# The Power of Youth Leadership

## Futuro Sports Sesel

Lucas Panayi  
Chairman, Futuro Sports Sesel.

What have you learnt about leadership as a youth leader?

Being a youth leader involves certain principles that allow you to inspire people. It also gives me a sense of direction for myself and the people around me. I have learnt to engage with people from different backgrounds. Knowing how to reach out to them is an aspect of leadership. Being a young leader also involves acknowledging and learning from my mistakes and finding elevated solutions for various circumstances. I have become more responsible, and my professional growth continues as I execute my leadership role. I want to lead other young people in a positive direction.

What impact has your organization had in your community or country?

Futuro Sports Sesel has worked hard to make an impact through sports, environmental

awareness, knowledge sharing through fundraisers, social media and events. We all know sports has a way of teaching principles and disciplines, as well as steering children in the right direction. We want to help children take necessary steps towards education and sports while ensuring their mental well-being. Ideally, we are capable of achieving whatever we put our minds to by staying consistent.

What has been your unique style of working with your peers or focus groups?

I like to see them create a sense of self-worth, understanding, and feeling part of the group. We help them realise the need to trust the right people, and we also share responsibilities that allow them to achieve successes. This enables them to have clear goals and visions.

Describe the growth you have witnessed among your teammates or focus groups and why being part of such an organi-

zation contributes to positive youth development.

We promote teamwork, accountability and the need for everyone to play their roles for the effectiveness of any project we work on or the goal we intend to achieve.

Having the right team around me, has also enabled me to grow. I have learnt that to accomplish projects, we all need the right people around us. There is an emphasis on teamwork and this has allowed participants to take action. Additionally, we have seen the spark of creativity and innovation among the kids.

Do you see yourself taking up national or international leadership positions in the future?

Yes, I do see myself taking up national or international leadership roles. There is still plenty to learn, and I am learning from what I have around me. I am taking all experiences as learning curves and continually 'sharpening the saw.'



Lucas Panayi



Leo Kwan

## Global Shapers Victoria Hub

Leo Kwan  
Curator,  
Global Shapers Victoria Hub

What have you learnt about leadership as a youth leader?

One of the many responsibilities of a leader is steering your team in a direction you see fit. The culture that any leader creates and what their team will take in and act upon. There are many styles of leadership, not one fits all. What is crucial is that we better ourselves and the team in the process.

What impact has your organization had in your community and country?

Over the years, Global Shapers Victoria Hub (GSHV) has delivered various impactful projects. One particular project which I have been a part of is a Mentorship Program, it was featured in the local newspaper and the Global Shapers newsletter. We could see how mentees gradually improved after each session. We conducted a pre and post survey and had positive results from both students and the school. They were better able to cope with stress and have a better idea of what career they wanted, just to name a few impacts.

Is it time to level up governance with the efforts of the young generation? (mention

key issues affecting the youth and include laws or policies you'd like reviewed if any).

The time for this was years ago, and we are seeing the results today. Prevention is better than cure. Too much effort is placed on handling the problem when it arises, rather than preventing such issues that are detrimental for our youths. Educating and equipping our youths with skills such as problem solving can reduce many problems the youths face.

What has been your unique style of working with your peers and focus groups?

With a total of 43 members in Global Shapers Victoria Hub it is not easy to have every single one of us on the same wave length at once. I feel my unique style with working and managing such a large group is trust and delegation. We have 4 projects, and each project has a project leader with members responsible for specific tasks and roles (such as logistic, finance and public relations). As a member of curatorship, I would out stretch myself. I was part of all 4 projects, therefore, trusting your team is crucial in delivering a successful project.

Describe the growth you have witnessed among your teammates and/or focus groups and why being part of such organ-

isation contributes to positive youth development.

One such example of growth in our hub is myself. I joined a community of youths and I wanted to be in a supportive rather than a leadership role. I started out supporting fundraising activities, then co led a project and now I am the curator. This shows what can happen when you are surrounded by a team who is encouraging and supportive of each other.

GSHV is built on a culture of ethics and respect. We have created a safe space where all our members are free to express their opinions whilst respecting the views of others. It is also a learning space where we encourage one another to challenge themselves. I believe that in order to have a positive youth development, we must have the right environment, an environment where the youth are free to express themselves and make mistakes, as we learn and grow from these mistakes.

Do you see yourself taking up national or international leadership positions in the future?

Leading GSHV is an immense task. The curatorship mandate is 1 year and I am looking forward for the challenges ahead of us. I have no plans to work towards national or international leadership positions at the moment.



# Office Interiors

CONTRIBUTED BY SANDRA BONNELAME- INTERIOR DESIGNER



Sandra Bonnelame

Where you work has an enormous impact on how you work, on your ability to focus and stay focused as well as your overall ability to be productive. That means the design of your office space, whether you work at home or in a larger company environment, is of the highest importance.

Depending on your work setup, you probably will be limited to the amount of change you can apply to the interior, especially if you work for a company. If you work from home, you can do a lot more.

According to studies done on work-

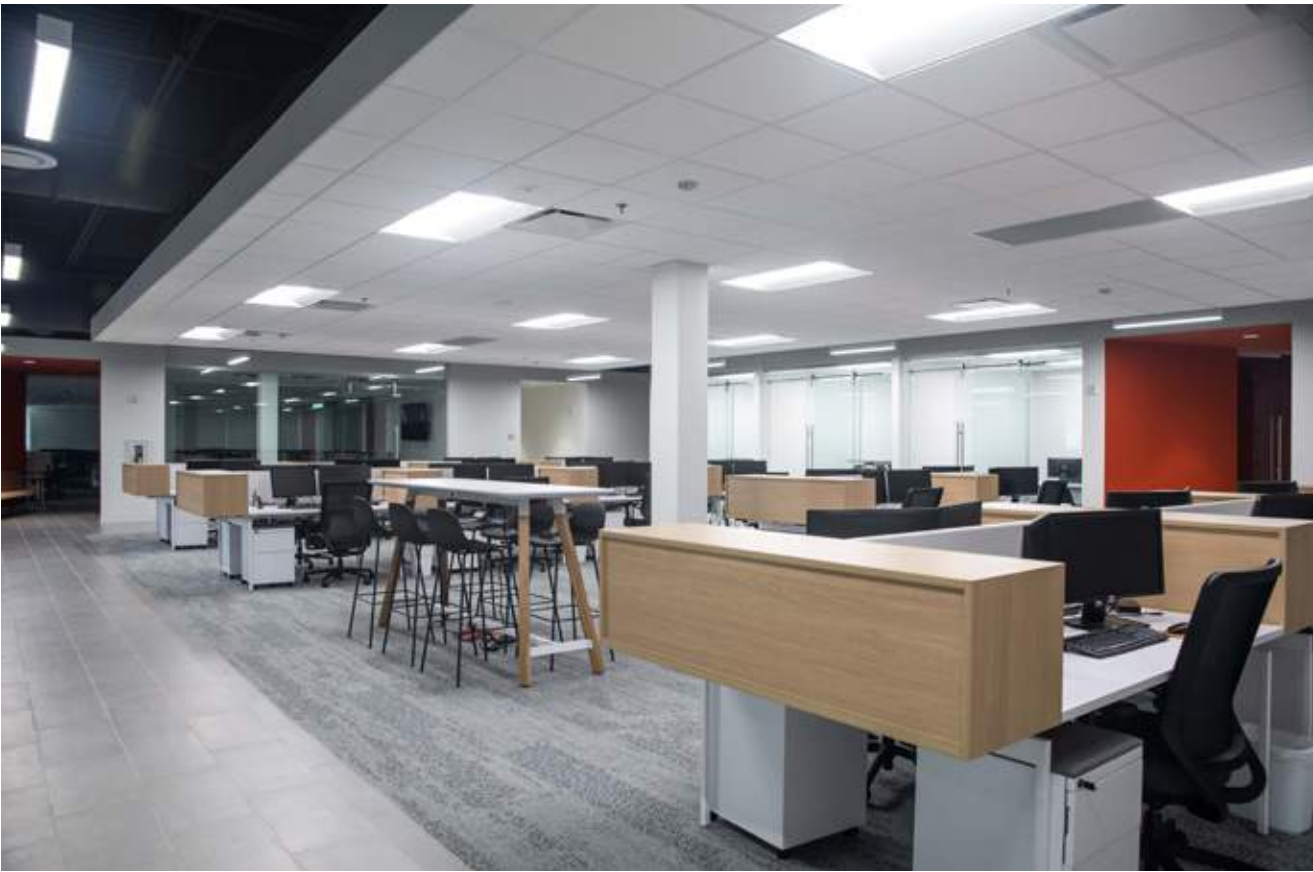
place and productivity, the most significant factor in determining an employee's ability to focus is their physical environment. A little adjustment can produce a lot of impacts when it comes to lighting, colour, room temperature and noise level.

**Lighting** is one of the most important factors in staying focused and feeling inspired, yet it is one of the most overlooked and least invested in. Bad lighting can cause fatigue, eyestrain, headaches and overall irritability in an office space.

Our moods and brain function are greatly affected by the colours around us, as colours can evoke both a physical and emotional response. Choosing the right colours for your workspace can increase your productivity. For instance, blue has been said to promote productivity, but also too much of anything can be overwhelming, even colour.

Most offices, keep their temperatures around 65-68 Fahrenheit but it turns out that this might not be good for productivity. So regardless of which part of the world you are in, generally, warmer rooms make people more productive.

The noise level in a work environment can vary critically depending on the size of the team you work with, the office design and company culture. The noise around you can be distracting and affect your ability to stay on task; raising stress levels and making your ability to sustain productivity far more



An open space shared office

difficult.

Noise cancellation headphones are great for eliminating distracting noise one can also choose concentration boosting sounds, like white noise. If your office offers quiet workspaces for

times when you need the utmost focus, that is a bonus. Otherwise sometimes the complete quiet, if working at home, can be as distracting as a noisy office. You can opt for using a service like Cofivity to mimic the noise of a coffee

shop, which has been said to help with concentration.

There are plenty more hacks to improving your office space and your productivity, these are the main ones to focus on!

## How to Design a Functional and Efficient Office Space

SOURCE: BOSS MAGAZINE

The offices in which we work do not merely serve as a backdrop upon which we complete our daily tasks — they can play a massive part in how productive and efficient we are. With a Gallup poll revealing that more than half of workers admitted to being disengaged at work, better office spaces could make a huge difference.

However, engagement won't be the only benefit that comes from a redesigned office. For one thing, innovative design helps use space better. Shifting modular furniture around can unblock natural light sources, which will brighten the office and make it feel fresher.

Better design makes employees more productive, too — working amid a beau-

tiful space will boost inspiration. Finally, redesigned offices often provide more collaborative spaces than before. Beyond conference rooms, a new workplace will have clusters of chairs and communal worktops so everyone can gather, talk, and produce something new.

That all sounds great, of course — but creating such a vibe requires a bit of elbow grease. Here are four tips for designing this type of space:

**1. Let Them Move**

Employees want options when it comes to office furniture. One of the top features they request are sit-stand desks, which allow them to work on their feet or in a chair, thus promoting

movement during the day.

You can do them one better by setting up a floorplan that inspires movement. Rather than clustering everyone together, spread desks and offices apart so they have to walk to see and talk to one another. These short strolls will get the blood flowing, which boosts energy and productivity. Taking breaks has long been shown to do just that — giving employees a chance for a mental break as they walk to a colleague's office or a far-off conference room will only refresh them.

Of course, promoting a more collaborative environment in which staffers feel welcome to get up, walk around and chat about work-related issues starts with their higher-ups. A more relaxed company culture will keep employees

on their toes — in the literal sense, anyway.

**2. Don't Settle for Traditional Office Tones or Lines**

Let's face it: Most workplaces come with less-than-inspiring decor and color schemes, and it somehow looks even worse beneath a cold fluorescent light. So, spruce things up with a bit of color. You can paint the walls a more pigmented hue, hang colorful artwork or both. Everyone who works near the art will gaze upon it and let it inspire a bit of creativity within them. When the art you've chosen starts to feel dull or stale, swap it out for a new design. It'll be worth your money to have inspiring new shades, patterns and messages on the walls.

Don't stop with just the color scheme when improving an office, though. Be sure to reorganize desks and seating to avoid the stark, straight lines most offices have. On top of that, choose pieces that can easily be shifted and swapped as teams reshape — your office setup can change as you figure out what seating arrangement works best.

**3. Make Health a Priority**

The Occupational Safety and Health Administration makes employee protection its mission. As such, it has strict regulations in place to ensure a workplace serves its staff well — it even dictates how sanitary and safe an office bathroom has to be. For example, they require business owners to provide ADA compliant facilities. However, some companies have implemented healthy practices beyond what OSHA requires of them, and they have noted that their team has become more efficient and productive along the way.

For starters, the aforementioned sitting-and-standing desks help staffers reduce the time they spend sitting all day, a practice that has adverse effects

on a person's health. Allowing and encouraging breaks, as well as walking meetings and conversations, can keep the blood flowing, too.

Some offices keep their staff energized by stocking the kitchen with a range of healthy snacks, all of which are free to peckish employees. To that end, bigger companies even have in-house cafes where they serve meals — a light lunch will provide fuel, while heavier, unhealthy options can cause the mid-afternoon lull so many people experience. The more healthy additions you offer, the better, as employees avoid sickness and feel energized and productive because of them.

**4. Bring in the Green**

Just the sight of nature can improve a person's productivity by 15 percent. A window to the outdoors, therefore, can inspire employees throughout the day. Letting in natural light will improve the look and feel of the office — we've already touched on how uninviting harsh overhead bulbs can be.

Of course, not every office building has green surroundings. You can still take advantage of the natural productivity boost nature provides by outfitting your office space with indoor plants. Plus, having greenery indoors adds a bit of visual interest and makes the whole office feel more comfortable. On top of that, plants can help filter and clean the air, and the mere presence of greenery has been shown to reduce blood pressure and stress, too. All of that will undoubtedly forge a better, more efficient workforce.

**Make It Work**

The office itself plays a big part in a company's productivity. Don't settle for the basic cubicle-and-conference-room setup you have now — play with the layout, colors, art and greenery to inspire creativity and hard work at every level.



A well-designed office can pay big dividends



# Real Estate Solutions Seychelles

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Lise Church, Licensed Real Estate Agent and Broker, Founder Real Estate Solutions Seychelles with over 25 years Real Estate experience

For inquiries call +248 2527871 or email [realestatesolutionsey@gmail.com](mailto:realestatesolutionsey@gmail.com)

## Glacis, Seychelles, Mahe

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

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

### Offers invited USD 3.5m+

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



## Anse La Mouche, Mahe

### Anse La Mouche, Mahe

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



## Sans Souci, Mahe

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

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

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



## Sans Souci, Mahe

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

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

Historic Home, classified as National Monument.

Price available upon request

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



## Praslin Island, Seychelles

2 buildings comprise of 4plex, 8 rooms, self-catering apartments on beautiful Praslin Island. In immaculate condition. Minutes to airport. Anse Kerlan beach access. Great investment property.





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# 10 Must Watch Animated Movies That Became Instant Classics

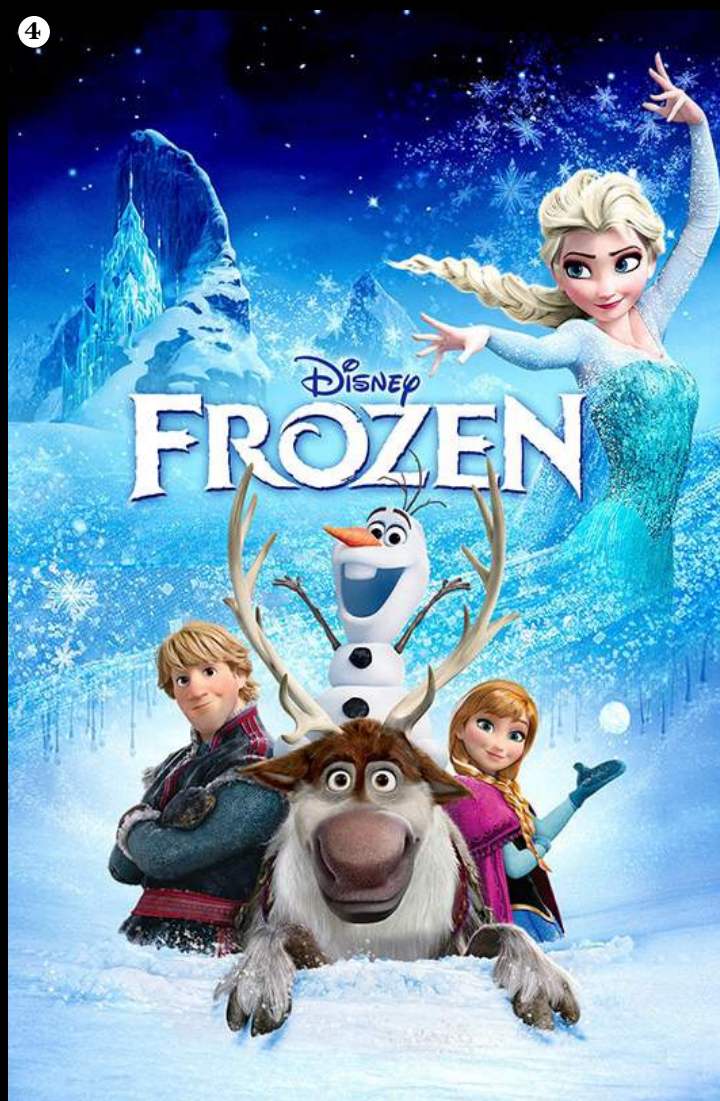
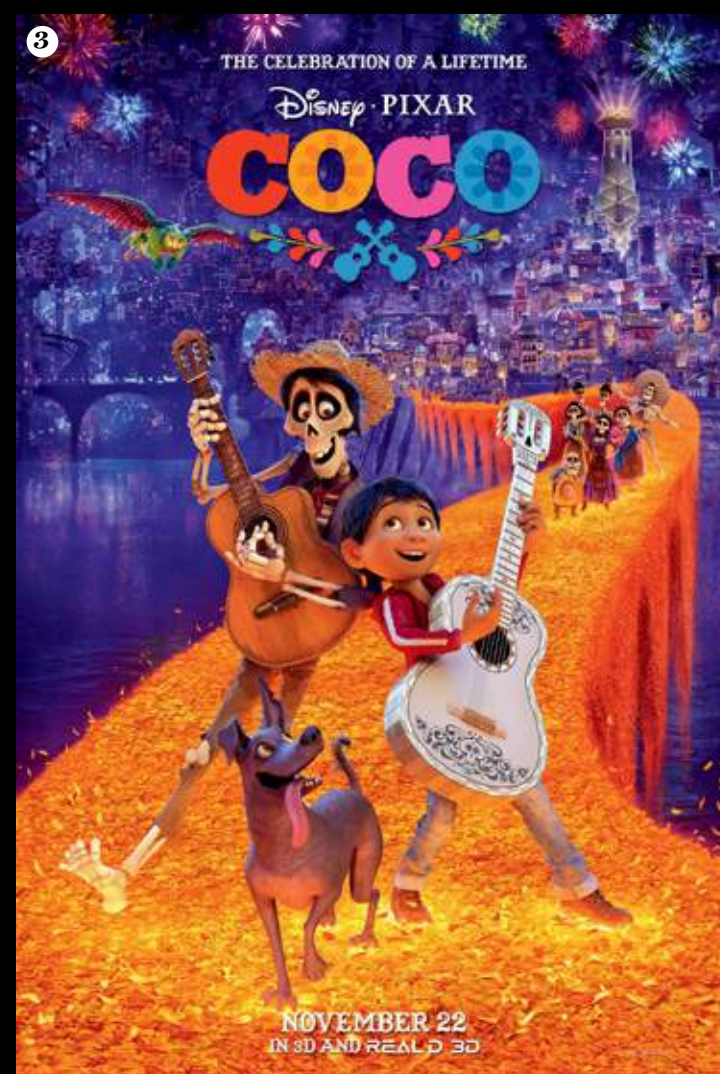
Since we can remember, we have seen various animated movies from the most amazing animation studios, such as Pixar, Walt Disney Animation Studios, DreamWorks Animation, Nickelodeon among others.

The growth of mainstream animation has changed the landscape of entertainment, with new technology, animation studios can produce more and more high-quality digital options, from children's movies like 'Frozen', 'How to Train a Dragon', '101 Dalmatians', 'Ratatouille' among others.

OZORDI went through the most popular, top earning animated movies of all-time to select what we believe to be the 10 best animated movies.

Feel free to comment about our prediction.

Enjoy!





My Story

# Darrel Damoo

BY CHRISTINE OUMA



Darrel Damoo

**D**arrel Damoo is a 31-year-old football player and entrepreneur. He plays number 7, sometimes left or right winger for the national team.

The father of four, better known as Damoo, shared his story with OZORDI DIMANS.

"As far as I can remember, I have always liked kicking the ball. I started by playing for the Northern Dynamo FC and joined the national team about four years ago. I am also a Procurement and Logistics Manager for Eden View Properties. I have been with the company for over 10 years. I also run my own procurement and logistics business., I've been exporting cinnamon since 2018 whilst managing my farm.

When I was young, I liked to play football. One of the fond memories I have as a teenager is when I was 13 years old. I scored the first goal for my team 5 minutes into the game. That was a defining moment.

**Football Gene**

Football runs in our family's DNA. My uncle Jason Damoo played for the national team as well. I like to think my uncle inspired me. Once he

saw I had an interest in the sport, he encouraged me to play often.

My football gene is now with my daughter. I have four children, and my eldest is 7-years-old.

**Training**

We have a selection of training routines focused on strength, speed and technique. We do full-body workouts, mobility and core workouts, foot-work drills, shooting practice, free kick practice, speed drills, to name a few.

We also engage in tactical training with our teammates to cooperate as a team.

We trained up to 5 days a week before the coronavirus pandemic. Currently, players often train on their own to stay fit. We all want the pandemic to end, so we can go back to playing the sport we love.

**Playing for the National Team**

Knowing that I am among the few who represent a population of 90,000+ people on the football field is minboggling.

We have played against Botswana, South Sudan, Nigeria, South Africa, Palestine, just to name

a few.

Playing against Nigeria was quite an experience because some of their footballers play in the English Premier League. Kelechi Iheanacho is currently with Leicester City and has also played for Manchester City. John Mikel Obi has been playing in the English Premier League football for ten years for Chelsea, and he is regarded as one of the best defensive midfield players Chelsea has ever had.

**Support**

I have had great experiences playing, and about two years ago, I secured a contract with a club called Pro Tirino Calcio in Pescara, Italy. I got the opportunity, thanks to Futuro sports Sesel in partnership with the Pescara football team. Unfortunately, when I was due to join the team, Italy went into lockdown. I am now 31, and not sure they would consider my age, but I am fit. If the opportunity presents itself, I may take it. But there is a lot to consider, now that I have a lot going on and a business to run. I may also pass it on to another footballer who is worthy of the opportunity.

The unity in football is inspiring. Locally, players who came before me talked to the coaches to give me a chance to play with the big guys, considering that I was young. These were great experiences, and I think I have amplified that in many ways. I try to help youngsters whenever I can by donating equipment or coaching. I will offer help whenever I can.

**Accolades**

Currently, I play for Red Stars Defence Forces and was featured in the Indian Ocean Islands Games in 2019, where I scored my first international goal for Seychelles. I am also the Seychellois top scorer for the first division.

**Clubs**

I have been playing football for over 20 years. I have played for the Northern Dynamo FC, and in the late 2000s, I joined the Lions FC. In 2017, I received the call to join the national team. I then joined my current club, the Red Stars Defence Forces. My coach Gavin Jeanne has been a great mentor. He also inspired me to start refereeing.

In the Premier League, I am a Manchester United fan. Growing up, I admired David Beckham, who played for Manchester United. Then came Cristiano Ronaldo and more. I try to watch all the matches not just for entertainment purposes but also to learn the different playing techniques.

**Values**

I describe myself as a 'straight edge' player. I do not drink alcohol, smoke, or take any other substances considered as drugs. It is a personal decision I made, and I am proud of it.

**Final remarks**

I advocate for people of all ages to engage in sporting activities for their health benefits. Stay active."



Damoo during COSAFA Cup in South Africa



Damoo during a training session



At the Indian Ocean Island Games in Mauritius



Playing against Nigeria National Football Team



# Fortunately, unfortunately



Fortunately, he came back the next day with a 100-dollar bill

**SOURCE:** THE GAME GIRL

What it is? A silly, creative talking activity that can be played by two or more players. Similar to the tell a story game, but with more direction.

**Best for:** Group of 3 to 8.

**What you need?** Nothing!

**How to play?** Have all your players sit in a circle, or establish a clear playing order. Then proceed to tell a story, with each person saying one sentence at a time. Here's the catch: each sentence must start with either "fortunately" or "unfortunately," always alternating. So here is how a sample game might go. The first player, Rachel, starts out the story by saying a simple statement of fact, like

**One day I got a new puppy.**

(The story can be in first person, but it does not have to be.) The next player, Brad, would then add a sentence onto the story, but he has to start the sentence with "unfortunately," like



**Unfortunately, he ran away.**

Then it is Katie's turn, but she has to start a sentence with "fortunately:"

**Fortunately, he came back the next day with a 100-dollar bill.**

The next player would say an "unfortunately" sentence, like "unfortunately, the 100-dollar bill was a counterfeit and the cops nabbed me for it when I tried to use it to buy a pet canary." As you can imagine, the game usually gets pretty silly pretty fast. The stories tend to drag on without any clear ending, so just break it up when you want to start a new one. It is a lot of fun, though, and good for car rides or killing time. Write your stories down or just tell them out loud; either way, have fun!

**Variations:** As said, this game is pretty similar to tell a story.

**Example:** If you want an example game, maybe you could watch the TV show I Shouldn't Be Alive; sometimes I think those episodes tend to play out like a version of this game. (The man was starving in the jungle...fortunately, he found some berries...unfortunately, they were poisonous. But fortunately, he hunted a rabbit to eat...but unfortunately, he had no fire to cook it...) Here is a sample game from me and my husband. Oh, which reminds me of something else: if you are playing with only two people (or any even number), it means the same people will always

be saying "unfortunately" or "fortunately" sentences. Which could be boring or could be fun, but you could just switch it up halfway through if you want. For now, you can guess who had the "fortunately" sentences in this example, me or my husband:

One day a man was flying on an airplane. Unfortunately, the airplane was out of peanuts. Fortunately, the man was allergic to peanuts and so he was happy about that. Unfortunately, the man was also allergic to chocolate chip cookies, and the airplane was not out of those. Fortunately, the man was the pilot, and so he was not offered any of the cookies. Unfortunately, the pilot was so distracted by the conversation about the cookies he was allergic to that he did not see the huge thundercloud. Fortunately, the plane's autopilot took control and did a barrel roll around the thundercloud. Unfortunately, ... Well, you get the idea.



## Zenga

Sa zwe I en fason sikannen letan en kanmarad in ganny en pinisyon. Souvann fwa dan lepase en manrmay kin komet en fot grav I ganny met anzenou lo gravye oubyen lagrenn sed. Letan granmoun pa apersevwar bann lezot zanfan I vin sikann sa enn kin ganny pini. Sot redi son de zorey ("zenga pa mwan ki lakoz, en tel ki lakoz") en lot fason zenga ki pa en sikannri se letan en group manrmay I atrap sa parti lo lanmen ant ledwa ek pwannyen e zot balanse an dizan ("zenga pa mwan ki lakoz, en tel ki lakoz").





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