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EDITOR'S *Note*



DEATH

"Death is something inevitable. When a man has done what he considers to be his duty to his people and his country, he can rest in peace" – Nelson Mandela

Today we celebrate "All Hallow's Eve", better known as Halloween to many. Many in Seychelles have adopted this tradition and see it as a day to dress up in scary costumes, try out innovative Halloween cocktail drinks or show off their "thriller" dance moves in the nightclubs. And while the practice of trick-or-treating amongst Seychellois children is not yet as common as it is in the United States, this annual October 31st tradition has grown immensely over the past decade, as has its commercial influence to include sale of themed costumes, sweets, and decorations.

But what is the true meaning of this day and why is it revered by so many?

As far as the 4th century, Halloween emerged within the early churches of Europe and is believed to be linked to Christian beliefs and practices. Theory has it that the traditions were influenced by the Gaelic festival Samhain, which has paganistic roots. America inherited its Halloween traditions from the Irish and Scots immigrants of the 19th century and has since become one of the country's most popular

Perhaps the answer is the utter fear of the unknown, given that no one can explain or prove what truly transpires following the end of life, whereas in total contradiction, we prepare, we discuss, and we celebrate the arrival of a newborn; yet ironically, we remain silent or only whisper about our death plans.

The reality is that death can happen to any one of us, at any time. It is one of the fundamental uncertainties we all live with, every

single day. Thus, the inevitable is best left untouched and unspoken, and we simply block this unforgiving truth even if we know that our time will come one day, without exception.

In May 2015, I was involved in a dreadful car accident which changed forever how I viewed death, and today I share my story and experience with you. On that fateful day, I was driving back to our office with two of our employees and we were chatting away happily. Suddenly, I noticed an incoming car that was overtaking a row of vehicles coming straight at me from the opposite direction. My reflex kicked in to avoid an incoming head-on collision and I swerved to the other side of the road to protect us from this speeding lunatic. As I tried to shift the car back onto the main road, it spun and went off-road right into the sea inlet adjacent to the Vehicle Testing Station.

And time slowed down. The few seconds that it took for the car to be catapulted from the road into the water felt like hours. Within these few seconds, I was hypnotized by flashbacks of my life, all in slow motion. The windscreen was no longer my window to the world, and instead, I saw images of my loved ones, including the person I loved and missed the most, my grandma who had passed away nine years prior. It was chaotic, and yet, I was motionless. The last person I recall seeing was Father Louison, a priest whose compelling Sunday sermons always moved me deeply. But why him? And the answer came to me many days later, given that the Sunday before the accident, he had shocked the congregation by yelling: "You are going to die, you are going to die", followed by "Are you prepared?". So, was my accident a test of faith, or fate?

Meanwhile, while I was experiencing the flashbacks, I remember hearing my two fellow employees screaming and calling my name from afar, and I clearly remember whispering "God, please take me and save these two young ladies". I felt numb and paralyzed, without fear, with nary a thought, and this feeling of nothingness. Within these few seconds, which truly felt like minutes, I was suddenly awakened by the crunching sound of metal as our car landed onto the rocks and then into the sea. It felt like we had dropped from a mile up when, we were only a few metres from the top of the main road. And then there was this eerie silence, this moment of tranquility.

Suddenly, I heard one of the ladies call out my name, while at the same moment, I was asking if they were ok. As I turned back, I soon realized that one person was missing from the car and my heart started pounding when I saw her floating on top of the water. As I screamed her name and started to climb out of the submerged vehicle, I was relieved to see that a passerby who had witnessed the accident had jumped into the water and was already pulling her out. My other colleague also managed to climb out of the car and swam to the water's edge and as we sat there, I suddenly realized what a close call this was and how lucky we were to all be alive. When we reached the top,

crying from shock, we hugged each other, and I remember whispering "Thank you God for saving us".

On that day, I honestly came to terms with life and death. And I know that many who have recovered from a severe illness, or some terrible accident will share the same perspective. Because of my own near-death experience, I view death very differently today and even believe it is possible to find some sort of guidance, let alone blessing within its mysterious obscurity.

Coming to terms with death can help you better appreciate what is truly important in life and accept what is precious in the present. Perhaps we should embrace death just as much as we welcome life, and maybe discussing death openly could help loved ones receive their last wishes, support, love, and better care. And who knows, maybe death is not as scary or catastrophic as we make it out to be and we should simply accept it as an essential facet of our lives. And it is perhaps worth noting that the great Greek philosopher Socrates once said, "Death may be the greatest of all human blessings".

Following my own morbid tone today, this OZORDI DIMANS edition espouses the same subject matter; so, meet Ian Rideau, a 33-year-old mortician at Padayachy's Funeral Parlor who talks about his daily duties at the private mortuary home.

As we continue our journey, we meet Angeliq Soomery, the country's first and only funeral planner. She discusses the ups and downs of coping with death and states that "dealing with sorrow is not easy; if I can bring a little consolation to families that seek my services, I will have done my job well."

Yes, it's Halloween season! So, check out our bizarre relationship with superstitions as this article explains why people still believe in this practice in the 21st century.

"God put me in prison for a reason," says Terence Servina. OZORDI DIMANS tells the story of a prisoner who shares his incarceration and what led to his 20-year sentence for narcotics possession. He shares his rehabilitation and expresses his gratitude for how prison improved his life.

In our Advocacy section, we bring you the voice of LGBTI to the National Assembly. In this in-depth interview, catch up with Honorable Andy Labonte on his thoughts regarding the country's LGBTI situation and how we can make a difference. He also discusses various issues affecting LGBTI in Seychelles, such as discrimination and fetishization.

As we count our blessings for being alive on this beautiful morning, I take this opportunity to remind everyone who can make a trip to the cemeteries across our beautiful islands to honour and remember our beloved departed souls.

Happy Sunday to you all.


Veronica Maria
MANAGING DIRECTOR & EDITOR



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“I work as much with the living as I do with the dead”



Ian Rideau

BY CHRISTINE OUMA AND U-ROY JULES

For many, working in a mortuary is one of the scariest jobs. Some would rather be jobless than work as morticians or morgue attendants. But for one 33-year-old man, working in the morgue has been his passion.

Ian Rideau, a mortician at Padayachy’s Funeral Services in Plaisance, confessed that working with the dead is his passion.

In an interview with OZORDI DIMANS, Ian revealed that he started working at the Funeral Home when he was 22 years old and full of motivation.

“My career at PFS started as a handy-man, and I was excited about a new experience because my previous job was a shop attendant. After three wonderful years, I moved on but returned to PFS in 2016. I realised that working at PFS was a dream come true. Upon my return, the owner, Mr. Andrew Padayachy offered me another role as



a Mortuary attendant,” he narrated.

Mr Rideau stated that at the beginning of his working career, he wanted to work with people, but was unsure if he wanted to pursue such a career. He explained, “When we think of morticians, we tend to think of something like a bizarre, older man with strange habits and possibly some dark secrets, someone who is perhaps better with the dead than the living.”

The young mortician said being a mortuary attendant is not an easy job. Sometimes it requires long hours and late-night phone calls.

“It takes about 20 minutes to get the dead ready for their services. The job usually includes cleaning up the body, dressing them up, and applying make-up or grooming as per the relatives’ instructions.”

What is a usual workday like?

“My job is different every day. Most people think being a mortician is doing the dead’s hair and make-up only. I do a lot of that, but that isn’t the only thing. On any given day, I might do loads of paperwork, meet with a family of the deceased, work on a funeral service, get the dead ready for their funeral, etc.” he said.

He also asserted that working in a mortuary involves a lot of cleaning. “I wish to thank Williamson Raba for teaching me how to apply make-up on females,” reiterated Ian.

Social life

According to Ian, when people find out what he does for a living, their reaction is either disgust or intrigue. “But I rarely experience something in between. Most people are taken aback at first, but then want to ask a lot of questions. The subject of death is pretty taboo. I witness it on people’s faces frequently. I work as much with the living as I do with the dead. I still see dead people as people. They aren’t alive, clearly, but they still have people who love them and lives they have left behind,” explained Ian.

“It’s a privilege to give the dead the last treat before they join the afterlife,” he added.

How about dating?

“I have been with my girlfriend Quincy Saminadin since before I joined the industry, so I haven’t had to deal with the conversation on a date. She’s always been incredibly supportive of my career. However, there are days when I get home, plop onto the couch, embrace her and



I think it is completely natural to be afraid of death. It is the ultimate unknown, and nothing is settling about that, says Ian

she gives me that side-eye look that implies ‘Go take a shower first, I know what you did today,’ he said cheekily.

Ian said he has lost count of the bodies he has attended. Among those he has prepared for their funeral services were his mother, who passed two years ago, and his cousin.

Advice to those who are afraid of death?

“I think it is completely natural to be afraid of death. It is the ultimate unknown, and nothing is settling about that. I am not afraid of dying. I know I will be taken care of and so will my family,” he affirmed.



Our bizarre relationship with SUPERSTITION



BY CHRISTOPHE ZIALOR

Growing up on a small island, it was impossible for me to resist superstitious ideas.

‘Do not whistle at night because you may attract ghosts and ghouls (Dandosya), and do not sweep after six o’clock otherwise you will not have good fortune.’ Despite the fact that these ideas date back centuries, many individuals still hold them dear.

Many of these cross-cultural sayings, I’m sure, aren’t unique to Seychelles. Do you all agree that hearing the cry of a kestrel at night will result in the death of someone in your family?

Even if you aren’t very superstitious, you undoubtedly say “bless you” when someone sneezes, just in case the devil decides to steal your soul - as our ancestors believed was possible after a sneeze. Every culture has its bizarre superstition, such as avoiding black cats or being scared of the number 13.

I don’t believe in superstitions in general, but when I saw a black cat cross the road ahead of me, I realized I automatically resisted going forward until someone else did. I even paused and waited for others to go first. I assume someone told me about it once, and it just

became ingrained in my sub consciousness.

In Seychelles, because of our broad ethnic past, we’ve inherited a plethora of superstitious beliefs that have been passed down from generation to generation, so it is no surprise that growing up in a culture that continuously reinforces superstitions may be one of the

ludicrous idea that putting a religious symbol in your automobile can protect you from accidents. Superstitions are the result of a misunderstanding of scientific truths or urban folklore. Some things are as basic as trusting in fortunate numbers — or throwing empty bottles on the ground for good luck.

During the COVID-19 outbreak, new ideas spread around the world; in the United Kingdom, conspiracy theo-

doctor (Bononm Dibwa), told OZORDI DIMANS that he does not believe in superstitions, but he does believe in magic.

“There’s a superstition that says that walking around in circles around the home at night would reveal a ghost.” That is nonsense; the elders did not want youngsters roaming around the home late at night, so they made up a myth to keep them from doing so.

Throughout history, charms, ceremonies, and rituals have been utilized to reclaim control over life, particularly during times of loss and uncertainty.

Although I am not a believer in such things, I was wary when Mr. Madeleine invited us into his prayer room. Was it because of superstitious beliefs?

The human mind continuously and unconsciously searches for useful patterns. For example, we survive by recognising feeding patterns and put ourselves in the right places at the right times for meals. We also avoid injury or death when crossing a busy street by recognising traffic patterns.

Sometimes, however, our brains infer cause-and-effect patterns that are not real. Suppose that a friend gives you a “lucky penny”. You are sceptical, but a few days pass and nothing bad happens. Though it is only a coincidence, your brain may still infer a pattern, and you may begin to believe the penny caused the run of good luck. A superstition is born.



reasons why younger generations are open to believing in the irrational.

Take note of superstition, irrationality, gullibility, a lack of logic, a lack of reference to science, statistics, and real-world proof. For example, the utterly

ries about mobile phone 5G coverage emerged. There have been many reported arson attacks against phone towers. While strange, such thoughts and acts are linked to a fundamental human desire to feel in control of events.

Joseph Madeleine, a local witch



Broken mirrors are believed to carry seven years of bad luck



Black cats are considered bad luck in certain cultures

WEEK REVIEW

What Made TODAY’S Headline this Week

LDS supporters celebrate one-year anniversary

Sunday, October 24, Linyon Demokratik Seselwa (LDS) supporters took to the street to celebrate their first anniversary.

The last time the supporters were seen in such vibrant spirits was almost around the same time last year, when the party finally won the elections after 43 years of campaigns for the presidency.

The motorcade was organized by the faithful supporters of LDS.

Colonel Micheal Rosette promoted to the Flag Officer Rank Brigadier

Monday, October 25. Colonel Micheal Rosette, the Chief of the Armed Forces, was promoted to the Flag Officer Rank Brigadier at State House.

Present was the President of the Republic of Seychelles Mr. Wavel Ramkalawan, Vice President Mr. Ahmed Afif, Minister for Internal Affairs Mr. Errol Fonseka, Supreme Court Judge Mrs. Fiona Robinson, Chief Justice Mr. Ronny Govinden, Speaker of the National Assembly Roger Mancienne among others.

Recognized as a true leader in the service before himself by his fellow militants of the Seychelles People Defense Forces (SPDF).

He was promoted to Brigadier by the Commander-in-Chief of the Armed Forces, President Ramkalawan.

President Ramkalawan one year in office

The President of the Republic, Mr Wavel Ramkalawan addressed the National Assembly on Tuesday October 26, after a year of presidency. His speech outlined the achievements of his presidency and his cabinet alike. He began his address by retracing the electoral events that led to his appointment as the President of the Republic. He described it has one of the most incredible elections, given that he was the first president to be elected in post through fair and free elections. As he did when he was first elected and sworn into office, the president thanked God for the blessings that were bestowed upon him at the service of the people.

Ministers benefit from allowance increments

According to Minister Derjacques answering on behalf of the Department of Public Administration (DPA) there has been no increase in the Ministers salary but changes to their allowance. The announcement was made on Wednesday, October 27 when the Leader of the Opposition Honourable Sebastien Pillay brought a Private Notice Question (PNQ) asking for clarification on whether there had been an increase in the Ministers’ salary and allowances. Minister Antony Derjacques clarified and confirmed that there had been no changes as to the salary of the ministers and that such would only be possible through the amendment of the Ministers Emolument Act 2013 by the National Assembly and currently all ministers are on Band 17, Step 1.

Seychelles shines at the Dubai Expo 2020

Seychelles’ flag was raised with pride as it commenced its national day celebration at the Dubai Expo on Thursday, October 28. Through colorful and traditional performances, a visit of its island replica by the Seychelles and UAE delegation, Seychelles boasted its islands’ wonders, hoping to attract both investors and avid travelers from all across the globe. Seychelles’ national day, allocated by the Dubai Expo, saw the attendance of the President of the Republic, Wavel Ramkalawan and his delegation

La Gogue dam project; scheduled for completion in December 2022

Public Utilities Corporation (PUC) confirms that works on the La Gogue dam will be completed by the end of next year, and the additional works will amount to SCR98 million. The Public Utilities Corporation (PUC) was interviewed at the La Gogue dam, on October 29, 2021, to update members of the public on the progress made so far.



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We should work to live, not live to work

BY CHRISTOPHE ZIALOR

Working a four-day week has long been a pipe dream. However, it is possible that it will become a reality. The coronavirus outbreak has increased public support for a shorter work week. Throughout the pandemic, many conversations have taken place regarding how life would be after lockdown.

The shortening of the working week to four days would be genuinely revolutionary. It would be a drastic departure from the mainstream work culture in our modern capitalist society.

However, its radicalism poses difficulties. Will the business community accept a reduction in the working week? What type of legislation will be needed to achieve the reduction? Can capitalism, in the end, be altered to fit a four-day week, or will we need to envisage – and construct – a world beyond capitalism?

The case for working less is compelling. Working fewer hours would provide us more time to do and achieve things outside of work. We would be able to live better lives as a result of it.

Longer work hours are linked to a variety of illnesses, both physical and mental, according to research. In this scenario, reducing work hours may serve to improve workers' health and well-being.

Aside from personal benefits, working less might help to lessen the consequences of climate change. The work-spend treadmill has an environmental cost that we could avoid by limiting the amount of time we spend working.

Less labour may potentially pay for itself by increasing productivity. Rested bodies and brains result in more productive hours and the ability to generate what we require with more spare time.

Additionally, we may be able to improve our performance. We could free up more time for more fulfilling tasks if we eliminated hours of drudgery. Reducing working hours is as much about enhancing the quality of work as about



Working less hours will improve employee morale

reducing its burden.

According to studies, switching to a four-day workweek can save money on overhead and other expenses.

Businesses quickly remove a portion of variable overhead costs such as electricity and energy use. Employees also consume fewer office supplies, and office equipment such as printers and copiers depreciate more slowly. Fewer work days also imply fewer janitorial services. And when you include the everyday bonuses that many companies provide their employees, such as snacks or free lunches, the cost reductions climb even more.

A four-day work week is one conceivable al-

ternative since technology allows business to operate as normal while humans can still have meaningful professions with a better work/life balance.

Since the five-day workweek was codified in federal law, the world has changed dramatically. But we've continued to work 40-hour weeks from Monday to Friday, despite the fact that that schedule no longer accommodates many people.

Working eight hours a day, five days a week, does not imply that you are performing at peak productivity for those eight straight hours. However, it is what the five-day workweek implies. Meanwhile, workers in a variety of indus-

tries are experiencing burnout and a blurring of the barriers between their professional and personal life.

So, how do we go from here?

The answer is simple: we must begin the conversation. We're all employees in some capacity, whether in industry, the service sector, or media. The future is something that we can, and should, shape. And I think we should steer away from this wave of automation coming in, the jobless future, and so on. We should not give in to the temptation to think that the future is just on its way to impose stuff on us. But we should be interested in the future of work so we can change it.

FESTIVAL KREOL LONTAN EK KONMELA

Festival Kreol in vin vreman en marker lidantite Seselwa, dan le sans ki in fini antre dan nou tradisyon. Nou idantifye avek li, nou anan en plas spesyal dan nou leker pour sa levennman anyel, e bokou endividi ek lorganizasyon i organiz aktivite oubyen partisipe tou le-z-an.

Bann premye Festival Kreol dapre mon kone-sans, ti ganny karakterize bokou par partisipasyon bann lezot kominote enternasyonal Kreol. Par egzanzp, mon'n vwar bann video Toto Bicente e mon'n tann rakonte ki sa ti bann moman spesyal ki sa ki'n eksperyans sa pa pou bliy fasilman. Rikord i montre osi ki ti annan bokou aktivite literer e artistik, tel ki tradiksyon ek konpozisyon bann pyes teat klasik. Par egzanzp, Antigone par Msye Guy Lionnait. Ti annan osi bokou liv Kreol ki ti ganny pibliye, ek bann legzibisyon lo ledikasyon Kreol, ki sa letan ti'n fek ganny entrodwir.

En gran tradisyon osi ki'n devlope dan sa bann lannen, e ki aneefe ti sours kreasyon Festival Kreol, sete bann kolok, bann seminar ek latelye. Premye kolok enternasyonal dan kad Kreol isi ti 2enm kolok Komite Enternasyonal pour Letid Kreol, e sa ti premye fwa ki sa rasanblman bann kreolis sorti partou dan lemond Kreol, ti ganny fer lo later Kreol. Son premye kolok ti fer an Nice, Lafrans an 1976. Dan sa sans, Sesel in toultan en pionye mouvman Kreol dan lemond, e ziska ozordi, nou ankor ganny konsidere koman en model pour developman Kreol dan lemond.

Dan bann lannen kan mon ti en zenn adilt, mon rapel ki sete bann seksyon dan Departmen Kiltir ki ti organiz bann aktivite kiltirel pour Festival Kreol. Par egzanzp, Bal Asosye ti komans koman en resers fer par Bibliotek Nasyonal, e Arsiv ek Mize ti fer plizyer legzibisyon lo diferan laspe kiltir Seselwa. Mon'n menm deza asiste en aktivite ki ti organize par Leritaz Nasyonal ki ti apel 'Dekouver Marmit', kot bann diferan pla Kreol ti ganny prepare pour degistasyon. I anna de liv ki'n pibliye sorti dan sa proze.

Okour bann lannen, menm avan Covid-19, ti'n

komans vin difisil pour mentenir menm lelan pour Festival Kreol aköz ti kout tro bokou. Tandis ki avan ti annan bokou volontarya aköz Festival Kreol ti en proze nasyonal kot nou ti pe batir nou lidantite nasyonal, pli ale i ti pe vin en biznes kot nenport pti keksoz ti annan son pri – e pa en pti pri ! Epi osi, dan mon lopinyon, Gouvern-

man pli ale pa ti pe vwar nesessite pour siport sa proze. Ti annan en santiman ki sa festival ti devret kapab siport son lekor. Annefe, mon dakor ki serten aktivite ti kapab kouver son prop kou e menm fer profi. Me serten aktivite i kapab ganny en provizyon dan bidze Gouvernman atraver bann seksyon kiltirel ki devret fer li zot devwar



Penda Choppy

pour montre zot bann lakonplisman pandan sa festival.

An 2020 pour premye fwa, Festival Kreol ti plizumwen ganny met lo letazer. Vi ki laplipar son bann aktivite i enplik bann gran rasanblman piblik, mon sipoze ki i normal ki sa bann aktivite i bezwen ganny sispann tanporerment ziska ler keksoz i a retourn normal. Sepandan, nou ti kapab vin bokou pli kreativ e sey fer plis keksoz medyatize. Si sepandan, nous el bi fer Festival Kreol, se pour fer profi, dan en sityasyon pandemi parey nou ladan, en levennman koumsa pou mor. Me si nou annan sa festival aker, e nou krwar ladan etan ki enn bann marker pli enportan nou lidantite Kreol, mon krwar sakenn dan son fason i a kapab fer son bout pour fer li reste vitan.

Mon a donn detrwa legzanp bann aktivite ki mon'n vwar sa lannen e ki mon krwar i tre enteresan. Lenstiti Kreol in nobou fer son kwiz parey labitid, avek mwens dimoun, me avek en gran lodyans aköz sa pe pas lo televizyon. Fondasyon Leritaz in ouver en zarden Kreol otour Lakaz Roza ki a reste koman en legzibisyon vitan pour bann zenn aprann plis lo serten laspe lavi Kreol. Liniversite Sesel in lans en liv lo Letid Kreol ek kanpanny pour promouvwar stil lavi Kreol atraver Zarden Kreol. Mon okouran ki TeleSesel in prepar en seri program lo divers laspe nou kreolite pour difize pandan Mwan Kreol. Minister pour Later ek Lakaz in organiz en konpetisyon dekor Kreol antre bann departman ki'n an-menn sa lespri festival ek son konsyantizasyon lidantite Kreol parmi son bann travayer, e zot osi organiz en dezennen Kreol tou le-z-an. Annefe, bokou lezot lorganizasyon, depi bann lekol, bann biro gouvernman ek bann lakonpannyen prive, i organiz zot prop pti festival entern. Si nou fer li dan sa lespri, mon pa krwar ki nou festival pou mor.

Par
Penda T. Choppy
Liniversite Sesel



TERRENCE SERVINA



CONSTRUCTION SITE



TERRENCE SHARING A LIGHT MOMENT WITH JOURNALIST CHRISTINE OUMA



TERRENCE ON A SESSION WITH PROBATION OFFICER



WITH COLLEAGUES AT A CONSTRUCTION SITE

“NEVER THINK THAT YOU WILL BECOME WEALTHY BY SELLING DRUGS, A COUPLE OF THOUSANDS IS NOT WORTH A LIFE BEHIND BARS”

BY CHRISTOPHE ZIALOR

The last thing one would expect to see when walking into a prison is an inmate with an upbeat attitude and a smile on their face, but that is precisely what I saw when I met 48-year-old Terence Servina, a convict at the Montagne Posée prison serving a 20-year sentence for drug trafficking. Terence does not find his incarceration painful, unlike many prisoners. Indeed, some recollections causes him sadness, mostly of people he has left behind, such as his partner and two children, however, the inmate wholeheartedly believes that God put him behind bars for a purpose. He sat down with OZORDI DIMANS and reminisced about his neglectful childhood, turbulent teenage years, and the mistakes he made as an adult that landed him in prison.

CHILDHOOD AND SCHOOLING

I grew up in the District of Anse Royale with my parents, and up until I was eleven, my childhood was pretty standard. In my eleventh year, my parents got divorced, and this was when things started to get out of control for me. I was traumatised as a result of my parents’ separation. As my parents parted ways, I ended up living with my father, who was very neglectful towards me and my siblings, and was barely present at home. He often left before I woke up and came home after I had already gone to bed and that absence of a real father figure in my life led me astray.

“I WAS ALWAYS GETTING IN TROUBLE AT SCHOOL, AND MY BEHAVIOUR GOT SO BAD THAT I FOUND MYSELF HAVING TO REPORT TO THE HEAD TEACHER’S OFFICE NUMEROUS TIMES”.

When I began my schooling at the National Youth Service(NYS), my behaviour started to improve significantly. I started playing sports and put all my frustrations into it. My supervisor at that time saw my potentials and gave

me the responsibility of store manager, where I took care of all the sports equipment. From then on, I became the assistant coordinator.

ADULTHOOD, DISCOVERY OF FAITH AND CONVICTION

Following my time at NYS, I worked for some time on fishing vessels, and when I was in my twenties, I discovered my Nazarite Christian faith. As I integrated in this new discovered faith, I joined the fight to legalize cannabis.

From then on, I ended up with the wrong crowd, and it was then that I began trafficking drugs.

During my initial arrest, I was caught with 48kg of cannabis. They asked me to disclose who the drugs belonged to, but at the time, there was a lot of corruption in the drug enforcement task force, and I saw no use in doing so. I was sentenced to life imprisonment which I believe was unfair as others who had been arrested on the exact charges got significantly less.

I appealed my case some years ago, and the court reduced my sentence to 20 years.

Eight months ago, I started the process of pardon where I wrote a letter to the president asking for him to pardon me so I can be released.

EARLY PRISON LIFE AND HEROIN ADDICTION

After incarceration, I fell on hard times. I felt depressed, and I started abusing drugs. I am not proud to say it, but I was a heroin addict for the first two years of my prison sentence.

After these two years, I decided to go cold turkey because I was turning into someone I did not like. I asked the prison superintendent to be transferred to the low-risk facility where I could not be easily influenced. From then on, I got clean, and I have not touched drugs since.

After I got rehabilitated, I started helping out at the prison. Since I am a trained carpenter, I helped build the dormitory which is currently being used by the expatriate workers at the prison.

PRISON LIFE

Since I have been inside, I have never got in an altercation with any inmates or correctional officers.

I believe that God sent me to prison for a purpose. I was walking down a dangerous path, and it helped straighten me out and made me into the man I am today.

“I BELIEVE THAT CHANGE IS POSSIBLE, AND I AM AN EXAMPLE OF THAT. MY PURPOSE IN THIS PRISON IS TO HELP MY FELLOW INMATES CHANGE THEIR WAYS JUST LIKE I DID. I HAVE PROVED THAT I CAN CHANGE, SO IF I CAN DO IT, EVERYONE CAN”

Due to my expertise in construction and my willingness to help, I have built many facilities at the prison, including

dormitories and a nursery unit.

Following my change of behavior, I also formed a good relationship with the prison staff, and the trust that I have built with them over the years allows me to have more freedom to move around the prison.

A typical day in my life will have me waking up at six in the morning, eat breakfast and then I get straight to work. I usually help out in the kitchen.

REHABILITATION

There are two types of rehabilitation programs that are conducted at the prison. The first one is recreational and spiritual, where inmates participate in activities like sports and join spiritual groups.

The second type of rehabilitation consists of work programs, and this is done in three phases.

Program one is when inmates work in the perimeter of the prison, and this is where my expertise as a construction worker paid off as I help build numerous infrastructures around and inside the prison.

The second program is when prisoners get the chance to work outside of the prison. This was my favorite program, as it allowed us the opportunity to leave the prison and work with various organizations such as the Public Utilities Corporation(PUC), Pentac, or the Seychelles Trading Company(STC).

Program three consists of inmates who are in the process of getting a pardon or license to be at large, and this is the stage I am at the moment as I am waiting for a pardon from the president.

In my opinion, I believe that I rehabilitated myself because the prison can put these programs at your disposal, but it is up to you to take it and make something of yourself. In prison you cannot just exist, you have to find something to put your mind at ease because the loneliness will eat you up inside.

DREAMS AND HOPE AFTER PRISON

I have two children, a boy, and a girl; my son is 18 years old and just graduated from Seychelles Institute of Technology in construction. My dream is to pass the knowledge I have in carpentry to him to start his own business and flourish in the field.

My daughter is nine years old, and I would like her to grow up with a dad. I did not get the chance with my son as I was incarcerated when he was only 11 years old.

Another thing that I would like to do once I am released, is open my own construction company. I already have a working partner, and we plan on building detox centers for drug addicts and give them a helping hand in their battle with addiction.

I would also like to get in touch with Sarah Rene, the Chairperson of CARE. Some years ago, she had asked for my help in educating youths on the dangers of drugs, and at that time, I had refused, but now I can see the bigger picture, and I am willing to help.

The advice I would give is never to think that you will become wealthy by selling drugs, a couple of thousands is not worth a life behind bars.

CREATING A BEAUTIFUL LAST JOURNEY FOR YOUR LOVED ONE

BY CHRISTOPHE ZIALOR

As much as death takes from us, it also gives. It teaches us what is truly important, like giving back after a lifetime of taking, going after something we should have never let go of, or looking on to what made us who we are. Once you become conscious of death and experience it, you undertake a new approach to life.

For Angelique Soomery, her new approach to life after losing her grandmother was “Last Journey Seychelles,” the first and only funeral planning service in the country. Angelique and I met on a particularly busy day, as she was getting ready to meet with a new client. Walking into her office for the first time I was pleasantly surprised to see the walls adorned with flower arrangements and inspirational quotes. Certainly not the office I was expecting for someone who deals with death daily.

“My day-to-day life involves meeting with families to discuss funerals, leading ceremonies, and preparing those who have died to be seen by their loved ones,” said the 44-year-old entrepreneur. She smiled and continued, “our ethos at Last Journey is about taking a natural approach: we want families to know that there are options and no ‘right’ or ‘wrong’ way to do something. There is a lot of misunderstanding surrounding the funeral industry. Many people think there is a strict protocol, whereas it is actually about doing what’s best for you”

Pausing, she recalled the events that unfolded last year when she lost her grandmother. Angelique explained that she had no time to grieve as she was too busy planning the funeral.

“It was on the day of the funeral that I was hit with the realization that I would never see my dear grandmother again. It was like the wind got knocked out of me, but it also made me realize that I am not the only one who goes through these emotions, and this is where the idea came about.

A funeral is a delicate affair, how your friends and family say goodbye to you is determined by the type of event they choose.

“The first thing that I do when I meet with a new client is sit down with them and get an idea on what their loved one was like and how they would want their life to be honored. We want families to feel supported, and human contact is a huge part of that. Whether it’s talking through paperwork, discussing coffins, or deciding on how the ceremony will happen, we’re there every step of the way. Families sometimes ask for those who have died to be dressed in their clothes or request that we apply make-up, nail varnish, or put glitter on the coffin. This may seem unusual to people, but it can help with the grieving process.

‘Anything is possible as long as your budget allows it. I provide a service to people and cater specifically to my client’s needs, which is why I do not offer a package. For me a funeral service that cost 70 thousand rupees and one that cost Rs 20 thousand has one thing in common, it is the fact that the family will be satisfied with the service.’ said the planner

Dealing with death is not for the fainthearted, although it is something that we will all experience at one point in our lives, nothing prepares us for it. In Angelique’s job, she deals with death daily and she sees firsthand the struggles of families when dealing with grief.

When you are in this business, the number one thing is making sure that the funeral you plan is a success.

“I feel privileged to have my job. People often think it is really hard – which it is – but when the family is satisfied with my services, it makes it all worthwhile. You feel a lot of love.”

“I know I am getting paid for my work but being able to provide a beautiful send-off and give them a little closure, this keeps me going” she noted proudly.

Last Journey doesn’t only plan the funeral, Angelique over the years has become very tech-savvy and can now design her funeral booklets.

“I love designing funeral booklets, adding the different fonts and layout is a joy for me, and there is an art to this as you cannot have the same fonts and layout for everyone. I also provide artificial flower arrangements that I make by hand as well” she proudly stated.

Another service that Last Journey provides is care after the funeral. The entrepreneur stated that if the family wishes to scatter the ashes of their loved ones after the funeral, she can organise, as well as provide transportation or to arrange a special keepsake corner in their home. On the behest of their clients, Last Journey will also organise repast, by providing catering to make sure that the family is fed after the service, as Angelique put it, “the last thing anyone wants to do after a funeral is stand in front of a hot stove”.

Angelique even added that if during the burial process it starts to rain, she can provide an umbrella.



Some floral options offered by Last Journey



‘Being the support to the family while they are grieving is my number one goal’

Unlike other businesses who suffered through the pandemic, Last Journey was created during uncertain times in the middle of COVID-19 which gave it a bit of an edge in dealing with the numerous restrictions, especially when it came to funerals.

Not being able to say goodbye at the hospital, restrictions on funerals, and social distancing, ruling out hugs or simply holding hands has made bereavement “more challenging.” With the limit on the number of people who can attend a funeral, funeral planners like Angelique has had to get creative through online streaming.

“Though it’s an extremely difficult time at the moment, we are trying our best to make it as comfortable as possible. Many venues offer web-casting facilities, so those who aren’t in attendance can light a candle or raise a toast at home and watch the funeral from afar. I even go as far as informing the attendees that they cannot hug or kiss, which is hard especially during a funeral, but it has to be done”

Planning your own funeral ahead of time has also become very popular recently, Angelique noted that when someone plans their own funeral then it becomes more personal. “Your family will know exactly what you want and they will be able to deliver it successfully”

“I think we should plan the next phase of our lifetime instead of having our kids make that kind of decision on the worst day of their lives,”

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LGBTI VOICE IN THE NATIONAL ASSEMBLY

BY CHRISTOPHE ZIALOR

Sexual orientation, gender identity, and gender expression are complex concepts, and discovering your own unique identity can be confusing. Deciding to come out as LGBTI or queer—or disclosing yourself as transgender—can be challenging and puzzling and will have you questioning yourself.

As such, it is important to have voices that can speak up for the rights of the LGBTI community; one such agent is Andy Labonte, the elected MNA of English River, who has taken over the responsibilities of bringing LGBTI issues to the National Assembly floor whenever it arises.

I sat down with the MNA a couple of weeks back to hear his views on LGBTI in Seychelles.

“One reason why I ran for a seat in parliament is that I believe we should all have the same rights under the constitution. Like our slogan says, Seychelles is for all our children, and LGBTI people fall very much under that banner,” said Hon. Labonte.

He stated that no matter what sexual orientation a person has, they deserve the same rights as everyone else.

LGBTI rights in our country is still a very new concept. The government decriminalized same-sex relations in 2016 and even thought you can no longer go to prison for being gay, more is needed to be done, especially when it comes to changing the mindset of the community.

Seychelles is, after all, a catholic country and even though some of

us have moved with the times there are still those who are very much set in their old ways.

“I am a practicing catholic who goes to church every day, I believe in treating others the way that I would want to be treated, so I do not think that it is justifiable for people to say that they cannot accept someone because of their religious beliefs. Some people pick and choose parts of the bible that they want to follow but that is not the way it should be.

Compared to other parts of the world LGBTI people are still ‘lucky’ when it comes to the fact that they are not being persecuted for their sexual orientation. However, they still face human rights issues. For example, their union is not legally accepted under the constitution.

“If two people are in love and want to get married, then that is their choice, but in my opinion, when we talk about marriage, we must ask ourselves the meaning of it; you don’t have to get married to be happy,” he said in regards to legalizing same-sex marriage.

A couple of weeks back TODAY did a poll where we asked our readers if they were in favour of same-sex marriage. The majority of people voted yes, however, this majority was not by much as many are still opposed to the idea.

The road to legalization of same-sex marriage is long, but Hon. Labonte believes that LGBTISEY (a local NGO that advocates for LGBTI rights) is doing a good job spearheading the campaign.

Continuing with the interview, the MNA made an interesting quote by saying, “when it comes to human rights, I think that

people are allowed to be their authentic selves as long as they are not abusing others”.

Easier said than done, especially in a country where non-heterosexual people are still being ridiculed. But acceptance is not the only issue the community faces. When it comes to same-sex relationships, another problem that arises is fetishization.

Lesbians and bisexual women are often seen as objects that are simply putting on a show for the enjoyment of those watching (specifically straight men).

Fetishization reduces these women to things that are only wanted for consumption by a privileged group.

Society has normalized the view that romantic female relationships are a synonym for the hypersexual fetishization of lesbians. The way we portray sapphism as inherently erotic has socialized a whole culture of men to view homosexual women entirely for their sexual gratification.

The parliamentarian noted that hypersexualization is not only an issue that affects lesbians but the LGBTI community as a whole.

The mere notion of ‘queerness’ is perceived as sexual to the point that it is difficult to talk about LGBTI people around our children and cisgender heterosexual people without them assuming that queer individuals in communal situations will prey on unsuspecting victims.

Another point made by Hon Labonte during the interview was our insistence on labeling ourselves.

Labels in sexuality make people feel empowered and part of a community that can provide safety and acceptance. But what happens when labels start to become problematic and put you into a box that ends up being restricted?

“I don’t use terms such as homosexuals or heterosexuals,” said the Honourable. “I do not believe in labeling ourselves and others because we are all the same. We are human beings who live and breathe, and we should not place ourselves in boxes.”

Men are raised to think, they have to prove their masculinity, and one big part of being masculine is being heterosexual. So we see that harassment, jokes, negative statements and violence are often ways that even younger men try to prove their heterosexuality.

“Labels are messy, society tells us that a man’s job is to marry a woman, have children and provide for his family. For many, they force themselves to do these ‘duties’ even though they do not want to. The problem with labeling arises when people try to change themselves to conform to the labels”



Hon. Andy Labonte

So how can we change this mindset in our community?

“Change starts small, first with and within the individual, before it grows into a movement.

We need to move beyond the fact that a person is in a same-sex relationship. At the end of the day, we are all human beings” Andy noted

While we were on the topic of changes, the MNA mentioned that one issue at the moment concerns transgenders and hormone treatment. Specifically at what age someone can start taking hormone treatment to change their gender.

“I am not in favor of minors taking hormones as I feel that they are too young, but when they are above the legal age they are free to start the process. Currently, the ministry of health does not provide hormone treatments for a sex change, but provision should be made in the private sector to provide trans people the option if they wish to undergo the treatment”

When it comes to transgender people, another issue they face in Seychelles is changing their genders on their National Identity Card and Birth Certificate. Currently, the government does not permit such changes.

“I don’t think that this should be an issue, if you are transgender and you identify as a man or woman, it should not matter what is on your birth certificate or National Identity Card, but that is just my opinion.”

The parliamentarian ended the interview by reiterating the fact that we should treat everyone with respect regardless of their sexual orientation or what gender they identify as.



Practical accessories to enhance your Android phone

BY U-ROY JULES

The world of mobile accessories often seems catered towards iPhone owners, but there are more gadgets and accessories for Android phones than ever, and they can make great gifts. The trick is sifting through all the chaff and finding those that are worth it. Some are specially optimized for Android devices, while others are just handy accessory gifts for all types of phones. Smartphones have become such a big part of our lives. We use them as alarm clocks, for communication, and payments. However, there's more to them, and we at OZORDI DIMANS made a list of seven awesome smartphone gadgets. Some look as if they came out of a sci-fi book! Check them out!

Thermometer:



Why use an old-school thermometer if you can go digital? Utilize your smartphone and this awesome gadget to check the temperature of almost anything.

Gear Case:



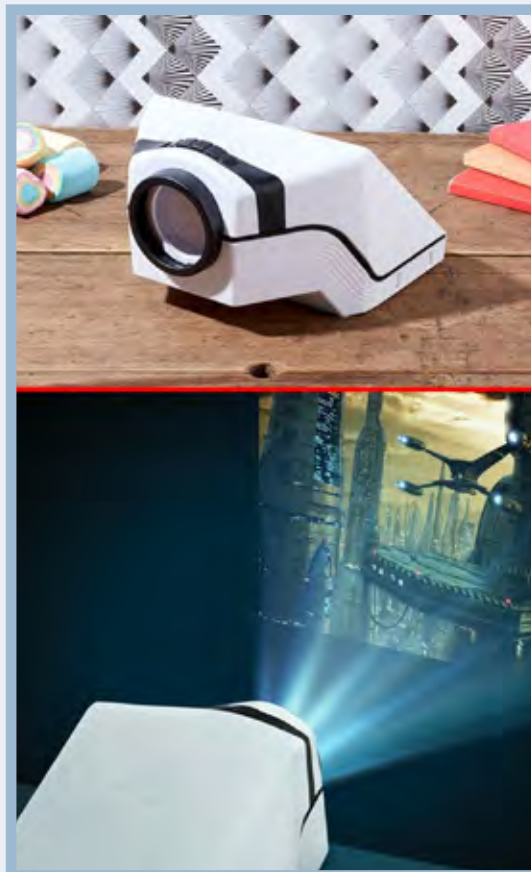
Cosplay is a serious business for many people. This Japanese phone case will turn you into a character from a famous video game. The case is very light, well made, and can manage a fairly good grip on the phone. It fits well and looks good on any phone. Such models offer a perfect balance of protection, bulk, and thickness, though they're not the cheapest.

Samsung Wireless Gamepad:



Gamers will love this! A game controller that helps you battle all the enemies on your smartphone's screen. The Samsung Android Gamepad is produced by Samsung Electronics. Recently unveiled for the European Market, the device serves as a companion for all Samsung Galaxy smartphones which run Android OS 4.1. It is more optimized for Samsung devices with Android 4.3. With the Android Wireless Gamepad, you can connect to a range of Samsung smartphones and tablets that are Bluetooth 3.0 compatible. Mobile devices with a screen size between 4 and 6.3 inches can be mounted directly on the gamepad - and you can connect your device to a compatible TV and play your games on the big screen.

Projector:



A smartphone projector! This is cool for those who prefer watching TV shows and movies on a small screen. Turn a wall in your room into a cinema - all you need is this amazing gadget. Android users can download an app like Screen Rotation Control or Ultimate Rotation control. Once you've done this, turn your smartphone's screen brightness up, put it into the box, start fiddling with your smartphone projector until you find a sweet focus point, close the box, dim the lights, and grab some popcorn.

Alcohol Checker:



It's not only policemen who will find this very useful but also people who like to drink occasionally and stay healthy. An alcohol level checker is what you need. Never before has remote alcohol monitoring been so effective, easy to control and connected to an individual's behaviour, anytime, anywhere.

Samsung Portable Charger:



No need to take all those cables with you! This portable charger will do the job with no hassle. On-the-go power meets wireless charging. The Wireless Charger Portable Battery fills all your mobile power needs. Conveniently charge your smartphone on the wireless charger when it is plugged in, and also take the charger with you as a 10,000 mAh portable battery pack.

Samsung Smartphone with keyboard projector:



Keyboard projectors are a new hit in the smartphone gadget industry. Some of the manufacturers have even introduced phones with this inbuilt technology. Do you like the idea of a holographic keyboard that is projected on a surface? This is the initial idea of the virtual keyboard that Samsung has in mind and is developing. It is not a completely new concept, because in the market there are options that can be used for any device with Bluetooth. Now, it would be integrated into Android mobiles.



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DITCHING MEAT FOR GREENS



BY CHRISTOPHE ZIALOR

Once considered a fringe notion, the idea of eliminating all animal products from one's diet is rapidly becoming mainstream. Whether for one's health, to protect the environment or for the love of animals. OZORDI DIMANS explored some of the reasons for the rise in veganism.

Awareness has a major role to play in this new era of health-conscious lifestyle including veganism. People are being more mindful of the different compositions of what they are eating and they are moving to a healthier or greener lifestyle, so this is becoming the norm. Another point to consider is that nowadays with more information available on the internet, almost everyone can look up what benefits they are getting with what they are consuming and what are the dangers or how harmful some products are. So engaging in a less processed food lifestyle and incorporating more plant-based components in one's diet has proved to be very beneficial.

"I started being more conscious of how my body reacted to certain foods and made the move gradually over the past two years. It has been the best decision that I have taken as I have seen the benefits it has brought me," said Ellie Bareau, a 20 year



Ellie Bareau

old who has eliminated meat from her diet.

She added that she increased her food consumption by making smoothies on an almost day-to-day basis and also cooking vegan food has brought about diversification in the different recipes she usually makes.

"My appreciation for vegetables has also increased. With the influence of social media, I have noticed how this type of lifestyle is trending and it is one of those trends which I strongly believe more people should follow. They should do proper research and understand what impact the food they eat has on their daily lives," she said.

Supermarkets are also staying on-trend, stocking up their shelves with vegan products to bring in a bigger clientele. SPAR Seychelles commented that they have conducted market research on social media to be more conscious of the kind of products their customers would want and they have received many requests for vegan food.

They also added that currently in stock they have products such as vegan sausages, patties, vegan sausage rolls, nuggets and pies. The prices range between Rs 64.90 to RS 81.90 so that it is affordable to their clients.

In the past, there was a misconception that being vegan involved eating only plain vegetable salads, but with the popularity of veganism many social media chefs have changed that misconception and created amazing plant-based dishes. Some have even manipulated vegan food to taste like meat and before saying "why would someone who is vegan want their food to taste like meat?" The answer is pretty simple, meat is delicious but even if it tastes good, that does not mean that some people would want to consume it, either for health reasons or personal beliefs.

One popular vegan dish that took social media by storm recently is seitan, wheat meat that is made from hydrated gluten.

This vegan dish has been around for centuries, although the name "seitan" (pronounced SAY-tan) is a much more recent development. It is surprisingly similar to the look and texture of meat when it is cooked, making it a popular meat substitute for vegetarians and vegans.

Another common misinformation that people readily buy is that humans gain protein only from animal products. This is false. Plant-based protein sources are aplenty from soya, lentils, pulses, broccoli, seaweed, peas, spinach, beans, brown rice, whole-wheat bread and pasta, quinoa, peanuts, cashews, almonds, pistachios and walnuts.

Incidentally, the animals consumed for protein are fed on the above plant-based protein diet. So you are consuming the same plant-based protein but through dead tissue or extracted produce from an animal.

Veganism is not more expensive than a meat-eating lifestyle. Sure, the price of organic foods and cosmetics will be higher than the commercial animal-based ones in the market, but this is because of the demand-supply ratio.

When the demand for organic products goes up, the price will automatically come down. More importantly, your monthly budget will even itself out when you realize you are not going to be purchasing as many animal products.



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TRADITIONAL FOOD RECIPES

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Food plays pivotal role in the maintenance of good health. The AYUSH systems like Ayurveda recommend a judicious diet plan for the maintenance of your wellbeing. The emphasis has been given to proper selection of ingredients, cooking methods and eating manners.

The food regime has been recommended based on the status of digestion, climate, habitat, habituation and health condition of a person. India is well known for its diverse food habits with regional diversity. Being indigenous, the food preparations are intertwined with the recommendations of traditional healthcare systems popular to that particular region.

Presently, various cook books on Indian recipes are available, but this publication focuses more on the health related aspects of food. The ingredients and cooking methods have been meticulously chosen to obtain maximum benefits from locally available resources and food practices.

Sustenance of living beings is dependent on food. Many food recipes are unique to particular region and culture. Indigenous concepts about food are also inter-woven with basic principles of health. Contemporary modern food science describes food based on its nutritional values derived from proteins, carbohydrates, fats vitamins, minerals while traditional systems like Ayurveda dietetics place greater emphasis on inherent properties of food, its compatibility and rules of food consumption etc.

There is a lot of similarity between AYUSH dietetics and traditional foods in India. Intake of wholesome food and its proper digestion plays a pivotal role in growth, development and nourishment. Benefits of food can be achieved only when taken judiciously, customized to the individual and according to the health condition, status of digestion, climate, habitat and habituation of a person. The following recommendations may be generally followed to obtain optimal benefit from food:

- **Know your food:** Keenly observe your own health and eat what suits you.
- **Eat with a pleasant mind:** Psychological status is very important while taking food. It is better to wait for some time and avoid food when you are depressed or tensed. Even the wholesome food taken in right amount does not get digested if the individual is in the state of anger, fear, worry or depressed.
- **Do not eat without desire:** The food taken without having desire may result in indigestion, anorexia, vomiting and colic.

- **Enjoy the taste of food:** Tasty foods bestow pleasantness of mind, strength, nourishment, enthusiasm, exhilaration, satisfaction and happiness.
- **Eat fresh and warm food:** It is better to consume food within one hour of its preparation. The warm and fresh food is tasty and results in fast digestion, proper absorption.
- **Avoid reheating of food:** Frequent reheating should be avoided so as to preserve nutrition and other properties of food.
- **Should not eat repeatedly:** The individual eating continuously or repeatedly suffers from indigestion, body ache, metabolic diseases etc.
- **Proper dinner:** Dinner should be lighter than lunch and taken at least three hours before bedtime and take a few steps after dinner then lie on the left side for initial 10- 15 minutes while sleeping.
- **Food ingredients:** One should regularly take cereals (whole grains, red & old rice), pulses, dairy products, fruits, vegetables to compensate the daily nutritional requirements. Select the food as per the seasonal and local availability and keeping in view of the traditional practices and avoid any unnecessary combinations of food.
- **What to avoid:** Observe your health and decide the food that suits you. Follow the advice of your healthcare provider.
- **Seasonal consideration:** During winter and rainy season cold and frozen food are best avoided, but spices are beneficial and should be included in diet. Similarly, during summer, food with cooling properties and liquid foods are better. Contamination of food is common during rainy season and therefore due care should be taken to avoid falling sick by keeping food safe and clean and taking it fresh.

India has a very rich tradition of diverse food practices in different parts of the Country. Most of us are unaware of the treasure trove that has been passed down to us by our own ancestors. This compilation of recipes is largely a comprehensive exploration of traditional systems of eating for health and nourishment, interpreted for use in our own time.



WHOLE CEREAL VEGETABLE PULAV

Pulav and khichdi are easy to prepare, complete one-dish meals, addition of green gram and various vegetables makes it nutritious and tasty. The spices add more medicinal value to the preparation. Pulav will be relatively dry preparation and adding more water while cooking makes it khichdi.

Ingredients	Quantity
Dalia (broken wheat or bulgur wheat)	1/2 cup
Green gram split or sprouted whole gram	1/2 cup
Cauliflower florets/chopped carrots or any other vegetables or green leaves	1 cup as per taste
Green chili pepper	1/2 tablespoon
Grated ginger	1 small
Chopped onion	10 stems
Garlic	10 stems
Ripe tomato	1 medium sized chopped
Cumin seeds	1 teaspoon
Coriander leaves	10 stems
Asafoetida	1 pinch
Ghee/oil	1 tablespoon
Salt or	as per taste

Total quantity: 2 cups (1 serving)

Method of preparation
In a bowl add dalia and green gram and wash well, then soak them in 2 cups of water for 10 to 15 minutes. Chop the vegetables, keep them aside. In a pressure cooker heat the ghee/oil, add cumin seeds, coriander seeds and asafoetida and fry them. For 1 minute or until they become light brown & add onion, garlic and sauté. Now add soaked dalia and green gram, salt turmeric powder, pepper, but vegetable and 2 1/2 cups of water, mix well. Close the lid of the cooker and cook on medium heat. If you want to make khichdi then add 1/2 cup of water.

SPROUTED FENUGREEK STIR FRY

Ingredients	Quantity
Fenugreek sprouts	3 cups
Dates (optional)	4 in number
Rabdi (optional)	10 in number
Ripe tomato	1
Turmeric powder	1/4 tea spoon
Salt	as per taste
Chopped chili/chili powder	as per taste
Mango powder / lemon juice/ raw mango pieces	as per taste
Grated coconut or coriander leaves	If available

For tempering
Mustard seeds - 1 to 2 tea spoons
Cumin seeds - 1/4 tea spoon
Coriander seeds - 1/4 tea spoon
Fenugreek seeds - 1/4 tea spoon

Total quantity: 2 bowls (1 or 2 servings)

Method of preparation
Wash and rinse fenugreek sprouts and drain the water. In a pan heat the oil and then add the ingredients for tempering as mentioned above. When cumin seeds start to crackle then add chopped green chilies and rabdi. Oil seed and also the dates, if they are too dry then soak in water for few hours. Add soaked dates and turmeric, sprouts and salt, sauté on medium heat. You may add 1/2 cup water and mix. When the seed mixture slightly soft then add mango powder and cook to remove all the moisture. Garnish with grated coconut and coriander leaves, if available.

NIGER SEEDS LADDU

Ingredients	Quantity
Niger seeds	100 gm
Custard apple pulp	1/2 cup
Dates	1 cup
Jaggery	1 cup

Ingredients for 10 laddu

Method of preparation
Roast the niger seeds, cool and grind well. Cut the dates into small pieces, powder the jaggery. Mix all the products and make into small Laddu.

Health benefits
Niger seeds are rich in macro and micro minerals and can play a great role in enhancing metabolism. Niger seeds consist of good amount of antioxidants and anti-inflammatory compounds. Magnesium, potassium and zinc are some of the key minerals that are found in niger seeds, which help in stabilizing circadian rhythms and also induce the release of certain neurotransmitters that the body needs for proper rest. Niger seeds are inexpensive source of iron to improve anemia in adolescents and adults.

Contraindications
The regular use of niger seeds may reduce the blood pressure and therefore anyone on medication for high blood pressure should take precautions accordingly. Using too much of niger seed may lead to weight gain.

AMLA SQUASH

Ingredients	Quantity
Amla (Indian gooseberry) pulp	1 kg
Canly sugar (Mishri)	2 kg
Black salt	10 gm
Roasted cumin seed powder	10 gm
Black pepper powder	5 gm
Black salt	5 gm
Water	1 litre

Servings: 3 litres
2 litres water to be added for serving, may adjust the quantity of water as per the required taste.

Method of preparation
Boil amla and de-seed. Keep it aside until cooled and make pulp by grinding. In a large vessel, take sugar, and add equal quantity of water, heat it so that sugar dissolves completely. Sugar syrup should be made double or 3.5 times quantity of Amla Pulp. Take the pulp in a big vessel, slowly add sugar syrup and mix it well. When the pulp and syrup are properly mixed, take a little bit mixture in a small bowl to mix spices. Add roasted cumin powder, rock salt, black pepper and black salt. Mix contents of both bowls well and keep it in glass jar. Refrigerate in fridge for 2-3 weeks. No need of preservatives otherwise add 0.75 gm Potassium metabisulfite (KMS) per kg.

Health benefits
Amla is a potent source of Vitamin C. Amla helps in blood immunity, metabolism and prevents infections, including cold and cough. This cooling drink is useful in acid peptic disorders, constipation, anemia and eye strain.

KHALAM (Medicated Buttermilk)

Ingredients	Quantity
Ginger	Small piece
Buttermilk	2 cups
Asafoetida	2 pinches
Turmeric powder	2 pinches
Rock salt	as per taste
Pepper	2 pinches

Total quantity: 1 glass

Method of preparation
Paste of ginger should be added to boiling buttermilk and further boiled for a minute. Add powdered asafoetida, rock salt and pepper.

Health benefits
It is a good appetizer and beneficial during recovery from any illness. Useful during cold, cough, digestive problems or any other health problems.

Precautions
Buttermilk may cause allergic reactions in some people with lactose intolerance.

PUMPKIN AND BIG BEANS SWEET PANCAKE

Ingredients	Quantity
A ripe pumpkin cut into small pieces	1 cup (100 gm)
Ground soybeans	1/2 cup (25 gm)
Ragi flour	30 gm
Jaggery syrup	15 gm
Roasted coconut	30 gm
Ghee	10 ml

Total quantity: 4-5 pancakes

Method of preparation
Soak (soybean) soybeans for 4 hours, cook well in a pressure cooker, then add pumpkin pieces and cook further with a glass of water. Add ragi flour and boil for a few minutes, keep stirring and add jaggery syrup, roasted coconut and ghee. Mix well. Make small pancakes.

Health benefits
Pumpkin contains antioxidants such as beta-carotene, beta-carotene and beta-cryptoxanthin. Pumpkin has high vitamin A, E, iron and folate which can help boost immune system. It is also one of the best sources of fiber and potassium, two compounds linked to lower risk of age-related insulin degradation and diabetes. It is a source of soluble dietary fiber and protein, which play significant role in reducing bad cholesterol. They also contain several compounds called phytochemicals, that are effective in reducing the oxidative cholesterol levels. It is also source of various minerals like calcium, magnesium, zinc etc. can be used to improve bone density. It is an excellent food for diabetes as well as it is used in place of jaggery or sugar.

BESAN SUJI PANCAKE

Ingredients	Quantity
Besan (gram flour)	1 cup
Suji (wheat semolina)	2 cups
Butter milk	Sufficient to make batter
Capitium or any other vegetable of choice	1
Onion	1
Garlic	4 cloves
Ginger	1 inch piece
Tomato	1
Green chili	1
Coriander leaves	2-3
Cheese	For spreading on pan

Total quantity: 4 pieces

Method of preparation
Mix gram flour and suji with butter milk and make a batter. Keep the mixture for 15 minutes. Cut all the vegetables in small pieces and make a paste of ginger and garlic. Mix the vegetables and ginger garlic paste in the batter. Heat the pan and spread 1 spoon of oil, pour the batter on heated pan and spread it evenly. Once cooked from one side then reverse and cook properly from both the sides.

Health benefits
This pancake is good for heart patients and diabetes. Vegetables and spices added in the recipe make it easy for digestion. It will also help in weight loss. It is a moderate quantity.

GULKAND (Rose Petal Jam)

Ingredients	Quantity
Rose petals	200 gm
Sugar	200 gm

Total quantity: 450 to 500 gm

Method of preparation
Collect fresh, preferably dried rose petals, sort and wash well, dry thoroughly. May crush or finely chop the petals. Mix the petals with sugar in an airtight jar. Keep the jar in sunlight for 2-3 weeks. Stir well everyday with clean dry spoon. Desired adult dose of gulkand is 2 to 3 tablespoons. It may be blended in milk to make a cooling drink.

Health benefits
Helps in digestion, improves health of gut flora and intestinal mucosa. Reduces hyper acidity and less useful in people with acid and mouth ulcers. Pregnant women and kids can safely consume gulkand to relieve constipation. It helps in controlling various skin issues like pimples, blemishes, etc. Provides natural sweet, increases urine output so can help in reducing kidney or urinary issues. Having water retention due to various reasons.

Contraindications
Since it contains sugar, those with diabetes should strictly avoid it. Pregnant women and kids may consume this in small quantity.

THE BENEFITS OF TROPICAL FRUITS FOUND IN SEYCHELLES

BY U-ROY JULES

Coconuts, mangoes, bananas, papayas, guavas, avocados, passion fruit, melons, jackfruits, starfruits, soursops, pineapples, oranges, grapefruits... Seychelles is a tropical paradise where fruits are in abundance all year round. Tropical fruits can also be used as remedies for different kinds of illness. The papaya fruit or pawpaw, is packed with numerous health-benefiting nutrients that have digestive and medicinal properties.

The papaya fruit is very low in calories and contains no cholesterol, however, it is a rich source of phytonutrients, minerals and vitamins. It contains soft, easily digestible flesh with a good amount of soluble dietary fiber that helps with normal bowel movements, thereby reducing constipation. Its' fresh, ripe fruit is one of the fruits with the highest Vitamin C, more than that of oranges and lemons. In this edition will learn more about five different local fruits, which can keep you healthy.



Mangoes:

Mangoes are also loaded with Vitamin A, making it a perfect fruit to improve eye sight. It also prevents night blindness and dry eyes. The enzymes in mangoes help in breaking down protein content in the body. Enriched with fibre, mangoes aid good digestion and prevents many stomach related diseases.



Bananas:

All parts of the banana have nutritional and traditional medicinal uses. Many in vitro studies, animal model studies and clinical studies suggest that various parts of banana act as food medicines for treatment of diseases like diabetes, hypertension, cancer, ulcers, diarrhoea, urolithiasis, Alzheimer's and infections. There is quite a large variety of bananas grown in Seychelles and these include *Bannann gabou*, *fig*, *kare*, *mil*, *miyonn*, *senzak*, *misel*, *papay*, *rezen*, *msye*, *detab*, *rouz*, to name but some. Bananas are very popular among Seychellois and are incorporated in the diet in various ways. Apart from the traditional ladob bannann, bananas are made into chips, cakes, fritters, puddings, and some varieties such as *senzak* are simply eaten boiled.



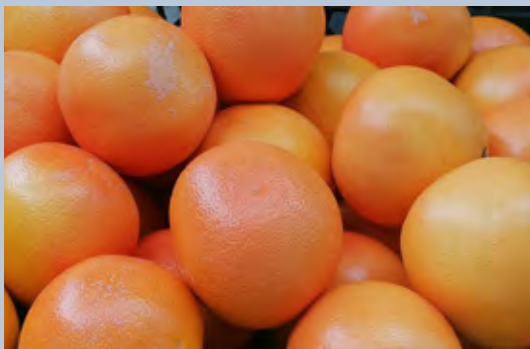
Melons:

Melon is rich in an amino acid called citrulline that may help move blood through your body and can lower blood pressure. Your heart also enjoys the perks of all the lycopene melon contains. Studies show that it may lower your risk of heart attacks.



Pineapples:

Pineapple contains bromelain, which is a mix of enzymes that studies show can reduce inflammation and nasal swelling, and also aid in the healing of wounds and burns. There are also plenty of ways to enjoy this juicy yellow fruit. You can grill slices and serve them with meat or as a tasty side, or you can toss frozen chunks into a smoothie. You can also, snack on bite-sized pieces. No matter how you prefer to eat it, you will want to begin incorporating pineapple into your diet if you haven't already. In Seychelles we grow quite a few types of pineapples including *zannannan larenn*, *zannannan maron*, *zannannan Matatiken*, *zannannan mengar*, *zannannan mistikenn* and *zannannan viktorya*. *Zannannan viktorya* and *zannannan larenn* may be the same types of pineapple since they are named after the Queen Victoria who apparently used to enjoy the pineapple. It is the most sought-after pineapple and highly appreciated for its sweet taste, fragrant smell and golden-yellow fruit.



Oranges:

Oranges can help your body make collagen, a protein that heals wounds and gives you smoother skin, it makes it easier to absorb iron to fight anaemia and boosts your immune system, your body's defence against germs.

DONA SHARES AN OVERVIEW OF HER SEWING PROFESSION



Dona enjoys ironing just as she does sewing



Dona's threads collection

BY CHRISTINE OUMA

Dona Joseph learned how to sew when she was 15 years old. By the time she was 16, she was sewing clothes for herself. As her skills improved, she started sewing for her friends and neighbours, she even sewed school uniforms.

Dona used to watch her mother sew uniforms for her and her siblings. The first piece of clothing she sewed was a skirt. It was a ready-made skirt which she tore along the thread lines and re-sewed it.

"The main reason I started sewing was that my mother did not want me to join the National Youth Service (NYS)," she revealed.

To improve her skills, in 1987, she joined Seystyle Tailoring. A year later, she relocated to Canada.

"I lived for five years in Canada, where I worked two jobs and sewed at home. I sewed clothes for my neighbours and some of my church members. Soon after I came back, my friends and I started the company Friends Tailoring. And I have been based here since 2009."

She relished in the delight that her beautiful works bring to

families, and for some, she has sewn school uniforms for three generations.

Dona does both hand and machine stitching techniques. She also used to sew upholstery. She stopped however when her business partners, ventured into other endeavours.

Dona has always loved sewing machines. A hand operated sewing machine was the first machine she bought. It is the oldest type of sewing machine and is operated by revolving the crank or wheel by hand. It is very slow in its operation and requires a good amount of physical effort. However, these types of machines are almost obsolete now.

"Then came the electronic sewing machine. My brother and sister living abroad blessed me with my first one. I purchased it on a trip to Mauritius. I also have two types of industrial sewing machines, and I am also eager to learn sewing with the computerized sewing machines," she stated.

When Dona started sewing, she charged about SCR 50 for a pencil skirt. Today, the same goes for SCR 200.

Some of her biggest sewing jobs have been staff uniforms for the Seychelles Revenue Commission, Airtel and she has recently received orders from Print



Dona Joseph

House, and more.

"When my business partners were still part of the business, we would spend the night at the shop sewing, especially when we had many orders. I currently have a sewing machine at home. I use it from time to time, but I no longer stay sewing overnight."

Additionally, Dona does a lot of sewing and alterations to change clothes like lengthening or shortening hems, taking in the sides or letting out the sides, adding darts or removing darts, lengthening or shortening sleeves, mending holes, etc.

She has been sewing for over

40 years. The 56-year-old seamstress has lost count of the items she has sewn. When Covid-19 hit, business slowed for some time. It picked up when masks were on-demand. Unfortunately, they are not in demand anymore.

When Dona is not sewing at her Providence-based shop, she is helping with the rehabilitation programmes at North East Point Rehabilitation Centre. She teaches the residents how to sew and enjoys it there.

"I have been teaching at the centre for about three years, usually twice a week. I think this will be part of my legacy. To me, sewing is a passion. It is my lifelong commitment," she remarked.

I have been teaching at the centre for about three years, usually twice a week. I think this will be part of my legacy



The manual sewing machine used by many tailors in the past
Photo credits onlystitch.com

Bertrant Dine



Height: 180cm

Waist: 27"

Bust: 33"

Hips: 32"

Shoes: 42-43

A fashion, photographic, and
commercial model.

Agency: Telly Modelling Agency

The Escapades of A Young Fish Vendor



Red Snapper



Dry fish



Engaging with a client

BY CHRISTINE OUMA

Selling fish may not be a glamorous job for many young people, but 28-year-old Vivian Azemia sees the work of a fish vendor as a gold mine. After a few years of official employment, he switched to selling fish and has not looked back since.

Vivian worked for Nouvobanq, Seychelles Financial Authority, and ABC Export after school. Later, he joined the Sir Selwyn Selwyn-Clarke Market, also known as Victoria Market, as an artisanal fish trader.

"My school years were fantastic. After graduating from high school, I enrolled in the School of Business Studies, where I studied Business and Accounting. Later, I returned to the School of Business after a brief term at the Seychelles Maritime School. I received an Advanced Diploma in Business and Accounting at the end of my studies," he tells *OZORDI DIMANS*.

While this is not a career that many people would choose, Vivian has a dream of being an exporter of Mackerel, one of the most popular fish on the market. Some of the fish that he also sells includes Jackfish, Barracuda, Tuna, Grouper, and Red Snapper.

Although his employment has no set working hours, Vivian's normal day begins at 5 a.m. and he's in the market by 5.30 a.m.

"It all depends on the catch and the amount of time it takes to sell it. Mornings are usually the busiest, from 5 a.m. to 7 a.m. Because most takeaway owners, as well as Seychellois, are out in the market. Another busy hour is during lunchtime where most people take the op-

portunity to come and do their shopping," pointed out the fish vendor.

Vivian also pointed out that he has many clients from outer islands to whom he exports fish to.

"It's a very satisfying job," he declared.

Set apart by his marketing prowess, Vivian noted that when he sells fish to different age groups, he employs different tactics.

"The elderly are given special consideration and care. For example, I refer to ladies as mummy. Normally, I would say 'How are you doing, Mummy? Please come in and buy some fish from us.' I also assist them with their bags, which they enjoy. I sell at a discounted rate to my regular clients."

A smile, good service, and maintaining a positive working connection with customers, he adds, goes a long way.

The fish vendor also expressed concern over a probable drop in fish population owing to over-fishing when discussing some of the fishing industry's shortcomings.

He claims that several illegal fishing vessels may be operating in Seychelles waters without the authorities' knowledge.

"Seychelles has a large Exclusive Economic Zone (EEZ), I do not believe the Seychelles Coast Guard has the manpower to secure our EEZ. Is it possible to enlist the Army to help safeguard our waters?" he wonders.

He also expresses worries about the market becoming more monopolistic.

"I recently started selling dried fish, but I've been told that I can't because another fish dealer feels threatened.



Vivian Azemia

"My marketing talents are what set me apart, and I believe they should not be stifled." He asserts, "We need a free market and possibly new investors."

"We confront many obstacles, but I'm more concerned about some of the management decisions being made here at the market. They want us to cease putting fish in cooler boxes because they take up too much room. But how can we place fish on a floor that hasn't been scrubbed or disinfected properly? Hygiene should be promoted rather than discouraged," he adds.

Vivian expects that there will be more opportunities in the future, with the ongoing work that the Blue Economy Department has been doing. He believes Seychelles has a lot of potential.

"All I can hope for is that the new government will come up with new ideas that would help artisanal fishermen. This is a well-paying career, but how can you sell it to your target demographic?"

When it comes to fish costs, he points out that each vendor sets their price for the day.

"When there is a good catch and numerous boats are bringing back the same fish, the price will naturally fall. When the tide is high, prices rise; however, when the tide is low, there is plenty of fish, and costs are reduced."

After work, the young entrepreneur relaxes with a beverage and socializes with his peers. His ambition is to become a fish exporter, he says. "I'm already ascending that ladder," he concludes.

7 DAY LOCAL FORECAST

Today

Humidity: 65%

Wind: SE 8 mph

UV: 10 (Very high)

Sunrise: 05:55 am

Sunset: 06:09 pm

28 / 24 °C

Feels Like: 30 °C

High 2:10 am (1.19m)

Low 8:14 am (0.86m)

High 2:16 pm (1.27m)

Low 8:47 pm (0.72m)



Morning clouds

Moon Watch

New moon Friday 5 November

First qtr Thursday 11 November

Full moon Friday 19 November

Last qtr Saturday 27 November

Monday



28 / 24 °C

Scattered clouds

Humidity: 64%

Wind: SSE 8 mph

UV: 10 (Very high)

Sunrise: 05:53 am

Sunset: 06:10 pm

Tuesday



28 / 23 °C

Showers late

Humidity: 67%

Wind: SE 7 mph

UV: 10 (Very high)

Sunrise: 05:53 am

Sunset: 06:10 pm

Wednesday



28 / 24 °C

Scattered clouds

Humidity: 69%

Wind: SSE 10 mph

UV: 10 (Very high)

Sunrise: 05:53 am

Sunset: 06:10 pm

Thursday



28 / 24 °C

Broken clouds

Humidity: 62%

Wind: SSE 11 mph

UV: 5 (Moderate)

Sunrise: 05:53 am

Sunset: 06:10 pm

Friday



29 / 23 °C

Broken clouds

Humidity: 64%

Wind: S 9 mph

UV: 7 (High)

Sunrise: 05:53 am

Sunset: 06:10 pm

Saturday



28 / 28 °C

Increasing cloudiness

Humidity: 67%

Wind: NNE 7 mph

UV: 5 (Moderate)

Sunrise: 05:53 am

Sunset: 06:10 pm

Oliver Levasseur's treasure remain hidden

SOURCED BY NATIONAL MUSEUM OF HISTORY

This edited article about Olivier Levasseur originally appeared in Look and Learn issue number 957 published on 12 July 1980.

“My treasure is buried here... find it who may.” Those were the dramatic words shouted out to the crowd gathered around the foot of the gallows on the Isle de Bourbon - known today as Reunion - as the noose tightened around the neck of a notorious French pirate. He was Oliver Levasseur, nick-named La Buzze (the Buzzard), and he died 250 years ago on 17th July, 1730.

Levasseur plied his pirate's trade in the lucrative Indian Ocean. Here, along the coast of the island now known as Malagasy, hundreds of pirates lurked during the 18th century, awaiting their chance to plunder the heavily laden British, French, Dutch and Portuguese East Indiamen as they lumbered around the Cape of Good Hope on their homeward voyage to Europe.

In his ship Le Victorieux, he met and joined forces with an equally disreputable Englishman named Taylor and his band of cutthroats on their vessel Defence. Together they plundered and pillaged, becoming the most hated and feared men on the high seas. They were left well alone - until, that is, they captured two treasure-ships, La Duchesse de Noailles and La Ville d'Ostende, belonging to the French East India Company, and, for good measure, a Portuguese ship carrying the Bishop of Goa and his treasure.

This was too much for the French. They started to hunt down the pirates in earnest; yet it took five years to catch Levasseur. During that time he hid his treasure, reputed to be 90,000,000 gold French francs and a hoard of other valuables. After his death, the search for La Buzze's treasure was on, and eventually it centred on the then uninhabited Seychelles Islands.

Making treasure maps is a thriving “cottage industry” among the Seychelles islanders.

Nearly every family now living on those lush green tropical islands, where many other pirate treasures are buried, has a map of one kind or another drawn in blood on parchment or on a piece of dirty old cloth. This, they will claim, shows where some fabulous treasure is buried, the secret hiding place of which they are prepared to reveal - at a price!

Over a century ago a cryptogram and a cryptic map, said to be copies of the papers drawn from within his silk shirt and thrown to the crowd by the arrogant Levasseur just before he was hanged, were given to Berthe Morele by her father. Berthe, who died 25 years ago in her mid-80s, spent most of her life trying to decipher the message the papers contained.

Before she died, Berthe met a one-time Grenadier Guardsman, whose sole claim to military glory was mounting guard outside Buckingham Palace on one occasion. He persuaded Berthe to let him have a copy of the documents to see if he could decipher them. This he claimed to have done.

According to the ex-guardsman, the instructions on how to find the treasure were based on the story of Jason and the



Levasseur had amassed a fortune of 90 million gold French francs from his raids on heavily laden merchant vessels. Picture by *Payne*

Olivier Le Vasseur

Golden Fleece. All clues centred on the astronomical constellations of Greek mythology. They pointed to a rocky cliff on land owned by Berthe's family at Bel Ombre on the island of Mahe, the largest of the group. “Cruise” Wilkins, for that was the name of the one-time guardsman, made an agreement with the owners permitting him to prospect for the treasure on their land.

Following the weather-worn marks on

the rocks, which coincided with those on the cryptic map, Wilkins reached a point near the edge of the cliff, and started to blast his way down through the rock. In the cryptogram it was written that strange things would be found.

An old jar, which bore the name of a Bordeaux chemist, a rusty flint-lock pistol and a broken wine glass, were amongst the many odd things which turned up deep below the surface.

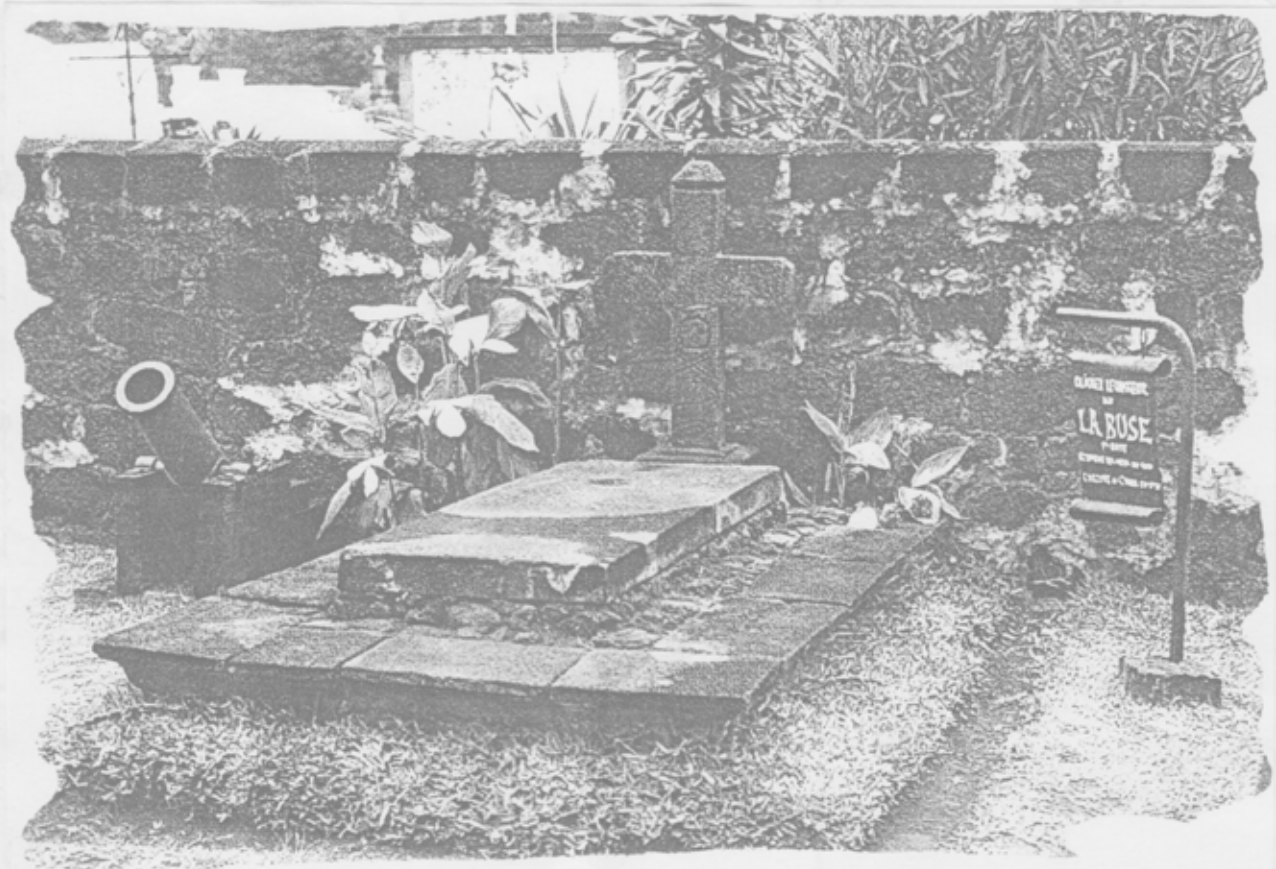
Was this a hoax? Had some earlier searchers planted these things there? Whatever the truth, funds ran out, but news of the finds spread far and wide. Wilkins had no difficulty in finding subscribers to the venture when he issued a prospectus.

Coffers now replenished, work was restarted. It was decided to abandon the tough digging through the rock from the surface, and to tackle the problem from seaward. Time however, was running out. They had only three months in which to find the treasure before the spring tides would flood the workings - a calamity which no one would be able to avoid.

Tunnels were found, and so, too, was an underground spring, which required the installation of expensive pumps to keep the water at bay. The finding of the tunnels caused the Seychelles Government to take a mild interest in the venture by contributing a modest sum of money towards the mounting cost of the search.

Then it seemed there was a breakthrough. One of the clues in the cryptogram stated that a door would be found and that behind that door would be found a woman. There was considerable excitement when an old door was found - and behind it was an old-fashioned doll. Had it been planted there by some joker?

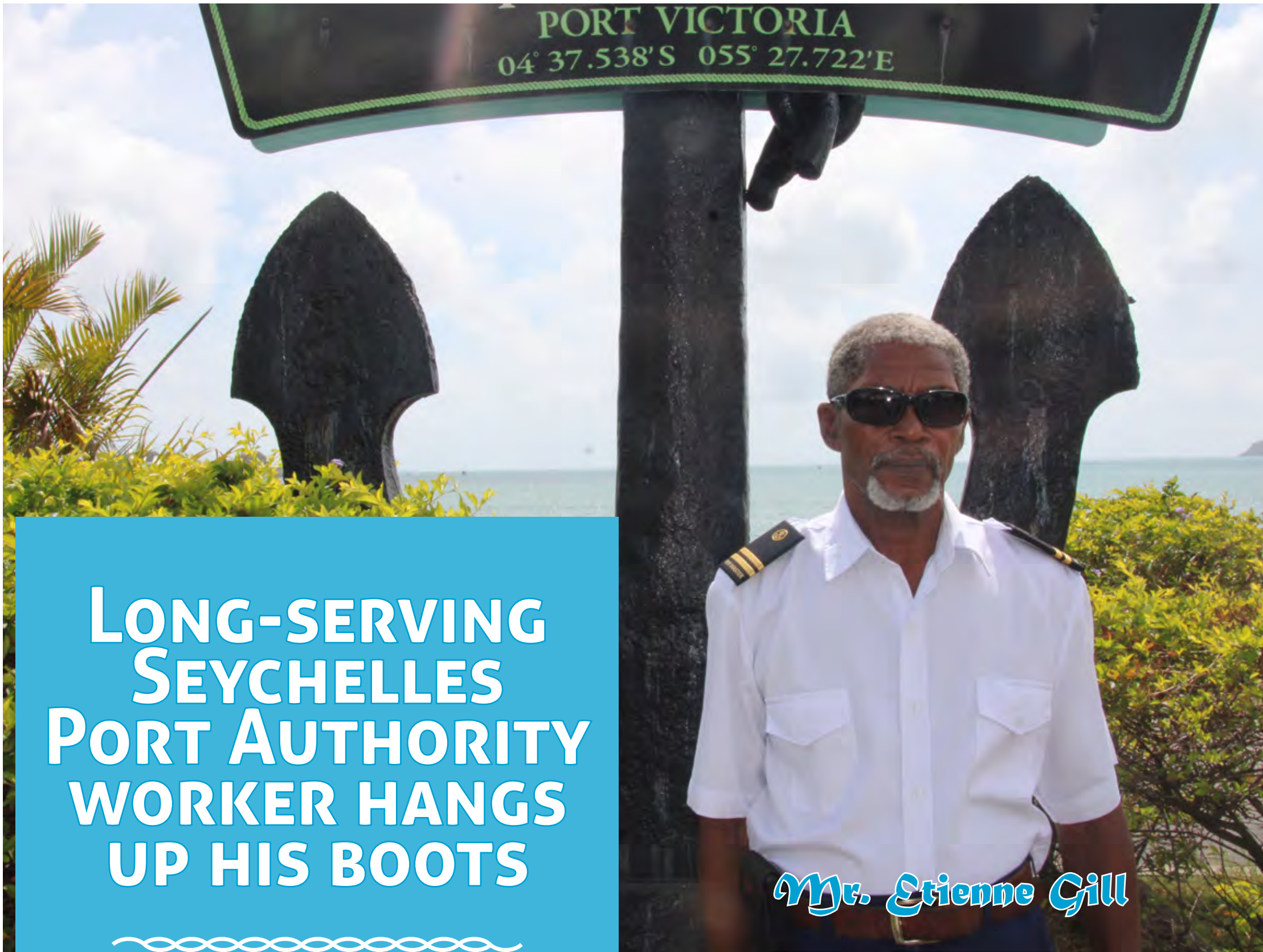
The work continued slowly, and expensively. Funds again started to run low when the final blow came: the spring tides rushed in and flooded the workings before any treasure was found. The search was abandoned, and Wilkins died a few years later. But the Seychelles islanders are convinced that Levasseur's treasure still lies hidden somewhere, waiting to be found.



En paix à St. Paul, Réunion.

La tomb. Olivier le Vasseur

Tomb of Olivier Le Vasseur



LONG-SERVING SEYCHELLES PORT AUTHORITY WORKER HANGS UP HIS BOOTS

Mr. Etienne Gill

BY CHRISTOPHE ZIALOR

In 1978 the Seychelles Port Authority (SPA) known at that time as Ports and Marine Services Seychelles was only four years old, and that's when the young man Etienne Gill was hired as a Driver Messenger and 43 years later, he is a retired Pier Master with fond memories of his years with SPA.

"On February 6th, 1978, at the young age of 24, I started working at the Seychelles Port and Marine Services as a Driver Messenger, and this enabled me to meet many new people from all different walks of life."

After five years as a Messenger, Etienne was promoted to Purchasing Store Clerk, a job he held for four years before being promoted to Store Clerk Supervisor in 1987. His duties included being responsible for the day-to-day logistics of the Port and helping out with the supplies.

"This era was one of my favorites in my career because Seychelles was booming, and I was happy to be a part of the changing industry and contributing to my country."

Etienne said that over the years, he has seen many changes in the

administration, though the company structure remained the same although the port got a few facelifts. He recalls his fondest memory of mentoring and training the younger workers.

After almost two decades as a Store Supervisor, Etienne was promoted to Assistant Pier Master in 2011. Upon reflection, it was the most challenging moments of his career when his authority was questioned by many who did not like the changes he was making. He commented "some people were stuck in the old way of doing things and did not like the changes I was bringing, but it all paid off in the end as operations became more efficient."

Gill's achievement spoke for itself as a year later, in 2012, he was promoted to Pier Master, a post title he kept till his retirement in 2021.

His advice to the younger generation. "Love the job you do and choose a career that you are passionate about as it will allow you to grow. Doing a job you do not love will not lead to success."

Etienne will spend his retirement farming and selling his produce at the local markets. For him farming has always been a passion, but the Port will remain his first love.



Quay



Port Victoria during the Cruise season



View from Baie Lazare



Me and my sister Trisha Mondon



Zip Lining at Ephelia Resort



Glacis along the coast, it was my first time swimming and touching a sea turtle



First time snorkling in 2021 at Equador Beoliere

ADVENTURE JUNKIE AMANDA ROSE SHARES BENEFITS OF HIKING



BY U-ROY JULES

In today’s world of chaos and uncertainties of COVID-19, it is hard to quiet the mind and think. Getting into nature offers a way to find some tranquillity and clarity, and it’s an important tool to counter our standards of survival in society.

Amanda Rose, a young adventure junkie has discovered that hiking brings out the best of her while going on some amazing local trails.

“The more pressure we put on ourselves, the more our health degrades. Our minds and bodies need silence to regenerate,” she said.

In this edition, we will learn more about Amanda, and some of the local trails that have been memorable for her.

“Hiking is a great way to reap the benefits of what nature has to offer. Sometimes the fatigue from everyday life tries to dissuade us from getting outdoors; but in the end, the rewards of trekking unknown paths are too great. Hiking is a way for nature to give us some much-needed therapy; and depending on where we go, it’s affordable and free,” she added.

Amanda continued her studies in construction at the Seychelles Institute of Technology (SIT).

“It all started when I was at La Rosiere Primary School attending various training camp with the young leaders, and at Belonie Secondary School where I joined the young leader’s awards. From there I knew that I loved nature,” she said.

1. HIKING SOOTHES AND CLEARS THE MIND

“We choose hikes based on how capable we are feeling or the size of the challenge we want. In either case, we end up mentally feeling the same: accomplished and clear-minded. Everyday stressors seem so small and we are motivated to let go

of the damaging aspects of our lives. It seems the cocktail of Hiking and Nature is a remedy for unclogging the mind off the unnecessary stress and allowing us to focus on the bigger picture. The speed of life, these days, seems to crowd our brains with too much information. With the clarity we gain from hiking, inspiration can pour in.”

2. HIKING MAKES US MORE MINDFUL

“In nature the birds serenade us, and the fresh air electrifies more than coffee ever could. The vibrancy of the trees and flowers overwhelms our eyes; while the deep blue of the sky inspires us. All our senses are awakened when we spend time in nature. Hiking helps connect us with our roots

to this Earth, giving us a feeling of responsibility to protect and preserve its sacredness. It’s a way to get reacquainted with our passions. We often feel the drive to keep these places we hike

sacred, as preserving the wilderness is vital to a better tomorrow for everyone,”

3. HIKING REJUVENATES AND INCREASES HAPPINESS

“Many studies have proven the beneficial effects of exercise on mental health and one’s outlook on life. Physical activity induces the release of endorphin (a powerful chemical in your brain) which energizes your spirit, making you feel happy. What’s great is no matter the shape you’re in, you can even reap these benefits from a small hike. As we deeply breathe in the wilderness, the stagnant things seem to fall away. Feeling very much alive; the hike ends with us evidently fatigued, but yet better equipped to handle “civilization”. The sense of accomplishment is gratifying enough to improve our perception of all things in life.”

4. HIKING SPEED

“You want to make sure that you and the other person have the same hiking speed. Otherwise, everyone ends up frustrated. The faster person gets frustrated because they need to wait on others, while the slower person ends up feeling bad that they’re holding someone back, or spend the whole hike feeling like they’re playing catch up instead of enjoying themselves. It’s not a fun situation. This is why this conversation is so important. If you have a fear of being too slow and holding the group back, this conversation is even more important. Because instead of torturing yourself with worry or playing catch up when hiking, find people who can hike at the same speed as you.”

5. NATURE OFFERS US ADVICE

“When we open ourselves up to receive what nature has to offer, we find that there are many nuggets of wisdom available. Going on a hike allows us to recognize this advice and use it in our own lives. I’m a really small person in heights, but my passion for adventures is immense.”



Discovering some new and wonderful treasure



Hiking at night at Bernard Belombre



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**OUT
THE
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How about an adventure to the Maldives?



Muslim Maldivian women enjoying some beach time



Enjoy the champagne sabrage rituals at St. Regis Bar



Kayaking



Most visitors transition through the main island of Malé to the outer atolls hoping into the seaplanes flown by barefoot pilots



On the inhabited islands, take a walk around to see master boat builders construct 'dhonis'- traditional wooden boats- constructed without plans or nails

COMPILED BY CHRISTINE OUMA

It is almost impossible to miss home when in the Maldives! With over 1000 islands and a dizzying palate of resorts to choose from, infinite shades of blue and green, colorful corals, patches of white sand, and raspberry sunsets, it's easy to understand why the Maldives has been on every traveler's list. Nothing could make your life more agreeable than a trip to the Maldives. On the remote and private islands, life is unhurried, you will spend your day drifting between sunbeds and the ocean. So slow is the clock that only the gentle laps of the ocean on the beach or arrival of whale sharks and manta rays or birds of the sky provide a discernible sign of time passing. For the bosses or CEOs determined to zone



Retro-futuristic design of the St. Regis Vommuli

out and disconnect, there could be no better place to simply retreat, grab a book and give everyone the day off. Whether you are in search of a romantic getaway, culinary pilgrimage, luxury escape, or family surfing adventure in an eco-conscious sustainable environment, Maldives will charm you. Due to the bewildering possibilities, it is critical to plan before, to experience Maldives right the first time. Most visitors transit through the main island of Malé to the outer atolls, hopping into the seaplanes flown by barefoot pilots or taking a thrilling cruise on a speed boat or yacht to the nearer islands.

Where to stay

Recent changes in legislation have led to the growth of guesthouses on the inhabited islands which together with over 112 resorts, spread over 90,000 square kilometers cater for every travelers' pocket. The architecture and design of most resorts will appeal to the design focused travelers. From the ludicrously pretty, impossibly slick unpretentious designs, to the stripped back-to-nature style. Villas here have transparent panels on the floors for you to observe the marine life without even getting your feet wet. What could be more lovely than a stay at a private villa on a remote island? How about a villa with a fully submerged bedroom? Conrad Maldives is all yours!!! How about the retro-futuristic design of the St. Regis Vommuli that is straight from sci-fi docking stations for flying saucers? Traditional designs featuring a charming jumble of pitched roofs, rondavels with fairytale turrets, and go-with-the-flow modern bohemian styles have also been adopted or fused by some hotels. Where to stay in the Maldives will depend on how much dollars are at your disposal, your interests, family type, and size. Both guesthouse visitors and resort guests have equal access to marine life. However, a week in a village guesthouse including meals and activities would cost you far less than a single night in many resorts. By choosing to stay in the guesthouses, one can also immerse themselves in and learn the traditional Islamic community way of life.

What to eat

Serious foodies on a pilgrimage looking for their culinary truth will be delighted by most of the offerings. Ever itched for underwater dining? Conrad Maldives Ithaa was the first undersea, all-glass restaurant offering guests an 'under-the-top' experience. The 12 seat restaurant enables you to dine 5 meters below sea level and offers 180 degrees' views of shoals of colorful tropical fish starring sharks, stingrays, and snapper. Most resorts have resident or visiting award-winning and Michelin-starred chefs who craft some of the world's finest ingredients and local produce into show-stopping plates! But not all is gourmet dining, glitz, and glam, if your interest is for a laidback culinary adventure, the food scene in most restaurants is generally

fluid and unscripted. You could order a scallop carpaccio, or oyster ice cream at 5 am, lunch is likely to be the catch of the day, Maldivian seafood curry or smoked tuna, baked red snapper all enjoyed barefoot and carefree. On the streets, bajiya (tuna-filled samosa) is the culinary king!! Look out for themed evenings showcasing food and flavours from India, Middles East, South East Asia, and the Maldives.

What to drink

Have a refreshing kurrun'baa drink straight from the coconut. If celebrating victory or recovering from a defeat, indulge in the rich celebration of the storied history with champagne sabrage rituals at St. Regis Vommuli served in a seashell. If fancy cocktails in novelty vessels are not your thing, consult the

wine list or turn up at any beach bar for sunset martini and mocktail mixology.

What to do

The Maldives is well known for its romantic sunsets than right-handers! Settle for one of those transcendently beautiful Maldives sunsets. These islands, however, perk a trick up their sleeves, and how much or little you make of Maldives is likely to be your only concern once you land. There is no shortage of possibilities! Most resorts have well-equipped dive centers with every beach toy known to a man-child. Waterborne adventures could be planned or impromptu. You could swap your book or phone with snorkels or paddleboards at any time. Catamaran sailing, jet-skiing, deep-sea fishing, kite surfing, seabobs, or guided swimming with whale sharks in protected areas are among the unlimited pleasures. Enjoy yoga in a grove of palms or standup paddleboards. Discover healing and earth treatment spas. Feel the exhilaration at open-air floating cinemas where guests wear Bluetooth headphones to avoid disturbing the turtles. Do not miss out on the action at the beach where scheduled DJ's spin tracks in the evenings as you dance into the night. On the inhabited islands, take a walk around to see master boat builders construct 'dhonis'- traditional wooden boats- constructed without plans or nails.

Culture

The Maldives is governed by Islamic laws. While visitors have been allowed to visit the villages and some sites, it is important to know that on the main islands (Malé, Hulhumale, and Maafushi) women are excepted to be covered from shoulder to knee, no alcohol is available outside resorts and swimming in bikini is on council approved beaches. The Maldivians are very kind and welcoming people. It's a shame only about 2% of the over 100,000 monthly visitors (pre-COVID -19) get to know the place, the people, and their culture. Most locals speak half a dozen languages and hold a higher degree in easy-going charm. It's common for villagers to invite visitors to their homes for snacks or meals and make friends.



Conrad Maldives Ithaa was the first undersea, all glass restaurant to offer guest an 'under-the-top dining experience

Make a point of trying ‘Taste of Italy’ if you haven’t already

BY CHRISTINE OUMA



Diavola



Pasta Express in the bread basket



Honey Cheesecake



Alex Suma, Maday Lazo with son Alessio Suma

prepared Italian gastronomy or if you are short for time, you can always take a piece of Italian cuisine with you. Taste of Italy welcomes locals as well as tourists to their little Italian corner in the midst of the hustle and bustle of Market Street.

At Taste of Italy, you'll find the art of pizza, pasta, ice cream, salads, pastry and the unique way to turn unique and different products into goodness.

Over 15 different types of pizzas are available on the menu, including Capricciosa, Diavola, Margherita, Bella Italia, Bologna, smoked, Mare é Monti, Panzerotto Barese, Panzerotto Napoletano, and Royal, to name a few, all baked with the Italian flavour by chef Alex.

"Aside from pizza, the local customers' favourites are spaghetti carbonara, lasagna, and tuna spaghettis," says Alex, who adds that they offer an alternative cuisine to the Seychellois and visitors to the Seychelles. The opening times are Monday to Thursday from 8 a.m. to 4 p.m., Fridays 8 a.m. until 10 p.m. and Saturdays from 8.00 am till noon with delivery services also on offer.

Aside from running the restaurant, the couple caters for Montessori School as well as other special events such as weddings, birthdays, and other celebrations.

"Every dish is made with passion and affection. I enjoy seeing customers' happiness since I know they want to consume good meals when they seek restaurant services. It is critical to me that I provide excellent service while maintaining a positive attitude. The virtual taste and smell senses of the customer must also be enticed by the platter," Alex adds.

Despite their hectic schedules, the couple says they make it a point to spend time together away from work, generally at the beach or in the comfort of their own home. "Family and friendships are important to me. Their love is what keeps me rooted."

As a result, I try to spend quality time with them," he confirms.

Alex urges anyone thinking about starting a business to be passionate about what they do. "If you love what you do, it will expand," he says.

Make a point of trying Taste of Italy if you haven't already. Their menu is diverse, and the cuisine is prepared with care.



Chantilly cake with fresh fruit



Maday with her Staff



Ice-Cream display



Torta Mimosa



MON SESEL MON SEYBREW



Profile



CONTRIBUTED BY STEPHEN FIGAREAU
ADVANCED DIPLOMA IN HOSPITALITY MANAGEMENT
(ADHM) YEAR 2 STUDENT AT SEYCHELLES TOURISM ACADEMY

Driven to grow, and inspired to never give up. I set out to polish my skills in art and to develop myself in the hospitality industry. From a past A-level student with 8 years of work and supervisory experience gained; a Fitness Instructor, Open Water Diver, Tour Guide, Pool Maintenance and Beach Service Supervisor, Activity and Spa Coordinator to becoming a Butler, Food and Beverage Attendant, Housekeeping to Minibar Attendant, it has been an adventure!

Currently as an ADHM Management Student at the Seychelles Tourism Academy, it is exhilarating and eye-opening.

When I am not studying or working, you may find me at home tending to my hobbies which include writing poetry, working out, playing video games, going to the studio to record music or diving. Seychelles is home to many opportunities, if one is open minded and ready to seize it.

I encourage everyone to search and discover what they love doing and to become the best at it.

A special thank you to all my lecturers at the Seychelles Tourism Academy who have not given up on me. They push me to become a better version of myself.



Stephen Figareau

Hades Kiss / La baiser D’enfer

- Ingredients**
- 3 ripe bananas
 - 150ml full cream milk
 - 60ml espresso
 - 1 tea spoon of Activated charcoal
 - About 10-14 ice cubes
- Directions**
- Pour in circular motion chocolate syrup in a 480ml glass tumbler.
- Add all ingredients in a blender and blend for 1 minute.
- Sprinkle a pinch chocolate powder on top.
- Benefits of some of the ingredients used**

Banana - Dietary fiber has been linked to many health benefits, including improved digestion. Bananas are a great dietary source of potassium; essential for blood pressure control.

Milk- Milk is rich in calcium, protein and vitamins such as B12. Drinking it can protect against heart diseases & assist in reducing high blood pressure, in addition to contributing in maintaining stronger bones.

Espresso coffee - High in antioxidants that aids in reducing diseases such as heart and cancer. It also boosts physical activities, getting your adrenaline pumped which may enhance your speed & strength, enhancing concentration and it improves digestion with its anti-inflammatory qualities.

Activated Charcoal - Activated charcoal may aid with kidney functions by filtering out undigested toxins or drugs and reducing bloating and gas.



A glass of Hades Kiss



The Porange bomb

Note: The name Hades Kiss derives from how tasty the smoothie is, but, with a twist. The activated charcoal will absorb the chocolate syrup & spread throughout the smoothies turning it from a soft smooth looking drink into a scary looking puffy and foamy drink after a few minutes.

The Porange Bomb

- Ingredients**
- 20ml of water
 - 10ml of honey
 - 1 whole or half of papaya sliced into small cubes
 - 400 ml of greek yoghurt
 - 1 tablespoon of white oats
 - 1 fresh orange Juice
- Directions**
- Add all ingredients in a blender and blend for 1 minute.
- Benefits of some of the ingredients used**

Papaya is filled with digestive enzymes, fiber and vitamins with anti-cancer properties.

Oranges keep blood pressure in check, rich in vitamin C, lowers cholesterol level and strengthens immunity system.

Honey is rich in antioxidants, better than sugar for diabetics and aid to lower cholesterol level.

Yoghurt helps reduce hunger, boost metabolism, builds muscles and is rich in calcium for increased bone health.

Oats aids in weight loss, lower blood sugar level, and is rich in fiber, vitamins and minerals.

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House Wine



INTRODUCTION TO WINE

For three centuries, Barton & Guestier, the oldest wine merchant in Bordeaux, has selected and vinified the finest wines. The wines of the Cuvée Spéciale range have been selected by the B&G winemakers' team, whose expertise guarantees regular quality. Cuvée Spéciale is a strong brand with fruity and refreshing wines, well adapted to consumer tastes. Friendly and characterful, with a classic traditional look, these three house wines (red, white and rosé) pair perfectly with all consumption moments.

WINEMAKING & VINEYARDS

Consistently impeccable wines, Cuvée Spéciale is a blend of wines coming from different Mediterranean regions (South of France, Spain and Italy).

- The hot and sunny climate of the Mediterranean gives richness and fruitiness to the wines.
- Hand tending, careful selection and minimal interference in the natural ripening of the grapes.
- Harvested at optimum maturity
- Aged in stainless steel vats



CUVÉE SPÉCIALE ROSÉ

Tasting notes

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

Food matches

Perfect with mixed salad, BBQ, pizzas and grilled food.
Serve between 8° and 10°C.
Cuvée Spéciale is also available in Magnum and 18,7 cl.



CUVÉE SPÉCIALE WHITE

Tasting notes

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

Food matches

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



CUVÉE SPÉCIALE RED

Tasting notes

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

Food matches

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



Grilled Cheese Sandwich

What You Need

- 2 slices of bread of your choice (per sandwich)
- 1 tablespoon butter (per sandwich)
- 1/2 cup grated **Ethekwini** cheese of your choice (per sandwich)

How To Cook

Preheat skillet over medium heat. Generously butter one side of a slice of bread. Place bread butter-side-down onto skillet bottom and add 1 slice of cheese. Butter a second slice of bread on one side and place butter-side-up on top of sandwich. Grill until lightly browned and flip over; continue grilling until cheese is melted. Repeat for more sandwiches.



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Food And Drink

Sey Si Bon, the first Seychelles Crepes & Smoothies bar!

BY U-ROY JULES

Sey Si Bon is the first Seychelles Crepes & Smoothies bar, located at Eden Plaza on Eden Island. The shop offers fresh juices and smoothies, famous french crepes, wrap sandwiches and lots more delicious food and drinks. All freshly made and healthy.

Created in 2012, the shop concept was born with Steve Colas Leitmotiv to propose the best quality of fresh drinks and food to customers. Sey si bon was the first juice bar in Seychelles to propose freshly blended juices and smoothies, with more than 30 signature recipes, old-fashioned milkshakes like nowhere, superfruit shots, and frozen yogurt. The food is not forgotten with savory and sweet crepes, wrap sandwiches, the best hotdog in town, and homemade cookies. Steve is also the owner of the first self-service frozen yogurt outlet, which is also located at Eden Plaza. OZORDI DIMANS had a chat with Steve to learn more about Sey Si Bon.

1. When did you establish Sey Si Bon, and what was the inspiration behind it?

Sey Si Bon opened its doors in December 2012 and was the first dedicated juice bar and cr perie in Seychelles. It was one of my long dreams to open such a corner with my wife and kids. The leitmotif was to propose ultra-fresh juices and original smoothies, french sweet and savory crepes recipes, all prepared live in front of the clients on demand. It was a brand-new offer on the market at that time.

2. What flavours of crepe and smoothies do you make, and how is the response from your clients?

We propose daily fresh juices, only made from fresh local fruits like mangoes, passion fruits, lime, or soursoy to name just a few. There are 30 original smoothie recipes on the menu, instantly made for each client. There are 10 recipes made with a frozen yogurt base which also gives you the benefits of a probiotic drink.

3. What are the most popular beverages at your bar?

All our smoothies got their signature name. Some are very popular like our EDEN (pineapple, passion, mango, orange), the U.V. (blueberry, strawberry, raspberry, apple), or the COLADA (pineapple, coconut, banana). For the yummy yogurt ones, our popular flavours are the WANITA (frozen yogurt, banana, Nutella, peanut butter), the BBC (frozen



Sey Si Bon terrace

yogurt, banana, blueberry, coconut), or the WEDDING (frozen yogurt, passion fruit, strawberry). Some of our loyal customers are coming daily for their favourites. The kids go crazy over our Oreo milkshake!

4. What other foods do you serve at the bar?

We serve instantly made sweet and savory crepes, served at our terrace or on a takeaway basis. We have great

snacks made on-demand as our famous New York styles hotdogs, our nice range of crusty toasts perfect for breakfast, and also wraps, sandwiches, tacos, and daily pastries. Sey Si Bon is also the place to grab a good coffee, powered by Lavazza.

5. Where do you source your ingredients?

We source all the Seychelles endemic fruits like passion, mangoes, coconut, locally with local fruits vendors and farmers. Others like strawberries or blueberries are imported.

6. People are becoming more conscious about their food and beverage intake for health reasons. Have you witnessed a demand for healthier options in the hospitality scene?

Yes, it was part of Sey Si Bon D.N.A. since the beginning. One of our slogans is: Drink Real! People know what they drink with us. We know their preference, we can put agave syrup as a sugar alternative for them, some others prefer soya or almond milk base for their smoothies. We adapt to give them the best experience. We also propose ELIXIR shots since 2012 like wheatgrass shot or local Noni-shot.

7. What is unique about Sey Si Bon Vanilla milkshake, for example?

Ask our clients, they are our best ambassadors! They love to add some Oreos or cookie dough for the yummiest drink. We serve it with whipped cream on top. They are available in 2 sizes and also great for kids.

8. Preparation and service matter in hospitality. How do you ensure you offer the best to your customers?

It was at the top of our priorities list since the opening, to give the best experience to our clients. I can say it's the main focal point for the staff and the shop is famous for that. Our team is made of long-time partners, some of them have been with us since the opening. They mastered all our processes and push the service to its max. I am proud of them.

9. How has the pandemic affected your business?

It was a hard time for the whole industry. We had to close the shop for some months following the country lockdown. We always had in mind the safety of our staff members and clients.

Our loyal local clients were always here to support us despite the pandemic, and it has helped us a lot. Of course, we had to adapt to the closing of the sitting area and make only take away services, but we were always here for our customers. I'm glad to say we kept 100 percent of our staff during and post lockdowns and keep our prices unchanged despite an increase of running costs.

10. What plans do you have for the future?

Our frozen yogurt offer at Sey Si Bon has become a dedicated shop with the opening of YO LOVE IT, a self-serve frozen yogurt shop on Eden Plaza. I plan to introduce exciting new products in Sey Si Bon very soon, but my main focus is to keep our standards in quality and service that made our success. I got some contacts to open another SEY SI BON shop in Seychelles. Let's find the right location!



Flamingo smoothie



Unicorn Milkshakes









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Art talk *with Sophie*



A gel coated fibre glass mold of the Seychelles coat of arms

BY CHRISTOPHE ZIALOR

Sophie Payet is a 20-year-old self-taught fine arts artist who has been selling her artwork since last year. She is currently still in the experimental process of finding her own style. Two months ago, Sophie sat down with Ozordi Dimans where she discussed her work and the challenges she faces as a young artist.

"In 2020, I started posting my paintings on my personal instagram page splashwithsoph. I started getting positive feedbacks from people who wanted to buy my work, this led me to create a page dedicated solely to my work". She added that, she did paint now and then, but she was more focused on creating personal artwork for herself. "It has always been more of a distant hobby, until last year that is", she stated.

Sophie remarked that for as long as she can remember, she has always enjoyed drawing. After growing her craft throughout the years, she found herself painting mostly abstracts, floral pieces and anything involving, relating to or

inspired by nature.

"I was genuinely surprised when my followers started messaging me in regards to purchasing my work. At that time, I was not thinking about the pos-



sibility of selling my work, after having a few paintings lying around, I figured that I would put them up for sale and see how it would go."

Even with much fanfare over her work, the young artist described business as middling.

"Frankly, it has not been great, but it has not been too bad either. I believe most of the time people who are not necessarily into art per se, but enjoy pieces here and there, do not realize how much work goes into creating something that will last decades or more. They tend to be hesitant to purchase art work. I believe everyone who wants to, should be able to purchase a piece of artwork that does not empty their wallets, whilst at the same time respecting the artist's efforts," she stated.

Time is a big deal when it comes to painting a piece, after all it took Leonardo Da Vinci four years to paint the Mona Lisa. Sophie explained that she can complete smaller pieces scattered four to five hours across the day. Some small pieces can even be done in an



Custom made lettering



hour or two, while others can take up to over one month or two, as sometimes she may feel stuck and will need to work on something else for a while and then get back to it.

"It all depends on what canvas size I am working on and the details of the painting. When taking custom orders, I have to take into account the possible unexpected obstacles I might face, such as migraines that I frequently suffer from and require rest. This is the reason why I strongly request customers to place their orders one to two months early, depending on the painting," said Sophie.

So far her most expensive and time consuming commission was a gel coated fiberglass mould of the Seychelles



One of the very first orders Sophie received last Christmas



One of Sophie' abstract pieces



This is a well known spot at Sans Souci where locals go to get fresh water. It was a commissioned painting



A recreated painting Sophie did in order to practice



Floral painting as a gift for mothers day

Coat of Arms, which took roughly 40 hours spread out over the course of a month to complete.

In mid-August, Sophie launched a series of wave paintings that she had been working on and put them on sale on her social media platforms.

The prices for each of her paintings fluctuates, she noted that the cost of materials, time taken to create, attention to detail and the overall finish of the work is all taken into consideration.

In regards to how she markets herself as an artist, she said "I mostly rely on the chain reaction of social media for advertising. I gain exposure by those who share my posts and by those who tag me when they have just bought a painting from me. In turn, I gain more followers and the cycle goes on, I also have the occasional word of mouth from family and friends".

As she develops her art and her business, we asked Sophie if she will consider becoming a full time artist. She said that for the time being there is a lack of support from the government and general public when it comes to artists.

"Majority of people in Seychelles do not take art seriously, be it performing arts or visual arts.

In my opinion, when it comes to the arts, opportunities are limited in Seychelles. Unless artists have a great international audience, they will not be able to make a living off their art alone," stated Sophie.

She ended by saying that one of her long term goal is to eventually be featured in a gallery, a dream she hopes to accomplish soon.

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Artist feature

Jean-Marc Volcy

composer, performer and songwriter.

BY U-ROY JULES

Jean-Marc Volcy (born January 29, 1966), is a Seychellois composer, performer, and songwriter. Regarded as one of the pioneering musicians to propagate creole music in Seychelles. His repertoire of music is a fusion of modern creole pop with tradi-

tional folk music. His contributions to music in Seychelles have seen him win numerous awards including the Airtel Music Awards (AMA), Les Voix de l’Ocean Indien, and the Cable Tunes Award (CTA). In February 2017, he was inducted into the Seychelles Musicians Wall of Fame.

Jean-Marc describes his journey through music as a very successful one so far and will continue to persevere. Ozordi Dimans brings you to discover Jean-Marc lyrics Kil Pake:

Albums:

- Gou Kreol – (1994)
- Leko Bake – (1997)
- Bel Koud Kannon – (2002)
- Bon Bon – (2005)
- Sove Lavi – (2006)
- Lanmizik i Mazik – (2011)
- Leokri-(2016)



Jean-Marc Volcy performing live at ICCS



Seychellois composer, performer, and songwriter

Kil Pake

Kil pake envite kil pake
kil pake mon dir kil pake
kil pake donn bataz
Filozenn ek Foliksenn i a valse

Kil pake envite kil pake
kil pake inn dir kil pake
kil pake donn bataz
nouvo ek nouvel i a valse

Kil pake envite kil pake
kil pake inn dir kil pake
kil pake donn bataz
Filozenn ek Filoksenn i a valse

Maryaz Filozenn ek Filoksenn
ti en zoli maryaz
lasal ver
ti bezwen sot kap pour arive
mon ti grenpe,
mon ti glise me mon ti arive

mon ti arive byen fatige
zenn fiy donn mwan en’n ver Parlita
Mon dir Parlita donn pti baba
Plito ou donn mwan enn zoli ver baka kann

Fer letour dir “bonswar” bann kon viv
manmzel Edna tya pe ‘looksy’ mwan
Mon fer lizye dou mon anvoy beko
mon tand kriye: “in ler pou kil pake”

Kil pake envite kil pake
kil pake inn dir kil pake
kil pake donn bataz
nouvo ek nouvel i a valse

Kil pake envite kil pake
kil pake inn dir kil pake
kil pake donn bataz
Filozenn ek Foliksenn i a valse

Mon ti’n koloryo ek manzel Edna
Mon envite doner mwa pe rod boner
mwan a pe fikse li i a pe fikse mwan
tre byento pour annan ankor en lot maryaz

me dan sa maryaz pa ti mank tangaz
bann pti kankan tradisyonnell
En kote pa’n ganny gato Maspen
Zis en kote kin’n ganny Mari Brizar
Tantin Filo tya pe roul sega
son gro pake lenz pe bar tou plas
Manman nouvel tin byen vekse
I dir, kill ou pake lenz ma ganny bataz mwa glise

Kil pake envite kil pake
kil pake mon dir kil pake
kil pake donn bataz
nouvo ek nouvel i a valse

Kil pake envite kil pake
kil pake inn dir kil pake
kil pake donn bataz
Filozenn ek Foliksenn i a valse

Kil pake envite kil pake
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kil pake inn dir kil pake
kil pake donn bataz
Filozenn ek Foliksenn i a valse

History of Bel Air Cemetery

SOURCE: NATIONAL MUSEUM OF HISTORY

The Bel Air Cemetery was the first official burial ground to be opened on Mahé, soon after the establishment of the French settlement in the 18th century.

Here, where latanier trees scatter their leaves as if to add their cover to nature's mortal remains, we find tombs, vaults and shrines that are linked to memorable events of Seychelles past.

In this somber atmosphere, there is a sense of added poignancy as one examines the gravestones of such dignified and legendary figures.

Among the broken, moss-covered stones and crosses, there are ornately cut epitaphs in French and Latin.

'Il etait juste' (He was Just) reads the words on Jean-Francois Hodoul's headstone, which also bears the effigy of a rakish schooner, for he was a successful corsair who settled in Seychelles after making his fortune. He built a house at Les Mamelles (Château Mamelles) and another at Pointe Conan,



which he called (Ma Constance). He died in 1835, at the age of 69.

The most prominent tomb is that of the 'giant', said to be the son of Charles Dorothee Savy, who is buried next to him.

The elongated monument vividly attests to the height of the deceased, some nine feet six inches, on his death at the age of 14 years old, apparently from poison.

Another enigmatic figure whose bones are said to lie here was a Frenchman called Pierre-Louis Poirer, who claimed to be the son of the ill-fated Louis XVI, living under the name of the man who helped him find sanctuary in Seychelles. He died in 1856, at the age 70, still maintaining that he was Louis XVII of France.

Other personalities buried included Jean-Baptiste d'Argent, son-in-law of Quéau de Quinssy, Jean-Baptiste Hulier, Magistrate Griffiths, Acting Civil Commissioner Thomas Paton, and District Magistrate Charles Dupuy.

Engrave on a slab at the entrance to the cemetery are the words 'Belle pensée d'un commandant bienfaisant'.



A tomb at the cemetery



Part of the cemetery



Kids say the *darndest* things 2

BY CHRISTINE OUMA

Have you ever spent time with children? You’ve probably noticed that kids have a great drive to learn. As a result, they start asking questions.

But have you ever tried your hand at becoming a detective? Asking pertinent questions to youngsters can help them widen their horizons and become more open-minded, as well as learn their true feelings. Ivanna Ndisi Apondo, 5, of Independent School Seychelles, and Emma King, 7, of Anse Boileau Pri-mary, are featured in this edition.

Ivanna Ndisi Apondo

Age: 5
School: Independent School Seychelles

If you were to write a letter to God, what would your message be?
I would thank him for protecting us when we sleep and the shining sun. I will also thank him for my uncles and aunties.

Which word does mummy use often?
She tells me I am a good girl.

What is love?
Love is my family.

What do you want to be when you grow up?
I want to be a doctor to take care of children.

What will you be doing when you are 100 years old?
I will be swimming in the pool, jumping around with my brother Craig and go on adventures with my family. I will have fun even when I am old.

If you had to leave home because of an emergency, what three things would you take with you?
I will carry some bubble mixtures, toys and blocks to build.

How many kids do you think you will have when you get older?
Three children, just like mummy and papa.

Where in the universe do you want to visit?
I want to visit my uncle Joel and also go to Kenya to look for my best friend Kare.

Where is the best place to hide during a game of hide-and-seek?
The closet, under the bed, behind the door, in the tent and behind the curtains. We have many places to hide in our house.

What would you do if you swapped roles with mummy or papa?
I would tell mummy to sit down and rest. When I grow up, I will cook for her and check if things are going on well. I will protect mummy and papa every time.

Can you impersonate someone?
I think it would be funny if I sneezed like papa or mummy. Mummy sneezes with a small voice, and papa sneezes with a deep voice. It is so funny (laughs).

Who is your boss?
I do not have a boss.

If it were only up to you, what would you eat for breakfast?
I would eat some porridge, hot chocolate and mandazis.

What is your favourite vegetable?
Broccoli.

If you could get rid of anything in the world, what would it be?
It would be toy stores. It would be unbelievable to go to town and not see any toy stores. I would be surprised and fall (laughs).

What books do you like to read before going to bed?
I like to read dinosaur books, the three little pigs and the big bad wolf stories.

What is one way that you help your parents?
I like to tidy up the living room when there are many toys on the floor. I also sweep after my brother and I finish eating and there is some food on the floor. Mummy and papa are always happy when I help. They say they are proud of me.

What message would you like to share with everyone?
I want to say thank you for all the hard work in Seychelles.



Emma King

Age: 8
School: Anse Boileau Primary

If you were to write a letter to God, what would your message be?
Keep me and my family always safe.

Which word does mummy use often?
“Emma seye napa person kin ne konnen.”
Translation; “Emma try! Because no one is born with all the knowledge in the world”.

What is love?
When you care and do things for one another.

What do you want to be when you grow up?
A fashion designer.

What will you be doing when you are 100 years old?
Designing a nice dress for my party.

If you had to leave home because of an emergency, what three things would you take with you?
My phone, purse and jacket.

How many kids do you think you will have when you get older?
Two.

Where in the universe do you want to visit?
Disney land.

Where is the best place to hide during a game of hide-and-seek?
Under the bed.

What would you do if you swapped roles with mummy or papa?
Cook dinner.

Can you impersonate someone?
No.

Who is your boss?
Myself.

If it were only up to you, what would you eat for breakfast?
Ice cream ball and flavoured popcorns.

What is your favourite vegetable?
I like carrots.

If you could get rid of anything in the world, what would it be?
All illnesses.

What books do you like to read before going to bed?
I like reading fairy tale books.

What is one way that you help your parents?
I help with house chores.

What message would you like to share with everyone?
Be nice to one another.



An insight in the Ascent Projects Company

BY CHRISTINE OUMA



Rajesh Pandya, MD Ascent Projects

Ascent Projects is among the class one local Contracting and Engineering companies operating solely in Seychelles. The company was established in 2006 by business partners, Ramakrishnan Pillay, serving as the Chairman, and Rajesh Pandya, the Managing Director.

Whether it is a family home, hotel project, or civil works, the company boasts qualified local and international personnels who strives to complete and deliver high-quality work.

Mr. Rajesh, who is also a Civil Engineer, remarks that the contracting company tenders and executes projects for Government, private sectors, and individuals.

He highlighted that besides the general construction works, the company also saw a gap in civil works and in specialized infrastructure projects such as water supply, sewage, and marine projects which they currently executes."

Ascent Projects has also designed and build the Family hospital at Per-

severance and also provides one stop or turnkey solution for the projects which includes design, construction and hand over.

Complementing their workforce is a fleet of machines which includes heavy trucks, concrete pumps, tower

cranes and excavators, to name a few. The company also has a timber workshop situated at the Providence Industrial Estate, with the latest quality machinery from Italy.

Mr. Rajesh states the Ascent has grown exponentially in the last four



Timber workshop



Round Island Resort



kerry de bruyn PHOTOGRAPHY

such a business, he added, is the high-interest rates on loans offered by banks, as well as the availability of Industrial land which is hampering the development of the country.

"The country has reopened its borders and the exchange rate is getting better. We believe the environment will stabilize soon which will be good for business."

"The construction environment is changing and we continue to invest

in construction technologies, and mechanization which puts the company ahead of others. This enables us to take on bigger projects," affirms Mr. Rajesh.

The industry can be demanding and running such a business requires passion and the ability to work long hours. Mr. Rajesh asserts he does his best to ensure a proper work-life balance, though sometimes this is not always the case due to heavy workload.



Infrastructure works on Ile Perseverance



La Misere Pump Station



Kanna Mall, Victoria

years. Unfortunately, due to the Covid-19 Pandemic, the company had to downsize from 300 to approximately 100 employees. With travel restrictions lifted, they hope to increase their workforce.

Ascent Projects is made up of a dynamic group of people of different nationalities, including Seychellois, working successfully and closely together towards the company's aims. In Seychelles, most construction workers come from all parts of India, as well as Bangladesh, Nepal, and Sri Lanka. Despite their differing views on religion and culture, they co-exist harmoniously.

"We believe employees are our most valuable asset, which is why we provide a conducive working and living environment for them because we know if employees are happy, the results will reflect in the execution of their work," adds Mr. Rajesh.

One of the challenges of running

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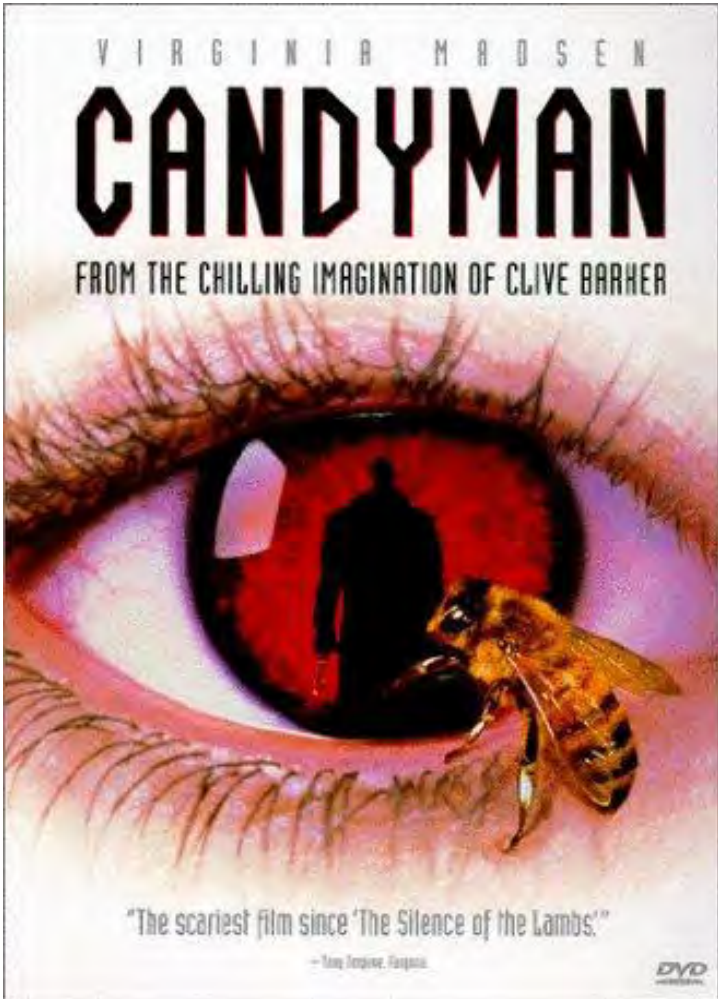
BY CHRISTOPHE ZIALOR

Candyman is a legend, a spirit, and a modern masterpiece. I’ve seen this movie a zillion times in my life. After watching the movie for the first time at 11 and then again when I was 16, I couldn’t use a bathroom with a mirror inside for two weeks straight. Once I became mature enough I could start genuinely appreciating them more and seeing more details both in the music and the photographs.

In the 2021 version, the soundtrack is amazing, and the unexpected horrors are placed wisely. Candyman was a terrifying picture that I saw as a youngster, but now that I’m older, and with this new remake, I can appreciate everything the film had to offer.

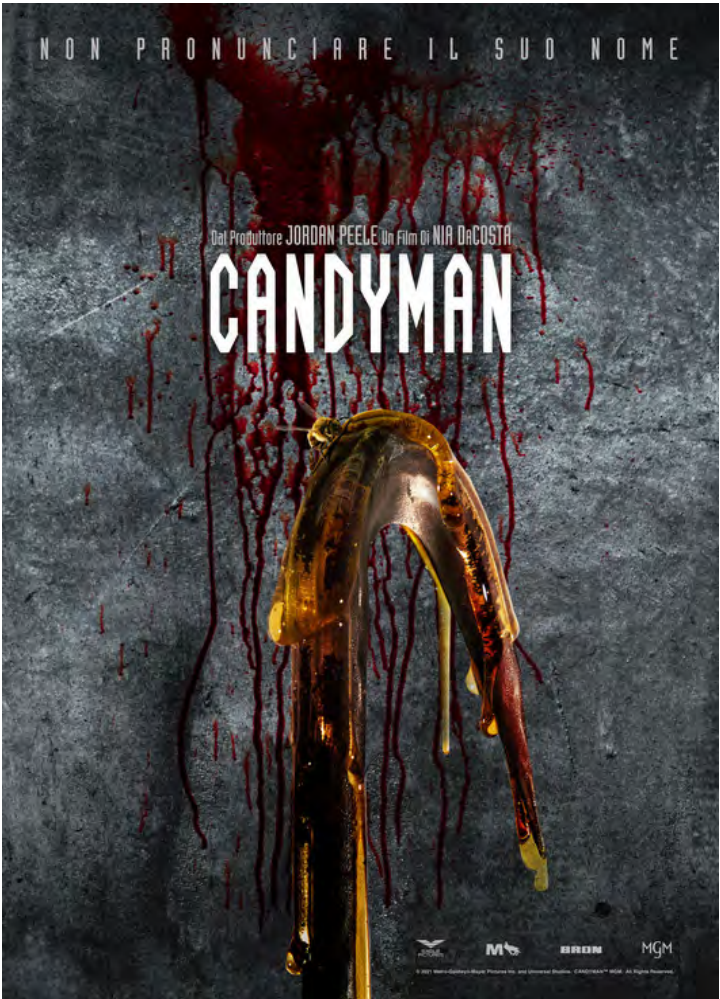
What this movie does well is nothing short of masterful; easily enough to cover up the film’s shortcomings. The layers of social commentary on issues such as gentrification, racism of authority, and police brutality are executed in a thoughtful, intense manner that can be uncomfortable. The creative cinematography and interesting use of paper cutouts to depict black violence throughout the ages is outstanding. In general, the plotting is tight and does a great job of expanding on the overall lore.

The film stumbles a bit in the third act by not developing



some of the fascinating possibilities teased throughout and instead going in a different direction in the plot, but that doesn’t take away from the powerful message and thoughtful portrayal of Black difficulty. Seriously, it’s hard to point to

an instance where a progressive issue is portrayed problematically. Definitely worth a watch. Every Black woman on screen is in a position of power. The cast is generally very memorable (with the disappointing exception of the lead), and



when the movie has an intense moment, it really delivers in spades. The “Candyman” sequences where the character actually appears are definitely a highlight and will make you grimace. The film could have used more Tony Todd (who originally

portrayed candyman) overall, and the movie as a whole is generally predictable, but make no mistake, in terms of thoughtful plotting, messaging and overall grit, the film is a standout. It may not be an Oscar contender, but I suspect I’ll get even more out

of it on a rewatch. I certainly recommend this film, especially for those looking for an example of good plotting and are progressively minded.

This really is more than a horror movie, it makes you think about poverty and drugs and in that situation, one can understand why kids head to gang or pick up being a drug dealer - what would you do in their situation - anyway, I’m ranting! Watch the movie and make up your own mind

Summary of the Movie
SOURCE: TRIBUTE MOVIES

Anthony McCoy (Yahya Abdul-Mateen II) and his girlfriend move into a loft in present-day Chicago, where Anthony meets an old-timer who has lived in the neighborhood for years. The man tells Anthony the truth about Candyman, an urban legend that forewarns of a man in the mirror who will kill you if you say his name five times.

According to the old man, Candyman is also more than one person — it seems as though he can exist in different bodies. When a group of girls are slayed after saying his name five times, Anthony goes on the hunt for Candyman, taking photos around his new neighborhood. Soon, he becomes obsessed with the legend. But what he finds is far more sinister than he expected and it brings waves of violence and murder to the community.



Tony Todd portrayed CandyMan in the 1992 version



Yaya Abdul Manteen portrays Andy Mccoy

TRADITIONAL GAMES

COMPILED BY CHRISTINE OUMA

I SPY

WHAT IT IS: A visual spying and guessing game, entertaining for younger kids which can be played anywhere, whether you're sitting down in a restaurants or driving.

BEST FOR: 2 or more players.

WHAT YOU NEED: Look for something for the other person to guess what the other is seeing.

HOW TO PLAY: One player should look around and identify something. Then say, "I spy with my little eye something _____," filling in the blank with an adjective that describes the object being spied on. Say the object being spied on was

a blue ceramic flower pot, the player would say: "I spy with my little eye something blue." Then the other players would look around the for the something in blue and try to guess the object.

The players would guess by asking questions such as "Is it the blue border on that poster of the chili peppers?" or, "Is it that vase holding the flowers by the door?" The player would shake her head with a "no" until the correct object is guessed. The player who guessed right gets to choose the next object.

STRATEGIES: It is wise to not be staring at the object being spied on for guessing.



Set Ros



Sa zwe l orizinen langleter ("seven stones") kot de group zanfann menm kantite dan sak tim l kapab zwe. Zot swazir set ros (oubyen kafoul koko) pliz-ou-mwen plat me diferan groser. Sa bann ros l ganny plase enn lo lot avek sa ki pli gro anba.

Zwe l konmanse apre ki desizyon in ganny pran lo lekel tim ki pou defann pos (bann ros) premye e lekel ki pou atake.

Tou zwer ki pou defann l koste otour pos e en dimoun ki dan tim advers l tap sa bann ros pou fer fannen e apre l taye.

Bann defander l pas boul antre zot e esey fer fason pou tap en dimoun ki dan tim opoze.

Anmentan tim advers l esey aranz bann ros kin fannen enn lo kanmarad.

Si zot reisi fini aranz tou ros san ki zot ganny tape, zot kriy "game". Dan sa ka zot in ganny en parti.

Si letan zot pe aranz bann ros nenport ki zwer dan tim l ganny 'touye'(tape ek boul), rol sa de tim l sanze. Tim ki ti pe defann aprezan l sey fer mannyer pou aranz ros e tim ki ti pe atake in vin defann.

Sa zwe l en pratik garson ek fiy ansanm e l pa-ret ki l pe perdi.

MY STORY

Sports legend reminisces on his time as an athlete and footballer

BY CHRISTINE OUMA

62-year-old Vincent Confait was a household name in the Seychelles sports arena. In 1979, he represented the country at the first Indian Ocean Island Games (IOIG) held in Reunion, winning gold and silver medals. He also participated in the Tokyo Olympics in Moscow in 1980, and then again in 1984 in Los Angeles, California. He shared his story with OZORDI DIMANS.

Childhood

"I had a happy childhood. After my primary and secondary education, I joined the Seychelles College for two years to pursue a course in electrical engineering. I have been a self-employed electrical engineering contractor since I was 18 years old. I started engaging in competitive sports in secondary school. In 1977 I joined the Rovers Football Club as a goalkeeper and an athlete. We had football training in the early morning and athletics late in the evening.

Sport career

Back in the day, football was enjoyable. Many people liked to watch the sport and engage in different sporting activities. My club climbed the ladders to become the national team. After the 1977 coup d'état, sports deteriorated. The government cancelled the clubs, and we were to play within our districts. It was not a good decision because a few people were good in certain sports within a district. Many were discouraged, and I am amongst those who stopped playing football in 1980. I continued doing athletics as it is more of an individual sport. I ran 400m and 800m hurdles. In 1979, the first Indian Ocean Island Games was held on Reunion island and I won the silver medal for hurdles and gold in a 4 x 400m relay run. In 1980 and 1984, I participated in the Olympics held in Moscow, Russia, and in Los Angeles, California. Sadly, like many other African countries, Seychelles boycotted the Olympics held in South Korea in 1988. In 1990, I stepped down from the national team, but I never stopped running. I participated in a few local competitions then transitioned into long-distance running because I could not continue sprint-



Vincent Confait

ing at my age. I have also officiated a few games, sometimes as a timekeeper, and I also did a short stint with St. Louis Football Club and later joined the veteran team and played until I turned 40-years-old.

Memories

I hold in high regard my experiences at the Olympic Games. I also appreciate the opportunities I had while playing football. Both sports have given me the opportunity to travel to other countries like Kenya, Rwanda, Mauritius, and Finland, to mention a few.

Family

I have two children. My eldest was once an athlete who ran 400metres hurdles. My father, Andrea Confait, was also a footballer. I guess you could say that sportsmanship runs in our family.

Challenges

In the early 2000s, I started East Coast Athletics Club with the hope of training and inspiring younger athletes. Unfortunately, the participants did not want to train as scheduled. The Athletics Federation was also not supportive at the time. I feel sad for Seychelles because, during our time, Seychellois athletes were good at athletics and boxing, but not anymore. It will take a lot of hard work and sacrifices for Seychelles to regain its glory. Both the schools and parents should also play their part by encouraging kids to be more engaged in sports. Vincent has continued to be actively involved in sports. He trains at least four days a week and has always participated in monthly Eco-friendly runs. Despite the challenges brought about by the Covid-19 pandemic, making it impossible for group-run competitions, the former athlete participates in virtual competitions. He concluded by saying that, to succeed in any sport a person must train, because without training you will not get any results.

Happy Birthday
from OZORDI DIMANS Team



St Louis football team in Rwanda



Mr. Confait participates at a training session



With Edwin Monsees in London



Mr. Confait during a local competition in 1983



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