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OF GOP FEE PROPOSAL**

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EDITOR'S *Note*

Hierarchy of Grief in the Digital Age

How many of us have opened our WhatsApp message or Facebook page this year only to be horrified by a grisly aftermath accident scene with a victim lying lifeless on the road? Only a couple of weeks ago, a photo of a young lady on Praslin involved in a tragic accident lying cold on the ground was being circulated on social media.

The ability to share such raw videos and unfiltered images instantly have become a bystander sport for social media spectators these days. What does one gain in exploiting others' dignity for cheap clicks?

I believe that the person filming the scene as it unfolds do so subconsciously, not realizing that they are watching a person's last moment. The momentary lapse of reason or adrenaline surge may cause the spread of such news instantly and anonymously to other social media groups, without realizing the impact on the other side when a person receives such disturbing images. The majority of our society would categorically consider such actions irresponsible and disrespectful towards the victim, let alone a lack of respect for the deceased family members. Such behavior can also be extremely hurtful as no one would want their loved one to be remembered at an accident scene.

Unfortunately, those responsible do not realize that their posts may cause an adverse reaction, given that social media posts can reach its target much faster than the time it takes for the police or ambulance service to arrive at a tragic scene. Sadly, relatives may

receive the shocking news via a social media post, whereas some might start receiving condolence messages without even knowing the reason why.

Grieving in the digital age can cause unnecessary and unintended additional stress on the bereaved. An immediate 'Rest in Peace' message from unknown people on social media can cause more stress than comforting words to the immediate family, especially in a tragic situation. At that point in time, the bereaved family needs to be given time to assimilate the time-sensitive situation related to the death. An unexpected death can be difficult to cope with and receiving hundreds of messages at once can be overwhelming. Most of them may be ignored if sent during the darkest moments of the bereaved. Time is critical and grieving in the digital age is like suffering in uncharted territory. So, allowing a few hours to pass before sending a sincere message on social media can best be appreciated and could make all the difference to the grieving family.

Our nation has evolved and espouse a visual photographic culture. What was once private moments have now turned into a public spectacle. To be fair, there are pros and cons, depending on the actual situation. As it stands, no law prohibits filming in public places, as this might risk stifling other forms of free speech and freedom of information debates. However, I believe that many in our society would fully support a law that would ban dissemination of video recordings and photos of dead or severely injured people at the site of an accident. Such laws can be crafted fairly and balanced to protect the family's privacy without infringing on the rights of an individual. In fact, the majority of licensed media houses in Seychelles already include such clauses in their code of conduct and ethics and manuals.

As we embrace our first Sunday of November, Ozordi Dimans brings you a double pregnancy of mother Helda Sinon and daughter Shannon Sinon as they recount their stories, struggles and thoughts on what it means to raise their children together.

Next, a father shares his arduous three-year experience dealing with bureaucracy on his adoption journey. Phillip describes the difficulties he faced with his son's biological family, and his own personal life.

Teenagers having access to contraceptives has been a topic of discussion for years. Read more about the subject in "Free the pill", as Lorea Rassool talks about the lack of access to contraception and how inadequate sex education programme contributes to the increase in teenage pregnancies.

While many Seychellois do not aspire to be film directors, Emilie Chetty has made it a reality. The young filmmaker shares her process in creating her award-winning film 'Desert Rose'. Emilie talks about the ups and downs of the film industry, her top five favourite movies, and her Hollywood icons.

This week, we also have something for our "motorheads" as we highlight some of the most popular modified cars in Seychelles. So, check them out, and I bet you will recognize at least one of them who raced by you on the highway.

Have you ever wondered if you have what it takes to become a professional mixologist? Steven Rioux, a seasoned bartender, chats about the art of cocktail making, his day-to-day work and how he created the exquisite cocktail menu for Beau Vallon's popular tiki-bar "Beach Shak".

We round up our 5th edition with Roland Raforme, Seychelles' own double Olympian and former pugilist who now passionately trains young Seychellois boxers for the betterment of the sport.

Time to sign out for this Sunday and wishing you all a peaceful day.


Veronica Maria
MANAGING DIRECTOR & EDITOR



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Mother and Daughter *pregnant at the same time*



One-month-old Zoey and Khaal



Shannon Sinon with daughter Zoey

BY U-ROY JULES

2 5-year-old Shannon Sinon and her mom, 46-year-old Helda Sinon were in for a surprise when they both found out they were pregnant and due within weeks of each other. Together, they went through the journey of pregnancy and birth, giving each other support and love along the way.

"I had always dreamt of becoming a mother so at the age of 24, I found out I was pregnant. "Finally!", I said to myself, hysterically I rushed to tell my boyfriend and my mom.

My mom who was 45 years old at the time was so happy, she hugged me and gave me a lecture on proper nutrition during pregnancy.

After a couple of weeks, I started to get my first trimester symptoms so I went to my mom for advice and comfort, instead of advice she told me that she also had not been feeling well lately.

As my symptoms progressed so did my mom's it was like she was feeling everything I was feeling so I made a joke and said "Don't tell me you're also pregnant".

She was quiet and said, "you know that is a possibility, I will take a test to be sure".

Sure enough, after a week a test confirmed that my mom was pregnant. She was sad about the news, not only because doctors advised her to terminate the pregnancy due to her age, but also because she wanted to be there for me during my first pregnancy. "Not only was I an expectant mother, but I was going to be a grandmother, too" said Helda.

Helda added that the thought of the two roles she would be expected to fulfil also overwhelmed her. How would she be able to support me emotionally and physically when she was struggling with morning sickness and fatigue herself?

She had hoped for an equally close relationship with her grandchild but feared it would not happen as she would be busy looking after her new baby.

"I had to comfort my mom and be what she has been for me through all of these years, I assured her that there was nothing wrong with her having a baby despite her age. I am now an adult and independent and her support and love was enough.

The two mothers added that, here was a moment of shame

(Continued on Page 6)



Helda Sinon with son Khaal



Khael Sinon at one year old



Zoey Jules at one year old

(Continued from page 5)
where people would judge them for being a mother and daughter pregnant at the same time.
“People would judge my mom for being pregnant at her age, even though she was married and all of her older children were already independent. We always turned a blind eye to their comments instead we started making preparations for our babies. We read books, we went baby shopping, in a way no one knew but during my pregnancy I was not alone. I had my best friend there with me going through what I was going through. As a teenager, we would always butt heads as we have the same character but this experience brought us closer. I saw and felt what she had to go through to give me life, and this made me appreciate her even more.” said Shannon.
She continued, “Soon we discovered that I was having a girl and my mom was having a boy. We were so happy to have a boy in the family for the first time as my dad always wanted a son but had 2 girls.



preparing for mine. I could not stay away from his crib as I remember putting him on my giant belly to calm him.”
Shannon remarked that her pregnancy was long and at 42 weeks, she checked into the hospital to be induced. “On that morning when I got up to go to the hospital my mom hugged me and said to me “you are my daughter if I can do it, you can do it”, and that was all she had to say to get rid of my insecurities and fear of labour.” That day at 8:20, Zoey Jules, was born.
“Our lives today are pretty much great as our house is full of love, noise and snacks.
In a way I believe our journey was written in faith and blessed by the almighty. My mom is a great grandmother who loves my child and a great mom to my brother. And as for me, I am trying my best to be a great mother and an awesome big sister to my little brother. The kids are very close to each other always looking for one another. We have a happy home.”

/// **I saw and felt what she had to go through to give me life, and this made me appreciate her even more.**

Two pregnant women living under one roof was intense, described the tow ladies, “ were in our last trimesters and hyped up on hormones, but a tub of ice cream always seemed to calm us down” they said
On February 7th, 2020 Khael Sinon was born via C-Section. “When my mom came home from the hospital I was also on maternity leave, I had the chance to take care of her and help her take care of her new born whilst



WEEK REVIEW

What Made TODAY'S Headline this Week

Kelly-Mary Anette named Miss Africa and third runner-up in the 49th Miss Intercontinental beauty contest.

Miss Seychelles 2020, Kelly-Mary Anette, 25, was crowned Miss Africa and third runner-up in the 49th Miss Intercontinental beauty contest on October 29th at the Sunrise Diamond Beach Resort in Sharm El Sheikh, Egypt. President Wavel Ramkalawan and First Lady Linda Ramkalawan were among those who sent her congratulations messages.

Newly ordained Deacons in Seychelles.

The four deacons, Deacon Gerard Adam, Deacon Jonah Anriamallala, Deacon Hughes Cedras, and Deacon Dodley Fitch, were ordained on Monday 1st November at St. Paul’s Cathedral in Victoria by the Anglican Church of the Indian Ocean Diocese of Seychelles. Most Reverend Dr James Wong Yin Song, conducted the ordination ceremony, which was also attended by First Lady Mrs Linda Ramkalawan and other government officials including faithfuls.

Proposal for revision in GOP fees

The Employment Department conducted a consultative meeting with the business community on the Revision of Gainful Occupation Permit (GOP) fees on Tuesday 2nd November. The highlight of the meeting was the proposal for an increase in the GOP fees except for requests made in the agricultural and fisheries sector. Also tabled is a proposal for the non-refund of GOPs.

New Planning Authority Act approved

The Vice President, Ahmed Afif appeared before the National Assembly Wednesday 3rd November to seek approval in passing the Physical Planning Bill, 2021 – (Bill No. 52 of 2021).
The significant change that will take effect once approved is the approval of a board by the President to deal with authority issues. This power usually rests with the Minister. The Minister will no longer be able to approve an appeal or plan in everyday and ordinary circumstances.

President returns from official trips to UAE Expo 2020 and COP26

Following a visit to the United Arab Emirates (UAE) and COP26 United Nations Climate Change Conference in Glasgow, Scotland, President Wavel Ramkalawan returned to the country on Thursday, November 5.
In a media interview, he expressed satisfaction with the two visits, which he described as “excellent opportunities for exposure” and for the small island’s voice to be heard.
He also took the opportunity to congratulate the police, intelligence, and defense forces for carrying out one of the largest narcotics busts in Seychelles on Monday, November 1, 2020.
According to him, at least 19 kg of heroin were prevented from entering the nation. A total of five Seychellois males have been detained in connection with the drug bust.

Uptick in COVID-19 cases over last two days raises early concerns

A rise in the daily number of COVID-19 cases from less than 30 cases per day for the previous seven days to 45 and 46 cases respectively, is causing concerns in the Ministry of Health.
The Ministry of Health is requesting the public to continue adhering to the public health measures and to come forward for vaccination if they have not received the COVID-19 vaccines already.
Clusters of new COVID-19 cases in a few districts and businesses where people have not followed public health measures adequately have largely contributed to this uptick.



A FATHER’S JOURNEY

BY CHRISTOPHE ZIALOR

Adoption has proven to be a great blessing for millions of children and families. Adoption brings families together that might not have met otherwise. As a result, we are incredibly grateful for the much-needed institution. It is not ideal, but it’s necessary and can be a huge help to everyone concerned.

While we evaluate the numerous benefits of adoption, we need also to consider some of the usual issues that emerge during the process. Some of these frequent issues can have serious and long-term ramifications for both the child being adopted and the family into which he or she is being adopted.

Today we recount the story of a father who fought tirelessly to be able to adopt his son. To maintain his family’s privacy, he shall be referred to as Phillip and his son as Dominique (not their real name)

Dominique, who was born to a drug addict mother and an absent father, was mistreated from the minute he drew his first breath. This is how he came to be in the care of Phillip and his now ex-wife on December 24th, 2012.

“My ex-wife, who used to be a social worker, received a call that night from a colleague informing her that they were searching for a temporary home to foster a five-month baby who had been abandoned,” said Phillip, recounting the events of that fateful night.

Phillip added that the first night they fostered Dominique he had colic and couldn’t sleep.

“He cried all night and I wondered to myself why we were doing this”

The couple were meant to foster Dominique for three days, which stretched into a week, and before they knew it, they were ringing in the new year (2013) with him.”

Although the child was being adequately cared for, everything changed in February when his maternal grandmother came on the scene and took him back.

“During the events that led up to us fostering, Dominique’s grandmother was not in the country and was unaware that social services had taken her grandchild; she was not happy, to say the least, and instead of thanking us for taking care of Dominique, she treated us as if we had kidnapped him.”

The grandmother took Dominique and returned him to his biological family.

“We had grown attached to him at that point and were quite sad to see him go, but regardless of how attached we had become, I decided that I was not going to get involved, but without my knowledge, my ex-wife maintained contact and this is when we discovered that Dominique was once again being neglected.”

Phillip noted that even though the grandmother had fought to get custody she was not taking care of the baby.

“At the time, Dominique was being cared for by his great-grandmother, who was struggling to provide for him.” “My ex-wife and I supplied them with groceries to ensure that there was food on the table every night.”

The living condition was not perfect, however Dominique’s great-grandma did everything she could to provide for him.

“She was Dominique’s sole biological family who supported us in adopting him since she realized she wouldn’t be able to provide for him for long. A couple of months later we had to go get Dominique as she had fallen and wasn’t able to care for him”

When the couple arrived at the residence to pick up the child, their worst fears were realized:



Dominique when he was Younger



Dominique learns to walk

ized: he was filthy and hadn’t been fed in days.

This is when the process began to formally adopt him. As they had already fostered Dominique, the process though long was quite easy.

“To say the family took it well would be a lie, there were many instances where the biological father came to my place of work and threatened me, it was so bad that we had to get a restraining order”

The biological family tried to take the baby back even if they could not care for him and during that time the birth father had become a drug addict and the birth mother had died from an overdose.

The adoption process was long and dragged on for two years. In November 2015 the process ended with Phillip and his ex-wife legally adopting Dominique.

A sweet moment that was cut short when the couple had to return to family court months later to battle for custody between the two of them while they were going through a messy divorce.

“It was a difficult time, not only for the two of us but for our son as well, he became very emotional”

In the end, Phillip was given full custody of Dominique.

The legal proceedings were technically concluded, but a new chapter had begun. Single fatherhood.

“I would not say it was easy, because raising a child whether it’s biologically yours or not is never easy, but we’ve managed”

Dominique, now eight years old, has come a long way from being a neglected infant to enjoying a regular upbringing. His father noted that he is a very hyperactive child who is always running around.

His dad proudly said that although biologically, Dominique is not his, he has picked up his love for music.

“He enjoys singing and playing musical instruments, and when he’s not doing that, he’ll be at his swim meets,” the Phillip said proudly.

When a family adopts a kid, there is usually a discussion over whether or not the child should be aware that they are adopted.

Phillip stated that he has been quite honest with his kid about his adoption. He went on to explain that when you conceal a secret that big from your child, it will eventually come out, and most of the time they will not know how to handle it.

“I didn’t want my kid to hate me, so I made sure he understood the truth, that even though I did not make him biologically, I am very much his father.”



Free the Pill

BY CHRISTOPHE ZIALOR

In Seychelles it is legal for a 15-year-old girl to give consent to a 50-year-old man and engage in sexual intercourse; however, access to contraception still requires the approval of a guardian.

Every couple of years, we have a debate over whether or not teens should have access to contraception without the consent of a guardian. Health professionals and lawmakers go on television and make their case in one hour, and then we don't hear from them again until the next debate.

According to research, banning minors from receiving contraception unless they notify a parent will not prevent them from having sex. It will only push them away from the services they require to protect themselves, leading to an increase in the number of unwanted births and sexually transmitted illnesses (STDs), including HIV.

Some claim that permitting minors to receive contraception without first alerting their parents encourages them to become sexually active, whereas requiring minors to inform their parents before receiving birth control inhibits sexual behavior. Data on teenage behavior, on the other hand, clearly contradicts this idea.

Teenagers do not become sexually active since they may obtain contraception anonymously from a family planning professional. In reality, young women in Seychelles are sexually active months, even years before their first visit to a family planning clinic. Furthermore, research suggests that making contraception available to teens has little effect on sexual behavior.



Lorea Rassool, an independent midwife, has been fighting for teenagers to receive unrestricted access to contraceptives without parental authorization. She noted that she sees girls as young as fourteen walk in the delivery room.

"It saddens me to watch these teenage girls entering the labour room to give birth, not only because they should not be having a kid at that age, but also because they have to pause their education to have a baby."

She went on to suggest that many of these girls are afraid to talk to their parents about sex or even ask for contraception.

"We recognize that providing free access to contraceptives without parental approval will not solve everything, but

it is a start, and we can present these girls with an alternative."

According to the National Bureau of Statistics from 2020 to 2021, 14 girls under the age of fifteen gave birth and 263 girls between the age of fifteen and nineteen gave birth.

One might wonder if these figures would not have been lower if young boys and girls were properly educated in regards to sex and also if they had free access to contraceptives.

Out of the 263 girls, 31 of them were giving birth to their second child.

The issue also pertains to sex education; most schools do not sufficiently teach sex education, which is a major issue because these teenagers are engaging in unprotected sex while being unaware of the numerous STDs they may contract.

The Bureau of Statistics shows that in 2015, 19 people between the age of 15 and 24 contracted HIV. We would not have this issue if schools thought proper sex education.

The education system is failing our

students regarding practicing safe sex in the real world.

How often did you hear about STIs/STDs in your secondary school health classes? I recall during my schooling years, hearing about it once, and then quickly being dismissed. The teachers did not want to or did not receive guidance on how to discuss safe sex or how to prevent infections, diseases, and teen pregnancy.

Often, instead of discussing the topic, teachers and health professionals will say that abstinence is key and move on.

In theory, abstinence is fine. In practice, it usually fails.

While lawmakers and some adults believe that abstinence until marriage teaching is the only moral option for sex education, these programs fall short of medical ethics requirements by limiting access to critical health information. The government should not be in the business of pushing an unrealistic and ineffectual answer to teenage sexual and repro-



ductive health, especially one that has been so widely condemned by health professionals.

It is to be noted that, contraceptives without parents' consent will not be given to teenagers like candy bars, a proper framework would be established and when a girl or boy goes to their family planning centers they will get counseling from a nurse before being prescribed to any type of contraception.

"Most teenagers do not even approach a clinic until they have been sexually active for six months to a year, and when they do come they are told that they need the permission of their parents, they will leave and they won't return," said Lorea. We need to normalise SEX and stop seeing it as a taboo when it is, in reality, a natural aspect of life.

Lawmakers must stand up and put their religious or conservative beliefs aside to look at the broader picture; if we do not act now, teenage pregnancy will continue to rise.



Free access to contraception without the consent of parents



“The education system is failing our students regarding practicing safe sex in the real world.”

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SCCI RESPONSE TO REVISION OF GOP FEE PROPOSAL

“A misguided (even if well intended) and ill-timed approach”

The Seychelles Chamber of Commerce & Industry (SCCI) would like to thank the Ministry of Employment and Social Affairs and the Ministry of Internal Affairs for inviting us to the consultation meeting on Tuesday 2nd November regarding the proposal to revise the GOP fees.

The proposal, among others, proposed

a. To replace the current localisation plan with the new succession plan policy.

b. To conduct an assessment of the national manpower plan.

c. To establish the tripartite sector-specific skill councils.

d. To increase GOP fees for managerial and executive posts from current SCR 500/month to SCR 1000/month for first 2 years up to SCR 5000/month for GOP holders above 6 years, except Agriculture and Fisheries sector, non-Seychellois married to locals and existing Government subsidies.

e. Concession in GOP fees for Agricultural and Fisheries sectors to pay only 25% of GOP Fees.

f. Non-refundable for GOP fees paid, except for cases of non-approval or non-consumed (GOP holder has not entered the country for employment).

Comments regarding the consultation process

SCCI received the proposal on Friday, 29 October at 11.24 am, and had limited time to share this proposal with our members. Despite the short notice and the significant impact of the proposal, we have received immediate responses from many members which demonstrates the framework of consultation.

We wish to reinstate that review of the GOP framework is not new and that we have had discussions with the Department of Employment since the pandemic outbreak.

In the past two years, the SCCI has been working in collaboration with the Department; presented our evidence-based policy submissions where we conducted member surveys, focus group meetings, members briefing to present and collect data and inputs from members, coordinated employers' views and perspective, for policy discussion and consultation with the Department.

In line with our National Business Agenda and the proposed Employment Framework, the SCCI has been consistently advocating for a fair and equitable GOP framework that fills and supplements labour shortage and skill gap in the labour market and enables the transfer of foreign skills while promoting skills development and safeguard the employment of Seychellois.

However, despite various written submissions and efforts on the Employment Law Review submitted in April 2021, we have not received feedback or notice for further discussion. The proposal received on Friday 29 October came as a surprise, especially the proposed increase of the GOP fees.

SCCI is disappointed with the process of consultation. The Department of Employment should uphold the spirit of tripartism and partnership for an inclusive and meaningful dialogue with the private sector in any policy formulation.

Analysis of the Revised Policy

SCCI welcomes the Government's initiative to review the existing policies that aim to improve the management of non-Seychellois workers and encourage the participation and development of the local labour force.

We also welcome the departments' proposal to provide concession in GOP for the Agriculture and Fisheries sectors to encourage and promote economic activities of the sectors to ensure food security. Thus SCCI applauds the Departments' proposal as both sectors are particularly important for an island's economy like Seychelles, especially in the post-COVID era. The SCCI would like the government to also consider provisions of concession towards the medical sector which is currently in dire situation especially with the impact of COVID-19 and their support and contribution towards the health of the nation is also deemed to be critical.

However, the SCCI is NOT AGREEABLE to the proposed increase of the GOP fees indicated in the Paragraphs (d) and (f) of the proposal, let alone the magnitude and timing of the increase.

We want to reinstate the fact that employers and businesses resort to employing foreign ex-pats

because there is a lack of specific professional or technical skills, a shortage of Seychellois workers to meet the growing demand, or the gap in attitude and or/productivity of our workers. This is in line with the policy that foreign expatriate workers should only be recruited when there is a lack of local skills.

The COVID-19 pandemic has had unprecedented impact and disruption on our economy, where the economic growth declined significantly to -13.5 percent in 2020 from 3.9 percent in 2019. Businesses and employers have gone through the most challenging period and are gradually recovering. In this critical time, a suit of demand-led policies to support businesses and create jobs to facilitate economic recovery is essential in reinforcing and enhancing our core competency and competitiveness.

To sustain in today's business world, employers have to continuously enhance the businesses' productivity and competitiveness. A skilled and productive workforce that meet the changing needs and demands of the labour market is required. Employers would make all efforts to hire local workers. However, when suitable candidates are not available, there should be simplified, more automated mechanisms to ensure employers can recruit non-Seychellois workers within a reasonable time frame and NO unnecessary burden and costs.

Referring to a recent report by United Nations Conference on Trade and Development (UNCTAD) that revealed stagnation and lack of innovation in protected sectors, we suggest that sectors, especially those in new growth areas and those that have been revealed to have stagnated. It is essential that we consider the appropriately qualified expatriates to work with locals. This will enable us to add vibrancy to our local market, better serve the international and the regional markets, and

enhance Seychelles' attractiveness to global investors.

However, the proposed increase in GOP fees will create an additional burden to employers whose businesses require foreign skills and expertise. It will also not support and help the businesses and employers, many of whom have experienced financial difficulties in the last 18 months especially the Micro, Small and Medium Enterprises (MSME) sector. It is also inconsistent with the notion of economic transformation to facilitate a sustained and inclusive economic recovery.

Furthermore, the magnitude of the proposed increase between SCR 500/month to SCR 4,500/month for GOP holders above 6 years is too drastic for employers and businesses, many of whom are still recovering from the impact of the pandemic.

In addition, it remains to be seen whether increasing GOP fees will reduce the expatriate demand it is aiming for. It may merely reveal the inelasticity of demand for expatriates in an economy whose growth is projected by the IMF to reach 7.7% in 2022, the highest projection in Africa, but which

already has a high labour force participation and low unemployment rate compared to the rest of Sub-Saharan Africa. Additional factors that impact on this elasticity of demand include a population which is shrinking, and which demonstrates high rates of Non Communicable Diseases (NCD), drug dependence as well as other forms of behaviours not conducive to productive businesses. Solutions are recommended to address some of these.

The SCCI fully comprehends the Government concern about safeguarding jobs for Seychellois and fully supports any policy that aims to enhance our workers' skills and productivity, as our workforce must be equipped with the new knowledge, skill and attitude required in this fast-evolving economy.



SCCI Chairman Oliver Bastienne

Therefore, it is important that we have a holistic employment framework that considers our demographics, education system, skills gap, learning culture, and attitude and incorporates skill development of Seychelles workers by equipping them with both soft and technical skills. A mere increase of GOP fees would not be any good for employers or businesses nor effectively encourage the local workforce's participation and development. We, therefore, hope to be part of the development of the proposed succession plan policy.

The SCCI has raised points historically on the localisation program and the need for us to work together to understand the challenges and obstacles of this program. For example, one of the challenges in the formulation of a structured localisation program is that the training skills of most expatriates are highly questionable and coupled with cultural, religious and language issues make the policy unworkable in reality.

In our submission with regards to the GOP Framework revision late last year, we proposed the introduction of training grant to enhance localisation plan. The SCCI is of the view that the programme should enable the employers to design, customise or select the suitable training programme for the selected trainees, and employers are able to reimburse a percentage of the training expense from a training grant to be adopted. To that effect the SCCI is prepared to work in collaboration with the Ministry of Employment and Social Affairs in promoting and implementing the localisation programme or the new succession plan policy.

The SCCI is of the view that fundamental thinking should shift from penalizing to incentivizing. As an example introducing a tiered system of "credits", where companies that meet certain standards, such as benchmarks of employing local workforce (e.g. 70% or 80% etc.), or where they can provide evidence (e.g. mentoring hours) of the local employees by the expats they also employ, those companies can avail themselves of certain benefits. These benefits can include preferential positioning (shortlisting) when applying for certain public sector tenders, or reduction in fees for some services from government entities (e.g. concessionary/reduced fees if applying for loan from government own funding agencies).

Taking the approach even further, companies that fail to meet the benchmarks (e.g. % of their workforce which are Seychellois falls below the benchmark to unlock benefits), can be provided support, in the form of financial contributions or in kind, to programs that train the local workforce. In effect, they are buying "credits", so that they qualify for the same benefits as companies which already meet or exceed the benchmarks.

A skills revolution is vital if the quality of life of the average Seychellois is to continue improving even as the nature of the economy in which they work changes. The key driver – tourism – behind economic growth over the past decades have been crushed by the COVID pandemic and recovery only expected to pre-COVID figures in 4 to 5 years.

The Seychelles population is aging, and the working-age population is shrinking. Debt levels and costs are rising. To sustain continuing increases in per capita GDP and wages will require rising productivity enabled by improved skills and innovation.

Based on recent survey report and our employment roadmap, SCCI supports the establishment of sector-specific skills councils that will identify future job growth, monitor the employment situation in the sector (supply and demand), identify skills gaps and strategies to fill labour shortages, support skills development programmes, identify priorities for investment in training, and set training standards. As mentioned in the policy this should be mapped with a National Manpower Development Plan to identify the country's skill set needs in the short, medium and long term.

Conclusion

The SCCI is looking forward to discussing this issue with the Ministry of Employment and Social Affairs and the Ministry of Internal Affairs for meaningful social dialogue and is ready to provide coordinated inputs from employers and businesses perspective.

Building on our continuous and ongoing relationships nurtured with the Government, trade unions and other stakeholders, the SCCI believes that through collaboration, shared commitment and mutual trust, and under the leadership of the Ministries, we would have a policy that shapes a shared vision for the country – a better and sustainable future for Seychelles.

BEACH SHAK

A BAR LIKE NO OTHER

BY CHRISTOPHE ZIALOR

Beach Shak bar and grill is undoubtedly the most distinctive of the island's bars. After all, it is located on one of Seychelles most popular beaches, which is why it's the place to be on Friday night. Frequented by both residents and tourists. But what exactly do we know about Beach Shak? Ozordi Dimans had the opportunity to sit down with the award-winning bar's founders, Eddie and Jill Laporte, to discuss the ups and downs of owning a bar, their inspirations, and how they are dealing with business during these turbulent time.

The moment you walk in the bar, the breezy tropical feel is the first thing you notice. I know we live on a tropical island, but there's something about the popular bar that makes you feel like you're on a Jamaican beach sipping a rasta maitai.

Not only is the staff exceedingly nice, but the proprietors make sure that every customer leaves the bar a bit tipsier and a little bit happier than when they walked in.

We sat with the couple on a Thursday afternoon, when the sun was shining brightly, so the cool sea wind at the bar was greatly appreciated.

"Beach Shak is the accomplishment of a 20-year dream of ours. When I finished high school and couldn't find a government job, I started diving. As someone who enjoys the beach and the ocean, I had the idea of starting my own beach bar, which I was able to do with the help of my wife" said Eddie.

Eddie also mentioned that the name of the bar was chosen by their children, reinforcing the idea that Beach Shak is a true family-owned business.

The bar opened three years ago in 2019 and quickly became popular, but when Seychelles was hit by the pandemic in 2020, they were not spared, and, like many companies, they went through a downturn. Not only were they impacted by the limits imposed on all tourism enterprises, but the 10 p.m. curfew remains a source of contention for them.

"We had to go back and start from scratch, and as a result, we came up with the idea to scale back and run the bar in a more quiet and serene setting"

They had to go from a full house to only a handful, which is when they decided to expand and start serving not only cocktails to go, but barbeque as well.

Their modifications and revamping did not go unnoticed, as they were nominated for the global luxury travel award for favourite tourism institution. They eventually won the award in September this year.

"We were honoured to be recognized, and it demonstrates that the adjustments we implemented was well received. 2020 was a critical year for businesses all over the world, and last year we were catering to a small number of locals because there were no tourists coming into the country, so having this exposure even in the absence of tourists says a lot about the service we offer, and we are very proud of that," Jill said.

She went on to say that the beach bar's popularity, even during COVID, was due to the fact that it filled a void in Seychelles, where visitors and locals could just relax at a bar adjacent to a beach that was not tied to a hotel.

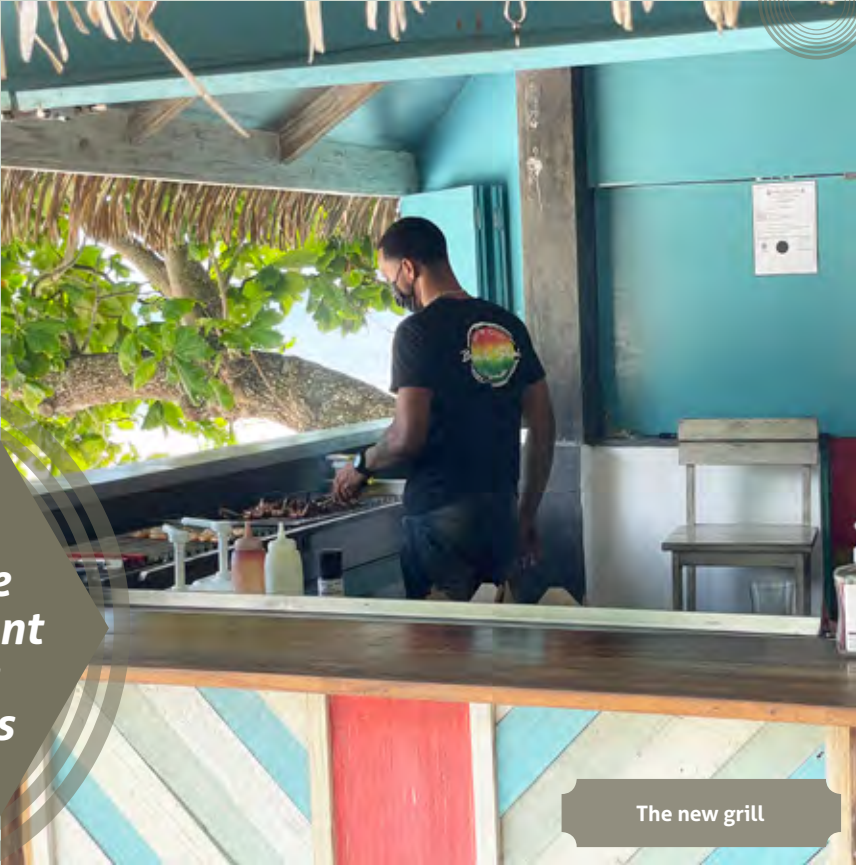
They went on to say that their ethos is to introduce a mix of cultures to show tourists how we live, offering them a true glimpse of beach culture that they won't find at a hotel.

"We have had many great responses since many people have informed us that our bar was something that was needed; they also commented that Beach Shak has a really friendly ambiance, which is precisely what we aspire for," said Jill.

Another reason for their success, they added, is consistency: "Product consistency is as crucial to profitability behind the bar as it is in the kitchen. The drinks you serve should taste the same regardless of the night or who's behind the bar. Otherwise, your staff may be serving a product that is different in taste, cost and presentation from what you originally intended, and that is when you start to lose your cli-



Eddie and Jill



The new grill



The Staff of BeachShak

/// The bar is the accomplishment of a 20-year dream of ours



The Rasta Maitai- A popular Drink on the Menu

entele"

"We make sure that our bartenders are always on their game, and every once in a while we do a refresher course on how to prepare cocktails to make sure that everything is still on point"

Strong leadership and a loyal team is necessary for a business to be successful, and no one knows this better than Jill and Eddie, who stated that their employees have been loyal from the beginning and they also have an input when it comes to the day-to-day management of the bar.

Ending the interview, Jill and Eddie thanked their staff and everyone involved in keeping Beach Shak going, they also thanked their loyal customers both locally and internationally for their continuous support.

Finally Eddie noted that he is always available to mentor the younger generation who wishes to get involved in the bar industry," Come forward and talk to us as new minds give new ideas and we always welcome good ideas"

With only three years in business, Eddie and Jill have demonstrated that they can endure the challenges thrown at them, and I am confident that Beach Shak will remain the highlight of Beau Vallon Beach for years to come with the aid of their dedicated staff and loyal client base.



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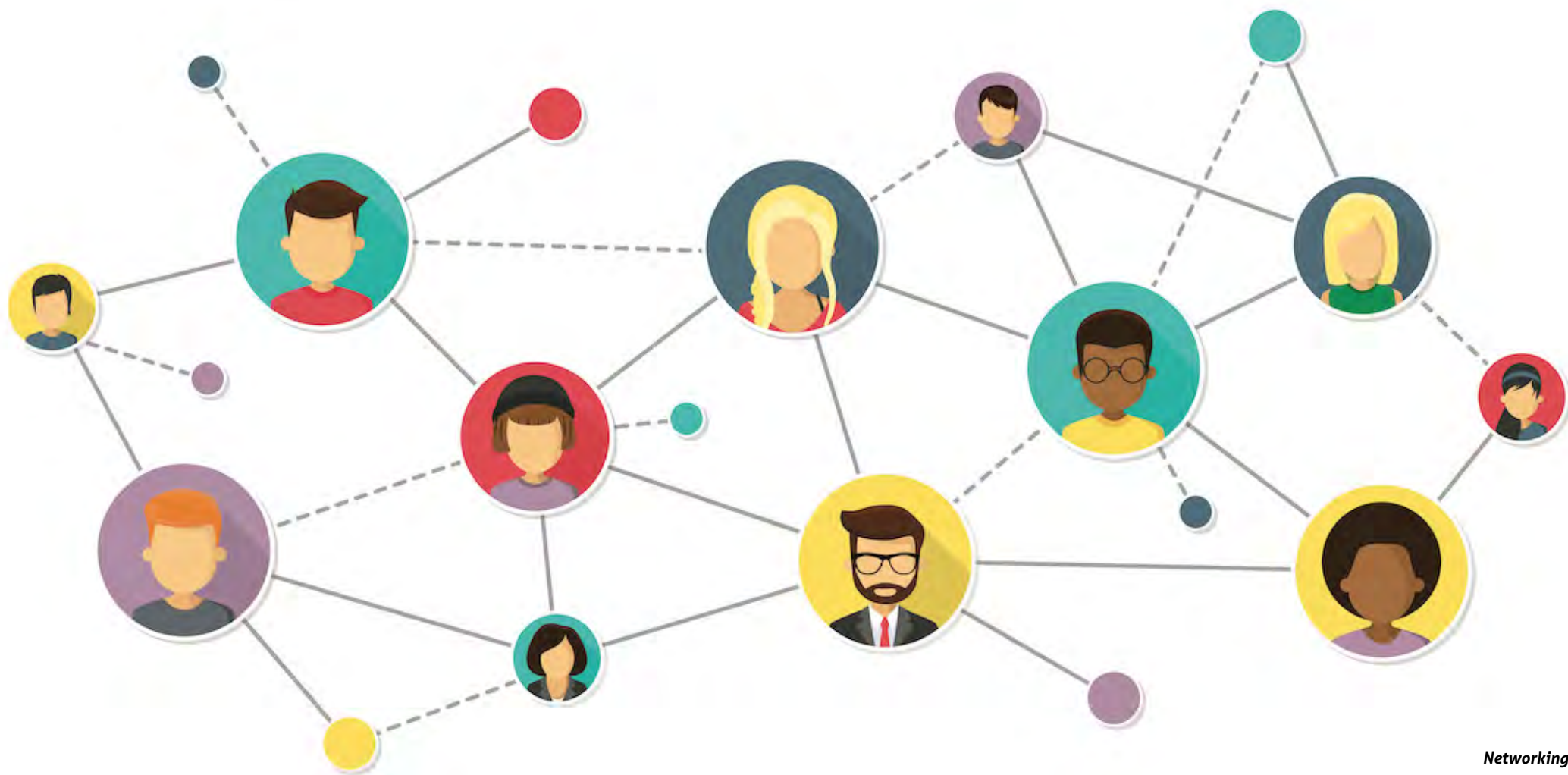
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THE ART OF NETWORKING AND SALES



Networking

CONTRIBUTED BY PETER J. ROSELIE
BUSINESS CONSULTANT

Social Selling

Social selling is the process of developing relationships as part of the sales process. Today, this often takes place via social networks such as LinkedIn, Twitter, Facebook, Instagram, but it can also take place either online or offline.

You don't need Facebook to network. Just look around you and start talking to people about yourself and your business. PLEASE TALK, TALK and TALK.

Selling is one of the oldest human activities and it has been recorded in every civilization. The Egyptians built one of the first empires based on trade. Later, during his conquest of much of the east, Alexander the Great was able to open route of trade. Caravans travelled from east to west to sell goods such as spices, textiles and jewelry in exchange for gold, silver and other commodities.

Buying and selling is one of the most pervasive form of human activities as it is done several times a day. To sell is to give up something valuable in exchange for a financial instrument (money).

E.g.: Goods for cash.

A worker gives up skills, time and effort in exchange for a salary.

Telephone companies gives up airtime in exchange for money.

Sales are at the core of every business. It is the blood which gives life to a business.

Sales and finance are the only functions that are indispensable to a business.

Selling will usually come from your own confidence:

Do you believe in what you're selling?

Are you confident in what you are pushing?

Are you sure the consumer will like your product or service?

If not, your potential customer will pick up on your lack of confidence and tell you that they're not interested. However, if you are displaying the utmost confidence in yourself and/or what you have to offer, the consumer will pick that up too. When you're showing confidence, you're letting your customer know that you're giving a guarantee that you have something that they'll want.

Understand Consumer Buying Behaviors

People have needs and wants and as business owners we should focus on how to satisfy their expectations and turn a consumer into your fan.

What attracts a consumer to make a purchase? These should be your main focus and you will need to find the answers from the inception of your business as the answer is not entirely clear. You will need to know the six behaviour of the buying decision process. Knowing the behaviors are a good first step in helping small-business owners develop a business strategy.

However, business owners also must understand that for each person, the behaviour are not linear

but may occur at different times in the process. Plus, each person gives themselves a different priority.

Understand also that the same person will modify the process, depending on the item being purchased (a house versus groceries, for example), time available, income level, opportunity costs decisions based on current economic situations and a whole host of other variables are considered before and during the acquisition process.

The key for you is to help the customer through the process by knowing the six behaviors:

- **Awareness** – Are your products, services or brands on the consumer's radar?

- **Wants or Needs** – What is driving the consumer to think about purchasing the item? Business owners must understand that needs are a stronger motivator than wants.

- **Background information** – What kind of information do consumers need as they begin considering the purchase?

- **Situational awareness** – What information are the consumers picking up from environmental stimuli? (a thing that rouses activity or energy in someone or something; a spur or incentive). Are they looking for innovation or more of a mainstream shopper?

- **In-depth research** – For some products, the background information may be all a buyer requires. Yet for other purchases, consumers will need to consider all the options, find deals, and study reviews and testimonials before making a decision. Be patient with your sales call.

- **Post-purchase evaluation** – How does the purchase influence the customer's next interaction with that store, a brand or a specific item? How did post-purchase support influence the overall feelings toward a repeat purchase or providing one's own review? Remember to engage a concept that makes a customer return for more sales and finally they become a fan of your business.

Networking

One of the key elements to help your business achieve success in all aspects is Networking. It is one of the nine pillars of your Business Economic Model. (Key Partners). Partnering or collaborating in business is very important. When you are in business you need people to make it move.

Business owners should use networking as a means to form relationships with other stakeholders in like or related fields, that help to expand their business abilities to find new customers, partners and grow.

Solidarity is not the same as support. To experience solidarity we must have a community of interests, shared beliefs and goals around which to unite and build a brotherhood. Support can be occasional, it can be given and just as easily withdrawn. Solidarity in business requires ongoing commitments and trust. Sometimes you will have to narrow down your circles so that your WHY will get clearer and focused. By focusing too much on the snakes we might miss the scorpions.

A key element of effective networking is to make you and your business known. Though it might be tricky and risky getting your foot in the door, there are plenty of ways you can network without being pushy or awkward. Build your confidence and self-esteem, new insights, advice and support, develop

business and personal connections and contacts. Invite yourself to those B2B sessions, talk to people, don't be shy to ask for help and stop thinking and behaving like an introverted salesperson.

The Power of Networking can create limitless opportunities for you throughout your professional and business life. By networking you build long lasting bonds and connections that when kept up and managed smartly can benefit the success of your venture. Networking cost less than Marketing and it increases your sales leads, calls and capacity

Your Network is your Networth.

The Competitor & The Competition

The Mind Your Own Business paradigm should be shifted completely, because too often we automatically take a business colleague as our immediate competitor. The only thing we see with another businessman is competition rather than collaboration and or corporation. One of the strengths of an Indian businessman is cooptation, meaning they cooperate to compete together and not against each other.

A competitor analysis is important for you to see what other startups / entrepreneurs are doing, but more importantly what they are not doing "The GAPS," what make customers go to them, etc. By conducting such analysis, it allows you to identify key business opportunities to expand your market share.

Industry / Market Trends

An entrepreneur should be "adroit" with information, data collection and analysis, in fact they should be converting such information into business intelligence for strategies and decision making and continual education process on the latest techniques and trends. Consumers have expectations and once they have satisfaction they will move on for more innovation. As an entrepreneur you should capture such signals and provide them with new innovation in terms of products and services.

In summary business networking is a form of marketing. All forms of marketing benefit from strongly focused activity which necessarily create awareness and then build that relationship to the point when a sale can be made. It helps the business to build a strong referral pipeline, find new clients and centers on influence and connections. Networking is a very important strategy, it opens doors and build powerful relationships.

The challenges might be great but at some point we need to cooperate and compete at the same time. Our WHY might be common just like the three iconic entrepreneurs Jeff, Elon and Richard who had a dream to conquer space and they all want to win as they are all winners in their lives. It's not a matter who goes first, they do not care for each other because in the end it drives them crazy when one of their rivals publicly succeed. So competition makes you strong and innovative, and by the way Elon cheered Richard on the VSS Unity launching.

Let's work together and win together.



One of the key elements to help your business achieve success in all aspects is Networking

The Executive Leadership Development - A Leadership Training with a Difference

CONTRIBUTED BY THE GUY MOREL INSTITUTE (TGMI)

The late Warren G. Bennis once said that "to survive in the twenty-first century, we are going to need a new generation of leaders, not managers". The need for leadership development has never been more urgent. Both public and private institutions have come to the realization that to survive in today's complex, volatile and uncertain environment they need more than just management skills. Today's organisations need leadership skills and organisational capabilities different from those they use to depend on in the past. There is also a growing recognition that leadership is not an elite club, restricted only for a certain few - **Everybody has the capacity to become leaders!**

In 2018 The Guy Morel Institute introduced the Executive Leadership Development training with the aim to provide dynamic and high-performing middle and top executives with the right skills, mind-set, and qualities to meet the current and future needs of both public and private sector. That training explores leadership in three contexts, namely personal leadership, organisational

leadership, and societal leadership.

• Personal Leadership

According to Peter Drucker personal leadership is "the only leadership that's going to matter in the 21st century." Personal leadership seeks to develop the leader from inside out. It helps the leader to develop self-awareness, cultivate the right mind-set and acquire above average leadership qualities. Nelson Mandela who without a doubt was one of the greatest leaders of our time understood the power of personal leadership. After spending 27 years in prison, he said the following, 'until I changed myself I could not change others'. Personal leadership is all about transforming one into a better version of oneself. It is also about understanding your purpose and being able to translate that purpose into a captivated vision that will inspire your generation.

• Organisational Leadership

Once you start building your personal leadership, it will eventually spill over into other aspects of your life, even making you a better organisational leader. The second

component looks at leadership in the organisational context. It focuses on the leaders' ability to lead groups of individuals toward fulfilling an organization's mission. Therefore, understanding the organisation's vision, strategies and values is key to becoming an effective organisational leader. The aspect of leadership and leadership positions are also explored in this topic and the difference between leading based on position as contrast to leading based on relationship are equally highlighted.

• Societal Leadership

Societal leadership is leadership devoted to the public good. As societies become more complex and ambiguous, there is an increasing need for leaders to have a firm grasp of existing and emerging societal challenges. Societal leaders must therefore focus on creating sustainable value and impact for the betterment of society, within their sphere of influence.

Join us at The Guy Morel Institute so that we can keep empowering ourselves. With enhanced leadership competencies we can work together to change our country for the better.

The Guy Morel Institute Facilitates Online Proctored Exams

CONTRIBUTED BY KAIREN MADELEINE SENIOR EXAMINATION OFFICER (TGMI)

Besides bringing education online, the COVID-19 pandemic has accelerated a streamlined examination approach which enables universities and other institutions to maintain education continuity and offer students the required flexibility to attempt exams on time, even if the students are off-campus. Most of the online exams are administered by 'live online proctor' services that are contracted by the respective university to ensure that students taking online exams abide by a strict set of rules. In order to sit online proctored exams, students need devices and internet speed that satisfy the system requirements for real-time communication with the exam proctor.

Taking exams can be stressful and one can be nervous before sitting an exam; not to mention not having a con-

ducive environment, workable devices and internet connection for the sitting. That is why The Guy Morel Institute (TGMI) has found it necessary to open its doors to students, who as a result of the COVID-19 measures in place, have to sit online exams outside their universities. Since last year, TGMI has introduced the Online Connectivity Service to accommodate students seeking a conducive environment to sit their online exam in the comfort of its training rooms with minimal distraction and even students who may have the required devices and internet access but perceive sitting the exams in their homes as an invasion of their privacy and security. The Online Connectivity Service provides a fast and reliable internet service for candidates to engage with their exam proctor at key times in order to sit their exams which might range from allotted times of one to four hours.

Although most online exams are remotely invigilated, TGMI's Senior Examination Officer, IT Technicians and

other staff members are there to welcome and make the candidate feel at ease and comfortable to take the exam, before leaving him or her alone in the training room as required by the university to attempt the exam. Besides the technologically advanced invigilation techniques such as 360-degree room scans and eye movement tracking used to monitor the student, the room must be free from posters or any other form of writing on the wall; some Universities even request the use of a mirror and TGMI's training rooms fit those descriptions perfectly.

In addition to the Online Connectivity Service, The Guy Morel Institute offers the Exam Hosting and Invigilation Service to students sitting paper-based (narrative) exams, whereby exams are physically invigilated and supervised as per the respective University's invigilation rules and regulations. Both services are delivered from Monday to Sunday, upon requests at least one week before the exam scheduled date.



H₂ Gas Helps Power Our Solar System – Imagine What It Might Do for Your Health and Longevity

Hydrogen is three times more energy-dense than gasoline and makes up about 75% of the sun's gases radiating out into our solar system as heat and light. It may be the smallest molecule in the universe, but hydrogen drives life as we know it. And now, Japanese researchers believe molecular hydrogen, or H₂ gas, may hold the secret to health and longevity.

H₂ Molecular Hydrogen gas is simply the finest way to reduce oxidative stress in your body and prevent excess inflammation.

It is great for general health and longevity, including heart health, athletic performance, sleep, mood, brain health, cell health, joint comfort and much more.

We are very excited about H₂ Molecular Hydrogen because oxidative stress is one of the biggest factors that destroys human health and speeds up aging.

Oxidation-reduction reactions are a natural process that happens constantly within your cells. Many factors can increase oxidative stress and the formation of free radicals in your body.

However, forming too many free radicals from eating a poor diet or being exposed to toxins or EMFs can harm you.

Excess free radicals and the wrong types can damage your stem cells, mitochondria, cell membranes, proteins and DNA, and can hasten your body's cellular aging.

Hydrogen plays an important role in improving the oxidative stress of your cells and helps bring everything back into homeostasis by effectively reducing excess oxidative stress.

There's no question antioxidants are valuable for health. Vegetables and fruits are rich sources of antioxidants, and studies show that the individuals consuming the highest levels tend to enjoy better overall health.

Free radicals can harm your body and cause cellular damage if they aren't effectively neutralized by an antioxidant.

How Hydrogen Works Its Metabolic Magic to Support Your Health

While hydrogen has long been recognized for its value in promoting health, the first major study was published in Nature Medicine in 2007 and is only recently becoming known to the wider public. Japanese researchers have been studying the potential of hydrogen for the last decade.

Hydrogen is the smallest molecule in the universe, hydrogen is very bioavailable and can make its way into every cell and tissue in your body.

With more than 1,200 peer-reviewed scientific publications on molecular hydrogen, researchers report that hydrogen may benefit every organ in your body. And it does this by targeting excess oxidation and supporting a healthy inflammatory response.

One of the most distinguishing features of H₂ besides its particle size and bioavailability, is its selectivity as an antioxidant. Molecular hydrogen selectively reduces excessive harmful free radicals in your body.

One of the ways molecular hydrogen performs its metabolic magic is by activating the important Nrf2 pathway that signals your body to make its own antioxidants, including glutathione.

These two important functions of H₂ – its antioxidant selectivity and the activation of the Nrf2 pathway – help to powerfully limit the oxidative damage that can lead to accelerated cellular aging and changes in your cells and organs. This is clearly the most ideal way to create the antioxidants your body requires.

Let's take a look at the easiest way to get this remarkable gas into your body...

An Easy and Effective Way to Get Molecular Hydrogen Gas Into Your Body

While there are different ways to get hydrogen gas into your body, such as intravenous applications and by inhalation, drinking molecular hydrogen-rich water is not only very effective – but also the easiest and most convenient approach.

Human studies in Japan have shown a link between drinking hydrogen water and various biological functions, including:

- H₂ water may help you get a restful night's sleep.
- An already healthy inflammatory response.
- Improved cellular health.
- Optimal and faster muscle recovery in elite athletes.
- Improved sleep and mood.
- Improved skin health and appearance.

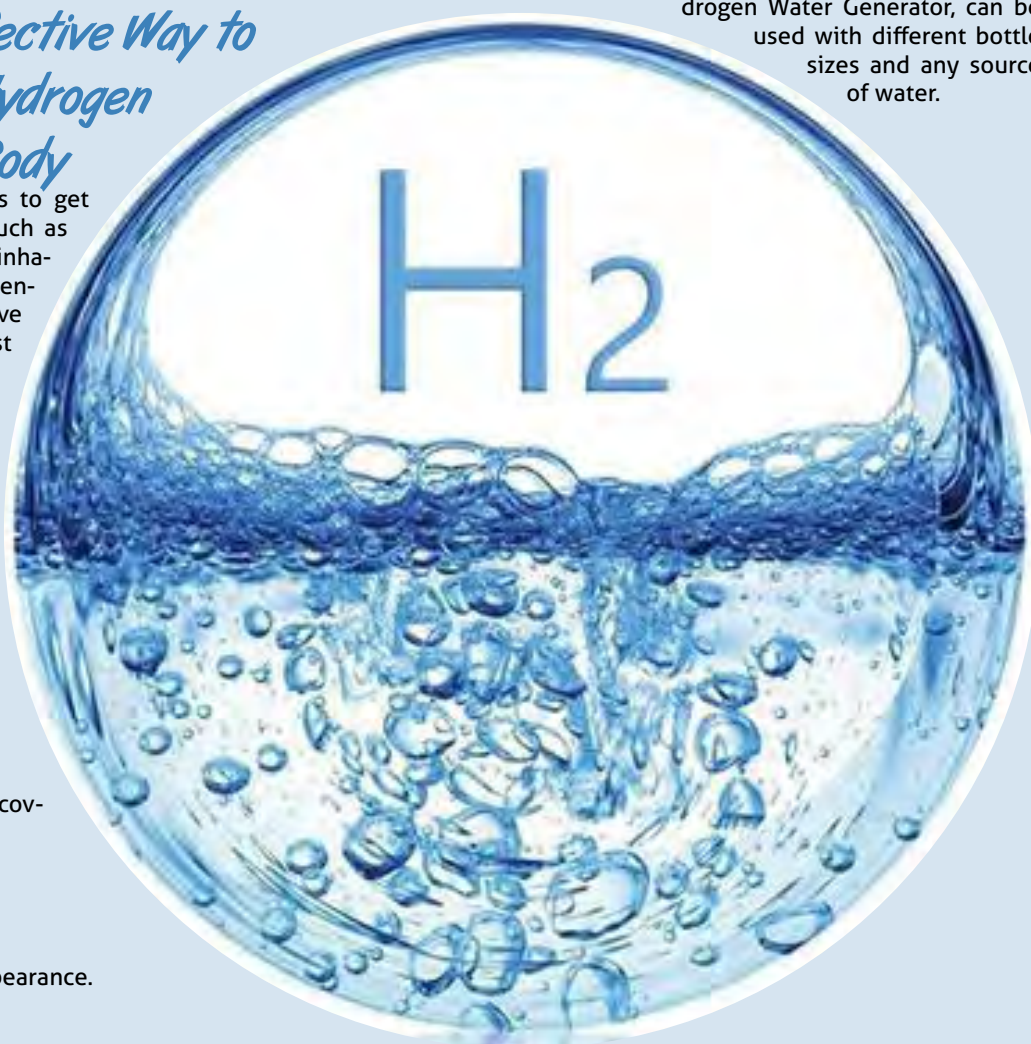
- Increased energy and mental clarity.
- Improved metabolism.
- Normal cholesterol and glucose regulation.

Molecular hydrogen gas is tasteless and odorless, so there's no peculiar taste or smell when you consume it dissolved in water. And it doesn't change the pH of the water or your body.

When you add H₂ gas to water, you create a beverage with potent properties for fighting the most damaging free radicals and supporting an already healthy inflammatory response throughout your body and brain.

At Eden Holistic Spa we are using Molecular hydrogen water, besides from drinking it, in most of our facials and body treatments to increase the skin benefits and for anti aging.

Offering always the best available products for our clients and after researching many Molecular Hydrogen Generators, we are very pleased to work with the company Paino from Korea, which is using a patented Astra Cell technology, which doesn't produce unhealthy ozone in the process. The small portable Hydrogen Water Generator, can be used with different bottle sizes and any source of water.



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MODIFIED CAR OWNERS

We're not all the same

BY U-ROY JULES

Car modification has been in existence in Seychelles for a long period of time. It started not long after the first car arrived in Seychelles. Back then the modification was mainly to improve them and see what they could change to make them faster, safer and cheaper to produce. Then as the years went by, car modification was taken to a different level and accomplished in different ways.

For most people modifying a car is a hobby, which turns into a passion and then turns into an obsession. They start with very minor adjustments or cosmetics to improve the looks and it snowballs from there with some people spending over SCR 50,000 in modifications. Some people see it as a waste but enthusiasts will argue that it's

better than spending it on drugs and it keeps them out of trouble (mainly) as they are always working on the next thing. This brings me to my next point. Modification projects are never "finished" no matter how complete they look. This is because they have to keep up to date with the latest modification such as body kits, technology, sound system, rims, etc.

This edition will include some of the island's best-modified automobiles, each with a minor change. Both men and women in the community are passionate in modifying their vehicles, such as the Hyundai Grand I10, Kia Picanto, Hyundai Creta, and Toyota Glanza, to name just a few.

Toyota Glanza 2020
by Axcel Morel



Hyundai Tucson 2018
by Julio Louis

Mitsubishi Fto 1996
by Elvyn Cassime





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MEDICINAL PLANTS THAT ARE FREQUENTLY USED IN SEYCHELLES

BY U-ROY JULES

Plants are known to contain pharmacologically active substances. Traditional medical practitioners have considerable knowledge of herbal medicines. Seychelles have many unique plants which have not been studied in depth. The people of Seychelles originate from diverse ethnic backgrounds which have resulted in a culture with a strong tradition in the use of herbal medicines and consultation with traditional healers. Some of the plants and their use in traditional healing are outlined.

With the help of two traditional herbalists, Kenneth Gendron and Robinson Istral we discover five of the most commonly used local medicinal plants.

MARANTA ARUNDINACEA (LAROUROUT)



Maranta arundinacea is a well-known food. It is used in the kitchen in the preparation of jams, jellies, cakes, baby food, and many other items which require a thickening agent. Arrowroot Powder (Maranta Arundinacea Root Powder) is a white powder extracted from the root of a West Indian plant, Marantha Arundinacea. It is highly absorbent and wicks away moisture, functioning as a natural alternative to Talc.

Medicinal uses:

Arrowroot has many medicinal uses as well. As it is nutritive starch that can be easily digested, it is given to babies and people recovering from an illness or medical treatment. Due to urinary antiseptic properties, arrowroot tea helps in urinary problems. When taken daily it helps to lower cholesterol. An infusion of the root has traditionally been used to treat urinary infections. The root has also been used as an antidote for poison. The powdered root has been used as an ointment or poultice, especially combined with the antiseptic herb.

ELEUSINE INDICA (PAT DEPOUL)



Eleusine indica, the Indian goosegrass, yard-grass, wiregrass, or crowfoot grass, is a species of grass in the family Poaceae. It is a small annual grass distributed throughout the warmer areas of the world to about 50 degrees latitude. It is an invasive species in some areas.

Medicinal Uses:

The plant is a component of the 'basic remedy' in Seychelles traditional medicine. It is also used in the treatment of influenza, hypertension, oliguria, and retention of urine, kidney stone, deworming, coughs and lung problems. The plant can be used fresh or dried.

CENTELLA ASIATICA (VILA KWA)



Centella Asiatica also known as Gotu Kola, is an herbaceous, perennial plant in the flowering plant family Apiaceae which is native to the wetlands of Asia. It is used for both culinary and medicinal purposes.

Medicinal Uses:

Countries such as India, China, Indonesia and Seychelles have used this herbal remedy for thousands of years. Some people use it to treat respiratory infections, such as colds, heal wounds, improve mental clarity, and treat skin conditions such as leprosy and psoriasis. Locally it has been used to treat syphilis, hepatitis, stomach ulcers, mental fatigue, epilepsy, diarrhea, fever, and asthma. Extraction of the leaves can be mixed with coconut oil and applied on the head before bath and also as a regular hair oil. This strengthens the hair follicles and promotes hair growth.

CLEOME VISCOSA (PISAR LISYEN)



Cleome viscosa, commonly known as Pisar lisyen is an annual, sticky herb found as a common weed all over the tropics of the world. The whole plant and its parts (leaves, seeds, and roots) are widely used in traditional and folkloric systems of medicine. In traditional systems of medicine, the plant is reported to possess beneficial effects as an anthelmintic, antiseptic, carminative, antiscorbutic, sudorific, febrifuge, and cardiac stimulant.

Medicinal uses:

The decoction of the roots is good for expelling worms. The infusion of the leaves is good for digestion and for reducing inflammations. The infusion of the leaves in higher concentrations works as a good laxative. The crushed leaves are applied over skin ailments. The decoction of the whole plant is good for leprosy, blood diseases, and cough. The juice of the leaf is poured into the ear to relieve ear ache. The decoction of the roots and seeds are considered to be a cardiac stimulant.

PIMPINELLA ANISUM LINN (LAPSANT SOVAZ)



Pimpinella anisum Linn belongs to the Apiaceae (Umbelliferae) botanical family. The material of interest for medicinal use is the fruit (i.e. whole cremocarp), generally entire, having a reminiscent odour of anethole; a small fragment of the thin, rigid, slightly curved pedicel is frequently attached. This herbal substance is administered in liquid or, after crushing, in solid dosage forms.

Medicinal uses:

Helps with digestion and in expelling gas from the stomach or intestine, provides energy, intestinal purifier, kills head lice, reduces high level of acid in the blood. Used for colic, flatulence, catarrh of the respiratory tract, retention of urine, and infantile ailments. Anise seed infusions are known as carminatives and expectorants. They are used to decrease bloating and settle the digestive tract. In higher doses, they are used as anti-spasmodic for cough, asthma, and bronchitis.



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Chic Long Sleeve Maxi Stripe Dress



Kenzo Sweatpants Set



Mini bags



Patch work top



Fashion and Style

What is trending in Seychelles?

BY CHRISTINE OUMA

Let us fully dive into some of the top 2021 fashion trends for females in Seychelles, according to Julia Gedeon- a fashionista and owner of Julie's Boutique.

Oversized blazer

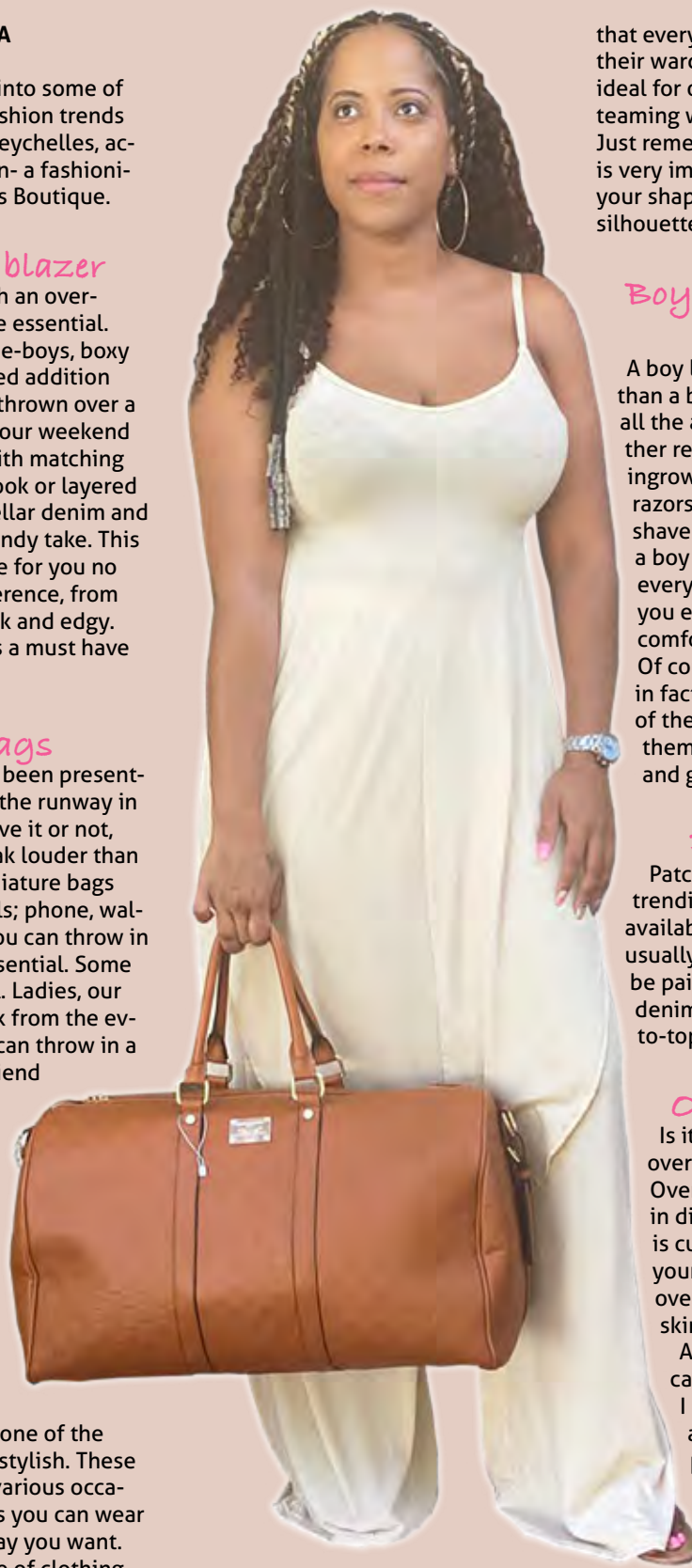
Bring on the heat with an oversized blazer, a fuss-free essential. This borrowed-from-the-boys, boxy silhouette is an elevated addition to any outfit. It can be thrown over a mini dress to step up your weekend attire, worn as a suit with matching trousers for an office look or layered over thin knits with stellar denim and gold jewellery for a trendy take. This wardrobe staple is here for you no matter your style preference, from bright and girly to sleek and edgy. The boyfriend blazer is a must have in your closet.

Mini bags

Many designers have been presenting the macro bags on the runway in recent years, and believe it or not, these classic bags speak louder than words. Most of the miniature bags can only hold essentials; phone, wallet, keys and if lucky you can throw in another small sized essential. Some can hold just a handful. Ladies, our shoulders need a break from the everyday work tote. You can throw in a mini bag to your boyfriend blazer look for an even more chic outfit. You may also wear it with split side trousers paired with oversized T-shirt.

Wide-leg pants

The wide-leg pants trend is back. These pants are known to be one of the most comfortable and stylish. These bottoms are great for various occasions and seasons, plus you can wear them just about any way you want. This is a powerful piece of clothing



Julia Gedeon
Owner of Julie's Boutique

that every woman should own in their wardrobe. Wide trousers are ideal for office wear, as well as for teaming with sneakers and T-shirts. Just remember about the balance, it is very important to keep or enhance your shape while pulling off the new silhouette.

Boy-leg short swimsuit

A boy leg swimsuit is different than a bikini bottom for it covers all the area surrounding your neither region. If you have a stubble, ingrown hair, skin sensitivity to razors so you don't frequently shave or even big razor bumps, a boy leg swimsuit will hide everything. At least they will give you enough private area room for comfort and a feeling of safety. Of course you will still look sexy, in fact there is such a big variety of these swimsuits and many of them are super chic, cute, trendy and gorgeous.

Patchwork tops

Patchwork tops are currently trending. These stylish tops are available in long-sleeves or tanks, usually cropped. These tops can be paired with high waisted pants, denim jeans and can also be a go-to-top for a day at the beach.

Oversized t-shirts

Is it fashionable to wear oversized t-shirts? Absolutely. Oversized t-shirts can be worn in different ways. One look that is currently popular with many young people is to wear an oversized T-shirt with a pair of skinny jeans or biker shorts. Among the many ways you can style an oversized t-shirt, I like how it can help you achieve a laid back look that perfectly exemplify the lockdown lifestyle while adopting a whole new brand that is stylishly comfy.



Oversized t-shirt



Silk co-ord matching set



Oversized blazer



Boy Leg Short Swimsuit

Julie's Boutique
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Deevas Archade,
Market Street
Tel: 2 778 610



Kim Hoareau

Height: 172

Waist: 26.5"

Bust: 32"

Hips: 36.4"

Shoes: 38

A Fashion, Photographic, and
Commercial Model.

Agency: Telly Modelling Agency

THE INTEGRATION OF THE BLUE ECONOMY IN THE EDUCATION SYSTEM

CONTRIBUTED BY THE DEPARTMENT OF BLUE ECONOMY

The Government of Seychelles (GOS) adopted the Blue Economy in its efforts to promote sustainable management and development in the country. The Blue Economy mostly revolves around sustainable ocean-based development. This concept was considered by Seychelles as a way to address the United Nations Sustainable Development Goals (UNSDGs), especially SDG 14: 'Conserve and sustainably use the oceans, seas and marine resources for sustainable development'. The Blue Economy also promotes new levels of development and addresses the issues that Small Island Developing States (SIDS) such as Seychelles faces in areas such as sustainable fisheries and aquaculture, marine and coastal tourism, amongst others.

The vision and guiding principles of the Blue Economy in Seychelles is to develop an ocean-based economy while being mindful of the need to conserve the Seychelles marine environment and heritage for the present and future generations. The Government established the 'Seychelles Blue Economy Strategic Framework and Roadmap 2018-2030' in

2018 that unifies the environment, economic and the social aspects of Seychelles in order to balance out socio-economic development and environmental conservation.

Seychelles recognises that having a healthy ocean is very important. Over the years, we have seen how our ocean has been changing in many ways. There is overfishing which is leading to a decline in fish population, sea levels are rising and getting warmer, corals are dying and there's an increase in water pollution. Of course, there needs to be a way forward to

address these issues, and the Blue Economy aims to tackle all the above-mentioned problems, and more. Every continent relies greatly on the oceans for food and income that comes from direct or indirect employment. If the oceans cannot sustain itself, millions or even billions of people will be left without food and without money to survive, which is why the concept of the Blue Economy is one that is essential to help the ocean remain healthy. Climate change is also happening at a rapid rate, and Seychelles aims to be at the forefront of the action to help

make a change by pushing forward its sustainable management efforts.

The Blue Economy is so diverse, it emphasises on embracing complexity and has many areas of exploration. Because of this, the Ministry of Education of Seychelles found it essential to introduce the concept of the Blue Economy into its schools' science curriculum. The new curriculum will be called 'Sustainable Ocean Management'. The Department of Blue Economy was a key partner in designing the new syllabus which will hopefully encourage more students to choose careers within the existing and emerging sectors of the Blue Economy.

The Department of Blue Economy recognises that part of changing the mindset of the population would be by sensitising and engaging the youth about the benefits and importance of the Blue Economy. Some of the main aims to be achieved by the

new curriculum would be to increase the number of students who are well-versed on ocean literacy. Moreover, it intends to engage the young learners to focus on marine topics, which will help them build better connections with the ocean and coasts, that will in turn motivate them to act on its behalf, fight against climate change and exploitation of resources and safeguard the ocean health. The Department hopes that the youths become advocates that use the knowledge gained through the new curriculum to drive conversations, promote ocean literacy and the need for sustainable use of the ocean and its marine resources.

The project was funded by the The Indian Ocean Rim Association (IORA) and is planned to commence in January 2022. The new curriculum will see the participation of secondary school students who are 12-13 years of age.



7 DAY LOCAL FORECAST

Today

Humidity: 60%
Wind: E 6 mph
UV: 10 (Very high)
Sunrise: 05:52 am
Sunset: 06:10 pm

28 / 23 °C
Feels Like: 29 °C

Low 12:17am (0.32m)
High 6:33am (1.87m)
Low 12:57pm (0.27m)
High 6:57pm (1.59m)



Partly cloudy

Moon Watch

First qtr Thursday 11 November
Full moon Friday 19 November
Last qtr Saturday 27 November
New moon Saturday 4 December

Monday



28 / 24 °C
Partly cloudy

Humidity: 61%
Wind: ESE 8 mph
UV: 10 (Very high)
Sunrise: 05:52 am
Sunset: 06:10 pm

Tuesday



28 / 24 °C
Broken clouds

Humidity: 59%
Wind: ESE 7 mph
UV: 10 (Very high)
Sunrise: 05:52 am
Sunset: 06:11 pm

Wednesday



28 / 24 °C
Showers late

Humidity: 71%
Wind: SE 9 mph
UV: 7 (High)
Sunrise: 05:52 am
Sunset: 06:11 pm

Thursday



28 / 25 °C
Isolated thunderstorms

Humidity: 72%
Wind: SSE 8 mph
UV: 10 (Very high)
Sunrise: 05:52 am
Sunset: 06:11 pm

Friday



28 / 25 °C
Sprinkles late

Humidity: 72%
Wind: SSE 10 mph
UV: 5 (Moderate)
Sunrise: 05:52 am
Sunset: 06:11 pm

Saturday



28 / 28 °C
Cloudy

Humidity: 69%
Wind: SE 11 mph
UV: 7 (High)
Sunrise: 05:52 am
Sunset: 06:11 pm





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The events that led to the founding of Port Victoria

COMPILED BY CHRISTINE OUMA WITH THE HELP OF SEYCHELLES PORTS AUTHORITY

During his journey to the Seychelles in 1742, Lazare Picault (1700-1747) coined the term "port" by calling the spot where he landed at Anse Boileau as Port Saint Lazare.

Later, on the comprehensive map begun by Router de Rommainville and completed by Berthelot de Lacoste, that name was inserted to denote the same location. Later, a carthograher - who made the maps of Mahé - failed to study Picault's log book and de Lacoste's map, and Bay Lazare was incorrectly placed.

However, Picault's Riviere Caiman was preserved in its original location at Anse Boileau and is still known as Riviere Caiman. He named the island Ile d'Abondance, which is now Mahé, after Bertrand Francoise Mahé De Labourdonais (1699-1753).

Picault was ordered to return to the Seychelles by Labourdonais. In 1744, he returned and landed at what is now Port Victoria, which he christened Port Royal.

Picault rated the location as "excellent," with enough acreage to accommodate 300 households. He nicknamed Ile d'Abondance, Les Isle de Labourdonnais, because of the large amount of timber suitable for shipbuilding.

Later, in the name of the King of France, the authorities in Mauritius sent Captain Nicolas-Corneille 'Murphy (Morphey) (1729-1774) to capture Mahé and a few other islands.

On September 9th, 1756, he landed on Mahé.

It is stated that that day was Sainte Anne's feast day, and that is why he christened the unidentified island 'Sainte Anne.'

Because Sainte Anne's feast day is on July 26th, this can now be challenged.

Sainte Anne is, of course, the patron saint of the Breton known as Mamm Oozh Vretoned in Brittany (Grandmother of the Breton).

But, because Captain 'Murphy was still grieving when he arrived, it's likely that he named the island after his former daughter 'Anne' or his wife of the same name.

'Murphy praised the harbor of Mahé as the most magnificent he had ever seen. The port, he claims, can accommodate 200 vessels.

He also emphasized the plentiful availability of fine timber, which would be great for shipbuilding and the French fortification of India.

He dubbed the islands Séchelles in honor of the Herault de Séchelles family, which was related to his superior René Magon, the Governor General of Mauritius.

In his thorough description of Port Victoria on March 31, 1787, prominent engineer Louis Jean-Baptiste Philogene de Malavois (1748-1825) stated that the northern entrance is approximately 1,200 toise by 1,500 toise.

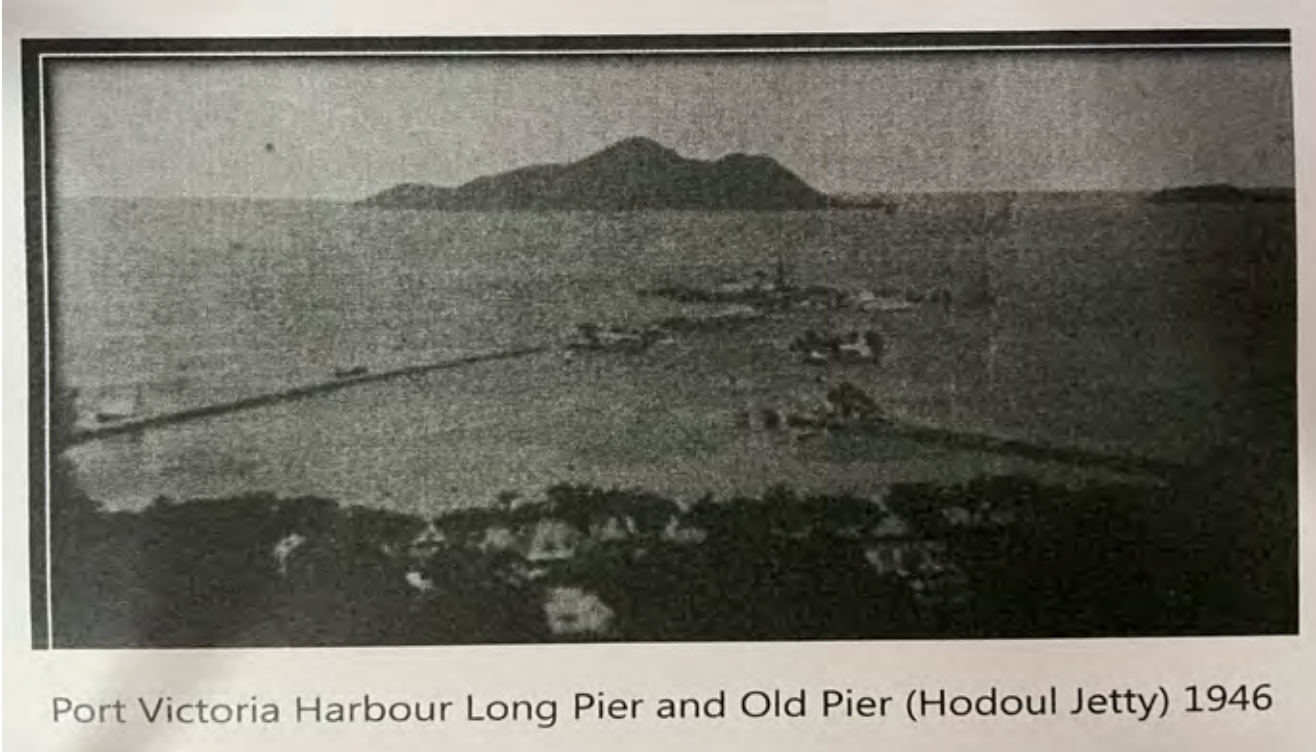
The second southern entry is 2,300 toise deep and suitable for all large vessels, but the third entrance between Sainte Anne and Isle Moyenne is only suitable for small vessels, according to him.

Malavois also noticed the errors on the map made by M. Marchand of Port Victoria. Major-General Malavois wrote an intriguing and accurate account on the fortification of the Port's coast two days late. General Charles Gordon (also known as Chinese Gordon, Gordon Pasha, and Gordon of Khartoum) visited the Seychelles in 1881 and stayed for several months.

On the direction of Rear-Admiral Go-Jones, Commander in Chief East Indies, the Home Office sanctioned his assignment.

Gordon was accompanied by two senior military officers. Their task was to draw up a map of the coast and assess the feasibility of defending Mahé in light of the coming conflict between England and France. Surprisingly, Gordon and his officers' report for the port's defense was almost identical to what Malavois had suggested in 1787.

The French administration abandoned the original settlement on Sainte Anne



Port Victoria Harbour Long Pier and Old Pier (Hodoul Jetty) 1946

Island soon after colonization and relocated to Mahé, where they erected their first small settlement, which they named L'Establissement du Roi. After constructing their first church and other facilities, they built a wooden jetty that stretched from what is now the State House entrance to the location of the clock tower.

The jetty included two storage hangars and extended to a small barachois to allow for the loading of heavy cargo such as timber. However, because such ships could not be moored near the jetty, commodities had to be carried by pirogue to passing vessels in deeper water. It would have cost a lot of money to build a better jetty up to deeper water at the time, and the jetty would have had to be extended in a straight line for more than a kilometer to reach deep water.

Later, corsair Jean-François Hodoul (1765-1835) restored part of a former little shallow underwater ridge with an immediate deep water channel on Ile Hodoul, a small islet. He constructed a new jetty that would extend from Le Chantier to the deep water near his slipway. On 9th of September 1756, Morphey's ship, the Cerf, anchored in the waterway near Hodoul Island, according to his chart. Jean-François Hodoul and his son Raymond originally utilized Hodoul Island to repair their ships and other passing ships.

Later, another Brazilian shipbuilder, Jean Baptiste Naz, the father of the most famous Seychellois Sir Virgile Naz KCMG, took up residence on this small isle.

During Naz's occupation, this small isle was known as "Le Carre Naz" or "Le Carnage," but the name was eventually changed to Hodoul Island, which it is still known as today. Dr. James H Brooks (1831-1920), a medical officer and German Consul, leased Hodoul Island in 1880. He regained the south western part of the property

and turned it into a coal depot. Later, the British authorities utilized the islet, which was under the control of the port authority, to store dynamites, old government files, and other items.

Before Mylius began construction of the Mylius Wharf or Long Pier in the 1840s, the Hodoul Jetty, subsequently known as Petit Port, was the sole commercial pier. It is currently a part of Independence Avenue.

The Petit Port was active for about 150 years. It is known as the only visible component at the current Yacht Club under the reclamation. During the British era, from 1877 until 1937, all political prisoners arrived at this port.

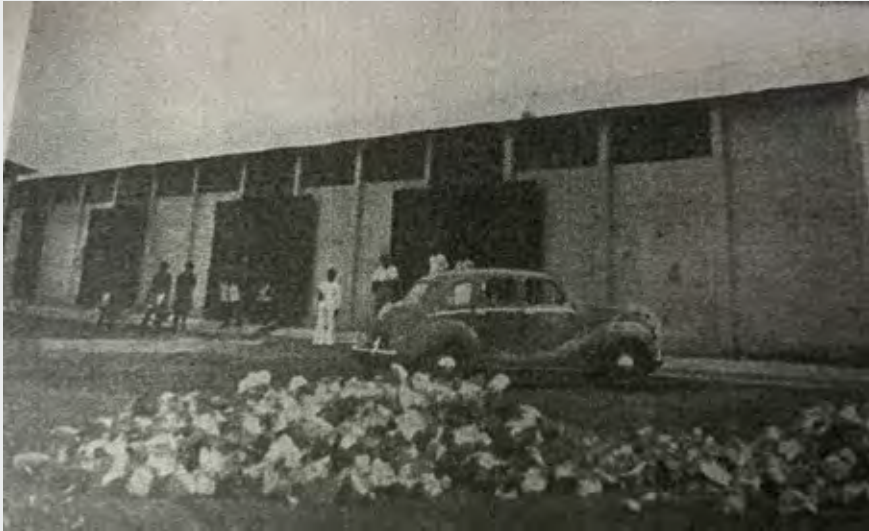
The jetty was later renovated and rebuilt in stone during the British era. It was first used as a Harbour Police Station in 1851, and then as the Port Department until the 1950s.

As soon as he arrived to take up the role of Civil Commissioner, Charles Augustus Etienne Mylius embarked on a number of ambitious initiatives, one of which was the construction of a new pier on the exact same spot as the French's original pier. Mylius intended to build a pier from what is now State House Avenue to the deep water, which would be about a kilometer to reach the deep water. Later, he constructed the road that connects the Roman Catholic Church with Le Chantier.

Mylius Wharf was the name of the new pier, which was later renamed Long Pier and extended to the location of the capital city building. During his rule, the Customs House, also known as the Collector's Office, was the first structure completed on the Mylius Wharf. It was eventually used by the Post Office before being demolished in the early 1950s to make way for the Queen's Building (now Liberty House), which opened on June 2, 1953. A Hangar for the P W D (Public Works Department) was located adjacent to the Collector's Office.

A small police station was part of that space, which was later turned into the Government Printing Press. After the Police Station was demolished, the combined site was later used to construct the Carnegie Library, which opened on January 22, 1910. Charles Dupuy rented the remaining part for a depot and a workshop. It was on that place that the Seychelles Club was constructed.

The area on which the first New Oriental Bank was erected in 1887 was the first reclamation alongside the Long Pier opposite the Customs House. The structure was



afterwards occupied by Cable and Wireless, and it was from there that the first cable transmission to the outside world was sent. The Treasury Department occupied the bottom floor when the Cable and Wireless moved to its current location, which was then utilized as a Wireless and Telephone Station until 1928. The Supreme Court afterwards occupied the upper floor until 2013. On the ground floor, Barclays Bank DC opened its first branch.

More reclamation was completed in 1959, up to the Pirates Arms. Mr Harold Kenworthy, the Superintendent of the Public Works, built his massive headquarters on this site. That structure later became the Raffles Hotel, which opened on March 12th, 1928.

The hotel was demolished in 1937, and a new, larger, and more modern hotel, The Empire Hotel, was erected and opened on January 12, 1938. It was eventually renamed Pirates Arms, and in the 1960s, it was purchased by a Jewish Welshman named Ken Roberts, who renovated it into a modern hotel. The State Insurance Company (SACOS) later occupied the top story.

To be continued...

The Emirne, the first vessel of the French Messageries Imperiales (later known as French Messageries Maritimes) to start regular services with the Seychelles, began major renovations at the Long Pier in September of 1864. On the 1st of April 1918, it ceased service to the Seychelles. The majority of the work was completed during the Master Mariner Captain William Hales Franklyn's (1816-1874) tenure.

Franklyn arrived in Mahé as Civil Commissioner in 1869, was appointed to Chief Civil Commissioner, and died in the Seychelles in 1874. He personally oversaw the extension's construction and had a 60-foot-high lighthouse built between Port Victoria's Inner and Outer Harbours in 1872. To facilitate navigation, he placed a number of large wooden buoys in the outer harbour and brick beacons on opposite sides of the waterway in the inner harbour.

The authorities chose to lease the Southern end of the Long Pier to Mr Alfred d'Emmerez de Charmoy for forty rupees per annum after the major work was completed in December 1885. During his five-year lease, he had to progressively complete the reclamation at his own expense. A small islet created by the Fibre Company on the northern side was eventually named Coal Shed Islet or Messagerie Maritimes Coal Wharf, and later Saint Pierre Islet. It was first rented to Mr Felix Cheyron, the French Consul and agent for the Messagerie Maritimes Company, as a coal storage facility for passing steamers, particularly the Messagerie Maritimes. The coal came from the Welsh city of Cardiff.

On the 16th of January 1896, the Seychelles government purchased the coal depot for £1,030. Later, the Messageries Maritime completed the construction between the Long Pier and Coal Shed Islet by constructing a then-modern Patent slip to pull up 100-ton vessels and the company's big steel lighters.

The Patent Slip was taken over by the Baty Berne Company, which eventually became the Union Ligththerage Company, when the Messageries Maritimes left.

The Shell Company built their first three storage tanks for benzene, kerosene, and diesel on Saint Pierre Islet in the late 1960s. Later, larger tanks based on the same design as the ones on the New Port were built. Later on, vertical tanks were constructed on the same site. Following the new reclamation, Shell Company developed a new port in 1971, as well as the current storage facilities. In 1982, the Messagerie Maritimes extended its services to Australia from Marseille via Mahé, La Réunion, and Mauritius, which was eventually acquired by the Seychelles government and renamed SEYPEC (Seychelles Petroleum Company).

To improve their services, they had a 20-ton tug, the Nicois, stationed permanently at Mahé for the first time in 1988. on the 15th of August 1988, she arrived from Marseille.

Hikes and Trails

Want to Hike to Anse Major On Mahe?

COMPILED BY U-ROY JULES WITH THE HELP OF SEYCHELLES CALLING

The Seychelles are full of world class beaches, many of them easily accessible via roads. But there are also numerous beaches in the Seychelles that are a little more difficult to reach, ones that you can only get to by feet or boat. Ozordi Dimans and Underwater Photography Luxury Nature (UPLN) love the challenge that comes with trying to get to this type of beach. Anse Major is considered one of the most beautiful secluded beaches on Mahe, so we of course had to check it out.

This is a must-do hike! We are often asked to recommend activities and sites to see, and so this one goes at the top of our list. Whether during the week or on the weekend, it can be a quick little outing or part of a day well spent. At the end of the hike, you will be rewarded with a secluded beach for some relaxing time.

There are some unique features to this beach, offering you a multitude of characteristics such as a freshwater pond either for cooling off, wash-



Waacha new service at Anse Major



Boat transfer



Cocktail getting ready

ing the saltwater off, or for rinsing your feet before heading back on to the hike. Snorkeling is fantastic as well, especially between March and November. Sea life is abundant and the fresh water flowing into the ocean creates a beautiful micro-system in the bay. Also in the wintertime (south-east wind season), oysters can be found growing on the sides of the boulders in their thousands, waiting to be harvested and enjoyed as a delicacy (take some tools but be mindful with them).

To top it all off on what this beautiful piece of nature has to offer us, there's also Waacha bar and grill. They serve a variety of cold beverages, cocktails and island inspired barbeque.

For those of you who would prefer not to hike back on the same route, there is a boat transfer option that takes you directly back to the Belombre jetty from the Anse Major beach. This is also an option for those who would prefer not to take the hike at all and just come to the beach by boat.

About the hike:

We would say that this is a fairly easy hike, out of a scale of 1-10, physically a solid four and technically we give it a three. There are sections where there might be a steep ascend or descend, but they are short-lived, followed by a flatter surface. The hike itself is pretty rocky, except for the last part which is set in the jungle and under a canopy of trees. Try and catch this hike in the morning when the sun is still soft, any time from 10:00 am onwards the heat will increase and you may find yourself slightly dehydrated, so plenty of water is a must. Sunset is at 06h30pm, so be sure to give yourself enough time to preserve the daylight for your hike back.

The duration of the hike is around 1h00 - 1h30 one way depending on your pace. On this hike, you will find numerous flora of which are cashew nuts, wild vanilla, cinnamon, and lo-

cal pineapple.

The view is stunning! One of the sights is at a kiosk giving you a panoramic view of the bay. The hike is well marked and kept in great condition for clear foot placement. You will come accross a little wooden bridge above a fresh water spring, and just before that you will find an amazing view of Beau Vallon Bay, you can't miss it!

A cave indicating your halfway mark provides a natural air effect and gives you a chance to cool down, re-energize and drink some water. This being said, water and fruit are recommended. For the dog-lovers, this hike is also a great option.

As an extra to this hike, it also connects to other beaches through the jungle with a bit more of a technical tracking skill, but worth exploring. You will find Petite Anse Major (0h30 after Anse Major), next is Anse Diris (02h30 after Anse Major), and after that Bay Ternay Marine Park conservation, (03h00 from Anse Major).

We as a nature-loving community believe in the spirit of having the opportunity to explore all micro-and macro oases of Seychelles. Happy exploring everyone!



Rock Oyster



Anse Major from the snorkling side



Anse Major

The City of Angels - Bangkok

COMPILED BY CHRISTINE OUMA



Finish at the temples



Phad Thai

Bangkok is an electrifying city that fuses both modern and traditional life. This commercial centre of Thailand is a bustling metropolis, boasting soaring high end skyscrapers and home to colorful temples and mesmerizing royal palaces. The perfect blend of history, culture and upbeat street vibes is one of the allures of Bangkok - the city of angels. With so much to do and plenty to see, it's easy to understand why the city is regularly ranked among the most visited in the world.

Don't know where to start? Team up with a cycling tour guide and explore Chinatown on two wheels for a glimpse of old charm architecture, amazing bars, hidden shrines and tucked away wet markets that majority of traveler to the city miss out on. Hop onto a tuk tuk for city appointments. You could also opt to see the city from a long tailed boat on the Chao Phraya River.

Be inspired

Locate the Creative District, East of the Mandarin Oriental and follow the street art walk. Explore the Thailand Creative Design Centre and Warehouse 30, where you will find local labels like the Lonely Two Legged Creature and handful of other modern brands. ATT 19 and Jam Factory hosts multidisciplinary galleries with incredible Pan-Asian antiques and pop-up exhibitions and craft markets worth a stop.

Take in the panoramic views

The Mahanakhon Tower at 314 metres high with a rooftop observation deck offers sweeping views of the city scenes, skyline and miniature view of the metropolis. For the daredevils, there is a glass skywalk hovering 310 metres above the streets.

Set time for Thai massage

Pamper yourself with a sumptuous massage at the Baan Thai Wellness Retreat. A fantastic destination spa that offers the famous Nuad Thai therapy which involves active involvement of the patient and uses a blend of stretching, yoga, tai chi and acupressure techniques to heal the body. In fact, the Nuad Thai has become so revered that it was added to the UNESCO's Intangible Culture Heritage of Humanity list in 2019. Currently students from all over the world go to Thailand to study the therapy from where its soul hasn't changed much from its humble beginnings- Thailand's farming communities traditionally had a village massage healer who helped cure their aches and pains from hard days labour in the rice fields.

Food to try



Visit a cocktail lounge

Food is obviously a big part of a trip to Thailand. Snack around the street food neighborhoods by following the sound of the sizzling woks to discover Thailand's most famous national dish, the Phad Thai and other legendary dishes such as deep fried crispy shrimp, steamed dumplings stuffed with chicken, red duck curry, crab curry and kingfish mousse. For pudding, try the mango sticky rice served at the 80-year-old Kor Panich. Get into the



Damnoen Saduak floating market



Rooftop of the Mahanakhon Tower

action by taking cooking lessons which normally begin with a tour to local markets such as the Issaya Siamese Club to buy the ingredients culminating into a world class cooking experience. Bangkok also features over 26 Michelin-starred restaurants offering modern Asian to moorish Mediterranean dishes and everything in between. Visit the 200-year-old Portuguese community at Kudeejeen and taste the traditional Portuguese cakes churning out of a

century's old bakery in the area as you marvel at the multi colored church of Santa Cruz.

Cocktail hour

Discover the well-kept secret that is the buzzing Bangkok's night life. At night the noodle stalls make way for under the stars' terrace seats and jazz tunes. When thirsty, start your watering expedition with classics at the roof top bars such as



Go shopping

Whether daytime or night, Bangkok's market are crammed with people cooking, busking and hawking everything under the sun. The scene gets livelier at night with the addition of beer terraces, neon lights and more food. The Tarad Rot Fai is ideal for a visitor friendly introduction to night market culture. Spare some time and buy good value ships lanterns, monks bowls, hand painted shawls, silk and cotton fabrics, fine woven silverware, ceramics, rattan and bamboo products, pottery and other Thai craft from wooden stalls lining the streets or visit Antique Naga House, Dusit, Gaysorn Plaza, Narai Phand and Market Chatuchak on the weekend. Like with shopping everywhere, you will need some patience and discerning eye to strike good purchases. However, prices in Bangkok could be unbelievably low so no need for a furious bargain.

Try the floating market

Considered the pioneer of all floating markets, Damnoen Saduak offers a delightful experience. Thin canals teeming with long boats piled with fresh produce each jockeying for positions and paddled by a lady ready to stop and bargain at a moment's notice.

Where to stay

Several accommodation options are available, from the ultra-hip modern penthouses and premium rooms perched high into the sky, to exquisite bachelor pads and elegant resorts. Most hotels have enthralling attractions within or around their doorsteps so staying in is not a bad idea as well.

River cruise

If you are short on time and want to dodge the crowds and the hustle of navigating through the cacophony of screeches and beeps from the bustling traffic. Bangkok offers cruise through Chao Phraya River from where one can take in the views of markets and temples along the bank.

Finish at the temples

There is no better way to discover a city than on foot, wander around to explore Wat Arun, the only Cambodian style pagoda on Bangkok. One can also catch a ferry and cross to Wat Pho (home of the magnificent reclining Buddha) and Wat Mongkhon Bophit temple (housing one of the largest bronze Buddha Statues dating back to the 15 century). With their elaborate wall paintings, dazzling mosaics and the sheer grandeur, they are a must see on the Thai capital.

Sky Bar at Sirocco, Blue Sky, Three Sixty, Red Sky, Vertigo or Diplomat Bar at Conrad Bangkok cocktail lounge, then head out to Soi Nana on the fringe of Chinatown or Thonglor (Bangkok reigning nightlife district) for award winning bars such as Rabbit Hole and Liberation where unconventional ingredients such as goat milk, Thai tea and local moonshines might make their way into your cocktails.



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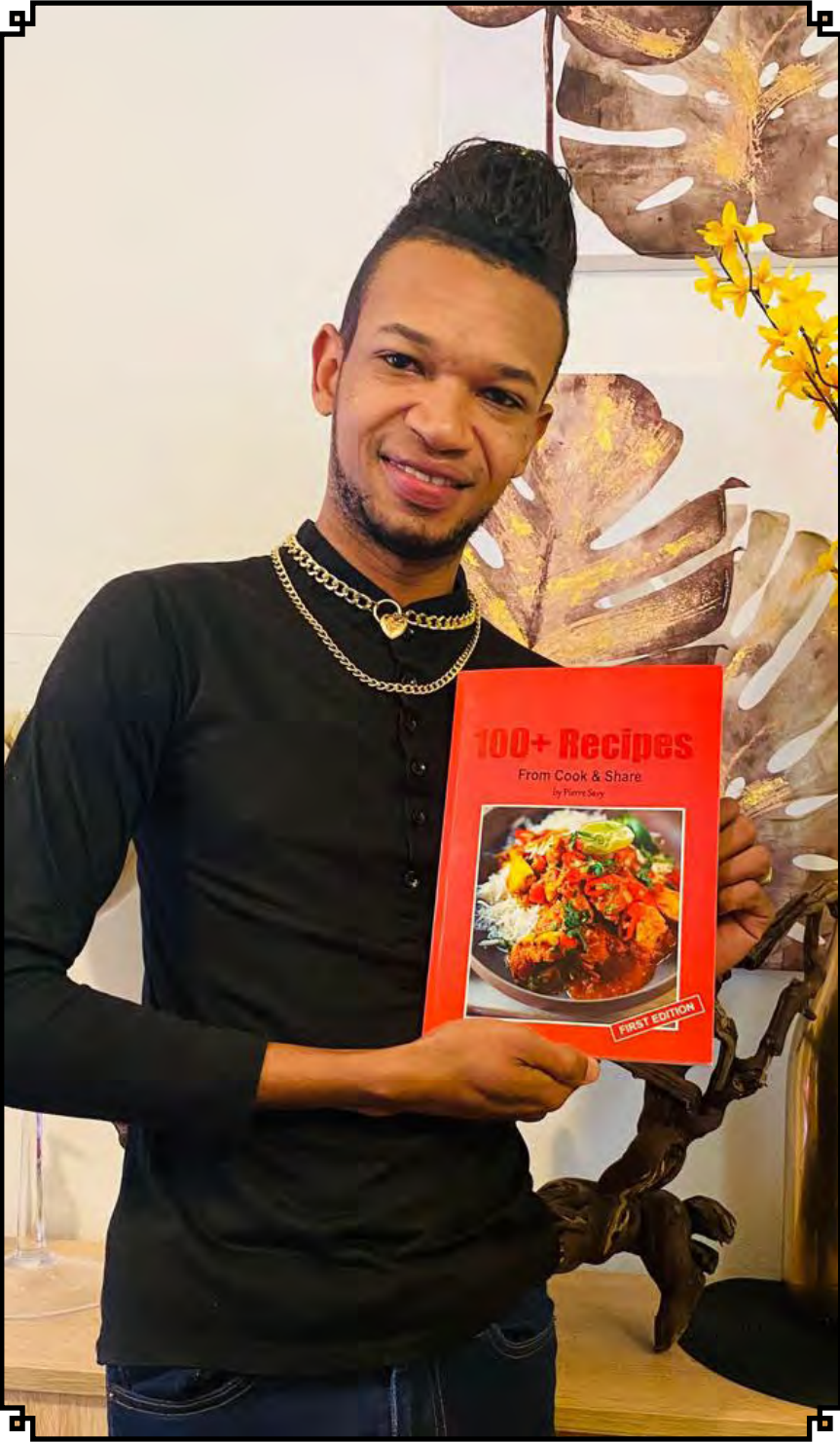
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Profile

COMPILED BY CHRISTINE OUMA

Pierre Savy is a 30-year-old Seychellois Gouvernante residing in Switzerland. In 2020, he opened a Facebook group called Cook & Share. On the platform, members share pictures and recipes of meals they prepare. In a 2020 interview with TODAY, Pierre remarked the participation of the members is incredible and it shows that they appreciate the group and trying their best to cook, especially people who are new to the kitchen. Following the success of the group, Pierre published his first recipe book '100+ Recipes from Cook & Share'. The book features recipes for side dishes, appetizers, meat and seafood, sweets, cakes and cookies as well as foods made from dough. It is available for purchase in Seychelles. Contact Irina Etienne on 2619533 for a copy.



Cheese and Chicken Fritters

Ingredients

- 3 chicken fillet cut into cubes
- 1 1/2 cup cheese cut into cubes
- 1 1/2 cup flour
- 3 tsp mayonnaise
- Salt and pepper to taste
- 1 red capsicum chopped into cubes
- 1 large red onion chopped into cubes
- 1 tsp chopped parsley
- 1 tsp chopped thyme
- 1 tsp garlic paste
- 1 egg
- Oil for frying, approximately 3 tbs

Direction

In a large mixing bowl add in all the ingredients and mix everything together. Tips: The batter should be quite thick. If it's looking too smooth add some more flour. Heat a large skillet with about 1-2 tsp of oil on medium low heat. Once oil is hot, add a large spoon of batter to the pan and fry for approximately 3-4 minutes. Tips: Try to form the batter into a round shape.

Turnover and fry for about 3-5 minutes or until it turns golden brown. Repeat the process with the remaining batter. Tips: Add more oil if required. Enjoy your Cheese and Chicken fritters.



Cheese and Chicken fritters

Garlic Naan Bread

Ingredients

- 4 cups all-purpose flour
- 2 tsp yeast
- 185 g plain yogurt
- 2 tsp oil
- 1 1/2 tsp salt
- 1 tsp sugar
- 60 ml warm water
- 180 ml warm milk
- 1 tsp garlic powder or garlic paste
- 1 tsp dry parsley

Direction

In a bowl, mix the yeast, sugar and water. Let it sit until foamy for approximately 10 minutes. In a separate bowl mix the flour and salt. Once the yeast is ready, add the yeast mixture to the

flour, then add the warm milk, oil, yogurt, garlic powder and parsley. Mix together until the dough is formed, then transfer to a lightly floured surface and knead until soft. Form the dough into a ball and place in a lightly greased bowl. Cover with a clean kitchen towel and leave to rise for 1 hour at room temperature. Once the dough is ready punch in the dough and cut into 12 equal pieces. Roll each piece into a ball, then flatten the dough (2cm thick) using a rolling pin. Heat a non-stick pan on medium heat. Place the roll out dough in the pan and cook for about 1-2 minutes. Flip over and let cook for about the same time. Remove from the pan and brush both sides with butter. Best served with curry of choice.



Garlic naan bread

Vanilla Panna Cotta with Berry Jelly



Ingredients

- For panna cotta**
- 500ml whipping cream
 - 80g sugar
 - 1 tsp vanilla essence
 - 5 gelatin sheet

- For berry jelly**
- 100g frozen berries
 - 50g sugar
 - 3 gelatin sheets

Direction

In a small bowl with cold water add in the gelatin sheets to soak for about 5-10 minutes. After soaking, remove from cold water and press out excess water and set on the

side until ready to use.

In a small saucepan add in cream, vanilla essence and sugar. Give it a stir. Bring the small saucepan over medium heat to a boil for about 7 minutes. Once boiled remove from heat and add in gelatin sheets and combine together until it dissolves completely. Pour the mixture into a measuring cup and pour into your glass about 1/4 full. Set on the side to cool and put in the fridge for 1 hour 30 minutes. Meanwhile prepare your berry jelly. In a small bowl with cold water add in the gelatin sheets to soak for

about 5-10 minutes. After soaking, remove from cold water and press out excess water and set on the side until ready to use. In a small saucepan add the frozen berries, sugar and about 1/4 cup of water. Bring it to cook on medium flame for about 10-15 minutes. While boiling, try to crush down the berries into tiny pieces. Remove from heat and add in the gelatin sheets. Mix together for 1-2 minutes. Let it cool down for about 10-15 minutes. Remove the panna cotta from the fridge and pour over the berry jelly. Return back in the fridge to set for another 1 hour 30 minutes before serving.



EASY TOP ROAST

1. Pre-heat your oven to 250 C
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3. Place the roast and veggies in the oven for 30-45 mins (per 500g of **Sparta Top Roast**)

*You may also season as you please



Sparta Top Roast prepared by our Retail Manager Christine Francoise

A COCKTAIL CONNOISSEUR AND MIXOLOGIST SHARES HIS INSIGHT



Steven Behind the Bar

BY CHRISTOPHE ZIALOR

The fine art of cocktail making entails far more than just the ingredients used to make the drink. Not only should your creation please the palate but it should be visually appealing for an overall satisfying cocktail sipping experience!



Tropical Spritz, One of Steven's Creation

No one knows this better than Steven Rioux, a 34-year-old rum blender and mixologist with decades of experience in hospitality and beverage industry.

You may not recognise his name, but I am confident that you have tasted some of his creations at Beach Shack, as he designed the cocktail menu in linewith the vision of Eddie and Jill Laporte, the bar owners.

Steven started his career at the age of 14 by working an after school job at Boathouse. He worked there for ten years. While working there, he developed his love for mixology and bartending. Following that, he relocated to La Plaine St Andre, where he was able to train with an experienced mixologist.

He continued as a wine and spirit distributor for Archipelago Wines and Spirits before joining Takamaka rum as a master mixer, a position he still holds.

Additionally, Steven runs his own cocktail consulting company, Island Craft Cocktails, in addition to working as a blender for Takamaka Rum.

Cocktail consultants can be invaluable when it comes to designing or revamping a cocktail menu, but their responsibilities extend beyond simply producing a sheet of paper with recipes on it. Both partners must do more to ensure that such drinks are served and appreciated by customers.

"I consult with bars, design menus, and train staff, primarily bartenders. The service that I offer is not exclusively for bars but also for events as well"

Steven collaborates with Beach Shak to provide ready-made bottled cocktails, which Beach Shak then sells.

"I was inspired to start the company because of COVID." When the pandemic struck and bars were closed, I felt compelled to provide a service that was desperately needed at the time."

He described the quality of the cocktails as being comparable to sitting in a bar and enjoying a drink. The concept was popular for a while, but as the bars began to reopen, business dwindled slightly, according to Steven.

His long standing collaboration with the famous Beau Vallon bar began when Jill and Eddie Laporte were about to open Beach Shak.

"I sat down with them as they were about to open the bar and we devised a cocktail menu." We created a standout menu based on my years of experience in the hospitality and distribution industries, as well as my knowledge of what consumers want.

Steven mentioned that this was a time-consuming process because they had to taste test each cocktail to ensure that it was up to standard and as well as making sure the bartenders knew how

to prepare and serve it.

He stated that training bartenders is not difficult, but they must be interested in it. "When training someone, you need to strike the right balance and take the right approach to engage them."

Beach Shak began with four bartenders, only one of whom had prior bartending experience, and Steven successfully trained them.

"I sat with them for a year and a half, coming in every now and then to help out as well as do some on-the-job training to ensure consistency. It takes a lot to keep the bartenders interested, so having Jill and Eddie on my side was a huge help."

The mixologist remarked that since opening night till now, Beach Shak has remained consistent with their cocktails.

"It has given consumers a standard to look out for"

With all of his knowledge on cocktail making, it is surprising that Steven does not own his own bar. The mixologist stated that he does intend to open one in the future, but for the time being, he is still amassing knowledge.

In conclusion, he stated that one piece of advice he would give to novices who want to dabble in cocktail making is to start with simpler mixes and work their way up to more elaborate creations. Above all, have fun while exploring the vast world of cocktails.



Training in Progress at Beach Shak



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"If you have the appropriate attitude, you can open many doors without a key"

BY CHRISTINE OUMA

Executive Chef Colvin Beaudouin compares his life as a chef to living in a fantastical realm. While cooking, no one can predict exactly what the output will be.

When he first started, he never imagined he'd be in the kitchen for up to eight hours. "You never know when you'll get an order or who you'll run across while providing cooking services. I've had several opportunities to work in many countries throughout my career. I recall being offered the position of opening chef at Banyan Tree when it first opened in Mexico, but I declined," he divulges.

Being an Executive Chef comes with a lot of pressure, he says. However, if someone wants to advance, they must be willing to take on new tasks and take on larger roles.

"When I'm at home or at the beach on my days off, I spend a lot of time thinking about food or my next culinary invention. It's nonstop effort, but it comes easy when you enjoy what you're doing. I like the rush of adrenaline," he continues.

Chef Colvin began his career on Praslin in Secondary 5. He'd get up at 4 a.m. every day to catch the 4.30 a.m. bus to Constance Lemuria Resort & Spa.

"I recall telling my mum that I wasn't spending enough time with my friends and wasn't having fun because I had to work. But now that I'm a chef, I see what my mother was trying to do," he says.

Colvin began his career in the bakery. He notes that the Executive chefs who trained him exuded confidence and spoke with poise.



Crepes with duo sauce

"I liked how well they were respected, and I aspired to be like them." I'd cry when I came home on several occasions, especially after a cook yelled at me. I'd set a goal for myself the next day to impress," he asserts.

He has been working for the past 19 years.

Following his departure from Lemuria, he enrolled in the Seychelles Hospitality and Tourism Training Academy and went on to work at a number of hotels and restaurants in the Seychelles. He is currently employed at Le Nautique Hotel, La Digue.

Despite the fact that most Seychellois chefs are just as experienced as expats, Colvin points out that Seychellois chefs are currently facing obstacles such as lower pay compared to expatriates.

"I was fortunate to have mentors who constantly encouraged me to perform my work diligently and on time, and it would be recognized. I do it from the bottom of my heart," he declares.

"Chefs from Seychelles are in high demand in the tourism sector. They can choose from a variety of positions. However, I have personally observed a lack of discipline among the chefs. We then start blaming expats or pointing fingers. I work with them and I am familiar with some of their procedures. If you have the opportunity to work with foreigners, take advantage of it and learn from them just as they do from our cuisine. Let us build a strong bond and learn from one another. It should be about collaboration rather than competition," he adds.

When it comes to the preparation phase that leads to cooking, Colvin recalls that when he first started working in the industry, he assumed that the chefs would only prepare the ingredi-

ents after an order had been placed. This, however, may not be the case.

"There is a service hour in our profession before we begin our day. This is the time when we set aside all of the ingredients, making sure they're all fresh and ready to use, clean all kitchen equipment and check for any missing items. We have a briefing which is mostly to look over the previous day's deficiencies and make improvements. The two hours leading up to service are crucial in a chef's life," he confirms.

FAVOURITE MEAL

"When people ask me what my favorite meal is, I always say there isn't just one. Today it could be Bouyon bred, tomorrow it could be sushi, and the next day it could be something completely new. Every day is a special day in my universe. When I'm at home, however, I enjoy a decent Creole Kanz. Rice and lentils are the two main ingredients in Kanz. It's made like a soup and can be topped with veggies, pork, or fried fish. This is an authentic traditional dish that is largely cooked during the Kreol Festival, which takes place every year in October."

Chef Colvin also says that cumin and chopped garlic are two ingredients with which he enjoys experimenting.

OTHER EXPERIENCES

Chef Colvin has also dabbled with private chef services and boat trip catering. He claims that the only dif-



ference between being employed and being self-employed is sometimes the working hours, but he maintains the same mentality towards ensuring that clients are pleased and satisfied.

He advises, "If you have the appropriate mentality, you can open many doors without a key."

During the Christmas and New Year seasons, he enjoys spending time in the kitchen.

"I've also cooked for David and Victoria Beckham. Although I did not have the opportunity to meet them, I was told that they appreciated my food. Victoria had poached job fish with steamed veggies, while David had ham

and rocket pizza," he recounts.

When the Chef is not in the kitchen, he enjoys working in the film and entertainment industry to keep himself occupied.

"I'm a local actor, a part-time television presenter, musician, and an MC (Official MC for Mercenary), and I've also emceed for foreign artists visiting Seychelles like Etana, Konshens, Dermaco, and Mr. Vegas to mention a few," he says.

Since he began his career as a baker, one of the simplest pieces of advice he desires to give any baker is to think like a scientist since, "you will be employing substances like yeast, baking powder, sugar, egg yolk, and simple things like flour. A baker should be aware of the proper temperature for baking or melting certain items. You need a good memory and sense of taste. Think like a scientist while cooking like a grandmother," he concludes.



Home cooked sea cucumber



Colvin as a chef at La Plage Restaurant



Roasted octopus leg in crispy papadum, duo spiral vegetables



A good catch



Smoked duck breast, granny smith tapioca salad, topped with cream cheese



Chef Colvin appreciating whole grilled job fish with trio sauces

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Alfred Fourcroy explains the concept of hydroponic farming



BY CHRISTINE OUMA

Hydroponic farming is a method of cultivating plants that uses nutrient solutions rather than soil to promote healthy growth. Temperature-controlled indoor settings with sophisticated irrigation systems house hydroponic farms. They enable for year-round hydroponic growing of vegetable and fruit and, when compared to traditional agricultural methods, have been demonstrated to use significantly less water and cause less pollution.

According to business tycoon Alfred Fourcroy, CEO/Partner of Val D'Endorre Agricultural Production, he intended to avoid the drawbacks of entirely natural agriculture, which might expose plants to bacteria or viruses from the environment, killing or limiting production.

The Val D'Endorre farm is made in 8 ventilated greenhouses sitting on a 4000 square meters of land and is appropriate for tropical conditions.

The company's main product is lush and cherry tomatoes. He claims that this was a market-driven strategy to secure a return on investment.

"The time it takes to grow and harvest tomatoes is about 10-12 weeks. We've also attempted other commonly imported vegetables in Seychelles, such as peppers, zucchini, eggplant, aromatic herbs like mint and thyme, and we're currently experimenting with salads, though the temperature isn't conducive to salads," he declares.

He's considering investing in planting with Nutrient Film Technique (NFT) System to boost salad production.

While hydroponic farming is still a relatively new concept, other new technologies, such as Urban Cropping, have arisen. This technology, for example, is increasing the United Arab Emirate's crop-producing capability and assisting the government in developing a long-term strategy. The idea is to develop multi-story buildings where food crops can be produced in fully regulated environments.

There are a variety of techniques to creating hydroponic systems, but the



Alfred Fourcroy

basic components are the same as stated below.

Fresh water

It is necessary to use filtered water with a pH balance. Water with a pH of 6–6.5 is ideal for most plants. To attain the desired pH, the acidity of the water can be changed.

Oxygen

Roots can receive the oxygen they require for respiration from pockets of air in the soil in traditional farming. You'll either need to leave room between the base of the plant and the water reservoir, or you'll need to oxygenate your container (think of bubbles in a fish tank), which you may do



Val d'Endorre tomato plantation

by purchasing an air stone or installing an air pump.

Support for the roots

Even if there isn't any soil, the plant's roots still need something to cling on to. Vermiculite, perlite, peat moss, coconut fibre, and rockwool are all common materials. It is best to avoid materials that may compact (such as sand) or that do not retain moisture (like gravel).

Nutrients

To stay healthy and prolific, a plant requires a lot of magnesium, phosphorus, calcium, and other nutrients, much like plants in the ground require good soil and fertilizer. This "plant food" must be added in the water that your plants are fed.

Light

If you're growing the plants indoors, you may need to invest in some spe-

cial lighting. Each type of plant will have various requirements for the quantity of light it requires and where the lights should be placed (typically referred to as Daily Light Integral or DLI).

Benefits and challenges

Despite some difficulties caused by mistakes made during the installation of the watering system, Val D'Endorre Agricultural Production is currently performing well, according to Fourcroy.

"If you don't water your plants for more than 48 hours in hydroponic farming, you should consider them dead. As a result, it's critical that your water system be dependable," he clarifies.

Bacterial infections, such as Antonia, can harm plants on occasion; however, the company has developed new techniques to combat these bacteria that travels through water.

Is there any other cutting-edge technology that Seychelles could use?

Mr Fourcroy argues that determining a reasonable pricing is dependent on product demand and a general market survey.

"If a business can import things at a lower cost than it can create them locally," he says, "then most businesses will explore importing to keep the consumer price stable."

He observes that there is a readiness to use more technology-friendly farming techniques in order to ensure Seychelles' food sustainability, but that the business environment must be favourable.

Fourcroy believes that plants grown

in a healthy environment have a greater taste and are more nutritious.

"A farmer may completely control what the plant is fed and exposed to using hydroponics. Pesticides are not required because the farming is done in a controlled atmosphere. The produce is unquestionably healthier," he affirms.

Fourcroy, who is also the CEO/Partner of ISPC (Seychelles) Ltd, a one-stop shop for chefs, sommeliers, maitres d'hôtel, and foodies, remarks that there is a growing desire for healthy, flavoursome, and vegetarian dishes, particularly in the hotel industry.

"I feel this is a call for other investors," he says, noting that most hotels are gravitating towards buying local produce.

"I believe that businesses should provide more possibilities for tasting in order to encourage the general public to adopt healthier food selections.

Taste is the most appealing factor in persuading individuals to eat healthier foods. People are more likely to consider healthier foods if the flavour is more natural. However, not everyone appreciates nutritious foods."

Fourcroy also hopes that more students would choose agricultural jobs. Only until then, he claims, will Seychelles be able to assure food security.

"The sector may become more appealing to younger people as a result of new technology. It should also be highlighted that farming in controlled surroundings is the future of agriculture, and Seychelles is no exception."

The Val D'Endorre farm is managed by an Engineer Agronomist with the assistance of other employees.



Round cherry tomatoes



Barbados tomato plants



A young plant



Aerial view of the tomato plants

MON SESEL MON SEYBREW



SPOTLIGHT ON A YOUNG FILM MAKER

BY CHRISTOPHE ZIALOR

Emilie Chetty is a young Seychellois who is already making a name for herself in the movie industry. Fresh off her success with her first movie 'dessert rose' which won the 'Best Independent Short Film' and also received an honorable mention for Best Director at the Global Film Festival Awards in Los Angeles in 2019. We had a chance to sit down with the busy filmmaker and chat about the movie industry and what keeps her going.

Tell us a bit about yourself

I love to sing and create music. I studied music in London for a year. I have a Professional BTEC 5 qualification which means I can teach singing professionally. I am a huge animal and plant lover and love to take photos of and document different species in Seychelles. I also love farms and gardens. I chose to make films because it was one way in which I could incorporate all the above. With filmmaking, you can make cooking shows, films based on psychology, films about treasure hunting, nature documentaries, music videos and so much more.

What piqued your interest in Movie-making?

I started editing and making little films from a very young age. I started getting work from it when I was making Smoothie Tutorials that went along with my monthly column in a local magazine that I worked for at the time called 'Pot-pourri'. My interest in making movies grew because of how they could make an audience feel. I loved that I could create something that could lead to moving somebody's emotions. I also love and wanted to make movies about treasure and the sea.

Tell us a bit about your studies

I studied screens and media at the Village Roadshow Studios which meant we were surrounded by huge movie sets and real industry professionals and actors every day. I met so many amazing people in the industry who remain good friends until today. Screenwriters, Sound Engineers, Directors, Musicians, Editors, Actors and so much more. That was the greatest part of my journey as I continue to learn so much from them. I realized that Screenwriting and Directing were my forte.

What/who were some of your major influences when you first started?

My major influences when I first started were Tony Cavanaugh who is an author, screenwriter, and producer, Ken Twohy who is an Actor/Director, Vic Kaspar who is a sound engineer and Charles Mitchell who is a producer. These four people believed in me and guided me from day one. They became my very good friends to this day and are only a phone call away if need be. I am so grateful to them for making my filmmaking journey so magical.

What films are on your personal on a 5/10 list?

Some of my favorite films are, 'A Dangerous Method', 'Walt before Mickey', 'Cast Away', 'The Grand Budapest Hotel', 'The Theory of Everything', 'Inception', 'The Notebook' and 'Pirates of the Caribbean'. Some of the Pirates of the Caribbean scenes were shot at the academy that I



Emilie and the Two Stars of Dessert Rose

attended in Village Roadshow Studios. Whilst studying at the academy I saw Thor and Aquaman in production. It was amazing to see how they made such high-budget films and the best part was seeing the actors in their cool costumes getting ready for a shoot day. I also love the animation work of 'Hayao Miyazaki' and the fantastic work of the director, 'Wes Anderson'. I also adore really old films such as 'The Third Man', or movies made by Charlie Chaplin and Buster Keaton. Seeing how it was done back in the day is just something else.

What style of movies do you make?

I like to make movies that bring forth emotion and that bring people back to themselves for a moment. I always incorporate poetry, treasure, romance, and psychology into my films. I intend to discover further and make a few horror movies and also some comedies.

Your award-winning movie 'Dessert Rose' was a major success, what message or story were you trying to get across to the audience?

With Desert Rose, I wanted to try and remind the world of a time before tinder apps and text messaging. The whole film is artsy and symbolic and derived from my real-life events. Everything in the film has meaning to it. It is called Desert Rose because someone left that type of plant on my doorstep once and that is the name of the plant that Molly leaves behind. The coin flipping is shown at the beginning of the film and comes back around at the end of the film when Molly has to make a final decision. I chose coin flipping because, dilemmas are a regular occurrence in human lives, especially romantically, yet deep down, we all know what we truly want, and it is as simple as flipping a coin and knowing what we feel by the choice that is made for us.

Treasure hunting is symbolic of a young man's instinct to keep hunting for more love rather than to settle. To surrender to our basic non-monogamous nature that collides with our need to claim what we want to be ours.

Filmmaking is a laborious job, so what keeps you motivated?

What keeps me going and motivated is the reactions of the audience when they watch my film. The feeling is indescribable. I am also constantly supported by family and friends which helps a lot in moments of frustration and also gives me something to look forward to when I have those that I love around me to share my success with.

How much patience is required in the movie industry?

This field does require a lot of patience. Especially when editing. There are many obstacles to overcome and often it takes hours and hours to get the smallest detail right. When directing, it is important to be patient with actors and not lose your cool, you have to work with them and guide them.

The task that requires the most patience is screenwriting. With the way I work, I have to wait for long periods for the right moment to write my scripts. I never force it and I prefer it to come naturally like a silent whisper at the back of your ear when you're dreaming. Even if it means waiting for two years before I write something I have planned.

Do you think directing a film is the toughest job while making a movie?

Although it is extremely challenging, I think Directing is the funniest job in the industry. However, all the jobs required to make a film are tough. But directing is also a gift. I didn't even know I was good at it until I was at film school. It was like second nature, a calling. Where all the madness falls into place.

What are the toughest aspects of making a film today?

Well, firstly it depends on what kind of film you're making. Making a nature documentary comes with different difficulties than that of a movie. When it comes to documentaries in Seychelles, I feel that those requesting for documentaries to be made don't realize just how much time and effort go into making them and therefore a lot of filmmakers go by underpaid.

When it comes to making a movie in Seychelles, finding a reliable crew may be a bit challenging as it seems that

many want to make films for the wrong reasons. The difference I have felt working on film sets here and in Australia is that in Australia, when I hired members of the crew, they chose their role and dedicated themselves to it accordingly whilst still helping out in other roles when they can. Sometimes in Seychelles, it feels as though everyone chooses to help and then doesn't know where to place themselves on set.

Do you think that Seychellois filmmakers have enough resources to help them with their projects?

I think Seychellois filmmakers have a lot of resources. You don't need much to make a movie. Just your brain, a good director and script, good actors, a camera, and some sound equipment. It costs more for higher quality equipment which perhaps we can look towards investing in. Good editing software can also be expensive.

We would benefit if we had more resources but that will come with time. There are also many ways to get your films funded online so the possibilities are boundless.

Do you think that local filmmakers have a chance to make it big in the movie business?

Yes. I think local filmmakers have a chance to make it big in the movie business. Anybody does if you're good at making films. However, there is so much competition out there so in order to make it big, you have to stand out from the crowd, with a unique script and great direction.

Name three things you would like to change in the movie industry?

I would like to hold film festivals in Seychelles to promote the love and art of films and to have places where people can go and enjoy films and theatre whenever they wish. This would also lead to appreciating the world of filmmaking more.

Although it is improving a lot now, filmmaking and the effort that goes into it are highly misunderstood in Seychelles. I would also like to build a proper online marketplace where Talent and Casting Professionals connect directly, about jobs and auditions in the entertainment industry. This is greatly lacking in Seychelles and it makes it a bit challenging to find actors within a set time frame. Another thing I feel the film industry has to work on is the atmosphere around filmmaking as sometimes in Seychelles it feels as though the idea of being a star surpasses the passion of filmmaking itself.

Can you share an overview of your career strategy? What types of projects do you see yourself involved with in the future?

In the future, I wish to produce and direct a few feature films in Seychelles, some documentaries, and music videos too. I also hope to work on a few projects with National Geographic. I will work internationally but be based in Seychelles. I also wish to continue with some video Journalism as I am now doing for The Associated Press which was unexpected for me but I enjoy it.

I never really know what will be next in regards to projects, I just go where my journey takes me.

What advice would you give to young filmmakers who wish to get into the business?

My advice to young filmmakers is to have fun. Filmmaking is fun and if it becomes anything less, then either it is not for you or you are pursuing it for

the wrong reasons. When you make a film you are enticed by every moment. Yes, there will be obstacles but they will never overpower your will to make the film. Try as little as possible to do it for money. If you love films and want to make a great movie, perhaps find other ways to financially support yourself and your filmmaking dreams.



Emilie and her Partner at Dessert Rose Movie Screening



Emilie in her Zone



Filming in Progress



Take one and Action!



Screening of Dessert Rose at Deepam Cinema



The Filming of Dessert Rose

Bling Bling Poetry Association i onor Marie Clarisse

KONTRIBYE PAR BLING BLING

Sanmdi le 30 Oktob, lasosiasyon poet Bling Bling ti onor enn bann poet fanm Sesel, ki'n kontribye enormeman dan promosyon e devlopman lapoezi Seselwa. Marie Grace Clarisse, ti ne le 28 Avril 1964. En artis miltidiscipliner me avek en lanmour profon pour lapoezi. Marie i en oter konpoziter e santez, en poet, en pent, en modis e i osi doue dan lakwizin. Konman en poet, Marie i ekri dan stil vers lib kot i eksprim li avek bann lemosyon tre for. I en poet ki servi bokou metafor e bokou son bann poenm i koz lo diferan laspe lavi. Pour sa sware tou bann performans ti bann travay ekri Marie e menm bann dekor ti bann travay fer par Marie.

Nou propoz zot en ekstre sa sware an portre e nou partaz avek zot serten poenm ki ti ganny resite.



Serten poem ki ti ganny resite sa swar

De poenm par Marie Grace Clarisse

Adel

Sa demon I fikse dan mon blan lizye
I anmenn son kargezon tantasyon lo mon latab
I riye anmezir mon ekzaminen
Parmi en pistol kin ganny maske
Dan milye kart en dinen, e in marke lo la
Ki en lenvitasyon marke, I aport maler
Mon feyte tou paz dan sa katalog
Ou portre I anvole
Sa enn i pli provokan
Souden mon bat mon lizye
Pour antre dan en lot zistwar
E ankor li menm ki pe ant mon regar
Mon siptiy ek mon lanvi pou reziste
E pou les degrennen sa bann dezir maron
Ki pe kontinyen pran plezir
Pou depouy mon sanzman
Mon a bataye kanmenm ziskan lo laliny
Mon a priye pou tonm lafas anba
Pou ki mon pa zanmen admir bote ou vizaz
Ki a kapab transfer mon nanm dan doulou enfern

Avan Refize

Eski i annan letan pou gate, dan sa pti git ki napa?
Sa ki ou gannnen ozordi, pa zanmen refize
e les demen konkeir son benefis
Si ou'n manke, konmsa ki fer, in fini sape
Kan ou konfize souvannfwa ou perdi
Si mon ti konnen, sa sinyatir bokou lafen
I annan zis de nouvel, sa ki pi, sa ki santi bon
Parfwa nou bite, akouz nou tro fourk kan pa konsern nou

Pa tousa ki gro ki lour, e pa tou sa ki briye ki lor
Tou dimoun i sanse, me pa nou tou ki gannnen
Dan tou Lareg i annan mezir
E dan tou mezir i annan en pwa
'Parfwa nou konte lo nou ledwa
Sak zour nou fer nou swa
Mè souvannfwa nou pa tro konnen kwa



Poet ki ti ganny rekonpanse dan konkour poezi



Portre an group



Eighteenth century antique Corsair clay pot

SOURCE: NATIONAL MUSEUM OF HISTORY

The antique vase is made up of highly compressed clay and lime materials. The three metallic rings and the circular belt around it are of copper composition. The three copper rings were probably used for handling and securing those pots during transportation.

It is believed that this pot is dated back from the end of 1700 to the beginning of 1800. It is also believed from the paintings inscribed, that it originated from the Mediterranean, most precisely ancient Greece. The producer of those pots could have also replicated the arts of ancient Greece and as can be seen were very rich in creativity. From research conducted, those pots are believed to have been used by sailors to store their food and beverage supplies such as wine and maize during their long voyages across the oceans.

The Indian Ocean around that time was a very important sea route for various supply vessels. As a result of this, the Seychelles was also a very common stop for the sailors whereby they could rest, repair their ships and stock up supplies before returning on their long journeys. As a result of that, it is believed that many of those sailors, explorers or even pirates did live behind many tools and objects used during their stay which in some instances could have been for a number of months. Among the various objects abandoned on the islands of Seychelles, some of them are those clay pots in the area they chose to set up camp. This very often included well sheltered caves.

The particular pot on display was discovered in the 1980s by a group of explorers. This was in a hidden cave in the area of Port Launay. It is believed from the research done that this pot was part of materials left behind by a corsair ship which was on a stopover in the Seychelles. As part of the clues found in the area during the research, two abandoned pirate tombs were also found. Legend has it that they also hid valuable treasures on the Seychelles islands. It is therefore possible that some of those pots were used as containers for such valuable loot. During the time of the discovery, it was found that the particular pot contained wine residue. Clues found could mean that there was a possibility that there were other pots used from that particular ship, which they are believed to be holding a treasure yet to be discovered. The other possibility is that the other pots of valuables could have already been found or shifted into another cave still unknown to date.

During the research, the explorers also discovered strange markings on the rocks in the rivers of Port Launay. After the discovery of this single pot containing wine residue, and thereafter the strange markings and the tombs, it was concluded that they were left behind as part of a puzzle which remains unsolved. It is believed that maybe this pot was used as what the researchers termed 'a labor' which is the first clue and also a piece of the puzzle leading to the true treasure.

The value of such a pot is still undetermined but the fact remains that it holds a very interesting historical value for the legacy of Seychelles. Seychelles is to date still very well known for myths and stories of long lost pirate and corsair treasures.

Découvrez les trésors des Seychelles

Le Musée national d'histoire vous convie à un voyage dans le temps à la découverte de l'histoire des Seychelles

Des plus anciens (textes arabes, carte portugaise de 1502) à nos jours, cette expositions retrace l'histoire du pays à travers des événements marquants et des aperçus de la vie quotidienne à différentes époques.

Plongez dans le passé avec 'Ozordi Dimans' pour y découvrir les différentes phases: période française,

période britannique, indépendance, débuts de la jeune République, esclavage et ses séquelles, peuplement des Seychelles aux origines européenne, africaines et asiatique, contribution des missions religieuses, activités économiques (exploitation du coton, du cocotier, de la vanille, de la canell eainsi que d'autres cultures) avan d'en être supplantées par le tourisme et la pêche.

Découvrons des trésors des Seychelles avec 'Ozordi Dimans'.

contribué par Le Musée National d'Histoire



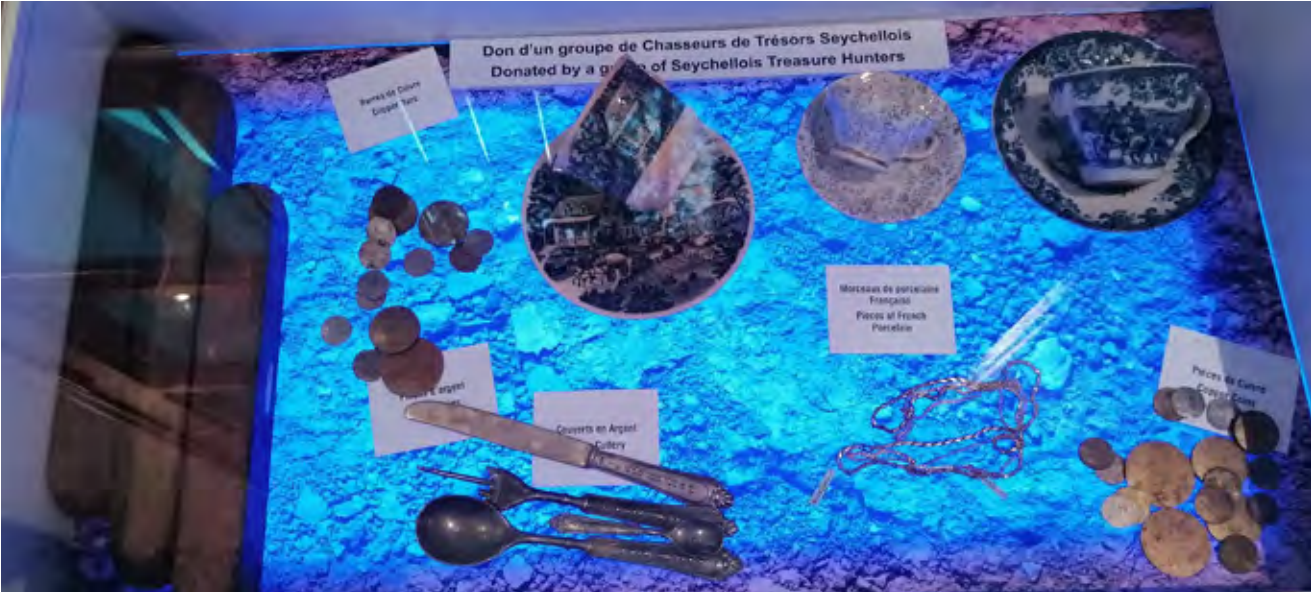
Canon de Bateau du 17eme Siecle



Au début du XVIIe siècles, un navire portugais coula sur la rive Boudeuse des îles Amirantes des Seychelles et resta intact jusqu'à ce qu'un pêcheur du xxe siècle découvre l'épave



Collection de Trésor de Barbarons 1994, ces artefactes ont été trouvés par des chasseurs de trésors dans les montagnes de Barbarons. Le trésor date de la fin des années 1700 au début des années 1800



Collection de Trésor de Barbarons 1994, ces artefactes ont été trouvés par des chasseurs de trésors dans les montagnes de Barbarons. Le trésor date de la fin des années 1700 au début des années 1800

KIRAN BHAGEERUTTY'S MOTIVES AND OBJECTIVES

FOR STUDYING MARINE EDUCATION

BY U-ROY JULES

The ever-changing global environment has increased emphasis on research and development of knowledge dedicated to professional practice. The maritime industry in Seychelles serves as an illustrative example, of how the industry has transformed from a traditionally unskilled, labour-intensive industry to capital-intensive and sophisticated.

This has transformed the nature of maritime education in Seychelles from a highly practical, hands-on approach to tertiary education emphasizing business and analytical skills, as characterized by the increasing number of tertiary institutions offering postgraduate maritime programs.

The motivations and expectations of students pursuing such programs have remained under-researched.

The maritime industry is one of the

three economic pillars of Seychelles. It has made significant economic contributions to the country and to maintain the competitiveness of the Seychelles maritime industry in the world, it would be essential to maintain a comprehensive maritime education programme.

The marine-related sectors of Seychelles such as fisheries and marine tourism, despite being financially successful for their specific operators may be under-performing in terms of delivering national benefits.

Experts say that there is probably a wide gap between the potential and actual net financial benefits from these sectors. Improvements in governance are seen as necessary to decrease financial leakages and to reduce environmental and resource degradation.

To sustain the maritime sectors, the Seychelles Maritime Academy (SMA) has

been providing quality maritime training and professional qualifications by international standards, leading to career paths in the marine sector and related industries at a local and international level.

The facilities at the school include Navigation Simulator, Engine Room Simulator, GMDSS (ROC) Simulator, Fully Enclosed Life Boat Simulator, Fire Fighting Simulator, Fisheries lab and many more facilities.

The school also offers various programs such as Advanced Certificate in Nautical Science, Advanced Certificate in Marine Mechanics, Advanced Certificate in Fisheries Science and Fishing Technology, and Certificate in Fishing Technology (Apprenticeship).

Today we are going to learn more about the school through the eyes of a second-year student Kiran Bhageerutty, and discover why he chose this sector.

Bhageerutty is a year two learner pursuing Advanced Certificate in Fisheries Science and Fishing Technology.

"I chose SMA because of the love I have for the ocean and I wanted to have more knowledge in marine biology. I also want to contribute to the future of our marine economy. The maritime industry is one of the three economic pillars of Seychelles, and our country needs motivated, dynamic young individuals, to fill the gap," he said very proudly.

He added that even if the government, SMA along with other organizations are working tirelessly, to put Seychelles on the map in terms of the maritime sector, a lot of work needs to be done.

"There are fishermen who are having difficulty selling their fish, and students not getting enough opportunities based on their interests and training. Instead of training locals to work in the maritime sector, we see foreigners doing the job for us. Seychelles needs a better program for the youths to be successful and get the opportunity they deserve. A lot of people are also afraid to work at sea, due to various reasons such as separation from family, mental problems, physical changes, seasickness, environmental differences amongst others," Kiran told OZORDI DIMANS.

But he emphasises that the Seychelles government needs to come up with better ideas, even though they are working hard.

"I think that the government could have made a plan to reduce spending like buying a tuna vessel of our own which would



Kiran Bhageerutty

eventually bring in more money, instead of having to give money to foreigners. They also need to set up a successful project to build a dry dock area for maintenance of fishing vessels. They can also allow more vessels in Seychelles to bring more financial benefits and job opportu-

on the economy which brings an understanding whether it is beneficial or not. I feel that the maritime industry should be the main pillar of the Seychelles economy, because we are blessed with a vast ocean that presents opportunities that can sustain the economy, fish exploitation, marine aquaculture, and many more."

Kiran also pointed out that the maritime sector is one of the most male-dominated sectors, including seafarers, fishermen, port operators, surveyors, port state control officers and government officials.

"The gender is not balanced but the maritime academy is always encouraging female Seychellois to fill up roles in the maritime sector, where they can bring an extra advantage by expressing their views and representing females in general. No law says a female cannot work at sea. There are many jobs in the maritime industry that can be of interest to females."

I feel that the maritime industry should be the main pillar of the Seychelles economy, because we are blessed with a vast ocean that presents opportunities that can sustain the economy, fish exploitation, marine aquaculture, and many more.

nities for maritime workers," he pointed out.

Kirans' target is to have his own business, through which he can help graduates get into the industry and also pursue a degree in marine biology.

"It is very important to know and learn the roles of the maritime industry based



Kiran on work attachment



Kiran interacting with some of his school colleagues



Kiran with colleagues



Learning fishing skills from older fishermen

Things I wish my parents had talked to me about

BY CHRISTOPHE ZIALOR

While growing up, I was raised to be the perfect child right from the very earliest days. I never threw a tantrum, never had a public meltdown, politely ate every morsel of food served on my plate, spoke with respect to elders, scored good grades at school, indeed my parents were raising the perfect kid that everyone dreamed of having.

But what they missed out on is to tell me that the world is not full of good people who deserved that treatment. They didn't tell me that not everyone deserves sweet words. I grew up with the very strong notion in my head that if I am nice to people, they would be nice to me. Unfortunately, that was not so.

My parents meant well enough but there are a number of things I wish they had told me about life, love, sex, and success.

For instance, I wish they had told me that sex does not have to be special.

Often Seychellois parents rely on schools to teach their kids about sex education but most often teachers throw out the same 'wait



Conversations With your Child is Important

sary tools to do this successfully?

Most times parents are too busy with their own work-life to dive into the issues that their child is facing at school, unless you're failing your classes most parents will not pay that much attention to their child's schooling.

Preparing kids for school takes more than books and backpacks. Bullying and technology look different than they did a few decades ago, and the internet has ushered in a new age of misinformation and anxiety. From Primary, to Secondary and University, kids need help navigating complex social and safety issues — ideally, before they happen.

Finance

Wanting to better manage your money is one of the wisest things a person can do, but many people struggle with this, in Seychelles the only financial education children get is in math problems in class.

Gaining a better understanding of setting financial goals, budgeting, savings for emergencies, long-term savings, and retirement savings, and learning when to take financial risks are all things that can produce long-term benefits and sadly this is rarely thought of by my parents.

How to deal with heartbreak

Ah, yes. The good old slap a bandaid on it saying that my parents applied to every heartbreak and hardship: "Time heals all wounds". As a kid, I wanted desperately for this to be true and sometimes it was. But, as we all know, time does not heal every wound.

I wish they had simply told me the truth. Time is in fact a great doctor and it does heal many things but not everything. There is some pain you carry around in your back pocket forever.

On the good days you forget that it's there. And you know what? Life is pretty beautiful despite that pain you carry. Sometimes it's even more beautiful because of it. It reminds you to appreciate those good days. Seems unfair and confusing and it completely is. But that's life, kid.



Lack of Knowledge can Lead to Confusion

til you get married rhetoric', which is not the case.

You can choose to have sex with someone of legal age, at any time, if it is consensual. It does not have to be a night filled with chocolate-covered strawberries, candles, or the weekend on loop either.

And your first time is not necessarily going to be with the love of your life and it does not have to be on your wedding night.

Meaningless sex is just as suitable as passionate sex. Sex is just that — sex, and virginity is a Social Construct

A concept that I wish my parents did not put so much emphasis on, is my virginity. As you grow older and end up "losing" your virginity, you realize that your parents were not necessarily right about virginity.

Sure, it is okay to want to protect your virtue and save yourself for marriage. However, if virginity is based on that thin piece of tissue called a hymen, then your virginity could be taken from using a tam-

pon for the first time or from being active in sports.

When we have sex for the first time, we do not actually lose anything. It does not change our identity; it is not life-altering and it does not affect our worth. It is simply a new experience". Instead of placing emphasis on losing our virginity or trying to preserve it for as long as possible, I wish I were taught that virginity is not really that important. In fact, it truly does not exist.

Whether you are reading this as an 18-year-old or a 28-year-old, I hope you find some comparison in the trials and tribulations of sexual education as a young adult. While I wish that my parents taught me more about sex, I am glad that I took the initiative to educate myself about a topic that I am passionate about. Practicing safe and consensual sex is the biggest takeaway from sexual education. We are all free to explore our bodies in any way that we choose, so long as it is on our own terms.

Mental Health

Secondly, mental health is one of the biggest unresolved issues we face. For every new generation of parents who fail to teach their children how to deal with their mental health, we get a new generation of adults with unresolved issues.

For all of us all, but especially men — we learn to question even the existence of our emotions. As a result, we often deny that our choices and behaviours are largely motivated by reactions to others. It could be helpful for fathers to model the deep emotional lives men are capable of. This can only serve to make us more well-rounded, compassionate humans.

How to handle the pressure of school

Thirdly, we need to talk about school. As a parent, it is natural to want your children to have the best experiences in high school. Make friends, have fun, and learn a lot; but do parents provide the neces-



Topics to discuss with your children

Designing an interior on a budget

CONTRIBUTED BY SANDRA BONNELAME- INTERIOR DESIGNER



Sandra Bonnelame

Furniture, lighting and finishes like paint, wallpaper, flooring and fabrics can be quality and affordable without breaking the bank. With careful consideration, research, planning and some styling guidelines, it is not hard to create or recreate a luxurious space on a budget.

After concluding the design direction you wish to take, you can start selecting cheaper alternatives that will deliver ninety per cent of the same look by hunting for items that have the same touch as a designer piece.

The general aim is to lift the more ordinary objects to the level of the key pieces. So do not hesitate to invest in show stoppers; choosing where to save and where to splurge is the key.

If you like vintage then go for a good secondhand piece that will add a personal and unique feature to your interior. The least it will need is a little restoration.

Look out for sales and discontinued models can probably save you up to almost fifty per cent and still get you a good deal. You would be surprised how stacks of books and layers of accessories add up. Every item needs to be factored into your budget.

If you are on a very tight budget, do a single area well instead of trying to do everything in one go. Save the dining room for next year and go all out with your family room this year for example.

On a last note, think about the quality and durability you want in your space. If you have kids and need a performance fabric on your upholstery or you have furniture exposed to in the outdoors, you will need to think about durability. These specialty fabrics all cost more but cost you less in the long run in creating spaces that last.

Creating a great interior look takes extra time precisely when on a budget. Find a look you love but get it for less!



A living space designed on a budget

Crafting with wine corks

BY CHRISTINE OUMA

If you're a wine lover, you've probably opened dozens of fine bottles. Don't throw away all those corks; they can be used to make crafts that will breathe new life into your area. Here are some innovative ways to display your leftover wine corks that are simple to do:



Put them in a clear bowl



Cork Vase



Bowl of corks



A perfect cork filled glass vase for your dinning table

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Glacis, Seychelles, Mahe

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

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

Offers invited USD 3.5m+

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



Anse La Mouche, Mahe

Anse La Mouche, Mahe

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



Sans Souci, Mahe

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

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

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



Sans Souci, Mahe

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

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

Historic Home, classified as National Monument.

Price available upon request

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



Praslin Island, Seychelles

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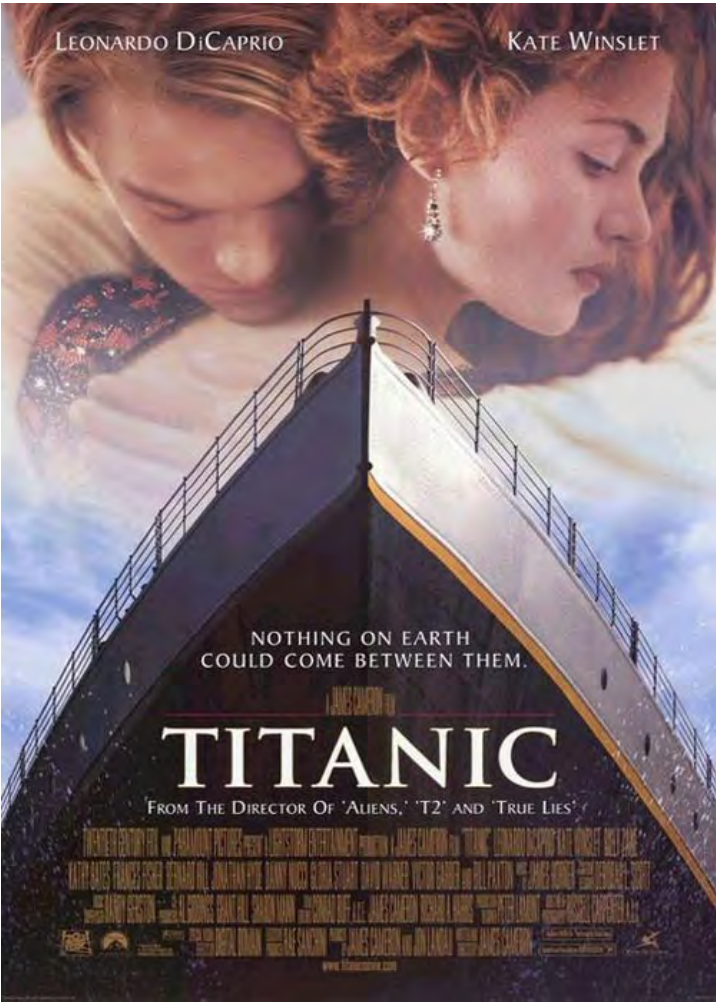
Titanic- The film

Titanic is an American epic romance and disaster film based on accounts of the sinking of the RMS Titanic. The film that propelled Leonardo DiCaprio to super stardom, became the first film to gross \$1 billion, and stayed on the top of the box office charts for 12 years (only to be kicked off the top by another James Cameron film, Avatar in 2010). According to IMDb, Titanic has grossed a total of \$2.19 billion in revenue since its release on December, 17 1997.

REVIEW BY FILM CRITIC, ROBERT EBERT

Like a great iron Sphinx on the ocean floor, the Titanic faces still toward the West, interrupted forever on its only voyage. We see it in the opening shots of "Titanic," encrusted with the silt of 85 years; a remote-controlled TV camera snakes its way inside, down corridors and through doorways, showing us state-rooms built for millionaires and inherited by crustaceans. These shots strike precisely the right note; the ship calls from its grave for its story to be told, and if the story is made of showbiz and hype, smoke and mirrors--well, so was the Titanic. She was "the largest moving work of man in all history," a character boasts, neatly dismissing the Pyramids and the Great Wall. There is a shot of her, early in the film, sweeping majestically beneath the camera from bow to stern, nearly 900 feet long and "unsinkable," it was claimed, until an iceberg made an irrefutable reply. James Cameron's 194-minute, \$200 million film of the tragic voyage is in the tradition of the great Hollywood epics. It is flawlessly crafted, intelligently constructed, strongly acted and spellbinding. If its story stays well within the traditional formulas for such pictures, well, you don't choose the most ex-

pensive film ever made as your opportunity to reinvent the wheel. We know before the movie begins that certain things must happen. We must see the Titanic sail and sink, and be convinced we are looking at a real ship. There must be a human story--probably a romance--involving a few of the passengers. There must be vignettes involving some of the rest and a subplot involving the arrogance and pride of the ship's builders--and perhaps also their courage and dignity. And there must be a reenactment of the ship's terrible death throes; it took two and a half hours to sink, so that everyone aboard had time to know what was happening, and to consider their actions. All of those elements are present in Cameron's "Titanic," weighted and balanced like ballast, so that the film always seems in proportion. The ship was made out of models (large and small), visual effects and computer animation. You know intellectually that you're not looking at a real ocean liner--but the illusion is convincing and seamless. The special effects don't call inappropriate attention to themselves but get the job done. The human story involves an 17-year-old woman named Rose DeWitt Bukater (Kate Winslet) who is sailing to what she sees as her own personal doom: She has been forced by her penniless mother to become engaged to marry a rich, supercilious snob named



Cal Hockley (Billy Zane), and so bitterly does she hate this prospect that she tries to kill herself

by jumping from the ship. She is saved by Jack Dawson (Leonardo DiCaprio), a brash kid from

steerage, and of course they will fall in love during the brief time left to them. The screenplay tells their story in a way that unobtrusively shows off the ship. Jack is invited to join Rose's party at dinner in the first class dining room, and later, fleeing from Cal's manservant, Lovejoy (David Warner), they find themselves first in the awesome engine room, with pistons as tall as churches, and then at a rousing Irish dance in the crowded steerage. (At one-point Rose gives Lovejoy the finger; did young ladies do that in 1912?) Their exploration is intercut with scenes from the command deck, where the captain (Bernard Hill) consults with Andrews (Victor Garber), the ship's designer and Ismay (Jonathan Hyde), the White Star Line's managing director. Ismay wants the ship to break the trans-Atlantic speed record. He is warned that icebergs may have floated into the hazardous northern crossing but is scornful of danger. The Titanic can easily break the speed record but is too massive to turn quickly at high speed; there is an agonizing sequence that almost seems to play in slow motion, as the ship strains and shudders to turn away from an iceberg in its path--and fails. We understand exactly what is happening at that moment because of an ingenious story technique by Cameron, who frames and explains the entire voyage in a modern story. The opening shots of the real Titanic, we are told, are obtained during an expedition led by Brock Lovett (Bill Paxton), an

undersea explorer. He seeks precious jewels but finds a nude drawing of a young girl. Meanwhile, an ancient woman sees the drawing on TV and recognizes herself. This is Rose (Gloria Stuart), still alive at 101. She visits Paxton and shares her memories ("I can still smell the fresh paint"). And he shows her video scenes from his explorations, including a computer simulation of the Titanic's last hours--which doubles as a briefing for the audience. By the time the ship sinks, we already know what is happening and why, and the story can focus on the characters while we effortlessly follow the stages of the Titanic's sinking. Movies like this are not merely difficult to make at all, but almost impossible to make well. The technical difficulties are so daunting that it's a wonder when the filmmakers are also able to bring the drama and history into proportion. I found myself convinced by both the story and the saga. The setup of the love story is fairly routine, but the payoff--how everyone behaves as the ship is sinking--is wonderfully written, as passengers are forced to make impossible choices. Even the villain, played by Zane, reveals a human element at a crucial moment (despite everything, damn it all, he does love the girl). The image from the Titanic that has haunted me, ever since I first read the story of the great ship, involves the moments right after it sank. The night sea was quiet enough so that cries for help carried easily across the water to the lifeboats, which drew prudently away. Still dressed up in the latest fashions, hundreds froze and drowned. What an extraordinary position to find yourself in after spending all that money for a ticket on an unsinkable ship.

This review was first published in 1997.



Leonardo DiCaprio as Jack and Kate Winslet as Rose in Titanic



The 880 foot, 60,000 tonne RMS Titanic sinking



Titanic wreck

My Story

Roland Raforme, a former boxer, and double Olympian

BY U-ROY JULES

Roland Bernard Raforme is a former Seychellois boxer and double Olympian. Roland represented Seychelles in the men's light heavyweight category at the 1992 Summer Olympics Games. He reached the quarter-finals where he was beaten by the Hungarian boxer Zoltán B eres on points. "This was the biggest challenge in my boxing career, where I competed in the 1992 Summer Olympics Games in Barcelona. It was a tough fight, which I lost but, that gave me the motivation to succeed in my boxing career," he said. Roland came back four years later to compete in the same event at the Atlanta Olympics Games. He was stopped in the first round by Troy Amos-Ross, the Guyanese-Canadian cruiserweight boxer. He was more successful in the 1998 Commonwealth Games, where he won a silver medal in the men's heavyweight category after losing in the final to Mark Simmons a heavyweight boxer from Canada. Previously, the famous Seychellois represented Seychelles at the 1994 Commonwealth Games. "Boxing is a complex sport with a simple premise: Beat the other man up by either hit him more effectively to win on a point system or punch him so hard or so much that he can't continue to fight. At those times, boxing was very popular in Seychelles, and the community was always excited to see local boxers such as Gerry Legras and Rival Payet among others," he said. Roland also competed in the 1993 Indian



Roland Raforme still in great physical shape

Ocean Games, which took place in Seychelles. It was the fourth edition of the Indian Ocean Islands Games, a competition recognized by the International Olympic Committee and involving half a dozen islands in the southwest of the Indian Ocean since 1979. "On this day, the community came to support the local boxers. We were ready to compete and ready to make Seychelles proud. There were three of us representing our country, but our competitors from Mauritius were afraid to compete, and we all won by a walk over. It was a great feeling, but on this day we wanted to prove ourselves to our country," he said. Besides his successful international career, Roland is still active in the sports industry. In 2000 he started working for the National Sports Council (NSC) seeking young talents to replace his generation in boxing. "Various young talented individuals have gone through my experience, and I was lucky enough to train a few of them such as Kitson Julie. He qualified for the 2014 Summer Olympics by winning that year's African Championship gold medal in Gaborone," he said. In 2021 Roland is still training young talents, even if our small island is struggling with the COVID-19 pandemic. "Currently I am still a boxer at heart, but I prefer to share my experience with the local talents. I still have time to train students who are willing to learn the art of boxing. Boxing is about fighting with class and intelligence. I also want to stress out that boxing is not only for men but women are also welcome to join the sport," he said.



Champion



Keeping boxing alive among the youths



Roland with local boxers who took part in an international competition



Roland Raforme, Gerry Legras and Rival Payet



Roland won the Sportsman of the year 1991

Family Trivia



Source: The Game Girl

What it is: A simple on-the-go out loud trivia game to play with family members

Best for: A family! Especially young children who need a game to play to kill time

What you need: Just some general knowledge about your family!

How to play: This game just consists of asking each other trivia questions about family members. Here's an example:

- Out of Uncle Max and Uncle John, who used to live in Canada?

And then see who can answer the question correctly. It's works best, of course, if parents come up with the questions and the children see if they can answer them. The questions can be easy or more challenging. The questions just always take the format:

- Out of ____ and ____, who ____?


Here are some other examples of things you could ask:

- Who worked as a ____?
- Who lived ____?
- Who knows how to ____?
- Who studied ____ in school?
- Who had ____ when they were a child?
- Who grew up with ____?
- Who did ____?
- Who lives ____?


It's a fun way to learn about family members: parents, uncles, aunts, grandparents, even siblings. It's fun to test how well you know your family. It's simple, but engaging. When we're around the dinner table or waiting in line, this is one of the games our kids request the most.

PUZZLE

Name: _____ Date: _____





School Words
Word Search Puzzle



t	p	x	p	p	e	n	c	i	l	s	m	b	c	y	a
w	p	l	w	y	p	m	h	r	h	t	a	l	r	q	m
f	e	h	a	l	w	a	y	s	e	r	u	a	w	x	
r	n	t	f	y	b	e	l	l	c	a	k	n	y	h	z
i	p	r	n	u	g	d	y	c	l	c	e	c	o	f	u
e	x	a	o	y	d	r	d	t	x	h	r	h	n	c	z
n	d	z	p	y	b	f	o	p	z	e	s	b	o	h	g
d	g	h	l	e	s	g	s	u	n	r	b	o	d	a	a
s	r	i	q	x	r	b	p	a	n	v	o	x	o	l	m
s	u	x	k	s	c	l	a	s	s	d	o	e	b	k	e
l	l	s	d	e	s	k	s	m	b	a	k	r	n	g	s
b	e	s	v	f	c	h	a	l	k	b	o	a	r	d	f
b	r	c	a	b	p	b	i	n	d	e	r	s	o	s	k
v	l	r	l	o	c	k	e	r	s	d	o	e	h	k	s
s	h	h	g	o	o	s	d	l	s	k	f	r	r	z	p
c	s	t	u	d	e	n	t	s	j	a	a	o	r	i	p

Find these words related to school

teacher	lunchbox	games
students	book	crayon
eraser	class	chalk
friends	hallways	ruler
lockers	bell	pencil
pen	chalkboard	markers
playground	desks	binder
paper		



The words may be hidden vertically, horizontally or diagonally.

Sot Lakord



Parey bokou lezot bann pti zwe ki nou vwar isi Sesel, sot lakord l osi en zwe orizinen Eropeen. I ti ganny pratike par tou zanfan fiy ek garson e l ti enn parmi bann zwe pli popiler. Souvan fwa en bout lakord patatran oubyen lafous ti ganny servi pou lakord sote.

- I annan de (2) fason mazer sot lakord.
- (i) kot en marnmay l atrap son lakord e sot endividyelman.
- (ii) kot de 2 marnmay l bat lakord (fer li tourn dan sans sirkiler) sakenn l atrap en bout e lezot manmay l sote.

- I lekziste senk 5 kalite sot lakord
- (i) kot manmay l antre dan lakord avan l komans bate. Sa ki 'mor; (may dan lakord) l al atrape e sa ki tip e atrape l vin sote.
- (ii) enn, de, trwa; kot lakord in komans ganny bate sa ki pou sote l antre amezir ki lakord l an mouvman. Zot sot twa (3) fwa apre zot sorti. zot kapab antre par enn, de, trwa ou plis si lakord l gran.
- (iii) Sase; kot de (2) oubyen trwa (3) partisipan l sot ansanm dan lakord e zot sanz pozisyon tan-zan-tan.
- (iv) Salad; kot marnmay ki pe sote l sot trwa fwa e asiz an manningning e bann ki pe bate l fer lakord pas trwa (3) fwa parlao zot latet.
- (v) sot piman; kot lakord l ganny bate tre vit.

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