

**HISTORY OF SEYCHELLOIS
IN WW I AND II - 26**

**MEET SCULPTOR
JOSEPH NORAH - 38**

**MY STORY; COEUR
DE LION - 46**



**Remembering our
VETERANS**

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EDITOR'S *Note*

TRIBUTE TO ALL VETERANS

"The nation which forgets its defenders will be itself forgotten."

**President Calvin Coolidge
(30th U.S. President)**

This year marks 103 years since the end of World War I, and every eleventh day of November, Armistice Day is celebrated by laying poppy wreaths at the cenotaph at the Mont Fleuri Cemetery. In the past, many veterans got together with others who believed in their cause at the Poppy Ball. Unfortunately, this annual event is now on hold due to the pandemic.

A few days ago, I had the honour and privilege of meeting Yvon Bastienne and Michel Fanny at the Tobruk Club in Victoria. The two 89-year-old lads were amongst a group of young Seychellois recruited under the Royal Pioneer Corps after the war in 1950. Some were deployed for duty in Tobruk near Egypt, and others to different locations in Africa.

Many young men enlisted as work was scarce in Seychelles at that time. They were dispatched to various war locations to serve and work for several years before returning home. Most of our veterans did not physically fight in the war, as Mr. Bastienne explained, but instead worked as welders, labourers, drivers, cooks, paymasters, security officers guarding weaponry tents etc. It is estimated that some 3000 plus Seychellois served, worked, and contributed during and after the wars.

I also briefly met Justin Mémée, who was a member of the Royal Army Medical Corps. His role may have been more intense as he had to take care of the injured and sick soldiers from the war. He was dispatched in the second recruitment group in 1960. (You will have the opportunity to read about Mr. Mémée's story in an upcoming edition).

I relished and admired the remarkable resilience of these veterans as they reminisced and recounted their experiences. There was a feeling of excitement, discipline, and pride in their voices as they shared their version of the war stories with a stranger. I loved how one minute they were serious, and the next they made me smile. What surprised me most was how quickly their euphoria turned to sadness, and I could see their shoulders drop as they often gazed away in moments of silence. It was as if they felt let down by their own country and compatriots. The question one begs to ask is, why do they feel abandoned? Why were some never recognized nor compensated as true war veterans? They boldly worked, served, and represented Seychelles under the British Colony at that time. Sadly, it is believed that what was given to the Tobruk Group by the British was later stolen by the Government at that time. Personal gains trumped patriotism.

Our country owes all our veterans immense respect, and the least we can do is appreciate their courage and service to the country. It is time to remove the blindfold and do what is right for our unsung heroes. We do not have to wait for November to show our gratitude. Give them back their pride, dignity and let us support them wholeheartedly.

As I gazed at the few photos on the walls at the Tobruk Club, I was surprised to see so many familiar last names. Captain Michel, Corporal Barallon, Sergeant David Sandapin and Sergeant Jean-Baptiste Dingwall looked handsome and proud in their uniforms. So much history is simply fading away on those walls, yet we teach our children the history of other nations while ignoring our local heroes.

"A nation that forgets its past has no future", said Sir Winston Churchill. Indeed, we must never forget our past, and it is time for our people to embrace the sacrifices made by our past heroes. We need to capture not only the glory but also the pain caused by wars, let alone embrace and understand the sad events that have shaped our young nation since the 1977 coup d'état. The Truth, Reconciliation and National Unity Commission (TRNUC), which in my view became a live reality T.V. show, will never give the bereaved families closure, and no sum of money will either. Perhaps a better solution would be to chronologically narrate these horrific past events in remembrance of each departed soul as part of a memorial exhibit. Just like our fallen war heroes and the three living veterans I met, all our heroes can be honored and remembered forever as they too can take their place in our history, either in a new museum or even as part of our National Museum.

We are proud to dedicate this Ozordi Dimans edition to all our unsung heroes and veterans of Seychelles. Today, we take a few minutes to remember those who have left us while we think of the ones who are still here with us on this Armistice Day.

Meet Yvon Bastienne, Michel Fanny and France Soopramanian on our cover; the three 89-year-old friends shared their stories with us from the renowned Tobruk Club. On the occasion of Operating Nurse Day today, we bring you two features: an anesthetist named Bettina Asba and scrub nurse Julie Commettant. They will give us an "Avant-Gout" of their day-to-day roles in the hospital operating room. Ozordi Dimans would like to recognize and thank all the hardworking nurses who ensure smooth surgeries and contribute to saving the lives of our citizens every day.

Scroll your way down to a heart-breaking story of a young girl on page 8 who rehashes the saga of how she was pressured into getting an abortion. She talks about the shame she felt afterwards and how she contemplated suicide.

Check out some unique visual art from Joseph Norah, an exceptional sculptor who explains his journey and the different life aspects that inspire his work.

Gone are the days when we used to look forward to the Night of the Champions, Mr. Regatta, Mr. Seychelles, and the Lovenut Grand Prix. If those events do not ring a bell, then you were either too young or never a bodybuilder fanatic. So, catch up with Gabriel Coeur de Lion in "My Story", our veteran who chats about his childhood and who tells us how he fell in love with the sport of bodybuilding.

A happy Sunday to all, and a happy birthday to one of our veterans, Mr. Michel Fanny.

P.S. If anyone knows of a family member who served or worked overseas in the armed forces, please get in touch with Ozordi Dimans at TODAY Publishers. Stories and photos will be shared with our readers in future editions.



Veronica Maria
MANAGING DIRECTOR & EDITOR

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Remembering our veterans



France, Yvon and Michel at the Tobruk Club

BY CHRISTOPHE ZIALOR

General Douglas McCarthy once said, "Old soldiers never die, they fade away." A true statement that becomes more accurate with each passing generation as we lose the brave Seychellois men who left their families decades ago to enlist in the army.

Every year on the 11th of November at the 11th hour, we bow our heads and remember the soldiers who gave their lives in World War I and II, and the countless other wars that followed. We say a prayer and lay a wreath at the Mont Fleuri Cenotaph in remembrance and then we move on with our lives. As important as it is to pay our respects to past veterans, we must also record their stories so that future generations will understand the sacrifices they made.

We should never dismiss the important roles that Seychellois men played in the British army, as thousands of them enlisted; by 2021, the majority of them have died of old age, and the few who remained spent their days at the Tobruk club, fondly remembering the days when they were still young lads.

Over 1,200 young Seychellois, including some Second World War veterans, joined the British Army and went to Egypt between 1950 and 1951. Following some training, they were assigned to various companies and various guard

duties in the ammunition zones.

Corporals Michel Fanny, Yvon Bastienne, and France Soopramanian, were among those who enlisted in the 1950s. OZORDI DIMANS met the three men at the Tobruk club, where they reminisce about their youth and military service.

All three men met when they served in the Royal Pioneer Corps, they worked as engineers, construction workers, escorts and guard duty, while others were also involved in tank duties and mine sweeping.

Corporal Fanny recalls how hard life was during the second part of the 20th century.

"There were not many jobs at that time, so when I saw that the British Army were recruiting men I decided to enlist"

On January 9th, 1950 he received his deployment papers and a month later he left the small island for Egypt.

"We underwent months of training when we got to Egypt. We were then placed in various companies where we were assigned our duties. One of my main duties was as a security guard for the ammunition tents"

Mr. Fanny noted that the job was not an easy one, but he took his responsibilities seriously.

The British troops were forced to leave Egypt in 1956, and the contract of the Seychellois men stationed there were also terminated. They were not compensated for their time, and they were

forced to return to the Seychelles.

The veteran said that he was penniless when he came back to Seychelles; he worked as a security guard at the hospital until he retired.

Mr. Fanny, now 89 years old, mentioned that he enjoys fixing watches, a hobby he has had for many years.

France Supramayan, was another Pioneer Corp Member in Egypt during the 50's, he noted that his troop did not join the army to kill people.

He enlisted in the army at the age of 18.

The army provided France with the opportunity not only to travel outside of Seychelles, but also to reunite with his extended family.

"While I was deployed in Egypt I met a cousin of mine from Mauritius. I was able to learn about my family tree as I grew up in Seychelles and had never met them"

He recalled that his grandfather had accidentally killed a man in Mauritius and had fled to Seychelles on a merchant ship with his son, France's father.

While in Egypt, France got the opportunity to take part in several short financial and clerk courses.

"The courses lasted 14 days and I managed to successfully pass them all. I became a corporal and was responsible for finance on the base"

He noted that although he was a corporal, he



(Continued on Page 6)

(Continued from page 5)

had enough knowledge and training to be a sergeant but his Major General did not promote him”

France served in the army for three years before returning to Seychelles. He remembered those three years as difficult, but he wouldn’t trade that experience for anything.

Like many soldiers during that time, coming back to Seychelles was hard but he noted that compared to other African countries, Seychelles still had it good.

After the army, he joined the police force before quitting due to unfair treatments he received.

He went to Uganda afterwards where he was a mine worker for over ten years before he had to return back to Seychelles due to civil unrest in the country at that time.

He joined the police force once again where he became corporal and he was one of the first group of officers to work at the airport.

Yvon Bastienne, another Royal Corp member, added that life in Seychelles was hard which is why he left for the army.

He noted that their group was not recognised for their work after they were discharged; they did not even receive a pension from the British Army, and it was only 50 years later, in 2004, that the British Army formally acknowledged their work in the Suez Canal.

Mr Bastienne also stated that they did not fare any better with the Seychelles government, as land left behind for them by the British was taken without reason.

“There was a piece of land at Sans Souci that belonged to the Tobruk Club which the government took hold of and we never stepped foot on that land”.

“When I got out, they gave me nothing,” the veteran remarked, “and they should have known how much we helped them.” They would have contributed something. That, however, was not the case. We were abandoned in that manner.”

This is not the first time the British government has been accused of discriminating against soldiers from its former empire; a British inquiry found that many African men were not paid their dues after the war, in contrast to their white counterparts.

However Mr Bastienne remembers his time in the war fondly, despite his treatment.

“My father was one of the soldiers who enlisted for World War II when I was 14 years old, and I remember how dashing and proud he looked in his army uniform.” said Yvon.

When he turned 17, in 1951 he formally enlisted and went to Africa, like the majority of his peers, enlisted and worked as a labourer and an engineer.

After the war Yvon spent time in Africa where he started a family; his first child, a girl, was born in Kenya, and his second in the Republic of Congo. In total he has three girls and a boy.

He said he did not want to come back to Seychelles straight away as there were no jobs for him at that time.

Currently only few of these men remain. They meet each week at the Tobruk Club in town where they catch up and remember their youths and the friends they have lost throughout the years.

Capturing and collecting stories from the veterans does not only help to preserve their memory, but also serves to help shed light on the important role these men played in our country.



Michel when he was still a young lad



Yvon and friends in a deep discussion

This is why we are appealing to anyone with stories to share. Let today’s generation learn and appreciate the sacrifices our country’s real life heroes made for our homeland.

WEEK REVIEW

The week kicked off with the 7th anniversary of the Citizen Engagement Platform Seychelles (CEPS). For this occasion, the platform traced its successes and challenges and its work with the government.

Alvin Laurence, the Chief Executive Officer, explained that this was an opportunity to thank everyone and their associations for making it possible for a platform like CEPS to exist. He stated that CEPS is mandated to perform its duties in a fully developed society and to ensure that citizens’ contributions are valued and that they are given the opportunity to contribute freely according to their vision. Mr. Laurence went on to say that the time has come for CEPS to be more determined in the face of a pandemic, as well as given the country’s political changes.

In Tuesday’s paper the President of the Republic, Mr. Wavel Ramkalawan, assented to the Inquest into Death Bill, 2021. The object of this Bill is to promote justice through investigations, and the identification of the causes and circumstances of sudden or unexplained death or deaths that occurred in certain circumstances. In his remarks, President Ramkalawan emphasized the importance of the Bill and came about as part of the revision in the Criminal Procedure Code. “We felt that it was very important to give the country a new modern piece of legislation that will take into account all circumstances where someone dies abruptly,” he said.

It was said that this piece of legislation would grant families closure after their relatives pass away.

Additionally on Tuesday, following a performance review, the International

Monetary Fund (IMF) has deemed Seychelles successful in meeting the targets set to continue receiving funds under the Extended Fund Facility programme. A second disbursement will be effected once the findings of the performance review has been approved by the IMF’s executive board.

On Wednesday, Minister for Land Transport, Anthony Derjacques informed that the Cabinet has

approved to go forth with the planning for the separation of the Regulatory Authority and the Service Provider, to amend the Seychelles Civil Aviation Authority Act, 2005, and establish a new Airport Authority under an Airport Authority Act, 2021.

The Cabinet approved for the drafting of the new Civil Aviation Regulation and the new Civil Aviation (Hijacking and Other Offences) Bill, 2021.

Thursday’s Paper featured the Seychelles Port Authority alongside the Ministry of Tourism, who are putting the final touches for the Grand Reopening of the Cruise ship

season that will resume as of Thursday 18th November 2021. This resumes port activity in the Seychelles after an 18-month hiatus caused by the pandemic.

The Minister for Finance, Economic Planning and Trade presented before the National Assembly of the Republic his proposed budget for 2021. The bill, entitled “The

Appropriation Bill 2022”, has a budget of SR 10,091,651,146, and it will be used as expenses in the Consolidated Fund for the 2022 fiscal year.

ERRATUM

In the fifth edition of *OZORDI DIMANS*, in an article that featured the film maker, Emillie Chetty, we incorrectly captioned her movie as ‘Dessert Rose’ instead of ‘Desert Rose’. *OZORDI DIMANS* would like to apologize to its readers as well as Ms Chetty.

What does it take to be an Operating Room Nurse?

BY CHRISTOPHE ZIALOR

I grew up watching Scrubs and Grey's Anatomy and aspired to work in the operating room. Unfortunately, Chemistry and Biology were never my strongest subjects, so I had to settle for journalism.

Nursing is one of the world's oldest professions, and there have been many times in history when nurses have had to step up, including during the plague outbreak in Europe, the two World Wars and their aftermath, and now, most recently, during the deadly COVID-19 pandemic.

In commemoration of International Day for Operating room nurses, we share with you the story of Julie Commettant, one of the many scrub nurses at the Seychelles Hospital.

37 year old Julie Commettant is a senior nurse and has been a scrub nurse for over 15 years.

"The Operating Room is like a second home to me."

She stated that as a child, she aspired to be a mortician, but when she entered nursing school, she fell in love with the nursing profession.

"I told myself that if I couldn't work with the dead, I might as well work with the living."

She mentioned that she has sixteen scrub nurses, seven Health Care Assistants, a porter, cleaner, and anaestheticians, including our surgeon, on her unit. A small but capable team whose role is just as important as that of each other.

Julie added that her job is her passion; she enjoys scrubbing into surgery and being able to contribute to saving the life of a patient.

Operating rooms can be stressful places, and she noted that you cannot come to work with your emotional baggage. When you enter the OR, all of your stress needs to be left outside because the job requires focus and you are held accountable if anything goes wrong.

Being able to stand for long periods of time is also an asset when considering a career as an OR nurse. Some surgeries, according to Julie, can last for hours, and you must be physically fit to stand on your feet for the duration of the procedure.

"You have to be strong in the OR, which is why I believe many young people do not want to pursue that career path. You also never stop learning; it is critical to be well-versed in your patients' medical histories and to be constantly alert and prepared, as one simple mistake can be fatal."

One particular moment that she has carried with her throughout her 15-year career is a 7 hour surgery she assisted on, where a woman had a leaking aneurysm, a risky surgery with a low survival rate, however they managed to save the patient, and Julie commented that she is still alive to this day.

One negative experience she has had was when a mother lost her life while giving birth.

"Death is part of the job, but you never get used to it. As a mother of two, children dying is especially hard for me. We nurses counsel each other each time we lose a patient."

"I remember one time crying as I had to inform a family member that their relative was not going to make it"

A scrub nurse's job is very demanding, Julie remarked that as a nurse in charge she has many responsibilities. There have been instances where she has been stuck at work and could not

leave.

"There will be instances where you will have to leave your family behind. If you do not have supporting family members, life as an OR nurse will be very difficult" she advised.

It is believed that surgeons are some of the most obnoxious people you come across. They have big pockets and bigger egos. "This is not always true," said Julie, when asked how she handles surgeons egos. "Confidence and decisiveness are easy to mistake for egotistical behavior. When they insist on their way forward, it is not due to ego. The good people I know definitely stand by what they say; it's difficult to get a word in, but they're the first to apologize if they've made a mistake and immediately correct it. It is also ingrained in their training to seek assistance"

She did note that when she first started and was not familiar with the process, she encountered many problems but as a senior nurse she now advises surgeons to keep their cool when it comes to new nurses.

She also emphasised that you should leave your personal problems and stress outside the OR doors, and this applies to doctors as well.

Negligent practice is also something that Julie has seen in the operating room. "There have been instances where gauze has been left in patients and they have died. These types of practices give the job a bad image"

To avoid these incidents, Julie noted that she is hands on with her staff and makes sure that there is a checklist in every OR she is working on so that there is accountability.

Ending the interview, she advised the younger generation who wishes to be an operating room nurse, to be compassionate and understanding.

She finished by saying that if she had to do it all over again she would not change a thing.

"In the operating room you get to experience life being saved, and for me providing help in healing people is my passion"



Julie Commettant



Julie Prepping for a surgery

A chat with Nurse Anesthetist Bettina Asba



Bettina Asba

BY CHRISTINE OUMA

Bettina Asba, a nurse anaesthetist, is an advanced practice nurse that provides anaesthesia for surgery and other medical procedures.

She also spend time in the Intensive Care Unit (ICU). She was trained in anesthetist, intensive

Care Unit, and emergency medicine.

Her job requires her to deal with life and death circumstances on occasion, but death is the norm in the ICU.

"As a young nurse working in the ICU with no training, my first experiences with death were pretty frightening," she adds. I had just graduated from school, and no one had prepared me for dealing with death. I tried to come up with coping techniques, and sometimes the help of Nurse Managers and coworkers came in handy."

They would conduct problem-solving conversations, psychotherapy sessions, and look for ways to improve communication amongst themselves as a team.

The position of nurse anesthetist is one of the highest ranks of nursing. As an anaesthetist, she adds that the safety and comfort of her patients is her main focus.

Before surgery, there will be tests and visits.

Nurse anesthetics work alongside surgeons to ensure that a patient is ready for surgery.

Before surgery, a patient may be asked the same questions by several members of the surgery team. This is because the team has to gather as much data as possible in order to provide the best operation possible.

According to her, a surgeon may recommend that a patient undergo various tests prior to surgery. Certain tests are required of all surgery patients. Others are only performed if a patient is at risk for certain illnesses.

Blood tests such as a complete blood count (CBC) and kidney, liver, and blood sugar tests, chest x-ray to examine your lungs, and ECG (electrocardiogram) to check your heart are common tests that the surgeon may want you to have if you haven't had them recently. Other tests may be requested by some doctors or

surgeons. This is determined by your age and overall health, as well as any health concerns or issues you may have, as well as the sort of surgery you are having.

Other tests may include colonoscopies or upper endoscopies to examine the lining of your bowels or stomach, heart stress tests or other cardiac tests, lung function tests, and imaging tests such as an MRI scan, CT scan, or ultrasound test. "At the end of the day, our goal is to keep the surgical patient safe and comfortable," she adds.

She claims she's gotten used to the frigid conditions at the theatre, as well as the occasional

emergencies that occur during surgeries.

"We have normal chats while the surgery is going on. The idea is to remain stress-free throughout the procedure" she explains.

Bettina can anesthetize up to 5 patients for surgery in a single day, and the list could go on depending on the shift she's on. She alternates between morning and afternoon shifts.

She claims that the job's demands make it impossible to strike a work-life balance "I'm on call at times. It's part of the job, as well as a challenge."

The 41-year-old confesses that patients who appreciate and are satisfied with her services brings her joy.

She does, however, say that having a patient go into cardiac arrest on the operating table is one of the most terrifying moments because the patient could die if they are not revived.

As the medical industry commemorates Operating Theatre Week on November 14th, Bettina believes that this day will serve as a regular reminder to promote communication among medical practitioners.

"By improving communication, we can enhance our services and our patients' health," she says.

"I wish Nurse Anesthetist could be recognized more for the work they perform," she continues. Usually, the surgeon gets all of the credit. We also have a role to play, which should be acknowledged.

Bettina lists her main values as sense of responsibility, confidentiality, and caring.

In terms of her future goals, she says she wants to get a bachelor's degree in anesthesia and then a master's degree in nursing. She currently holds a nursing degree from Chamberlain University with 19 years of experience.



Bettina in her zone

Abortion is a political issue, not a medical one

BY CHRISTOPHE ZIALOR

This is one of the fundamental problems with the abortion discussion in Seychelles: we see it as a political issue rather than a human one. Women who have had abortions frequently do not share their stories because they are scared of being harassed or stigmatised, and they do not discuss abortion with people who oppose it.

Terminating a pregnancy is far from being an easy decision, and it is not always the individual's preferred option. Whether they freely choose a termination or not, they may experience mixed emotions following the procedure.

While religious conservatives argue against abortion on one side and pro-choice argue "my body, my choice" on the other, there are women in the middle who are unsure what to do. What category do they belong to?

Let me tell you about a close friend of mine who had to make the difficult decision to have an abortion in 2019. She shares her experience during those trying months.

I have been waiting to tell this story for such a long time. It is one of those things where no one really needs to know about but the more you keep it inside, the more it eats you up.

My ex-boyfriend and I were staying at a hotel when I realized that something was wrong. My period had been late, but as soon as we started having intercourse I started bleeding. At that time, I thought 'oh okay it's my period', but it was brown and spotty. However, I didn't pay it any mind. My breasts had also been swollen for weeks.

Finally, we left the hotel, the spotting carried on for a few days until I decided to do a pregnancy test. Mind you I had done a few, which were always negative. So again, I thought okay it's going to be

negative and I'll just get on with my day. I was still sitting on the toilet when the second bar turned pink. I felt like I was about to pass out. I was trembling, my stomach was turning. I told my ex and he came immediately. There was a mixture of sadness, anger and confusion. I

My heart dropped. There was a nice nurse there who sat me down and gave me some advice. It was the first time I felt somewhat optimistic about the pregnancy. I was so relieved that none of the attempts had succeeded and that the baby was still growing.

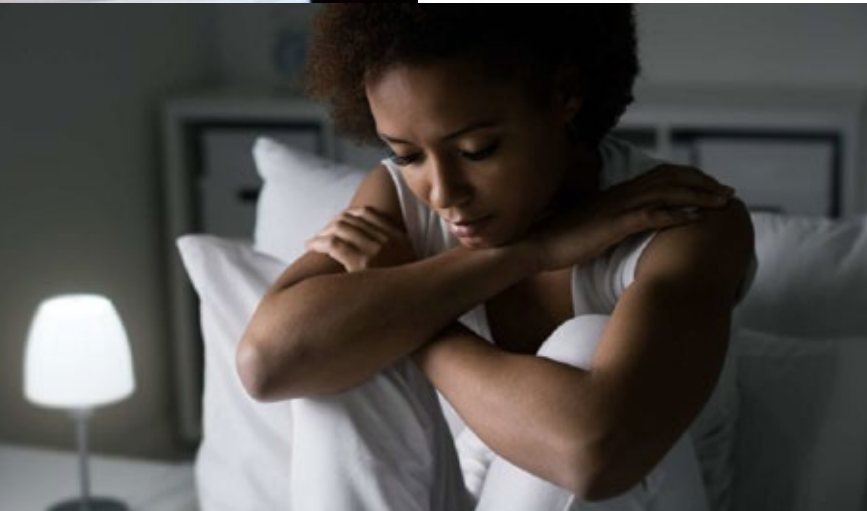


burst out crying as he tried to hold me down. He tried to be positive while I was losing my mind.

The next day I got up, went to the pharmacy and bought a deworming pill thinking that it would do the trick. I was so hell bent on having this "problem" resolved. I texted everyone that I could think of, asking them about pills and all that. Without my ex's knowledge or my parents for that matter. I wasn't a minor so they did not have to know. I called my sister, who brought me some Neem leaves. I drank it, nothing happened. Still upset, I went to a private clinic to ask about Citotec because someone had told me that a nurse sold it on the low. Instead when I got there, I ended up doing my very first ultrasound. I was 1 month pregnant already.

and decided that I should proceed with it. I was trapped, I was helpless. I had no money and nowhere to go at that time. And I was far from my ex when I told my mom so he couldn't help me. The next day, she brought me some 'bwa sousouri' and made me drink. It was awful! I threw up just by smelling the darn thing. This lasted for two days before I decided that I wasn't going to drink it anymore. So she took me to another clinic for an appointment with a gynecologist. I did not want to go, but I felt so helpless and I trusted that mother knows best. I know that she did not have any bad intentions.

So we got there, the doctor interrogated me with the snarkiest of comments and proceeded to explain that I should not expect him to "play God". The humiliation I felt from that consultation made me want to die, truly. I had to fill in an application form to the hospital and write a



At almost 2 months, I decided to finally tell my mom. Everything went south very quickly. All the positivity I had gathered went out the window. I told her about the attempts first, so she immediately assumed that I wanted an abortion still

letter justifying my reasons. I had none, I did not want to go through with it. But I still did. I had cried almost every day since learning of the pregnancy. Following the application, I had a week or so to decide if I wanted to do it or not. I left

my mother's home and ignored her for that period just so I could think. When I finally told her that I didn't want to do it, she said "The devil sends many obstacles your way", and that almost killed me. I don't know how many times I had thought about suicide during those two months. I honestly don't know how I'm still alive. I probably didn't have the guts to do so.

Then the day came, I was admitted, prepped and the next day I had the abortion. I only remember wanting to run away from the hospital pre-surgery. I remember being given the anesthetic and then waking up - no baby. It was like the snap of a finger. As soon as I opened my eyes I started crying, loudly too. The nurses who were there looked at me without compassion and said "I don't know why you're crying". It was the emptiest I had ever felt. I felt so ashamed. I was numb, I didn't feel like I was alive anymore.

After I was discharged, it constantly felt like I had something poking inside my uterus. It was so uncomfortable. The crying carried on for months. I was so depressed and suicidal thoughts also carried on through the next couple of months. Two to three years later, and it's only now that I can think about the child that I lost (killed I guess) and not cry about it. I spiraled down during those two years, trying to camouflage what I was feeling and no one really noticed that I wasn't myself. It was bad, but I'm healing now.

I know that I probably won't make it to heaven, but I hope that my child is there.

It's a shame that most women can't talk about this. We have to grieve in silence. You are told that having a child too young will ruin your life and what not, basically bullied for it. And then if you have an abortion you are forced into silence because you're "an evil child killer." But I'm not blaming anyone for my actions, I have made peace with it.



I know that I probably won't make it to heaven, but I hope that my child is there.

Since November 2nd, the Global Shapers Victoria Hub – a 40 member youth focused NGO operating since 2014 to make a difference across Seychelles - has been taking applications for the Environmental Youth Leadership Programme, or EYLP. The EYLP is an 18 month long programme that is funded through a grant from the United Nations Development Programme under the Global Environment Facility/Small Grants Programme. Since early 2021, despite the challenges of COVID-19 the Victoria Hub has been preparing to deliver the EYLP which seeks to equip 60 of Seychelles' next generation of environmentally-conscious leaders (aged 11-20) with the skills, knowledge, confidence and networks to take climate action in their communities.

The Victoria Hub, which is part of the Global Shapers Community, a World Economic Forum initiative and like many youths focused NGOs in Seychelles finds that the climate crisis is one of Seychelles' and the world's most pressing threats to the lives and aspirations of young people. Sharing his view on the need for the EYLP, Leo

Kwan, the Victoria Hub's Curator (President) for 2021-2022 said "We realise that the youth of today will be tackling the problems of tomorrow. It is imperative that we equip them with the skills and experience as soon as possible to not be solely the victims of climate change, but also the change makers that can help tackle this immense challenge. Through the EYLP we hope to empower young Seychellois to join local organisations and their international peers in taking local actions that can help Seychelles mitigate and adapt to climate change."

The programme which will take its first cohort of 20 participants, aged between 11-14, over the December-January school holidays, consists of three phases that will happen across four weeks. The first phase, knowledge sessions, which takes place from the 6th to 18th December aims to develop participants' knowledge on climate change through exposure to established organisations and leaders in the environmental sector through workshops, field trips and other experiential activities. Phase 2, known as the project development phase and phase 3 being project implementation then take place

between 10th and 22nd January 2022, providing participants with the opportunity to apply their newly acquired knowledge and skills.

EYLP Coordinator Jeremy Raguain shared; "We have been extremely happy to receive the confirmed participation of more than 15 local organisations and government entities involved in conservation, climate action, the blue economy and much more. With their support and a dedicated project manager I am certain the EYLP will make a meaningful impact. While COVID-19 has created serious challenges for our team we are now in a position to help Seychelles' next environmental leaders develop themselves through an intensive programme that has been adapted to COVID-19. With workshops, field trips to turtle nesting beaches on Mahé and Silhouette, to restoration sites and hotels, as well as the landfill, this will be a very formative experience for them and all those involved. I hope many young people apply!"

Speaking about the monitoring and evaluation component of the project, Victoria Hub's Impact Officer and EYLP Monitoring, Evaluation and Finance Lead Ella Pool

added "As we gear up to roll out this first iteration of the EYLP, we are looking forward to seeing how impactful the four weeks are for the young participants through the collection of useful monitoring and evaluation data. The EYLP will undertake a comprehensive monitoring and evaluation approach as we aim to gather as much feedback from participants, partners, volunteers, the project manager and even beneficiaries of the community projects. In addition to surveys, we will be collecting testimonials, pictures and videos showcasing the young environmental leaders in action. The compilation of these data will also assist the EYLP project team to improve on any deficiencies for the remaining two iterations. We are excited to then showcase the project's impact locally and also internationally with more than 448 hubs across the world!"

Applications to join the EYLP close on 26th November 2021. You can apply via an online form www.bit.ly/eylpapply or by requesting an application form from globalshapers.eylp@gmail.com. Requests for more information and clarification can be sent to the same address.

BECOME AN ENVIRONMENT LEADER WITH GLOBAL SHAPERS VICTORIA HUB'S FUN NEW PROJECT ENVIRONMENTAL YOUTH LEADERSHIP PROGRAMME (EYLP)



WHAT IS EYLP?

A 4 week programme taking place during the school holidays consisting of interactive classes, field trips and networking with professionals in the field of conservation and environment.

By the end, you will be given the skills to become an environmental leader, effect change and help tackle the climate crisis.

HOW TO APPLY?

Fill out the application form here:
www.bit.ly/eylpapply

APPLICATION DEADLINE:
26 NOV 2021

PROGRAMME DATES:
6 DEC 2021 - 22 JAN 2022*
(with a festive break in between)
*Applicants must be aged 11-14 during this period

For more information:
www.bit.ly/eylpinfo
If you have any questions, email us at
globalshapers.eylp@gmail.com

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COME JOIN GLOBAL SHAPERS VICTORIA HUB'S ENVIRONMENTAL YOUTH LEADERSHIP PROGRAMME!

A 4 week programme taking place during the school holidays to equip you with the skills to effect change and help with the climate crisis

PROJECT DEVELOPMENT

Plan your own community project to tackle a climate change issue you think needs to be addressed

PHASE 2

WHAT EXACTLY WILL BE HAPPENING?

PHASE 1

KNOWLEDGE SESSIONS

- Workshops on the environment and climate issues
- Field trips to various conservation sites over Mahé and beyond
- Activities with environmental leaders and groups
- Beach clean ups, turtle monitoring and more

PROJECT IMPLEMENTATION

Carry out the community project you developed

PHASE 3



WHAT WILL YOU GAIN FROM EYLP?

- Learn environmental leadership skills
- Design your own community project
- Meet passionate & inspiring people
- Join excursions to environmentally awesome places
- Discover local volunteer opportunities to get involved in
 - A certificate of attendance
 - Network of Seychelles environmentalists

There will also be chances to receive exciting rewards during your learning experience!

TO APPLY FOR EYLP, FILL OUT THE APPLICATION FORM HERE:
www.bit.ly/eylpapply

APPLICATION DEADLINE: 26 NOV 2021

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Robert Payet

VIEWS ON THE NEW GOP PROPOSAL

CONTRIBUTED BY ROBERT PAYET

On November 2, a consultative meeting was organised by the department of employment and immigration with various stakeholders to discuss the revision of the Gainful Occupation Permit (GOP) fee proposal. In my opinion localisation of posts to locals should be encouraged. This new proposal is not an encouragement at all but rather a forced regulation imposed on businesses which will lead to adverse economic effects and burden to all businesses. The increase in costs will lead to companies passing this to consumers as no business will absorb this heavy cost. With heavy costs in Seychelles from utilities to Value Added Tax that is higher than most countries, to have additional burden of this new Increase in GOP fees will be catastrophic especially after being hit hard by covid which will take quite a few years to recover. Any proposals and regulations should apply to all sectors of the economy across the board and

Agriculture and Fisheries should not be excluded even though I stress again that this proposal is not at all correct. The Ministry of Employment should realise that NO business in Seychelles would seek GOP if a suitable serious capable local candidate was available. In the tourism sector all qualified serious people are all in employment and we now have to steal from one another for the local workforce. Employment should make a survey and see if and who are the businesses that do not want to give Seychellois opportunities and not generalise so that the ones making the effort are penalised. That's the problem in Seychelles..we generalise everything and put everyone in the same basket where laws are concerned because the Ministry doesn't want to make the effort to seek the source of the problem. Some areas are hard to find a replacement like security and maintenance. These are demanding odd hours work and replacing people in these positions are hard task and we cannot be

penalised because of this. My hotel strives hard to localise managerial posts and most of my management staff are Seychellois and of course this is beneficial to my company because I save on costs to a foreign manager so why does the Ministry of Employment believe that we do not want to localise posts and put this burden on us. I take myself as an example. How many Seychellois are qualified and have the experience like myself to run such a Hotel as LeDuc de Praslin let alone all those top 5 Star Hotels in Seychelles. Where will we find those Seychellois? So why penalise those hotels where we all KNOW that it will stay unavailable for years to come. I implore the Ministry to review this policy and find alternative ways with the Government to train locals as well as offer more scholarship to serious candidates to take up managerial positions and also see how we can educate our people and youth to take their job more seriously so that in future we can see more Seychellois holding better position.

IS THERE SUCH A THING AS MEANINGLESS CASUAL SEX?

BY CHRISTOPHE ZIALOR

We had a heated debate in the office last week about whether there is such a thing as meaningless casual sex; one half of the office agreed that sex can be meaningless, while the other half said that everything, even a five-minute one-night stand, has meaning. The first thing you should realise as you read this article is that sex does not have to be either meaningful or meaningless. There are various shades of grey as well as purple and neon orange in between. For some, sex provides a sense of relief and enjoyment with whom-ever they are compatible with, whereas for others, it is something very personal to them. Many people argue that even if the only meaning of the sex is that both people wanted to have sex, the act itself is still meaningful. Choose the meaning that is most meaningful to you, whether it is love, emotional connection, pleasure, experimenta-



tion, or something else. Translation? None of this should be taken too seriously. More than the so-called "meaningfulness" of sex, what important is that you got what you needed from it in a safe, consensual, and fulfilling way. It is entirely up to you to give meaning to it or not. But here's my personal opinion, which may not be shared by everyone, and I'm going to say it the way I see it. 'Meaningless sex' is viewed negatively by those who believe humans

are superior to animals. That humans, as a step above them, should have a sense of dignity that animals do not, and that sex should be reserved for specific situations rather than being used to satisfy your own needs. Honor is more important to them than libido. And I respect their viewpoint, but that doesn't mean I agree with it. If that's the philosophy they want to follow, that's fine. I, on the other hand, will take a different route. Some people consider casual sex a healthy sexual outlet, akin to regular exercise, or simply as an enjoyable physical experience, possibly enjoyed even more without the expectations, accountability, or pressures of a traditional romantic relationship. When it's engaged in an emotionally healthy manner, casual sex provides the carnal pleasures of sexual intimacy without the emotional entanglements of a full-fledged relationship. At the end of the day, sex is sex; stop overthinking it.

James Dupres

an avid freelance marketing consultant



James with photographer Marsha Dine



James with videographer Neerah Cisseau

BY U-ROY JULES

Every business needs a freelance marketing consultant to develop and grow but most face a number of problems related to this need. It is either they do not have any real marketing expertise in-house, or they have some expertise, just not in all the areas that they need.

Having a freelance marketing consultant like James Dupres, presents a great opportunity for you if you want to start or revolutionise your business.

In 2020, James received the award for Best Young Entrepreneur of 2019, during the 8th Seychelles Chamber of Commerce & Industry (SCCI) Business Award ceremony.

"In 2019 I registered my small business and continued to push for success and built a positive image for myself. I strive for quality in the services I provided, such as photography projects, managing Facebook pages among others," he said.

James Consultancy offers multimedia consultancy and specialises in a wide range of services, including tailored social media services and solutions for small and medium businesses.

Depending on the size of projects, he works with a team of local professionals from project developer Angela Fanchette, videographer Neerah Cisseau, photographer Marsha Dine and graphics team Julian & Andrew Palmyre and he is committed to providing each and every one of his clients with high quality service and support.

"We efficiently combine our services in order to

provide you with customized help and support, so you only get what you need and what you want. Our innovative approach starts with a thorough investigation of what a respective company or organization needs to succeed so that we can ensure a perfect fit with you and our services. Our team possesses the necessary enthusiasm and determination to ensure that this is a formidable success. We also possess the essential prerequisites required to make any ambitious venture successful," said Mr. Dupres.

Since James is a freelancer, he can bring his personal touch to the marketing operation of a business. No matter how good a large marketing agency is, they can never offer the same personal attentiveness that he and his team can offer.

This type of service is highly valuable to a business, as they know the freelancer will be available when needed and that they understand their business.

Being young and motivated, he brought a new concept in the terms of entrepreneurship locally. By having being contracted by various big business such as TODAY in Seychelles and UCPS end of the year calendar.

"Entrepreneurship is about taking on big challenges and facing disappointments and even failure. Having the drive to succeed in life, you will definitely succeed in life. You might fail at the beginning but at the end it will be totally worth the struggle," he stated.

James added that a lot of young talented Seychellois have ideas, motivation to succeed but they need more confidence. He has advised them to come forward and he will personally provide them with tips on how to excel in such industry.

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Monday 15th November

Targeted Students

Public or Private Schools

Category 1

6 - 9 years old

Category 2

10 - 12 years old



Rules

- One entry ONLY
- Map Size: A4 or A3
- Colour or Black & White
- Write following details on back of map Full Name, School, Class & Age

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"There is just something about fresh air and cleanliness that are great contributors to better learning"

COMPILED BY CHRISTINE OUMA AND THE GUY MOREL INSTITUTE (TGMI)

TGMI's Andre Riaze is the longest serving gardener at The Guy Morel Institute. He shares his passion for gardening, tips and experience of working at the institute. According to him, learning in a clean, green environment lets you connect automatically with nature, and reduces your stress. Below is a chat he had with OZORDI DIMANS.

1. WHAT ARE YOUR ROLES AS A GARDENER?

My main role is to keep the garden at TGMI at a very high standard. I want our garden to greatly improve the learners' moods and reduces the likelihood of stress associated with studying; and enhance our "Ma Joie Experience".

My other roles, involves, lawn mowing, watering the plants and taking great care of them, trimming the trees/plants. Making sure the environment remains clean and safe.

2. HOW OFTEN DO YOU DO LAWN MOWING, LEAF BLOWING, AND OCCASIONAL TREE TRIMMING AT TGMI?

It really depends how the garden looks; however, I would say at least once every week.

3. ARE THERE SPECIFIC TECHNIQUES FOR GARDENING? EXPLAIN AT LEAST TWO.

A beautiful garden takes time, effort, and maintenance. I make sure I plant sun-loving plants in a sunny location, shade-loving plants in shade, water plants appropriately and get rid of garden pests.

But most importantly you need to be disciplined with your garden, love your garden and the rest will simply follow.

4. DESCRIBE YOUR RELATIONSHIP WITH NATURE.

Ever since a young age I have loved nature and gardening, I take after my father. He had a passion for gardening and that got inculcated in me, I have a very personal relationship with nature, it calms me, and I love what I do.

5. HOW LONG HAVE YOU BEEN A GARDENER?

Gardening is all I know, as I mentioned

above it is in my DNA. As for doing it as a career, I would say for almost 15 years.

6. WHAT IS YOUR FAVORITE FLOWER OR PLANT?

I do not have a favourite, they are all my favourites and I treat them all the same.

7. DO YOU ALSO GROW VEGETABLES AT THE SCHOOL?

No vegetables, its only fruits. We have a variety of bananas, papayas, Soursop (Kor-sol) and Custard Apple (Ker-d-bef).

8. SHARE SOME GARDENING TIPS TO CONSIDER AT HOME.

Gardening is about finding the right combination of sunlight, fertile soil, and water to make your plants thrive.

When first starting your garden, creating good soil should be your primary focus.

Choosing the right location is another key to a successful flower garden.

Choosing the right plants for your garden is also important.

9. DO YOU THINK A CONDUCIVE AND GREEN ENVIRONMENT ENABLES LEARNING?

I agree 100%, learning in a clean, green environment lets you connect automatically with nature, and reduce your stress. There is just something about fresh air and cleanliness that are great contributors to better learning.

10. HAVE YOU EVER CONSIDERED STARTING A GARDENING BUSINESS AS A SIDE HUSTLE?

To be honest no, maybe if I was younger but at the age that I am now, I am content in what I am doing and where I am in life.

11. WHAT PLANS DO YOU HAVE FOR THE FUTURE?

I am happy at TGMI, I am treated well, and I am so used to my garden, fruits, and plants/flowers. I have very good rapport with the learners and share cuttings and tips with them. I would want to stay working here until I am no longer able to take care of the garden.



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Principal Secretary of Foreign Affairs' interview with OZORDI DIMANS

THE ROLES OF AMBASSADORS

COMPILED BY CHRISTINE OUMA
AND THE MINISTRY OF FOREIGN
AFFAIRS

The Principal Secretary of Foreign Affairs, Ambassador Vivianne Fock Tave has served 25 years in the Seychelles Diplomatic Service. PS Fock Tave has held various key positions throughout her career in the Seychelles government. Her first appointment as Ambassador Extraordinary and Plenipotentiary was in 2010 when she was accredited to the Kingdom of Belgium and to various International organisations such as EU and the United Nations Office at Geneva amongst others. She was also the first Seychelles Woman Ambassador to be accredited to the Holy See in 2010. Following the restructuring of the Department, Ambassador Fock Tave, previously serving as Head of Mission in the Seychelles Embassy in Beijing was appointed as Principal Secretary of Foreign Affairs on the 1st May 2021. She had a chat with OZORDI DIMANS on the roles of Ambassadors.

What is an ambassador and what are their general duties?

An ambassador is an official envoy, a high-ranking diplomat who represents a state and is accredited to another sovereign state or to an international organisation. They are usually stationed in the foreign capital of the country to which they are accredited, in which case they are known as "resident ambassadors". An ambassador may, however, be accredited to several countries, operating from one country of residence – a "regional hub" so to speak, in which case they are considered to be "non-resident ambassadors". It is the case for Seychelles but is also the case for a great number of countries that have accredited diplomatic envoys to Victoria. For instance, while we have 11 embassies based in Seychelles, however the majority of them (a little under 100) are based in those so-called regional hubs, such as Addis Ababa, Dar-es-Salaam, Nairobi and Pretoria. The overriding consideration, especially insofar as we are concerned, is the human resource and financial factor. An ambassador accredited to a foreign country or to an international organisation may also operate as their country's official diplomatic envoy from the home country, usually from the ministry responsible for Foreign Affairs and International Relations. An ambassador accredited to a fellow member-state of the Commonwealth is referred to as a "High Commissioner", whereas ambassadors of the Holy See are known as "Apostolic Nuncios". In the more liberal application of the designation, persons who are known to represent certain professions, activities and fields of endeavour with distinction may also be appointed as ambassadors. We do have such a case in Seychelles. Other examples can be found in the United Nations practice of appointing persons of merit and accomplishment as UN Goodwill Ambassadors and Messengers of Peace. The Vienna Convention on Diplomatic Relations (1961) would not, however, normally apply to them. The duties, role, functions, privileges and immunities of an ambassador, or a diplomatic agent, are covered by the Vienna Convention 1961. An ambassador's functions consist primarily, but not limited to:

- Promoting and protecting the national interests of one's country in the host country;
- Promoting friendly relations with the host country and its people;
- Reporting accurately on developments in the host country, which are likely to influence the formulation of the policies of one's country;
- Negotiating agreements on various issues with the authorities of the host country;
- Promoting trade and inward investment;
- Promoting cultural, scientific and technological exchanges;
- Protecting one's citizens in the host country and extending consular facilities to them and foreigners (visas, for instance).

What happens in countries where Seychelles is not represented by an ambassador?

In such cases, and there are many – bilateral relations are conducted directly with and between our respective ministries responsible for Foreign Affairs, and the systems in place work well. In addition, we have a wide network of Honorary Consuls. There are just under 90 of them to assist us in the conduct of our relations. As the name implies, they are not remunerated by the Government of Seychelles, functioning in an honorary capacity but providing much valued support to the Department itself, to our diplomatic missions and to Seychellois nationals in their countries of appointment. This could range from the promotion of trade, investment, to cultural exchanges to providing assistance to Seychellois nationals in distress, e.g., loss of passports, repatriation, hospital and prison visits.

Tell us a little of the history of the country's diplomatic service. Who and when was the first Seychellois appointed as Ambassador within the Seychelles Foreign Service?

Prior to Independence, we did not have a Foreign Service. Upon becoming a sovereign state, Sir James R. Mancham assumed the portfolio responsibility for Foreign Affairs. He appointed Mr. Georges Rassool as High Commissioner to the Court of Saint James. Mr. Rassool was thus the first Seychellois to be appointed Ambassador Plenipotentiary and Extraordinary of the Republic of Seychelles. Almost simultaneously, President Mancham appointed Mrs. May Moine as Chargé d'Affaires ad interim (a.i.) in Paris. After her resignation, Mr. Ralph Adam was appointed as Ambassador Extraordinary and Plenipotentiary in her place. London and Paris were, therefore, the poles of our initial diplomatic outreach right after our independence. Ms. Giovinnella Gonther was appointed Chargé d'Affaires a.i. to the Seychelles Permanent Mis-

sion to the United Nations in New York in 1979, with concurrent accreditation to the United States. A position in which she served until her appointment as Seychelles Permanent Representative to the United Nations and ambassador to the United States, with concurrent accreditation to a number of countries, including Canada and Cuba, in 1983 until her resignation in 1987. Other notable personalities, who have left an indelible mark on the Seychelles Foreign Service include Mrs. Danielle Jorre de St Jorre, who, as Principal Secretary of Foreign Affairs, was the Seychelles non-resident ambassador accredited to a number of countries, Ambassador Callixte d'Offay, who joined our nascent Foreign Service at Independence, Ambassador Claude Morel and, of course, Minister Sylvestre Radegonde, who joined the service in 1987 and received his first posting abroad in 1989 as Acting High Commissioner in London.

Are there any set education requirements for one to become an Ambassador?

There are no hard and fast rules, except for an innate intelligence, the ability and willingness to learn, and a keen understanding and grasp of international politics, of inter-state relations and of the art and practice of diplomacy. It goes without saying, though, that one's educational background has a primordial role to play in one's choice of a career as a diplomat and of one's progression prospects. A university degree or a post-graduate degree in such fields as diplomacy and international relations, law, history, philosophy, economics, psychology ... would certainly be an asset and in most cases, a prerequisite. That said, there are quite a number of past and serving ambassadors of other countries with backgrounds in engineering, in the military, in culture and the arts, in the sciences ... Concerning this last, ambassadors with a doctorate in nuclear physics, focussed on negotiating nuclear non-proliferation treaties and conventions come readily to mind! As do ambassadors with a legal background who negotiated the UN Law of the Sea Convention (UNCLOS 1982). The important thing is for a government and a country to utilise a diplomatic envoy's talents, skills, competence, knowledge and experience where they are best required and in the national interest.

What is the minimum salary of an Ambassador or Chargé d'affaires, and are there any exceptions for those serving temporary Foreign Service appointments?

The Public Service Salary Act determines the remuneration package of all public servants, including Foreign Service officers, based on a set of criteria.



Ambassador Fock Tave presenting her letters

Within those set parameters, the salaries of Seychelles ambassadors and/or chargés d'Affaires (as the case may be) are based on the "Scheme of Service for Heads of Mission and other staff of Seychelles Diplomatic Missions abroad". Their basic salary is paid according to the grade of their position on the national salary structure. Their total package, though, would be determined by the cost of living in their country of residence, in addition to which they would receive a Foreign Service Allowance and other allowances where applicable.

What criteria are followed in the appointments?

The nomination of ambassadors by the President of the Republic of Seychelles is stipulated in Article 64.1 of the Constitution of Seychelles. Accordingly, their appointment is made by the President, on the recommendation of the Minister for Foreign Affairs and approved by the National Assembly. It is the President's prerogative to appoint any person to represent Seychelles abroad. The President's choice would, undoubtedly, be on the basis of merit guided by that person's integrity, experience, knowledge, competence and ability to be a worthy representative of Seychelles on foreign soil. For the most part, the tradition has been to appoint career Foreign Service officials as ambassadors, but there have been notable exceptions to this rule. Again and it must be stressed – the appointment of ambassadors is the President's prerogative. It must also be stressed, they serve at the President's leisure.

How many Seychellois ambassadors were serving in countries that Seychelles have diplomatic relations with, in the previous government?

In the previous administration, we had twelve Diplomatic Missions headed by resident Heads of Mission. Unfortunately, with the severe economic downturn as a consequence of the COVID-19 pandemic, we were compelled to close our Diplomatic Missions in Colombo, Havana and recall our representative in Geneva. We explained our situation to the governments of the countries concerned and they understood us. There have been no repercussions whatsoever on our relations with those countries or international organisations concerned.

What about Ambassadors currently in post and are there potential posts unfilled?

There are three ambassadors and two high commissioners currently in post: in Belgium, United Arab Emirates and New York, and in India and South Africa respectively. In line with the restructuring of our diplomatic presence

Give examples of how many Seychellois are currently incarcerated or facing criminal charges abroad – any countries?

We do not dispose of the exact figures of Seychellois nationals currently incarcerated or facing criminal charges abroad. But in cases which have been drawn to our attention, we have provided consular assistance to them. Staff of our embassies and our Honorary Consuls, as the case may be, have visited them to provide some degree of comfort and solace to them, and to ensure that they are treated in a humane manner. But again – and I would like to stress this, we cannot get them out of jail, we cannot provide them with lawyers and, above all, we cannot and will not interfere in the judicial process of the host country. We would, however, in such cases facilitate access to them of their family members to the extent possible. In more extreme cases where they face capital punishment, we would lobby discretely but actively for the commutation of the sentence on humanitarian grounds.

What is the role of the Department of Foreign Affairs/ Ambassadors in improving the perception of Seychelles internationally, especially when it comes to creating correspondent banking relationships?

Many countries usually say Seychelles is a small country but the risk of having such relations is higher. The Foreign Affairs Department is, so to speak, the window of Seychelles to the rest of the world. We are the government department responsible for our country's diplomacy, bilateral and multilateral relations, as well as for providing support for our country's citizens who are abroad. We are tasked with promoting and defending the interests and image of Seychelles and promoting relations of cooperation with foreign partners that are mutually beneficial. Our ambassadors, as experienced officials of the Department, have a primordial role to play in this process. As for issues relating to banking relationships, such matters, specifically correspondent banking, are not within the purview of the Department of Foreign Affairs. They fall under the responsibility of the Central Bank of Seychelles and the Ministry for Finance, and additionally, the Seychelles Financial Intelligence Unit, insofar as financial delicts are concerned. Naturally, we are very much concerned when such issues are brought to our attention as they affect the image of our country and legitimate financial transactions. In turn, we bring them to the attention of the competent authorities and work closely with them to rectify the situation.



Danielle de St Jorre presenting her letters of credentials as Ambassador of Seychelles to Greece to Prime Minister of Greece, Mr. Konstantinos Karamanlis



President Ramkalawan Presents New Ambassadors with Instrument of Appointment

CLINICAL PSYCHOLOGIST

Marina Shamova

DISCUSSES THE BEST WAYS TO COPE WITH STRESS



BY CHRISTINE OUMA

WHY DO PEOPLE SEEM TO BE CONSTANTLY STRESSED?

According to clinical psychologist Marina Shamova, stress is a natural part of life, as we strive to improve our chances of survival. However, everyone's reaction to stress is different. "You can react differently to the same stimuli (stressor) at various times. So if your stress resistance is high and you know how to manage your stressed condition and regain your equilibrium, you won't feel like you're "stressed all the time," she clarifies.

However, it is true that we are not evolutionarily prepared to deal with such high levels of stress, particularly in light of the massive worldwide changes that have occurred in the last 2-3 decades, she continues.

A "shift in speed" is one of the indicators of a stressed individual, she explains. Any extreme in his/her speed and frequency of doing anything can be seen. It might be excessively sluggish or excessively quick, and this can linger for days. You'll also notice a variety of behavioral shifts — the regular stress-free, tranquil mode of completing routine tasks will become twisted in some way. Communicative markers, such as voice intonation and capacity to reply on time while maintaining an average rate of emotions, are altered - the more the inner strain, the more alterations are visible. And the emotional extremes will be visible as well — mainly with negative feelings, but also with a heightened level of excitement.

"You can always gently advise the person to take care of herself and not to ignore their overworked method of operation. This demonstration of your caring is more than likely already needed as assistance, and you can be the key person who arrived on time. Because being overly anxious never yields positive results," she exhorts.

Marina emphasizes that our reactions to stressful events and environments can lead to mental health issues, and that if one's psyche's coping mechanism isn't actually a coping strategy - it's a direct path to a variety of mental disorders. "Stress is more likely to "defeat" our genetically weakest peculiarities than the predisposition to have a disorder from this or that cluster, which is a hereditary element. For example, if one or both of your parents had ever had a depressive episode, you may have a similar reaction to severe or persistent stress. Imag-

ine an axe striking different trees with varying degrees of force; the trees will "stand" it differently," she clarifies.

She adds that the majority of mental health issues are caused by unresolved trauma combined with continuing chronic stress that wreaks havoc on coping abilities.

IS THERE A BETTER WAY TO DEAL WITH STRESS?

Every day, you recover from a variety of stressful conditions thanks to your nature's self-restoration system. Marina explains that your brain's neuroplasticity can "do wonders," but only if you encourage it by establishing the right conditions. As a result, you must have a decent night's sleep, both in terms of quality and quantity. "If your nervous system isn't coping in a normal way, it will need your help. You can go to a spa, go hiking, spend time at the beach, practice yoga, or do whatever else you know will help you relax. The key is to be able to relax properly once more!

WHAT ARE THE GREATEST WAYS TO DEAL WITH WORK-RELATED STRESS?

"First and foremost, identify your scheme and

scope of work," she says. You must be aware of your boundaries in order to avoid burnout and work abuse. Also, do not be afraid to speak with your boss and get a clear picture of what is expected of you. Second, attempt to have a positive working relationship with your coworkers. You are not buddies or family (even if that is a team or organization slogan) - you are simply coworkers, and nothing should become personal. With your supportive approach, you can maintain a healthy respecting distance," she urges.

Keep your common workplace goals and mission in mind, she continues, and focus on the day or weekly objectives, rather than jumping from a co-working level of communication and collaboration to a personal or intimate one. "In the meantime, whenever possible, attempt to enlist the assistance and support of your coworkers. I would strongly advise attending therapy or psychological services to cope with bullying or any other form of prejudice at work, as it necessitates emotional support, a step-by-step approach, and unique tactics. You're also capable of self-rescue," she emphasizes.

WHAT CAN WE DO TO MAKE OUR HOMES LESS



STRESSFUL?

When a person needs "me-time" or to be alone at home, he or she should be able to have a personal space where no one can bother them. And every peaceful home begins with personal boundaries that are respected. "To retain your house as a tranquil haven, Marina urges that you must resolve any conflicts and be able to engage in "healthy and productive conflicting," which you can learn. "Home "paradise" is all about the quality of your communication with other family members, and you may improve it, even if not all communication is up to you. Psychological sessions may come in handy.

WHAT CAN WE DO TO REDUCE PSYCHOLOGICAL AND MENTAL STRESS?

"This is exactly what people who have committed suicide were attempting. Instead of developing new strategies to cope, they succumbed to conditions that appeared to be unbearably stressful. You can avoid many stressors, but you must always learn how to manage difficulties and survive better — physically, emotionally, and socially. You have a lot of untapped inner power! And each of your developmental crises provides you with new resources. You've done a fantastic job up to now! However, if you believe it is truly too difficult and the tension is unbearable, seek professional assistance immediately. Do not let this snowball to grow larger," she advises.

Marina concludes that, unfortunately, in Seychelles, people seek psychological help late, when they are not only overburdened or burned out at work, but also suffering from a mental disorder (e.g., anxiety disorder or depression), due to known stigma.

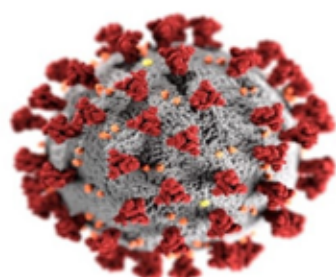
"With our modern pace of life, we are essentially forced to keep a closer eye on our physical and mental health than our grandparents did. That is why psychological services are virtually always in high demand in industrialized countries - it is the healthiest approach to help yourself in so many areas and to avoid mental disorders. Let us be adaptable and continue to learn how to maintain our health and happiness."

Marina Shamova's phone number is +248 2643200, her Facebook page is PsyService Seychelles, and she can also be found on Instagram @zen.psychologist. Her e-mail address is psysserviceseychelles@gmail.com



EAT FOR OUR HEALTH:

Take time to learn how to eat



Have you ever taken a moment to notice that the very fact of existing - and I'm not even talking about living yet - has become rather complicated?

We've spent the whole of the past 12 months re-learning some very simple movements that had become almost second nature. Instead of extending the hand for a shake, we bump fists or elbows.

In some cases if we haven't been able to avoid someone like the proverbial plague, we have at least had to stay 1 metre apart, and we even got used to markings on the floor which told us exactly where to place our feet!

As if these were not enough, it turns out, in case you haven't noticed, that the simple act of eating has become complicated too, and is about to get more so.

Eating mindfully and responsibly



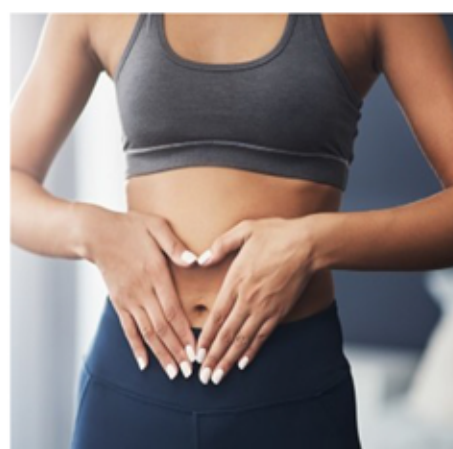
It turns out that you have been looking at it too simply. You thought food was something you shoved in on one end and it came out of the other.

But you forgot about the journey between those two points. What happens in between? Which is in fact the very reason why you should eat. It is important however to eat mindfully and with care.

When you eat mindfully, you take time to listen closely to your body and you realise the importance of not just stuffing yourself with food.

You are able to **NOURISH** your whole system that depends on the food you are eating with nutrients and other important components to keep you well and away from disease and illness.

Nourishing our Gut



In fact Science has gone a step further as to why you should eat properly and mindfully.

It has found that your Gut is more than just an organ which receives, processes and stores food.

It is a rather complex system packed with neurons, cells and microbiome (simply defined as the collective of all Microorganisms living on and inside your body) which is in constant communication with your brain and the rest of your body.

The gut ecosystem thrives on the good food received therefore if they are to work for your best health you have to feed them well.

Simply put, what they are waiting for when you sit down to eat are nutrients, fibre and phytochemicals which are found abundantly in plant-based foods such as fruits, vegetables, whole grains, nuts, lentils and beans.

Certain animal-based foods also provide key nutrients but should be consumed moderately such as fish, lean meat, eggs and dairy products.

Sugar and Salt in moderation

But here's the really bad news for most of us.

These nutrients ARE NOT FOUND in Sugar, sugary foods, salty foods and certainly not in most of the highly processed foods that we consider our little 'TREATS'.



And here we are talking about foods like Corned Beef, Cocktail Sausages, Luncheon Meat, Cream Biscuits, sweets and so on (I know.....your brain craves it).



Training our Brain



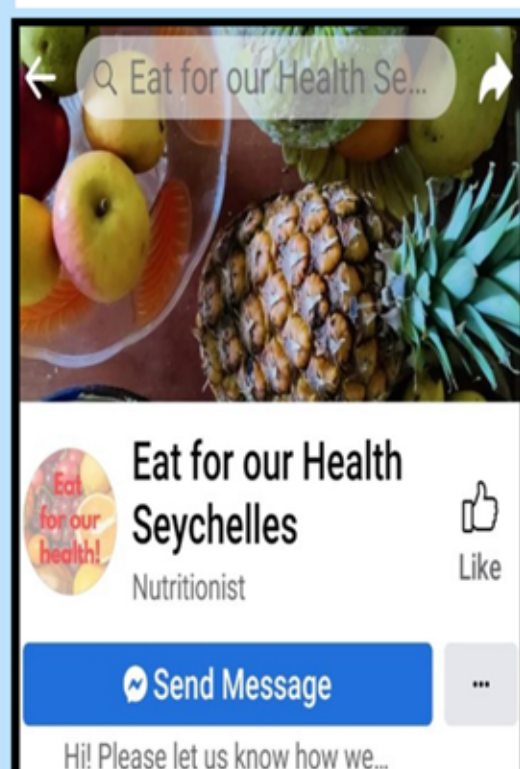
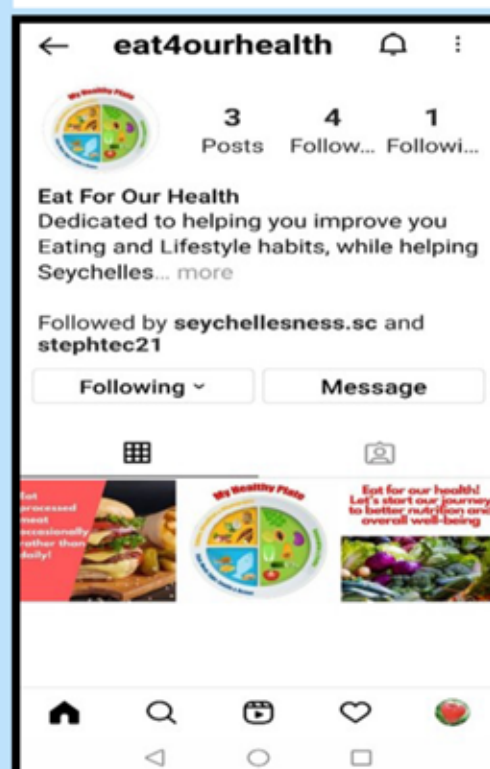
And here's the operative word....That little matter called Brain. Turns out it holds the key to helping you eat healthier, and, thankfully, it is highly trainable.

Once you start telling yourself, thus your Brain, that you are determined to start eating for your health, it will start helping you make the right decisions.

It will start helping you adopt the right habits and make the right choices.

And we will be here every Sunday to guide you along with simple guidelines and tips.

Plus you can also follow us on Facebook (Eat for our Health Seychelles) and Instagram (@eat4ourhealth), where you can also message us or ask for guidance.



By: GP in collaboration with Nutrition unit, Health Care Agency
For more information please contact: myhealthyplatesc@gmail.com
Photo Credits: GP, Stelina Marie and Dr. Conrad Shamlaye

Best Iphone Accessories

BY CHRISTOPHE ZIALOR

What I am about to say might be considered to be highly controversial depending on the type of phone you have? Here goes, iPhones are better than androids.

Let me begin by saying that I appreciate the wide range of hardware and software customization options that android phones have. Samsung's Galaxy S10 and Google Pixel 3 are particularly appealing to those seeking the most enticing designs

and the most compelling cameras, respectively. And the new Samsung Galaxy Z Flip 3 is nothing short of gorgeous. That said, I would not trade my iPhone for anything, after every secondary features, accessories and cases are designed for iPhones.

With the iPhone 13 only two month old, here are some of the best accessories that can make your iPhone even better.

Magsafe Wallet



The iPhone Leather Wallet is designed for iPhone models equipped with MagSafe. It uses magnets to snap directly onto the back of your iPhone or an iPhone case with MagSafe.

It is compatible with iPhone 12 or iPhone 13 Leather or Silicone Cases, as well as the iPhone 13 Clear Case. The new wallet includes a secure NFC chip that supports 'Find My' so that even if you lose the wallet you can find it automatically by using your iPhone. It can hold up to three cards and is shielded to protect them.

This wallet is not only a useful accessory to have when you don't want to carry your wallet around, but it also comes in a variety of fashionable colours.

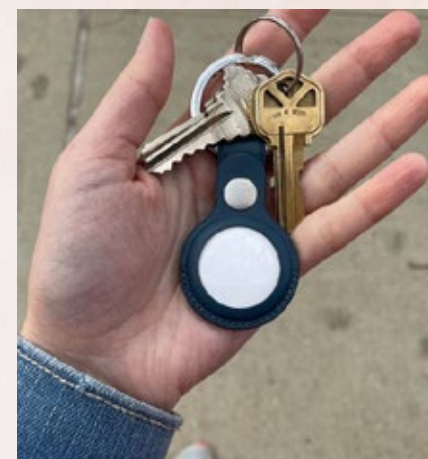
Rover 2.0 Spy Tank



We're getting closer to the holidays, and you might be looking for unique gifts for the iPhone, iPod touch, or iPad owner on your list. Remote-controlled toys have long been a popular gift for both children and adults, and they're cooler than ever now that toy manufacturers have figured out how to use iOS devices as a control system. Here's one of my personal favourites.

The Rover spy tank has built-in night vision imaging to help you see in the dark and streams video that you can record. Directly from the app, you can upload videos to Facebook and other social networking sites. The app also allows you to adjust the camera angle, listen to audio through the rover's built-in microphone, and turn on or off the headlights (to give your victims some warning that you're coming). The disadvantage of this one is that it will only work where there is a Wi-Fi signal.

Apple Airtag

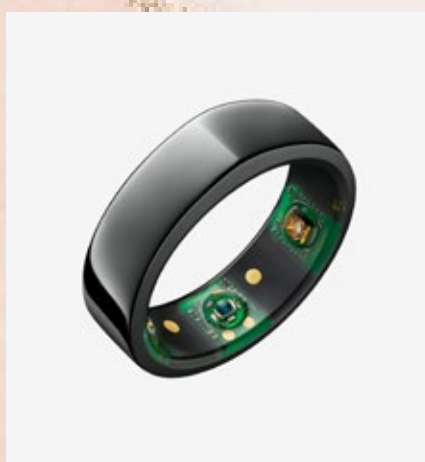


If the person you're shopping for can't seem to keep track of their belongings, try gifting them an AirTag.

The small circular tag is designed to be attached to items like keys and wallets to allow these accessories to be tracked using Bluetooth right alongside Apple devices in the 'Find My' app.

I can't tell you how many times this little tracker has helped me find my house keys; I just wish they made one small enough to attach to my AirPods because I'm constantly misplacing them.

Oura Ring Tracker



The Oura Ring is a fitness and lifestyle tracker that is worn around your finger rather than your wrist, as other health monitoring devices are. When you first visit the Oura Ring website, the description of what the ring does is unclear.

The website emphasises "inspiration," "feeling fully alive," and assisting everyone in reaching their "full potential." These seem like very hazy objectives to me.

This "branding" may be why it has piqued the interest of many celebrities, from Twitter's Jack Dorsey to Prince Harry.

The Oura Ring's goal is to provide continuous access to accurate health information and personalised guidance based on that information.

iOS users can link their Oura accounts to Apple Health to make every workout and activity count. By integrating the Oura app with Apple Health, you'll have a collection of all your workouts and healthy movement together in one place.

Sonix, Magnetic Phone Stand



The Sonix phone stand, another MagSafe-optimized accessory, surprised me in several ways. For starters, it's a great place to keep my phone when I'm working from home. If I need to quickly watch a relevant video or scroll through Twitter, the stand is a dependable place to pop my phone, adjust the angle, and hold onto my device.

Second, and far more importantly, the stand solved a particularly vexing personal problem. While I'm cooking on my kitchen counter, I like to FaceTime people. This effectively muffles the speakers and makes it difficult for the other person to hear me.

Putting my phone on the Sonix stand solves this problem because the MagSafe technology and adjustable angle allow your phone to float, leaving your speakers completely unobstructed. Furthermore, the stand is small and light, and I can move it wherever I want while I'm rushing around the kitchen or switching workstations. What a pleasant surprise!



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POPPY FLOWER

The meaning, origin and other facts about the name



Seychelles war victims honoured

BY U-ROY JULES

The Remembrance Day symbolism of the poppy started with a poem written by a World War I brigade surgeon who was struck by the sight of the red flowers growing on a ravaged battlefield.

From 1914 to 1918, World War I took a greater human toll than any previous conflict, with some 8.5 million soldiers dead of battlefield injuries or disease.

Around hundreds Seychellois servicemen took part in the World War I, and all have already passed away, but their memories still live on with their family.

Every year on 11 November at the 11th hour of the 11th minute, Seychelles marks the Remembrance Day in a wreath-laying ceremony at the Cenotaph at Mont Fleuri cemetery.

It is an annual event in the history of Seychelles for the remembrance the brave heroes, who sacrificed their lives in the two world wars.

It seems remarkable that even a tiny and remote island nation such as Seychelles should have been touched by the war, which claimed over ten million military lives and 7 million civilian lives in total, but, like almost every other nation in the world, a great number of Seychellois servicemen fell during the Great War.

Remembrance Sunday, which is observed on the Sunday nearest to Armistice Day on November 11 has today evolved to pay homage to all soldiers who have paid the ultimate price for their country

since then.

In this edition of *Ozordi Dimans* will learn more about the poppy flower, which is a symbol of Remembrance Day.

What does the poppy flower symbolize?

The poppy is the enduring symbol of remembrance of the First World War. It is strongly linked with Armistice Day (11 November), but the poppy's origin as a popular symbol of remembrance lies in the landscapes of the First World War. Poppies were a common sight, especially on the Western Front.

Where was the poppy flower first found?

The earliest references to actually using poppy are from the ancient land of Sumer. Sumer was located in lower Mesopotamia – which is now the lands of Iraq and Kuwait. Apparently, Sumerians grew poppy all the way back in 3,400 B.C.E. and cultivated the plant for its medicinal and recreational use.

Why are poppies so special?

The reason poppies are used to remember those who have given their lives in battle is because they are the flowers which grew on the battlefields after World War I ended. This is described in the famous World War I Poem in Flanders Fields. It is also used to help those who have lost loved ones because of wars.

What is the spiritual meaning of poppies?

As they are symbols of sleep and even death, poppies are also symbols of regeneration. In Christianity, the poppy symbolizes not only the blood of Christ, but his resurrection and ascent to Heaven. So, while poppies have been associated with death throughout history, they also symbolize regeneration and eternal life.

Why do poppies grow on battlefields?

Once the conflict was over the poppy was one of the only plants to grow on the otherwise barren battlefields. The poppy came to represent the immeasurable sacrifice made by his comrades and quickly became a lasting memorial to those who died in World War I and later conflicts.

What is the poppy flower known for?

Poppies are herbaceous plants, often grown for their colorful flowers. One species of poppy, *Papaver somniferum*, is the source of the narcotic drug opium which contains powerful medicinal alkaloids such as morphine and has been used since ancient times as an analgesic and narcotic medicinal and recreational drug. The flowers of the field poppy have long been used as a painkiller for soothing mild aches and pains (e.g. toothache, earache and sore throat), a mild sedative/relaxant, an expectorant for treating catarrh and coughs, as a digestive, and even for appearance of wrinkles and in lipstick.



Mervin Cedras on the concept of sustainability of the Seychellois culture

BY CHRISTINE OUMA

The ongoing conversation on the need to adopt sustainable practices is gaining momentum. It is making people more aware of the impact their actions have on the environment. Many are starting to shift towards adopting sustainable lifestyles. The shift makes us more likely to make other positive changes in our lives.

One person who has been keen to take up this sustainability journey is Mervin Cedras, a local designer and founder of Otantik De Zil, an authentic souvenir shop located on the main street of La Digue. Otantik De Zil serves as a link between local artisans (making handmade products) and buyers, a service driven by a passion for his culture.

"I had always wanted to create a shop because I am into fashion designing. As I reached out to various local artisans to feature in the shop, I met late Mrs. Bristol, a Vacoa maker from Takamaka District. When I visited her home, I noticed several Vacoa bags placed at a corner on her veranda. Following a fruitful conversation, I decided to build my shop around Mrs. Bristol's vacoa bags," narrates Mervin.

Mervin thought telling the story of Mrs. Bristol would be an added art in selling the hand-crafted bag and other products at the shop.

"Many clients like to hear the connection between the products and the artists behind them. The story adds more value to the product," he reiterates.

Otantik De Zil represents over 30 artisans (mostly older people in retirement). They produce locally made and recycled products which include, Vacoa bags, clothes, Seychelles-themed fabrics, bamboo artifacts, and Kapatya, to mention a few. The products are environmentally friendly and are sustainable.

Mervin believes artisans are priced assets of any culture or movement. They are in a position to influence populations at both local and international levels. He explains, "when tourists visit our shores, for example, they cannot bring a piece of our sandy beaches back to where they come from, but they can take back our artisanal products. This creates a connection between our beautiful archipelago and the rest of the world."

Otantik De Zil has been in operation for about four years. According to Mervin, every product sold directly benefits the artist and is a way to spread the Seychellois culture and awareness of sustainability.

Speaking on the future of 'Made in Seychelles' sustainable products, Mervin asserts many Seychellois artists are keen on producing organic products, for example, fabrics, as some raw materials are readily available in Seychelles, but "there is a lack of know-how."

"We need to learn from experts who understand the art of transforming raw materials

into final products. We believe the authorities can bring the experts to Seychelles to share the knowledge. I believe as soon as artisans are well equipped, we may discover an abundance of raw materials in Seychelles."

He adds the 'Made in Seychelles' brand idea, endorsed during a Cabinet of Ministers' meeting chaired by former President Danny Faure in July 2019, should be made available to enterprises as stickers.

The Principal Secretary of the Department of Industry and Entrepreneurship Development, Angelique Antat, further announced that producers will not be obliged to label their products but can register to use the branding.

Mervin believes although this national policy is a step towards the right direction, products that are considered sustainable and 100% made in Seychelles should have the gold label. Those that are 75% locally made should acquire the silver, and bronze label to the ones with the lowest raw materials sourced in Seychelles. This may help differentiate the authenticity of products in the market. This method, he adds, shall be a proper structure that will also add value to the products.

"Knowledge on fine finishing on products is also an important tool to

be considered on this journey. By doing this, Hotel chains may consider partnering with artisans as they are a great link to visitors," reiterates Mervin.

He notes that innovation should also be part of the country's sustainability journey, especially within the tourism industry.

Due to the ongoing pandemic, many artisans, whose clients are mainly tourists have been affected. Despite the reopening of the country's borders, the number of visitors is still low compared to years before.

Tourists who wish to experience a taste of Seychelles virtually are doing so thanks to one such initiative by Tour Bookers. Mervin is the CEO of Tour Bookers. Together with his colleagues, they are offering virtual tours to clients who would love to experience Seychelles without having to board a plane to Seychelles.

One of his roles is to take participants on a journey to learn all about Seychelles fashion through his designing background. He introduces his collection so participants may get the sense of Seychelles fashion — all from the comfort of their homes.

According to him, "this is sustainability." He also notes more ideas are in the works and shall be introduced to the public soon.



Mervin when he visited Mrs. Bristol at her home



Otantik De Zil souvenir shop



A fashionable dress designed by Mervin Cedras



Other recycled items at the shop



A 'Sak Vakwa' bag made by the late Mrs. Bristol



Height: 185 cm
Waist: 29.7"
Bust: 35.4"
Hips: 37"
Shoes: 44

Fashion, photographic, and commercial Model.
Agency: Telly Modelling Agency



Events that led to World War Two

COMPILED BY CHRISTOPHE ZIALOR

The instability created in Europe by the First World War (1914-18) set the stage for another international conflict—World War II—which broke out two decades later and would prove even more devastating.

Hitler's invasion of Poland in September 1939 drove Great Britain and France to declare war on Germany, marking the beginning of World War II. Over the next six years, the conflict would take more lives and destroy more land and property around the globe than any previous war.

Let's take a look at the events that caused World War II.

It is not accurate to say that World War One was a cause of World War Two, but it is accepted that the punishments put on Germany as a result of the Treaty of Versailles after World War One contributed to the causes of it.

From 1918 to 1923, Germany under the leadership of the Weimar Republic faced serious problems such as hyperinflation, political extremism, including political murders and two attempted power seizures by rival paramilitaries, as well as strained relations with the First World War victors.

The Great Depression of 1929 hit Germany exceptionally hard. High unemployment led to the collapse of the coalition government and from March 1930 various chancellors ruled through emergency powers granted by President Paul von Hindenburg.

This period came to an end in 1933, when President Paul von Hindenburg appointed Adolf Hitler as Germany's new Chancellor. Hitler, armed with emergency dictatorial powers, would announce the demise of the Weimar Republic in three months.

During the Führer's reign, political opposition was violently suppressed. Hitler capitalised on the widespread belief that Germany had been humiliated after World War I. He promised economic recovery, national revival, and the return of Germany to international prominence through a

revision of the Treaty of Versailles.

Germany withdrew from the League of Nations in October 1933. Hitler declared German rearmament and reintroduced conscription, which had been prohibited by the Treaty of Versailles. The ultra-nationalist governments of Italy and Germany pursued aggressive territorial expansionist foreign policies that threatened to destabilise the postwar world order.

Hitler's ambitions for German expansion became clear throughout 1938. German troops marched into Austria on March 12, and the country was annexed to Germany the next day, with the enthusiastic support of the majority of Austrians. There was little international opposition to the Anschluss, which was viewed as a natural union by many. Hitler's demands for the German-speaking areas of Czechoslovakia, on the other hand, triggered a crisis that brought Europe to the brink of war in September 1938.

Britain and France initiated talks with the Soviet Union in the summer of 1939, but the three powers were unable to reach an agreement, and the talks were called off.

On August 23, 1939, the Nazi-Soviet Non-Aggression Pact was signed, along with a secret protocol that allowed Hitler to attack Poland without risking war with the Soviet Union and divided eastern Europe into German and Soviet spheres of

influence.

On August 29, 1939 Hitler presented British ambassador Sir Nevile Henderson with a set of minimum settlement conditions, which included giving up both Danzig and the corridor. Hitler also demanded that Poland send a representative for direct negotiations within 24 hours. Britain and Poland both declined. The situation had reached a stalemate. The German invasion of Poland began at 4.45 a.m. on September 1st, and two days later, France and the United Kingdom declared war on Germany, kicking off World War II.



Nazi Party rally Nurnberg Germany 1933



Hitler commanding his troops



Nazi troops

7 DAY LOCAL FORECAST

Today

Humidity: 63%

Wind: SE 12 mph

UV: 10 (Very high)

Sunrise: 05:52 am

Sunset: 06:12 pm

28 / 24 °C

Feels Like: 30 °C

High 2:07am (1.3m)

Low 8:25am (0.78m)

High 2:26pm (1.32m)

Low 8:48pm (0.68m)



Partly cloudy

Moon Watch

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

Monday



28 / 23 °C

Clearing skies

Humidity: 67%

Wind: SSE 7 mph

UV: 10 (Very high)

Sunrise: 05:53 am

Sunset: 06:12 pm

Tuesday



28 / 23 °C

Mostly sunny

Humidity: 69%

Wind: SE 8 mph

UV: 7 (High)

Sunrise: 05:53 am

Sunset: 06:12 pm

Wednesday



28 / 24 °C

A few thunderstorms

Humidity: 70%

Wind: ESE 8 mph

UV: 7 (High)

Sunrise: 05:53 am

Sunset: 06:12 pm

Thursday



28 / 25 °C

Showers early

Humidity: 68%

Wind: ESE 9 mph

UV: 5 (Moderate)

Sunrise: 05:53 am

Sunset: 06:13 pm

Friday



28 / 25 °C

Thunderstorms

Humidity: 76%

Wind: S 10 mph

UV: 7 (High)

Sunrise: 05:53 am

Sunset: 06:13 pm

Saturday



27 / 26 °C

Showers late

Humidity: 74%

Wind: SW 11 mph

UV: 3 (Moderate)

Sunrise: 05:53 am

Sunset: 06:14 pm

Myths Under the Sea

COMPILED BY CHRISTOPHE ZIALOR

More than 80% of our ocean remains unmapped, unseen, and undiscovered. Much more to be discovered by delving into the secrets of the depths. Despite our reliance on the ocean, more than 80% of its enormous undersea world remains unmapped, unseen, and unexplored.

As a result, it is not surprising that various tales and stories have been recounted about the ocean, some of which are centuries old. After viewing the Little Mermaid for the first time, I was convinced that there was an entire civilization of merfolk living just beneath the sea. I spent hours watching YouTube documentaries of individuals recounting seeing real live mermaids, and I am sorry to confess that I was not a child at the time.

If I sit down and list the amount of tales that exist when it comes to the ocean, your entire Sunday will be spent reading just this page. But are these stories true? There are many cases of mistaken identity: sailors who confuse a homely dugong for a beautiful mermaid. And then there are the obsessive quests to locate the briny places of legend, such as Atlantis, or to prove the existence of supernatural forces in the Bermuda Triangle. The evidence? Eyewitness accounts, blurry photographs, and mysterious encounters and occurrences. Here, we delve into five far-fetched myths.

MERMAIDS

There is definitely something very appealing about the idea of a beautiful mythical creature that is part human and part fish, who lives under the sea, calling to sailors.

Half beauty. Half fish. Don't let Ariel dupe you, the Disney portrayal and what mermaids are actually believed to be are two completely different things.

Historical accounts of mermaid sightings include

one by Christopher Columbus, who was sailing near the Dominican Republic in 1493 when he saw three rising out of the water. He wrote in his diary that they're "not half as beautiful as they are painted." That's because he wasn't looking at Disney's Ariel and her sisters; he had most likely spotted manatees.

For centuries, stories of mermaids have taken a much darker turn than a short bout of chronic laryngitis. Russia tells the tale of rusalki, the vengeful souls of women that live on as mermaids to punish men and children by drowning, and Scottish folklore fears the Blue Men of Minch, who lure sailors to their death, dragging them into the water to feast on their flesh.

THE BERMUDA TRIANGLE

Only one name comes to mind when we think about the Bermuda Triangle, Amelia Earhart.

She is perhaps one of the most famous people to have disappeared in the triangle, however she is far from being the only one.

Numerous ships and planes have gone missing in a broad triangular expanse of the Atlantic Ocean bounded by Miami, Bermuda, and Puerto Rico. From magnetic abnormalities to extraterrestrial abductions, wild speculations have followed the disappearances.

One of the disappearances in the so-called Bermuda Triangle involved five Grumman TBM Avenger torpedo bombers — collectively known as Flight 19 — that took off from the Naval Air Station in Fort Lauderdale, Florida, on the afternoon of December 5, 1945. Aboard the Avengers were 14 men. It began as a routine combat-training mission, but it ended with the aircraft and crew disappearing over the North Atlantic.



Amelia Earhart is believed to have disappeared in the Bermuda Triangle



Kraken

The plot thickened that evening. After the Navy lost radio transmission with Flight 19, two PBM Mariner "flying boats" were scrambled to search for the five planes, but 20 minutes after takeoff, one of the Mariners also vanished. That plane and its 13 crewmen were never recovered.

But for the believers, Nessie might be elusive, but she is definitely real.

THE KRAKEN

If you have seen Pirates of the Caribbean dead man's chest, then you know exactly what a kraken is.

The Kraken is a mythical sea creature that may be based in reality, but in actuality, the legend of the Kraken is more recent than the discovery of the giant squid, which many observers speculate to be at least partially responsible for the current version of the legend.

Contrary to popular belief, mostly thanks to Hollywood, the kraken is not from the mythology of ancient Greece. They had their own - the Scylla - and sea monsters of varying forms are found in the folklore of many world civilizations. The legend of the kraken has its roots in Norwegian tales from the 13th century, the name derived from the old Norse word krake, meaning twisted or crooked, although originally it was called the hafgufa. It was originally described as a monstrous 'crab-like' creature, more than 1.5 miles wide in some stories, often appearing as an island in the sea.

THE LOST CITY OF ATLANTIS

If the comics are to be believed, Atlantis is home of magical human hybrids who can breathe under-

water and have access to technologies lightyears ahead of humans. Notably it is also the home of Aquaman.

The planet has a host of underwater sites that provoke debates over whether they're man-made or natural, such as the Bahamas' Bimini Road, Japan's Yonaguni monument and the Baltic Sea anomaly. These sites give rise to speculation that beneath the waves lies evidence of once-thriving civilizations.

Fact or fiction? Consider this: In January 2017, geologists from Johannesburg, South Africa, published the results of a study that found 2 billion-year-old minerals under Mauritius; the scientists say it's proof of a long-lost continent called Gondwana. Could Seychelles have been a part of Gondwana?

THE LOCHNESS MONSTER

Another popular monster, besides bigfoot, whose existence has only been captured by the worst camera's in existence.

The locals living near Loch Ness in northwestern Scotland refer to the creature rumored to be living in the lake waters as Nessie. Depicted as resembling a plesiosaur, with a long neck and stubby, paddlelike fins, Nessie is the most famous of the world's mythical lake creatures.

The scientific community treats Nessie the same way it regards spaceships from outer space, explaining sightings as hoaxes and the misidentification of marine creatures like otters.

Whether you believe these stories or not, one thing is certain: they are intriguing.



Depiction of a Mermaid



The Mermaids Rock- Painting by Edward Matthew Hale 1894



A mockup of the Lost City of Atlantis



This is believed to be the Lochness Monster

History of Seychellois in World Wars I and II

COMPILED BY CHRISTINE OUMA

World War I (WWI)

During the First World War (1914-1918), 791 Seychellois volunteers served with the Commonwealth Forces in East Africa. They were tasked to provide food, firearms, and ammunition to front-line fighting units. Sadly, some 250 men died there of malaria, dysentery, and pneumonia. As a result, the remaining men were repatriated to the Seychelles, where many more died in quarantine.

Many years after the War, a Cenotaph was erected at the Mont Fleuri Cemetery in remembrance of some 250 men of the Seychelles Carrier Corps who risked and lost their lives in East Africa for the King and Country during the Great War, and whose graves are unknown.

Second World War

According to an article which was first published on TODAY in Seychelles on 20th November 2012, in the Second World War, Seychelles was used as a refueling base for the British Royal Navy ships and became an advance lookout post for anti-submarine patrols for the Royal Air Force (RAF).

But for local Seychellois, even if Seychelles was isolated from the conflict, many young men still answered the call to serve.

Firstly, in 1940 a defence unit was set up and volunteers lookout posts were built at various locations on Mahé. The unit held practice drills in Victoria and showed people how to protect themselves in case of air raids.

As part of the mobilisation effort, a series of ships visiting Seychelles brought large group of Garrison Indian troops and the King's African Rifles detachment, who later were stationed in Seychelles between 1940 and 1946.

Secondly, in January 1941, the first Seychelles Pioneer Company was established under the Gazette of the Seychelles Government with Lt Col H Fulton (Major) – and Captain W E Grant, who was in command of the Company. These two Englishmen, who were settled in the colony,



Poppy wreath at the Mont Fleuri Cenotaph



added two local whites assigned with commissions: Mr. R P Boule – recruited as 2nd Lieutenant - later becoming Captain - and similarly with 2nd Lieutenant Mr. N A Michel. There were also batches of local men recruited for training and a total strength of 400 men was reached by March 1941.

In April 1941, the First Seychellois Pioneer Corps embarked for Suez, passing in review before His Excellency the Governor at march-past on Gordon Square. The men left in their own clothes and it was not until they reached Mena, close to the Pyramids, that uniforms were supplied and Messrs Boule and Michel were grant-



German Steel Helmet



Historian Karl Asba



A post card of the German cruiser sunk by the British on 10 April 1940. It was from this ship that the trophies presented to Seychelles were collected

ed King's Commissions to replace the earlier ones issued in Seychelles.

Thirdly, in addition to the Pioneer Corps, there were some Seychellois recruited into the Royal Air Force (RAF) in 1941 such as Squadron Leader Nageon de Lestang, Lieutenant Delorie, and Flt Lieuts George and Armand Confait.

The Pioneer Corps moved on to Tobruk by sea and to other places in Northern Africa including Ismalia, Palestine, Egypt and Cyranica, Alamein, Bay of Sirte, Tripoli, Tunisian, go-



War Action Bell from German Cruiser Koenigsberg

ing as far as Sicily in Southern Europe where they formed up as part of the American 5th Army at the Salerno, landing on a D-Day of 9th September 1943. After embarking at Taranto, Italy on 17th June 1945, the Company later moved to Rome and returned back to Egypt on 21st July 1945.

Finally, at the end of the war, the detachment left Egypt under the command of Capt. Boule and landed in Victoria on 21st November 1945 for demobilisation. One notable incident which happened in Seychelles during this war was the death of four (4) Britons from the garrison at North East Point when their RAF plane crashed near Quincy Village. The first Seychellois casualty of the war, however, was a young Pioneer killed by aerial bombing at Mersa Matruh.

In 1946, two further companies of Seychellois were recruited for post-war service overseas, some serving in Egypt and Palestine. While based in Cypress, Lieut. D G Tirant and five Pioneers were selected to attend the coronation of H.M. Queen Elizabeth II. Moreover, Seychellois army combatants in Egypt at the time also participated in the march to commemorate the coronation. After 1950, a total of 700 Seychellois men were recruited to mostly carry out escort and guard duty, while others were also involved in tank duties and mine sweeping.

Those who served the British army at the Canal Zone in Egypt were formally recognised by the British government and granted the Canal Zone Medal in 2006.

Following the end of World War II, the British handed trophies to Seychelles for its role in the war, according to historian Karl Asba. A War Action Bell from the German Cruiser "Koenigsberg," which was sunk on April 10, 1940 at Bergen, Norway, was among the trophies. A German steel helmet and a German machine rifle were among the other treasures handed to Seychelles.

The National Museum of History has these trophies on display.



Brave heroes attending the Remembrance Day service at St. Paul's Cathedral in 2012



A souvenir of some Seychelles Pioneer Corps who participated in the Second World War



The names on the cinotaph



Ex-servicemen proudly pinned with red poppies (some of them may have passed away)



The German machine-gun on display at National Museum of History



Le Seychellois Lancelot Blanchard



Lancelot et sa copine Sandie



Jardin Botanique de Montreal

PAR LANCELOT BLANCHARD

Je suis Lancelot Blanchard et je parcours actuellement le monde en sac à dos. Je documente avec ma partenaire Sandie absolument tout mon voyage sur les réseaux sociaux, sous le nom de LODISEY.

QUI SUIS-JE ?

Né en 1994 aux Seychelles. J'ai grandi sur l'île au Cerf face à Victoria et j'ai fait tout mon primaire et secondaire à l'École Française des Seychelles. Fils d'Amélie Michel et de Philippe Blanchard, j'ai eu une enfance très sportive. J'ai eu la chance de faire partie des équipes Nationale de Natation et de Tennis mais aussi de faire beaucoup de plongée sous-marine depuis l'âge de 4 ans. L'océan Indien était mon terrain de jeu préféré. J'ai toujours eu cette profonde envie de découvrir le monde comme un explorateur de l'ancien temps.

Je suis parti faire mes études universitaires en France pour six années. L'éducation physique et sportive à l'université de Corse et le sport de haut niveau à l'Université de Perpignan, à Font Romeu qui est un centre d'entraînement important en France. Je me retrouve avec un Master et deux Licences dans la poche. Le moment était de décider la suite dans ma vie. Que faire ?

Naissait dans ma tête comme une évidence, qu'avant de m'établir quelque part, je devais faire le tour du Monde et de le partager avec ceux que cela intéressent. Je remercie d'ailleurs con-

tacts, amitiés et la famille pour m'avoir soutenu dans cette idée.

LA NAISSANCE DU VOYAGE

J'ai eu la chance de rencontrer ma petite amie Sandie qui partageait les mêmes aspirations et devenait un soutien supplémentaire, une force indispensable pour mener notre projet à bien. Notre plan de vie commençait à se dessiner. Notre plan était en marche.

En premier, il fallait travailler dur pour trouver les finances (nous avons été jusqu'à Mayotte), faire des économies et des sacrifices, éviter les dépenses inutiles et tenir un budget plus que serré (jusqu'à perdre 10kg pour le projet), nous avons vécu plus de deux ans avec le strict minimum (pas de restaurants ou de sorties).

L'EVIDENCE DE LODISEY

Mais en plus de voyager, nous avons vu que dans notre préparation il était difficile de trouver des informations utiles pour les voyageurs. Savoir le coût de la vie, les endroits où aller et les bons plans. C'est ainsi que l'idée de LODISEY est née. C'était l'occasion de documenter le voyage pour ceux qui veulent nous suivre. Comme un carnet de voyage, avec nos anecdotes et notre vie de voyageurs. Mais aussi faire une pierre deux coups : documentant nos voyages

pour aider de futurs voyageurs à se préparer pour leurs destinations.

Ce projet prenait encore plus sens avec l'arrivée du COVID 19. Car il est encore plus important de faire rêver des personnes avec les restrictions sanitaires. Nous espérons donner le gout du voyage à travers de notre contenu. Il faut montrer que tout est possible. De plus, nous nous sommes aperçus que malgré les guides, le budget n'est que très peu abordé.

LODISEY prenait de plus en plus de sens une fois de plus, notre but étant de voyager de façon économique et de partager nos dépenses pour les futurs voyageurs.

La date de départ a été fixée pour Septembre 2021. La préparation fut intense : choix du matériel et du poids de chaque chose pour le voyage, études des restrictions sanitaires selon les pays de destination, la sécurité, les assurances nécessaires, créer un itinéraire. Chaque détail a son importance!

LE VOYAGE

Nous voyageons depuis plus d'un mois déjà. Notre premier continent a été celui de l'Amérique du nord, avec le Canada et les États-Unis. Nous descendons petit à petit en Amérique du Sud. Notre objectif est d'essayer de faire un maximum de continents, si nous n'avons pas d'empêchement évident (soit entre 23 et 27 pays).

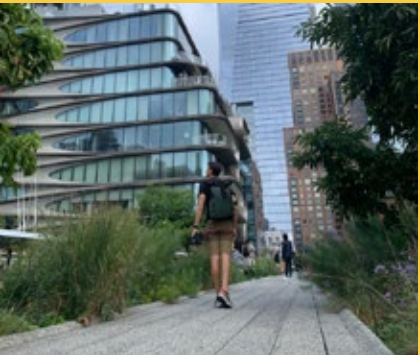
N'hésitez pas à me suivre dans nos aventures et sur nos réseaux sociaux (Instagram, Facebook et YouTube). Je ne sais pas si le voyage sera réussi, mais je souhaite grandir dans cette aventure, voir un maximum de ce monde, rêver et faire rêver.

Au final, ne pas savoir si l'on va réussir, c'est ça la réelle aventure et c'est ce que nous recherchons ! Notre voyage n'est pas des vacances, mais un défi au quotidien. Ce

n'est pas évident de sortir de sa zone de confort, de voyager en quittant tout ce qu'on connaît, d'aller vers l'inconnu, loin de tout, pour autant de temps.

Certains diront que je gâche ma vie, à voyager sans bâtir mon avenir, mais je ne me suis jamais aussi senti vivant qu'aujourd'hui. Chaque second compte pour voir un maximum de ce monde. Malgré tout, j'ai l'impression d'investir en moi. Cela ne peut être que bénéfique, même si le voyage doit s'achever demain.

C'était l'histoire de LODISEY.



Think you know Mauritius?

Think again!



Caudan Waterfront, Port Louis



The horse racing track at Champs de Mars

COMPILED BY CHRISTINE OUMA

Located off the coast of Madagascar in the turquoise Indian Ocean, the Island of Mauritius is the world renowned for its temperate tropical weather, powder white beaches and sapphire waters. So pristine are some parts of the island that it feels like a glimpse of paradise on earth. The island is inhabited by multi-racial people (Indians, Africans, Chinese and Europeans, thanks to its History.

Between the population, Creole, English and French are predominantly spoken plus a smattering of Hindi and a host of other languages. This has equally been part of the attraction. It is Kaleidoscope of culture, you will feel at home, east or west!

Mauritius has been a favourite for many Seychellois travellers and there are myriads of reasons why it is not just a fly and drop destination. The

country offers mountain trekking and biking, bird watching, great nightlife, UNESCO world Heritage sites and one of the oldest horse racing tracks in the world. The food here is unique and delicious. It blends Creole, Chinese, European and Indian Cuisines. There is an intoxicating array of water sports and activities, most resorts have their staff to assist with these or just ask a local.

Do and See:

Beach bums will enjoy the white sandy and clean beaches such as Pointe D'Esny, Blue Bay among others, but holiday in Mauritius doesn't need to be a laze on the sand. UNESCO World Heritage Sites such as Aapravasi Ghat and Le Morne Landscape will amaze any sightseer.

The colonial capital Port Louis has survived plague epidemics, fire and tropical storms since its foundation in the 17th century. The old town is more

colourful and vibrant. Drive a bargain here or head to the Caudan Waterfront Shopping Mall for international brands, local art and craft such as handmade Dodo and an upmarket life. Visit the Mauritian Glass Gallery and watch glass bowlers at work. Take a tour of the Glass Museum and pick up a few souvenirs. Post COVID-19 pandemic Bagatelle Mall has been a popular 'place of the moment' addition due to savoury street food, pop up local artisans and a great vibe and buzz.

Golfers paradise-The island boasts seven great golf courses. Test your swing at The Four -Seasons Golf Club at Anahita and Golf Du Chateau which have been ranked among the best.

For horse lovers, the horse racing track at Champs de Mars (the oldest in the southern hemisphere) will blow you away.

The Black River Gorges national park and Casela Wildlife Park makes for great exploration and interactions with



La Maison d'Été Wellness & Beauty Zone

remnants of the coastal forests and rare wild animals including the endangered pink pigeons. Equally interesting is one of the world best botanical gardens at Pamplemousses. Take an early morning stroll here to reconnect and feel revived.

Where and what to Eat:

Enjoy freshly caught snapper, crabs, prawns, octopus, pan fried scallops and wash it down with the local beer, Phoenix, or the occasional green island rum. All this as Sega music soothes you

or perhaps inspires you to dance. Mauritius is also a perfect place to enjoy some of the best Cantonese cooking and fusion cuisine. Favourite restaurants include Les Lataniers Blues, Le Capitaine, Les Copains d'Abord, La Langoustine Grisee and Le Pescatore (vaunted as the best in northern Mauritius). Brave the honking horns and cajoling vendors at Port Luis and discover the gateaux piments (chilli cakes) and dhal puri (thin pan cakes served with spicy sauce).

Sleep: Accommodations options to suit all kind of travellers are readily available from 5 star resorts, design and boutique hotels to budget guest-houses. In the guest houses one can immerse themselves in local cooking lessons or just enjoy the local charm and hospitality from family run Bed & Breakfast (B&B).

How to go and getting around: Fly Air Seychelles from Mahe to Sir Seewoosagur International airport. Once there, island taxis and car hires are available at approximately EUR 40 per day, the island is served by a reliable bus network. Check out the National Transport Authority website for details of companies and routes.

When to go: Mauritius experiences cyclones in January and February which tend to bring rains. other than that, the temperatures are high year round. Several Hindu festivals and ceremonies occur frequently and the Chinese New Year and Tamil fire walking ceremonies are sights to behold.



Four Seasons Resort Mauritius



Gateaux piments (chilli cakes)



START YOUR MORNINGS HEALTHY



Recipe

Cook & Share



Vegetable pickles

COMPILED BY CHRISTINE OUMA

Vegetables Pickles

Ingredients

- 200g cabbage
- 200g carrots
- 200g French beans
- 3 green chilies, sliced lengthwise
- 5 cloves of garlic
- 1 tablespoon mustard seeds
- 1 tablespoon turmeric powder
- 1 tablespoon white wine vinegar
- 2 tablespoons olive oil
- Salt

Serves 8-10

Direction

Using a grater, finely shred the cabbage, carrots and French beans. Heat a pot of salted water and bring to the boil. Once the water has reached boiling

point, toss in shredded vegetables and blanch for 2 minutes. Using a colander, drain blanched vegetables and leave to cool. Meanwhile, grind the mustard seeds and garlic cloves into a smooth paste. Heat up 2 tablespoons of olive oil in a pan over medium high heat. Once the oil is hot, turn off the heat immediately and using a spatula, stir in the turmeric powder and mustard garlic paste. Add in blanched vegetables and season with salt. Tip in the green chilies and vinegar. Mix well. Transfer vegetable pickle to a clean jar and store in your refrigerator.

Honey chicken wings

Ingredients



Honey Chicken wings



Sponge cake

• 6 chicken wings, washed and dried

• 70g honey

• 1 tablespoon soy sauce

• 1 tablespoon balsamic vinegar

• 1 chicken stock cube

• 2 garlic cloves, crushed

• 500ml water

Serves 2

Direction

In a deep nonstick pan, melt the honey until bubbles begin to form, then add in the soy sauce and balsamic vinegar. Stir in 500ml water and the chicken stock cube.

Add chicken wings making sure they are completely submerged in the liquid. Add the crushed garlic and cook over medium high heat for 30 minutes until the liquid evaporates and you are left with a syrupy sauce. Stir chicken wings in the sauce to coat well and serve with rice or French fries whilst still warm.

Sponge cake

Ingredients

- 250g caster sugar
- 150g self-rising flour
- 5 eggs

Serves 8

Direction

Sift flour in a medium size bowl. Put eggs and sugar in a separate bowl and place the bowl over a saucepan of boiling water, whisking vigorously until a white and frothy mixture is obtained. Preheat oven to 180 degrees. Butter a round cake pan and sprinkle lightly with sugar. Gently fold sifted flour into egg and sugar mixture. Pour batter into cake pan and bake for 20 minutes or until a toothpick inserted in the middle comes out clean. Let the cake cool before serving.



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A SELF-MADE SUCCESS STORY

by Junior Sous Chef Garry Elizabeth



Garry Elizabeth

BY U-ROY JULES

So you want to be a chef in a high-end restaurant, creating recipes and catering to hundreds of demanding patrons in the morning or at night? Well, first, you probably need

to have experience as a sous chef, the second-in-command who is responsible for much of the kitchen's day-to-day operations. Passionate about food and cooking, Garry Elizabeth genuinely enjoys the whole process of procuring, prepar-

ing, cooking, and his ability to design menus too.

He knows all about that life. At 18 years old, he completed his studies at the Seychelles Hospitality and Tourism Training Centre (SHTTC), referred to today as the Seychelles Tourism Academy (STA) in Advanced Certificate in Food Preparation and Culinary Arts.

The Advanced Certificate in Food Preparation and Culinary Arts provided Garry with the skills and attitudes to work in the Food, Beverage and Catering Industry. The programme comprised of theoretical and practical components.

He started as a commis chef at Constance Lemeuria Resort on Praslin, and worked his way up to sous chef at the prestigious hotel for Season Resort (FSR), where he worked for 12 years.

Asked to characterize being a sous chef in a word, he says "entertaining".

"That's a position where you find yourself doing probably the most work you will ever do in your career because you have to sort of behave a little bit like a cook and also conduct a little bit like a chef. You're somewhere in between the two, so you have to do both jobs," he said.

He operates as the assistant to a sous chef, which means he is responsible for most of the same duties and responsibilities, such as inventory, kitchen staff management and food preparation.

"The junior sous-chef is often someone with an eye on the top job, which is gaining experience under the more senior Chef before becoming the number one, which one day I will. The position is in itself a stepping-stone to becoming a chef, and sooner or later, my opportunity will come along to move up. Being a junior sous chef is entertaining and hard work. There is a lot of prep work, and it can get quite stressful. You have to make sure that yourself and the head chef have a good working relationship and you both can engage together, otherwise you're going to have big problems," says Garry.

During his career, Garry has always been motivated by his mother Lucille

Elizabeth, who also worked in the hotel industry at Reef Hotel.

"I was fortunate enough to have a supportive mother, who pushed me and gave me the education I have today, and we became a great team. My favorite part is arranging the food in such beautiful ways, and it is like an art form," he said.

Garry loves his job, but he must make a lot of sacrifices by not being at home with his wife and two daughters.

"I enjoy my job; the hours are long

and would limit you on the time you have to spend with your family. On the other hand, you get to be creative, work hard, and make a lot of people happy with some mouth-watering cuisine. It's okay to experiment with your food. I don't want to make food that only the top three percent can enjoy. That does not bring me any joy. I want to create a place that serves a wide range of people. There are sleepless nights, 24-hour work days. I'm rooted in love and passion for the game." he said.



Chasuca



Egg in a nest



Crab cake benedicks



English breakfast



Garry with wife and two daughters

CHEF TALK: LABRIZ GASTROLOUNGE JOURNEY with Chef Simon

BY CHRISTINE OUMA

Hilton's Labriz GastroLounge is operated by Sous Chef Simon Rozario. Gourmet food, superb wine, thirst-quenching cocktails, and unique entertainment are all available at the lounge.

Chef Simon took over the restaurant roughly a year and half ago upon opening of the lounge on August 1, 2020 after working at the Hilton Seychelles Labriz Resort & Spa for two years.

"The position I have taken is a challenge for me because my ultimate objective is to become an Executive Chef," he says.

Although he is a sous chef, he is also in charge of food preparation and some crucial administrative duties. Menu engineering is one of the roles.



Sous Chef Simon Rozario



The GastroLounge began with tapas meals in order to meet the needs and hopes of the Seychelles residents.

The menu at the GastroLounge includes breakfast, lunch, and dinner selections.

Breakfast is inspired by French and European cuisine, while lunch has light and heavy options to please every palate. Dinner and Lunch are complemented by endless menu insertions such as OTB Burgers (a Hilton high end burger brand and Life is Sweet activation featuring pink food and beverages to lighten up the mood. There's also an afternoon tea option with traditional high tea snacks.

"For example, our OTB burger team has been perfecting these fat stacks for months to attain the optimum flavor balance and bun to filling ratio," he says. The exclusive pop-up burger brand OTB (which

stands for Out The Box) Burger was introduced by Hilton beginning of 2021. Diners can tuck into a selection of four unique burgers: The Kim Chicken, The Steak Frites, The Butch Cassidy and vegan burger The Carne Libre, "each delivering a kick of flavours with every bite", according to a press statement. In addition to its "unique burger range, the OTB menu includes a mouth-watering selection of fun fries, as well as affordable combo meal upgrades.

These burgers may not be available for long, so take advantage of them while you can, he urges.

Another pop-up activation at Labriz GastroLounge is "Life is Sweet", featuring vibrant cocktails through to pink treats. Labriz GastroLounge transformed the outdoor area with a fully-pink food Van embroidered with fairy lights to create the

perfect photo opportunity and visitors can enjoy a variety of savory and sweet pink food and drinks.

Chef Simon reflects on his ten years at Hilton Properties, stating that working for one of the world's largest hotel chains has been a privilege.

"All of the properties where I worked have provided me with opportunities for professional growth. Food and beverage hygiene training, food costing, and other courses were among the trainings I took." Chef Somon studied food and beverage at the National School of Bangladesh Food and Beverage before joining Hilton.

The chef reveals that his preferred cuisine is continental, which might be European or French in origin. The Seafood Linguini, a pasta dish that melts with flavour, is one of his favorite creations at Gastro-

lounge. "Any day," he continues, "I encourage it."

GastroLounge is open seven days a week from 8 a.m. to 10 p.m., making it a convenient place to catch up with friends or acquaintances on any given day. Chef Simon's ambition is to chase his dream of becoming an executive chef within Hilton brand.

"I want to create works of art that not only show my abilities but also have a Creole flavour. This will necessitate a lot of effort, experience, and the appropriate mindset. A good Executive Chef should have a diverse skill set," he confirms.

Chef Dony concludes that working at Labriz GastroLounge, surrounded by turquoise oceans, is one of his favourite things about the location. "I also like serving tourists and guests passing through the GastroLounge on their way to or from the Hilton Seychelles Labriz Resort & Spa."



The Steak Frites burger with skin-on sfinny fries with vegan chilli, tomatoe salsa, tortilla chips, cashew nut sour cream, chives



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**B&G SPARKLING
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Varietal
100 % Chardonnay

Winemaking
Controlled alcoholic fermentation.
Second fermentation in vats (also called "bulk" or "Charmat" process).
Aged for 3 months on the lees for greater volume and aromatic complexity.

Tasting notes
• Straw yellow with golden highlights.
Fine and regular bubbles.
• Intense and perfumed, dominated by fruity aromas (peach, apricot). Flattering citrus notes appear when agitated.
• Fine and elegant on the palate. Upheld by a good acidity, this flavourful well balanced wine has a long and refreshing finish dominated by white fruits.
Ideal as an apéritif and for dessert.
Best between 4°C and 6°C.



.....

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ROSÉ**

Varietals
50 % Grenache, 30 % Cinsault,
20% Syrah

Winemaking
Controlled alcoholic fermentation.
Second fermentation in vats.

Tasting notes
• Bright, salmon-pink with a fine, delicate mousse.
• Strawberry, raspberry and gentle spice aromas.
• Rich, fresh cherry and gentle spice aromas lead to a pure, mouthful of freshly picked forest fruits.
Ideal as an apéritif and for dessert.
Best between 4°C and 6°C.





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Introducing Joseph Norah

BY CHRISTOPHE ZIALOR



Joseph and his wife Ewa

Nature is all around us as well as deep within us. We are inextricably linked to nature; our bodies, lives, and minds rely on the air we breathe and the food we eat. Our very life force is sustained by the earth. What would we be if the earth - nature - did not exist?

Nature-inspired art can take many forms and serve many functions. No one understands this better than Joseph Norah, a gifted sculptor on the verge of becoming a phenomenon in the art circuit.

Joseph developed a love for sculpting at an early age, "I grew up poor and could not afford expensive toys,

so I used to go and look for sticks and broken objects and turn them into little creations to play with" he tells us.

At 16 years old, sculpting had become a way of life for him and during that time he was mentored by Tonga Bill, a renowned sculptor from the Pacific island who willingly shared his experience with several island boys who showed a keen interest in sculpting.

"Bill showed me how to pursue my passion by working with silver, gold, wood, and even bone carving."

Later, the artist was hired as a designer for Trollbeads, a Danish jewellery company, where he worked for five years before moving to Mauritius, where he continued to supply the company with designs.

Joseph, an island boy at heart, later returned to Seychelles, where he met another renowned sculptor, Tom Bower, who took him on as a mentor. Tom Bower was famous for working with bronze sculpture and similarly Joseph is carrying on that legacy on working with bronze.

Joseph and his wife relocated to the United Kingdom in 2015, where he joined the Bronze Age, one of the

most prestigious bronze foundries, where he continued to hone his skills in creating silicon mouldings, working with wax, and pouring bronze in the complex process that is bronze sculpture. There, he had the great fortune of working on a number of world landmarks with a number of great British artists and members of the Royal Art Society.

After the passing of his mother, Joseph returned to the island. He noted that he enjoyed the work that he has done internationally but Seychelles is his inspiration and this is where he is meant to be.

"I adore nature, which is why I couldn't live in Europe because I was always indoors. You have to be inspired in order to create art and Seychelles is my inspiration"

Once he came back he got the opportunity of a lifetime, in preparation for the 250th anniversary of Seychelles' first settlement, he was commissioned to create a statue based on a photograph of a young unknown boy rock fishing from the bygone era. He stated that when approached about the sculpture, he did not hesitate to accept the challenge and began immediately.

However, with the pandemic, it halted the unveiling of the statue which was supposed to be erected on Praslin next to the passenger jetty at St Anne.

He did not let this stop him as he continued with his work. He was commissioned by Hilton, Northholme to design several signs around the hotel including the wooden sign for the Mahe restaurant.

Joseph is currently preparing to ship several pieces to London to be bronzed before being shipped back to Seychelles to be displayed and sold.

"I love working with bronze. It is a material with unique properties that can be fashioned into physical objects. Bronze is unique in that it is both eternal and malleable.

He noted that some of the challenges that he faces are the lack of support for artists in the country and that it is very difficult to display artwork in



hotels. "Art is important, especially in a country like Seychelles that inspires many; however, unless you have your own studio, there are few places where an artist can display their work." We need more galleries that can exhibit all of our crafts, not just art or sculpture."

However, he mentioned that he is getting quite a bit of support from Eden Art Space gallery, who are at the moment showcasing some of his work.

As an artist, he wishes to pass on his knowledge to the younger generation, just as those who taught him when he was younger. Together with his wife Ewa, they are in the process of organising beginner sculpting classes for young kids.

He ended by saying that his dream is to one day have his own atelier where he can showcase his work.



Some of his pieces

Dealing with a delcarlo

CONTRIBUTED BY ELLIE BARREAU

Author Profile

My Name is Ellie Barreau, also known as LBarreau. I am a 22-year-old novelist, full-time student, part-time Corporate Specialist at All Natural Goods, and full-time

music manager. It may appear to be a substantial sum, but it is not. I've been dubbed a "Jack of all trades," and I can complete any task I set my mind to.

My passion for writing began around 2014, when one of my best friends introduced me to Wattpad, and I was

hooked. Wattpad is an online reading platform that allows all of its members to write and publish original stories, no matter how long or short they are, with a plethora of genres to choose from. You can simply choose to read amazing works by other authors or, like me, decide to try your hand at writing.

I read a lot of romance, teen drama, mafia, and girl meets boy books before deciding to write my own romance-mafia-billionaire novel. My first book idea struck me around the age of 16 or 17, and I first published it for the Wattpad community about 2-3 years later (in 2017).

"Dealing with a Delcarlo" is the first book in the "Delcarlo" series. The first book has 25 chapters and currently has 117,297 reads and 4207 votes on Wattpad, which is one of my proudest accomplishments as a Wattpad novelist.

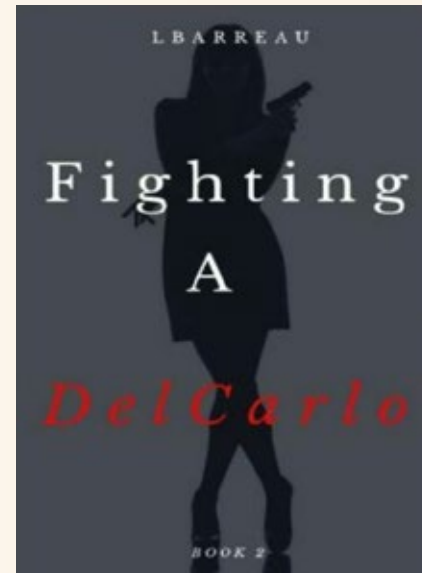
The first book delves into the lives of Taylor, Maximillian, and Caleb as they relate to the Longard and Delcarlo family drama. Without going into too much detail, the book explores some strong-willed characters whose lives are turned upside down and how much they can or cannot cope with these changes.

Book two, "Fighting a Delcarlo," is still unfinished and currently has 11 chapters, 6498 reads, and 255 votes.

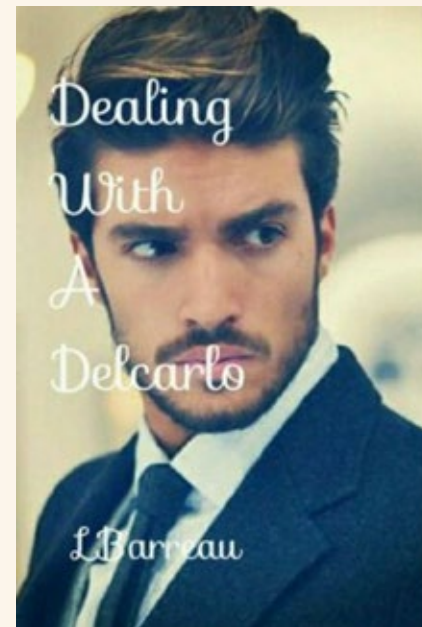
I've been on a writing hiatus since the beginning of the year, and I'll be back in the middle of next year when I finish my degree.

Small story Summary

Taylor Longard is a self-sufficient young woman whose only wish is to



The Second Book of teh series



escape the dangers of her father's business. However, new revelations force her to revert back to that world.

Will her tenacity and determination to be her own person save her from the dangerous men in her life?

Character Overview

Taylor Longard

A wealthy, independent young lawyer who is caught between a rock and a hard place due to her father's shady business deal, which forces her into a marriage of convenience. Can she get away from it all? Or does she give in and fall in love, allowing her father to get away with it?

Maximillian Delcarlo

The dazzling mafia Italian billionaire who is set to marry Taylor Longard. One who usually gets his way and once he makes up his mind. It's difficult to persuade him otherwise. Will Maximillian's ways change? Or will he remain as stubborn as ever?

Caleb

Taylor's boyfriend is a sweet, innocent environmental activist. Caleb has had to deal with a lot, including Taylor's disapproving father, who refuses to believe his relationship with her daughter. But, to what extent is Caleb blameless? Is there another side to him that no one knows about?

Other characters include Don Longard: Taylor's father, Luca Delcarlo and Marlena Petrakis Maximillian's parents, alongside much more than you will find out when you read the book.



The Author Ellie Barreau

Jude S K Fred presents "Journey To Inspire Transformation" – Bringing Transformation in the Nation

BY STEPHANIE MOREL



social issues.

Faith-based ministries and organizations are mission driven and they are commissioned to provide spiritual, emotional and physical support and guidance. According to his book, Mr. Fred explains how the role of the church (a faith-based organization) should not be limited to the "building" but also to help out in the community. He also mentions the impact on the social and spiritual community in regards to being a Small Island Developing States (SIDS).

It has taken the author two years to write the book and he hopes that it inspires the reader to make a change within the community. The book maps the journey of his life and how he founded a ministry to bring about change.

According to reviews on the book, some interested chapters are, Vision to Inspire – This gives a clear explanation of the different types of vision, and their classification and interpretation. The Father's Heart – which explores the important role of a father, not only in an individual's life, but also in the family, the community and the nation. This chapter did not only demonstrate the effects of the absence of a father, but also referred to some national statistics of Seychelles, which as you go deeper in the chapter reveals a connection between that of a child growing up without a father and the social ills affecting the nation. Finally, the Conclusion Chapter – as it gives insight on the strategies that the enemy, the devil, will use to deter someone from accomplishing

their God-given mandate and it also offers encouragement to inspire one to run with the vision that has been placed on their heart by God and to not give up in the process.

The Ministry came into existence more than a decade ago with the sole purpose of tackling societal ills affecting the youth of Seychelles, which comprise of teenage pregnancy, drugs and substance abuse, domestic violence, poverty and more. Over the years, the ministry has partnered with various NGOs, FBO's and public entities to organize trainings, conferences and provide resources to those affected or involved. Some of these programs include "Teen Challenge Seychelles", a detox program for those implicating in addiction, "Woman of Valour", a woman em-

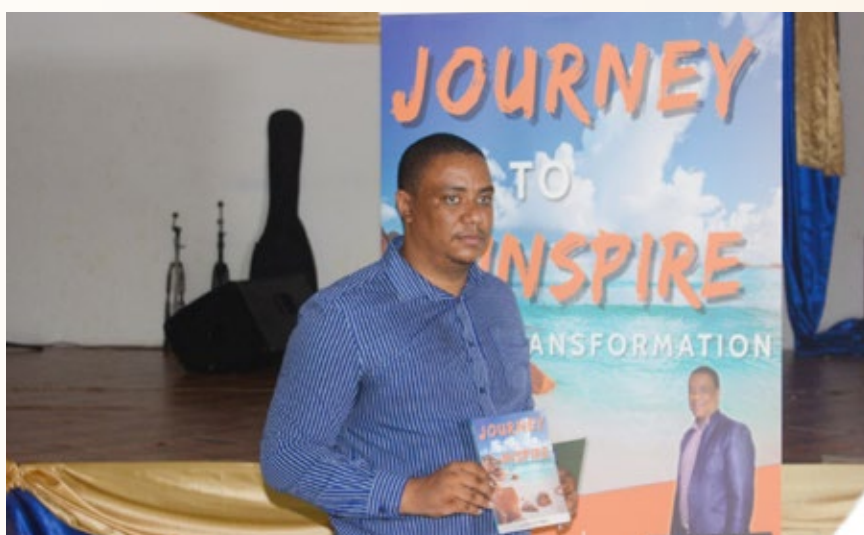
powerment campaign with a number of trainings and conferences to equip women with skills and information, "Bring it On" Talent show, a singing competition which was aimed at promoting gospel music amongst the youth.

The book Journey to Inspire Transformation accomplishes what Mr. Fred set out to achieve from sharing his journey, and that is to inspire and motivate the reader to not only step out of the box of tradition but to also delete the box of limitations, as they actively seek to make a difference but which can only be successful in partnership with God.

For more information on how to purchase a copy of the book please contact; 2781603 or email; judefred@yahoo.com.

Visionary Founder of the Everlasting Love Ministry, Mr. Jude S K Fred presented his book "Journey To Inspire Transformation" on Wednesday 27th October, 2021 in a book launch ceremony which took place at the Roche Caiman Community Center.

The book provides a personal account of Mr. Fred's life and the start of the Ministry, following the vision he had from God which pushed him to try and make a difference; is the book also touched on the role of Faith Based Ministries and the challenges that they are faced with. The word "Vision" is mentioned numerous times in the book as the main aim of Mr. Fred's work is to inform, inspire and instruct on how to fulfill one's God-given vision. It is also an encouragement for one to act upon or provide a solution to the current



Jude Fred during the launch of his book



Mr Fred Signing a copy

Artist Profile

BY U-ROY JULES

Most would recognize May Cecile Frezou-Lajoie as the May Cecile who used to live in her beloved Seychelles and became popular as a vocalist in the band Waves that performed all over the islands. This was YEARS ago and the singer has since moved to France where she turned her talents to food and opened her own restaurant, 'May Lajoie' aux Papilles.

In Ozordi Dimans, we will discover more about her famous song 'Le jour de ton départ'.

"This song was my first commission with the Waves Band when we decided to, each one of us contribute songs for our first album together, back in 1993. I had written songs before with the Youngsters Band that started when I was in the National Youth Service (NYS) and ended as we started our 'A' Level studies for most of us at Seychelles

Polytechnic. This song came out of my imagination, just an inspiration that started off with the first few words and ended up with a song that marked the Seychellois audience and my fans, and became my first successful song, to be followed by others as I moved on with the Waves guys for the next 10 years," she said.

The song talks about the end of a love story, but the person, be it a man or a woman swears that the end of the relationship, even if it hurts to desperation, will not be the end of him/her. The person will rise again and quickly because life is such. It will rain the day that it ends, but the sun will shine again the very next day, as he/she believes that life goes on despite heartbreaks.

'Le jour de ton départ', meaning, the day you leave me, is ambiguous, on one hand being a sad, ending story, but also opening to a new story that would be better. Hope. That is what it is all about.



Lyrics

Le Jour De Ton Départ
(Paroles et Musique: © May-Cecile LAJOIE - 1993)

Il est déjà trop tard
On a qu'à se dire bonsoir
Tu sais, je n'ai point d'espoir
Oui, c'est bien un aurovoir
Je te laisse envoler
Vers ta folie de liberté
Tu n'as plus à t'expliquer
Ne fais plus semblant de m'aimer
Et je te laisse envoler
Vers ta folie de liberté
Tu n'as plus à t'expliquer
Et ne fais plus semblant de m'aimer

Refrain 1
Le ciel réserve ses sanglots
Les oiseaux chantent beaucoup trop
Et dans le fond de mon cœur
Mon sang circule dans la misère
Je t'aimerai toujours
D'un amour paisiblement fou
Et je sais bien qu'il va pleuvoir
Le jour de ton départ

Sans dire des mots faux
Tu me tournes le dos
Tu repars à zéro
Cette fois-ci, avec une autre
Tu n'as pas eu le courage
De me dire d'avantage
Que pendant que j'étais sage
Toi tu faisais du chantage

Refrain 2
Adieu mon ami
Oui, tout est fini
Mais je saurai réparer
Mon pauvre cœur briser
Je t'aime bien encore
Oui, j'en suis d'accord
Mais il cessera de pleuvoir
Tout juste après ton départ

Tout juste après eh eh eh,
Tout juste après eh eh eh
Le jour de ton départ...

History & Culture

Discovering the National Monuments of Seychelles
(La Bastille Building)

BY U-ROY JULES

Situated a few kilometers north of Victoria's town center, La Bastille was built in the early 1930s by Mr Ange Pillieron. Considered a grand architectural project at that time, it was design by a Swiss German architect, Alfredo Leit, a man of entrepreneurial character and wit who was eager to create a house that would reflect the status of the Pilleron family who, of course, had the benefits of both patrician lineage and considerable wealth.

In 1973, Mr Pillieron died tragically. His wife continued to live at La Bastille with her daughters and second husband, Major Molle, until 1948, when the house was sold to the government. After remaining vacant for

many years, renovations were carried out which transformed many of the larger rooms into offices to accommodate various government departments. In 1973 the Survey Division of the Public Work Department had offices there, followed by the Ministry of Education in 1975. In August 1981



An old photograph of La Bastille Building



The Fountain at La Bastille Building



the National Archives took over the entire building until the mid-1990s. After that the building was occupied by the National Heritage division of the Ministry of Culture and Information. On arrival in the courtyard, where a fountain once stood, visitors could

admire a striking creation by Tom Bowers, in epoxy resin, representing three traditional musicians of Seychelles. In the grounds there was a valuable medicinal plant garden, the Jardin La Bastille, which was an interest to herbalists from the Indian Ocean region. With its massive sloping walls and labyrinthine interiors, La Bastille has a sinister attraction, rendered all the more so by the dark stories that have persisted over the years. For many of the locals it is a haunted place, and should one wander past it any late afternoon, one might just might hear strange noises coming from some indiscernible source.

Contributed by the Ministry of Culture and Information (National Heritage)

Corsair Jean
Francois Hodoul

Jean Francois Hodoul was born at La Ciotat near Marseille, France in 1765. He was associated with Seychelles and made a successful expedition off the Malabar Coast, taking many prizes from the English. He sailed on to Isle de France a wealthy man and purchased the Uni. It was in this ship that he captured the English privateer Henriette.

Hodoul embarked on his career as a privateer two years later. At the age of 29 he married the daughter of a Seychelles settler, Olivette Jorre de St Jorre. He returned to Seychelles in 1802, built a house at Les Mamelles and established a plantation on Silhouette Island which he cultivated with great assiduity and success, especially with cocoa. He bought Desroches Island in 1825, and in 1829 he set up a ship-repair establishment on an island in Victoria harbour, known today as Hodoul Island. He spent the rest of his life in Seychelles as a prosperous and highly respected member of the community.

He died on 10 January, 1835. He was buried at Bel Air cemetery. His tomb was inscribed with the words IL fut juste . Hodoul's wife, who died in 1856, was buried beside him.



Corsair Jean Francois Hodoul

Youth Talk

BY U-ROY JULES

Children born since 2001 have never known a country that was not involved in a war. Children are likely to learn about war at some point from the media. Moreover, acts of terrorism can be much closer to home, which can make for even more complicated discussions with children. In this week's edition, the youths will express their feelings about Remembrance Day.



Daryl Adolphe

My name is Daryl Adolphe. I'm 19 years old and a 3rd Year Social work student studying at the National Institute of Health & Social Studies (NIHSS). I am a unique individual to say the least; I have a passion for poetry, the arts, public speaking and many more. I am mostly outspoken but I can be timid at times.

Looking at war, it is most obvious sense, meaning physical conflict. I believe that it is barbaric because we as human, claim that we have reached some form of enlightenment. That has allowed us to have rights over our lives. We have reached a point where knowledge gained through history allows us to predict, and adjust for possible failure. At point where natural or artificial speech, phones and technology allow us to communicate our thoughts to one another, yet when it comes to certain things we immediately forget about all our evolution. There are always other solutions to resolving conflicts, some of which can lead to our advancement as humanity and will not cost others their lives.

If WW3 was to happen, I would not choose to be a soldier, as I believe war to be barbaric and cruel, and I would refuse to take part in it. I do not have a weak conscience nor willpower to do what is necessary in war.

Servicemen in my opinion bring prestige and honor to the country, simply because they chose to fight in a war with big nations even though they come from such small ones.



Magalie Jumaille

My name is Magalie Jumaille, a 23-year-old enthusiast about equal rights and opportunities for all. I am currently pursuing my undergraduate degree at the University of Seychelles in the field of Business Administration. Throughout my time, I have had quite a few affiliations with various associations with the most notable being my membership in the Seychelles National Youth Assembly, and recently, I was elected as Secretary on the Youth Action Movement Board.

Professionally, I am currently enrolled at the Seychelles Broadcasting Corporation (SBC) as the Private Secretary to the Deputy CEO.

I think that Remembrance Day is a Memorial Day to honor armed forces members who lost their lives while serving the country and we should remember the ones who are still alive too. The war has contributed to major changes and a strong foundation for the country. It has also taught us that we should reject dictatorship and have a nation that is more tolerant, transparent, and most importantly being democratic.

If WW3 were to happen, I would be a volunteer to work as a frontline nurse (even if I do not have any experience in the field). I would try to give mental support and keep the positivity amongst the army. Being a team in these moments is the biggest force for a country.



Darius Petrousse

My name is Darius Petrousse, I reside at Aux Cap. I am currently completing my diploma at the Seychelles Business Studies Academy (SBSA), and has the role of speaker for the National Youth Assembly.

From what I was told and what I have read, the war was a difficult period in our history, it showed us the youth that violence does not solve anything. For me the war has brought a scar on the world and for the future to come. About WW3, to be honest I would not want to enroll in it, firstly I do not believe that violence solves anything, but if it was necessary to join, I will have to.

In such tragedy, we have lost many talented people during the war, the servicemen have brought determination to our country, the determination to leave everything behind and defend what they are proud of.

Houses during the colonial times



A women sits in her living room decorated with newspaper

Houses in Seychelles during the colonial period were very different from what we have today. Although some remnants of that era can still be seen in the architecture of State House and the various traditional houses that still stand today, we have evolved quite significantly.

Can you imagine decorating your

walls with pages from a magazine? You can forget about indoor plumbing as during those times the toilet was a completely separate structure on its own outside of the house.

In this edition we take a look back at some of the structure of the colonial houses.

The Roof

The oldest roof covering is the roof made up of "Latanier" leaves. The leaves are dried in the sun for days and then bunched up prior to laying. They are laid from the bottom of the pitch upwards, overlapping each other and tied to battens.

The overlapping achieves an average thickness of 200 to 300 mm which ensures the waterproofing and insulation. The roofs of some large houses were of timber shingles, the shingles were normally of "Capucin" which splits well and is very resistant to humidity. They were nailed to butt-jointed boarding fixed on the roof rafters.

The corrugated iron roof sheets have, since 1945, become the most commonly used roof covering be-

cause they are cheap and easily handled. However, they transmit a lot of heat during the day making internal temperatures unbearable. Asbestos cement and corrugated P.V.C. sheets have also been used to a certain extent for roof finishes.

The Living Room

A popular architectural feature in homes during the colonial time was the living room was at the center of the house. In more affluent houses you would find wood finishes and the wall adorned with bookshelves, family pictures and so on.

In smaller houses most times the living room as well as bedrooms would be covered in newspaper, an odd choice of wallpaper, but it was there for a reason other than decoration.

Old newspapers and other forms of discarded paper were often used as a form of insulation in older-19th and 20th century homes. It was once common practice for people to stuff old newspapers in the walls to help keep out the whistling wind.

The kitchen

In many old homes, you would find the kitchen in a separate building, located at a certain distance from the house. The cooking was done on an open flame using coconut shells or wood, so it is understandable why it would be separate from the main house as to avoid damage if a fire should ever break out.

The bathroom

Ever heard of the expression, don't crap where you eat, well our ancestors did and made the toilet a separate room away from the main house, similarly with the kitchen.

Due to the absence of indoor plumbing, it does not take a genius to figure out the reason for this type of layout.

To avoid the odor reaching the home, most outhouses were built between 50 and 150 feet from the main house, often facing away from the house. They had either



Living rooms in affluent homes

one or two chamber holes inside — one for the adults and a smaller one for the children.

Bedrooms

Many modest homes did not have many bedrooms, and most times if a family had several children they would all sleep in the same bed, for low income families in the 21st century many are still doing it.

When it comes to structure and architecture the bedroom has improved quite significantly.

Given that many homes consisted of just one or two rooms that encompassed all of life, it follows that "the bedroom" as a separate space is a relatively modern concept. Where they existed at all, early bedrooms were sparsely furnished, with often just a bed and its "furnishings" (the bed hangings and coverings), and perhaps a large, lift-top chest for storing extra linens or household treasures.



"Cluttered outhouses"

Outhouse



Traditional Kitchen separate from the house



Traditional bedroom in an affluent home



Two different type of roof structure





Review about the movie Pearl Harbor

COMPILED BY U-ROY JULES

Pearl Harbor is a U.S. naval base near Honolulu, Hawaii, that was the scene of a devastating surprise attack by Japanese forces on December 7, 1941. Just before 8 a.m. on that Sunday morning, hundreds of Japanese fighter planes descended on the base, where they managed to destroy or damage nearly 20 American naval vessels, including eight battleships, and over 300 airplanes. More than 2,400 Americans died in the attack, including civil-

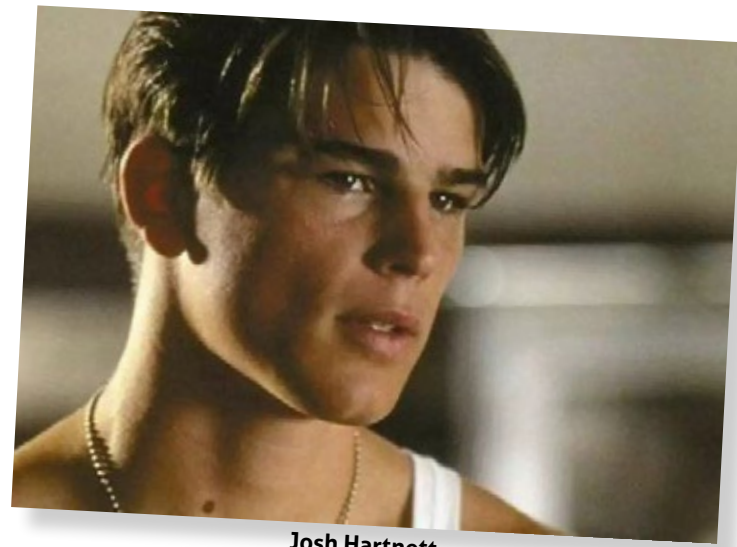
ians, and another 1,000 people were wounded. The day after the assault, President Franklin D. Roosevelt asked Congress to declare war on Japan. In this edition will learn more about the movie Pearl Harbor, and discover the story behind such a successful movie. Just in time for Memorial Day in 2001, Michael Bay who brought us Armageddon, Transformers, Bad Boys, unleashed a historical blockbuster movie aimed to conquer the box office. Pearl Harbor, starring Ben Affleck, Josh Hartnett, and Kate Beckinsale, debuted to negative reviews but topped the holiday



Ben Affleck



Kate Beckinsale



Josh Hartnett



weekend chart, eventually raking in nearly \$450 million worldwide.

Review:

Rafe (Ben Affleck) and best friend Danny (Josh Hartnett) are lifetime friends who join the Army to serve their country. When stationed at Pearl Harbor, Rafe meets Evelyn (Kate Beckinsale), a nurse for the service; it is not long before they begin a romantic relationship. Things get sticky when Rafe joins the Allied British forces as the unsuspected Pearl Harbor attack looms ahead in the coming months.

The filmmakers seem to have aimed the film at an audience that may not have heard of Pearl Harbor, or perhaps even of World War 2. This is the Our Weekly Reader version. If you have the slightest knowledge of the events in the film, you will know more than it can tell you. There is no sense of history, strategy, or context; according to this movie, Japan attacked Pearl Harbor because America cut off its oil supply, and they were down to an 18-month reserve. Would going to war restore the fuel sources? Did they perhaps also have imperialist designs? The movie does not say.

Story:

Here is how the love triangle between two pilots, Rafe Mcawley (Ben Affleck) and his best buddy Danny Walker (Josh Hartnett), and a nurse, Evelyn Johnson (Kate Beckinsale) plays out in Michael Bay's Pearl Harbor, which is now 20 years away from 25 May 2001 – a day that will

live in mild ignominy. Spoilers, obviously, for those who haven't seen it:

Rafe and Evelyn fall in love in early 1941, before America has entered the second world war. They enjoy what Evelyn describes as "the most romantic four weeks and two days of my life". Unbeknown to either Evelyn or Danny, Rafe has volunteered for the Eagle Squadron, an RAF outfit for Americans to help the British fight the Nazis. They do not have sex. Rafe wants to save that for when he gets back. Rafe does not get back. Not yet, anyway. His plane is shot down in the Atlantic and he is presumed dead. Danny and Evelyn,

both now stationed in a sleepy little naval paradise called Pearl Harbor, are devastated by the news. Danny offers Evelyn a shoulder to cry on. One thing leads to another. They have sex in a parachute hangar.

But wait! Rafe is alive. Resurfacing mere days before the Japanese attack Pearl Harbor, he learns, after his months-long ordeal in occupied France, that his best friend and the love of his life have turned the page after an (extremely abbreviated) mourning period. Then Pearl Harbor happens. Breaks the tension. Gives them all something else to think about.

In the days after the attack,

Danny and Rafe are assigned to what turns out to be a top-secret, near-suicidal retaliatory mission over Japan. Evelyn tells Rafe that she's pregnant with Danny's child and intends to stay with Danny, which Rafe accepts. She does not tell Danny. He doesn't learn until he's shot by Japanese soldiers, at which time he uses his dying breath to tell Rafe that he will now be the child's father. And so it goes: Rafe and Evelyn raise the boy. No prizes for guessing the kid's name.

To learn more about such good movie, the movie is available on live streaming such as Netflix, and also can be download legally on various website.



The cast

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Eden Island
SEYCHELLES

My Story Gabriel Coeur de Lion

BY CHRISTOPHE ZIALOR

Bodybuilding requires you to grab a dumbbell and a bench and get to work. It's not an art form that develops over the course of a week or month. It is a continual process encompassing 24-hour days for months and years.

Gabriel Coeur De Lion, was born to be a body builder, after all he did have a fitting last name for the sport. Now a veteran in the sport and a well known name, we take a look back where it all began.

How did your love of sports and Bodybuilding develop?

I was still a young lad when bodybuilding piqued my interest; there wasn't much to do at the time during the 70's, so most of my friends and I took to sports.

I enjoyed playing football, and there were volunteers who would come around and teach us music and organise sports competitions for us at the time. I finished second and received a Duke of Edinburgh award in one of those.

I had played football for Rovers and Victoria City football club, until 1978, when I began bodybuilding.

BodyBuilding and IOG

When I first started lifting weights, I had no prior knowledge or experience. Because he had lifting experience, one of my good friends began mentoring me.

Weight lifting, bodybuilding, and powerlifting were all part of the same organisation at the time, so I began with all three.

Mr Victoria was my first competition; there were only two of us, and I came in second. The loss did not deter me because my com-

petitor was physically superior to me and I was just starting out.

After months of grueling training, I was successful enough to be selected to participate in my first Indian Oceans Game in 1979.

I won a bronze medal in weightlifting. It was an achievement for me, but unlike today, when athletes are rewarded for their good performance during games, we received nothing.

After we came back I started training for Mr Seychelles, three months before the competition and I won.

After the association for bodybuilding was formed I decided to join. I was able to further develop my skills with the help of foreigners who came into the country to train.

BodyBuilding and Socialism

There was a time in the late 70's to early

80's where politics played a role in sports. I remember a particular story when we tried recruiting Mohamed Makkawy, an Egyptian who was Mr. Universe and award-winning personal trainer and coach.

We had made the proper arrangement to bring him into the country to train us, the week before he was supposed to come we got a call from Minister Jacques Hodul questioning why we were bringing an Egyptian in the country.

We had advertised the arrival of Makkawy on posters around the airport and the minister forced us to go and remove it.

The mayhem it brought on the association for us to call and tell him not to come.

There was political fear at the time as the Coup was still fresh which was the main reason we had to cancel.

Sports were impacted at the time. We couldn't even compete because bodybuilding was non-existent in Seychelles during the 1980s. I've said it before and will say it again: Socialism has no place in sports.

BodyBuilding in the 80s

Even though politics played a role in the 1980s, I can say that sport in the country was at its peak at the time, and we were on our way to becoming one of the top countries in the Indian Ocean. We were able to complete everything without the assistance of a Minister in charge of sports. It took the government ten years to appoint Sylvette Pool as Minister of Sports.

She did a very good job as a Minister, but the people that were working with her at the time did not understand her vision.

We also had to be careful about what we said during those times. Albert Marie was at the top of his game, but he was denied the award for best sportsman of the year because of unfavorable remarks he made.

Sport competitions resumed in 1984, and I returned to the Indian Island Games in 1985.

The last decade as a competitor

I began the last decade of the 1990s on a high note when I won Mr Seychelles, which gave me the opportunity to compete in Mr Universe.

Although we were strong in bodybuilding in the Indian Ocean, we were vastly out-matched on the international stage. One reason for our loss, in my opinion, was a lack of proper equipment at the time.

The following year I won Mr Seychelles once again, a couple of months later I was able to travel to Mauritius and participate in Mr Indian Ocean, sadly I lost that competition.

We had asked the association for permission to go to the competition, we got the permission to go but they told us that we would not be recognised as the winners in Seychelles. We won the competition but we were not recognised.

To this day I still do not know the reason for this. After that I retired from major competition.

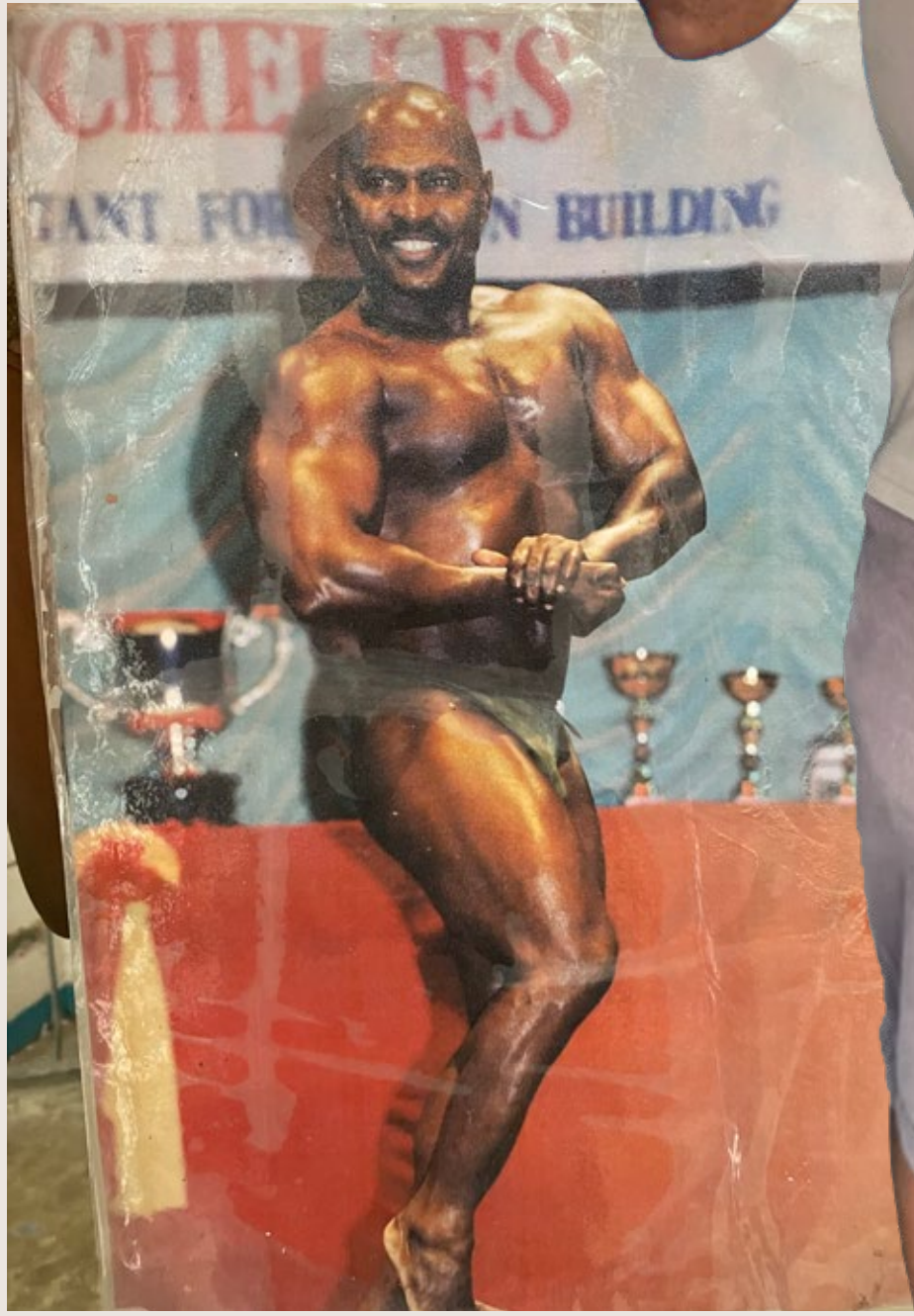
Early 2000s and Retirement

Nowadays sports in Seychelles have deteriorated, we no longer have sponsors and the little money we receive from the National Sports Council to organise competition is not enough.

However i will say that body building has developed since my days, even though we are not moving forward change is starting and they have begun to gain support.

There is a competition in the Reunion in December, they have asked me to participate but i'm still not sure.

Despite the fact that I am retired, I am working behind the scenes to resurrect bodybuilding in Seychelles. I also train aspiring bodybuilders at my gym, Atlantis, which I have owned for the past five years.



Gabriel in the Zone

RED LIGHT, GREEN LIGHT

SOURCE: The Game Girl

What it is: An easy game for young children

Best for: 4 or more players

What you need:
• Just an area to play, a big open space you can run in

How to play: First choose one player to be your caller. We'll call her Mum. Mum stands at one end of the room or area while all of the players stand across from her, facing her. There should be a long space between Mum and the players. It's also ideal if the players have a wall to stand against or a line to stand behind so everyone starts the same distance from Mum. When all players are lined up and not wiggling too much, Mum turns her back to the players and calls "Green light!" This is the players' cue to run forward towards Mum. But whenever she chooses, Mum says "Red light!" and turns



This is a great game for kids

around. As soon as they hear "Red light!" all the players freeze in place. If Mum turns around and catches anyone moving, anyone who hasn't frozen still, she can send them back to the starting line. (So it may not be in players' best interest to run as fast as they can, lest their momentum keeps them from stopping in time and gets them sent back to the starting line.) After Mum has caught anyone who was moving and sent them back to the starting line, she turns around again and calls "Green light!" Players rush forward until Mum

says "Red light!" and turns around. The first player to reach Mum wins! They get to be the caller next round.

Variations: For younger children, you could play without Mum turning around. She just stands facing the players all the time saying "Red light!" and "Green light!" She also doesn't send players back to the starting line if they don't stop right away, but she can require players who were slow to freeze to take a few steps back.

opo

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Fiy osi byen ki garson l kapab partisip dan sa zwe ki servi en boul oubyen en lot keksoz ki kapab konfiske. En group kenz a ven (15-20) manrmay ki kapab zwe anmentan. Pou konmanse zot tire (oubyen pran desizyon) lekel ki pou res. Ler sa l fini, tou lezot manrmay l asiz ater an ron e sot bous zot lizye. Sa dimoun ki res l pran e fer letour deryer bann kip e

bouse. l met boul ater deryer nenport ki manrmay e l kontinyen fer letour. Si l reisi fini fer en letour e sa manrmay ki in met boul deryer panmor leve, sa manrmay l ganny konsidere koman 'opo' e l al asiz dan milye ron. Dan sa ka zwe l rekomanse. Me si letan l met boul deryer en manrmay, sa manrmay l reisi leve avan ki l ek boul. Si l reisi, sa dimoun kin gany tape l al 'opo'me si non, sa dimoun l pran son plas e zwe l kontinyen parey okomansman.

Bann zwer l ganny drwa tay zis dan alontour ron e dan sans revey. l osi annan en lot varyasyon opo ki zwe senk (5) dimoun Selman. Kat (4) serso oubyen ron kin ganny desinen ater l plase dank at kwen teren zwe en (1) ron oubyen serso l ganny plase dan milye. Senk (5) manmry l debout enn dan sak ron. Apre en sinyal zot sorti e tay taye dan alontour ron. Letan en lot sinyal l gannl donnen, zot taye e antre dan ron. Sa en ki pa ganny en ron dan kwen l 'opo' e al dan ron dan milye.

RONN

Ronn l bann refren bann sanson Franse ki ganny santé e zwe sirtou par bann fiy. l ti souvan ganny pratike dan bann letan ki lalin ti kler. Pou sa zwe bann zanfan l form zot an ron (oubyen dan serten ka en laliny) e zot fer bann mouvman korespondan dapre karakteristik sanson ki zot pe santé. l ti enn parmi bann zwe pli popiler ek bann zanfan e menm parfwa granmoun. Ronn l ankor pe ganny pratike konmela; swa par bann zanfan premye ek dezy-

enm standar lekol, oubyen alokazyon bann aktivite ek spektak kiltirel par bann group kiltir dan bann brans. Bann ronn pli popiler i "La Boulangere". "Pti marmit". "voice la jolie rond". "Dans jardin mon pere" kot bann dimon l form en ron e apre ki zot in fer en letour an dansan, enn oubyen de partisipan l antre dan milye e fer bann mouvman konrespondan. Lezot ronn parey "Granmanman Bebe". "Lapilapon" ti e osi ankor ase popiler.



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