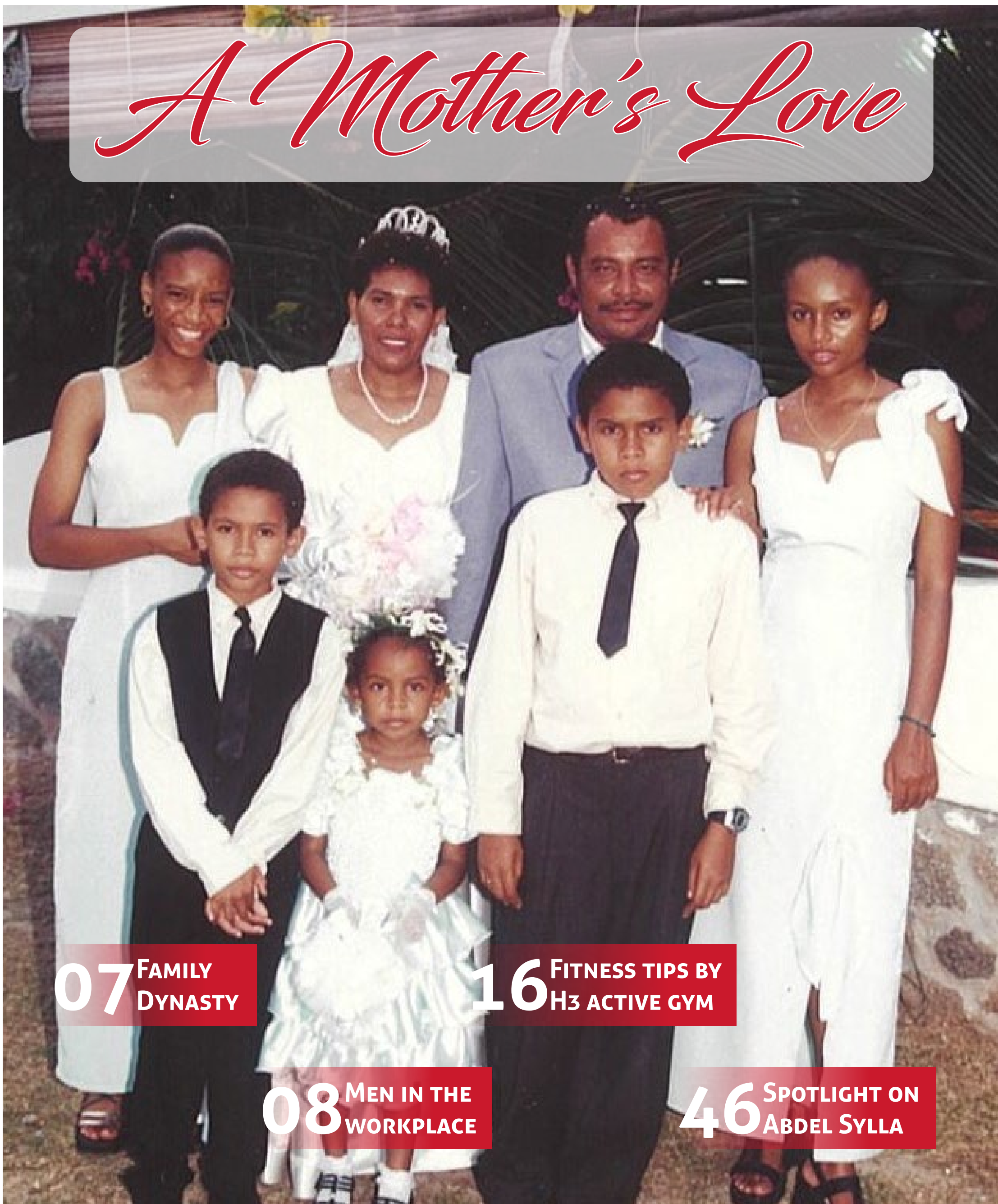


A Mother's Love



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EDITOR'S *Note*

Cultivating Gratitude and Being Thankful

"Showing gratitude is one of the simplest and yet most powerful things humans can do for each other" – Randy Rausch.

To be grateful has become a choice in the world we live in these days. I drew this conclusion from observing people I have met throughout the years, from conversations with others and listening to what many have to say. Some of us would stereotype these people; I used to. Just because they believe otherwise does not mean we are better than them. Yes, some of us believe that people who are not grateful take things for granted. The choice is based on the individual's attitude or character. It is up to the person whether they want to recognize or be immune to the gains and losses within their lives.

My take is that this perspective can be shattered when a person faces a personal crisis. And this is when life is viewed differently. When things are going well, people become impervious and take prosperity and others for granted. For some, it is the shock of realizing that everything they have might be taken away that truly awakens their souls. The uncertainty makes them vulnerable and powerless as they no longer control their own destiny.

Meanwhile, everyone talks about being happy. But in reality, what is happiness? No one can expect to be "happy" throughout a lifetime. It is not possible and a real misconception of life. Happiness is just moments of joy we are gifted, and this elated feeling can usually disappear within minutes. If you want to find a little happiness today, I suggest finding gratitude in yourself first. We are our happiness, we make our own happiness, and we must never blame others for our emotional state.

As a German theologian and Lutheran pastor Dietrich Bonhoeffer once said, **"Gratitude changes the pangs of memory into a tranquil joy."** I love this quote. It would help if you experienced gratitude first to understand better the tranquil joy which can enhance your own happiness.

I am not saying that the feeling of being grateful is accessible for everyone. Still, gratitude can be a powerful life tool if we acknowledge its presence in our daily lives. Gratitude has the power to heal, bring hope, energize, and help us cope with the hardships of life.

Try thinking of a dark or sad moment in your life where you had lost all hope and was feeling vulnerable. Now realize where you are today and how you made it through that dark patch. Be thankful for this change. Another way to test your gratitude level is to confront your mortality. The stress of imagining such an event can help reframe your memory and reshape who you are by re-evaluating what is truly important in your own life.

In our lead story this Sunday, we share the memories of a young girl who is forever grateful to some-

one she loved dearly. Kelly-Mary Annette tells us how at only 14 years of age, she dealt with her mother's death and how challenging this was for her as a child. She explains how her family life changed, how she assumed the role of mother for her younger siblings, and how lonely she felt during the first few years.

We all strive to have an impact on our society, and one family that has done so is the Lailam family. They have a century-long history in Seychelles, owning the country's first bakery and opening multiple businesses in the 1900s. In this edition, Phillip Lailam tells us more about his family's journey.

Firefighting is a dangerous profession, and firefighters need to possess many skills and talents. Throughout the years, many of you might have seen Mr. Jones Madeleine on television extinguishing fires in houses, vehicles, landfills, and woodlands. Today, we learn a lot more about this charismatic gentleman.

In this week's fashion and style, we trek back to the '40s, a decade dominated by war. Marie-Flora Bendauid talks about fabrics, style and what made that era impactful and fashionable.

Meet two up and coming Chefs, Nadine Barra, and Michael Hoareau of Moutya Restaurant at Mango House Seychelles. They share their experience working for an LXR Hotel and Resorts, the opportunities they get at the restaurant, and the exquisite menu they serve to the local and international clientele.

Be inspired by self-trained Chef Nic Eulentin, who talks about his love for food and how he managed to become an experienced chef without ever stepping foot in a classroom.

Lastly, we spotlight Abdel Sylla, a young professional Seychellois sportsman who talks about basketball, his family life, dreams, and future goals.

We hope you enjoy this local Thanksgiving edition. Have a pleasant Sunday.


Veronica Maria
MANAGING DIRECTOR & EDITOR

November is a month of remembrance and honor, which were the themes of our last two editions. It is also the month where Christians start counting down the days to Christmas. As we near the last few weeks before the end of 2021, I would like to talk about cultivating gratitude and being thankful.

Thanksgiving is a well-known annual American holiday that brings families together to celebrate a traditional dinner. The day also marks the beginning of the Fall-Winter December festivities in their culture. The traditional feast usually consists of a roasted turkey, stuffing, cranberry sauce, mashed potatoes, corn, green beans, and a delicious pumpkin pie for dessert. The day is celebrated on the fourth Thursday in November, with the hope that all family members are thankful on this occasion. Obviously, Thanksgiving Day means very little to most Seychellois unless one studied, worked, lived or was born in America.

This day is not found on our local holiday calendar, but unknowingly, most families in Seychelles come together at least once a week. Should it be considered as our own thanksgiving? And why be thankful only once a year? A reason is that our country is small, and everyone lives near each other compared to America where families live hundreds or even thousands of miles apart. Our tradition is different. Families in Seychelles do love gatherings, and the sense of coming together at a Sunday picnic, a BBQ on Saturday evening to celebrate a birthday or a family dinner mid-week to catch up indicates that some are happy for the time spent with each other. But are we really thankful, or is it just a habit? I guess that is a question only you can answer.

What is gratitude?

According to the Merriam-Webster dictionary, gratitude is a feeling of appreciation or thanks. Sound simple; but not for everyone. We need to make the distinction between feeling grateful and being grateful. You are probably saying, what is the difference? Feeling grateful may be difficult to control as it is connected to our emotions and how we think. It is not easy to feel happy or grateful when the world around us is overwhelming and depressing. Feelings usually follow our surroundings and thoughts about how things are and how we think they should be.

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A Mother's Love



BY CHRISTOPHE ZIALOR

No truer words have been spoken ever since Jeany de Letourdie famously said 'Perdi Manman tou perdi'.

After all, our Mother is the person who puts her life at risk by giving birth to us. She showed us how to walk, speak, and smile. Our first mentor and teacher who guided us through the process of determining what is right and wrong, the bond that holds the family together and the shoulder that is always there when you need a good cry.

Even after a mother has passed on to the spirit world, her love endures. My mother did an excellent job of expressing her unconditional love for my sister and I, and we can sleep soundly knowing she will never stop loving us.

When it comes to a mother's love, there is no comparison. Her love is one-of-a-kind, and no one can match it, which is why it is fitting to have a whole page dedicated to a mother for our family themed edition of Ozordi Dimans.

Maylene Mary Anette died eleven years ago from cancer, leaving behind her childrens.

We spoke to her Daughter Kelly Mary Anette, here is what she had to say.

"Nothing fully prepares you for the death of a parent. To me, home was a person, not a place. I was fortunate enough to have a nurturing mother for 14 years, and even after her death I've never stopped craving her love".

Kelly Mary also mentioned how difficult it was for her to lose her mother, both emotionally and mentally. After all, every little girl's adolescence is the time when she needs her mother the most.

"When my mother was alive, she was my best friend; she was my confidant and mentor to me." But when she died, there was a big void in my life; I had just lost the person who had given me everything, and I felt lost."

She added that even if the family knew Maylene had cancer it still came as a shock to them when she departed.

"Her death was a big adjustment"

"I did not know who to turn to, or who to talk to. I had to learn on my own who to rely on and who to trust"

Like many families who lose a matriarch, Kelly had to assume the role of mother for her younger siblings who were just 7 years old at that time. The 25 year old added that at school she was 'Kelly Mary' but at home, she was like a mother to her siblings.

"I had to wake up early every morning to prepare their school lunches, and even attend some parent teacher conferences" "My dad was present but it was always my mother who use to do these things and I sort of assumed that role, nonetheless I did get assistance from him and other family members like grand-parents and older siblings"

"It's not as simple as people think; I was traumatised by my mother's death, which is how my foundation came to be." I realised that no one truly understood what I was going through; people assumed that because my father was still alive, I should not have been affected as much by my mother's death, but this was not the case. "As a result, I established the Maylene Foundation to assist others who have faced similar challenges as I have."

Kelly added that her mother's death also affected their family life. She remarked that Maylene was the glue of the family.

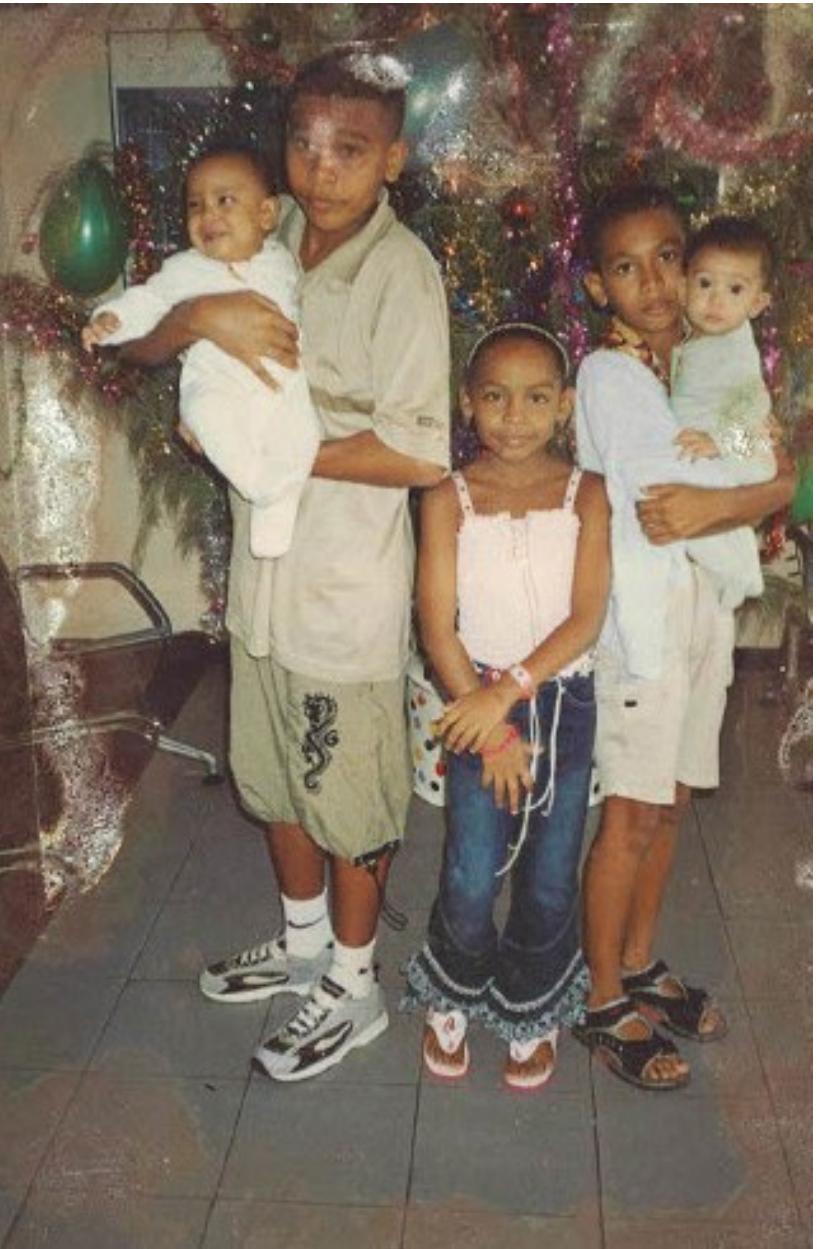
"In my family, we started decorating for the holidays very early; I remember my mother starting around November, it became a tradition in our family."

Maylene, who was originally from La Digue, made sure that every December the family Maylene who was originally from La Digue made sure that every December the family went to the small island to celebrate Christmas and their

(Continued on Page 6)



Dad, siblings, and Kelly



The twin babies but missing are two older sisters

(Continued from page 5)
maternal grandmother’s birthday. When she died, however, Kelly noted that they stopped celebrating Christmas and following the traditions they had done for years, saying, “What is Christmas without mummy?”

She went on to say that it took them years to get back into the Christmas spirit, and that even though it was difficult to celebrate the holidays without her, they had to carry on the traditions she had started in a way that honoured her.

Anyone who has lost a loved one may find the holidays difficult. Mother’s Day, with its inevitable onslaught of marketing emails and effusive social media posts, can be especially difficult for those who have lost a mother. The day and the days leading up to it, can be challenging, whether the loss is recent or long ago.

Kelly recalls her mother as selfless; she would always say that being their mother was a gift in itself, and that they didn’t need to buy her anything.

“Even though she said not to get her anything we would always make her something special. One time I wrote and designed a mother’s day card for her, she got teary eyed when I gave it to her and she gave me one of the biggest and longest motherly hugs one can ever have, that hug is something I still remember and that is one of the fondest memories I have of her.”

.....
“On days when I miss her a little bit more than usual, I remember the love and affection we shared.”
.....

Maylene’s daughter noted that something special her and her siblings all share is a birthday month with their mom.

“All of us share a birthday in July, so when we do our birthday celebrations we include her and visit her grave.”

She added that her mom was always a joker and that her kids inherited her sense of humor. Kelly also described her mom as a humble person.

“I remember her telling me to treat everyone the same way regardless of their social status. That helped me in my adulthood, especially during my reign as Miss Seychelles as I carry these lessons with me each day.”

As an ambassador for semi- orphans, one message that Kelly wants to share with kids who are going through what she went through is that there is always light at the end of the tunnel.

“I know it’s hard and there are many dark days. No one can replace your mom or dad and I understand that as I have walked that path, but even if it seems that days are dark now, you must remember that there will be sunny days ahead”

“I am here for you, I want to tell you that I believe in you as I wish someone had told me that when I was going through my dark days”



Kelly and her older Brother

WEEK REVIEW

What made TODAY’s Headline this week?

Remembrance Sunday

Sunday, November 14 was marked as Remembrance Sunday in Seychelles and other Commonwealth countries, as customary every second Sunday of November each year. The ceremony began with a blessing delivered by Deacon Agathine followed by speeches and hymns from the national band.

After the speech, the guests present were invited to lay their poppy wreath before the conclusion of the ceremony.

Many of the soldiers who were being commemorated on this Remembrance Sunday never made it home from East Africa in 1918. Six-hundred weary Seychellois did make it home, like other soldiers across the Commonwealth.

Missing person found

The President of the Republic and Commander-in Chief of the Defence Forces of Seychelles, Mr. Wavel Ramkalawan this week at State House, met with the mother and siblings of Mr Andy Bistoquet. Mr Bistoquet’s family had earlier reported him as a missing person, which is subject to an ongoing Police investigation. The President personally shared the news with the family that during a joint military operation by the Seychelles Coast Guard in collaboration with Indian Navy and the French Navy, Mr Bistoquet was found on board a foreign dhow.

Budget 2022

The Leader of Government Business, Hon. Bernard Georges and the Leader of the Opposition, Hon. Sebastien Pillay responded to the 2022 budget presented last week by the Minister of Finance, Trade and Investment, Naadir Hassan.

Both of the leaders shared their honest opinion about the budget 2022, from the positive and negative side of it.

COVID-19 on the rise again, with 200 positive cases in 2 weeks

Wednesday 18th November, at the press conference, Public Health Commissioner Dr Jude Gédéon, Health Care Agency Chief Executive Officer Dr Danny Louange, and A.S.P. Desnousse discussed the latest developments around COVID-19. Dr Jude Gédéon, the Public Health Commissioner, provided figures showing a worrying increase of 200 positive cases of COVID-19 in the last two weeks. Cases have been reported in all districts of Mahé. Since the pandemic began on November 16th, the Ministry of Health in Seychelles has registered 22 831 COVID cases and 125 deaths, with 347 new cases, 323 on Mahe, 12 on Praslin, and 12 on La Digue.

Cruise ship season officially launched in Seychelles

In collaboration with the Seychelles Ports Authority, Tourism Seychelles had the pleasure of launching the cruise ship season 2021-2022 on Thursday, November 18, as the vessel left the port around 7 pm on Thursday with over 140 passengers. Present, was the French Ambassador, Mr. Dominique Mas, who stated that he is delighted that after 18 months, the first cruise ship, Le Bellot, has docked in our port.

Body of unknown woman in South Africa identified as missing Seychellois, Lia Adeline

The South African Police informed the Seychelles High Commission in Pretoria on Wednesday 17th November 2021, of the death of Ms Lia Adeline, who had been reported missing on Monday 18th October. The Regional News reports that the circumstances surrounding Ms Adeline’s death are “puzzling” after her body was found at a storm water ditch at the Dwarsfontein/ Argent exit in South Africa. She was found on 22nd October by a passer-by who had then notified the Police.

A FAMILY'S LEGACY

BY CHRISTOPHE ZIALOR

There is an old Chinese proverb that says, 一个人留下名声，就像一只燕子离开了它的电话，in English this translates to 'A person leaves a reputation, as a swallow leaves its call. Indeed, a good reputation in business goes a long way, and no one knows this better than the Lailam family, who has been in business in Seychelles for over 100 years.

I met Philippe Lailam a couple of days ago at the Lailam bakery at the end of Benezet Street; the bakery, though new, has a century-long reputation in Seychelles.

"Originally from Canton, China, my Grandfather came to the Seychelles from Mauritius back in the 1890's. He came to Seychelles simply because he loved seafood and saw the vast opportunity that Seychelles waters had. In his days, there was no such thing as immigration. He came to the country and the government du jour, which was British at the time, let him stay."

The first business he established after arriving in Seychelles was the Lailam bakery, which opened in 1902 and became the country's first bakery.

He then handed over the business to his son (Philippe's father), Lai Yon Lam in the 1930's.

"Every night, I'd work in the bakery with my father; back then, everything was done by hand, and we didn't have all of these fancy kitchen accessories to help us; we had a brick oven," said Phillipe.

Philippe noted that his job was to put the dough in the brick oven, a job he says was easy but very tiresome.

"Back then, Victoria was not always the concrete jungle that it is today," he recalls.

"The road came to a halt where our bakery now stands, and there were mango and orange



Philippe with his wife and son

trees everywhere." That piece of land belonged to us; we later sold it to the British government in exchange for a piece of land where the Selwyn Selwyn Clarke market now stands," Philippe explained.

The Lailam bakery went through several changes over the years before being sold a few years ago.

"My brother sold the bakery before he left the country some years ago which is why we closed. The new bakery now is Philippe and co but we use the Lailam name as it has a vast history in Seychelles"

"When I die, the business will be passed on to my sons, just as it did for me and my father before me."

Throughout the first half of the 20th century and long after the 1950's, the Lailam family opened many businesses in Seychelles. Philippe noted that when he was growing up his family had supermarkets, a butchery, restaurants, soap manufacture factory, a cinnamon factory and they imported wines from Cyprus.

"My father was a jack of all trades; on Sundays, we sold shark fins, sea cucumbers, bird eggs and turtle meat at the market; it was still legal at the time, and everyone enjoyed it. We were in our old world back then."

"Even if he could not speak English properly, my dad was a hardworking man."

A hardworking man indeed, he left a legacy for his children, however like many family businesses, greed and jealousy comes into play. Mr Lailam said that his relationship with his siblings has been cold for years, though he still talks to them from time to time.

A family legacy can have lasting and multi-generational effects. In some ways, this can mean extending positive values, beliefs, and traditions to help solidify a family and cultivate personal success. For the Lailam family, their legacy is old but it will go on for generations.

“Even if he could not speak English properly, my dad was a hardworking man.”



Inside the LaiLam bakery



Relaxing after a rough day

BY U-ROY JULES

Firefighting is a tough business and firefighters, more than most professionals, need to possess a multitude of skills and talents. You might have seen Mr. Jones Madeleine on television attempting to prevent the spread of and extinguish fires in houses, vehicles, woodlands and many other instances.

He has also saved many lives, properties and the environment while doing his daily job.

Mr. Madeleine possesses the qualities necessary to represent the Seychelles Fire and Rescue Agency (SFRSA) department.

He began his career at SFRSA in 1996, as a recruit at the age of 19, and today he is a Senior Divisional Officer.

Mr. Madeleine is responsible for communication, fire investigation and assist in administrative duties among others.

His biggest challenge was the devastating warehouse fire which occurred at the Seychelles Public Transport Corporation (SPTC) depot at Latanier Road on the 8th August, 2018.

The fire ravaged the SPTC warehouse where spare parts were kept, as well as spare wheels and IT equipment.

"It was a mammoth task involving around 80 fire-fighters from headquarters as well as those based at the airport and the Seychelles Petroleum Company



Jones with other colleague testing some of the equipments

(Seypec) to successfully contain the blaze," he said.

He also spoke about the fire at the landfill in Providence last September, which produced thick fumes from burning tires. The fumes and smoke affected wide areas of Seychelles as the flames had burned 85 percent of both landfill one and landfill two.

Combined with the unique work place and living conditions, the job of a firefighter is very demanding.

While there are dozens of essential traits Mr. Madeleine possesses in order to find success on the battlefield and in the firehouse, today you will discover seven most important traits of a firefighter such as integrity, physical fitness, communication, dedication, team player, public image-conscious and self-sacrifice.

1. INTEGRITY

Trust is of the utmost importance in public safety, especially while working at SFRSA, the public needs to trust them in order for them to do their job.

"They need to trust us with their personal property, their safety, their privacy, their loved ones' care and even their lives. A firefighter's misconduct of any kind not only hurts their department but hurts all firefighters because it chips away at the public's trust which is so essential. In such profession I have managed to establish a long legacy of trust and respect from the community I serve and I must continue to uphold my oath. In order for the team to function optimally, each member must also trust everyone on their crew. Firefighters rely on each other in every way. Integrity and trust within the crew is essential. You must be able to trust your fellow firefighter, trust them to know their job, trust them to have your back, trust them to keep your secrets, trust them with your safety and even your life. A person who lacks integrity can never be truly trusted in all of these ways within the firehouse or on the fire ground and can be detrimental to the safety and cohesiveness of his crew. This is the most important trait in any firefighter," he said.

2. PHYSICAL FITNESS

Improving your overall strength through

physical fitness allows you to perform fireground tasks without putting yourself or others at risk for injury. Mental and physical strength enables a firefighter to stay focused on a given task and have the muscular endurance to complete it.

With the COVID-19 pandemic, the SFRSA firefighters are unable to do any physical fitness training but they have managed to stay in shape throughout the years.

All firefighters at SFRSA must pass a physical test as fitness is paramount. It guides them through the toughness and grit needed to accomplish the tasks of line firefighters. Unlike in past generations, firefighter health and fitness is becoming a top priority as we moved into the 21st century. "Many of the most crucial aspects of the job require firefighters to have above-average strength and agility. Many job functions simply cannot be performed without maintaining a high fitness level. Health and fitness are an essential part of our job and it must become an essential part of your lifestyle if you are to become a firefighter. At SFRSA we train our firefighters physically and mentally, while people are running from a fire, we have to go in and save as much life or property as we can. Being mentally stable is fundamental for the job," he said.

3. COMMUNICATION

One could fill several books discussing the importance of communication being a firefighter. Communication is essential in any successful relationship. As a firefighter you will have many different types of relationships with different types of people. Throughout his successful career Mr. Madeleine had to be an active listener and get along with a multitude of personality types.

"The community must provide us with accurate location of each incident, if they miss one detail it can cause various complications. Some people are better communicators than others but it is a skill that

While people are running from a fire, we have to go in and save as much life or property we can

can be improved and must be improved. In today's world and today's fire service, communication and the way we communicate is rapidly changing. Communication is not just verbal. Written communication is also equally important while working at SFRSA. You will need to know how to handle irate citizens while performing this job, use radios to relay essential information to the crew, incident commands, calm frightened patients and victims, console distraught family members and even co-workers, relay essential patient information to paramedics, nurses and doctors, instruct children in the



Jones taking part in a training camp on La Reunion in 2019



Jones at a training session on Reunion Island in 2019

area of fire safety, educate adults in fire prevention and explain as well as enforce fire codes to business owners. This has to be done with the utmost tact, patience, intelligence, professionalism and courtesy. It is also vital that I keep my calm while on duty, and communicate all necessary information," Jones noted.

4. DEDICATION

Jones has been working for SFRSA since 1996, to last for so many years, you have to be dedicated and willing to work odd hours.

Dedication to the job is a vague and generic term that encompasses many traits and often goes by other names. Regardless of what you call it, it is essential that firefighters are hard-working, hard-training people who take pride in their work and want to be the best at what they do.

"Firefighters should never settle for mediocrity within themselves. They must strive for excellence at all times no matter how menial the task may be. They

To work at SFRSA you definitely must be a team player to succeed. Being a team player and understanding the team concept is of utmost importance. This means that others are always relying on you to do your job and do it efficiently. When one person does not, the whole team suffers and the team's safety can be jeopardized.

"The goal will also not be accomplished in the most effective way unless the entire team is working together. Just like on a sports team, when one person fails to perform their role the whole team begins to break down. You may not always like the task you are given but it is always essential to accomplish the goal at hand. Your firefighting teammates are relying on you at all times," he said.

6. PUBLIC IMAGE-CONSCIOUS

As public servants, you must always maintain a good public image. People are judged by appearance as well as conduct. Appearance is the first and sometimes the only thing people have to go by before forming an opinion. For firefighters, the way you look, speak and conduct yourself in public both on and off duty reflects on not only yourself, but the department and profession.

"All around the world even in Seychelles, firefighters are highly respected for their hard work and dedication. You may have integrity but if you come off messy, immature and disrespectful, it reflects on all that you represent in the same negative way. The many generations of firefighters in our country who preceded us left a long legacy of positive public image that we reap the benefits of. This positive public image is a big reason why the fire service and firefighters at SFRSA are so respected. As a firefighter, you need to carry that torch and continue that legacy by always maintaining a positive public image," he said.

7. SELF-SACRIFICE

Self-sacrifice means that you are equally concerned with the wellbeing of others as much you are with your own. Those who possess this trait volunteer their time to worthy causes. They have a natural propensity to help others and have a giving spirit.

"As firefighter at SFRSA, you will be a part of an organization whose primary purpose is to serve and protect the community of Seychelles. Most importantly you need to ask yourself this, "Are you willing to make the ultimate sacrifice and put your life on the line for someone you have never even met or do not even like?" This kind of self-sacrifice is what we expect at SFRSA and it is what have kept me going through all those years. While people are running from a fire, we have to go in and save as much life or property we can." he stated.

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PASSENGER ALLOWANCE



Passenger Exemption Allowance is the total value of goods a passenger is allowed to bring back into Seychelles without paying duties/taxes. The Passenger's allowance is exempted from taxes provided that the contents of the baggage are for personal or household use of the passenger and are not intended for resale. The items in the table below are allowed to be carried by a passenger as duty free if the quantity or value does not exceed the prescribed amount.

Passengers using the facility of purchase on departure and collect on arrival have the same allowance as below:

The Maximum Allowance for Passenger above 18 years:		
Item	Descriptions of Goods	Exempted Quantity/Value
1.	Perfume or Eau De Toilette(As per the law toilet water)	200ml
2.	Alcoholic Beverages	A maximum of 4 liters which can include either the following: A. 2 litres of alcoholic beverages containing less than or equal to 16% alcohol (such as beer, wine and sparkling wine) and 2 litres of alcoholic beverages containing more than 16% alcohol (such as whisky, rum, gin and fermented or distilled liqueur. OR B. 4 litres of alcoholic beverages containing 16% or below alcohol
3.	Cigarettes or tobacco products	200 cigarettes, or 100 cigarillos or 50 Cigars or 200g tobacco product
4.	Other goods	SR5,000
The Maximum Allowance for Passenger under 18 years:		
Item	Descriptions of Goods	Exempted Quantity/Value
1.	Perfume or Eau De Toilette(As per the law toilet water)	200ml
2.	Other goods	SR3,000

PASSENGERS
BELOW 18 YEARS
ARE NOT
ALLOWED TO
BRING ANY
ALCOHOLIC
BEVERAGES
AND TOBACCO
PRODUCTS.

Under the law, you are required to allow Customs to examine any luggage and all goods in your possession. The passenger must produce, open and unpack your baggage for examination and to repack it thereafter. It is very important that the passenger answer any questions asked by Customs Officer.

Excess of the allowance are liable to the applicable taxes if they are declared to Customs. Undeclared excess goods over and above the allowance attract penalties and may be seized. (in addition to the applicable taxes).

For passengers who are in doubt and are not sure which channel to choose depending on the type of goods in their possession, it is always best to ask for further clarification. Please do not hesitate to approach a Customs officer present to clarify your doubts.

THE QUANTITY FOR THE PASSENGER ALLOWANCE IS NON- TRANSFERRABLE

STOP THIS DEVASTATION OF OUR PRISTINE ENVIRONMENT

We are witnessing a crime against humanity and against our pristine environment right in front of our noses and no one is doing anything to stop it. This is an illegal act of de-forestation by any stretch of the imagination of a person with a sound mind. As usual, in Seychelles we have one set of laws for the rich and famous and another for the rest of us, this must change and it will change. I bet you this devastating deforestation can be seen from space if our Ministry of Environment would like to order a satellite photo which can be obtained from Oceansat-2, SARAL and SCATSAT-1.

Who is going to stop this plundering and pillaging of our environment just to get a few pieces of rocks to sell to the construction industry? What is our current President, our Minister for Environment, the different PSs and all those people who go round spouting their mouth off about our environment doing to stop this depredation and despoliation and a resultant sight for sore eyes which will take years to recover? Why have we become a nation of two-faced people? Why do we allow some big businesses to do what they like and small businesses are persecuted.

Our current President, Wavel Ramkalawan, stood on the world stage at COP-26 in Glasgow, Scotland only last week and blamed the rest of the world for not helping us save our environment from sea level rise and yet here at home we are destroying our environment at an alarming rate so that the rich can get richer on our natural resources. It is no longer a question of who owns the land and they can do what they like with it. We have planning laws and protection of environment laws which control what land owners can and cannot do on their private land. The deforestation and devastation of our pristine green forestry regardless of who owns it is not acceptable, full stop.

Our current President told the world last week that we have made sacrifices and donated Aldabra Island, which is part of our heritage, as a gift to humanity because in Seychelles we are environmentally friendly. But here we are uprooting trees that are needed to absorb the carbon dioxide we breathe out and give us back oxygen so we can live. Yet we sacrifice these beautiful trees for a few pieces of rocks when Seychelles especially Mahe



Barry Laine

is made up mostly of granite rocks which can be found everywhere from the beach to the mountain. So why destroy such a beautiful area of our mountain? It does not make any sense, whichever way you look at it. We teach our school children to plant small trees, then we as the grown-ups cut the big trees, is this good parenting? Are we giving them a good example to follow?

Each time we send one of our Presidents on the world stage we get egg on our face. Do you remember when President James Michel told the world that "we breed fish in Seychelles"? Then he insisted on calling our marine industry the "blue economy" when the sea is clear and not blue and the sea only reflects blue when the sky is sunny, and it reflects grey when rain is coming and turquoise when the green vegetation on the land mixes with the blue sky. So where does the word "blue economy" come from? How long can we continue to be the laughing stock of the world? Did you know that we have a Blue Economy Minister and Department, I am not kidding.

There are several isolated areas on Mahe and outer islands where rocks can be excavated and processed into macadam and other rock derivatives yet we choose a beautiful spot on one of our most prominent locations to decimate. Tourists flying into our airport can-

not miss this new attraction on the mountain opposite Providence Industrial Area. I am sure they will want to visit this new attraction to see what type of rocks we are digging up and while they are there in Providence they can smell our sewage plant and visit our waste disposal site also located in Providence which catches fire from time to time.

The latest Seychellois Special is we give people a bonus for hard work and to do that we create 13 months in a year. The Gregorian calendar which replaced the Julian Calendar we use today has 12 months everywhere else in the world except Seychelles. We have a 13 month calendar so people expect a 13th month salary. The sun is definitely affecting some people's brain for sure.

How long can we keep telling the world that we are sinking into oblivion, so please give us some money and save us from a rise in sea level? How long have we known about sea level rise? I would say more than 10 years because I remember Minister Jumeau addressed the United Nation a very long time ago on this subject and in the meantime we have kept on building and maintaining all our essential services guess where? You've got it, at sea level.

We have evidence that the Earth is warming up and the glaciers are melting both in the northern Arctic Region and the Southern Antarctic Region all of which is not a man-made phenomenon but nature taking its natural course and here we are in Seychelles with all our essential services at sea level and crying wolf. The last Government and this new Government have no plans to save us in the event of a catastrophe, the only thing they do is go to rich countries, stand on the stage and blame them for the high carbon emission levels because they have become very industrialised. Yet, we buy and enjoy their industrialised goods while we walk on our unspoilt sandy beaches and invite tourists to come and join us where? At sea level of course.

We do not have a Civil Defence strategy, instead we run after every little fire that breaks out and DRDM had the nerve to tell us that

they would contact us by mobile phone if and when a Tsunami hits out shores. Can you believe that no one has told them "Excuse me Mr DRDM all our telephone exchanges are at sea level so which mobile phone will you be using?". Has anyone in Government asked Cable and Wireless, who claim they know Seychelles better than anyone else while they are trying to force 5G down our throat when we have not used the full capacity of 4G and health complaints abound where 5G networks have been deployed? Has anyone asked Airtel to move their telephone exchange up the mountain? In fact Airtel has just built a new HQ on reclaimed land at Perseverance which is at sea level and Intelvision is already at sea level in Providence. Has DRDM got some satellite phones for them and some for us to communicate with each other if a Tsunami should strike and take out all our telephone exchanges? Of course not. Has anyone in our Central Bank ever wondered what would happen to our reserve, if we have any, or our computer data systems if a Tsunami should strike in the middle of the night as Central Bank is located at sea level and they do not have a safe alternative location. Has anyone thought of moving some of our banks to higher grounds so we can still have access to our money when the sea level rises?

We now have access to data which will warn us of a pending tsunami but has any of the tsunami that has occurred around the world given the people who died enough warning to evacuate, of course not. The tsunami that struck the Republic of Seychelles on 26 December 2004 travelled about 5,000 km from the epicentre of the earthquake zone, offshore from the Indonesian island of Sumatra, in less than seven hours. We have to remember that warning systems only warn and do not stop a tsunami and remember we once had fish gasping for air on our international airport runway when we experienced only the tail end of that tsunami. By the way, our Meteorological Centre where we rely on UNESCO buoys and DART system for our safety, is also located at sea level at the airport, can you believe this? It is crazy.

There is no plan for PUC to move our one and only generating station on Mahe up the mountain which is not difficult to do because the generators are not water cooled. There is no plan to build another airport up the mountain when we know our

one and only international airport is at sea level. We have gone even further in ensuring we all perish in the event of a disaster by building our one and only solar farm and wind turbines at Romainville which is at sea level. It is not difficult to work out that our planners need to take a break and new people with fresh ideas are required to save our nation from those who want to destroy us and our environment.

It doesn't matter which way you look at it, our Governments, past and present, have failed to make sufficient preparations and provisions to save our civil society in general in the event of a major catastrophe. We spend our tax payer's money in training an army to sit in their barracks, get fat and clean their guns and take part in multi-nationals exercises as if anyone wants to invade Seychelles when we should be using our soldiers to clean up our environment and stop any further degradation to our paradise islands which soon will be under water.

For goodness sake let us stop the devastation of our environment and let us get together a small team of people who can plan a Civil Defence Strategy to save us from dying in the event of catastrophes and let us stop blaming others when we fail to locate our essential services above sea level. God or whoever you believe in has blessed us with beautiful accessible mountains with windward and leeward sides and the sun bathes all our islands with generous sunshine, yet we allow our fresh mountain water to trickle into the sea then we pump up the sea water and we drink it after we have removed important minerals such as calcium, magnesium, fluoride and iodine and we flush our urinary tracks with desalinated water. Let us not continue to fool each other but let us face reality together and protect our only home which is Planet Earth.



Equality Equality Fairness & Truth

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UCCL Devastation



Effects of Tsunami in Victoria



Luther Denis



*Welcome to Touch of Seychelles...
from paradise with love....*

BY U-ROY JULES

Luther Denis has been a tech junky for as long as he can remember. His hunger for technology and all those wonderful gadgets eventually led him to venture into such a business.

Touch of Seychelles (TOS), is the nation's first online multi-vendor selling platform, a marketplace that offers products made in Seychelles from the islands to the rest of the world.

Due to the closing of the country's borders and subsequent global restriction of international travel, the tourism industry and trade suffered a devastating blow, one that reverberated throughout the whole economy.

"We proudly hail from the beautiful islands of the Republic of Seychelles, a homegrown initiative that was ironically inspired by our nation's struggles, from the devastating effects of the COVID-19 pandemic on our once flourishing economy. Our country's much needed tourists could no longer come to us, bringing to a sudden halt the income flow of many local businesses and vendors," said Luther.

How does TOS come to be and will it revitalise the Seychelles marketing industry?

"As a response to the economic crisis, we thought to ourselves, 'if the world cannot come to the Seychelles, then we will bring Seychelles to them, or at least, a touch of it.' TOS aims to give the Seychelles people the power to make an online income. By offering to the world the locally made products that reflect the culture, traditions and beauty of the islands, and making it part of their own homes, wherever they may be," he said.

Designed strictly for Seychelles residents and businesses, interested people can sign up to open up their own shops within the platform and become official TOS Vendors.

By doing so, they will be able to upload photos of their products and services, sell to buyers and get paid online, directly through their bank accounts.

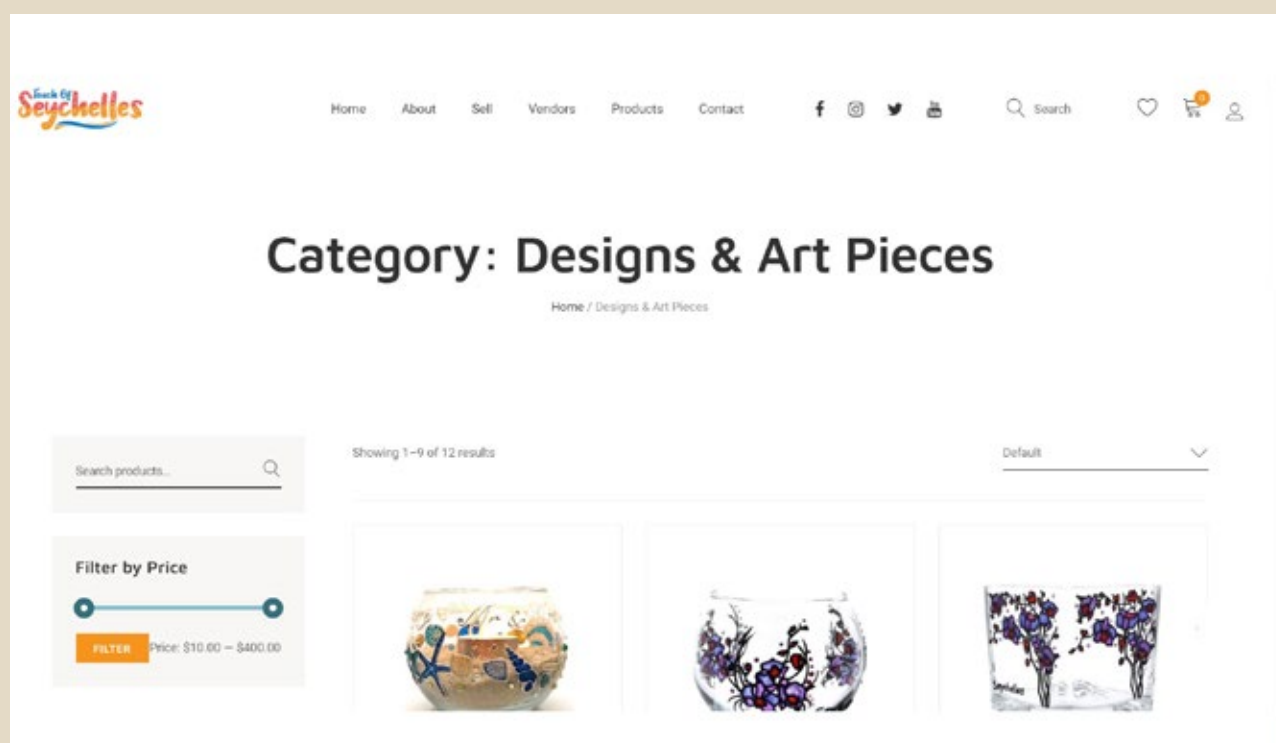
The platform is perfect for businesses which cannot afford to rent premises and we are offering the first year for free.

"Perfect for artists and musicians, artisans and craftsmen, painters and photographers, the only limit will be our imaginations and creativity. Various products will be on sale such as beauty & skin care, clothes & beach wear, herbs, spices & tea amongst others" he said.

To become a TOS Vendor, e-mail your details to info@touchofseychelles.com



Luther in a meeting



Screenshot of the website



Conducting Seychelles' Population and Housing Census in the midst of COVID-19

Information on the total number of people and their characteristics, such as gender, age, area of residence, level of education, living conditions and economic status, among others, is critical to government for planning and monitoring development programs. Through such information, national government and other administrative units can improve service delivery, for example, in education, health and physical infrastructure, and identify population groups and geographical areas requiring special support to ensure that no one is left behind in the national development process. Such information is also crucial to the private sector for business purposes, for example, for projecting market growth or identifying areas to locate new businesses. The means to acquiring this information is through a count or census of all individuals and dwellings within a given territory.

The global standard set by the member states of the United Nations requires population and housing censuses to be conducted after every 10 years or less. Seychelles has conducted six censuses since independence, starting with the one in 1977 followed by another in 1987. The next four censuses in 1994, 1997, 2002 and 2010, were conducted to address national needs, particularly the demarcation of administrative boundaries, and did not follow the standard 10 year interval. Under normal circumstances, our country should have conducted the next census in 2020. The President's proclamation on the census was gazetted on 9th January 2020 and identified two purposes of the census. The first purpose is the enumeration of persons within the country and the collection of statistics relating to them. The second purpose is the collection of statistics relating to housing and utilities, education, health, employment and household economic activities, information and communication,

security, transport and agriculture. Full participation in the census is both a civic and legal duty for all usual residents of Seychelles. This obligation is aptly captured in the 2020 census slogans, "If you are not counted, we are not complete!" and "Don't leave me behind! Count me in!"

The outbreak of the COVID 19 pandemic at the beginning of the year 2020 resulted in the census being initially postponed to 2021. However, early in 2021, Seychelles experienced a further surge in the level of community transmission of COVID-19. The numbers of COVID-19 cases rose rapidly leading the Health Authorities to impose stricter restrictions on movement. As a result, no permission was granted for large in-person meetings and door-to-door visits. This further delayed the census undertaking since the preparations entail convening large groups of people for training and visiting households to collect data.

In early October, the National Bureau of Statistics received the permission to conduct a pilot population and housing census. The pilot census being conducted in November is a very important exercise that is meant to inform preparations for the main census expected in 2022. Among key areas to be tested through the pilot census are the adequacy of census data collection tools, accuracy and completeness of the mapping of geographic location of households, institutions and other settings where the country's population reside, the efficiency of data collection and management processes and an estimation of the logistics that would be required for the main census.

The timing of the pilot census has been tricky since it could not be aligned with the school calendar, which would allow recruitment of teachers who are the usual pool of

field staff. However, the National Bureau of Statistics has been able to mobilize over 40 enumerators from government ministries, departments and agencies for the pilot census. With the support of its own staff numbering 8 and two consultants from the United Nations Population Fund (UNFPA), the National Bureau of Statistics conducted an intensive training for the enumerators from November 8th to 12th. In addition to the detailed coverage of the census questionnaire, the training provided a practical orientation to a new approach to data collection that involves the use of digital tablets or computers to record interview responses. Called the digital census, this approach offers several advantages, key among which are improving the quality of data collected through reducing errors commonly associated with recording interview responses on paper using a pen, and shortening the time between data collection, analysis and availability of census reports as the data are captured in a format that is instantly ready for analysis using statistical software.

Following the training, the pilot census will be conducted in the whole of Anse Aux Pins District from November 18th to 21st, 2021. This district has been selected because of its features that reflect the diversity of Seychelles – populations of different age groups, a variety of dwelling units and mixed socio-economic characteristics. During the pilot census period, the enumerators will visit each and every dwelling and other settings within the district where people live to collect data. The staff conducting the census will be clearly identified by their nametags with the official logo of the census. The officers will also wear other identification clothing that will associate them with the National Bureau of Statistics. All data collected will be kept strictly confidential, analysed and

used only for national statistical purposes and by the government for national development planning and monitoring.

In the lead up to the pilot census, the National Bureau of Statistics has also undertaken an aggressive advocacy and communication campaign to create awareness about and emphasize the importance of public cooperation and participation in the exercise. Information materials have been circulated to police stations, Health centres and District Administration offices, while radio and TV programs have also been launched to create wide awareness. Most if not all people must now be familiar with the regular advertisement on the national TV depicting a woman who is not only informed and enthusiastic about the census, but is also able to articulate the benefits of census data to national development and the new approach to collecting data using digital tablets that will minimise the burden on respondents. Like the woman, all residents of Seychelles must become champions of both the pilot and main census enumeration!

The pilot census is being undertaken in the midst of the COVID-19 pandemic. The necessary precautions have been taken to minimise the spread of COVID-19 during the training of enumerators and this will continue into the field enumeration phase. All staff will be wearing a mask while in the field, and household members responding to the census officers are also required to keep their masks on during interviews and take all other precautions to protect themselves and their families in line with the Ministry of Health guidelines. Households in Anse Aux Pins District are being asked to give their full cooperation to the census officers when they come round as the success of this exercise will depend a lot on their collaboration.

POPULATION & HOUSING CENSUS 2022

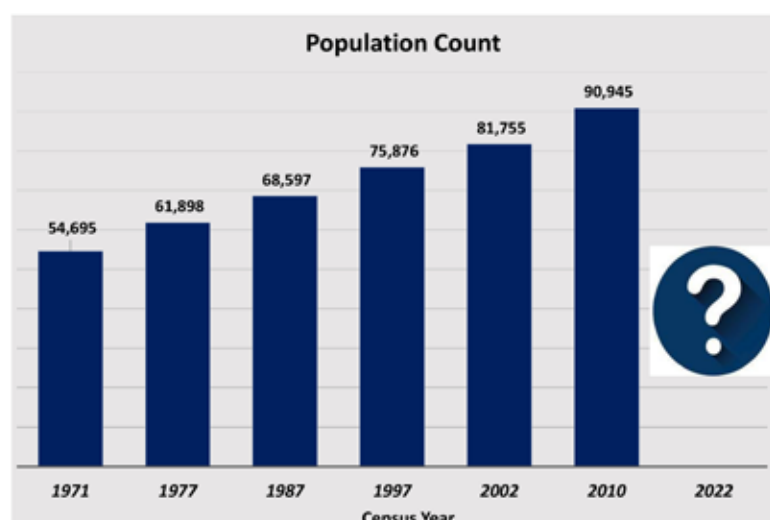
SEYCHELLES

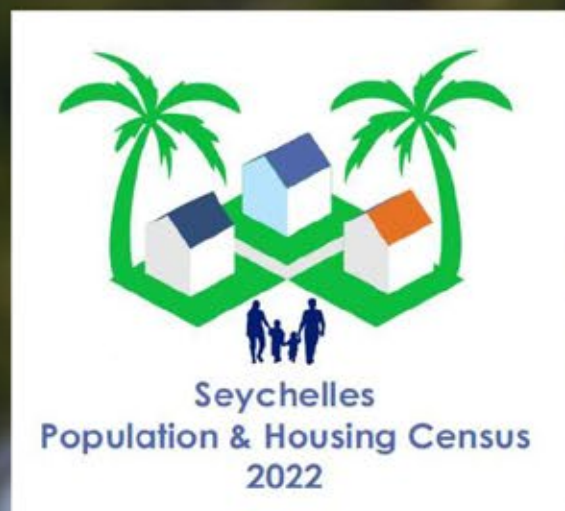
NATIONAL BUREAU OF STATISTICS



IF YOU ARE NOT COUNTED,

WE ARE NOT COMPLETE





*Don't leave me behind!
Count me in!*



National Bureau of Statistics

*Seychelles
Population & Housing Census
2022*

BUDGETING

CONTRIBUTED BY PETER J. ROSELIE-BUSINESS CONSULTANT

Preparing a budget gives you a picture of whether your projected income will meet your expected expenses. American publisher and author William Feather noted, "A budget tells us what we can't afford, but it doesn't keep us from buying it."

But first, what is a budget?
A budget is a quantitative expression of a plan for a defined period of time. It may include: planned sales volumes and revenues, resource quantities, costs and expenses, assets, liabilities and cash flows.
It expresses strategic plans of business units, organizations, activities or events in measurable terms.

Why a budget?
Since budgeting allows you to create a spending plan for your money, it ensures that you will always have enough money for all your needs and what is important to you. Following a budget or spending plan will also keep you out of debt or help you work your way out of debt if you are currently in debt.

Budgeting is based on a number of ideas. The SAK Principle is one of the most popular. This principle is divided into four steps:

- Spend what you have
- Set your priorities
- Avoid cutting your fingers
- Control your desires, ego and wants

Reasons why you need a budget?

1. helps you keep your eye on the prize

A budget helps you figure out your long-term goals and work towards them. If you just drift aimlessly through life, tossing your money at every pretty, shiny object that happens to catch your eye, how will you ever save up enough money to buy a H1 to pick and drop your little customers, take that trip to Dubai or put a down payment on your new building?

2. It ensures you don't spend money that you don't have

Far too many entrepreneurs spend money they don't have – and we can owe it all to credit cards. Before the age of plastic cards, people knew if they were living within their means. At the end of the month, if they had enough money left to pay the bills and stock some away in savings, they were on track. These days, people who overuse and abuse credit cards don't always realize they're overspending until they're drowning in debt.

However, if you create and stick to a budget, you'll never find yourself in this precarious position. You'll know exactly how much money you earn, how much you can afford to spend each month and how much you need to save.

3. It leads to a happy retirement

Let's say you spend your money responsibly, follow your budget to a "T" and never carry credit card debt. Good for you! But aren't you

forgetting something? As important as it is to spend your money wisely today, it's also critical to save for your future. And not only savings, but Invest for your happy ending days.

A budget can help you do just that. It's important to build investment contributions into your budget. If you set aside a portion of your earnings each month to contribute to the replacement of any assets or equipment or other retirement funds, you'll eventually build a nice nest egg.

4. It helps you prepare for emergencies

Life is filled with unexpected surprises, some better than others. When you get laid off, become sick or injured, go through a divorce or have a death in the family, it can lead to some serious financial turmoil. Of course, it seems like these emergencies always arise at the worst possible time – when you're already strapped for cash. This is exactly why everyone needs an emergency fund.

Your budget should include an emergency fund that consists of at least three to six months' worth of living expenses. This extra money will ensure that you don't spiral into the depths of debt after a life crisis.

Build it into your budget, set realistic goals and start small. Even if you put just SCR100 to SCR300 aside each week or month your emergency fund will slowly build up.

5. It sheds light on bad spending habits

Building a budget forces you to take a close look at your spending habits. You may notice that you're spending money on things you don't need. Do you honestly watch all 50 channels on your costly extended cable TV plan? Do you really need 10 pairs of black shoes? Budgeting allows you to rethink your spending habits and re-focus your financial goals.

6. It's better than counting sheep

Following a budget will also help you catch more shut eye. How many nights have you tossed and turned worrying about how you were going to pay the bills? People who lose sleep over financial issues are allowing their money to control or even kill them. Take back the control. When you budget your money wisely, you'll never lose sleep over financial issues again.

Monitoring and Evaluation

Monitoring a budget involves performing a regular comparison of projected financial costs and gains against actual performance numbers. Discovering the variances between budgeted amounts and actual financial performance allows you to determine how well your business is meeting its goals.

Gaps (Variance) between budgeted numbers and actual numbers can be quickly identified, analyzed and addressed to help better control costs and devise strategies to meet sales or other income goals. In a case where the budgeted numbers are consistently and significantly different from actual numbers, the entrepreneur can re-evaluate its budgeting procedures.

I hope as of today you will start to engage yourself in preparing and managing a budget for yourself and your business.



LEADERSHIP

10 AWESOME TIPS FOR BEING A BETTER LEADER



SOURCE: THE ROTARIAN AND ENTREPRENEUR

Let's be honest, being a great leader is not easy
Here are some awesome, actionable leadership tips that will have you running your business...like a boss – and as a good one.
Consider these tips to up your leadership game:

1. LEAD BY EXAMPLE.

Leaders need to show leadership and not just give orders. If you want your employees to be punctual, make sure you're always on time -- or even early. Professionalism is a priority, so make sure you're dressed for success and treat everyone you interact with (both in-person and online) with respect. Set the tone and your employees will follow it.

2. A LITTLE HUMILITY GOES A LONG WAY.

There is a difference between a leader and a boss. While both are in charge, a leader shares the spotlight and is comfortable crediting others. While it might seem counterintuitive, being humble takes more confidence than basking in glory. Your employees and clients will appreciate it.

3. COMMUNICATE EFFECTIVELY.

Effective communication is imperative and great leaders has to ensure they are heard and understood, but they must also know the importance of listening. Communication is a two-way street and making the most of it will have your company moving forward instead of slowing down.

4. KEEP MEETINGS PRODUCTIVE.

Time is money, you should limit tangents and time wasting during meetings. If you trust your team to do a task, there should be no need for micro-managing.

5. KNOW YOUR LIMITS.

Even the kindest, most caring leader has limits. Set boundaries and stick to

them. Knowing what you will not tolerate can save everyone in the office a lot of frustration, and clear boundaries means no confusion.

6. FIND A MENTOR.

No man is an island, as they say. The best leaders know when they need help and know where to turn to get it. Nobody can know everything, so finding someone you trust for advice when things get tough can make all of the difference.

7. BE EMOTIONALLY AWARE.

While many people advise keeping emotions separate from matters of business, business is ultimately about relationships between people. To make relationships last, you need to be emotionally intelligent -- to be sensitive to different point of views and different backgrounds.

8. WATCH OUT FOR (AND AVOID) COMMON PITFALLS OF LEADERSHIP.

Everyone makes mistakes, but some of them are avoidable. Being aware of common mistakes, while not focusing on them to the point that they become self-fulfilling prophecies can be the first step toward not repeating them.

9. LEARN FROM THE PAST.

To quote an adage, those who do not learn from the past are doomed to repeat it. History, recent and otherwise are filled with examples of successful business models and spectacular business failures. Think about what the people you admire do well and learn from what went wrong for those who end their careers mired in scandal or disgrace. Lessons can be found everywhere.

10. NEVER STOP IMPROVING.

Great leaders -- indeed, great people -- are constantly learning and always trying to improve themselves. There is always something that you can work on or a new skill to master. Be sure to keep your mind open to new ideas and possibilities.





SCHOLARSHIP AWARD

for the Non-Banking Financial Sector

Scholarship Categories:

Undergraduate Level (Bachelor's Degree), Postgraduate Level (Master's Degree and Professional Qualifications).

Field of Study:

Capital Markets, Fintech, Funds & Investments, Wealth & Asset Management, Insurance & Pension, Actuarial Science, Gaming & Betting, AML, Compliance, Financial Law, and Risk Management.

Eligibility Criteria :

- Be a citizen of Seychelles
- Possess good academic and professional records
- Must have at least 3 years of relevant work experience etc.

For more details and information visit:
fsaseychelles.sc/media-corner/scholarship
or email: scholarship@fsaseychelles.sc

Application Process: Applicant should complete the application form and all requested documents.

Deadline for application:
31ST JAN 2022

APPLY NOW



H3 Active, a 'boutique' training facility which extends over 500 square meters, opened its doors in March 2020 and is situated on the 2nd Floor of H3 Building, Perseverance.

The sleek and stylish space features five-star Technogym solutions purposefully selected to cater for athletes - no matter what your goal or starting point may be. Athletes may unleash their powers with a fully connected and personalised training experience served through premium cardio, resistance and functional training fitness equipment available.

The space boasts a variety of Technogym weight training machines, cable stations and free weight section, strategically placed within the fitness facility allowing you to get the most out of your workout program.

With a professional and friendly approach, the team is ready to welcome you in their 'community' and to accompany you on your fitness journey!

Remember: Any form of physical activity is a great way of removing stress, improving sleep patterns, reducing cortisol and boosting immune system

- General fitness 'Pro tip'**
- Set high goals
 - Break it down into stages
 - Make a plan
 - Talk to your fitness instructor or gym 'buddy'

The 2 C's : Commitment & Consistency
Most important of all, have fun and enjoy the process

Busting myths

Stretch before working out

Stretching should be done post or during work-out. (Not too beneficial before working out with the exception of Jogging or high intensity training)

Eating less can make you lose weight
Body type + Type of physical activity + Timeline + Metabolic Rate = Right Diet
Diet should be customized to fit a person's

needs.

Heavy weight training for ladies

One of the biggest misconceptions with weight training is that women should lift lighter weights to "tone" and avoid "bulking up". Both men and women should use a combination of heavier weights, proper form and a clean diet to optimize results. Women will not bulk up like men, because they have a different hormone profile.

A typical gym routine:

- Pre-workout**
Have a pre-workout meal at least one hour before workout or have a pre-workout supplement 20 – 30 minutes before training.
Cardiovascular - warmup 5 – 10 minutes before workout to increase blood flow and heart rate
Dynamic Stretching
- Intra-workout**
Keep hydrated with Electrolytes.
During the exercise, be sure to perform proper form with a full range of motion (ROM).
- Post-workout**
Warm down by static stretching - 10 – 20 minutes on either cardiovascular or stretching to reduce the heartrate back to normal.
Replenish with high protein food or supplements



Fitness Instructor - Rendy performing a One-Armed Pull-Up



Fitness Instructor - Steven performing a forward lunge and twist Stretch



Fitness Instructor - Steven warming up on the Elliptical Trainer



Fitness Instructor - Alex performing a Front Squat



seychelles
medical
private testing

Time to Fly Package

Special offer only available to Seychellois / GOP Holders

TRAVEL PCR TEST

Results within 24 hours

Online Price: 1500 SR

Walk In Price: 1700 SR

Back in Seychelles Package

Special offer only available to Seychellois / GOP Holders

Day 5 PCR Test

Results within 24 hours

Online Price 1500 SR

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BUY ONE OF THE ABOVE PACKAGES AND CHOOSE A FREE GIFT FROM US!



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Receive your free upgrade to get your Travel Certificate back in only 8 hours and get ready to fly or get back to life in Seychelles!

OR



FREE ANTIGEN TEST

Know your likely PCR test result for peace of mind so you can start to confirm your travel or get back to life in Seychelles and receive your certificate in 15 minutes

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FREE ANTIBODY TEST

Rapid Antibody screening to test your resistance against COVID. Find out if the vaccine is protecting you!

Whilst other clinics sleep...
Seychelles Medical
is the only clinic
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BOOK ONLINE: WWW.PCRTEST.SC

The Best Kitchen Gadgets for Hosting Thanksgiving 2021 in Seychelles

BY U-ROY JULES

Thanksgiving is just a few days away, and whether you're planning your first-ever holiday celebration at home, or gearing up for another year as the designated host of family dinners or beach barbecue, one thing is for certain, coordinating and cooking a Thanksgiving spread is a really

tricky affair. Fortunately, there are a plethora of nifty kitchen gadgets and tools that can help to simplify your food-prepping process for Thanksgiving Day and beyond. such In today's edition, we learn about the best gear and gadgets for hosting Thanksgiving locally. Here are eight kitchen gadgets and accessories that promise to at least make it a fair fight.

Anti-fatigue mat:

Girding one's loins may be a bit extreme for the kind of battle you're going into, but you can think ahead of how long you might be on your feet during the days leading up to the main event. Prevent some unnecessary foot and leg strain by putting a little cushioning between those trotters and your hard kitchen floor. Nothing ruins the festive mood quite like the cook's feet up on the otherwise well-appointed table.



Non-slip silicone pastry mat:

This is early in the lineup of helpful supplies to remind you that, if you are rolling out pie crust on the day, you can avoid disappointment with this useful piece of equipment. Pie crust assembly is one of the most blasphemy-inciting elements of Thanksgiving prep, in my humble opinion. A nonstick surface, for starters, such as this silicone rolling mat, takes the potential for drama down a notch, and its useful geometric guide all but insures against personal damnation once the crust hits the pan.



Large cooler:

Perhaps you are already in possession of such a device from the beach and summer picnics. If so, consider putting it to good use during your November feast. It is no fun to go all-out on a turkey brine and then realize you have nowhere to keep a 25-pounder cold overnight. You can either utilize the cooler, or use it to clean out temporary space in your refrigerator. Then once the turkey is safely in the oven, you have a giant vessel handy to keep out on the porch or fill with ice for all the additional beverages in need of chilling you told people not to bring.



Kitchen twine:

An oft-forgotten, yet a necessary tool for keeping your stuffed bird snugly bound during its mammoth cooking process. You do not want to take your chances in the junk drawer for bits of ribbon or rubber bands. This over-safe string, will keep your roast in uniform shape and help cook evenly. Alternative applications include tying your hair back once the kitchen becomes too hot, or binding well-meaning but ultimately counter-productive would-be helpers to chairs in another room. (See how to truss a turkey if you are not quite sure what to tie where.)



Wireless remote meat thermometer:

Here's what inevitably happens when you roll without the Mercedes of thermometers: you keep opening the oven, certain that your golden brown turkey must have achieved the correct internal temperature, even though only an hour has elapsed. You will repeat this roughly every half hour, making it impossible for your oven to maintain its heat, adding a couple more hours onto the cooking time. Nobody has time for that. With this cordless device, set it and forget it.



Mandoline slicer:

Everything but the bird can be sliced up with a good, sharp mandolin, including your knuckles if you're not careful! If you're cleared for takeoff, quick work can be made of those finishing touches: a gorgeous Brussels sprout slaw, perfect slices for a fancy sweet potato casserole, rings of shallots for garnish or the onions for the green bean casserole you decided to frizzle yourself this year.



Gravy separator:

While just about everything to accompany the turkey can be made in advance and held warm, a gravy relying on the drippings from the turkey is potentially the most time-sensitive element to prepare, and just at the moment when the pressure is highest and the end is in sight. Here's a handy, fool-proof device that saves you a step in the gravy train, removing the fat and any particles from the flavorful juices that are destined to be the star of the show. (Yes, the gravy. Fight me).



Hot plate warming tray:

Does this sound at all familiar? While the turkey cooks all day, you manage to prepare the whole army of side dishes, which are now resting in their vessels, ready to go, on the stovetop. You are just about to pat yourself on the back for your efficiency and prowess when you realize you have no place to put the turkey out of the oven. Alternatively, make gravy. Introducing the hot plate: a second stovetop specifically designed for moments exactly like this.





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The meaning of Flowers

COMPILED BY CHRISTOPHE ZIALOR

Symbols are abound in the botanical world. While you may look out your window and see nothing but landscaping plants and a few shady trees, those same plants and flowers actually represent a whole world of meaning that you can discover.

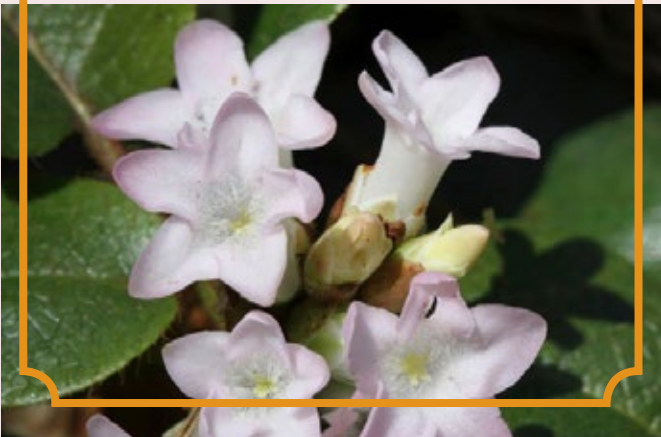
Peonies

Peonies symbolizes prosperity, good luck, love and honour. So whether you know someone who's getting married, graduating or recently gave birth, sending them a pretty peony bouquet will be perfect.



Arbutus Flower

While many flowers have romantic connotations, the white or light pink bloom of the arbutus plant conveys the notion of eternal love and everlasting devotion. This makes Arbutus an excellent choice for your bridal bouquet if you're seeking a flower that represents love and dedication.



Hibiscus

Because of their bright red and hot pink blossoms, hibiscus flowers also symbolize romantic love and affection. These flowers are the perfect gift for a lover. And if you're single, they are considered good luck for bringing more romance into your life and for helping you find your soulmate.



Crocuses

Many families consider crocuses the best flower for planting around the front door because they symbolize a peaceful home, free from disputes or abuse. Take some inspiration from Chinese culture and consider any one of the many lilies. They all represent unity and a full century of love between the people exchanging the flowers. Throw in a few delphiniums for fun and lightheartedness, then a sprig or two of feverfew to wish good health on the entire family.



Tiger Lilies

Tiger lilies have a unique look to them and it's most likely because they have spots on their petals! These spotty lilies are associated with wealth and pride. Because of its vibrant colours, it symbolises positivity and confidence. Tiger lilies come in different variations of orange hues which makes it so vivacious.



Chrysanthemum

In Asia the chrysanthemum signifies life and rebirth, making them great gifts for birthdays and baby showers. A white chrysanthemum is a symbol of loyalty and devoted love. In general, chrysanthemums are believed to represent happiness, love, longevity and joy.



An insight in to the Seychellois fashion in the 1940s

BY CHRISTINE OUMA AND MARIE-FLORA BEN DAVID

Clothing is a form of cultural identity and expression. It indicates where we come from, what the conditions are like in our place of origin, what our culture is like, what we believe in, how we live life and where we stand in society.

Seychelles in a matter of centuries, has created its own cultural legacy that is also reflected in its clothing. This was primarily influenced by European, African, Asian and Malagasy clothing. Indigenous methods of producing textile, such as the goni (coconut fibre) and the climate have also been seen as factors influencing fashion.

Marie-Flora Ben David, CEO of Seychelles Creole Academy (Lenstiti Kreol), reiterates that Seychellois traditional fashion was also greatly influenced by geographical location, social and economic activities, slavery and colonization.

Back in the 18th century, clothes were imported from Europe. As such, early Seychellois fashion for women consisted of long dresses with multiple layers of petticoats, amply decorated with lace and embroidery. At the time, the type of cloth, embroidery work, colours and designs varied depending on the occasion and/or a person's social class. Men wore ruffled shirts, jackets and wigs. Climate, politics and socio-economic factors followed suit.

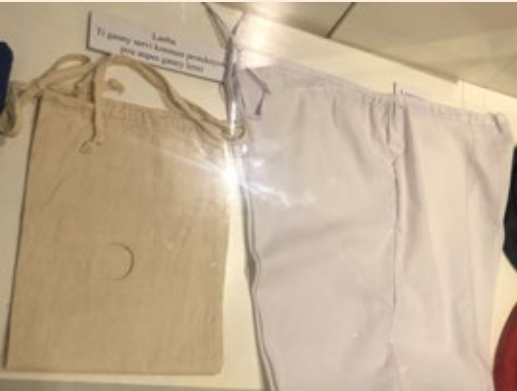
A combination of these factors allowed 18th-century European-style clothes to evolve into uniquely Seychellois outfits.

For instance, there were two types of clothing, a type which was more functional and was worn every day and the other type was more formal, historical and unique. The latter was worn to special occasions including those that required the expression of culture. Recalling her childhood, Mrs. Ben David notes special clothing was worn to events such as weddings, religious feasts, funerals, and evening parties. Men and women religiously wore modest clothes in public and while in the company of the elderly. Men could not wear shorts as they always had to cover their knees and women were expected to wear clothes that covered their shoulders, knees and thighs.

MALAGASY INFLUENCE

Like in other parts of the world, in Seychelles, the way a person dressed indicated what social group one belonged to, his or her gender, age and marital and social status. For instance, lanbo or labou or lamba as it is known in Madagascar (shredded or old clothes) and senbou (made of goni sacks or other fibre) were mainly worn by men to cover the lower half of their bodies.

Originally, a lamba is the traditional garment worn by men and women that live in Madagascar.



Lanba



Creole dancers showcasing a traditional dance



The kazak and Penwar is considered a Seychelles traditional costume

The term lamba is the name in the Highlands dialect of the woven cloth that traditionally formed the essential piece of clothing throughout Madagascar.

The textile, consists of a rectangular length of cloth wrapped around the body. The widely available and common raffia fabric became a commodity for the middle class or those of a lower social ranking, as raffia was considered a material for "the middle class to make lambers.

AFRICAN INFLUENCE

Seychellois wore lightweight clothes made of cotton. African wrapping cloths were common and were worn like sarongs, which is a long piece of fabric used to wrap around the waist in order to cover the lower part of the body, sometimes also worn like a skirt.

Women wore cotton gaberlines frequently, while men wore loose-fitted half-sleeve shirts, trousers and straw hats. These types of clothing were best suited for the hot, humid, tropical climate of the islanders. Apart from these clothes, general western garments became the preferred daily attire, just like in most parts of the world.

THE KAZAK AND PENWAR (EUROPEAN INFLUENCE)

The Kazak and Penwar were unanimously considered to be among the traditional clothes of Seychelles. It is an outfit for women that comprises a blouse and a skirt and suits well with the climate of Seychelles.

The Kazak is a waist-length long-sleeved blouse that evolved from the chemise that was in trend back in the 18th



1957 plaid full skirted dress



Raffia



An old photograph of a Seychellois man climbing a cinnamon tree

century. The bottom half of the outfit comprised a long flowy skirt with pleats known as penwar. This was worn over several layers of carefully crafted petticoats that were larger than the outer skirt. The petticoats featured beautiful lacework, which is why they're longer than the outer skirt. The intricate artwork was to be seen.

Lastly, a headdress known as a frile would complete the outfit. The frile is a kerchief that is folded and pinned to the head to keep it in place. This outfit was the regular attire some 40 years ago, but today it is reserved for festivals such as Festival Kreol and Laserenad. They are also worn while performing Moutya, a traditional Seychellois dance.

Both the blouse and the outer skirt match and they feature vibrant colours with floral patterns, taking inspiration from the plants and flowers on the island.

SKIRTS

Many Seychellois dressed in accordance with the norms. The skirts were fashioned in a variety of styles and were known as zip in Creole. The types of Zip included patched, zip frize, Zip gode, Zip plise/pli, Zip volan (frills), and embroidered designs.

There was a difference in how the women and girls dressed, according to Mrs. Ben David. The girls were generally dressed in floral outfits, while the women wore thicker fabrics to ensure full coverage of their bodies.

TEXTILE USED

Terelin, Letof (primarily worn by affluent Europeans), Wasko, Grofil, Zendyenn, Latwal ekirir, matapolam (floral mostly worn

by young girls), driy, Kaki (for men), malbardile, and Zefiy, to name a few, were all worn by the Seychellois depending on the occasion.

Colour plays an important role in our lives. It can be a source of pleasure, change our mood, reduce or increase tensions, it can cause excitements and sometimes have a soothing effect.

At that time, purple, grey, blue, white, red, and green were the most popular colours.

The Seychellois would sometime boil tea to dye their white clothes or material to achieve the purple or violet colour.

At funerals, they dressed mostly in black, white, or purple.

TYPES OF FOOTWEAR

Both male and female Seychellois were known to wear closed high heel shoes. The Souley verni, pair of shoes with sparkling glitters, soulye zou-vena, bout pwent, were some of them.

MEN AND BOYS

Male clothing was typically made up of Malbardile or Latwal ekri. Konnson bretel was a type of men's slacks or shorts.

The demibwa, which were sewed slightly above the knee and were primarily worn to Moutya dance gatherings, was another style of short worn by men.

Some guys would go even further and fold one side of the short to make dancing easier, and verez (shirts) were tinted with tea to achieve the appropriate color.

MATERIALS COSTS

Materials and stitching costs varied from SCR 50 to SCR 250, according to artisan Marie-Anne Adrienne. Satin, also known as saten in Creole, was a more expensive fabric.

She adds that dresses were popular among the Seychellois.

UNDERWEAR

Women's underwear was known as Kannson grenwir and was primarily made of matopolam and poplin materials because they were lighter.

Kannson lapat (shorts) were also worn. Longouti was a type of male underwear.

Although some of these fashion pieces have evolved, just a few are on display at the National Museum of History, and it is believed that some older people may still own them.

Mrs. Ben David observes that these outfits paint a picture of how her mother dressed, noting that ladies would wear up to five garments each day at the time.



Kitannm



Kazak

Kelly-Mary Anette



Age: 25 years old
Birthday: 10th July 1996
Height: 171cm
Waist: 26.7"
Bust: 33"
Hips: 35"
Education background: Bachelor in Business (Honours) in Economics and Finance
Profession: Economist and founder of Maylene's Hope Foundation
Miss Intercontinental Africa & 3rd runner up
Evening gown by Miss Vanessa Songwar

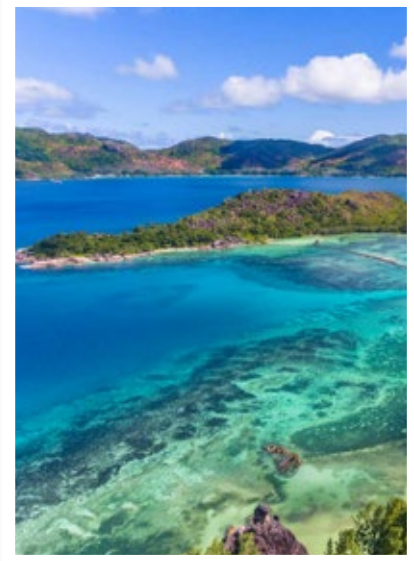


Curieuse

CONTRIBUTED BY TOURISM SEYCHELLES

Curieuse, home to a Marine National Park, designated on the 11th June 1979 is a sanctuary for flora and fauna and is the fifth-largest of the Inner Seychelles islands.

It is home to a significant collection of Seychelles' endemic species. From giant tortoises introduced from Aldabra and endemic birds, to the world's biggest nut, the legendary coco-de mer. In fact, the island is the only other place, apart from the Vallee de Mai world heritage site, where the coco de mer palm grows naturally.



Giant Tortoise Found on Curieuse (Photo Credit Cynobi-Istock)

Visitors to this paradise are offered an array of outdoor experiences.

One can follow the guided nature trails, which include the Baie Laraie to Anse José, and the Anse Badamier Trail activities include; bird watching of both land and sea birds and the abundant moorhens, barbeques, snorkeling and diving. Curieuse is home to hundreds of giant tortoises which were introduced between 1978 and 1982. As part of the conservation programme, there is a tortoise nursery on the island, where tortoises are nurtured until they are five years old, when they are released into the wild.

The island is regularly visited by nesting sea turtles, which return each year to lay their eggs on Curieuse beaches. During the nesting period, a large number of small turtles can be seen outside the remains of the causeway at Baie Laraie. Curieuse Island has in the past been used as a place to quarantine leprosy sufferers, for almost a hundred years.

Today, the ruins of the leprosarium

still stand on the shores of Anse José.

The old Doctor's House, built in 1873 by Dr. William MacGregor, is now a National Museum and has been converted into an Education and Information Centre. It provides extensive information about the island's long and sometimes sad and painful history. Through its various displays, it educates people about the island's large variety of flora and fauna.

A visit to the island will not be complete without admiring the vibrant marine life. A dive at the coral gardens and Pointe Rouge of Curieuse will ensure an encounter with a number of spectacular marine species.

The island has spectacular granite formations, with surfaces sculpted over millions of years. Visitors will be impressed by the red and blue granite and range of granite edifices that form natural arches around the coast.

The island and its marine park are both managed by the Seychelles National Parks Authority (SNPA)

HOW TO GET THERE

Curieuse lies approximately 2 km off the northeast coast of Praslin, the second largest island in the Seychelles group. A 20-minute boat ride from

Cote' D'or Praslin to Curieuse can be arranged through local tour operators or boat charters.

A FUN-FACT ABOUT CURIEUSE

The island is well-known for its bare red earth mountains and was initially named "Ile Rouge" due to its red coloured soil. Its name was changed in 1768 by the French who named it after the schooner "La Curieuse", a ship that was under the command of explorer Marc-Joseph Marion du Fresne.



Aerial shot of the island



The old Doctors House, Now Education and Information Centre

7 DAY LOCAL FORECAST

Today

Humidity: 68%
Wind: SE 8 mph
UV: 10 (Very high)
Sunrise: 05:53 am
Sunset: 06:14 pm

28 / 23 °C
Feels Like: 29 °C

Low 12:00am (0.48m)
High 6:12am (1.7m)
Low 12:35pm (0.42m)
High 6:33pm (1.48m)



Morning clouds

Moon Watch

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

Monday



28 / 23 °C
Broken clouds
Humidity: 64%
Wind: S 8 mph
UV: 10 (Very high)
Sunrise: 05:53 am
Sunset: 06:14 pm

Tuesday



28 / 25 °C
Afternoon clouds
Humidity: 63%
Wind: SW 11 mph
UV: 10 (Very high)
Sunrise: 05:4 am
Sunset: 06:15 pm

Wednesday



28 / 24 °C
Morning clouds
Humidity: 66%
Wind: SW 9 mph
UV: 10 (Very high)
Sunrise: 05:54 am
Sunset: 06:15 pm

Thursday



28 / 22 °C
Afternoon clouds
Humidity: 64%
Wind: ESE 6 mph
UV: 10 (Very high)
Sunrise: 05:54 am
Sunset: 06:15 pm

Friday



28 / 22 °C
Sunny
Humidity: 61%
Wind: ESE 8 mph
UV: 10 (Very high)
Sunrise: 05:54 am
Sunset: 06:16 pm

Saturday



28 / 27 °C
Sunny
Humidity: 69%
Wind: ESE 7 mph
UV: 10 (Very high)
Sunrise: 05:55 am
Sunset: 06:16 pm



Anse parnel beach



BY CHRISTINE OUMA

Anse Parnel is a modest, peaceful beach located on the Southeast of Mahé. The beach features fine light sand and crystal clear waters. The water is shallow and quiet due to the offshore reef, however there are some sharp stones/corals on the seabed, so water shoes are recommended. It provides a relaxing atmosphere. The soothing sound of crashing waves will soothe you to sleep beneath coconut palms. The neighboring bus stop, as well as ample parking at the famed Surfer’s Beach Restaurant, make getting to Anse Parnel simple and with ease.

Rocks on the beach at sunrise



You can grab a meal at Surfers Beach Restaurant when you visit Anse parnel beach



Octopus photo credits Nature Seychelles (Cheryl Sanchez)



OPENING HOURS

7days a week from 11h30 to 22h00

Anse Parnel, Takamaka, Mahe, Seychelles

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Adventure to Sauzier Waterfall

The Sauzier Waterfall; the most popular waterfall on Mahe



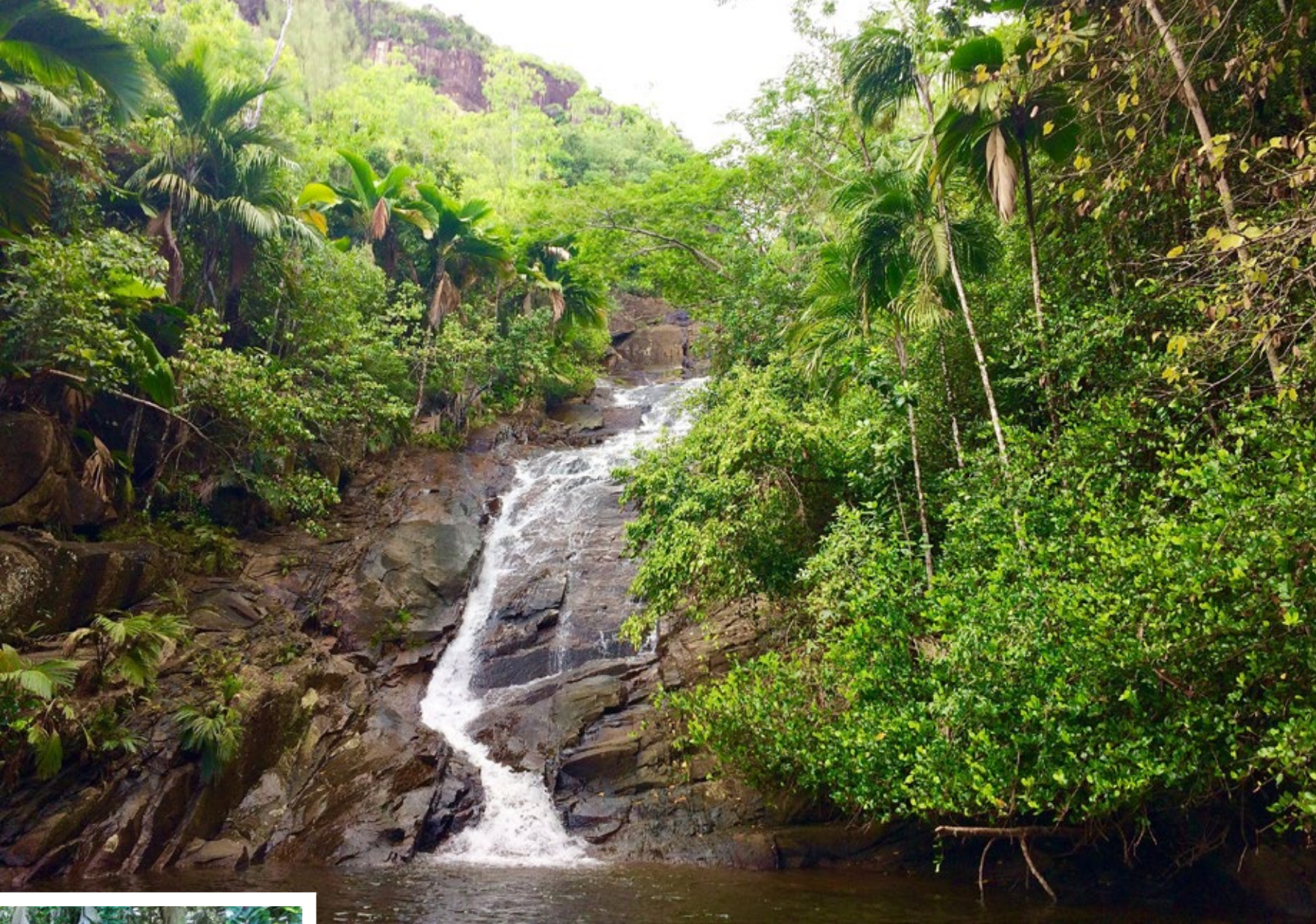
Saskia Kramer Budee with Simon Budee

BY U-ROY JULES

No visit to the Seychelles is complete without a visit to an awe-inspiring waterfall. Perfect for a romantic day out or to simply witness nature in all its splendour, you will want to add a stop at one of the breath-taking waterfalls in the Seychelles.

As far as waterfalls go, you will struggle to find one as beautiful as the Sauzier Waterfall on Mahé. Join a small group and visit this site for some unbelievable photos and crisp, refreshing water! This waterfall has it all, the perfect combination of water, glaxis and vegetation.

The Sauzier waterfall is a small wa-



Sauzier Waterfall



Road to the famous Sauzier Waterfall



Swimming at Sauzier Waterfall of Port Glau



During the dry season

terfall located at Port Glau, and it is a popular attraction for tourists and locals.

To get to the waterfall itself you have to drive and park nearby. From there you have to continue by foot for five minutes until you reach the waterfall. There is an entrance fee of SCR 50 for non-residents, which is paid at the entrance.

The water cascades from a high peak and allows for swimming below.

The best attraction of the waterfall is that you can also climb up a few metres, and let the water pour down on your head and shoulders. It is a nice trip which you can squeeze in on a day of sightseeing in the area.

During our visit there, OZORDI DIMANS met with a young dynamic couple from Germany who was currently on vacation visiting Sey-

chelles, Saskia Kramer Budee with Simon Budee.

"The waterfall is quite satisfactory and the atmosphere in the jungle is fantastic. Good for an hour, and a break from the beaches if waterfalls are your thing. It is deep enough to have a swim and a jump from some of the rocks. I will definitely request such place to be kept clean, so that many locals and tourists can have

a chance to visit it. We saw it while browsing, which was the best place to visit in Seychelles. We really love the nature of Seychelles, the beaches, but the best beaches we visited was at Anse Lazio on Praslin. " They said.

In Seychelles, we have four amazing waterfall, the Cascade Waterfall, Port Launay Waterfalls, Grand Anse Mahe Waterfall and Valle de Mai Waterfall.

Why you should visit Istanbul



Tulips season

COMPILED BY CHRISTINE OUMA

For centuries, empires have risen and fallen fighting for Istanbul's powerful and mysteriously fascinating beauty. A sprawling metropolis where ancient treasures such as the Hagia Sophia and the mesmeric Bazaar sit alongside modernism. Traditions thrive in a contemporary world and European panache greets oriental mystique. Yet it's the city's cosmopolitan vibe, its emergence as one of the most dynamic cities in Asia or Europe that draws you in.

Best time to visit

Mid-April is one of the prettiest time of the year when tulips bring colour and life to the city. Spring and Autumn would guarantee comfortable vacations as well. The humidity and temperature are mild. In the summer months of August and September, tourism peaks and so are the room rates and queues for entering major tourist attractions.

Getting to and around Istanbul

Turkish airlines routinely fly to Seychelles (Tuesdays and Saturdays) plus a host of other commercial airlines like Emirates and Qatar airways. Once landed at Istanbul airport you have an option of taking metros, trams, ferries, buses or taxis. The public transport network is by far the easiest and cheapest way to get around. So pack a pair of comfy walking shoes and buy an Istanbulkart for discount on public transit.

Unlike in most countries where weather would be the first topic, in Istanbul, it's about the traffic, "Çon traffic ya!" is often heard - meaning too much traffic - so it pays to plan ahead to avoid peak traffic (7am-9am and 4pm- 7pm).

Where to stay

Accommodation options include luxury such as Four Seasons Sultanahmet, Swissotel, Mid-range (Idahoan Istanbul and The House Hotel Bosphorus) and budget (Ibrahimpasa) to name a few.

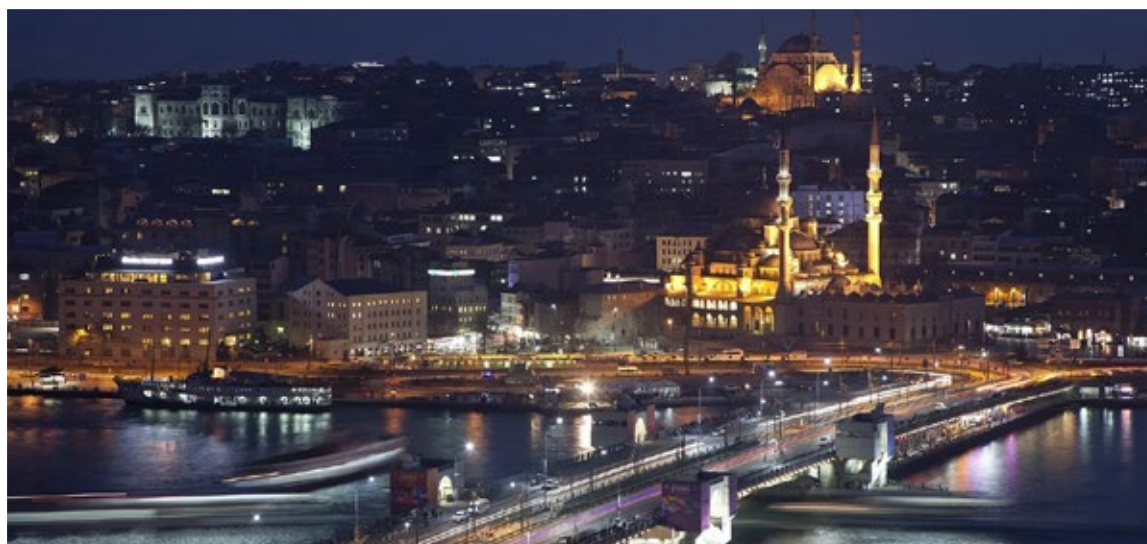
Can't miss things to do

The story of Istanbul is often accompanied by the peaks and domes of the city's historic mosques and basilica. Striking photographed glorious treasures include the Basilica Cistern, Blue Mosque, Hagia Sophia (8th Wonder of the World), Dolmabahçe Palace, Grand Bazaar, Spice Bazaar and Topkapi Palace. Check out the Golden Horn, Stroll the District of Pera and go for shore excursions.

No other city in the world except Istanbul spans two continents, thanks to the Bosphorus - aka the Istanbul Straight, so enjoy a progressive dinner over Europe and Asia starting with fresh mezés (starters) in old Istanbul,



Delicious Cuisine to Satisfy your Palette



A view across the Golden Horn, the estuary that joins the Bosphorus with the Sea of Marmara on Istanbul's European side, from the 14th-century Galata Tower. Photo Courtesy Getty



The Panoramic Turkish çay

then board the ferry in Karaköy for a 20-minute Bosphorus cruise to Kadıköy in Asia and enjoy your evening meal near the street markets and return to Europe to savour desserts in Beyoğlu. The best of Istanbul is a jumble of activities, in fact it is so diverse that you can always find a spot fit of your mood. Generally, there isn't a rampant clubbing scene but you will still meet celebrants staggering out of bars at 4am. Due to its multi-religious identity, you will hear imams calling the faithful out to prayers at dawn. Istanbul is very dynamic and its improbable to fit all the options on one trip... but you can try.

Did someone say shopping? The Grand Bazaar has more than 4,000 stores under one roof. Whether looking for clothing and accessories, including precious stones, mosaics, reimagined rugs to filtered and unfiltered olive oils... the shopping list is endless. For budding ceramic artist, check out Yedigöller Ceramic workshop in Galata and you are sure to become a professional. You'll learn all the techniques including clay kneading, airbrushing, stamping, scratching, fragment insertion and figurative modelling. Ooh before you finish your money in shopping, please try a traditional Turkish bath for a revelatory experience entailing redbud essence peeling application, body clay masks, aromatherapy massage and much more.

Food and drink

Turkey once hosted Latin, Roman, Byzantine and Ottoman empires who have left their influences in the local cuisine. The old Silk Road also left behind a flavourful legacy from at least 8 neighbouring countries. You will be enchanted by a range of delicious cuisine spanning fish dishes from Aegean, Black and Mediterranean seas peppered with influences of 81 provinces to speciality dishes of over 20 ethnic groups so 'Afiyet olsun' - bon appetite.

Istanbul Culture

When in Istanbul, it's highly recommended to do what the locals do and practice. Key is, the art of idle relaxation. You'll observe men and women everywhere relaxing and drinking endless supplies of Turkish çay - tea served in tulip shaped glasses. Turks know that good friends are made with key, so if you're offered a çay, stay a while and delight in one of Turkey's great cultural traditions.

Istanbul has a smorgasbord of festivals celebrating arts, culture and cultivation. The international Istanbul Films Festivals and Istanbul Tulip Festivals are held in April followed by the biennial Theatre Festival from May to June. Music takes centre stage from June to July with the International Istanbul Music Festival, Jazz Festival and Rock 'n Coke. The Hidrellez Festival, held on May 5 every year welcomes spring to the northern Hemisphere with spontaneous party of romany music and dancing on the backstreet of Sulatanahmet.

EXPLORE Istanbul



Turkey's most famed desert... The Baklava!

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Tuna Niçoise Salad

CONTRIBUTED BY FISHERMAN'S COVE

Ingredients

- Extra-Virgin Olive Oil 30ml
- Fresh Lemon Juice 15ml
- Honey 15ml
- Parsley 2g
- Freshly Ground Black Pepper 5g
- Kosher Salt, 20g
- Large Eggs 01
- Green asparagus 30g
- Avocado 15g
- Tuna 120g

Direction

Step 1
Whisk oil, lemon juice, honey, parsley, pepper and 1 tsp. Kosher salt in a medium bowl; set marination aside. Bring a medium pot of water to the boil; just blanch tuna loin, transfer to a bowl of ice. Using paper towel, dry the blanched tuna. Dip in the marination until ready to serve.

Step 2
Bring a medium pot of salted water to a boil. Carefully add eggs and cook 7 minutes. Using a slotted spoon, transfer eggs to a bowl of ice water (keep pot over high heat); chill until cold, about 5 minutes. Peel; set aside.

Step 3
Meanwhile, add asparagus to the same pot of boiling water and just blanch. Using a slotted spoon, transfer to bowl of ice water; let sit until cold, about 3 minutes. Transfer to paper towels and pat dry.

Step 4
To serve, slice eggs in half and arrange on a platter with asparagus, avocado and tuna. Top with crunchy vegetables, sprinkle with sea salt, and drizzle some homemade coconut dressing over. Serve with remaining coconut dressing alongside.



Tuna Niçoise Salad



Duet of Red Snapper- Octopus

Octopus carpaccio

- Ingredients**
- 1 octopus, 1 kg, cleaned
 - 1 onion, peeled
 - 1 celery stalk
 - 1 medium carrot

- 4 black peppercorns
- 2 bay leaves
- salt and pepper
- Juice of 1 lemon
- 2 tablespoons olive oil

Crispy okra and broccoli

- Okra 1
- Broccoli 10g
- Tempura flour

Chorizo butter

- 10g Chorizo

Duet of red snapper and octopus

- 5g Confit onion
- 5g Confit garlic
- 2g Chopped chives
- 15ml Cream
- 15 g Butter
- 5ml Lemon juice

Red Snapper

- 1 tablespoon smoked paprika
- 1 teaspoon ground pepper
- 1 teaspoon confit onion
- 1 teaspoon confit garlic
- 1 teaspoon fresh coriander
- 1 teaspoon fresh thyme
- ½ teaspoon salt
- ½ teaspoon pink pepper
- 1 tablespoon lemon juice
- 180 g boneless red snapper fillets
- 1 tablespoon extra-virgin olive oil

Direction

Step 1
Combine all ingredient in a small bowl and coat evenly over both sides of fish.

Step 2
Grill the fish on a flat grill for 3 to 4 minutes, until it releases from the grates. Flip and cook another 3 to 4 minutes, until the fish is tender and just cooked through (internal temperature is 62-63 C)

Step 3
Thinly slice octopus.

Step 4
Season The Vegetable with salt and Pepper.
Dip in The Tempura batter
Deep fry the battered Vegetables until get Golden Brown.
Serve warm.

Cinnamon Crème Brûlée

- 2 cups (1/2 quart) heavy cream
- 5 egg yolks
- ½ cup sugar, plus more for topping
- 1 teaspoon vanilla extract or 1 vanilla bean, split lengthwise
- 1/2 teaspoon ground cinnamon
- ¾ teaspoon salt

1. Preheat oven to 160 C and bring a medium size pot or kettle of water to a boil.
2. In a medium saucepan, combine cream, vanilla bean, and salt. Cook over low heat until hot. Let sit for a few minutes off the burner, then discard vanilla bean.
3. In a bowl, whisk egg yolks and then add sugar and cinnamon. Whisk until sugar is fully incorporated. Slow-

ly pour the hot cream into the egg mixture while whisking constantly.
4. Place 6 ramekins (170g each) in a baking dish with 2-3 inch sides. Fill the dish with boiling water about halfway up the sides of the ramekins. Pour custard filling into the ramekins.
5. Bake for 35-40 minutes, or until centers are just set. Remove ramekins from the dish and let cool before refrigerating. Refrigerate for 3-4 hours or until fully chilled.
6. When ready to serve, top each custard with a thin layer of sugar, about 1/2 a teaspoon each. Hold blow torch flame 2 inches from the custard surface and move in a quick sweeping motion until sugar caramelizes and bubbles.



Cinnamon Crème Brûlée

OUR FAV *Snacktime* PAIRINGS



CHEF TALK: MOUTYA RESTAURANT with chef Nadine and Michael

BY CHRISTOPHE ZIALOR

A retreat unlike any other can be found deep in the south of Mahé. Mango House has set a standard in luxury travel since opening its doors in May 2021, with five curated outlets serving their own unique dishes, the LXR resort certainly knows how to pamper their guests.

This week in Chef Talk we meet two young chefs working in the Moutya Kitchen, 26 year old Michael Hoareau, and 27 year old Nadine Barra.

"I have always wanted to be a chef; my career is punctuated with experiences and obstacles, but it is also driven by ambition and an impassioned commitment. This is a job that requires great sacrifice and, I don't believe I am very different from many other colleagues whose work I admire" said Michael Hoareau.

Adding to what her colleague said, Nadine noted that it is not easy to work in the kitchen owing to a number of obstacles.

"What counts most is the opportunity to widen our cultural horizons, which is even more important than our culinary experience. So, the hurdles I have had to address have led me to where I am today: working in this amazing resort.

Michael and Nadine both began their careers as demi chefs at the Eden Bleu hotel after graduating from the Seychelles Tourism Academy. They are now kitchen supervisors at Mango House and second in command at the Moutya Restaurant.

Since Moutya is a creole restaurant, both chefs were able to contribute to the creation of the menu with Executive Chef, Olivier Barré.

"The Hilton group provides its young staff with many opportunities, they teach you how to be independent, give you flexibility and shows you how to handle pressure at work" said Nadine.

With the luxury hotel chain pushing for a more sustainable practice, not only in the hotel but also in their restaurants, Michael noted that their menu leans more on local resources.

"We don't use much imported pro-



Michael and Nadine

duce. Our menu is more organic and this does not only benefit the resort in terms of sustainability but it also benefits the farmers and fishermen who are providing us with fresh produce and catch of the day fish" the chef noted.

In terms of dining, the chefs noted that the restaurant is the place for fine dining.

"We are taking



Moutya Deck

named after her. If you are hankering for a good curry she noted Nadine's curry will hit all the right spots.

"Like every Seychellois, curry played an important role in my life while growing up, this was our typical Sunday meal. As I grew up, I started making it myself and perfecting it until I came up with my own recipe," said the 27 year old.

She stated that it was a significant opportunity for her

to have her name on the menu next to a dish she enjoys, and she reiterated the fact that the Hilton group supports the advancement of their young employees by providing them with opportunities to climb the professional ladder"

With so many incredible dishes at the restaurant, the two chefs noted that they do not play favourites as all their creations are as delicious as the other.

Michael added that as an LXR resort, they strive for quality over quantity, which means that the service they will provide to their customers will not only be of the highest quality, but will also make them feel at home.

The chefs added that one of their major strengths in the kitchen is self-confidence. "You have to be confident in the meals you are sending out".

"In other restaurants, the chefs are always at the back and the guests interact with the waiting staff, but here it's different; we have to talk to our clients and sell the menu, and confidence is key when doing so," chef Michael explained.

And where do they see themselves in five years? Well the two chefs noted that owning their own restaurant is on the top of their wish board. But in the meantime Mango House and Moutya Restaurant will be their home.

"As a chef, you never stop learning, and Moutya restaurant is the ideal learning environment for us." "We will continue to perfect our skills with a dedicated team of experienced chefs," Michael said.

He added that the Moutya restaurant has honed a standard in his and Nadine's cooking skills.

"Many great restaurants start off on a high note, but after a few weeks, the standards begin to slip; here, we make certain that every dish, no matter how many times a customer has tried it, remains the same."

The two chefs stated that there is more to come at Moutya restaurant and invited all Seychelles residents to visit their establishment and enjoy authentic Creole-inspired dishes.



Michael's Seafood platter

a creole meal and elevating it on another level, with the way we plate our dishes you would never guess that you are eating a typical creole dish. We are modernizing these dishes but its special creole touch is still there" said Chef Nadine.

Michael added that the Menu is something special. Guests dining in will see black pudding served with grilled prawns, or fresh fish. He boasted that the Moutya restaurant does something that other restaurants rarely do, using fresh coconut milk in their cooking.

"Not many kitchen uses fresh coconut milk, we have a selection of Curry's which is Nadine's specialty dishes and for her to be able to create these fantastic curry she uses fresh coconut milk"

Speaking of curry, Nadine pointed out that her curry is so good that it is



Nadine's Curry





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Paolo Chionni with the floating trophy



Paolo Chionni with the 1st place trophy

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Joe Elisa best front 9



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Nic Eulentin: Self Made Chef



BY CHRISTOPHE ZIALOR

To be the best in the culinary industry, you don't need a piece of paper. You must have hands-on experience working for the best, learning and pushing yourself on a daily basis. Some of the most skilled cooks and chefs have never attended culinary school. They learned to cook at their mother's knee, then went out and got a job, working their way up. Nic Eulentin, a 23-year-old chef, is one such example. Don't be fooled by Nic's age; he is a self-taught chef with years of experience both locally and

internationally. "The notion that you need a diploma to be a chef is a relatively new one. "I was never a studious person; I would always skip classes to go fishing or do other crazy things that kids my age didn't do," Nic explained. He admitted to getting into heaps of trouble, particularly with his mother, who was working for the royal family in Bahrain at the time. "During my final year in Secondary school, my mother sent me a ticket to visit her in Bahrain; I went under the impression that it would be a short visit, but when I arrived, she informed me

that I would be staying so she could keep an eye on me."

He stayed in Bahrain and after six months he started working with the royal family in the kitchen.

"They hired me, and so my culinary journey began."

"I started as a pastry chef under the supervision of the professional chefs who were already in the kitchen. I made every effort to follow their instructions and learn everything they were willing to teach me. They were generous teachers, and I was a very eager student."

The young chef explained that after a year, he was able to work on his own without the assistance of his mentors.

"I worked for two years in Bahrain before returning to the Seychelles, and once here, I worked as a pastry chef at Coral Strand Hotel for a year and a half before having to leave."

He noted that the working environment in Seychelles was very different from the one in Bahrain.

"Some of the chefs that I worked with were very discouraging to me, which is one of the main reason why I moved from pastry to hot kitchen"

Nic worked as a pizza chef at Coco Dor after leaving Coral Strand Hotel before moving to Sunset Cafe.

"I worked for two years at Sunset Cafe, further developing my kitchen skills; unlike my previous experience, where I was only a pastry chef. This time I rotated and worked in different sections, allowing me to learn as much as possible."

Nic is currently working as a part-time chef at News Cafe while also developing his chilli business, dubbed 'Chef Nic's Spices.' He stated that the business idea came from a friend, and he worked tirelessly to perfect his creation.

"Because I've worked with spices before, I wanted to combine spices that worked well together to create the perfect chilli."

"It was a time-consuming process, but it paid off in the end."

The chef also stated that he is currently looking to purchase a food outlet, but he is still looking for the ideal location.

"It's not easy being a young chef; you need help, but help is hard to come by, but the love and support of my friends and family keeps me going."

He ended by adding that when he took over the kitchen, he started from zero.

"As a self-taught chef, I don't have limits in my head."

Like every other chef I've made mistakes, but sometimes great recipes are born from mistakes"

He continued "A passion for food is not the only one required to succeed in the culinary arts. You must be driven by a desire to learn new things. You must educate yourself on new ingredients, techniques, skills, and other new talent that is blazing trails you will want to follow."

I didn't attend any cooking schools, and I'm not influenced by any famous chefs; I'm just me. "Sometimes I think of myself as my own hero."



The Chef's Chilli Business



Nic when he was starting out as a pastry chef



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Dictador from Colombia

BY CHRISTINE OUMA

WHAT IS RUM AND WHERE DOES IT ORIGINATE?

Rum is a liquor made by fermenting then distilling sugarcane molasses or sugarcane juice. Sugarcane juice is used for the premium rums named often "Rhum Agricole" while the sugarcane molasses is mainly used for "standard" and more commercial white rums produced in big quantities and not aged named the "lighter" rums.

Rum is a popular recreational beverage around the world. The origin of this alcoholic beverage can be traced back to the Caribbean islands. This drink is thought to exemplify Caribbean culture by historians. Latin America and the Caribbean Islands are home to some of the world's largest rum producers.

HOW TO MAKE RUM

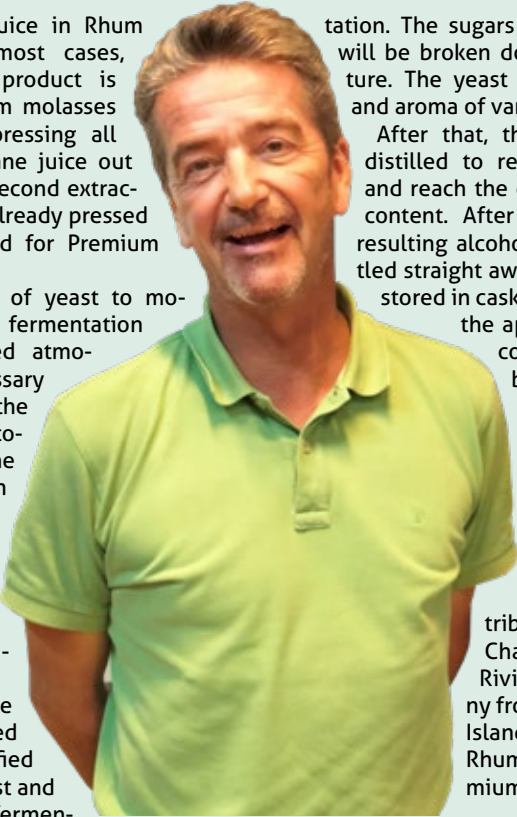
The process of making this alcohol begins with crushing the sugar cane stalks to extract the juices, which are then fermented to create the fluid substance often called "mash".

Sugarcane is gently crushed to en-

sure natural juice in Rhum Agricole. In most cases, the ultimate product is colourless. Rum molasses is made by pressing all of the sugarcane juice out and maybe a second extraction from the already pressed sugarcane used for Premium Rums.

The addition of yeast to molasses before fermentation in a controlled atmosphere is necessary to convert the sugar into alcohol through the fermentation process. Then to reach the necessary alcoholic content, the next step is distillation.

The sugarcane waste is mixed with a specified amount of yeast and water during fermenta-



Alfred Fourcroy

tation. The sugars in the molasses will be broken down by this mixture. The yeast alters the flavor and aroma of various rums.

After that, this fluid will be distilled to remove impurities and reach the desired alcoholic content. After distillation, the resulting alcoholic liquid is bottled straight away but others are stored in casks and aged to get the appropriate flavor, color, and aroma before bottling.

There are two varieties of rum, according to Alfred Fourcroy, CEO/Partner ISPC (Seychelles) Ltd, the official distributor of Mauritius Chamarel Rum, 3 Rivières and La Mauny from the Caribbean Islands, all 3 Agricole Rhums, known as Premium Rums

Rum



3 Rivières Rhum Agricole

ALCOHOL CONTENT

The 'alcohol by volume' and proof percentages represented in figures are used to determine the potency of alcoholic beverages. The stronger the alcoholic drink becomes as the number increases.

The majority of rum have an ABV of 40% or 80%. However, some rums, have alcohol levels (rarely) as low as 21% and some, since the alcohol content hasn't been adjusted, are bottled at 70%.

AGING

Oak barrels used to age Bourbon are used to age dark rums, while stainless steel tanks are used in clear rums which remain white. The ageing process in wooden casks determines the color of the rum. For most rums the duration of

aging is shorter than a year but famous brands offer long matured in casks rums up to 50 years old.

Mr. Fourcroy asserts that Bacardi is second most popular rum in the world. It is also a favourite in Seychelles. It is originally from Cuba but it is made in Puerto Rico and Mexico since the founders had to leave the country for political reasons. It is estimated that about 580,000 bottles of Bacardi are sold globally per day.

Other popular Rums include Tanduay, Captain Morgan, Havana Club, McDowell's No. 1 Celebration for the fast selling rums so called "light rums" and in the premium segment, some of the most popular are Ron Zacapa, Diplomatico, Dictador, Clément, Appleton Estate, Angostura Rum to mention a few.



Mauritius-rhumerie-de-chamarel



Rhum aging in barrels



Sugarcane plantation in Mauritius



Ti Rhum

The artist that changed the course of art locally and internationally

BY U-ROY JULES

Painting is the expression of ideas and emotions, with the creation of certain aesthetic qualities, in a two-dimensional visual language. The elements of this language, its shapes, lines, colors, tones, and textures—are used in various ways to produce sensations of volume, space, movement, and light on a flat surface.

George Camille was born on the island of Mahe, Seychelles in 1963. He spent his childhood on the island of La Digue, and continues to live and work in Seychelles.

"I studied Art at Seychelles College to A level. I was awarded scholarships to further my studies at Blackheath College of Art and Goldsmiths College, both in London.

Several important collaborative friendships with fellow artists also helped to focus my direction as an artist, most notably my work with 'Tonga Bill' Fehoko, the Martinique artist Habdaphai and the French artist Mikel Chaussepied who in

well as hand painted etchings that strive to capture the spirit of Seychellois life," he added.

His heavily textured collages, made from glued pieces of cut, ripped canvases, and painted in acrylic depicting traditional Creole scenes and sceneries; transport the viewer on an intense journey into the physical beauty and evocative mythology of the Seychelles islands.

More recent work of George has incorporated elements of 'object trouve' into mixed media work which has seen him experimenting with both embossed paper and copper, recycled electrical wire, metal, relief work, and installation art.

Style and Techniques:

I started with a very realistic style of painting capturing the idyllic scenes of tropical life in watercolor, pencil drawings, and etchings always experimenting with new styles and techniques of work



The Rooster_59cm x 40cm_Acid Bite Etching

1992, introduced me to the techniques of etching," he said.

In 1987, he established Sunstroke Studio and, in so doing, provided an outlet for his art and design activities. This was followed in 1997 by the restoration of an old wooden colonial house, Kaz Zanana, which he opened as his first art gallery in Seychelles. In 2001 he opened his second gallery at Anse Gaulette on the island of La Digue.

"Over the last thirty-three years, etchings have become the medium for my more detailed and figurative work. Owning my press has allowed me to experiment with a range of intaglio print techniques, combining a variety of materials and processes to create images that have shaped the development and presentation of my visual alphabet. Working mainly on copper plates and using dry-point and acid bite techniques, I produce limited edition monochrome prints, as

and trying out new material.

Then exploring a combination of silk-screen and open stencils to create a very simplified style of work with bold and solid color shapes and areas.

To play with light, shadows, and textures, I've created works on paper and copper using an etching press to emboss shapes made from bent wire and card. These are left as white drawings or painted in watercolor and oil pastels.

I've created a very distinct style of painting using a collage technique on canvas and acrylic paint. A small cut or ripped pieces of canvas and card are glued to create a stylized work which is then painted in acrylic. The style is bold, colorful, and much textured.

A mixed media style using old recycled wooden shutters that are cut and burnt and inlaid with embossed copper panels and bent copper wire was the basis for two solo exhibitions.

Recent Work:

Venice Biennale 2015

For the 2015 Venice Biennale, he experimented with a new technique of work using discarded recycled electric wires that I bent and shaped with pliers to create leafy vines that crept over and suffocated everything in its path. The installation was a commentary on the destruction of Seychelles' fragile environment brought on by the unchecked and uncontrolled development that the islands are currently facing.

Seychelles Biennale 2017

He has been working on a lot of sculptures recently using wire, sculpting foam, and clay. The sculptures are then cast in fiberglass resin and painted. Techniques are used to create the sculptures that were part of his winning entry for the Seychelles biennale in 2017. George also created a series of short videos as well as charcoal drawings as part of an installation that highlighted the huge problems that Seychelles is facing regarding the issues of hard drugs, especially heroin, which has blighted about ten percent of its youths.

Venice Biennale 2017

For the 57th Venice Biennale in 2017, he created 16 life-size sculptures of giant tortoises which was a project whereby other artists in Seychelles were invited to paint a tortoise each. He used the iconic Aldabra giant land tortoise as a symbol to raise awareness of the plight of small island states in the face of global warming and rising sea levels.

Mural painting to raise awareness of coral reefs in Seychelles 2018

The mural was painted on a 66-meter wall outside Pointe Larue Secondary School. This was undertaken with the participation of the school's students and art teachers.

Coral reefs are at great risk from increasing threats including pollution, destructive fishing practices, boat anchors, land reclamation, and much more. However, climate change poses the greatest threat to coral reefs globally. The Mural project is intended as a call for action.

Venice Biennale 2019

For the Venice Biennale 2019, he presented an immersive installation called 'Drift', which comprised over sixty meters of embossed heavy-duty watercolor paper, hung to resemble the powerful waves of a tsunami. Visitors entered a white room and could walk between and beneath these massive white undulating forms and get close enough to the paper surface to examine the hundreds of impressed motifs which cover both the upper and lower surfaces of the paper. He used my trademark iconography of leaves, coco de mer nuts, birds, fish, and human forms to symbolize the overwhelming effect of the information overload which is part of our everyday lives; the effect is one of an unstoppable flow of data as brutal and beautiful as any tidal wave.

George received the Seychelles Arts Award for Best Visual Artist in 2019.

He completed numerous solo and group exhibitions in Seychelles, Mauritius, Martinique, Reunion, UK, France, China, Germany, Russia, Brussels, Ivory Coast, Mali, and Italy.

He has been selected to participate in both the Beijing Biennale and the Dakar Biennale in 2022.

He is currently working on a solo exhibition to be staged at his gallery at Kaz Zanana in December 2021. It will be the first solo exhibition that was held for the past ten years.



Parting the curtain_140cm x 140cm_2021_acrylic paint on canvas



Lana_70cm x 36cm_collagraph

Book review ; ‘VIRAL’

COMPILED BY CHRISTOPHE ZIALOR

While sitting in front of my computer screen and wracking my brain to come up with book recommendations. A thought occurred to me, why recommend fiction when we are living the realities of a horror novel.

It is no surprise that our “new reality” has been creeping into the pages of fiction books. There is a whole burgeoning genre of “pandemic fiction” spreading across the shelves like, well, a virus. As what will surely be one of the most defining events of an entire generation, it leads us to wonder: what comes after?

It is hard to know where we will be once all this is behind us. With the Delta variant of COVID-19 beginning to affect the country, some areas are bringing back mandatory masking and some government and industry sectors requiring vaccinations for employees.

But as bad as it gets, surely our post-pandemic world

will not be anything like those imagined Robin Cook’s latest novel ‘VIRAL.’

In this electrifying medical thriller from New York Times bestselling author Robin Cook, a family’s exposure to a rare yet deadly virus entangles them in a growing danger to humanity—and pulls back the curtain on a healthcare system powered by profit and greed.

Summary of the book

Trying to find some normalcy during the COVID-19 pandemic, Brian Murphy and his family were on a summer excursion in Cape Cod when his wife, Emma, comes down with flu-like symptoms. Their leisurely return home to New York City quickly becomes a race to the local hospital as she suddenly begins seizing in the car. At the ICU, she is diagnosed with eastern equine encephalitis, a rare and highly lethal mosquito-borne viral disease seemingly caught during one of their evening cookouts. Complicating the situation further, Brian and Emma’s young daughter exhibit alarming physical and behavioral symptoms.

Emma’s harrowing hospital stay becomes even more

fraught when Brian receives a staggering hospital bill full of outrageous charges and vague language. His health insurance company refuses to cover any cost to add insult to injury, citing dubious clauses in Brian’s policy. Forced to choose between the ongoing care of family and bills he can never pay and furious at a shockingly indifferent healthcare system, Brian vows to seek justice.

But to get to the bottom of the predatory practices targeting his loved ones and countless others, he must uncover the dark side of an industry that has strayed drastically from its charitable roots and bring down the callous executives preying on the sick and defenseless before the virus can claim even more people . . .

It hits a little close to home, don’t you think?

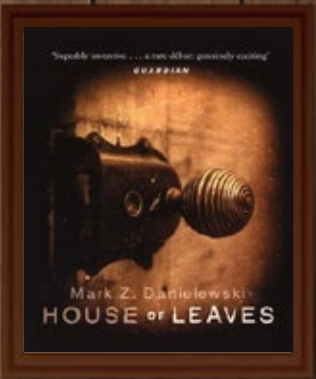
While ‘viral’ is certainly a good read, it might not satisfy that horror bone in your body. Still sticking to present-day horrors that reflect on real life, here are some other recommendations that will have you biting your nails in suspense until the very last page.

Let us release the ghouls, ghosts, demons and serial killers that comprise a perfectly horrifying literary November.



BEHIND THE DOOR
by Mary SanGiovanni

Deep in the woods on the border of New Jersey and Pennsylvania, there is a door. No one knows where it came from and no one knows where it leads. When a grieving mother opens the door, she unleashed every sin, secret and spirit ever trapped on the other side. Only occultist Kathy Ryan can seal the door before the small town of Zarepath becomes literally hell on Earth.



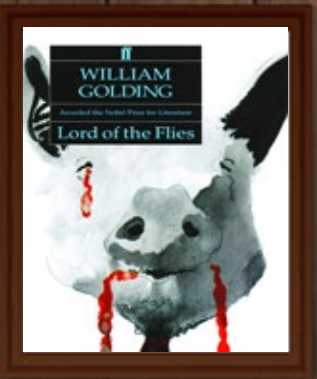
House of Leaves,
by Mark Z. Danielewski

The story focuses on a young family that moves into a small home on Ash Tree Lane where they discover something is terribly wrong: their house is bigger on the inside than it is on the outside. Of course, neither Pulitzer Prize-winning photo journalist Will Navidson nor his companion Karen Green was prepared to face the consequences of that impossibility, until the day their two little children wandered off and their voices eerily began to return another story of creature darkness, of an ever-growing abyss behind a closet door and of that unholy growl which soon enough would tear through their walls and consume all their dreams.



The haunting of hill house,
by Shirley Jackson

It is the story of four seekers who arrive at a notoriously unfriendly pile called Hill House: Dr. Montague, an occult scholar looking for solid evidence of a “haunting”, Theodora, the light-hearted assistant, Eleanor, a friendless, fragile young woman well acquainted with poltergeists and Luke, the future heir of Hill House. At first, their stay seems destined to be merely a spooky encounter with inexplicable phenomena. But Hill House is gathering its powers, and soon it will choose one of them to make it its own.



Lord of the flies, by Wil-
liam Golding

The great sage Pat Benatar once sang that hell is for children. Golding’s account of children stranded on an island without supplies or adult supervision is absolutely terrifying for one simple reason: there is nothing supernatural going on. It is a story about insufficiently socialized humans descending into savagery because that is our fundamental nature. You look into the abyss at the center of this novel and the abyss looks back.



Haunted by Chuck
Palahniuk

Told in alternating chapters that depict a group of aspiring writers voluntarily secluded in an unusual writer’s retreat and the stories they are writing, Haunted not only contains one of the most disturbing short stories ever published which caused several people to faint when Palahniuk read it in public, it is also a deep dive into madness as the reality-TV obsessed characters start sabotaging their experiment in a quest for fame. The sense of suffocating dread that Palahniuk applies grows so incrementally you do not notice it until you suddenly realize you have been holding your breath for five pages.

Stanio Mathiot, Student and Future Midwife

BY CHRISTOPHE ZIALOR

Nursing is a fantastic and rewarding profession. Nurses' work often takes on a personal touch, with patients remembering their nurses fondly years after they have left the profession.

Between classes, clinical, work and family time, nursing students juggle a lot on a daily basis. Some, like Stanio Mathiot, makes it look easy. We asked Stanio, who is currently nearing the end of his first year in his Diploma in Nursing at the National Institute of Health and Social Science (NIHSS), how he stays on top of his schedule and what keeps him going.

"The motivation to become a nurse came from personal experience. When I was young, my sister suffered from Rheumatic fever, this inspired me to become a nurse. I wanted to help take care of sick children just as I did for her."

Stanio stated that after graduating, he wishes to become a midwife, but because there are no full courses for midwifery, he must first complete three years of nursing, then one year of work experience, followed by an 18-month midwifery course.

"I believe that in the midwifery field, I'll be more comfortable, and I've always wanted to work in a place where I'll feel comfortable, a field or job that will match my personality, you could say, and midwifery is one that is the perfect match right now," the nursing student said.

Currently Stanio has reached the part of his studies where he has to go on work attachment at the hospital.

"While doing my work attach-

ments, I've had experience on a female medical ward and now I'm on a male medical ward, and so far I'm loving it; it's not what I expected; the nurses are nice, the patients are nice, and even though I'm still a student, they treat me with the same respect they would give a professional nurse."

He added that although he was nervous, he has assisted many medical procedures and has even conducted some on his own.

"Because I'm still a first-year student, we only know the basics and are only allowed to do the basics." I examine vital signs such as blood pressure, temperature, respiration rate, and pulse. I also perform blood sugar admissions, but we are advised to do so with a more advanced nurse who can assist us.

One of the most important assets of a nurse is that he or she has good bedside manners; Stanio stated that this is not a problem for him.

"Good bedside manner, in my opinion, is one of my major strengths. I'm a loving being, with a lot of patience and I do care about my patients. All I want is to help them regain their health, even though I'm still a first-year student and I'm not doing much that can help in improving their health, but witnessing their progression is quite a breathtaking moment."

"My shortcoming I wouldn't say I'm overly confident in myself; I constantly question my decisions and my abilities"

Nursing is a difficult and demand-



Stanio Mathiot



Stanio on work attachment

ing profession that necessitates a great deal of patience, devotion, hard work, and love. As you may be aware, nursing is a continuous profession; however, there are different shift periods of working time, such as morning, afternoon, and night shifts.

"It's a job that takes up the majority of your personal time, you get little rest, weekends are non-existent, you won't be able to party like everyone else, and you won't be getting

eight hours of sleep at night." Furthermore, as a nurse, you never stop learning; even after you graduate, you must continue to study because new illnesses are introduced on a daily basis, and it is our responsibility to study them in order to prevent the spread and understand the diseases or virus as well as their cure."

Despite the demanding schedule, Stanio stated that he loves the profession.

"I believe I will have to make many sacrifices, put partying and having fun on the back burner.

One piece of advice I would give other students like me is to keep striving for the best, do not give up because it feels impossible, it may feel that way, but it will be worthwhile at the end of the day, concentrate and focus on your studies and try your best to pass all your exams"



Stanio with classmates and lecturers

Kids say the *darndest* things

BY CHRISTINE OUMA

In this edition, we ask kids a variety of life-related questions. Take some time to digest what the kids have to say. We hope you have a good laugh and enjoy the brilliance.



Name: Elli Nourrice
Age: 5-years-old
School: Trotterstop school

1. If you could change anything about your life, what would it be?
When I go to buy food or toys, I want to be able to change them.
2. What is the most exciting thing in the world?
When I get a brand new game on my tablet or when I get a new toy.
3. When do you feel the most loved?
I feel loved by my dad, mother, sister and brother. I love them too.
4. What brings you the most happiness?
I am happiest when I see Esther. I will be very sad if she ever dies.
5. What is the funniest word or sentence you’ve ever heard?
That clowns are so funny (laughs).
6. Who is your hero?
My dad is my hero.
7. Tell me a joke.
The clown shakes and taps its bum.
8. Tell me a story about something cool that happened to you.
When I was sad, my mum and dad did not wake up. I saw a ghost outside but when I called my parents, they were asleep.
9. If you had to become a teacher for one day, what would you teach in class?
We will do mathematics like 1+1 and then we will do a test but no one will copy. I will work hard at Ms. Esther’s class to get a star.
10. Where do you think is the best vacation destination?
I think the best destination for a vacation are La Digue, Praslin and Silhoutte. Travelling by plane is the best but the boat is bumpy but I am not scared anymore.
11. If you make a new holiday, what would it be?
I would make a holiday to go to Praslin, La Digue and Silhoutte. I will need a place with a pool.
12. If you opened a store, what would you sell?
I would sell toys, flutes and mangoes.
13. If you had the power to become invisible just for a day, what would you do?
When I become a hero like my dad, I want to become a doctor and for a super hero, I will be invisible like a gecko. I will also have Barbie house and become a spy.



Name: Joshua Francoise
Age: 9-years-old
School: Bel Eau school

1. If you could change anything about your life, what could it be?
I would stop watching cartoons so I can play with my friends, sometimes do my homework or read. I would also do stuff with my family and help with chores.
2. What is the most exciting thing in the world?
Playing adventure outside.
3. When do you feel the most loved?
When I get hugs from my mum. Playing outside and looking at the beautiful sky.
4. What brings you the most happiness?
Friends and family bring me the most happiness.
5. What is the funniest word or sentence you’ve ever heard?
The funniest word I have ever heard is – Mamma Mia (laughs)
6. Who is your hero?
I got the Aqua Man, Green Lantern, Wonder Woman, Batman, Superman and Sezan. Sezan is a kid and turns into an adult and a super hero when he says ‘Sezaaaaaaan...’
7. Tell me a joke.
Knock knock
Who’s there?
The pigs (laughs)
8. Tell me a story about something cool that happened to you.
My coolest time is when I was playing super hero. Beep Beep Beep. Aliens Invasion. I have to defeat them all. I was fighting aliens and I defeated them all. I played this game with boxes.
9. Who is your best friend and why?
I don’t know who is my best friend but I have two favourite ones- Shakim and Ashim. I met Ashim in Crèche and we share a class with Shakim. We play together at school.
10. What’s the craziest thing you’ve ever done?
When I punched a dog but that’s not cool.
11. What does your name mean?
Joshua means the secret life (laughs). But really I don’t know what it means.
12. If you had to become a teacher for one day, what would you teach in class?
The kids to play outside, shout, draw on the floor and everywhere else in the school, play pranks and throw water-filled balloons on someone.
13. Where do you think is the best vacation destination?

My favourite is Cerf Island. I spent time in the swimming pool, watched Disney Junior. I did not have to pay for the food, I just ate it.
14. If you make a new holiday, what would it be?
A new holiday would be Super Hero Day when everybody will get to be super heroes, wear costumes and eat chocolates that resemble super heroes.
15. If you opened a store, what would you sell?
I would sell toys, bicycles and baby stuff.
16. If you had the power to become invisible just for a day, what would you do?
I would go to the shop and prank people.



Name: Makeda Azemia
Age: 8-years-old
School: International School

1. If you could change anything about your life, what could it be?
Nothing. This is because my life is perfect just as it is.
2. What is the most exciting thing in the world?
Traveling because I want to discover and explore places like the jungle. I expect to see some animals running wild. Some animals like the turtle are peaceful. They are slow and do not harass anyone.
3. When do you feel the most loved?
I feel the most loved around my parents. I feel blessed and I love them very much.
4. What brings you the most happiness?
Reading books, making friends and learning new stuff everyday makes me happy. I love reading. My favourite author is Annie Bolton. Recently I also discovered J. K. Rowling. I love her Harry Potter fantasy series.
5. What is the funniest word or sentence you’ve ever heard?
So, sometimes when my sister and I are fighting, she says “I am not a good idea, me...” (laughs)
6. Who is your hero?
My mum is my hero. I say this because she is the reason I am on earth and breathing. Thank you mummy, you are the most wonderful person in this universe.
7. Tell me a joke.
I know jokes but they are not funny. I will try...There is a joke that says there is doctor who fails his test and the answer is a dentist but the joke doesn’t really make sense, and it’s not funny. I think somebody told it to me or I watched it on a movie.
8. Tell me a story about something cool that happened to you.

On my eighth birthday, the plan was to go have a birthday dinner at Bravo. But instead of going to the restaurant, we went on a boat. I thought we were just going at sea but we ended up going on Cerf Island. To my surprise, were going to stay there for a weekend. I was shocked. They spelled my name with coconut leaves saying “Happy Birthday”. There were two hibiscus flowers on the bed, it was so beautiful. The best birthday I have ever had.
9. Who is your best friend and why?
My best friend is Gopal. She’s fun and funny. We think alike and make stuff out of our own creativity.
Sometimes we say we are two creative heads (laughs). She is like a sister to me. She’s in my heart.
10. What’s the craziest thing you’ve ever done?
One day when I woke up, my mum told me to go brush my teeth to prepare for school. Instead of going to the bathroom to brush my teeth, I went to the fridge. I was like, what am I doing? So I closed the fridge and in my hand was a spoon. That was crazy so I put it back and asked my mum if there was something wrong with me.
11. What does your name mean?
I am named after the Queen of Sheba. Makeda was the Ethiopian Queen.
12. If you had to become a teacher for one day, what would you teach in class?
I would teach science because it is my favourite subject. I get to learn how to group animals, states of matter and many other things.
13. Where do you think is the best vacation destination?
Cerf Island is the best vacation destination. I love the views of the sea and the people there are kind. It feels a bit like home. The people who live there are lucky.
14. If you make a new holiday, what would it be?
I would like to create a holiday but I do not have an idea. At the moment my brain is empty.
15. If you opened a store, what would you sell?
I would sell clothes and shoes.
16. If you had the power to become invisible just for a day, what would you do?
I would trick my sister and try and observe how it would be like when people notice I am not here. I think people would wonder, “Where is Makeda?”. I would touch them and disappear. I think that would be fun.

Traditional Seychellois family

BY CHRISTINE OUMA

The concept of the Seychellois family dates back to 1770, when the French made their first settlement on the island. This is how the Creole identity began, especially because the majority of the mixed race population's ancestors were brought to the islands as African slaves.

Despite the abolition of the slave trade (at least on paper) in 1835, during which 6,521 slaves (from a total population of 7,500 inhabitants) were emancipated, Anthropologist Jean-Claude Pascal Mahoune notes that the 'liberated' slaves remained under the control of their masters.

Then there was the Code Noir, a decree issued by King Louis XIV of France in 1685 that established the conditions of slavery throughout the French colonial empire. The decree imposed restrictions on the actions of free people of color, required the conversion of all enslaved people across the empire to Roman Catholicism, established slave punishments, and commanded the expulsion of all Jews from France's colonies.

The impact of the code on the French colonial empire's enslaved population was varied and multifaceted. The following were the rules for sexual relations and marriage:

Children of a free man and a female slave:

- If the father is unmarried, he should marry the slave concubine, freeing her and her offspring from slavery.
- If not, both the father and the slave's master will be fined. A fine of 2000 pounds of sugar was imposed (art 9).
- If the slave's father was the slave's master, the slave and any children born to him would be removed from his control, but not freed (art 9).
- Weddings between slaves required the permission (art 10) of the master, but also the slave's assent (art 11).
- Children born to married slaves were also slaves, as they belonged



Jean- Claude's extended family then.

to the master of the female slave (art 12).

- Children born to a male slave and a free mother were free; children born to a slave mother and a free man were slaves (art 13).

When the British took over the territory, the African slave population had already begun to have a significant impact on the creole race through miscegenation. Many single slave masters were known to have no qualms about having children with their female slaves.

By 1903, when Seychelles was separated from Mauritius and declared an independent crown colony, the population had risen to just over 19,000 people, and descendants of

the first slaves brought to Seychelles, as well as those of the first liberated African slaves who arrived in 1861, had merged with the original inhabitants, who were mixed race progenies, to form the Seychellois creole race.

By 1913 (Mathiot-African New African 2009), when the population of the Seychelles had reached 23,777, miscegenation had become so widespread that racial classification had become impossible.

Evolution of Seychellois families

According to history, consensual unions were prevalent, but not among the gran'blan (white), Indian, or Chinese people. Although polygamy was not practiced, partnerships were unstable, and divorce

and breakups were common. The majority of births were to unmarried women who were often not acknowledged by the child's father. The type of domestic unit varied according to social class. The ideal gran'bla family was nuclear. Serial monogamy was common among plantation workers, with the woman serving as the stable core of a domestic unit that included herself, her husband (married or in a consensual union), her children, and foster children.

According to Jean-Claude, because the slaves were forced to convert to Roman Catholicism, ceremonies such as Christian marriages were still unfamiliar to the emancipated slaves.

It is also alleged that owners who had children with slave women neglected to care for them. They would

occasionally give gifts like a packet of fish, salt, or bread fruit.

"In today's society, habits have been established, particularly by certain males who do not feel the need to be present and care for their children. When it came to family, the masters did not set a positive example. The behaviours of the white man played a greater role in our current Creole society. They walked around and had children with anybody they felt like," he explains.

Polygamous families were also popular on the African continent where most slaves originated he adds.

The concept of marriage

The Seychellois people were not keen on marriage. In fact, Roman catholic may have made it even more difficult to marry because there were phases that had to be completed in order to receive church blessings.

Social gatherings

According to Jean Claude, most gatherings used to be religious in nature. The religious gatherings were attended by extended families.

"Many families were brought together as a result of such events. However, there are a lot of broken families today. There are many social ills."

Diversity in the Seychellois family

Seychellois is noted for being a cultural melting pot.

Some lineages, according to Jean-Claude, have a combination of African, European, and Asian heritage. Despite the fact that Seychellois are free to marry, prejudice exists even within families.

Jean-Claude closes by advising the Seychellois to only absorb the positive aspects of their heritage, as not everything from the past is beneficial.



Jean-Claude's biological grandfather, Henry-Joseph Savy with her sister Jeannette Lespoir



A souvenir photograph of Mahoune family during Jean-Claude's first communion



Henry-Joseph Savy was also member of the Legislative Council in the 1940's

Making Small Interiors Spacious

CONTRIBUTED BY SANDRA BONNELAME- INTERIOR DESIGNER

Interior designers have tricks that you too can employ to make your small space more spacious with minimal effort and cost. The smallest application can inspire you to make the greatest impact!

When a small room has the tendency to seem cramped, the main strategy to make a small space spacious is to reflect any natural light pouring in from doors and windows.

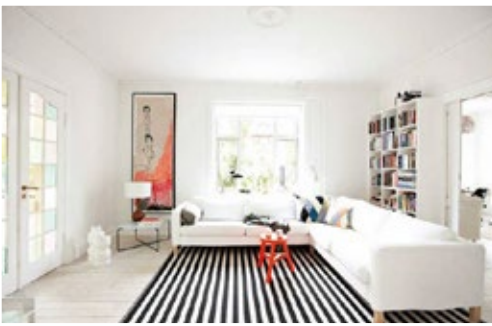
The most popular trick to create more space is through the use of mirrors which instantly brightens and makes a room larger than it actually is. So strategically place large mirrors, which can mimic windows, opposite windows to reflect natural or artificial light into a dark space! For any room with a limited amount of natural light, also placing a mirror near a window will reflect a view and give the illusion of depth back into the room. Anything that causes our eye to travel around a space in an intentional fashion will make it feel larger.

Secondly, you can start by painting the walls of your not so spacious room in soft, light colours which will reflect natural light and help brighten and open the room up. Further select your light colour of paint to have a

matte finish which will do a better job of reflecting light in all directions, as opposed to glossy surfaces, which will create glare. Neutrals, like off-white, beige, or light greys, are a great way to add a level of sophistication and calm. The opposite is so with dark shades which absorb light, making rooms feel smaller.

Take a step further and paint your wall trim and moldings in a lighter colour than your walls. This will make the walls appear further back, making the space bigger. Painting the walls and ceiling the same shade help to blur the boundaries between wall and ceiling, making the ceiling seem higher.

When it comes to furniture, choose ones that are light with open arms and exposed legs instead of solid, bulky furniture. This allows light to filter under the furniture, so that it appears to float in space making the room appear open. Additionally select furniture that is lower to the ground which will create openness simply because they leave more space above. Hanging items low on the wall allows them to "relate" to the furniture and even hanging items from the ceiling also serve to emphasize the height of a space.



Psychology of Space: How Interiors Impact our Behaviour?

SOURCE: ArchDaily



Party apartment photo Coutesy

With most of our lives spent indoors, the space we occupy has a major role in our psychological behavior. Environmental psychology or Space psychology is, in fact, the interaction between people and the spaces they inhabit. Lighting, colors, configuration, scale, proportions, acoustics, and materials address the senses of the individual and generate a spectrum of feelings and practices.

From inducing warmth and safety, defining well-being, or creating a positive and efficient working environment, space can have a whole lot of impact on how we act or on what we feel; therefore, design and creative measures should be considered according to the social and psychological needs of the occupants.

Psychology of space is in fact "the study of human relations and behaviours within the context of the built and natural environments" according to

Dave Alan Kopeck, a specialist in the field and professor at the New School of Architecture and Design in San Diego. Having a direct impact on your subconscious, contributing to your emotions and perceptions, through that special part of your brain that reacts to the geometry of the space you occupy, interior design became an inherent part of people's psychology. Though it is not the only factor involved, interior space has big implications, and it is the architect's responsibility to shape tangible solutions for users and incorporate these ideas into the structure.

With the rise of functionality in the last decades, space became a mere reflection

of the program it holds. People were stacked in boxes to produce and feed into a consumer-oriented society. In fact, this idea of just cramming individuals in any place started as the industrial revolution brought flux of people into non-equipped cities. The regular house plan was divided to accommodate as many newcomers as it could retain. Homes and jobs were oriented towards fast-paced-production. Usage of space and the psychological understanding behind it came later on in the future.

Back to our modern times, in an article published in the Independent tackling the new designs of libraries, Dr. Sergio Altomonte, architect and associate professor in the department of architecture and built environment at the Nottingham university specified that "buildings and urban spaces should be designed first and foremost around their occupants. The importance of architecture as a trigger to physical, physiological and psychological wellbeing is nowadays becoming a topic of significant relevance."

"Architectural cues can provide reinforcement to the desired behaviours that we would like to see enacted in specific place types," says environmental psychologist and interior designer Migette Kaup. In other words, architecture is the physical mean. While key factors, that architects need to pay attention to, include safety, social connectedness, ease of movement, and sensory stimulation; more concrete measures encompass light, colors, art, ventilation, etc. For example, some principles of design comprising balance, proportion, symmetry, and rhythm can introduce a sense of harmony. Colors, on the other hand, have a very simple logic behind them. The warmer the color is, the more compact space becomes. They can also evoke

feelings of comfort or stimulate communication. Light depends greatly on the function. A dim light suggests a gloomy space while a bright light defines a bigger animated appearance. Natural light stimulates production and recovery.

While some spaces add up to your anxiety, others provoke a sense of serenity, and you can't seem to know why. In fact, not always evidence-based, environmental psychology focuses more on research, and on people's interactions with their surroundings. On that, Irving Weiner, AIA, an environmental psychology professor at Massasoit Community College in Middleborough, Mass states that "some of these environmental influences we cannot see or touch, yet they have a direct influence on our behavior or mood." Bottom line, the factors are not easily discernable.

Taken into account in the design process, space psychology can lead to better productivity in commercial projects, bigger sales in retail ventures, and accelerated recovery in healthcare developments. Nevertheless, with the absence of explicit guidelines, the translation into architecture is still unclear. It will highly depend on the designer's sensitivity, creativity, and understanding of the research. "Part of the problem is that much of the work in the field is very psychological [or] behavioral, and it doesn't easily translate into specific design recommendations," says Alan Hedge, a professor at Cornell University's Department of Design and Environmental Analysis.

At the end of the day, design is quite complex, and so are the individuals inhabiting these spaces. "Does architecture matter? Absolutely. Can it insulate people from the political circumstances around them? No" affirms Adrian Lahoud, Dean of the school of architecture at the Royal College of Art.



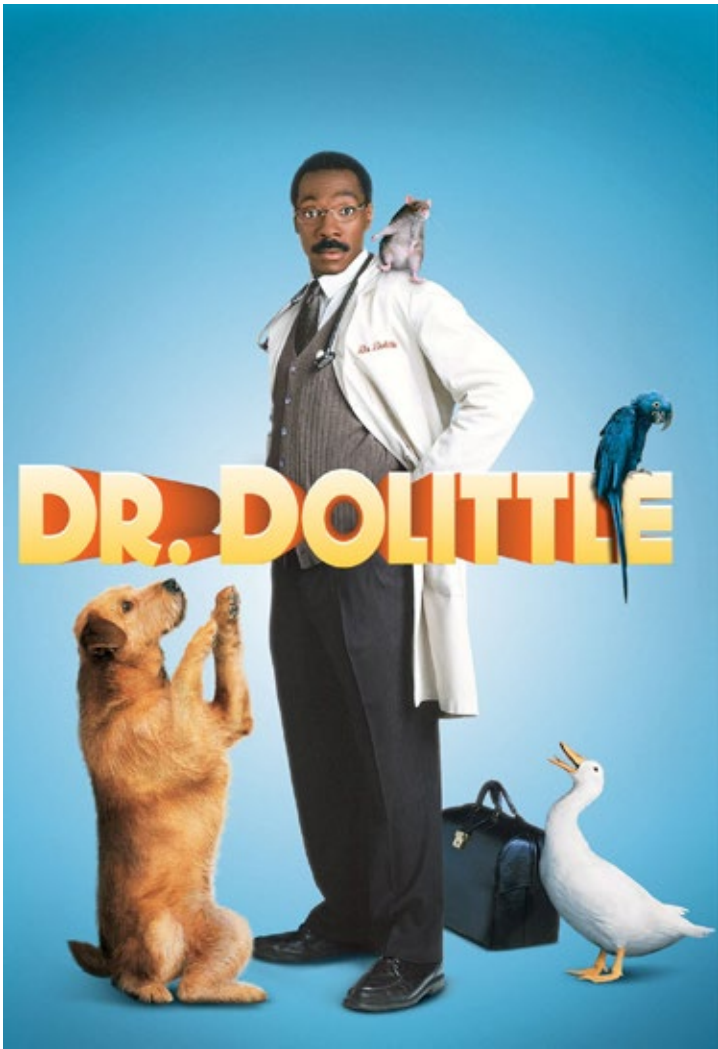
BY CHRISTOPHE ZIALOR

Before you all jump down my throat, I am not talking about that God awful Robert Downey Junior adaptation that came out last year. Don't get me wrong, RDJ is a fantastic actor and he was nothing short of fantastic in Iron Man, but as a Doctor that can talk to animals? Not so much.

I am talking about the 1998 Doctor Dolittle, a classic that I and many others grew up on.

Meet Dr. John Dolittle (Eddie Murphy), an eccentric veterinarian who can communicate with a variety of exotic animals.

Dr. John Dolittle has the world in his hands: A beautiful wife at his side, two adorable daughters and a career that could not go better. One night, he nearly runs over a dog with his car. The dog yells "bonehead" and disappears. From then on, his childhood ability is back: To communicate with animals. Unfortunately, the word of Dolittle's ability is spreading quickly. Soon, many animals from rat to horse flock to his place to get medical advice. But his colleagues suspect he's going mad, and as the clinic Dolittle used to work for is about to be



taken over for a huge amount of money, many decisions have to be made. Believe him? Put him into a mental institution? Sell the clinic? But also his family is close to breaking apart. Until a circus tiger falls seriously ill.

Don't watch this movie expecting something mature and sophisticated, sometimes a silly movie is great for viewing as well. Dr. Doolittle brings back memories as one of my favorite childhood films. It's fun and sometimes that's all you need.



Eddie Murphy Played Dr Doolittle

Dynasty



Dynasty 2017

aired from Jan 12 - Apr 20, 1981. Episode 1, Oil, introduces the main characters while setting the narrative theme related to the mega-rich oil barons. In a sense this replicated the theme of Dallas that was by this time a runaway success and in its fourth season.

Throughout season 1, Dynasty attempts to reach its stride but doesn't quite make it. Episodes are slow moving with lengthy

scenes and while there are some interesting storylines and character development, the series is slow and plodding.

Fortunately, producer Aaron Spelling realised something was missing and the season paved the way for the introduction of one of the 1980's most iconic characters. Season 2 begins with a bang - enter Joan Collins as Blake's ex-wife Alexis Carrington, the rest is television

history. While the 2017 version of Dynasty focused around Fallon

Carrington as the main character, the 80's version was the Alexis Carrington show.



Alexis Carrington



Nicollette Sheridan played the first Alexis Carrington in Season 1 of Dynasty 2017



Dynasty 1981

BY CHRISTOPHE ZIALOR

We would be lying if we said that all families were perfect, sometimes your own family can become your worst enemy.

Meet the Carringtons, one of television's most toxic families. While Dynasty (2017) has become a fan favourite, not many people know the OG show that aired in the 80's.

The first season of Dynasty

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Glacis , Seychelles, Mahe

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

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

Offers invited USD 3.5m+

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



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

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

All plots in one sale, 35,564m2

Price available upon request.

Anse La Mouche, Mahe

- 2 homes in one
- 3 bedroom, 3 bathroom on 2 floors
- Separate entrance
- 2 bedroom, 1 bath
- Full kitchen on one floor
- Fully furnished
- Gated
- Fully fenced



North Mahe

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



Praslin Island, Seychelles

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Eden Island
SEYCHELLES

Spotlight on Abdel Sylla

BY CHRISTINE OUMA

Abdel Kader Sylla (born 10 April 1990) is a Seychellois professional basketball player. He presently plays for Hermine Nantes of the LNB Pro B. Sylla joined Hermine Nantes in 2019 and had a 5.7 point, 4.6 rebound, and 2.3 assist per-game average. On June 11th, 2020, he renewed his contract with the team.

In 2007, the 31-year-old, 2.05m (6ft 9in) center player began his professional career with the Premium Cobras, a local Seychelles club. His performance with the Seychelles national team at the Indian Ocean Island Games in Madagascar that same year did not go unnoticed. The adventure began when he was contacted by Daniel Martinou (a French official working for the Reunion Island Basketball Federation at the time).

He was soon on a plane to France, where he served in PRO A's SLUC Nancy for six years, from 2007 to 2013. After that, he played for Pau-Lacq-Orthez in the PRO A league until heading to Orleans in 2015. Sylla lasted for two years there before joining PRO A teams Monaco and Bourg-en-Bresse for the 2017-18 season. In an interview with OZORDI DIMANS, he highlighted his desire to inspire young Seychellois to pursue a career in basketball.

1. Tell us about your journey to becoming a professional basketball player. When did it start?

My journey started in NANCY FRANCE in a basketball Academy after being spotted in the Indian Ocean Games in Madagascar.

2. How did you get to join Hermine Nantes, and how has the journey been?



Training with youngsters



Sylla interacting with aspiring basketball players while on a visit to Seychelles

After spending half of a season in Switzerland with Neuchatel basketball team, my agent told me that Nantes was interested in signing me. I had a brief meeting with my coach and it became a mutual interest, so I put ink to paper.

3. Playing professional basketball must involve a lot of training. What does the training entail, and how often are the camp sessions?

Yes, we train every day some days twice a day. We work a lot on individual aspects (technical) in the morning and as a team in the later sessions.

4. What do you like about playing basketball, and how has your experience been playing internationally?

I love the fact that I wake up and do what I love every day. It's a blessing. Being able to play at a high-level and against high-level players. I can't complain and will never take it for granted.

5. You probably are the only Seychellois professional basketball player. What goes on through your mind as you play? Do you feel like the weight of representing your country is on your shoulders sometimes?

While playing I'm always motivated to give my best. I have a chance to represent the country on this level so I give my best every time I step on the court. Never felt like it was a pressure but I know that many are watching and being inspired by my journey so I'm trying to be a good role model and show that anything is possible.

6. What are some of the memorable moments you've had while playing?

Being in the starting Five of the whole season in the junior academy in Nantes, winning a championship with the junior team and Pro team with Nantes, my first Euroleague game, my first points at the Pro level, winning leaders Cup Disneyland trophy with Nantes, winning the very first gold medal on home soil at the Indian Ocean Island Games with my brother. I can't ask for a better fairytale, and also playing in the Champions league with Monaco have been some of my memorable moments.

7. Basketball is not as big in Seychelles as it is internationally.



On the court

Is this a narrative you'd wish to change?

Yes of course Basketball is very much loved in Seychelles. With my career and journey, I hope that many will want to follow in my footsteps and also why not become a professional player in the future. It's all about changing the narrative.

8. You've interacted with aspiring basketball players during your previous trip to Seychelles. What are some of the questions they asked, and what tips would you give youngsters?

Most of the questions I get is how do I cope being away from my loved ones for so long. How many training sessions I have per day? How does one prepare mentally and physically for a game? What are the challenges I face etc. I have big goals in life and I channel my energy in it so I don't get distracted or start thinking about how much I miss my family. I know they are proud and they push me to go even further. Having supportive people in my corner is my key.

To the youngsters, work hard and smart. Invest your time in what you love and want to accomplish. Stay even, never too high or too low. Do not hate or compare your journey with anyone else's. Each to their own. Most importantly, believe it is possible even if the odds are stacked against you.

9. Your brother Ahmadou Sylla plays for the Seychelles National Team, does sport run in the family blood?

Yes, he was my first inspiration. I used to watch him play for hours and try and do the same. He has always been my role model to this day. We are a family that loves basketball.

10. What are your plans for the future?

My plans for the future is to spend time with my family and do things that I am not able to do while playing. I'm working on some few projects for later on. But most importantly I want to live a happy and peaceful life and to enjoy everything that comes with it.



Sylla brothers Ahmadou and Abdel

CHARADES

Objective of the game:

Charades is a game of pantomimes: you have to “act out” a phrase without speaking, your team members try to guess what the phrase is. Your team members must guess the phrase as quickly as possible before time runs out.

What you need:

Charades Cards or pieces of paper with written phrases on

Timer
Container for each of the teams to place their cards in
Pen & paper to keep score

MAIN RULES PLAYING CHARADES

- Two teams divided into equal players
- A time and score keeper is selected, usually a person not taking part or else one person from each team can take turns.
- No words. No pointing at objects in a



Group Playing Charades



room. No lip movements.

- Only “acting out” words or pantomiming similar sounding words.
- Two teams play against each other and divide an equal amount of charades cards between them.
- A charade card with a phrase of Team 1 is revealed to one person (the actor) of team 2 and kept secret from the rest of team 2, team 2 must guess their actor’s act.
- The team demonstrating the act chooses their actor, no actor may act more than once until all team members have a chance to be the actor.
- The actor has limited time (2-3 minutes) to act out the phrase to his own team.
- Decide on a time frame within which actors must complete their tasks before play commences, this will stay the same throughout the

game.

- The actor can make any gestures to act out the word.
- The teams alternate until each team member had a chance to be the actor.

Add or Leave these Rules when Playing Charades

Players divide into two teams and keep score.

No clapping or whistling, no sound.

The guessers may ask the actor questions. To which the actor may nod.

The actor may make sounds other than speaking or whistling a recognizable tune. (eg.bark like a dog)

Most importantly:

HAVE FUN

THE NEWLYWED GAME

Source The Game Girl

What it is: A game to test how well husbands and wives know each other
Best for: A group of husbands and wives of any age, whether they’re newlyweds or celebrating their 50th anniversary!

What you need:

- The free printable included with this post
- Pens or pencils

How to play: One person will need to host the game and print the file beforehand. The included printable has blue (player) pages and orange (host) pages. Print one copy of the blue pages for each player. Print one copy total of the orange pages.

After you print, cut all the pages in half. Each half-sheet represents a round. You can read through all of the rounds and choose your favorites ahead of time, or play them all!

After you’ve printed, chosen your rounds, and organize your papers, invite your players to start!

Let’s start with the husbands. Give each husband a copy of the blue (player) Round 1 half-sheet.

Player Page: Round 1

If you could have any superpower, what would it be?

What color is your toothbrush?

Would you rather live in a fancy elaborate mansion or on a beautiful sprawling ranch?

When you were a child, what did you want to be when you grew up?

Of all the dates you and your spouse have been on together, what is your favorite?

Name: _____

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Make sure they label it with their name (that’s important). Have them quietly write in their answers. Don’t let the wives peek!

As the host, gather the husband’s filled-out questionnaires. Then seat the wives at the front of the room.

Using the host’s corresponding Round 1 sheet, read the first question out loud to the first wife.

Host’s Page: Round 1

- If your spouse could have any superpower, what would it be?
- What color is your spouse’s toothbrush?
- Would your spouse rather live in a fancy elaborate mansion or on a beautiful sprawling ranch?
- When your spouse was a child, what did he or she want to be when he or she grew up?
- Of all the dates you’ve been on together, what is your spouse’s favorite?

She gives an answer out loud, no hints allowed. After she answers, read her husband’s answer to the corresponding question out loud. If the answers are the same, give the question a check mark and the wife gets a point.

Repeat with the second wife. After each wife has answered the first question, repeat with the other four questions.

At the end of Round 1, count up each wife’s correct answers. The wife with the most correct answers wins the round and a point for her and her husband.

Then switch spots – the wives will write the answers on a blue (player) page. You can either repeat Round 1 and ask the wives the same questions, or move on to a new round. After the wives write their answers, collect the sheets, invite the husbands to the front of the room, and use the corresponding host’s page to ask the husbands the corresponding questions out loud. Husbands get a point for each correct answer, and the husband with the most points at the end of the round wins the round and a point for him and his wife.

After you’ve played all of the rounds you wish to play, the couple who has won the most rounds wins the game!

Variations: Instead of declaring a winner after each round, add up all of a couple’s points, husband’s and wife’s, from all rounds. The couple with the highest overall points wins.

You can also declare a winner within each couple – whoever got the most questions right, the husband or the wife, wins (and the loser needs to pay more attention when their spouse talks).

Win Back Lottery Christmas

Draw Date
3 December 2021

Prizes

Star Prize
★ **SR50,000**

50 Consolation
SR2,000

50 Consolation
SR1,500



Terms & conditions apply.

