

# RASTONY

THE RASTAFARIAN WAY OF LIFE

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ROOTS SEYCH





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# EDITOR'S *Note*

## MANIFESTING OUR CULTURE

*"A people without the knowledge of their past history, origin and culture is like a tree without roots."* **Marcus Garvey**

I have listened to many discussions regarding culture recently. So, what exactly is culture?

Culture is a way of life of a group of people. Naturally, individuals accept behaviours, beliefs, values, and symbols at an early age, and without even thinking about them, this is gradually transmitted by communication and imitation from one generation to the next.

Our Seychellois culture is a testament to an affluent nation characterized by the diversification of its people and influenced by our African, Asian and European ancestors. This mix of cultures result harmoniously and uniquely in the way of life of our citizens. There are no qualms that our multicultural society still preserves, live, and celebrate its culture despite modern technology and trends.

Culture is ingrained in our DNA, and how one practices or incorporates culture is an individual choice. I believe that whilst we all "live" our culture differently, it is still a challenge for the new generation to "live" and adapt 100% to our Seychellois creole culture. Because we are globally known as "a melting pot of cultures", our cultural differences also manifest at various levels. Sadly, we are stereotyped, and some believe that our people are superficial or do not respect our culture.

*"If somebody is different from you, that's not something you criticize, that's something that you appreciate",* **stated Barack Obama.**

That is because individuals manifest their culture inversely; some does so through symbols representing the external layer of culture, followed by those who idolize a singer like Bob Marley, who serves as a behavior role model. The third layer follows customs or rituals in respecting others or how they behave at social events or religious ceremonies. Values shape the core layer of culture and are unconscious to those who hold them. Therefore, its roots can only be observed under distinct circumstances.

Over the years, I have enjoyed observing how our modern touch to traditional music influences all levels of culture in a syncretical manner. Watch how no one at a party can resist the dance floor when Patrick Victor's "Zwe sa Lanmizik" comes on. The deep rhythmic sound of this genre of music encapsulates our roots through this hybrid mix of Kenyan Benga music with our traditional island folk influences. "Lerwa Sega" is another of Patrick's classic hits that revives this spirited aspect of our culture. Another one of our famous local musicians is Jean-Marc Volcy. His fusion of the modern creole genre mixed with our culture's bizarre folklore stories and rhythms makes his unique music extremely popular and engaging for all ages and generations.

Our culture still resonates through music, gastronomy, people, and architecture. Our cultural sustainability can only prevail if we continue honoring our pluralistic and transformative cultures through educating our youth. Despite our differences, we should also embrace our similarities in our celebrations and our own unique identity.

Following my note about culture this week, Ozordi Dimans kicks off its lead feature on the rich and diverse Rastafarian culture, which started in Ethiopia in the 1930s and has since spread globally, including Seychelles. This week we met Ras Tony, a businessman and a Rastafarian, the owner of Roots Seychelles, a textile printing studio. He shares tips on how to make a textile print with the help of his trusted sidekick Nyssa Philoe in our Arts and Crafts section today.

"Many people around the world are perplexed about what it means to be a Rastafarian. Some people have difficulty understanding Rastafari because they see it merely as a religion. It is a religion, but it is also our way of life," he said. So, sit back and enjoy the read as Ras shares more about the culture, the traditions, and living as a Rastafarian in Seychelles.

In this edition, we also catch up with Maryvonne Pool, who was recently on holiday in Seychelles. This dynamic lady, who is the Honorary Consul of Seychelles in the United Republic of Tanzania is also an ardent humanitarian ambassador. She shares the incredible work she is doing in Tanzania to provide clean water to the people of the Mkuranga districts and tells us about her upcoming charitable projects, which include the construction of a hostel for young girls and building more schools in Tanzania. And as a result of her tireless philanthropic work in the rural villages of Tanzania, Maryvonne will be attending the 6th Pan African Humanitarian and Investment Summit in Istanbul this weekend, where she has been nominated for an award.

The Hilton Seychelles Hotels are at the forefront of environmentally friendly tourism. The resorts dedicate the second Tuesday of every month to their Sustainable Day as part of their sustainability program. Read more about how Hilton Seychelles LaBriz on Silhouette Island has combined culture and sustainability, while Hilton Seychelles Northolme educates guests and other partners on reducing their carbon footprint.

Keeping to our cultural theme, we talked to Raspyek and Wadanyel; the two gentlemen shared the history of Rastafarian in Seychelles and how it all began. They also talk about the history of dreadlocks and the significant role it plays in their culture.

This week in My Story, we catch up with the second Sylla brother, Ahmadou, who plays for the Seychelles National Basketball Team. He chats about his passion for the game, his influences, and his brother Abdell, a professional basketball player currently playing for Hermine Nantes in France.

As we close the last Sunday edition for November, I wish you all a wonderful end of month and look forward to our first December edition.

Bon Dimanche et a bientôt.

  
Veronica Maria  
MANAGING DIRECTOR & EDITOR





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# THE RASTAFARIAN WAY OF LIFE

BY CHRISTOPHE ZIALOR

**W**hen you believe in something, it becomes more powerful. Rastafari's dreadlocks, music, and aesthetic are centred on things that Europeans have forcefully suppressed at various stages of mankind. Rastas utilise these inherent endowments from God to all black people and use them to create culture and knowledge.

I'll be the first to admit that, aside from reggae music, I know nothing about rastafarian culture, which is why, on my quest for knowledge, I met none other than Ras Tony. We met at his studio, Roots Seychelles, on top of La Batie, overlooking Beau-Vallon Bay.

"Many people around the world are confused about what it means to be a Rasta. For some, their difficulties in understanding Rastafari stem from viewing Rastafari as merely a religion" he told me.

Rastafarianism was founded in Jamaica in the 1920's and gained momentum into the 30's. It is rooted in African tradition and aspects of Christianity that give guiding principles to resist oppression. Rastafarianism does not have central leadership creating some variation amongst those who practice the faith.

"First and foremost, Rastafari is not a religious movement." It is a way of life born as a reaction to slavery and colonialism, a period of rejecting the white image of Jesus Christ in search of an African King who will save us"

Many Rastafari profess belief in Haile Selassie as the second coming of Jesus, as Ras Tony described him, Haile Selassie is the king of kings, and the conquering lion of the tribe of Judah.

"The tribe of Judah promised us a saviour that would come and deliver us and they sent, Haile Selassie, he has the divine touch and has performed miracles"

One of the central ideas of Rastafarianism is to live in harmony with the environment and the laws of Nature. Ras Tony remarked that he is a spiritualist.

"Today, everything is made of chemicals; man has lost touch with nature; when they get sick, they go to the doctors and fill themselves with unnecessary chemicals, rather than going out into nature and looking for natural remedies, which are abundant on our blessed island."

Dreadlocks are another well-known part of Rastafari. The origin of the dreadlock traces back to ancient Africa, originating in eastern Africa,

The Rastafarian movement throughout the years has gained a bad reputation. Many people look down upon the Rastafarian culture mainly because of the use of cannabis which is still illegal in many countries.

"Rastas know cannabis or marijuana as ganja, the holy herb, and believe it was given by God"

One of the most difficult challenges Rastas face has been the use of Ganja. This is due to the fact that smoking marijuana is illegal in almost every country around the world, though this is changing as a result of decriminalisation and legalisation. From South Africa to Jamaica, Rasta are constantly in court with the government, fighting for the legalisation of Ganja for religious purposes.

"It's part of our faith to keep everything natural and free of preservatives. The herb can be smoked, so can a cigarette. Rasta opt for the herb. It is also said that the herb grew on the tomb of King Solomon, the wisest man that ever lived"

Ras Tony

(Continued on Page 6)



(Continued from page 5)

Tony added "Marijuana (herb) is a Godly creation from the beginning of time." It has been dubbed the "Wisdom Weed," "Angel's Food," "The Tree of Life," and even the "Wicked Old Ganja Tree." Its purpose in creation is to be a fiery sacrifice for our Redeemer to be offered during obligations. Political organisations all over the world have framed it for mischief and labelled it as drugs. To demonstrate that it is not a dangerous drug, I would like to inform your readers that it is used as food for humans as well as a medicinal cure for a variety of diseases.

One of the most important aspects of Rastafarian culture is their hair, also known as locks.

"If you are a gardener, or even see yourself as a cultivator, then natural hair developments are part of that curiosity. I decided not to cut my hair anymore years ago, gradually started tying it up and then eventually wrapping it in fabrics"

Tony began his locks journey when he was 17 years old,

"Dreadlocks are a CROWN OF RESISTANCE, though most people today have no idea, and many people wear the "hairstyle" without knowing why. It's fashionable to have locks these days; many people don't understand what it means; they're just following a trend."

If you see someone with locks, you might assume it's a man-made hairstyle, but it doesn't have to be. If left alone, the hair simply forms, according to the rastafarian.

"Think of the slaves or maroons who escaped to Jamaica's highlands to live and defend themselves from colonisation and religious views." They merely washed their hair and called it a day. They didn't utilise a comb, chemicals, or heat tools; they simply existed. I would claim that they were forced to let their hair flow because they just wanted to be free at that moment."

Rastafarian ideas are frequently misconstrued. To many, a Rasta is anyone who has dreadlocks, smokes ganja, and listens to Reggae music. Being a Rasta is much more than those three components. Rastafari is much more than a religion. It is a movement as well as a way of life. The Rasta lifestyle is one of peace, or at least it seeks to be one of peace.



Tony and one of his workers



# WEEK REVIEW

What Made TODAY'S Headline this Week

## Quick response saves La Providence after catching fire

On Thursday 18th November around 10 am at Ile Eve Jetty on Praslin, La Providence boat caught fire after being loaded with fuel as its cargo to transport to La Digue. According to Mr. Daniel Antoine, representative of the Praslin Fire Station, the fire started by a spark as the captain was starting the engine just after loading up with fuel. The Fire brigade arrived 5 minutes after the fire started and it took them about 30 minutes to completely control and extinguish it. Shortly after, the boat set sail to La Digue. La Providence has been transporting commodities on a repeated schedule from the main island of Mahé to Praslin, La Digue, Bird Island, Desroches Island and the Maldives for more than 20 years.

## President urges population to stop spreading rumours

Following the arrest of suspects in the missing USD50 million donation from the United Arab Emirates to the republic in 2002, the President, Mr. Wavel Ramkalawan addressed the nation on Monday 22 November asking that the public refrain from spreading speculations and let authorities do their work. The arrests were made in the ongoing investigations by the Anti-Corruption Commission. A total of 6 suspects, including the former First Lady, Sarah Rene have been arrested since Thursday 18th November. One has been freed on bail while five are being remanded in custody until December 3, when they will reappear in court. The suspects include high-ranking officials and a prominent businessman.

## Cybercrimes and other related crimes

Vice President Ahmed Afif presented the bill on cybercrimes and other related crimes of 2021 before the National Assembly. The object of this bill is to repeal the Computer Misuse Act and substitute it with a modern cybercrimes law that is effective, more up-to-date, and which is aligned with international best practice. The Bill seeks to address and close the gaps in the types of offences relating to interference with computer data and computer system operation, unlawful possession of illegal devices, electronic fraud, computer related forgery, unauthorized disclosure of access credentials and unlawful disclosure by electronic service providers, among others.

## Fatal accident at Anse Etoile

A 34-year-old man of Indian nationality lost his life in a fatal accident that occurred along Anse Etoile on Wednesday, 24 November. At the time of the tragic accident, the deceased was driving a small motorbike from Perseverance to the Anse Etoile district. The accident happened along the bridge near the condominiums after he overtook a car that was in front of him and it was as a result of this maneuver that he collided with a large pickup truck heading in the opposite direction. The impact of collisions caused serious damage to his head and other parts of his body hence he was certified dead on scene.

## Seychelles Fashion Week

The fourth edition of Seychelles Fashion Week (SFW) officially went down on Saturday 27th November. The L'Escale, Resort Marina and Spa, which features an 80-meter-long lobby, hosted the show. The SFW included a diverse variety of international designers, from debuts to established designers as well as six local designers: Darren Esther, Athalia Barbe, Emily Hoareau, Fina Zialor, Juliette Zelime, and Oush najohn Labrosse. The first ever SFW was held in 2018. It was scaled back last year due to COVID-19. Terry Carola, the Founder and President of SFW remarked the return this year was bigger and with greater presence.



# MARYVONNE POOL;

## Philanthropist



Maryvonne Pool

BY CHRISTOPHE ZIALOR

Is it true that the world is full of good people? This question may seem ridiculous depending on your definition of good, but I've always wondered if there are good people out there, you know, those strangers who help others without expecting anything in return.

My question was answered one Saturday morning when I met Maryvonne Pool. Some of you may recognise the name, but for those who aren't familiar with her, allow me to introduce you.

Maryvonne has been the Seychelles Consult to Tanzania for 36 years and over the course of her career has aided thousands of Tanzanians by providing clean water, by building over 100 wells at schools, clinics, and hospitals.

Maryvonne attributes her charitable work to the way she was raised, noting that her late father was just as philanthropic as she is today, and she also credits her sister, ex-Minister Sylvette Pool.

"One major influencer I had growing up was my big sister Sylvette, who moulded me into the woman I am today as a mentor." Even though we are both adults, I still talk to her about my problems."

"I am in the travel and touring industry. I have my own travel agency 'Bon Voyage Travel and Tour' and I am the CEO of Delphina promotions where we do corporate branding. I have been very successful in business and for that I like to give back," she explained.

Continuing, she added that in 2002 she started the African Reflection Foundation with the aim of giving clean drinkable water to rural communities, as well as providing

education and access to health care in those communities"

Her work is centred in Mkuranga, Tanzania, in the Pwani region. An area she noted needed help the most.

"Faith sometimes leads you to where you are mostly needed." "I was driving one day when I saw a lady filling a bucket with water from a puddle in the Mkuranga area."

When Maryvonne approached her, she told the consul that the murky water was all they had to drink. That is where the concept of the water well originated.

She mentioned that all of the wells are solar powered, and that the largest well they built cost around \$30,000, but that the average cost is around \$12-15,000.

"The residents of that village have accepted me as one of their own and have even appointed me as their ambassador. I work closely with the local government and the district commissioner, to make sure that we can provide the best assistance for them" Ms Pool said.

Agriculture plays a big role in Tanzania, the philanthropist noted that through her organization she has supported many rural women who work in the agricultural sector.

"Because the foundation is non-profit and cannot sell commercial things, we have a side business called Tanstro Greens Limited, a company which was formed to help these groups. When they produce we buy from them and then we supply the market."

She added that the money made is then given back to these women in the form of seeds, fertilizers and other essentials they would need.

Tanstro Greens Limited has 80 out grower altogether.

"Some of these women have never touched money before. Every Saturday we buy produce for them so that they have money to buy their household needs for the week"

In regard to education, Maryvonne noted that she has built and renovated dozens of classrooms, her latest project is a whole school which she and her organization built from the grown up.

"We built seven classrooms, two teachers house and the other amenities" she noted

Most of the schools are not in good condition in Tanzania. Ms Pool noted that she has embarked on a project with some corporations to renovate schools. The project will begin in 2022 and they will be renovating each school one at a time.

"Kids travel miles to come to one school, that's how scarce it is. I was asked to visit a school and there were six kids sharing one desk"

She went on to say that she met with the village chairman and decided that a new school would have to be built to alleviate some of the overcrowding, and that 400 students would be transferred to the new school.

After constructing a school, Maryvonne turns it over to the government, and the upkeep is the responsibility of the Ministry of Education.

Maryvonne has been in Tanzania for 36 years and considers herself to be a Tanzanian.

"I've lived there for many years, and even though I was a 'foreigner,' it was simple to lay the groundwork for my foundations." We have the backing of the United States, France, and other countries."

She continued, "we are not a big organization, but the impact we have is enormous."

The philanthropist also mentioned that she has a large support system in her volunteers, and because they work pro bono, the money donated to the organisation goes directly to the cause.

"We make certain that when people donate to us, their money is spent on the projects for which they have pledged."

Another project she will undertake in 2022 is the construction of two hostels for young girls.

"Most of the students live very far away, and getting to school is a long commute for them; many of them also fall victim to social ills because the area they live in is less than desirable."

The hostel will assist these girls by providing a secure environment in which they can thrive.

When she is not helping the disadvantaged, Maryvonne is taking care of the diplomatic affairs between Seychelles and Tanzania.

"I represent Seychelles on the Commonwealth, Francophonie, and SADEC committees." Additionally, I work closely with the Ministry of Foreign Affairs and receive the majority of delegates who visit Tanzania."

When asked about her reward, Maryvonne stated that she has been recognised, but what matters most to her is the work she has done for the people in impoverished villages.

"Their appreciation" she noted "Is reward enough."

She concluded by emphasising the importance of giving back. "A worthless penny to you is more valuable to someone who has little."

Maryvonne is calling to corporations and urged them to give back, especially women groups and sustainable projects for the less fortunate.



Maryvonne in Tanzania



# Hilton Labriz Silhouette;

## AN EXAMPLE OF SUSTAINABLE TOURISM

BY CHRISTOPHE ZIALOR

If there is one resolution we should all make for 2022, it is to do more to help save the planet. The need to address the climate crisis could not be more pressing, given that CO2 levels in the atmosphere continued to rise in 2020 despite global lockdowns caused by Covid-19.

Our impact on the planet hasn't changed despite all of our "slowing down" last year. NASA confirmed that 2020, along with 2016, was the hottest year on record. The global temperature rose by 1.84 degrees Fahrenheit (1.02 degrees Celsius), contributing to ongoing issues such as warming oceans, melting ice caps, and, most obviously, longer and hotter days.

Every degree increased in global average temperature results in approximately 1 billion people living in near-uninhabitable conditions, many of whom lack the financial means to invest in cooling technology. By 2070, this could account for roughly one-third of the world's population.

The time to take action against global warming has passed, but that does not mean we should continue on our destructive path. By becoming more sustainable we may reduce the amount of pollution and have a cleaner environment.

Hilton Seychelles Labriz Resort & Spa is a hotel in Seychelles that is aware of the global impact of climate change, which is why it has adopted a more sustainable approach by mixing culture and sustainability.

Andre Borg, the General Manager of the Labriz Resort noted "One of our main pillars has always been sustainability. Although we are very proud of what we have accomplished so far, we are constantly looking for new ways to further develop our vision of a sustainable future through constant innovation and initiatives, one of which is positioning Seychelles and Silhouette Island as an eco-friendly destination."

Every first Tuesday of the month, Hilton Labriz observes a sustainable day. I was fortunate enough to attend one of their events at Gran Kaz and for the occasion they had incorporated culture into it as a delegation of journalists from National Geographic, Family Traveller UK and Rock and Roll Bride was visiting the island.

The Hilton was showcasing the best the island had to offer, with a local dance troupe entertaining guests with mutya and the oh-so-famous mardilo dance that our ancestors used to perform.

'Fondation Kiltirel Sesel', a local culture group was also in attendance and they brought with them many local artisans that were selling their hand made sustainable product.

I met with Kevin Ally who was selling macramé.

For those who are not familiar with it, macramé can be used to make everything from wall hangings and plant hangers to jewelry, purses, and even clothing items.

Kevin learned the artform when he was at the National Youth Service in the 80's, with the pandemic last year he rediscovered and fell in love with it again and since then he has been making and selling his work.

His macrame is made from old rope cords that vessels leave behind, it also incorporates wood carvings. You will learn more about Kevin in next week's edition.



Ingrid Saurer owner of Beliche

Emmanuel Freminot, a local hat maker was also weaving hats out of coconut leaves, which many hotel guests appreciated.

The hotel also featured its in-house wood carver Sudath Patibendi, who was showcasing some of the little souvenirs that he had carved.

Sudath had an array of wooden turtles, and lanterns, however

my personal favourite was the wooden wine cups and bottles made from recycled glass.

All of his trinkets are made from wood located on the island itself.

As public interest in sustainability continues to climb, many cosmetic manufacturers are seeking more natural and environmentally-friendly emulsifiers and ingredients for their production.

The benefits of "green" beauty products extend beyond trends. More than ever before, consumers aren't interested in your product — they're interested in your process.

Beliche owned by Ingrid Saurer is one such brand that has incorporated sustainability in its brand.

The range of Beliche skin care includes body lotions, oils and scrubs, hair masks, conditioner and shampoo, incorporating island-inspired scents.

The containers are made of glass and are recyclable. One product that stands out is the conditioner which comes in bar form.

Conditioner bars are extremely concentrated blocks of moisturising oils, made without the nasty chemicals that commercial products usually contain, e.g. parabens, synthetic fragrances, SLS's, preservatives, and other questionable chemicals.

The average bottle of liquid conditioner can be made up of 80% water; it doesn't make sense to pay for a big plastic bottle that's full of water and packed with preservatives. Depending on your hair type and how often you wash your hair, a conditioner bar can last 6-8 months and save you purchasing five bottles of conditioner.

Transitioning to shampoo and conditioner bars is a cost-effective, planet-friendly choice. What's not to love?

The purpose of sustainable skincare is to choose products that meet our beauty needs without having a negative impact on people or the environment. It's about supporting brands that are making an effort to do the right thing from where they source their ingredients to the packaging they use.

"Our hand-picked local ingredients bring together an innovative range of sustainable and eco-friendly products. Building on traditional knowledge, we extract the essence of local plants to provide a healthy, wholesome culture for your skincare needs" Ingrid noted

Labriz also has sustainable agricultural projects to ensure they only source local produce from inclusive and environmentally conscious practices. Through the organic vegetable garden on the resort the hotel now sources over 80% of its vegetables locally.

To ensure the amount of waste building up on the island is limited, all food waste is ground down and turned into fertiliser, later used in the organic farm and the native plant nursery.

Andre noted that sustainability for Hilton continues throughout the months with beach cleaning.

The hotels have become more environmentally friendly over the years, with projects such as an in-house water bottling plant to eliminate the use of plastic water bottles and the use of pasta straws instead of plastic straws implemented. Labriz also uses eco-friendly Christmas decorations to reduce plastic consumption. Their coconut Christmas tree is the highlight in December when they have their annual Christmas tree lighting ceremony.

The day ended with a sustainable buffet made by the inhouse chef of the resort.

Many companies talk about sustainability and donate money to sustainability organisations, but the Hilton groups actually put their money where their mouth is and incorporate sustainability at the forefront of their business module, paving the way for sustainable tourism and serving as an example to many other hotels.



Sustainable Buffet



Fruit bowls made from coconut leaves



Dance troupe entertaining the guests



Sudath with his sustainable souvenirs





# *Sacos Life Christmas Lottery*

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# HOW CAN SCHOOLS PREPARE OUR CHILDREN FOR AN UNCERTAIN FUTURE?

MARTIN KENNEDY

*"Any teacher who can be replaced by a machine should be."* Arthur C. Clarke

All schools, regardless of their location and level of resourcing, are currently facing the challenge of preparing young people to live and work in a future time, the nature of which we cannot reliably define. The impact of the fourth industrial/technological revolution (a Google search on this topic will generate more than 72 million 'hits') has been more profound than any precedent, with an increased blurring of the physical, biological and digital/virtual aspects of life.

Advances in robotics, the Internet of Things, Artificial Intelligence, genetic engineering, quantum mechanics and computing systems have raised unprecedented questions about the suitability of present-day school curricula in the face of such uncertain tomorrows.

Schools used to offer careers education which was decidedly linear. The prospects of a future professional life were explained in sequence; get these qualifications, then get this job, then work your way up through the profession, then take a well-earned retirement, and then die. Actually they usually left this last bit out. But this approach no longer holds water because even though an accurate picture of the exact nature of the workplace a few decades from now is elusive, we can be pretty sure of a number of its features.

So, what do we know? Or rather what do we think we know?

Well.....people will work less and retrain more frequently (and radically). We can speculate with confidence that certain jobs will disappear (some are obvious – drivers for example – others less so for example surgeons, where the slim chance of human error will be eradicated by 'zero risk' operations performed by robots.) We will need humans to repair and restore items both mechanical and electronic for some time yet, although inevitably machines will increasingly repair themselves as well as design their progeny - a more worrying prospect altogether. We will continue to identify young people who are more 'practically' than 'academically' orientated, but how we ensure that all are as well prepared as possible will be – as it always has been – a challenge.

Regardless of these concerns, the status of realistic vocational education in society should be elevated, most importantly through the offer of high-quality non-academic programmes which should, among other things, significantly reduce in-class disruption. Basically, if young people are engaged in courses which they consider to be meaningful and enjoyable, then they are less likely to mess about, and so damage not just their own prospects but the prospects of those unfortunate to be sharing a learning environment with them.

In Seychelles, point of contact service providers will continue to be human in the most part, regardless of advances in artificial intelligence. Teachers will still be around. Tourism will also remain heavily HR reliant. Politicians can relax.

Generally, we can expect to see humans not only work less but also for fewer years in total across a lifespan which will increase. This raises questions regarding how increased leisure time will be spent, and reinforces the need for schools to provide the kind of cultural education programme which encourages a lifelong interest in literature and the arts. Sports also deserve promotion, investment and development.

We also know that previously important skills such as memorisation will be marginalised. After all, what's the point of committing data/facts to memory when you can simply 'ask Siri' on your mobile phone? Unfortunately, many school assessment systems continue to rely upon tests of memorisation despite its increasing irrelevance to future proficiencies.

So, what skills will be needed in the future? I would suggest that good communication skills, creative thinking and analytical/ forensic problem-solving will be just a few of the attributes that students will need to develop. The ability to articulate a position, enter into conversation and debate, and be literate conventionally as well as visually, emotionally and musically, will also be extremely important. These skills are of course already present in those educational programmes which we might consider to be the most fit-for-purpose on offer today. Fortunately one of them, the international Cambridge system, is the backbone of the school

programmes (state and private) currently taught in Seychelles. It's not perfect, but it's better than most alternatives, and is under constant review.

But nowhere will we find the following being taught; curating time. This will be an increasingly vital life skill, for curating means taking care of, and in the future managing our time effectively and creating a balanced and holistic lifestyle will be central to personal health and development, as well as professional life. Perhaps many of us presently feel that the work/leisure balance is disproportionate (either way) but we don't possess the skills required to correct this. Children can and should be taught how to do this.

In Seychelles there are plans to introduce customised curriculum components which reflect our economic priorities. This has got to be a good thing. Just one example concerns proposed lessons which cover issues such as productivity, work ethics and the place and importance of the tourism industry in Seychelles. The plan is to introduce these topics into the primary curriculum, leaving ample room for the teaching of other core subjects. One intended outcome is to bring about more effective localisation of jobs in our key economic sectors. We have to see the above within the context of long term national economic aims. At the time of writing, we see a fresh commitment to maximising the employment of Seychellois and minimising that of expatriates, however this recalibration is proving difficult to realise in the short term and, without improvements in the education and training systems, this difficulty will remain.

At this crucial time there are a number of big questions which need to be considered – a time when a post-pandemic school will need to remain mindful of the need to devise post-COVID compensatory strategies alongside development plans, expansion targets and progression.

In western societies schools are generally encouraged to operate with defined but quite generous autonomy. Local Management of Schools has in many countries led to a disbursement of most of the education budget to schools – to be spent by managers and governors in the manner most appropriate for the success of students attending each unique institution. This practice has not been fully adopted in Seychelles, with school management teams disempowered by the over-arching authority of a bloated Ministry of Education. This might of course change; indeed, such change has been debated and considered for many years. Now, with so many aspects of schooling being re-evaluated, it might be possible for things to be remodelled for the benefit of entire school communities – parents, staff and, most importantly, students.

When the University of Seychelles was founded, proposals were made to the government then in power to radically revise and restructure the way in which state education is managed. We suggested the creation of small geographically determined 'clusters' of post-11 institutions, with one vocational centre grouped with two schools delivering academic programmes. We also advised on a smaller, leaner and more efficient Ministry of Education, the devolution of (most) funding to schools, and a robust (and admittedly expensive) professional development programme designed to significantly raise standards of teaching and

learning. In the end, despite initial interest from the powers that were, the initiative remained a paper exercise. I believe today that had we implemented these plans more than ten years ago, we would now be seeing real and positive outcomes, with enhanced equality of opportunity for all children.

This principle of equal opportunity – something which schools have to enshrine in proactive and meaningful policy documents – is supposed to guarantee that each child has equality of access to educational opportunity. It does not, as some believe, mean that every child is equal in terms of discrete achievement zones or personal potential and 'quality'. But is the notion of Equal Opportunity realistic? Do we not have good schools, better than good schools and poor schools? In Europe, where competition for places in well-regarded schools is high, do we not see families uprooting and moving to a particular place in order to be in the catchment area for the school which they desire their children to attend? And do we not see people purchasing places in private schools and effectively paying twice for the education of their children – once through taxes for a place in a state school which they never take up, and once through school fees for the private school place which they do?

This second scenario is present in Seychelles, but the first is – you might say thankfully – not. However, if you imagine a situation where schools in Seychelles have financial autonomy and are run by management teams determined to make their school the best it can be, then we may yet see parents electing to transport their children across an island in order for them to receive an education which they perceive as superior to that being offered down the road. So clearly, whilst the notion of true equality of opportunity is wonderful, and it remains a positive statement of intent, the realisation is practically impossible as long as factors such as wealth are, to an extent, determining.

So how might schools improve and balance the needs of the country with the needs of their pupils? There are a number of key issues to address here, and they apply to both state and private institutions.

First there is the matter of resources in schools, both physical and human. Are the teaching and learning spaces adequate and are the teachers good enough? Do they have the consumables and equipment which they need?

Second; is there effective ongoing professional development for teachers?

Third; is there effective oversight, governance and management of teachers?

Fourth; are the curricula (academic, extra, pastoral, hidden etc) fit for purpose and deliverable? And if not, how can we manage our own destiny and improve them, whilst maximising success for our children within international examination systems?

Fifth; is there effective interface between school and home? Do Seychellois families have an interest and investment (non-financial) in the schools which their children attend? Some will, but how can we encourage those that presently don't to do so in the future?

Sixth; is there a cohesive vision of how schools can contribute to the future quality of life which will

be enjoyed by the citizens of Seychelles?

This final one brings us back to where we began, because in order to first articulate and then realise this vision we need to have a collective national exercise of the imagination, informed by what little we know about the nature and character of the next half century.

One private school in Seychelles has the motto 'Learning for Life'. Two others share this one – 'You are not born for yourself but for the World'. Both statements are valid and fit for the future. The second asserts a sense of global collective responsibility, within which individual efforts harmonise. The first is more relevant to this article because it presents a powerful connection between childhood and adulthood. People sometimes refer to studying at 'the university of life'. What they mean is that they have learned lessons through experience and in a fluid and frequently improvised and unplanned manner, which is quite different to how a school curriculum works. Schools which work well for their pupils prepare them to continue learning after they leave school and, indeed, for the rest of their lives, ideally remaining open-minded and comfortable with new understandings and influences which might oblige them to radically review former practice. Taking risks and embracing change are part and parcel of this approach.

At the centre of any change will stand the teacher, hopefully supported by continuous professional development and good school managers (who should also teach by the way). Hopefully this teacher will also be paid well, which will reflect his or her importance to society. With a solid, high calibre cohort of well-resourced teachers in schools across the age and ability range, Seychelles could expect to see exceptional improvements in the calibre of its school alumni in as little as ten years, not just in terms of examination outcomes, but the quality of a new generation of better- thinking, more-aware and more-productive citizens.

Teachers have a unique role to play in advocating inquisitiveness and curiosity, imagination, playfulness and an ability to analyse and problem solve. They should nurture the ability to consider, form and defend a position whilst avoiding the dogmatic adoption of a 'silo mentality'. They should promote tolerance alongside the formulation of personal ethical systems which prioritise self-development, the further and positive development of humanity, the correction of prior human-generated havoc, and the absence of harm to others.

Teachers should facilitate the identification and realisation of talent and the skill sets which support and enhance that talent. They should allow the natural inclination of most children to value the environment to develop and flourish. Most of all teachers should do their best to make sure that the capacity and love for natural learning which each one of us is born with, is not trampled upon by schools. Teachers may well respect the opinion held by the late Ken Robinson, that children's creativity is stifled by school systems that prioritise academic achievement.

They should also fight to prove him wrong, by advocating a balanced curriculum for all.

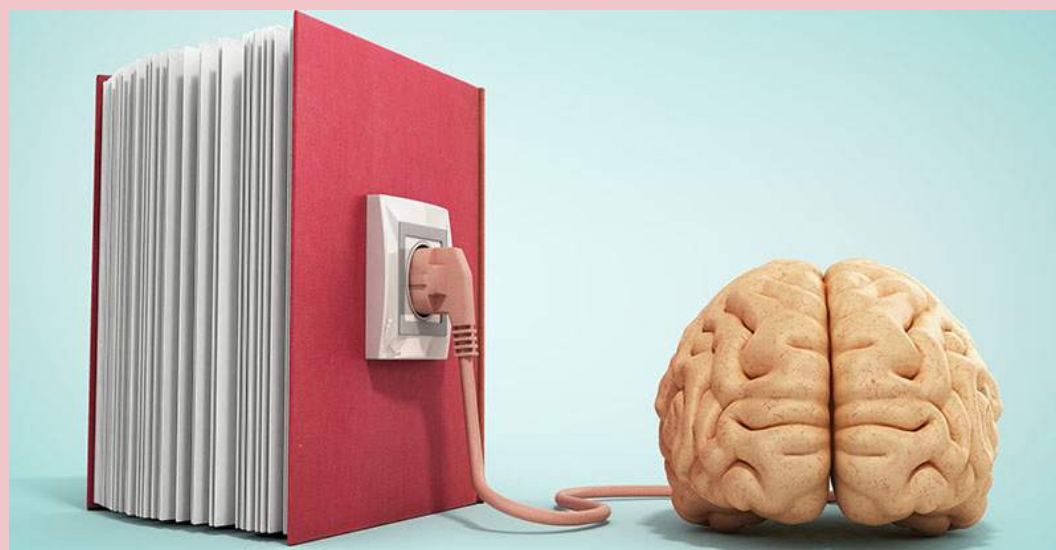
But let us give Ken – almost - the final word. He said this in 2006 and it remains relevant today for schools in Seychelles (and everywhere else).

*"I believe our only hope for the future is to adopt a new concept of human ecology, one in which we start to reconstitute our conception of the richness of human capacity. Our education system has mined our minds in the way we strip-mined the earth for a particular commodity. We have to rethink the fundamental principles in which we are educating our children."*

The alternative is a state of De-Evolution masquerading as progress.

Parts of this opinion piece are taken from an article originally circulated internally to members of the Mahe Council Think Tank.

Martin Kennedy is former head teacher of the International School Seychelles and the Vijay International School Praslin.





# Virtual Assisting: Camilla Faure shares what they do

BY CHRISTINE OUMA

Is virtual assisting something you can use in the Seychelles?

Camilla Faure, who is 28-years-old, believes it is a worthwhile endeavor.

But, first and foremost, what is a virtual assistant?

A virtual assistant is a multipurpose, multidimensional person that does a variety of duties online, including but not limited to: bookkeeping, appointment scheduling, travel planning, answering the phone, customer support, and tutoring. It could also be a single person that engages in social media marketing, email marketing, search engine optimization, content development, and so on.

Camilla started her business CF Virtual Assistance as a side business in June 2021.

She majored in Business Studies and Accounting at school and has worked in Accounting and Marketing, allowing her to use her abilities to suit the needs of clients.

Virtual assisting is very common around the world, but not so much in the Seychelles.

According to Camilla, there are just about 5 virtual assistants in Seychelles.

Virtual Assistants communicate with clients mostly via email, phone conversations, and

WhatsApp, social media platforms to name a few.

The majority of her clientele are small businesses. She has secured most of her clients through social media and word of mouth.

When it comes to why virtual aiding could be ben-

eficial to small businesses, she explains, "many small businesses have been forced to cut expenditures as a result of the Covid-19 outbreak for example, and there are some jobs that they do not need to hire someone to do. It is less expensive for such businesses to hire a virtual assistant to complete the work."

Camilla undertakes her virtual assistant work primarily in the evenings when she is not in the office. The only issue, she adds, is spending more time on the computer screen and dealing with occasionally poor internet connections, but she enjoys the adrenaline of the work.

"I am a night owl and an early bird. For me, it works. Naturally, I enjoy keeping myself occupied. So far, everything has been manageable."

Camilla bills her clients by the hour, depending on the work they require.

She reveals, "My minimum rate is SCR150 per hour. However, if a client wants me to handle their monthly accounting or manage their calendars or emails, I offer services that start at SCR 1500 and go up to SCR 4,000 per month."

Her strongest tools, she believes, are effective communication and prioritization. "My responsibilities have been more prioritized as a result of this experience. I am employed, a mother, and pursuing a professional qualification as a Chartered Financial Analyst in addition to my business."

Virtual assisting, according to the 28-year-old, also requires trust and respect. Her mission is to make sure that businesses prosper.



Camilla Faure





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# THE ROLE OF THE CHIEF JUSTICE OF SEYCHELLES

CONTRIBUTED BY JUDICIARY OF SEYCHELLES

There has always been scepticism among members of the public as to the role of the Chief Justice of Seychelles. This short piece aims to try to explain this role more succinctly.

## Chief Justice – Head of the Judiciary

The Chief Justice of the Seychelles is the constitutional head of the Judiciary, which is the third arm of the Government of Seychelles. The Chief Justice is also the titular head and presiding Judge of the Supreme Court and Constitutional Court of Seychelles as provided for under Chapter VIII, Part III of the Constitution. The Chief Justice, and all Judges of the Judiciary of Seychelles, are nominated by the Constitutional Appointments Authority and appointed by the President of Seychelles as provided for by Article 127 of the Constitution.

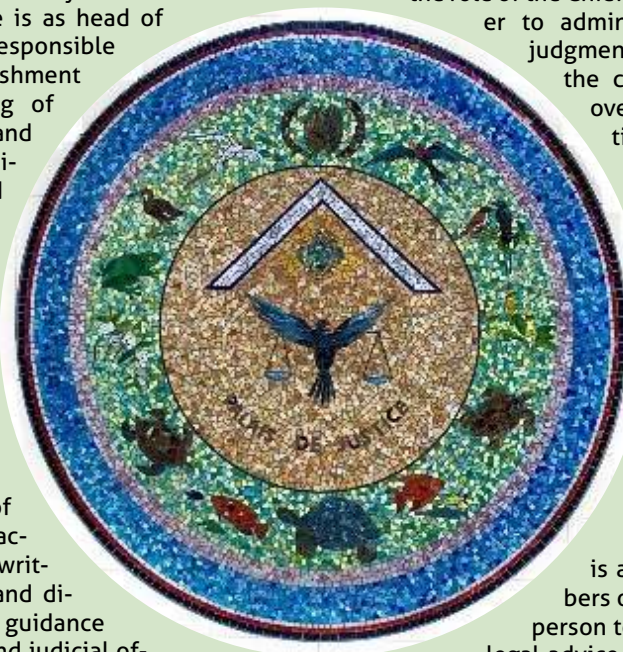
Along with his general responsibilities as a member of the Supreme Court, the Chief Justice has several unique duties. The Chief Justice has traditionally administered the presidential oath of office to new presidents. This is merely custom, and is not a constitutional responsibility. Under the provisions of the Legal Practitioners Act, the Chief Justice also acts as the main disciplinary authority for legal practitioners in

Seychelles.

## Their Mandate

The Chief Justice has three main mandates to fulfil. Firstly, the constitutional mandate is as head of the Judiciary, responsible for the establishment and monitoring of the standards and norms for judicial officers and functions of all courts, as well as for legal practitioners.

Secondly, the legislative mandate requires the Chief Justice to issue rules of court and practice, as well as written protocols and directives for the guidance of the courts and judicial officers. Thirdly, the policy mandate obliges the Chief Justice to ensure and enhance the institutional, administrative and financial independence of the Judiciary and improve its overall governance.



## Misconceptions – What the Chief Justice can and cannot do

As a result of being the head of the Judiciary, a major misconception by the public of the role of the Chief Justice is the power to administratively review judgments and decisions of the courts he presides over. The Chief Justice is not empowered by any law to administratively review the decisions or judgments of any courts. A litigant who is aggrieved by the judgment of a court has the option of going on appeal to a higher court. The Chief Justice is also seen by members of the public as the person to whom to turn for legal advice. The Chief Justice, and indeed any Judge of the Supreme Court, or Justice of the Court of Appeal, or Magistrate, is and must be seen to be neutral. The Chief Justice thus does not give legal advice to members of the public, be-

cause these persons may end up as litigants before the courts which must be impartial at all times. It is therefore wrong for members of the public to seek legal advice from the Chief Justice.

Similarly, the Chief Justice does not undertake the enforcement of judgments on behalf of parties to litigation. There exist enforcement procedures which litigants' attorneys are to advise and avail the litigants of. The practice of litigants writing to the Chief Justice asking him to ensure that their judgment debts are paid is wrong. These matters of enforcement of judgments are to be handled by the litigants' attorneys who are expected to properly advise their clients.

Lastly, the Chief Justice is not to be an arbiter in the relationship between clients and their attorneys. The practice by members of the public of writing to the Chief Justice complaining about not being satisfied with the performance of their attorneys is also wrong. The Chief Justice should only be resorted to in matters where attorneys/legal practitioners are involved in unethical and unprofessional conduct in handling their clients' affairs; thereby fulfilling the role of being the disciplinary authority for legal practitioners.

It is hoped that this brief write up helps to shed some light on the role of the Chief Justice.



Chief Justice Rony Govinden





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Burgitta Rose



Sitting asana



Backbend variations



Spinal twist

# Health

## THE TRUTH ABOUT YOGA, FROM YOGA INSTRUCTOR BURGITTA ROSE

BY U-ROY JULES

Millions of people around the world have rolled out their yoga mats to celebrate a tradition that was once the preserve of Hindu holy men but is now a worldwide phenomenon.

Yoga instructor Burgitta Rose, has created her yoga group called Seyyogini.

“Yoga is an ancient practice that involves physical poses, concentration, and deep breathing. A regular yoga practice can promote trusted source endurance, strength, calmness, flexibility and well-being. Every time I practice or teach a yoga class, I learn something new. In practical terms, this can make planning classes seem even more complicated and time-consuming. However, this continual learning is also the beauty of it. Yoga, like life, is an ongoing ‘path’, with twists and turns and difficulties and I think if you approach it with an open, trusting, inquisitive mind, there will always be something interesting to discover. I know I still have a lot to learn but I truly believe that the best teachers are those who know they’ll always be students too,” she said

Her first introduction to yoga goes back to her teenage years while attending a workshop in Thailand.

“In 2014, my lifelong friend was advised by a health professional to practice yoga. Being curious and wanting to offer my support, we joined YAS classes, which I am now a member of the association. I went for my teacher’s training in Kawai Pura Pura, where I graduated with a 200hr certificate,” she added. “Something that still amazes me, seven years later, is the feeling after each session. Now I get the pleasure of seeing the expression on my

students’ faces as they roll their mat, looking so relaxed, rejuvenated, and still in their little bubble. I can at this point confirm that I am in love with everything that Yoga engulfs,

and everything around it. It may be instructing, reading about it, even watching videos, photos, or just build a whole conversation around it.” she said.

Seyyogini comprises a group of young flexible women, exploring different aspects of yoga, with experience ranging from first-timers to six years. Burgitta’s target is to guide them on their yogic lifestyle and any other personal goal.

“Currently I have five students enrolled in my class, Mary-May and Beverly Hoareau, Thyra Adam, Nathalia Marie and Brenda Saunders; those five wonderful ladies are very talented, even though I push them to their limit, they keep coming back for more,” she said.

She added that yoga is an art that allows each individual to be a better person.

“My motto is guiding you on the journey of becoming a better version of yourself. By joining Seyyogini, my students has been able to improve their health, attaining their desired level of flexibility and endurance, provide them with the perfect environment to relax and release the stress acquired from the day-to-day life and most important of all to enforce the importance of self-love, self-care, and acceptance. The physical aspects of yoga, which improve flexibility of the spine, joints and muscles, are important, but the function of “asanas” (postures) are ultimately to benefit the mind. If you ask me, where do I see myself in the future? That may take all day, but it would be a dream to further my studies in what I am passionate about and becoming a full-time yoga instructor,” she said.

So if you are interested to join Seyyogini, contact Burgitta on 2523647 or via Instagram.



Cobler pose

“Guiding you on the journey of becoming a better version of yourself”



Burgitta being featured on her yoga school's social media page



Tree pose





## EAT FOR OUR HEALTH: "My Healthy Plate" to train your Mind



We're happy to see you back with us two weeks after we introduced our "Eat for our Health" campaign here.

During this time, our Facebook page of the same name has received many Likes and followers, while our Instagram page @eat4ourhealth is picking up slowly but surely.

So we invite you again to head there and pick up a few tips to make eating healthy easier, and share with your friends.



### Helping you make the right choices

We've taken some of our eating habits for granted, just because we grew up with them, but research is continually proving that the health of our gut plays an important role in our wellbeing, and that we can prevent the onset of many chronic diseases by making the right food choices.



We ended last week by stressing how your brain and your mind can play a key role in setting you on a new journey of eating properly.

It starts with your desire and determination to eat healthily.

So the Nutrition Unit of the Ministry of Health has come up with a simple yet perfect brain training tool which you can use for yourself as well as your children.



### MY HEALTHY PLATE -

a graphic look of how a healthy balanced plate of food should look like.

As you can see from the plate design here, an ideal healthy plate is made up of 1/2 with Vegetables and Fruits, 1/4 with Carbohydrates and 1/4 with Protein.

It's made up of the wonderful things your gut is waiting for to keep you in good health for longer.

### Vegetables, Fruits & Salads



For Vegetables and Fruits, look no further than our local produce that are full of flavours and nutritious, supplemented by other choices of imported varieties.

Frozen vegetables, spinach and berries are excellent options too. Include a variety of fruits and vegetables of different colours on your plate every day.

### Protein from the sea



We can't ask for a better source of protein than our wonderful fish, which abound particularly in the north-west monsoon between October and April.

These can be substituted from time to time with some local lean meat and eggs.

In addition let's not forget that you can get reasonable amounts of protein from plants too. This includes lentils, beans and nuts, of which there are now some good options on the market.

### Our local Starches for your daily Fibre



Tubers, breadfruit and plantains provide our gut with much needed fibre to support its daily functions.

As much as possible try to cut down on white rice, white flour, white bread and white pasta and go more for whole wheat options, until you can eventually replace wheat products more often with our local tubers and other local starches.

### Good for you, good for the planet



The added bonus of "my healthy plate" is the obvious support it brings for our local farmers and fishermen who are an important part of our food chain, as well as supporting the economy by relying less on imported foodstuffs.

It all comes down in the end to what's good for our health is what's good for the country and what's good for the Planet and our environment.

So why don't you get inspired by our healthy plate suggestion and go out and make your own "healthy plate".

By: GP in collaboration with Nutrition unit, Health Care Agency

For more information please contact: [myhealthyplatesc@gmail.com](mailto:myhealthyplatesc@gmail.com)

Photo Credit: Dr. Conrad Shamlaye & GP



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# Best Gardening Products Ever: Gear, Tools & Resources We Can't Live Without

BY U-ROY JULES

Whether you are a keen gardener or just like to do very minimal around the garden, there are always an array of great gardening tools to enhance your green fingered experience.

In this edition of Ozordi Dimans, we bring you some of the latest gears in the world of gardening.

## 1. Scuffle or Hula Hoe

A scuffle or hula hoe will save you time and energy while weeding. It cuts the tops of weeds off at ground level on the push and the pull stroke. When cut at ground level, the majority of weeds will not grow back, saving you even more time!

## 2. WOLF-Garten Multi-Tool

This is a handle that can be adapted into many tools with interchangeable attachments. You can weed, rake, sweep, dig – using the same handle but just change the attachments. It's a little pricier than a hula hoe, but definitely worth the money as it can tackle MANY jobs.

## 3. A.M. Leonard Knife

This little tool is indispensable in the garden. It is the perfect size for digging, cutting out small roots, dividing plants, and doing a vast array of tasks. It easily fits in a pocket or many come with a belt attachment.

## 4. Bahco Carpenter Knife

A sharp knife is essential for harvesting plants. Use it to harvest, slice open fruit, cut flowers, cut twine, and a myriad of other tasks.

## 5. Felco Bypass Pruners

Keep a good pair of pruners with you that are sharp, clean, and easy to hold. Hand pruners cut smaller diameter branches and stems. These will be your right-hand man in the garden.

## 6. Koham Cordless Pruning Shears

These are a great option if you have A LOT of pruning to do, or if you have arthritis. They can be a bit heavier, and you need to PAY ATTENTION to where you place your fingers.







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# THE MEDICINAL BENEFITS OF MARIJUANA

COMPILED BY CHRISTOPHE ZIALOR

Simply said, cannabis is a miracle plant. Besides being hallucinogenic, it has a number of medical benefits. For instance, it helps reduce anxiety, inflammation, and chronic pain, reduces nausea and vomiting, destroys cancer cells and slows tumour growth, stimulates appetite, natural sleep aid, controls seizures, slows Alzheimer's, fights glaucoma, and fights schizophrenia and Post Traumatic Stress Disorder. Furthermore, it can regulate mood and according to the most recent CBD study, cannabis also helps to manage seizures as well as assisting patients in recovering from bone damage.

The use of cannabis is endless, and if we listed them all we would run out of pages, so here are some medicinal benefits of the herb.

## 1. Pain Management

Medical marijuana is an increasingly popular treatment for chronic pain. For many, it is a common aspect of their pain management. Marijuana has fewer harmful side effects than other pain medications like opioids.

THC and CBD are similar to the naturally occurring cannabinoids in the human body. When they are ingested, they bind to receptors in the brain. This blocks pain signals and activates the reward system in the body.

## 2. Reduces Inflammation

When fighting infection or disease, the immune system causes inflammation. With chronic disease, the inflammation creates pain and discomfort. Medical marijuana can reduce the inflammation response of the immune system.

Inflammation in the digestive system is present in digestive conditions like Crohn's Disease. Reduced inflammation decreases the uncomfortable symptoms of these conditions. Rheumatoid arthritis is another health condition characterized by inflammation.

## 3. Reduce Depression and Anxiety

Medical marijuana has been shown in early studies to assist with mood stabilization. This can help to treat depression and anxiety.

Medical cannabis can also have a palliative effect on some of the common symptoms of depression and anxiety. These symptoms include trouble sleeping, lack of appetite, digestive problems, and headaches.

## 4. Sleep Management

Approximately 40 million Americans experience insomnia. Because THC can induce sleep, medical marijuana is an effective treatment for insomnia.

Medical marijuana can decrease the amount of deep REM sleep. REM sleep is when dreaming occurs. Reducing REM sleep often results in fewer nightmares for people struggling with PTSD.

## 5. Muscle Relaxant

Medical cannabis can reduce muscle spasticity. Muscle spasms are common in diseases like Parkinson's. These spasms and tremors make day-to-day life challenging.

All forms of medical marijuana may reduce seizures in epilepsy patients, especially if they are resistant to other treatments.

## 6. Stimulate Appetite

People living with HIV wasting involuntary loss of mass. While under-very common side resulting in weight

HIV/AIDS sometimes experience syndrome, which is the at least 10% of their body going chemotherapy, a effect is loss of appetite, loss.

For patients with medical marijuana stimulate appetite the serious unintentional these patients.

HIV/AIDS or cancer, marijuana can help to tite. This reduces consequences of weight loss for

## 8. Treat Neurodegenerative Disease

Amyotrophic lateral sclerosis, or ALS, is a neurodegenerative disease caused by damage to neurons on the brain and spinal cord. These neurons are responsible for essential life functions like walking, talking, and swallowing.

There is no cure for ALS, but many studies have found that medical marijuana can slow the progression of the disease and provide relief from cramps and muscle spasms.

## 9. Prevents damage from Glaucoma

Glaucoma, the second most common cause of blindness in the world, is caused by high pressure in the eye. This pressure damages the optic nerve and results in vision loss and ultimately, blindness.

Medical cannabis can be used to help reduce the pressure in the eye just as effectively as traditional glaucoma medications. Consistent use can ultimately slow down the progression of glaucoma or reduce the risk of developing glaucoma.

## 10. Improves lung capacity

Unlike smoking cigarettes, when smoking cannabis in its natural form, your lungs aren't harmed. In fact, a study found that cannabis actually helps increase the capacity of the lungs rather than cause any harm to it.

If you look around, you will notice that the avid cannabis user is usually not overweight. That is because cannabis is linked to aiding your body in regulating insulin while managing caloric intake efficiently.

## 11. Help lose weight

## 12. Regulate and prevent diabetes

With its impact on insulin, it only makes sense that cannabis can help regulate and prevent diabetes. Research conducted by the American Alliance for Medical Cannabis (AAMC) has linked cannabis to stabilise blood sugars, lower blood pressure, and improve blood circulation.

## 13. Fight cancer

One of the biggest medical benefits of cannabis is its link to fighting cancer. There is a good amount of evidence that shows cannabinoids can help fight cancer or at least certain types of it.

Depression is fairly widespread without most people even knowing they have it. The endocannabinoid compounds in cannabis can help in stabilising moods which can ease depression.

## 14. Helps treat depression

## 7. Prevent and Ease Nausea

Medical marijuana is highly effective in reducing nausea. This includes nausea caused as a result of other drug therapies like chemotherapy. In one study, 78% of patients found that marijuana was effective in reducing nausea and vomiting caused by chemotherapy.

This may also increase the likelihood that an individual will adhere to their treatment. The discomfort that comes from the side effects of treatment makes patients more likely to stop treatment prematurely.





# Hair guru shares do's and don'ts

BY CHRISTINE OUMA

Taking care of our hair is an important way of achieving an overall great look. Whether your hair is straight, curly, Afro or wavy, there are top of the line products that have been specifically developed for each type of hair, emphasizes Martin Hoareau, a renowned hairdresser and owner of a Hair & Beauty Salon.

According to Martin, beautiful and healthy natural hair should be maintained in its natural state and shine. He recommends hair trimming at least every three months to avoid split ends. It does not matter whether your hair is short or long, it should always look "smooth and shine."

He explains the longer the hair grows, the drier its ends become. "When you trim your hair regularly, it grows healthier. People also need to note that trimming split ends do not fasten hair growth. Hair grows from the roots-up and not vice versa, therefore I recommend you take care of your scalps too by using the right products," he asserts.

Additionally, over washing and excessive use of colour make hair look dull and unattractive. Over washing for ex-



Martin Hoareau trimming split ends



Braided hair



A stunning hair cut



A client's healthy blonde hair

ample, removes good moisture from the hair, thus he advises washing at least once or twice a week. And if you have greasy hair he recommends the use of products such as the dry shampoo in between wash days to keep your hair clean.

Lukewarm water is highly recommended to wash hair. A basic washing step involves wetting the hair, putting a dash of shampoo on your hands and gently massaging your scalp in a circular motion, further distributing the shampoo through your hair with your fingers until it is completely soaked, then rinsing off, conditioning followed by applying a moisturizer.

"While washing Afro hair, I recommend you partition the hair then apply shampoo on each section and distribute shampoo through your hair. Use your fingers to detangle the hair," he urges.

According to Martin, many people in Seychelles are over colouring their hair. Frequently bleached hair damages good

hair, he says. "I recommend the use of merging colours which easily blends in with hair in its natural state and has been proven to be gentle on the hair and scalp."

For healthy and strong hair, a visit to a hair specialist is recommended, however doing little research and finding out what products you need can also be helpful.

"Nice hair should always be the coronation of a healthy lifestyle and a wise choice of beauty products. I have been impressed by the great relationship most of my clients have developed with their hair during the pandemic. Most of them have researched on how to care for their hair at home and it is commendable," Martin concludes.

Martin Hoareau Hair & Beauty is a one stop salon located at Lailam Building Benezet Street, First Floor. They offer services such as haircuts, treatment, braiding, colouring, blow-drying, make-up and others.

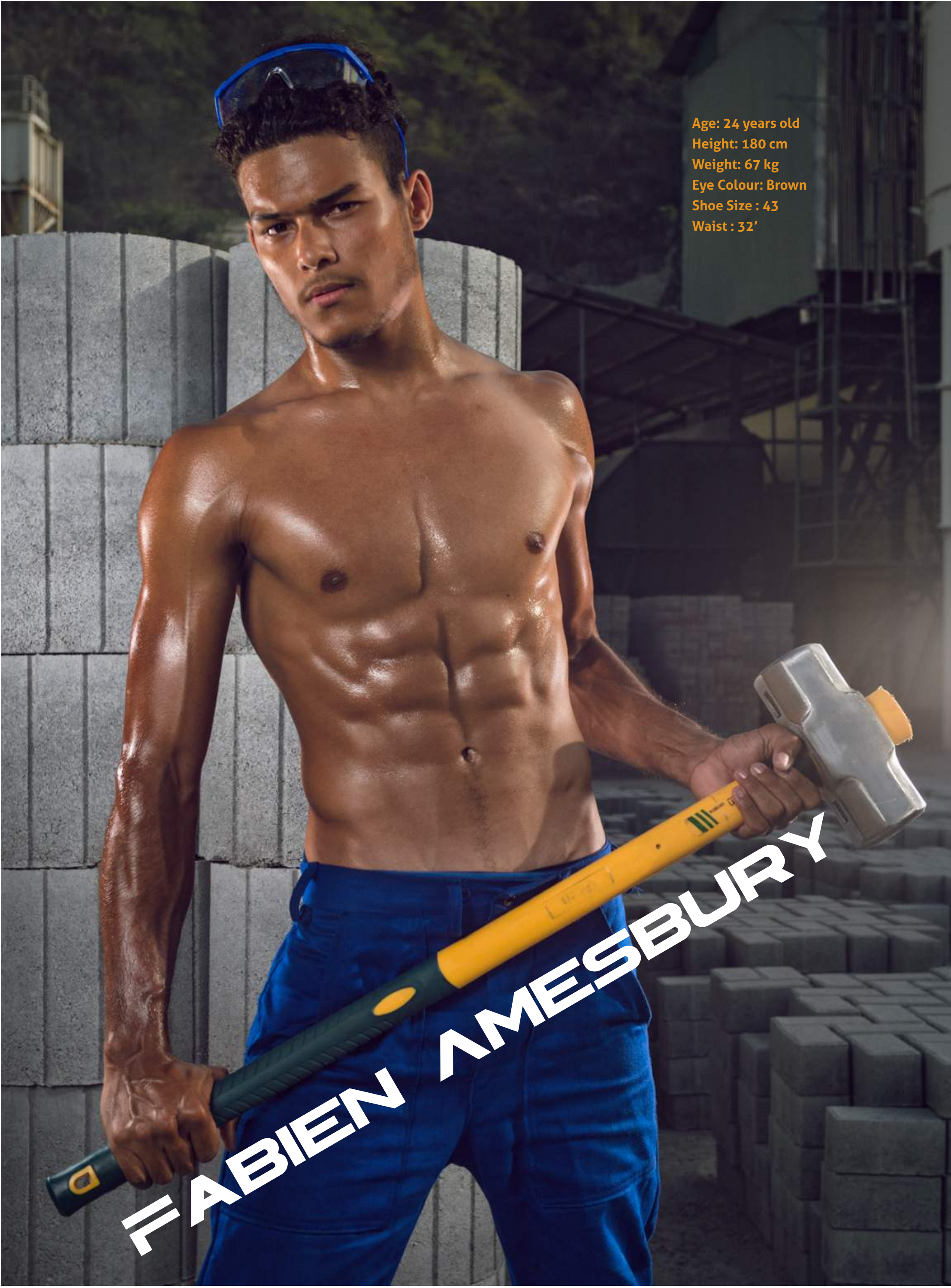


## Martin Hoareau Hairdressing

1<sup>st</sup> Floor, Lai Lam Building, Benezet Street Victoria  
Tel: +(248) 2616 750 | Email: martin\_hoareau@hotmail.com







Age: 24 years old  
Height: 180 cm  
Weight: 67 kg  
Eye Colour: Brown  
Shoe Size : 43  
Waist : 32'



# Beau Vallon Boat Charter

BY CHRISTOPHE ZIALOR

Giovinella Brown has the ideal seaside treat for you, whether you are a tourist looking to make the most of your vacation or a local looking to enjoy the sun.

Beau Vallon Boat Charter, run by 47-year-old Giovinella and her husband Gaetan Furneau, is a small but popular business located near La plage restaurant at Beau-Vallon.

Giovinella has years of experience in the tourism industry, having studied Accommodation and Tourism at the Seychelles Hospitality and Tourism Training College under Flavien Joubert.

She stated that she began by assisting a friend who ran a tour company, but she quickly fell in love with the industry and launched her own company a few years later.

"Our best selling excursions are those for La Digue and Praslin. I wake up at 5:00 am and start picking up clients at their respective hotels. Around 7am, we get to Eden Island where our departure point is located."

She noted that once they arrive on Praslin, they have partners on the island that will take visitors on tour to Valle de Mai. They then head to Anse Lazio where they can have a chance to swim in the crystal clear waters.

"We usually spend half a day on the island before heading to Anse Source D'argent, on La Digue, which is regarded as one of the most beautiful beaches in the country. Most tourists that we bring to the beach are always left in awe"

Mrs. Brown mentioned that her clients enjoy walking around the beach and visit the nearby tortoise park and vanilla plantation; they also enjoy canoeing, which is offered by Crystal Water Kayaks.

Another popular spot is the St Anne National Marine Park which is a seven hour trip on the glass bottom boat.

"The clients enjoy it because they get to snorkel and explore marine life, and we also spend the day on Moyenne, another



The Tour boat they use

popular island that tourists visit during their stay here."

The businesswoman also noted that she does face challenges in her business. She noted that when the sea is particularly angry during the North East Trade winds, she cannot take clients on excursions.

Giovinella also remarked

that with the influx of Russian tourists coming to the island, she is getting a lot of requests for fishing trips.

"We go around the north coast and spend the entire day fishing"

With the popularity of tiktok and instagram, Giovinella

has used the apps to get her business out there, and she noted that it has helped her gain more visibility.

So, if you are visiting Seychelles or you just want a nice day out in the sun, Giovinella and her company is right for the job.



Giovinella and her husband



Beau Vallon Boat Charter kiosk



Giovinella and one of her clients

## 7 DAY LOCAL FORECAST

### Today

Humidity: 68%  
Wind: WSW 9 mph  
UV: 7 (High)  
Sunrise: 05:55 am  
Sunset: 06:17 pm

29 / 25 °C  
Feels Like: 31 °C

Low 5:08am (0.89m)  
High 11:27am (1.24m)  
Low 6:14pm (0.78m)  
High 11:13pm (1.19m)



A few thunderstorms

### Moon Watch

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

### Monday



28 / 25 °C  
A few thunderstorms

Humidity: 70%  
Wind: SSE 8 mph  
UV: 7 (High)

Sunrise: 05:55 am  
Sunset: 06:17 pm

### Tuesday



28 / 25 °C  
Clearing skies

Humidity: 69%  
Wind: SSE 9 mph  
UV: 7 (High)

Sunrise: 05:55 am  
Sunset: 06:17 pm

### Wednesday



28 / 24 °C  
Showers late

Humidity: 68%  
Wind: SSE 11 mph  
UV: 7 (High)

Sunrise: 05:56 am  
Sunset: 06:18 pm

### Thursday



27 / 23 °C  
Showers late

Humidity: 72%  
Wind: E 8 mph  
UV: 7 (High)

Sunrise: 05:56 am  
Sunset: 06:18 pm

### Friday



28 / 23 °C  
Isolated thunderstorms late

Humidity: 68%  
Wind: N 7 mph  
UV: 10 (Very high)

Sunrise: 05:56 am  
Sunset: 06:19 pm

### Saturday



28 / 28 °C  
Light showers

Humidity: 70%  
Wind: WNW 11 mph  
UV: 7 (High)

Sunrise: 05:57 am  
Sunset: 06:19 pm



# Seychelles Aquaculture

Recognising the need to diversify the Seychelles' economy, in 2009 the Government of Seychelles mandated the Seychelles Fishing Authority (SFA) to start looking at the potential to develop a mariculture industry for the country. The Seychelles mariculture is being developed in accordance with the Ecosystems Approach to Aquaculture (EAA), which considers the wider ecosystem and all its socio-ecological interactions with other sectors.

Aquaculture can be described as the breeding, rearing, and harvesting of aquatic organisms (plants and animals) in water i.e., ponds, tanks, rivers, dams and the ocean. In simple terms it is farming in water. Mariculture: the term used for the specialized branch of aquaculture involving the cultivation of marine organisms in sea water, is what we mostly refer to in the Seychelles.

There are various use for aquaculture namely: production of food for human consumption, enhancing wild fish, shellfish and plant stocks for harvest, restoring populations of threatened wild fish and invertebrates, rebuilding coral reefs, production of nutritional, industrial and pharmaceutical compounds, providing life fish and invertebrates for aquariums, amongst others.

The vision for aquaculture in the Seychelles is: "A small but internationally competitive, knowledge-based industry, contributing to local food security and supplying international niche markets for high value fish products, which is guided by international best management practices in accordance with the principles of the Ecosystems Approach

to Aquaculture and ecological sustainability."

Seychelles' emerging aquaculture industry seeks to incorporate a diversity of candidate species and production technologies with the aim of providing a premium-quality basket of seafood products to both local and export markets.

The Government of Seychelles through the SFA has invested in various Aquaculture infrastructures.

## • The Broodstock, Acclimation and Quarantine Facility (BAQF)

**Phase 1:** A multi-species quarantine and acclimation facility for wild-caught broodstock, preparing the fish for life and reproduction in captivity. This phase was completed through the EU multisectoral funding programme.

**Phase 2:** The second phase of the BAQF will consist of a hatchery and nursery. It will also be an R&D facility.

**BAQF strategic objectives:** The BAQF will provide scientific and institutional support to aquaculture operators by developing hatchery techniques. It will also be involved in the production of fingerlings to supply aquaculture operators.

At the moment there are various finfish species at the BAQF, most of which are spawning on a regular basis without any intervention. The BAQF has also seen some remarkable results in terms of Food Conversion Ratio (FCR) for

some of the broodstock collected as juveniles.

## • Sea urchin Research Facility (SURF)

SURF is engaged with obtaining the best quality possible UNI from the Collector urchin (*Tripneustes gratilla*), this is achieved by carrying out various studies relating to its production system.

**SURF Strategic objectives:** Develop production protocols to meet market demand. Market development and distribution channels for investors. Guide decision making on the development of sea urchin aquaculture in Seychelles. Determine future research requirements aimed at refining protocols to produce high-quality sea urchin roe. Strategic collaboration with the Seychelles Maritime Academy (SMA). Ideal opportunity for knowledge transfer and skills development

## • Sea Cage Pilot Project

The cages are close to the BAQF site, and they will be used as a holding area for excess broodstock and future grow-out of candidate species.

**Strategic objectives:** Demonstration facilities for marine finfish cage culture. Training and skilling. Prove business case for marine finfish farming in Seychelles. Hold extra broodstock from BAQF. Baseline surveys of the seabed and the macro-benthic community.





# Hilton Northholme setting an example for sustainability

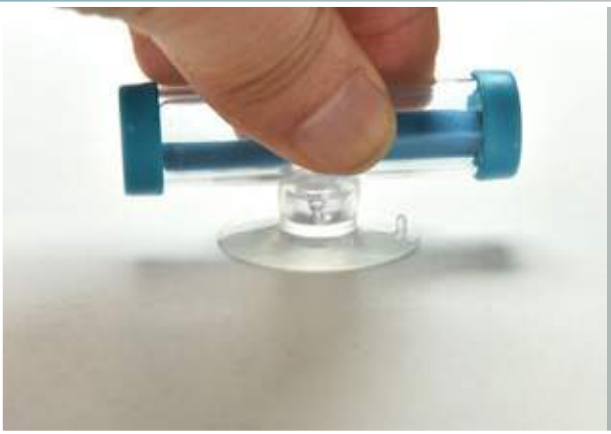


A new epoch has begun, people are starting to become more conscious of the impact they have on the world and the environment around them. This has led to many changes especially in the tourism industry. Tourism contributes 5% of global greenhouse gas emissions, and this proportion is likely to climb more in the future. So it's time to go green! In hotels, water use, power expenditures, and waste emissions are all extremely high and many hotels have started to become more sustainable in order to reduce their ecological footprint. Sustainable tourism will deliver a delightful experience while also meeting the needs of environmentally concerned travelers. It also helps you protect your hotel sector in that location for long periods of time. Travelers will prefer eco-friendly hotels over hotels that use fossil fuels. Hilton Northholme Resort and Spa is one hotel that understands this initiative. The hotel has taken a stand against climate change, becoming the first large hotel company to set science-based targets to cut greenhouse gas emissions in accordance with the Paris Agreement. Through Hilton's Travel with Purpose strategy, the company continues to take

significant steps to integrate positive social impact and environmental stewardship throughout its operations, communities and supply chain. Every first Tuesday of the month, the Northholme establishment observes a sustainable day in which visitors and staff work to be more environmentally friendly through better practices. This involves taking a five-minute shower, turning off the air conditioner in their rooms for a couple of hours, beach cleaning, and other activities. In May 2018, Hilton built a coral nursery on Mahé to help conserve and nurture marine and reef life along the island's northwestern shore. Since the initiative's launch, guests have been urged to participate by visiting the coral nursery with a marine conservation expert. They can snorkel along a coral trail to see the positive impact of the effort so far and admire the beauty of the reef, as well as adopt coral on-site. Now that you can adopt online, you don't even have to leave your house to be a

part of the conservation story. Another important activity is a sustainable lunch, in which restaurant cooks and Team Members incorporate sustainable features into menus and alter back-of-house processes to prevent food waste and the negative environmental impact. The Principal Secretary for Tourism, Mrs Sherin Francis, the General Manager of Four Seasons Seychelles Marcel Oostenbrink, Martin Kennedy, Marquise David, the General Manager of Hilton Northholme, Daniele Fabbri, and the Managing Director of TODAY in Seychelles Publishing, Veronica Maria attended the November sustainable lunch. "Our goal is to expand sustainable day as much as possible," Fabbri explained, adding, "we started in Northholme, then we incorporated it at our sister properties, where they hold their own set of events." The sustainable lunch was a terrific opportunity for brainstorming, with suggestions on how Hilton can become even more sustainable being offered. They did, however, stress that change will not occur overnight, but that if the conversation continues, more people will join in. The hotel also provides guests with booklets and a newsletter filled with sustainable messages, in addition every room is provided with an educational video in regards to sustainability.

The hotel also has a no meat day, they stated that avoiding meat and dairy is one of the biggest ways to reduce your environmental impact as almost a quarter of global greenhouse gas emissions comes from agriculture and other related land use, according to the United Nations. "We recognize our critical responsibility to protect our planet and preserve the beautiful destinations in which we operate for generations to come." Since 2009, the hotel has used their award winning LightStay system to measure, report and improve environ-



gion to work with ethical suppliers and incorporate sustainably sourced ingredients into its menus. The aforementioned lunch was made using organic produce from local farmers as well as hotel-grown veggies. They also promote sustainable fishing by utilising the catch of the day in a variety of recipes.

mental impact across a global portfolio of managed and franchised hotels. Travelers are making serious attempts to seek out food that is fresh, organic, and locally farmed and sourced, as they have a greater awareness for wellness and clean eating. Hilton encourages its hotels and resorts throughout the re-

Hilton helps visitors to travel more responsibly and with less environmental effect by bringing empathy and curiosity together. With more of these sustainable practices, Hilton hotel is showing that even a conglomerate such as itself can have a small carbon footprint.





# Les étudiants de l'École française découvrent Trois Frères



Départ de la randonnée



Le paysage en montant le sentier



PAR U-ROY JULES

Un groupe d'élèves talentueux de l'Ecole Française des Seychelles (EFS), est parti en randonnée au Trois Frères cette semaine, accompagnés de leurs enseignants et certaines parents.

Pour arriver au point de départ de ce sentier, il faut se rendre à l'arrêt de bus Sans Souci Forestry Station, situé sur la route Sans Souci. Si vous venez de Victoria, immédiatement après l'arrêt de bus Forestry Station, prenez la petite route latérale à droite et montez jusqu'à ce que le panneau qui indique la direction des Trois Frères apparaisse. C'est le point de départ du sentier. C'est un cul de sac qui sert aussi de parking.

Le nom Trois Frères vient du trio d'imposants pics granitiques surplombant Victoria. Couvertes d'une végéta-



Trois Frère Hill



Sourire pour la caméra



tion luxuriante, y compris des arbres d'épices introduits comme la cannelle ainsi que des palmiers indigènes et des pins à vis (pandanus), ces falaises alté-

rées abritent également la seule plante carnivore des Seychelles, la plante de pichet Nepenthes pervillei. Le sentier lui-même est de moins d'un

kilomètre de long mais se sent comme plus en raison de la pente raide. Les élevés après avoir grimpé pendant environ 30-40mins, sont t'arrivés

à un point de vue qui offre une vue spectaculaire de Victoria, St. Anne Marine Park, Cerf et les autres îles vers l'est.





COMPILED BY CHRISTINE OUMA

The Colosseum

Do you feel like Rome-ing? Just remember the first caput mundi (capital of the world) was not built in a day nor can you really experience the fascinating grandeur of this Eternal City in a single trip even if you had a year! The city's diverse neighbourhoods require a lifetime to fully explore and immerse oneself in. For first timers, the excessive piazzas, world class museums, baroque archways, trattorias and gardens can be a sensory overload and may need restraint which you should find in the Vatican; but instead you Michelangelo's Sistine Chapel there! Strolling around the city you'll come across magical wonders including the Forum, the Colosseum and the Pantheon, masterpiece sculptures by Michelangelo, paintings by Caravaggio and fountains by Bernini. Peruse the food vendors at the Testaccio Market and discover traditional restaurants and watering holes of the Centro Storico. Rome is a buzzing city and has layers upon layers of history, it's worthwhile to spare sometime and visit the old jewish neighbourhood and take a trip down history lane, discover the elegant boutiques and wine bar-rich Monti locality and the broad avenues leading to the Spanish steps. Finally, and no matter how much hurry you are in, you must stop for an espresso and a few scoops of gelato... it's practically a requirement.

**Best time to go**  
Summer is peak tourist season but it is also the time when most of the city life is lived outdoors. The warm temperatures and longer days are sure worth the crowds. However, if looking for a relatively socially distant experience Fall is famously spectacular in Rome, known for soft lit afternoons and a warming sun. Spring like fall is also a beautiful time to go. Religious crowds start to pile up in mid-December for the Pope's Christmas address.

**How to get around**  
Rome is a very walkable city and has several decent public transportation options including

bus lines and metro systems. Taxis are plentiful and are customarily caught from stands at major sites and from airport charging city mandated flat rates. From the Leonardo Da Vinci-Fiumicino Airport one can also come by train to the city centre arriving at Station Tiburtina if you take the national rail connection or Station Termini if you opt for Italo Train service. Car service: most hotels can arrange transfers.

**To do in Rome**

Trastevere: accessed through the Ponte Sisto bridge, it is one of

seums and the Auditorium Conciliazione concert hall.

Campitelli: whilst all roads lead to Rome, in Rome itself you will realise all roads head to Campitelli. Home to the most famous parts of ancient Rome including the Forum, the Palatine, the Campidoglio and the Colosseum on the periphery.

Campo Marzio: when looking to splash some cash, wander to Campo Marzio. Set in one of the most ancient areas of Rome, it pairs sites such as the Mausoleo di Augusto and the Ara Pacis with chic shopping streets around Via Condotti and the Spanish Steps, and finishes at Via del Corso with where high street stores lie in wait.

**Food and drink to try in Rome**

Rome's raison d'être is food and wine! Hearty gourmet restaurants, natural wine bars and contemporary pizzerias seem to pop up daily each with its own spin on culinary tradition. In Rome, expect to find dishes driven by cured pork, Pecorino Romano DOP, and offal. Pasta is taken very seriously here and some dishes are specific to Rome such as tonnarelli cacio e pepe (fresh pasta with cheese and black pepper), spaghetti alla carbonara (a rich dish, sauced with raw egg, cheese, black pepper and guanciale or pancetta), rigatoni alla pajata (rigatoni with lamb intestines), trippa alla romana (tripe stewed with tomatoes and mint). Try out the traditional fried artichoke dish carciofi all giudia (Jewish style).

**Hotels**

Rome has a dizzying array of accommodations to choose from, you are sure to find one that suits your budget and preference. Just check them out online.

**Culture in Rome**

Rome is heavily steeped in history and traditions. It has been at the centre of western civilisation for millennia and accrued incomparable artistic and cultural wealth over time but it has a vibrant youthfulness. In summer life is lived outdoors and thoroughly enjoyed at human pace,



Tonnarelli cacio e pepe (fresh pasta with cheese and black pepper)



Shop at high-end stores while in Rome



Ponte Sant'Angelo



Scooter rental is available in Rome



Trastevere



Via Margutta

there are special evening events at the cultural sites and opera performances. The city also hosts several festivals throughout the year including the Settimana della Cultura (Cultural Heritage Week) in the Spring and the Cinema Festa Internazionale di Roma in the Fall. Giornate FAI when owners of historical homes open their doors to the public is also very interesting to experience.

**Practical Information**

The language is predominantly Italian but the locals make an effort to speak English. Just remember I don't speak Italian is 'Non parlo italiano'. Tipping is always appreciated. It is a Roman tradition to leave 10 cents per coffee when it's taken standing at the bar. Hotel porters will also expect decent tips. As a member of the European Union, Italy uses the Euro.





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# Cook & Share Recipe

COMPILED BY CHRISTINE OUMA

## STARTER

### Stuffed Tomatoes

#### Ingredients

- 12 tomatoes
- 2 onions, diced
- 40g unsalted butter
- 600g sausage meat
- 1 clove of garlic, halved
- 300g ground beef
- 2 table spoon olive oil
- Salt and pepper

Serves 4-6

#### Direction

1. Wash and remove the peduncle off 12 tomatoes
2. Using a sharp knife cut out cap on the rounded side, then scoop out the flesh with a spoon and set aside.
3. In a medium size bowl, roughly mash the remaining two tomatoes.
4. Heat olive oil in a nonstick pan over medium high heat, sauté the garlic and half of the diced onion for 3-4 minutes until soft.
5. Add in the mashed tomatoes and reserved tomato flesh. Season with salt and pepper and cook tomato coulis for 15 minutes.
6. Pour tomato coulis in a blender and blend for 2 minutes.
7. Preheat oven to 180 degrees,
8. In a separate bowl, mix the remaining half of the diced onion with the sausage meat and ground beef. Season with salt and pepper.
9. Using a spoon, stuff the 12 tomatoes with the sausage and ground beef mix.
10. Transfer to a baking dish, squeezing tomatoes together to prevent from bursting during baking.
11. Coat stuffed tomatoes with the prepared coulis and bake for 45 minutes
12. Serve tomatoes whist still hot.



## MAIN COURSE

### Chicken Piccata

#### Ingredients

- 4-6 boneless, skinless chicken breasts, pounded to ½ inch thickness
- 2 tablespoon flour
- 2 tablespoons olive oil
- 2 tablespoon butter
- 1 tablespoon capers
- 1 cup chicken broth
- ¼ cup fresh lemon juice
- ½ cup coconut cream
- 2 tablespoon mustard powder
- 1 tablespoon fresh flat-leaf parsley chopped
- ½ teaspoon sea salt to taste
- Ground black pepper to taste

Serves 2-4

#### Direction

1. Season chicken breast with salt and pepper.
2. Pour flour on a deep plate.
3. Coat chicken breasts in flour and set aside.
4. Heat oil and butter in a large skillet over medium high heat. Add chicken fillets and cook for 4 minutes on each side until golden brown.
5. Add broth and lemon juice to skillet and bring to boil, scraping the bottom of the skillet to dislodge any bits. Cook until sauce is slightly reduced.
6. Stir in coconut cream and mustard powder. Bring to a simmer, then add capers.
7. Return chicken breast to skillet and adjust heat to medium low. Leave to simmer for 2 minutes until chicken is cooked through. Season with salt and pepper if additional is needed to taste. Before serving with basmati rice, spoon sauce generously over chicken and sprinkle with parsley.



## DESSERT

### Crème Caramel

#### Ingredients

- For the caramel
- ½ cup sugar
- 30ml water
- For the flan
- ¼ cup sugar
- 10ml vanilla extract
- 2 cups milk, hot
- 3 eggs, lightly beaten

Serves 2-4

#### Direction

1. Preheat oven to 180 degrees.
2. In a saucepan, combine the sugar and water for the caramel and stir constantly over low heat until dark golden brown being careful not to burn the sugar.
3. Divide sugar syrup between six 125ml capacity ramekins and leave to cool.
4. Meanwhile, add the sugar and vanilla extract for the flan to the hot milk and stir until sugar dissolves.
5. Add the lightly beaten eggs then divide mixture between the six ramekins by pouring on the sugar syrup.
6. Place ramekins in a deep baking dish then pour simmering water to prepare a water bath. The water should be halfway up the ramekins.
7. Transfer to oven and bake for about 40 minutes.
8. Leave to cool at room temperature, then cover with cling film and refrigerate for 4 hours or overnight.
9. To remove crème caramel, run the blade of a knife around ramekins and invert onto a plate. Serve cold.







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**LABRIZ**  
GASTRO LOUNGE



# CHEF TALK: La Scala restaurant with Chef Torsi



The Torsi's

BY CHRISTOPHE ZIALOR

One are the days where you had to buy a plane ticket to visit the Italian Riviera in order to enjoy a taste of authentic Italian cuisine.

La Scala, located in Bel-Ombre, has a long-standing reputation in the country for its perfect blend of Italian and traditional cuisine with a modern twist. Not to mention the excellent customer service provided by the owners, Sylvanna and Giovanni Torsi.

When you walk into the restaurant, the first thing you notice is the airy bright whites and pops of light colours on the walls, which is adorned with photos of previous guests, family, and friends. This makes La Scala's design stand out by combining classy modernity with a retro twist. The terrace has a fantastic sea view and provides guests with a stylish, informal venue at any time of day or night.

In this week's Chef Talk, we meet the man behind the restaurant's success, Giovanni Torsi. He has been in the La Scala kitchen for more than 38 years, and at the age of 74, he shows no signs of slowing down.

"My career began in Switzerland in 1964 when I was just 17 years old. I was staged in different hotels and restaurants, throughout the 15 years that I will eventually spend in Switzerland. I managed to open my own restaurants and a tennis club"

Giovanni, who has a background in hospitality noted that after he left Switzerland he headed for Germany where he spent two years.



"My uncle, who was in Seychelles at the time, called and asked if I wanted to rent a little restaurant that he owned on the island; I took a plane and visited to see what he was talking about, and I immediately fell in love; I'm still here 38 years later."

Not many restaurants have a menu quite as well crafted as La Scala. Giovanni noted that his menu is designed for the palate of his customers.

"Throughout the years, I have only added and not changed. Many of my customers are familiar, regular faces even the tourists and when they come to the restaurant they order the same dish."

As a result, the chef stated that he must maintain the same high standard at all times in order not to disappoint any of his customers.

Seamlessly drawing from old and new, classic and modern, traditional and contemporary, Giovanni brings the classic Italian charm to his restaurant.

"I make my own pasta, you know, which is not something many restaurants do."

With a focus on the finest quality ingredients, the menu ranges from

lasagna and gnocchi to grilled fish and fruit de mer.

There is also an assortment of delicious and exquisite desserts such as Banane Flambe, Crepe Suzette just to name a few.

"I am always in my kitchen, it's my domain. I love to cook and I always try to make my guests happy."

The chef also mentioned that he sometimes has to deal with difficult customers who order items that are not on the menu; he stated that, while it is not customary, he does try to meet their needs and cook the dish they request even if it is not on the menu.

With a huge client base, Giovanni noted that he can tell what a customer is going to order as soon as they walk in.

"In my experience foreign visitors will order pasta and fish and my local customers most often order meet"

"My favourite dish is the fish with garlic, ginger, and olive; it tastes delicious because I use the catch of the day." "The food that I make is top-notch, and I'm not saying this to brag; these are the compliments that my customers have given me over the years."



The view from the restaurant



The La Scala team



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# In the Kitchen With May-Cecile Frezou Lajoie



May-Cecile Frezou-Lajoie

BY U-ROY JULES

May-Cecile chats about pursuing her dream, learning from those who inspired her love for cooking, and the ambition to recreate and serve her favorite Creole dishes from her childhood.

"I opened my restaurant "May Lajoie" aux Papilles in my adopted village Péret in the south of France in November 2016. It took months of thoughtful thinking and meticulous set-ups, before the final launching. The result is the fruit of the hard work of my partner, close friends, and people who have worked with me for a long time in harmony, to bring Péret a small warm corner where people can have a glimpse and taste of my origins, the tropical Seychelles islands.

The atmosphere is very relaxed; I like to make my clients feel at home. The dishes I propose are straight from my heart, my imagination, and my inspirations, mixtures and fusions from my Creole Islands, from France, and the world gastronomy," she said.

What inspired you on your cooking journey, to become such a successful entrepreneur in France.

"At home, my mom did the cooking when we were small. As we grew up, we all had chores attributed to each one of us five siblings. I have three brothers and a sister. Everyone took turn to cook. Therefore, we learned to cook from a young age.

My mother was a schoolteacher, the district's church organist, and choir leader. She was at school or church a

lot, so we had to help at home. My cooking skills started then. My brothers and sister are quite good cooks as well. It is a family thing. I loved my mum's cooking so much and I started trying her recipes, which I memorized as soon as I could. I remember reaching home from the Seychelles Polytechnic at around 3:30 pm. I would cook myself a quick grilled fish, a cucumber salad, and some rice, and I would enjoy my afternoon meal. I disliked the canteen food, which I thought had no taste at all then! That would be the start of my cooking passion," she added.

After five years of opening your restaurant in Péret in the south of France, it must have been hard to adapt to new ingredients and cooking procedures, which was completely different from your motherland.



May-Cecile in her element



"I wanted to host a table at my house when we first moved to Péret in 2006. I thought I would cook huge pots and get people to come and eat at my table weekly. I discovered then that the French cooking and food industry requires a lot of protocols, hygiene, material, etc... before being able to prepare and serve food to the public. That was hard to digest because my home kitchen was not on par with the European gastronomy norms. I continued with my everyday work, which was translational English tutoring.

It was in 2013 that I saw an advert on TV one afternoon asking people who love cooking to subscribe online to enter the MasterChef contest. While being an autodidact, I was selected among 20,000 candidates from all over France, Belgium, and Switzerland to participate in the MasterChef Season 4 of TF1 in 2013. This allowed me to meet with the greatest French chefs, to learn many more culinary tricks, which improved my cooking skills considerably. I got there by simply believing in myself and in my abilities to reach further, to learn more, and that, at the age of 40, I had to watch almost all of the past seasons and episodes of the TV show and more. It was an opportunity for me to show my skills and represent Seychelles to the whole world," she said.

After battling your way through the competition, you managed to reach the fifth episode in the MasterChef competition.

"Unfortunately, I faltered after the fifth episode not able to realize the traditional French 'navarin d'agneau', unknown to myself, but the jury loved the Creole lamb stew I prepared instead. I left with my head high because I was told I had not failed and that is exactly how I felt. I was a 'Seychelloise in Paris', I was on the French TV for five whole weeks cooking my best dishes, putting my country be-

fore me. Unfortunately, Seychelles' media never sought to make this event known to the Seychelles people. Those who watched on satellite TV and my closest relatives watched and are proud of my achievements," she said

Today, May-Cecile restaurant gets praised from people all over the world, Péret is a touristic village situated in a very touristic area of France. You have also received quite a few Seychellois fellow clients since the opening and they have all loved your dishes, but you don't only cook Creole foods though.



May Lajoie aux Papilles

"I also blend my Creole flavors with those of France as well as with the French products. Therefore, my 'mets' are quite original as I experience a lot with what I have at hand. My clients' views on TripAdvisor, Google business, Instagram, Facebook, among others reflect the quality of my food, and it is all so rewarding and flattering," she said.

However, before being a Chef, you were a school teacher.

"I was an English professor in France after I ended my studies in the American and British literature, linguistics and history, obtaining my Bachelor and Masters degrees. I taught basic

English at primary and secondary levels with the French ministry of education, then moved to the private sector teaching 'O' and 'A' Level English in a private Cambridge school in Aix-en-Provence. After that, I taught professional English and did translations of legal documents in a very well-known law firm chain of France. After I remarried a French citizen, we moved to my actual village, and from there, I entered the MasterChef competition from which the restaurant was founded!

I went through a total flip of career because I needed the change and I needed to feel happy in doing what I love to do, instead of doing what I need to do. I also sing in my restaurant, between the preparation of two dishes, which is great! My clients love it and they sometimes come up and sing as well! I get to sing and cook, I get to mix my two greatest passions. I have a devoted and loving husband and three wonderful children. I could not ask for anything more, except to be blessed with good health...



Sitting area



Buffet creole





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- Butter

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# CHATEAU MAGNOL: THE HEART OF BARTON & GUESTIER

## HISTORY

Château Magnol is known worldwide as the heart of Barton & Guestier: hosting the company's headquarters, a famous guesthouse and a true wine school. Above all, Château Magnol is a vineyard which wine is served in the finest restaurants all over the world.

Château Magnol's winegrowing history goes back to the 1842 when Monsieur Delisse, an experienced agronomist, consolidated the vineyards surrounding the former Château du Dehez. The estate was purchased under the name "Château Magnol" in 1978 by Barton & Guestier, who undertook major investments in the vineyards and cellars. The efforts were crowned with success when Château Magnol was classified Cru Bourgeois in 1979.

## TERROIR: SOIL, CLIMATE & GRAPE VARIETIES

Located west of the city of Bordeaux, Château Magnol covers 30 hectares of vines in the Haut-Médoc Appellation, in the southern part of the Médoc, on the left bank of the Gironde estuary. It has an ideal microclimate thanks to its proximity to the ocean and the estuary.

Château Magnol's soil is consisting essentially of gravel and some sand. This makes it perfectly suited to Cabernet Sauvignon, a variety that contributes blackcurrant and spicy



and return per day. The wine stays on the skins for about 3 weeks. After malolactic fermentation, Château Magnol is aged in vat on its lees with controlled oxygenation. It is then blended and put into oak barrels, where it stays for 12 months. In order to provide an elegant, well-integrated oak presence, Barton & Guestier decided to use 350 litre barrels (of which 30% are new every year). The wood comes from the Tronçais forest in the centre of France and from the Jupille forest near Le Mans. Once barrel ageing is over, the wine is fined and bottled.

## TASTING NOTES

When young, Château Magnol shows a brilliant rich ruby colour. On the nose, it develops an elegant and fruity bouquet, flavoured by the blackcurrant notes of the Cabernet Sauvignon and the redcurrant notes of the Merlot. On the palate the wine is full bodied, with soft silky tannins, and a long spicy aftertaste. Ageing brings a fine maturity where it develops toasted oak flavours. Château Magnol wines can be kept for more than 10 years.

## VINTAGE 2011

The harvest started on September

luckily some September sunshine allowed the grapes to ripen. The harvest started at the beginning of October. The Merlot grapes were concentrated and deeply-coloured. The Cabernet Sauvignon juice was well-structured and aromatic.

The 2012 vintage offers an intense colour. The nose is very expressive, full of red berry aromas (strawberries, raspberries) as well as toasty and minty notes.

On the palate, the wine is concentrated and elegant, with soft tannins. The



Chateau Magnol Bordeaux



Château Magnol under beautiful skies

aromas, colour, robustness, and good ageing potential. The soil is also very well adapted for Merlot, adding roundness and fruitiness (redcurrant). The Cabernet Franc, lighter in colour and tannins than the Cabernet Sauvignon, brings fresh fruit notes and a good balance. At Château Magnol, the proportions now stand at 48% Merlot, 40% Cabernet Sauvignon and 12% Cabernet Franc. The average age of the vines is 22 years.

## WINEMAKING

Bernard Fulloy\*, the cellar master at Château Magnol, aims to extract high quality tannins and flavours in order to produce a wine typical of the Appellation: robust and powerful.

After careful selection and minimal interference in the natural ripening of the grapes, alcoholic fermentation generally takes place at 30°C with one rack

15th with the younger Merlot plots, and finished on October 3rd with the Cabernet Sauvignon. Thanks to the Indian Summer and to enormous efforts in the vineyards all the grapes were impeccably healthy. The Merlot and Cabernet Franc were ripe and fruity and the Cabernet Sauvignon, as said by Bernard Fulloy, were "riper and more complex than ever before."

On the nose, Château Magnol 2011 develops aromas of intense cooked red fruit (blackcurrant, plum). The ageing in oak gives delicate toasty and vanilla notes with a hint of cacao.

On the palate, the wine is round, well balanced with ripe and velvety tannins. The finish is long with intense red fruit aromas.

## VINTAGE 2012

After a wet, cool spring and early summer, flowering was difficult, but

long finish is fruity and spicy.

## INTERNATIONAL RECOGNITION

Château Magnol is also internationally recognized by the press and regularly wins awards in international competitions.

Some examples:

- Grand Gold Medal - 2011 vintage Mundus Vini 2014 - Germany
- Selected in GUIDE HACHETTE 2015 France's most famous wineguide
- Silver Medal - 2011 vintage Allwines Challenge 2014 (USA)
- Awarded 89 points by Andreas Larson Best Sommelier of the World
- During 100% blind panel tasting
- Robert Parker's Wine Guide:

«I have been impressed with the soft, fruity, easy to like, and easy to drink wines of Château Magnol, a property owned by the huge firm of Barton & Guestier...

The wine is extremely well made in a modern, commercial style, and there is no doubting its seductive, forward charms...».



Chef Frédéric Prouvoveur, Chef de cuisine at Château Magnol



# Textile Printing with Tony and Nyssa



Nyssa and Tony

BY CHRISTOPHE ZIALOR

The art of textile print has existed for centuries primarily in African and Asian cultures, the colours and symbols used in each print design can symbolise a tribe, marriage, and social status of the wearer. Roots Seychelles has perfected the art of textile printing. Perched on top of La Batie Hill, overlooking the Beau Vallon Bay, the little workshop owned by Ras Tony is a popular attraction to tourists and locals alike.

"We use natural sunlight to produce the dynamic images found on our nature embossed sun printed fabrics. Because Seychelles is close to the equator, the intensity of the sun is ideal for our job. We use leaves and flowers from our beautiful tropical mountain garden, such as fern, cassava, breadfruit, papaya, palm leaves, and hibiscus, to create the designs. Our cutting-edge design, artistry and expert printing result in a gorgeous one-of-a-kind work of art."

While Tony is an exceptional artist on his own, he is assisted by Nyssa Philoe, a lively young woman who is as enthusiastic about textile printing as her mentor.



Nyssa hanging a dyed cloth to dry



The Root Seychelles Souvenir shop



Nyssa showing one of Root Seychelles's creation



Nyssa in the process of making a print

reasons. Some will use it as wall decoration, others as table cloths, some even use it as wraps, it all depends on what they want."

Ras Tony was not always an artist. He started his career on the high seas working for the Indian Ocean Safari. He remarked that while working there, he saw how much tourists loved their souvenirs.

"I thought to myself that this is a profitable business; keep in mind that this was back in 1994; it took some time for me to get here, but I did, and Root Seychelles was born."

The souvenir business though a lucrative one can have its slump periods. Tony noted that for him he has managed to stay on track, due to the fact that his work is authentic and tourists from all over the world enjoy it.

Tony and Nyssa also teach tourists and locals how to make their own prints in various workshops that they organise.

"I discovered two ways to make money on the same product," he joked.

One print, they said, can take 1 or two hours to produce, though it seems hard the process is very simple.

You don't need complicated tools or special skills to print the fabric. It's really easy!

All you need is just paint, a small sponge, and an object you want to print. You can experiment with all plants you can find and the results will be amazing every time.

Each plant has its unique structure, shape, and size. This tutorial shows how to print with leaves but feel free to use twigs, berries, or flowers. The possibilities are endless and the results are always beautiful.

The beauty of plant-stamped fabric lies in the wonderful imperfection of



the print. You can add a hand-made touch to your house and print some cushions, tea towels, table runners, or bags. Don't worry about your skills, let nature do the job and surprise you with the abundance of shapes and textures.

Nyssa explained these simple steps to make your own print.

### STEP 1

Choose any plant that appeals to you. Look for interesting shapes in your surroundings. It's easier to use flat plants, such as leaves, but berries or twigs will also work. Choose plants that are strong and not too thin. They will be touched and moved a lot during the process, so make sure they aren't too delicate. Collect multiple pieces of varying sizes in case your plant falls apart while printing, but also to diversify the print.

### STEP 2

Make sure your plants are clean and that your work surface is ready. If you're just printing a small piece of fabric, you probably don't need a newspaper to cover your table. If you decide to print a larger cloth, protect your table top. Make sure you have enough space to unfold your fabric and a small area to lay and paint the

leaves. Experiment with different patterns, such as geometrical or more random layouts. When you're finished, photograph the pattern you chose to make it easier to recreate.

### STEP 3

Print your fabric with a textile paint. On the market, various paints are available. I was working with a water-based paint that didn't need to be diluted before use. However, if your paint is very thick, add some water and mix it in a small container.

Apply the paint to your plants with a small sponge stamp. This type of sponge can be found in any store that sells art supplies for children. If you print with the underside of the leaves, the pattern will look better. The underside has visible veins, which will enhance the detail of your print.

If you don't have a sponge pad like the one in the photo, you can simply cover your work surface with an old piece of newspaper.

### STEP 4

Place your leaf on the fabric with care. Before printing your final design, you should practise on a scrap of cloth. It is critical to experiment with hand movements to get a sense of the pressure required to print various types of plants.

Cover the leaf with a thick piece of paper and gently but firmly press it. The pattern will be very faint if you press less. Excessive pressure, on the other hand, can make the pattern appear flat and untextured. Make sure the pressure you use is somewhere in the middle.

When you're finished, carefully peel up the leaf without allowing it to fall to the sides. You can reuse a leaf as many times as you want.

### STEP 5

Allow your fabric to dry after you've finished printing. Follow the directions on the back of your paint container. To make your print waterproof, it is usually necessary to iron it. A few minutes of ironing should be enough to set the paint.

Iron your fabric after each layer if you're working with multiple colours.

### FINAL PRODUCT

Your hand printed fabric is ready to use! A piece of art even Tony and Nyssa would be proud of.



Plants used for prints



The tables used in the printing process



# Julia

## Biography



My name is Julia Jeannevol, the daughter of Mary Jeannevol. I'm a 24 year old Reggae Dancehall Artist. I was born on 17<sup>th</sup> June 1997 and also was raised at Mont Buxton. I attended La Rosiere creche up until Primary 6. I then went to Belonie Secondary school and studied up to S4. I became pregnant when I was 15 years old so I had to quit school to give birth to my beautiful baby girl named Mia Julie. She has been my world every since. I

chose not to go back to school and started working at a very young age to support my child and myself. Later on, life became darker and painful for me after certain situations and that's when I discovered that music was my escape. My mental health was deeply affected and music saved my life even before I knew it. So in 2017, I decided that I was going to take that leap of faith and today I am proud to be one of the leading female artist in Seychelles. Music has helped me so much in life.

## BEHIND THE LYRICS

The lyrics were written by myself, Simless and K-money. It's a bit funny cause we were tired and very high when we wrote this song and we were at the studio at 11:30pm. We were planning another day of recording while our producer Mugga had this beat in his head. As soon as we heard it, the chorus came first cause we were actually in a positive Rasta kinda vibe. I started singing the chorus and the next thing you know each and everyone of us had something. I had the chorus and the boys had the verses. The lyrics itself was how we were feeling that day, how you feel when you're positive towards the universe, how you feel when they say that ganjah is a gate way to hard drugs but when actually it took me to the gates of peacefulness, to the gates of positive thinking. The world is full of bad energy. Everything has its positive and negative.



## RASTA VIBEZ

### JULIA FT SIMLESS L AND K-MONEY KURTIS

Zwe en lanmizk reggae rastaman I  
Dan vibes Si nou annan nou ganjah  
rastaman I alright  
Letan ganjah I konmans brile, met  
en little vibez wi pull up DJ

Zwe en lanmizk reggae rastaman I  
Dan vibez

**Verse 1**

Nou kit li fresh, nou kit li sensii eh  
Direk kot mugga fim en sensii eh  
Met mic on fer li fancy  
Lyrics pou devide Mon hungry Pozi-  
tiv toultan nou fer li  
Tipa tipa nou pa Tay ek li Progres-  
sive move toultan nou fer li Rout  
enlot bili nou fim li

**Repeat chorus**

**Verse 2**

Nouvo converse Dan Mon pilye Nek  
pou poz li lo SA pedal

Dan lefe pwazon noude rasta fek  
goute sorti kot lakaz

Lo semen pe bril ankor enn Rege pe  
bise Dan Mon i10

Lasennn nanpandan, San triko lan-

men lo laport enn pe brile

Mon annan 2g Dan laport pe zis vey  
la route kot Mon pe pase

Mon positiv Mon kit li fre Mon kit li  
ire

Kot Mon pase Mon debarke bann  
boug I ire Pran Mon stim Apre Mon  
deplase pa tarde

**Repeat chorus**

**Verse 3**

Originally done at supreme, buss en  
fayah burn lo Babylon fulltime, zot  
ape follow Mon like marching band,  
me nuh really si ou bann informers  
I around

Rege music in fini vin en patrim-  
wann sa lemon

Rasta women konmans deklar ou  
king avek ou crown, don't let bad vi-  
bez stick around met en gro dife lo  
bann duppy around

**Repeat chorus**

*Lyrics contributed by Julia*



# STA students create a project to recycle, reuse, and reduce the amount of paper in landfills

BY CHRISTINE OUMA

With a vision and mission to promote sustainability, minimize tree destruction, and increase in the product of recycling papers, a group of passionate and innovative Seychelles Tourism Academy (STA) students have come up with a Creativity Arts Project focused on reusing recycled papers to make more useful products.

Stephen Figareau, Tracy Francoise, Rachel Arequion, and Martina Luther are four students pursuing an Advanced Diploma in Hospitality Management.

Their project under the name STRM Innovation produces recycled papers, paper bags, paper baskets, paper flower baskets, and other paper crafting art pieces are among their goods.

Some of the practical benefits or examples of what can be developed through this project, according to the students are:

Recycled paper bowls, notepads, recyclable paper containers, tissue box covers, recycled paper murals, recycled paper for printing anew and recycled paper notebooks/diary are only a few examples of paper reuse.

Paper- Recycling one ton of paper saves 17 trees and 3.3 cubic yards of landfill space, according to the Environmental Protection Agency.

Cardboard box—can be recycled into fresh cardboard or other use to package materials in other ways.

Positive company image- According to the students, companies that recycle and reuse can boost their company image. Clients will be more enticed to



deal with a firm that has a reduced carbon footprint; they will support a company that is ecologically conscious.

Cost-effective- The project would have a favourable impact on trash disposal because recycling collections are less expensive to organize than that of general waste.

Environmental impact- The students feel that making a new product out of recycled materials uses less energy than making a new product out of all materials.

This project was started, according to Stephen Figareau, during the Tourism Week, which took place from 27th September to 3rd October 2021.

The Seychelles Tourism Academy (STA) enlisted to participate in the tourism festival's Creativity Arts Project for Post-Secondary School, where participants were urged to re-use, recycle, and repurpose any type of materials found within the school to create a new artwork. The purpose of the creative art was to demonstrate the

students' vision of reusing materials in the tourism industry, such as serving trays, lamps, papers, signboards, and other inspirational items, so they picked paper.

They made flower baskets, bags, and other souvenirs out of recycled newspapers, discarded documents, and old notes for the competition. In the presence of the School Director Terrence Max, Principal Secretary for Tourism Sherin Francis, and others, these were exhibited at the STA's Creativity Arts Competition.

Lindsay Kai, the School's Business Skills Lecturer, inspires students to not only work in the tourism industry, but also to become qualified and creative entrepreneurs, according to Stephen.

The initiative was also promoted at the Camion Hall grounds on November 8th during the Global Entrepreneurship Exhibition organised by Enterprise Seychelles Agency (ESA).

The students anticipate that with the right assistance, the initiative, if implemented on a wide scale and with the appropriate equipment, will help the country reduce the amount of paper being imported and thus reduce waste by reducing the amount of used paper thrown away in landfills.

"STRM Innovation has the potential to grow into a large firm in Seychelles that collects discarded papers from various companies, recycles them, and resells them at even lower costs," Stephen says. Further that the project will be unstable due to a lack of finance and a desire to innovate and safeguard the environment.



Recycled paper material



Baskets made from old newspapers



Recycled newspaper in final stage before drying



Rachel doing the recycling



Martina Luther



Rachel Arequion



Stephen Figareau



Tracy Francoise



# Ruben Cadeau, inspiring the youths for a better future

BY U-ROY JULES



Cancer Awareness march at Beau-Vallon to commemorate Cancer Awareness month in October

On the 21st of September 2020, Mr. Ruben Cadeau and Mr. Aaron Bamboche formed the charity group with the name 'Improving Kids for Tomorrow' (IKFT). The aim of IKFT is to an assembly of youths that are willing to aid kids with the necessary help and guidance, for a better, stable tomorrow. The group consists mainly of youth who are very eager to bring a change to the community and the kids growing up. The chairperson of IKFT Ruben Cadeau stated that since the launching they have managed to make a lot of young children smile.

"We assist kids in the age group of

zero to 17 years in any way we can. Seeing a smile on their faces can go a long way as they are very precious. Think back to how excited you were to celebrate your little boy's first birthday, or your daughter's first day of school. There are milestones all families should be able to cherish, no matter where in the world they reside," he said. Since the creation of IKFT, they have created opportunities for children in need that would, in turn, benefit their development; opportunities would include activities in cooperation with their parents or teachers; the group also provide donations in partnership with group

members, exterior sponsorships and any willing concerning organization and opportunities also include moral support and empowerment whereby the group can act as a voice for the children and provide a safe space to interact and even ask for help. "We work closely with a whole range of organizations so we can understand where the need is greatest; ensuring the money you raise goes to supporting the young people that need us most. The IKFT assists client families with urgent needs such as food, clothing, transportation, utilities, and childcare. We help families be successful and resolve emergency issues that might otherwise interfere with their ability to take part in the programs and services they are participating in," he said. The organization stands to provide a sense of equality amongst all kids in need (in whatever way the group is capable of assisting) and to ensure they feel safe, accommodated, and integrated into society. IKFT looks not only to provide financial aid but moral support and guidance that would in turn motivate and inspire children in a positive manner. To educate the public on the purpose of the group and to inspire people into taking an interest in volunteerism, all while providing sensitization over the eradication of labeling. Meaning, "to help others regardless of their background, social class, physical/mental capability/incapacity". One of the main goals is to be able to put a smile on a child's face. "The kids of today are the future of tomorrow. In this 21st century that is marked by complexity and rapid changes, the mental growth and development of kids should be wise enough to face the challenges of the future. As parents, we must discover all we can know about what that world will be like in the future and try to guide our kids. Today's kids need to be forward thinkers. They should be able to recognize the problems and should be able to discover the various reasons and systems from where the problem exists." He said. With careful attention, parents should raise their kids to be confident and ready to embrace or adapt to the inevitable waves of the change the future will bring.



IMPROVING KIDS FOR TOMORROW

Improving Kids for Tomorrow Logo



Handing out funds to help a little girl go for treatment



Project Feed A Child participation on two separate occasions



The group handing out leaflets on World Diabetes Day





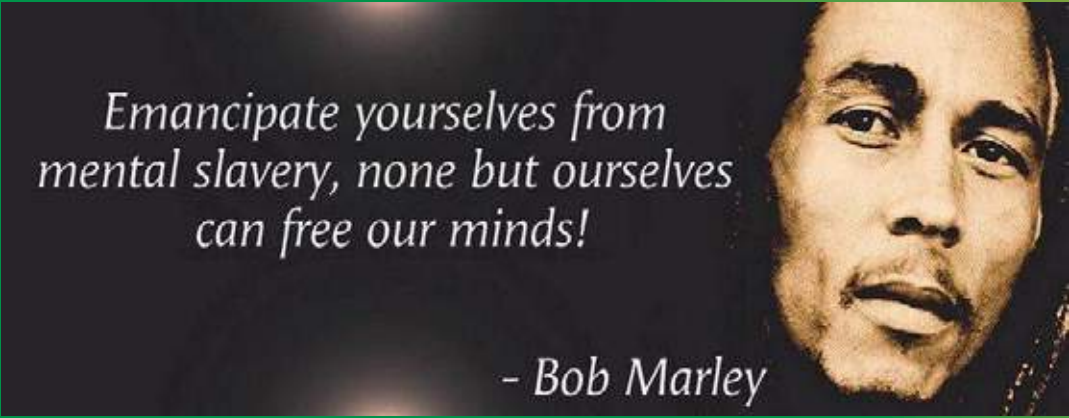
Emperor Haile Selassie I

BY CHRISTINE OUMA

Rastafari, often called Ras Tafari, is a religious and political movement that combines Protestant Christianity, mysticism, and a Pan-African political consciousness. It began in Jamaica in the 1930s following a prophecy made by Marcus Garvey, a black political leader. Garvey led an organisation known as the Universal Negro Improvement Association, whose intention was to unify blacks with their land of origin. Garvey preached "Look to Africa where a black king shall be crowned, he shall be your Redeemer." This statement became the foundation of the Rastafari movement and has since been adopted by various groups across the world. Rastafarians, as the movement's members are known, have a unique perspective on their past, present, and future. They "overstand" (rather than understand)



Jamaican Flag



Wadanyel



Wadanyel meditating

# History of Rastafari Movement

individuals of African heritage in the Americas and around the world as "exiles in Babylon," drawing on Old Testament tales, particularly the Exodus story. They believe that enslavement, economic inequality, and racial "downpression" are all tests that Jah (God) is putting them through (rather than oppression). Rastafarians look to the book of Revelation in the New Testament for their escape from slavery and return to Zion, the biblical symbol for Africa.

Ethiopia, home to a dynastic power, is the ultimate home of all Africans and the seat of Jah, and repatriation is one of the movement's objectives. Many (but not all) Rastafarians believe that His Imperial Majesty Haile Selassie I, the Ethiopian emperor who was crowned in 1930, is the Second Coming of Christ who returned to redeem all Black people. The emperor's precoronation name, Ras Tafari, inspired the movement's name.

Jamaican Rastafarians are descendants of African slaves who were converted to Christianity in Jamaica by missionaries who used the King James Version of the Bible

as their source of inspiration. Rastafarians believe that the King James Version is a corrupted version of God's true word, because English slave masters promoted incorrect Bible readings in order to better control their slaves. Rastas believe that by creating a mystical consciousness of oneself with Jah, known as "I-and-I," one can learn the actual meanings of biblical scriptures.

Rastas read the Bible selectively, however, emphasizing passages from Leviticus that admonish the cutting of hair and beard and the eating of certain foods and that prescribe rituals of prayer and meditation. Based on their reading of the Old Testament, many

Rasta men uphold patriarchal values, and the movement is often charged with sexism by both insiders and outsiders. "Lyaric," or "Dread-talk," is the linguistic style of many Rastas, who substitute the sound of "I" for certain syllables.

Wearing long hair in its natural, uncombed state, dressing in the colors red, green, gold, and black (which symbolize the life force of blood, herbs, royalty, and Africanity), and eating a "I-tal" (natural, vegetarian) diet are all part of Rastafari "livity," or the principle of a balanced lifestyle. Prayer services, ganja (marijuana) smoking to improve "itation" (meditation) with Jah, and "bingis" (all-night drumming ceremonies) are examples of religious practices. Bob Marley, a Jamaican singer and most important figure in Rastafari) made reggae music popular around the world after it emerged out of the Rastafari movement.



## Rastafarianism in Seychelles

The movement began in Seychelles in the early 1990s, with the restoration of multiparty politics and the adoption of a new constitution, according to Rastafarian Danny Dufrene AKA Wadanyel and Tony Joubert popularly known as Raspyek. Wadanyel claims that it was his awakening to black consciousness that led him to become a Rastafarian. Reggae was considered revolution music at the time, with messages about equal rights and black people's African roots. Many years later, the African Friendship Association (AFA) was founded by the late Achille Kwame Luc in order to bring people together and create greater awareness about African culture.

"I was about 20 years old when I found Rastafari. I desired to live a self-conscious life. I wanted to accept nature in its whole. Rastafarians aspire to be self-sufficient, to have their own way of doing things, and to achieve universality," he declares.

On the other hand, Raspyek's consciousness started at a rather earlier age. "Because my life has been a blessing, I believe I was Rasta from the moment I was born. I am an adopted child who dropped out of school at a young age yet continues to get blessings on a daily basis. I used to ask myself as a young boy if I was okay, if my surroundings were okay with my ways or what I was doing. I was continuously questioning myself, and the solutions came to me. I was also influenced by older Rastafarians who would pray frequently. I wished I could pray as frequently as they did. For me, the calling was more spiritual in nature," he observes.

## Reasons for Dreads

Dreads, dreadlocks, or locks are formed by hair knotting up on itself. It can be accomplished through backcombing and the application of a variety of commercially sold substances, but it can also be allowed to naturally happen. When hair is allowed to grow long and is not combed, eventually it naturally locks.

One of the reasons people wear dreadlocks is because it is seen as a rejection of personal vanity and artificial grooming and returning to a more natural state. For Rastas, there is also Biblical justification for the style, the commandment in Numbers 6:5 that "During the entire time of his dedication, he is not to allow a razor to pass over his head until the days of his holy consecration to the LORD have been fulfilled. He is to let the locks on his head grow long." (International Standard Version)

Dreadlocks are like a crown to Rastafari, according to the two Rastafarians. However, having dreadlocks is not required to be a Rastafari. The promotion of Love, Peace, and Unity are some of the teachings that people can learn from them. "Be aware of who you are and what you want to achieve in life. You should be curious about who you are and why you're here. Once you understand this, you will aim to accomplish your goal."

## Ganja (Marijuana)

Rastafarians consider ganja to be a spiritual purifier, and it is smoked to cleanse the body and open the mind so as to be cognizant of the connection between oneself and Jah. It is a meditative tool meant to bring about self-realization and mystical experiences. What it is not about is getting "stoned". That returns us to being irresponsible about one's body.

Raspyek confirms that smoking ganja is common but not needed.

Raspyek and Wadanyel agree that smoking ganja was once considered a kind of drug misuse, but times have changed. "There are even many who advocate for its legalization for a variety of reasons, including its health benefits. Some individuals simply want to profit from it, but that is our area of expertise. Allow the ganja plant to grow naturally," they insist.

## Ital Cooking

Many Rastafarians stick to "pure" foods in their diets. Artificial flavorings, artificial colors, and preservatives are avoided. Alcohol, coffee, drugs (other than ganja), and cigarettes are all shunned as tools of Babylon that pollute and confuse. Many Rastafarians are vegetarians, though some do consume certain kinds of fish. Raspyek and Wadanyel are both fish eaters.

They conclude by expressing their respect for His Imperial Majesty Haile Selassie I for who he is.



Natural dreads



Raspyek





# Combining design ideologies - Interiors & Feng Shui

CONTRIBUTED BY SANDRA BONNELAME- INTERIOR DESIGNER

Maybe you do not believe in Feng Shui, but it is a great design approach to combine when designing your interiors! While the ideology of Feng Shui applies to many elements of life, they are commonly practised in interior design as the concepts, used in feng shui analysis, can easily be applied in the context of all spaces. The term is comprised of two words: "feng," meaning wind and "shui," meaning water. Feng Shui put simply, is the ancient Chinese art of placement with the basic principle that life-force energies, known as "chi," flow through spaces and have influential effects on the way you feel and think.



Sandra Bonnelame



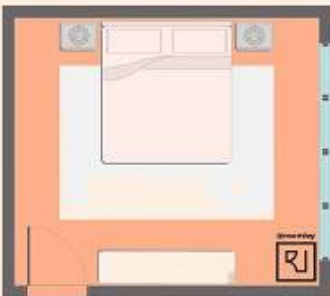
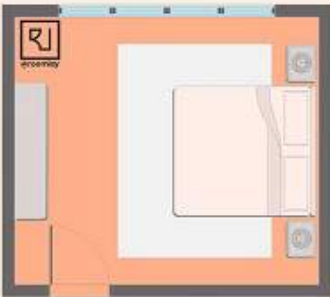
Feng shui 2

Some may struggle to reason how Interior Design and Feng Shui work hand in hand between their design ideologies. When explored, excellent Feng Shui can truly assist Interior Designers to create balanced and positive energies within environments (spaces), based on the theory that the world is driven by hidden forces with the idea to "unblock" the way. The appropriate use of colour, light, space and object or furniture placement in Feng Shui translates to the 'feel' or ambience in interior Design. Either way you may look at it, their

careful arrangement helps build levels of harmony and manipulate energy flow. One great example of good Feng Shui for the bedroom is to place your bed in its commanding position. Just think about how many hours you spend sleeping. When asleep, you are in a passive "yin" state and more susceptible to the energies around you. So your bed placement affects you in your conscious and unconscious states. Feng Shui is strict on the rule that your head should never be under a window so it is recommended to position your

bed against a solid wall with no doors on either side and your feet should not point toward the door. You want your bed located so that when you are lying in bed, you can see the door to the bedroom. However, you do not want to be directly in line with the door either. A good rule of thumb is it places the bed diagonal from the door. So if you want the best out of your spaces consider incorporating feng shui in the very beginning of your design concepts which will ensure the best positive layouts and use your spaces.

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*Feng Shui rules to respect in order to attract and create harmony at home and at work*

COMPILED BY CHRISTINE OUMA

- Make your entry way welcoming
- Choose plants with rounded leaves. Avoid cacti and thorny plants,
- Be sure to maintain perfect hygiene in your home,
- Air your rooms as often as possible,
- A colorful and always kept clean aquarium with fish in the living room (never keep an aquarium in the kitchen or bedroom),
- Always close the toilet lid after use,

- Let natural light enter your house,
- Do not install any furniture, sofa or armchair with their backs facing the doors of rooms in your home.
- Avoid pointed objects (drawings, sculptures, plants...)
- No corner of furniture should be directed towards your bed, the angles of furniture and desk should ideally have rounded edges,
- Immediately replace burnt out bulbs,
- Fix broken things,
- Love what you have.



Feng Shui art you may consider for your home





Netflix Series  
**Lupin**

How France’s Lupin became a Netflix hit



LUPIN NETFLIX SERIES

Source: The Guardian

The charming series combines Ocean’s Eleven’s slickness with the implausibility of National Treasure to become the first French series to crack the US Top 10.

The greatest trick by Lupin, a new French series on Netflix, is disguising substantiveness in plain sight. The show, created by the British Showrunner George Kay and inspired by the beloved French character Arsène Lupin, packages over 115 years of inspiration (dating back to the character’s invention by writer Maurice Leblanc in 1905) in a slick, swift escape easily binged in a day. The star, French actor Omar Sy, towers over his scene partners, perpetually unreadable yet brimming with charisma; his character, Assane Diop, is a con man with a heart of gold able to turn his outsized presence into an uncatchable master of deception.

The show is slight – five episodes of about 43 minutes (with more to come this year) – and without much press in the United States, yet a week after its release became the second most watched program on Netflix and the streamer’s first French program to crack the Top 10 on the American market. It is currently the streamer’s most-watched global program and the company has now reach 70 million households within the first month, which will make it bigger than both

Bridgerton and The Queen’s Gambit.

It is not hard to see why Lupin combines the verve of Ocean’s Eleven with the thrilling implausibility and cultural lore of the first National Treasure. Where Nicolas Cage stole the Declaration of Independence, Assane begins the series with a similarly outlandish plan: steal Marie Antoinette’s necklace, lost for 25 years and slated for auction from the Louvre. It is quickly revealed that Assane is more cunning than anyone around him, assumes he is a devout fan of Arsène Lupin, the quintessential French gentleman thief replete with a monocle and a top hat, who has fingered through a copy of his debonair escapades so many times the pages are worn. (Sy is a fan as well, and the series arose in part from the freedom

afforded by his César award for The Intouchables and Hollywood career to select his dream role – “If I were British, I would have said James Bond, but since I am French, I said Lupin,” he told the New York Times).

Between montages of his shockingly low-budget heist plan (which, ultimately, is a bit of a red herring; you’re not watching to see if he gets the necklace) the show peels back the layers of Assane’s motivation: 25 years earlier, his father Babakar (Fargass Assandé), an immigrant from Senegal hired as a chauffeur for a wealthy white Parisian family, was framed for stealing the necklace. He died by suicide in prison, leaving an orphaned Assane with a copy of the Lupin stories and a drive for vengeance.

The series was always likely to be a hit in France, where the character of Lupin is a Sherlock Holmes-type cultural touchstone – a popular TV series that bore his name ran from 1971 to 1974 and a 2004 film starred Romain Duris. Lupin has also served as inspiration for a lineage of Japanese creators: the manga artist Kazuhiko Kato, known by the pen name Monkey Punch, created an ongoing anime series based Lupin’s grandson, Lupin III, which has itself inspired several anime adaptations, including the legendary director Hayao Miyazaki’s debut feature Lupin III: The Castle of Cagliostro.

Though a largely unfamiliar character to the United States and despite Americans general reluctance to watch with subtitles, Lupin’s success is not entirely unprecedented. Netflix automatically plays the dubbed English version and Lupin follows in the footsteps of breakout global hits, such as Money Heist, by far Netflix’s most popular global show viewed by 65 million households when its fourth season dropped in April 2020.

The biggest draw of course is the gentleman burglar, Lupin may not win any awards for its production or writing but any viewer knows that’s not the point; the hook is in the Hollywood slickness of Assane’s scheming and the illusion of dauntless competency under pressure. It is a tried and true TV genre – think of the icy

schemer Tommy Shelby at his prime in the British gangster series Peaky Blinders, another bombastic global Netflix hit, or Idris Elba in Luther, perhaps Assane’s clearest TV antecedent.

Assane is no tech-laden Bruce Wayne, but is decidedly minimalist in his schemes as he harnesses the potential of the street – masquerading as a food delivery biker, for example, or infiltrating small-scale drug rings – and eludes authorities through a series of distractions and faultless charm. He handles the fault lines of race in French society with the same dexterity able to wield his presence as a 6ft 2in black man as alternately magnet or cloak. Posing as a member of the Louvre’s custodial staff, he is invisible, able to scope out his target with minimal attention as an ultra-rich tech

entrepreneur at the necklace’s auction, his singularity as the only black face in the room becomes an insurance policy – noticed by everyone he is not suspected for the theft.

It is a refreshing twist on an old-fashioned character within a longstanding genre, one that takes little to surrender to. Each episode concludes with a kick, in which Assane reveals his hand to reframe the episode’s prior events as a cascade of aspirational calm, expert planning and total control. Lupin’s “greatest talent, without a doubt, was to always be one step ahead”, Assane narrates over the first reveal, quoting the century-old source material over a montage of his deception – the allure of an all-knowing, sublime, mutable thief transcending in both time and language.



Lupin the con man



The French actor Omar Sy



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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.

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.....

My Story

Ahmadou Sylla, a powerhouse in the  
National Basketball Team

.....

BY CHRISTINE OUMA

Sylla is a well-known name in Seychelles sports. Ahmadou and Abdel Sylla, two brothers, are both basketball players. Abdel is a professional basketball player currently playing for Hermine Nantes in France, while Ahmadou is a member of the Seychelles National Team. We caught up with Abdel's older brother Ahmadou, who is also a talented basketball player, following our interview with Abdel last Sunday.

Ahmadou's passion for basketball began with the influence of his parents, both of whom were avid basketball players at school. His other (eldest) sibling was also a basketball player. He recalls being a part of the Jamboree organized by the late Robert Smith, one of Seychelles' basketball pioneers, when he was ten years old.

"He aided in the development of many contemporary Seychelles basketball players," added Ahmadou.

The training was held twice a week at that time, and all of the athletes were allowed to participate in other sports. Ahmadou decided to focus on basketball when he was 14 years old.

When he was 16, a coach noticed him and introduced him to the Premium Cobras, a 1st Division team.

He was named as two-time best junior player while playing at the time.

He was inspired to practice harder after missing the Indian Ocean Island Games in 2007. He hoped to compete in the 2011 games. He joined the Seychelles National Team in 2009 and hasn't looked back since. Ahmadou is a power forward who stands 1.96 meters tall.

Playing for the National Team is a dream come true for Ahmadou.

"It is always a privilege to represent your country. Some players may not notice it while playing locally, but the adrenaline rush is palpable when we play against international teams. We get to show that Seychelles is more than just a small tourist destination; it's also a sports-loving nation. It's always important to show what we're capable of," he declares.

All of the Indian Ocean Island Teams have faced the Seychelles National Basketball Team. Madagascar, Comoros, Maldives, Mauritius, and Mayotte are just a few of these countries. They've also faced Angola and South Africa in the past. They actually defeated South Africa three times.

"We played against Egypt at the All African Games in 2015. We've also played against Zambia and Botswana, but the highlight of our career came in 2011 when we won the Indian Ocean Island Games in Seychelles against Mayotte. Other Seychelles national teams,



Ahmadou Sylla

such as football and volleyball, also won during that year," he remarks.

Ahmadou refers to the sport as his therapy when describing the feeling he gets when he plays.

"When I play basketball, all I think about is the game," he says. I play basketball on both good and bad days."

Ahmadou trains five times a week to stay



On the court

in condition and develop his talents.

"I also keep track of what I eat and try to get as much sleep as possible. This isn't to say that I do not have a social life; but during the weekdays, I stick to the training program."

When not on the court, the 35-year-old works for the Seychelles Civil Aviation Authority (SCAA) as an Electro-Mechanical

Supervisor. He's been with the company for 15 years.

When it comes to his brother, Ahmadou is pleased of his accomplishments, saying, "A win for my brother is a win for the family."

Abdel often mentions his brother Ahmadou as a source of inspiration in interviews. Abdel used to follow Ahmadou around to his basketball games as a kid.

"At home, we had a lot of basket battles and watched a lot of games together. We're a tight family, so having my brother call me an inspiration is extremely inspiring. If I were in my brother's place, I'm sure he'd be just as proud of me as I am of him. It had always been a dream of ours for either of us to play professional basketball. "Keep the dream alive," is our motto. His performance is a dream come true for us "he notes.

"Of course, I admire my brother, but I also admire LeBron James, the best player in the world right now. Kevin Maurice Garnett, an American former professional basketball player who played in the National Basketball Association (NBA) for 21 seasons, was another source of inspiration. He possessed the necessary drive, motivation, and passion as well as being a team player.

Ahmadou reveals he has realized his dream and now intends to help young people who are interested in athletics succeed.

"The ultimate purpose is to develop young boys into men. Men with abilities, motivation, and morals. This is a proposal I presented in Senegal in 2017 at the Young Africa Leaders Initiative. The project's goal is to find well-known athletes in the country who can mentor schoolchildren, particularly those with behavioral issues," he says, adding that he hopes to get started on this project as soon as possible.

While speaking on the current situation of sports in the country, he argues that in the past, sporting activities were strongly pushed, but that there are currently no development goals.

"Physical education used to be taken more seriously. We no longer see young players on the field. Although there are talents, there should be a mechanism in place to help them develop. For basketball, for example, we require individuals who genuinely like and understand the technical aspects of the game. I am optimistic that the new federation would improve matter," he declares.

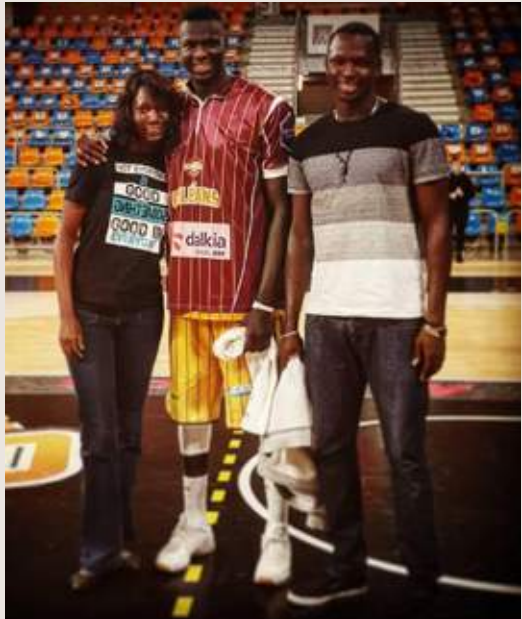
Family, respect for all, and remaining humble are Ahmadou's key principles. "Remember that each of us is on our own path. Don't try to imitate anyone else's. We can imitate the values, but keep in mind that what is meant for you is not meant for anyone else," he urges.



Celebrating victory with his brother and team mate Abdel Sylla



A souvenir photograph of the Men's National Team that represented Seychelles at the 9th IOIG games in Reunion



Ahmadou (right) with brother Abdel and sister Fatoumatta Sylla



# DOMINO



Domino l ganny zwe dan diferan parti lemon e dan diferan fason. I annan ventwit (28) morso rektangiler en bwa, metal, ivwar oubyen. Plastic avek bann pti pwen ki ganny penn lo la. Lo bann morso bann pwen l ant sis (6) ziska “blan”bout domino ki napa pwen lo la).

Domino l kapab zwe par de (2), trwa (3) oubyen kat (4) dimoun.

Metod pli pratike isi Sesel se zwe a kat kot de zwer ki asiz en fas kanmarad l fer kont en lot de asize dan pozisyon idantik.

Lobzebtif sa zwe se fer sir ki ou fini zwe toubann morso domino dan ou lanmen avan ou oponan.

Dan ka ki zwe pe deroul a kat, sak zwer l annan set (7) morso domino.

Zwe limenn l konmans avek doub sis; morso domino ki annan plis pwen lo la. Dezyenm zwer l devret osi zwe en bout sis e an swivan lezot dimoun l zwe domino ki annan ater, si zot napa zot dir ‘pas’.

Letan en zwer in fini zwe tou son morso domino ater (tape) son bann oponan l met zot domino ki rest eater pour kont pwen.

Fodre en tim l ganny li senkant (50) pwen pour li donn son oponan en ‘kapot’, me Selman si son oponan ti napa ditou pwen oubyen son pwen ti pli ba kid is (10).

Si tou lede tim l annan par lao dis pwen, zwe l ganny konsidere koman dan ‘final’. Sa de tim l leve e les en lot de dimoun zwe oubyen zot zwe ankor en parti si l annan zis en tim de deor.

Dan sa sitiasyon sa tim ki tape l reste lo latib e son oponan l leve.

Domino ti e ankor en zwe ki ganny tre pratike lokalman.

# Konos



Sa mo ‘konos’l en mo ki sorti Was Lafrik ‘Konzi’ ki vedir koud-pwen oubyen lanmen fermen.

Sa zwe limenm l sorti an Frans (“Jeu de Oselettes”) kot bann zanfan ti servi bann pti lezo mouton pour zwe avek.

Bann zwer l pran en ponyen ros groser makadanm oubyen lagrenn karoutsou kantite ki lanmen l kapab atrape.

Bann ros l ganny anvoy anler e zwer l esey fer fason ki sa bann ros l retonm lo menm kote lanmen. Bann ros l kapab tonm tou ater e pa reste lo lanmen. Dan sa ka en zwer l

kapab kontinyen zwe. Me si trwa (3) ros l reste lo lanmen, sa dimoun pou “Out” (perdi) e en lot dimoun l zwe.

I osi annan en lot variasyon konos (“Five stones”), kot senk (5) pti ros l ganny fannen ater. En zwer l swazir en ros e balans li anler, anmas en ros ater e answit gob sa ros ki in anvoye anmenmtan. Zwe l kontinyen kot sa zwer l anmas de, trwa oubyen kat ros ansanm. Pour zwe lo senkyenm ros, zwer l depoz son kat ros ansanm e pozisyonn son lot lanmen ater an tenan lo son bann bout ledwa. l fer antre bann ros kin ganny fannen dan sa lespas ant son pous e lendeks. Sa

zes l ganny fer anmenmtan ki l pe anvoy en ros anler e gobe. Pour en zwer perdi (“out”) l swa tous avek lot ros ler l pe anmas enn, de, oubyen trwa ros, ouswa l pa reisi gob son ros ki in anvoy anler. Letan en zwer l perdi en lot zwer l pran e ler l re- ariv son tour zwe l komans lo landrwa kot l tin manke.

Sa zwe ti ganny prakite sirtou par bann fyi e l ti ganny dekouraze par serten grandimoun ki dapre kwayans l dir ki sa zwe l anmenm mizer. Sa l fer ki sa zwe in vin depli-zan-pli rar. En group de (2) a senk (5) manrmay l kapab zwe anmenmtan.

# RASTAFARIANISM Quiz

SOURCE: FUN TRIVIA

An introduction to this religion and way of life which has over one million followers worldwide.

1. What is the Rasta word for God?  
☐ Soloman  
☐ Babylon  
☐ Jah  
☐ Ital
2. Jamaican politician Marcus Garvey gave a prophecy to his followers: a black king would be born in Africa. This later occurred in which African country?  
  
☐ Somalia  
☐ Uganda  
☐ Ethiopia  
☐ Nigeria
3. On the 2nd of November, 1930, Haile Selassie was crowned King. But what was his Christian name?  
  
☐ Ras Tafari  
☐ Solomon Sheba  
☐ Burning Spear  
☐ Jacob Haile
4. On June 10, 1940, Marcus Garvey died, but what was unusual about his death?  
  
☐ He choked on his own vomit.  
☐ He was run over by his own car, driven by his wife.  
☐ He suffered a stroke, after reading a mistaken obituary of himself.  
☐ He died after being attacked by an escaped lion.
5. Rastas must follow strict rules. All food must be pure or ‘ital’. Which of the following would they be allowed to eat or drink?  
  
☐ salt  
☐ alcohol  
☐ soda  
☐ vegetables
6. To greater represent the truth, Rastafarians reject the Bible used by most Christians, opting instead for a “black man’s Bible”, known as the \_\_\_\_?  
  
☐ Holy Piby  
☐ One Destiny  
☐ Exodus  
☐ Jah
7. The Rastafarian movement has spread throughout much of the world, largely through immigration and interest in reggae music - most notably, that of Bob Marley. He was the only foreigner invited to celebrate Zimbabwe’s independence. What was Zimbabwe previously known as?  
  
☐ Rhodesia  
☐ Botswana  
☐ Zambezi  
☐ Abyssinia
8. Bob Marley was baptised Berhane Selassie by the Ethiopian Orthodox Church before his death. What is the meaning of this name?  
  
☐ Light of the Trinity  
☐ Defeater of Babylon  
☐ Lion of Judah  
☐ Protector of the Faith
9. Which word is used to describe Heaven?  
  
☐ Exodus  
☐ Babylon  
☐ Zion  
☐ Shechem
10. Haile Selassie visited Jamaica on April 21, 1966. This date is a holy day for Rastas known by what name?  
  
☐ Coronation Day  
☐ Selassie Day  
☐ Jah Day  
☐ Grounation Day





# COMING SOON!



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