

THE ST HELENA Est. 2005 INDEPENDENT

VOLUME XIV ISSUE 6, 11th JANUARY 2019, PRICE £1

An independent newspaper in association with Saint FM and St Helena Online

Born Free exhibition launched last night



Andrew Yon Called up by the ICC!



Cape to St Helena Yacht Race Concluded



St Helena drowning in plastic as experts warn whale sharks are at risk



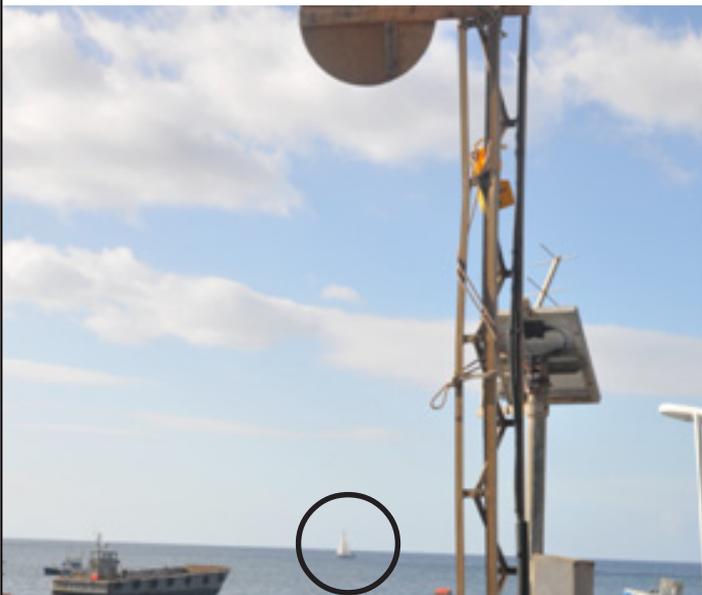
And the winner is . . .

The Overall Winner

Indaba – a 34 foot Van der Stadt is the overall winner. Finish date Sunday 6th January - finish time 18:56:22. The Indaba is also the winner in the monohull class.



The crew of the Indaba; in the centre is John Levin, owner and skipper of the Indaba. John was also chairman of the race committee for the Cape to St Helena race. While in St Helena he is discussing the future of the Cape to St Helena and hoping to secure the organisation of the race for the Royal Cape Yacht Club. John thinks the Cape to St Helena race could be developed to become bigger than the Cape to Rio yacht race. John's crew is Ken Bosenberg, left, and Ivan Shamley.



Indaba crosses the finish line. The circular disc at the top of the photo is one of the markers used to identify the finish line in James Bay

Banjo takes line honours

Banjo was first across the finish line – a Farrier F9AX, Banjo is a trimaran weighing just 2.5 tonnes including crew, stowed food and cooking equipment

Taking line honours the crew of the Banjo, (l to r) Brad Stemmet (the chef responsible for amazing meals on the high seas), Kevin Webb (skipper) and Sarel van der Merwe (galley skivvy)

Banjo crossing the finish line on Saturday 5th January at 23:46:00, beating their previous time for the second successive time.



Winner in the Multihull Class is Compromise – a du Toit yacht designed in Cape Town

The crew of the Compromise had time to relax in the St Helena Yacht Club on Sunday after finishing the race on Saturday 5th January at 23:46:00. The skipper, Rob Newman, is the one in front. He looks like he started quenching his thirst before finding his land-legs. That's not true!



Cape to St Helena Yacht Race - the Carpe Diem at the finish



At around 9:30pm the Carpe Diem is sighted about one mile from the finish.

James, Hannah, Josh and Sadie are in the cockpit area. Rob Winter is forward by the headsail halyard. The yacht is moving slowly towards James Bay.



At 21:43 and 40 seconds on Sunday 6th January the hooter sounds as the Carpe Diem crosses the finish line. Eleven days, nine hours, forty-three minutes and forty seconds of racing comes to an end for the Carpe Diem.



After tying to their usual mooring and securing the yacht the Carpe Diem crew transfer to the ferry chartered by the Independent/Saint FM and head for the landing steps Rob Winter (left) is holding the ferry close to the side of the Carpe Diem as skipper James Herne is the last to leave the yacht.



Just some of the people who gathered at the landing steps to greet the crew of the Carpe Diem



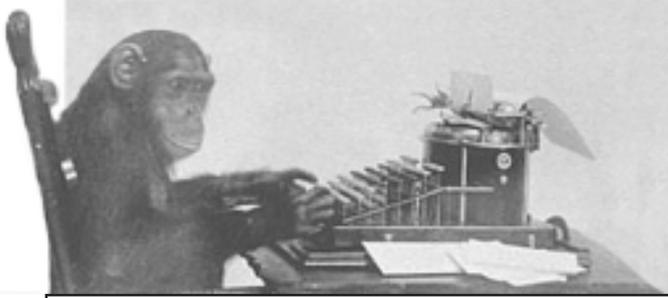
The big welcome brings a broad smile to Josh Herne the assistant skipper. Josh had his 14th birthday a few days earlier on the Carpe Diem.



A warm welcome for the skipper



The crew line up for a group photo; back row - Josh, Hannah, James and Rob and in front Sadie and Jacob.



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Editorial

Last January there were people at Anne's Place who came to St Helena from various parts of the world as the first international conference to be held in St Helena got underway. A similar atmosphere prevailed at Anne's Place this month with the Cape to St Helena race as more than the usual number of yachties found their way to the venue which is well known among the world's sailors as the place to go when in St Helena. It is international events such these which gives the feeling, more than the airport does, of St Helena being connected to the rest of the world. Let's have more events like them.

I read this thing the other day about 'good' and 'bad' carbs (carbohydrates) and what good carbs can do for you. Bad carbs it seems are very easily digestible and survive no further than the small intestine they then dump a load of glucose into your blood. As far as I know there is no separation of good and bad glucose we have to be wary of all of it. Massed produced (bad) bread normally contains easily digestible starch which releases the glucose into the blood and feeds the surplus fat. Rye bread, made from whole grains, (good bread) survives through the small intestine and passes

into the large intestine where, it is said, the gut bacteria is waiting for it. Apparently if the gut bacteria is kept fully employed breaking down resistant starch it reduces the chance of getting bowel cancer.

If mass produced bread is put in the freezer and then toasted straight from frozen it helps to make the flimsy (bad) carbs in the bread more resistant and more likely to survive long enough inside you to say hello to the gut bacteria and keep them from getting too idle. Another trick, they say, is to microwave food and then freeze it. Re-heating rice, pasta and potatoes puts new life into the carbs they contain and that also helps to keep gut bacteria doing what it's supposed to do and reduces the chance of bowel cancer.

With the food offered for sale these days keeping healthy is a complicated business. I wonder if chewing bark from a tree is good for my guts? I might try that one. There is a chance the bark will taste better than some of the bread I have had to endure eating.

**Keep smiling
 Vince**

**NOTICE OF ANNUAL GENERAL MEETING OF MEMBERS OF SHAPE
 (St Helena's Active Participation in Enterprise)**

Under Section 77 of the Companies Ordinance 2004 ("the Ordinance") and
 Articles 77 and 78 of the Articles of Incorporation

NOTICE is hereby given of an Annual General Meeting of Members of SHAPE (St Helena's Active Participation in Enterprise) to be held on 26 January 2019 at SHAPE Head Centre, Sandy Bay at 10:00 am

Agenda:

1. Welcome.
2. Apologies
3. Confirmation of Minutes of previous Annual General Meeting
4. Matters Arising
5. Chair of Directors Report
6. Treasurer's report
7. Appointment of Directors
8. Any Other Current Business



Note: Any member or representative of a corporate member, except an employee member, who wishes to be considered for appointment as a community or corporate member at the annual general meeting must lodge with the company secretary a written notice of his/her willingness to be appointed, signed by him/her, at least seven days before the date of the annual general meeting.

Andrea Timm

Company Secretary

SHAPE, Head Centre

Sandy Bay

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www.shapecharity.com

Registered No 38 under the Companies Ordinance – Registered No C00011 under the Charities Ordinance

All hands on deck at the yacht club

The yacht club was ready and waiting when Banjo crossed the finish line late last Thursday. For the next three days several yacht club officials and members volunteered to spend many hours each day at the club to make sure the race finish went smoothly. Activity at the club has not died down since Asanté became the last yacht to cross the line at 8:33am on Monday morning. The yacht club has remained open and become a popular with the race crews as a place to meet and chat among themselves, with yacht club members and anyone else who feels like dropping in.



Neil George, official timekeeper for the Cape to St Helena Race logged every finishing time along with Monica Constantine who was on hand to verify Neil's timings.

Carpe Diem crew ready to race again

The St Helena representative in the Cape to St Helena took sixth place just a little behind 'Rocket' in the final positions calculated on a handicap system which puts all yachts on an equal footing. The yacht that wins is because of the skill of the crew, not because the yacht they sail in is a well designed racing yacht.

The Carpe Diem does has speed through the water but the trimaran Banjo is in a different league when it comes to racing. Another factor in calculating the final result is the penalties received by yacht crews for a variety of rule contraven-

tions. Four of the twelve yachts that finished the race had penalties applied; the Carpe Diem was one of them. With the Carpe Diem the problem was the tracking equipment each yacht has on board to show their position via satellite during the race. First the first two days the Carpe Diem's tracker was not working. This was against the rule that every yacht must have the tracker operational at all times. In the Carpe Diem's case the tracker worked after just a little bit of fiddling with it; possible a loose connection somewhere.

Because of the loose connection the Carpe Diem has time deducted. If the tracker had been operational from the start, the Carpe Diem could have finished in fourth place. Wiring to the auto-pilot also had a minor fault which caused a continuing small problem and the sails used for the race had seen better days and this showed as the race progressed. Torn sails would have been less of a problem if new sails were available for the race.

For the next Cape to St Helena Race, the Herne family have learnt some valuable lessons from 2018 race and will be in a better position to compete next time around.

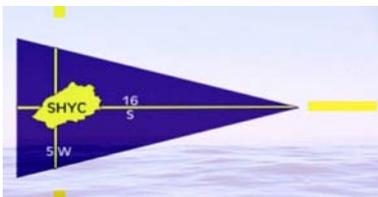
Looking ahead to 2020

The Royal Cape Yacht Club organised the Cape to St Helena race at six months notice. Six months is not enough time for all aspects of the race organisation to be sorted out satisfactorily either is it enough time for race competitors to make sure their yacht has been maintained to peak racing condition. The Notice of Race for the 2020 Cape to Rio yacht race was announced in June 2017, the same month the Royal Cape Yacht Club announce they had been selected to organise the 2017-18 Cape to St Helena Race.

Despite that the Royal Cape YC were keen to be race organisers and pulled out all the stops to make the race exciting and enjoyable. John Levin, the race committee chairman as well as the owner and skipper of the overall winner 'Indabo' has been discussing future races with St Helena tourism. The Royal Cape YC is keen to be the race organiser in the long term and develop the race into a bigger event which is more prominent on the global racing calendar.

Fish-Fry at the Yacht Club

The St Helena Yacht Club hosted an evening for crews from the yacht race, yacht club members and anyone else who wanted to show up was equally welcome. After James Herne, as commodore of the yacht club, gave a speech of welcome and thanked those who had helped make the race a triumphant achievement there was a twenty yard queue soon formed for the conga, tuna, fishcakes and all the rest.



More premium fish and premium cuts needed for export

Tuna sold at almost £9,000 a kg is no longer what dreams are made of; it became a reality earlier this month at the first Japanese tuna auction of the new season. After the first fish of the season have been sold prices settle down to something more reasonable but still very, very attractive. A quick look at the usual Japanese prices show a kilogram of yellow fin normally sells at about £13 a kg. This means a tuna of the size of the record-breaking blue fin which sold for £2.5million still fetches almost £8,000 and that is not to be sniffed at. Increasing the sale value of the fish processed at Rupert's Valley for export is a vital part of the plan to make fish processing in St Helena financially viable. The value of fish is dictated by market demand and if the fishing industry gives the customer what they want, the fishermen get a higher price for their fish and the fish processing factory in Rupert's looks less likely to suffer a financial collapse, taking the rest of the fishing industry with it.

The International Pole and Line Foundation (IPNLF) representative in St Helena, Julie Thomas, says encouraging fishermen to bleed and ream the tuna immediately after being brought onto the deck of the boat and then placing them in slurry ice in order to increase the quality of the fish has so far only been partially successful. At the moment four boats out of a possible eleven consistently use the new technique; as a consequence they land fish which can be classified as premium quality and get a higher price for their catch. It is hoped by many involved with the fishing industry that more boats will adopt this new technique and increase the tonnage of premium fish landed at Rupert's. If an increased tonnage of premium tuna can be achieved on a regular basis enabling the factory to meet their weekly airfreight targets and domestic market demands, the St Helena fishing industry generally will be more financially robust and secure, which would potentially result in fishermen benefiting financially from this achievement.

The St Helena Fisheries Corporation says that no premium fish have been flown to South Africa since September last year. This is mainly due to the inshore fleet experiencing a



Tuna Loin sells in UK shops for £25 for 700 grams

prolonged off-season and the larger off-shore vessels not operating on a regular basis. Catches are now picking up and it is envisaged that at least one boat will bring in premium quality tuna before this week is out. If this happens, the fish will be processed and packed immediately and taken to the airport on Saturday.

A further attempt to increase the selling price of fish exported from Rupert's is underway. Tuna loin from premium quality tuna fetches a higher price per kilo than a whole tuna which has been headed, and gutted with fins and tail off. A higher price per kilo makes the air freight charges more manageable and produces extra profit to the local fishing industry. A sample of St Helena tuna loins were flown out very recently for market testing. The results are awaited.

From April to November last year the total fish landed was 175.3 tons; less than 2% of the total catch was premium quality tuna. In simple terms, landing premium quality tuna and then processing the fish to increase its export value is much the same as growing good coffee beans and then roasting them before sale rather than selling green beans at a much lower price. It's the way the world works.

For Sale

**450mm Sewage, Inspection chambers,
Risers and covers.**

**Belle 150 ltr Orange Electric concrete Mixer .
Kids 3 to ten year single swings.
Bosch fridge freezer . 1.8MH.**

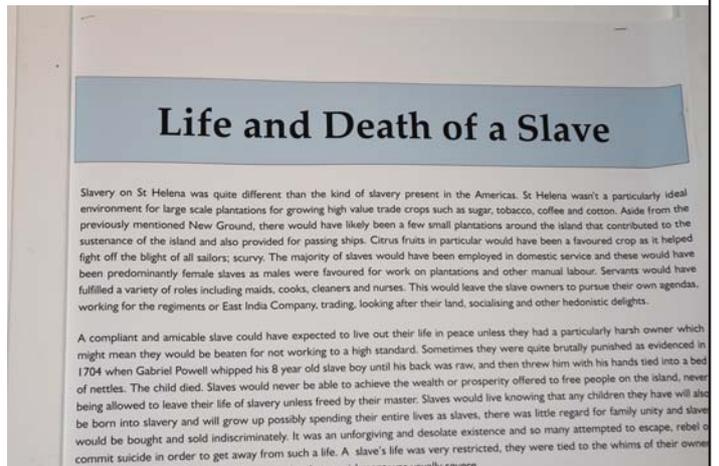
Telephone 23163

Born Free exhibition launched last night

An exhibition has been unveiled at the Museum of St Helena which marks the occasion of the 200th anniversary of Slaves born free on St Helena, the exhibition focuses on this historical movement and how the Island and its Governor, Sir Hudson Lowe at the time were in support of this thinking.

Around fifty invited guests were at the official launch at the Museum last night, an opening speech was given by the Curator of the Museum Adam Sizeland following Adam's introduction a historical and at times humorous analysis of that time presented by the French Consul Michel Martineau in which he also mentioned an exciting addition to the exhibition coming up in April at Plantation House.

The exhibition officially opens to the public from today.



Saint FM's Christmas Light Competition

Sharon Wade

Connect St Helena was the first official sponsor of a Xmas Lights Competition for displays at various residences around the Island over the festive season. This is the first competition of this kind since an initiative by the St Helena Independent approximately five years ago and it is hoped that this will revive another St Helena Xmas tradition. This season, ex-RMs Pursers Sharon Wade and Lyn Buckley took the reins, but is an option for anyone to consider organising in the coming years, and possibly with more forward planning, now that it has the potential to become an annual event.

Judging of the Xmas Light Displays took place on Friday night after the public were invited to register their properties with Lyn Buckley by 12 Noon on Xmas Eve. Even though there were many beautiful light displays in all districts around the Island, only nine entries were received and after two forfeited, seven were judged during an entertaining evening ride by kind courtesy of Wayne Crowie of Crowie's Taxis.

Judges Kerry Lane along with little Lana Lane, Sherell Thomas and Terence Carter had a rather difficult task ahead of them as all of the light displays were beautifully designed and certainly involved a lot of work. Properties were judged on originality, creativity, effort and presentation, and after some deliberation, scoring took place on the way. Scores were tallied and checked and emerging in first place as the winner of £100 was Brian Fuller's property in Half Tree Hollow. Brian's display included roof-top decoration with a Happy Xmas party effect. 2nd and 3rd prizes were £50 each and second place was awarded to Marilyn Bargo also of Half Tree Hollow and third place to Miles Issac of Longwood Road. Marilyn's colourful display included mesh lights and Xmas structures made with bamboo, whilst Miles designed an arch-themed display and a sailing ship effect, all made with recycled goods.

Congratulations to the winners, who are asked to contact Kerry Lane at Connect STH to arrange collection of your prizes. Thanks are extended to the judges for giving up their time to visit all properties, to Warren Benjamin the patient driver and all participants who entered their light displays for the competition. The general public should be congratulated as a whole for lighting up St Helena with their personal designs, showing how the celebration of Xmas holds a special place in our hearts. A big thank you to Connect STH also, for sponsoring the monetary prizes for the 2018 Xmas Lights Competition.



1st Prize (Photo: Gozzip)



2nd Prize



3rd Prize (Photo: Gozzip)



Warmly invite you to join them in a special service of welcome for the new Officers for St Helena Majors Ziqubu and their two children. Also arriving for the week will be Divisional Commander Major Ivy Mntambo who will be leading the service. The service will take place at the Half Tree Hollow Hall on Sunday at 5.30pm and will be followed by a Bring and Share fellowship tea. We look forward to seeing you.

Two and a Half Year Old Freddy Climbs the Ladder

My son, Freddy Radley who just turned 2.5yrs old, has been asking to climb Jacob's Ladder from the first day we set foot on the island.

A few weeks ago I did it for the first time myself and have done it a couple of more times since then. So last weekend, on Sunday 6th January 2019, when we were a bit at a loss for what to do in town, I asked Freddy if he'd like to climb the Ladder.

He very excitedly said "yes!" and so the challenge began. He started at quite a pace, using his hands to help him up the large steps as he was too small to reach the handrail. I followed behind him to catch him if he slipped or if he decided he wanted to stop and go back.

But he never did. Each time he stopped for a rest I asked him if he wanted to continue going up or go back down? Each time he said up and as we passed half way, my husband (who had been anxiously watching from the bottom) realised that he was determined and while Freddy was having another rest, we watched him drive up the high street and knew he was heading to the top to meet us and encourage us from there.

A few more steps up and Freddy could see his daddy at the top. This gave him a big spurt again and he climbed and climbed until he needed another rest. By now we could hear words of encouragement coming from the top and little by little Freddy drew closer and closer to the top.

The last few steps were very emotional for myself and my husband, marvelling at the strength and determination of our son who's biggest concern when he got to the top was how many wine gums he could have!!

We drove back down the hill and celebrated his achievement with a drink in the Consulate - Freddy opting for a sausage roll and a juice!

He did fall asleep on our drive back home but what a deserved nap!

Helen Radley



Brian Frederick has passed away



It is with deep regret that we announce the sudden death of Mr Brian Frederick, who passed away peacefully at the Lister Hospital, Stevenage on the 4th January 2019. Brian is survived by his wife Heather and his children Lisa and Adam and grandchildren Luke and Chloe.

Brian was heavily involved with the education and training since the island's planning towards and implementing a 3 Tier education system in the 1980s. His involvement was through his senior educationalist role in North Hertfordshire from where advisory and specialist staff were recruited, school links were forged with island schools and training was given to our teachers and education administrators.

Brian has always supported and provided assistance to the St Helena community and for those who experienced his extraordinary enthusiasm, effort and generosity in many ways "to make things happen" for St Helenians over the past thirty five years will testify that Brian "was" and will remain a "true" friend of St Helena.

LATEST PRICE INFLATION RATES RELEASED

Q4 2018

The latest rate of annual price inflation is estimated to be 4.7%, between the fourth quarter of 2018 and the fourth quarter of 2017. This is a 0.6 percentage point increase from the previous quarter, when the annual price inflation rate was measured at 4.1% (Chart 1). The average annual inflation for 2018 was 3.8%, calculated as the average of the rates for the four quarters that make up the 2018 calendar year.

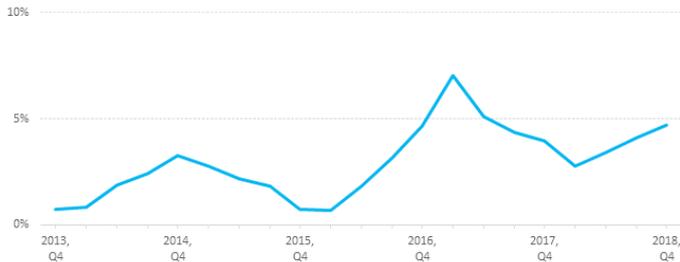


Chart 1. Annual price inflation rate, St Helena, 2013 to 2018

highest annual inflation, 10.4% currently compared to 10.8% the previous quarter - this is mostly the result of the increase in telephone tariffs during Q3 2018. Tariff increases in both government (i.e. road licences) and private sector service fees (i.e. television subscriptions) also resulted in increased annual inflation rates for the 'Miscellaneous goods and services' and 'Transport' categories. The 'Food' category saw a two percentage point increase in the annual inflation rate compared to the previous quarter, the combined effect of increases in highly-weighted items such as local bread and price increases in other food items. The average price of food, as measured by the representative items collected in the shopping basket, has increased by almost 5% compared to this point last year. As the price of domestic electricity has remained static, the 'Household Energy' expenditure category has the lowest annual inflation rate at 1.3%. The annual price increase in the 'Clothing' and 'Housing' categories also fell, to 2.3% and 2.7% respectively.

SHG

8 January 2019

The average prices in every category increased, compared to a year ago. 'Communications' remains the category with the



St Helena
Government

APPLICATIONS FOR DEVELOPMENT PERMISSION

NOTICE IS HEREBY GIVEN that an Application has been received in respect of the following proposal:

1. **Application 2019/01:** FULL Planning Application for **Construction of a 2 Bedroom Dwelling**, Clay Gut on Parcel 0459 New Ground, adjacent to David John. Applicant: Nicholas John
2. **Application 2019/02:** Full Planning Application for **Refurbishment of Hospital Administration Building**, on Parcel 140010 Jamestown, adjacent to St Johns Church. Applicant: Derek Pedley (SHG)

Copies of the Applications and Plans may be inspected by prior appointment with the Planning Section, Essex House, Main Street, Jamestown, Monday to Friday, from 8.30am to 4pm. Appointments can be made with the Secretary on Telephone 22270 or email Karen-Isaac@enrd.gov.sh stating the Application Reference Number they wish to inspect.

Any person who wishes to make Representations on the above Application should make them in writing within 14 days, to the Planning Office, Essex House, Main Street, Jamestown or Email shane.williams@enrd.gov.sh

Public Review Commencement Date : 11 January 2019
Public Review Closing Date : 25 January 2019

Andrew Chawora
Locum Chief Planning Officer

A TRIBUTE TO THE LATE EDITH MAY TIMM, MBE,

4TH September, 1936 – 4TH January, 2019

We remember Edith Timm as a highly feisty, intelligent, articulate and adventurous woman. Indeed, if we take a minute to reflect on her the life, some of the snapshots will be the elegant upswept bun, the red lipstick, the hot pants and the high heels. These images stand out along with visions of one of St Helena's the first lady drivers, one of the first islanders to visit Jerusalem, one of the first to obtain a Master's degree and the very first May Queen of St Helena. Our very own pioneer as teacher, trainer, traveler, (she had travelled the world) and a woman we are proud to be associated with.



Sometimes when people pass, there is a temptation to remember them a little too well. Misdeeds are forgotten. Offences are forgiven and only the most shining characteristics make it into the version of them we remember. Inarguably Edith was a unique woman. Her zest for life and her ability to meet challenges were the qualities that made her outstanding, at work, at home, when she was younger and in her twilight years. Combined with her vibrancy and vivaciousness that lit up the room and made her the life of the party, make her a fine example for others to follow.

She was a wonderful blend of passion and sensitivity, humility and pride, independence and vulnerability, and of being worldly and naïve, sensible and frivolous, serious and devilish. She was the essence of passion, style and beauty, complimented by her wicked sense of humor and mischievousness. She had a zest for life and was able to attempt anything from dancing, drama, sports. Edith's inherent creativity came through in her calligraphy, music and singing. Her love for drama was very evident in her role as a producer in (SAPS) South Atlantic Players when she produced plays in the Jamestown Paramount Cinema Hall, which provided in those days, the much needed entertainment for so many people.

Her tremendous strength of character came through as a young teacher when she was told she could not embark on teacher training in the UK because of her stammer. She was saddened, but she found a way - she was going to teach and teach she would. She entered the UK via the domestic route, completed her contract and then self-funded her training. We have seen throughout the years how this hugely articulate woman was able to get her point despite her stammer. In fact, we almost do not recall the stammer because of her will and her positive attitude overcame it. Edith's brother Doy once said that she decided earlier in life

that a stammer would not shut her up. Indeed, it created obstacles but her approach to life was the bigger the obstacle the higher she jumped. Thus she became strong, resilient and formidable. And so, "stammering or no stammering" she qualified and returned to teach in St Helena resulting in a marked contribution to teaching, education and the lives of both children and adults, carrying leading roles in her profession up until the time of her retirement.

Edith was a leader who championed development throughout Education and the community in her roles as a Headteacher and Education Officer/ Chief Education Officer. She was innovative and hardworking, pushing (and sometimes dragging) her colleagues into the necessary changes. She empowered before empowering women became fashionable. Her 'just do it' attitude was contagious, inspiring us to get ahead, to go abroad to train and develop and add to education in St Helena. Her legacy lives on in the teachers she trained and the people they have become.

Edith's strength of character and dignity, as a person and as a woman stood out, which was why the vulnerabilities she encountered in her later life were so noticeable and hard to witness by those who loved and cared for her. These were truly tough times when the organic difficulties of aging magnified without the support of her husband, her Cecil, who undoubtedly was her anchor, the one who grounded her, the glue that kept her together.

Today, we celebrate the life of Edith, this exemplary woman who dedicated her life to St Helena, to education and learning, sports and her community which was highlighted in her well-deserved MBE award in 2012. In remembering her, we realise that: 'Death is not extinguishing the light; it is putting out the lamp because dawn has come'¹. Indeed, Edith's memory and legacy will live on. The world and St Helena, is most definitely a better place because of Edith Timm.

Contributed by – Cilla McDaniel and Ivy Ellick

(Footnotes)

¹

Rabindranath Tagore

– Hindu poet, musician and artist



Your Opinion Counts

Dear Editor,

It's hard to believe that we left home just over a week ago, and here we are, now back at our second home. We wish all of our family and friends at home a very blessed and fulfilling new year. We would also like to say a million thanks for all you did to make our short stay very special.

What a different experience it was in traveling home this time, but what a very pleasant adventure! It sure was a long and exhausting haul from San Francisco to London and then on to Johannesburg, with only three hours layover, but everything worked out well. It is very important to emphasize that our experience in Johannesburg was very pleasant. Our plane arrived very early in the morning, and we had made a reservation with Hotel Southern Sun O.R. Tambo International Airport. Once our luggage was cleared we were transported by the hotel shuttle bus.

Many who were traveling home had reserved with this hotel, and even though we had to wait a long while for our rooms, this too was an exciting experience because I saw and chatted with a number of people whom I had not seen in many years. But along with all of this I need to mention just how wonderful, professional and caring the staff are; they checked on all of us constantly, and ensured that we were in need of nothing while in waiting. During meal times at the restaurant also the staff were very professional and attentive. I also loved their very elegant uniforms. Room service at this hotel is outstanding. Honestly, even in the United States there were times when we have had to call two to three times before having a request completed. At the SUN, before we could even blink, a responsive knock could be heard at our door; and please remember, this is not because they were not busy, for guests are rolling in to their lobby all day! It is evident the staff are very well trained, and as a result they manifest outstanding efficiency!

I personally felt a little apprehensive about our flight from Johannesburg to home, especially considering the size of the plane and comparing it to the two giants we had just flown on; when we took off I could feel my hands loaded in sweat! Before long though we were in Windhoek, and how surprising to see how isolated it is at our refueling stop! The ride home was smooth, with blue skies, pleasant conversation and excellent service. It was amazing to see the island from above, and to see the airport for the first time. The glass balcony is awesome, and it was really something to step off the plane, and then wave to everybody there. What an adventure! What a very pleasant experience!

We celebrated my husband's first St Helena birthday at the Mantis Hotel, this was also his first St Helena Christmas. The hotel is very beautiful and the service is excellent, the food is delicious, and it's staff very professional. Keep up the great effort Matt and team.

I cannot avoid expressing the disappointments that still remain since our 2014 visit.

1. Ladder Hill (where I grew up), the Colonnade and surrounding areas are still a sore sight! What a shame that such history should be allowed to go to waste! And what is it that tourists see when they arrive at the top of Jacobs Ladder? Buildings that are absolutely way overdue for a coat of paint, broken down cars, overgrown plants and graffiti on the walls.

2. The playground and the adjoining toilets in Jamestown is neglected, abandoned and non-functional. What a sight when I looked in! Is there no longer an interest in "outdoor" play for children? What can the leaders and locals do to restore and beautify the grounds and make it enticing again?

3. During our walks we noted a lot of old equipment dumped near or at the back of buildings. It gives the impression that once an item is no longer operational it is an accepted mentality to just have it sit near the owner's or renter's location without having it appropriately discarded. This is a very sore sight!

4. We had no access to gas stations, stores, or St Helena Bank the day before we left home. It would have been great to have given the employees the day of following Boxing Day instead, and have the named facilities opened the following day, especially for those people leaving on the next day's flight. Think Tourism!

Nevertheless, our stay at home was a delight! The reason I am sharing our travel experience is because along with the positive, I often read negative articles on social media relating to travel to St Helena. I am encouraging my fellow islanders and others who plan to travel to our beautiful island, to embrace the progress and to always remember that wherever you are in the world, progress does not come without bumps and wrinkles, so please be patient.

I would also like to encourage my fellow islanders to hold on to the moral values that you have always held close to your heart. Remember you do not have to follow the crowd, so do not feel pressured by the "majority." Always remember, "Righteousness exalts a nation."

God bless you until we meet again.

Doreen Gatien
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hailhim.wordpress.com
408-802-3139



ST HELENA ISLAND
PANORAMIC CALENDAR 2019

Photos and design by Ed Thorpe

BEST 2.0 Nurseries for Nature project draws to a close

The BEST (Biodiversity and Ecosystems Services in Territories of European overseas) 2.0 small grant funded project, Nurseries for Nature: Increasing capability at St Helena's endemic nurseries came to an end on Monday, 7th January 2019. This project was managed by the Saint Helena National Trust working in partnership with St Helena Government's Environmental Management Division (EMD).

This one year project aimed to make an impact at each of the three endemic nurseries on island: Millennium Forest, Peaks and Scotland nurseries by upgrading facilities to ensure healthier, stronger and increased endemic plant production which will help to support habitat restoration in a variety of habitats on island.

Millennium Forest Nursery received an upgraded shade house and standing out area. The shade house can now accommodate more than twice the total amount of plants than could previously be produced in the old shade house. The standing out area, used to harden off plants so that they are well adapted to conditions in the wild (e.g. wind), has been designed so that plants do not need to be moved, making the process less labour intensive for nursery workers. The St Helena National Trust also contributed a substantial portion of the labour needed to complete the construction of this shade house and the result is a structure built to a very high standard.



Inside new shade house at Millennium Forest



Salad Plant and tea plants at Millennium Forest

Three species focused on at the Millennium Forest for increased production were Tea plant, Salad Plant and Cliff Hair grass. These species were not as commonly produced at Millennium Forest Nursery before this project, so work included investigating best times for seed collecting, sowing, germination and planting as well as what is the best medium for sowing and potting out and the type of area preferred for planting these species, so that new plants are able to thrive.

The Peaks endemic nursery also received an upgrade to their shade house to increase production of endemic cloud forest plant species. For this project they focussed on: St Helena Lobelia, St Helena Whitewood and Diana's Peak Grass.



Shade house structure at Peaks

The endemic nursery at Scotland, run by EMD, received a Laminar Flow cabinet for the design of an experimental sterile fern propagation of three endemic fern species: Brown scale fern, Tree fern and Small kidney fern. This is the first time that this method has been utilised on St Helena. The Laminar flow cabinet will remain with Scotland nursery and



Exchange day at Scotland

continue to be used in the long-term propagation of other endemic fern species.



Using Laminar flow cabinet

In order to share knowledge and skills among staff, exchange days between the different nurseries were held. The exchange day at Scotland saw Marcella Corcoran from the Royal Botanical Gardens Kew giving a crash course in sterile fern propagation to members of all three nurseries. Participants learned how to identify and collect fern spores and sow them on agar using the Laminar flow cabinet.

Peaks and Millennium Forest nurseries also hosted exchange days to share the ways in which each of the selected endemic plant species were propagated, what difficulties occurred and to share advice and solutions between them.



Potting out Lobelia at Peaks

Overall the project has not only provided additional equipment and facilities for endemic plant propagation on St Helena, but has positively encouraged active communication between staff at the different endemic nurseries. Additionally there has been improved outreach through social media, local media and events, increasing the awareness of the general public to efforts being made to produce endemic plants for St Helena. This work will have a lasting positive impact on the islands restoration efforts, improving production and overall health of individuals to allow establishment of strong, resilient plant populations.





*200th Anniversary of
Children of slaves born free
Exhibition*

Open from Friday 11th January 2019
at the Museum of St Helena



St Helena Island
Secret of the South Atlantic



SOCIAL ENTERPRISE GRANTS

Enterprise St Helena is offering funding to support Social Enterprises. Grants will be offered at 75% of the project cost to a maximum grant value of £7,500.00.

WHO IS ELIGIBLE TO APPLY?

Social Enterprises, Non-government Organisations, Associations and Charitable Organisations with a business approach and a social aim, or provide products and services that deliver social, economic and environmental benefits to the local community and/or enhance the local tourism product.



This grant is subject to eligibility, policy and terms and conditions

***Skills Development Grants are offered at 75% of total cost of course / training project, with the minimum amount of £500.00 up to a maximum of £5,000.00.**

For more information please contact Mandy O'Bey on telephone 22920 or e-mail mandy.obey@esh.co.sh



Enabling Tourism and Economic Growth

Head Office | ESH Business Park | Ladder Hill | Tel: +290 22920 | Email: info@esh.co.sh



Visit us online Business and Investment: www.investinsthelenatourism.com

Tourism: www.sthelenatourism.com



VACANCY FOR HEAD OF FINANCE

An exciting opportunity has arisen for a finance professional to join the St Helena National Trust's team in a leadership role. We are looking for a Head of Finance to join the team and play a central role in guiding the Trust's financial activities.

This job will present the successful candidate with the opportunity to join a leading charity organisation doing great things for St Helena and her people. Work will be office based but there will be opportunities to join our field teams as they go about their work.

Applicants must be exceptionally organized, highly motivated, and have a proven track-record of leadership in a finance role. Experience working with SAGE 50 accounting software and preparing accounts for annual audit will be strongly favoured.

The Trust is an independent non-governmental organisation driven by a passion for St Helena and our built, cultural, and natural heritage. We have a strong emphasis on team-work and collaboration and believe that our staff are the greatest asset that we have.

If you feel you could contribute to the Trust and would like to join a team passionate about seeing good things happen on St Helena then we want to hear from you. The salary for the post is £12,138 per annum.

A full job description can be obtained from Amanda Constantine at the St Helena National Trust office at Broadway House, Jamestown. Alternatively email amanda.constantine@trust.org.sh or call 22190. Applications should be in the form of a CV and Cover letter indicating how you meet the requirements of the job description.

CLOSING DATE FOR APPLICATIONS: Friday 25th January @ 16:00



BOTTOM WOODS WATER NETWORK UPGRADE

Connect Saint Helena Ltd are continuing with a programme of water network upgrades to ensure a reduction of water loss through leaks and pipe bursts.

For the next several weeks, Connect Saint Helena Ltd will be working along several main roads in Bottom Woods, as well as in close proximity to the junction adjacent to the bus shelter and surrounding areas.

Motorists and pedestrians are asked to approach these areas with extreme caution and Connect Saint Helena Ltd apologises for any inconvenience caused.

Consumers are assured that these upgrade works will not have any negative impact on their water supply. If there is a need to turn off the water at any time, consumers will be advised of this in advance.

January 2019





Bank of St. Helena Ltd.

www.sainthelenabank.com

IVR Services

Interactive Voice Response

The Bank is closed, but you want to know your Account Balance? What can you do?

If you have a Local Debit Card ...

CALL OUR IVR on 25335 for 24 hour automated card support

Using the IVR Service you can:

- ✓ Check your Account Balance
- ✓ Activate Your Local Debit Card
- ✓ Change your PIN
- ✓ Change your Memorable Security Number
- ✓ Block Your Card

Call on 25335, Have your Local Debit Card handy and follow the instructions...

Its that Simple!



Vacancy – Billing Administrator (Metering)

Connect Saint Helena Ltd is seeking to employ a Billing Administrator who will work within the Finance section of the business reporting to the Finance Manager. The Billing Administrator will work closely with Meter Readers relaying work instructions and will be responsible for associated metering administration. Duties include liaising route lists with Meter Readers and ensuring readings are submitted within specified timescales; importing metering data into spreadsheets and into billing documentation; carrying out monthly billing analysis; producing reports for unread meters and exceptions reports to illustrate anomalies; assisting and working closely with other members of the Billing function.

The successful applicant must have good computing and organisational skills; be able to work independently as well as part of a team; exhibit attention to detail and be able to communicate effectively, both written and orally. They should also be able to work to deadlines and encourage others to meet deadlines.

Qualifications & Experience

Essential qualifications are: GCSE's at Grade C or above in English and Maths; 2 year's experience in relevant clerical work; experience with data collection; strong computer literacy in Microsoft Word, Excel and email; Experience and knowledge of Access Dimensions or similar accounting software is preferred but not essential.

Connect Saint Helena Ltd offers a competitive salary dependent on qualifications and experience. Other benefits include a 15% of base salary pension contribution and 25 days annual leave.

For a full job description and application form, please contact Kerry Lane on 22255 or email kerry.lane@connect.co.sh. Completed application forms should be sent to Kerry at the above email address or delivered to Seales Corner, Jamestown by 12:00 noon on Thursday, 24th January 2019.



Solomon & Company (St Helena) Plc
has vacancies for

General Assistants (Bread Production)

Job Outline

Become a vital part of the day-to-day bread production and help to ensure quality standards are achieved.

Basic Applicable Skills include:

- Be able to carry out and understand basic measurements and follow written recipes
- Operating production equipment as required
- Packaging and delivering products
- General cleaning

Further details contained in job description

Interested Persons Should:

- ✓ Have basic numeracy and literacy
- ✓ Have some knowledge and experience in this field, including Food & Hygiene and Health & Safety Awareness

Salary will start at **£8,539** per annum, (£164.22 per week), depending on qualifications and experience.

Opportunities also exist for you to develop your skills and advance on the salary scale.

For further information, including the Company's attractive benefits package, please contact
Dean Okali

on telephone number: 22380 or 23770

or via email address:

bakery@solomons.co.sh

Application forms may be collected from Solomons Reception Desk, in the Main Office Building, Jamestown or alternatively an electronic copy can be requested via e-mail address: hradmin@solomons.co.sh and should be completed and returned to Nicola Essex, Human Resources Manager, Solomons Office, Jamestown, By 18 January 2019



Enterprise St Helena (ESH) has two units available for rent to local entrepreneurs for non-industrial / clean business at the ESH Business Park, Ladder Hill. The units are now available for occupancy.

Applications should be submitted to Emma Peters, Receptionist/Administrative Support in the form of an extended business brief with a 3 year cash flow, detailing your planned business and intended opening hours via email emma.peters@esh.co.sh or in hard copy to the Enterprise St Helena Office, ESH Business Park by close of business on Friday 25th January 2019.



For further information please contact **Michielle Yon, Director of Resources on 22920** or e-mail michielle.yon@esh.co.sh



Head Office | ESH Business Park | Ladder Hill | Tel: +290 22920 | Email: info@esh.co.sh

Visit us online Business and Investment: www.investinsthelena.com | Tourism: www.sthelenatourism.com



MV Seven Seas Explorer

The vessel is scheduled to arrive on Sunday, 13th January at 1100hrs and depart at 1900hrs. The maximum passenger capacity is 818 passengers and 542 crew. It will be arriving from Walvis Bay and will be travelling onto Rio De Janeiro.

MV Crystal Serenity

The vessel is scheduled to arrive on Thursday 21st March at 0700hrs and depart at 1500hrs. The maximum passenger capacity is 950 and 530 crew. It will be arriving from Walvis Bay and will be travelling onto Ascension island.

MV Saga Pearl

The vessel is scheduled to arrive on Thursday 28th March at 0800hrs and depart at 1800hrs. The maximum passenger capacity is 450 and 220 crew. It will be arriving from Lüderitz and will be travelling onto Praia.

For further information contact: **Shelley Magellan-Wade** or **Christina Plato** on Tel. **22158** or e-mail: Shelley.magellan-wade@tourism.co.sh or Christina.plato@tourism.co.sh



THE ECONOMIC DEVELOPMENT

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VACANCIES WITHIN CORPORATE FINANCE

Are you looking for an employment opportunity in Finance and Accountancy? Corporate Finance has the following vacancies in their Central Finance team:

SENIOR ACCOUNTS EXECUTIVE

An opportunity is available for **two** Senior Accounts Executives.

The post holders will be responsible for the effective management of the Accounts Payable and Receivable functions of the financial management system, ensuring all Government revenue and expenditure is accurately recorded.

Applicants should have the following qualifications and experience:

- GCSE Maths and English at Grade C or above
- ACCA Certified Accounting Technician Level 2 or equivalent
- At least 3 years' experience in a similar accounting role
- At least 2 years' experience in supervising staff

Salary for the post ranges from £8,613 - £10,765 per annum.

ACCOUNTS EXECUTIVE

An opportunity is available for an Accounts Executive.

The post holder will be responsible for the accurate and efficient entry of data and monitoring of all St Helena Government's financial transactions, and to contribute to the effective operation of the financial accounting systems of the Government of St Helena.

Applicants should have the following qualifications and experience:

- GCSE Maths and English at Grade C or above
- GCSE Accounts at Grade C, or ACCA Certified Accounting Technician Level 1 or equivalent
- At least 1 years' experience in an accounting role

Salary for the post ranges from £6,722 - £8,402 per annum.

Corporate Finance provides an environment for professional development in the field of finance and accountancy. The salary ranges for these positions reflect the pathways designed to reward professional development and technical competence.

For further details about the post, interested persons should contact Emma Thomas, Business Support Manager on telephone number 22470 or e-mail: emma.thomas@sainthelena.gov.sh.

Application forms can be obtained from Corporate Human Resources and Corporate Finance and should be submitted through Directors, where applicable, to Gemma Lawrence, Corporate Human Resources, The Castle or e-mail gemma.lawrence@sainthelena.gov.sh by no later than 4pm on Monday, 21 January 2019.

All appointments are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified.

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview.

Corporate Services 7 January 2019



PRISON COOK (Fixed-Term to 31 March 2019)

The St Helena Police Directorate has a vacancy for a Cook to work within the St Helena HM Prison. The successful applicant will be responsible for menu planning and the preparation of nutritious balanced meals for prisoners.

The main duties of the post include:

- Responsible for creating and planning menus that are varied, nutritionally balanced and appetising. Cook quality meals and bakes that take advantage of foods in season and local availability, as well as show an understanding of dietary needs, within the required budget.
- To work alongside prisoners assigned to kitchen duties.
- To be proactive in anticipating and identifying stock issues and responsible for preparing good orders within budget to ensure adequate supplies of stores are available at all times to meet the dietary requirements of prisoners for meal planning.

Applicants should ideally be able to demonstrate the following:

- Functional Skills Level 1 in Numeracy and Literacy (equivalent to GCSE Grade D-G)
- Food Safety Level 3
- At least 3 years' experience in cooking for multiple people
- Have good stock control skills
- Be 18 years of age or over



The salary for the post is at Grade B Entry Level commencing at £6,722 per annum.

For further details regarding other duties of the post interested persons can contact Linda Fuller (Deputy Prison Manager) on telephone number 22541 or e-mail linda.fuller@sainthelena.gov.sh

Application packs are available from Corporate Human Resources and should be completed and submitted through Directors where applicable to Clare O'Dean, Human Resources Officer, The Castle or email clare.odean@sainthelena.gov.sh by no later than 4pm on Monday 21st January 2019.

If you are looking for a rewarding but challenging career **come and join us in the Police Directorate.**

All appointments are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified.

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview.

Michael Miskell, Acting Director of Policing, 7th January 2019

HEALTH DIRECTORATE VACANCY- Trainee Dental Technician

The Health Directorate has a vacancy for a Trainee Dental Technician. The purpose of the role is work closely with the Dental Technician assisting in the repair and fabrication of dentures.

Some of the **key duties** of the post are:

- Casting of models and acrylic denture repairs
- Fabrication of special trays and bite blocks
- Articulation of study models and to set up of teeth in occlusion on an articulator
- Waxing up of a denture, flasking, packing and finishing of dentures
- To undertake training (from present UK qualified dental technician) including mandatory training as outlined in the organisations training policy.
- Work as part of the multidisciplinary team to deliver high quality work and to work within standards, procedures, protocols and guidelines of SHG.



The successful applicant must have GCSE qualifications in Maths, English, Science and one other subject at Grade C or above, or equivalent, have good hand-eye coordination, good communication and basic IT skills. Previous experience in Health care setting or setting with transferable skills is also desirable.

Salary for the post is at Grade B commencing at £6,722 per annum.

All appointees are subject to the successful candidate providing satisfactory clearances, medical check, vetting or DBS Disclosure and references. SHG reserves the right to have information provided on the application form independently verified. Interested persons requiring further details regarding this post can contact Miss Heather Crowley, Dentist on telephone number 22500 or email heather.cowdry@sainthelena.gov.sh

Application forms and a job profile are available from the Health Directorate and should be completed and submitted, through Directors where applicable, to Madonna Henry, Human Resources Officer, Health Directorate or e-mail madonna.henry@sainthelena.gov.sh by no later than 4pm on Friday, 25 January 2019.

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria will be guaranteed an interview.

Akeem Ali (Dr) 08 January 2019

Director

Health Directorate

HEALTH DIRECTORATE

VACANCY- BEHAVIOUR SUPPORT WORKER (MENTAL HEALTH)

The Health Directorate is seeking to recruit a Behaviour Support Worker for their Mental Health Section of the Health Directorate.

The successful applicant will be responsible to the Mental Health Team Lead under the direction and supervision of qualified staff to provide direct support to clients who exhibit extreme complex challenging behaviour, resulting from mental illness and/or intellectual disability. To support, develop and manage this behaviour, to enable individuals to participate in a wide range of therapeutic interventions, activities of daily life and social interactions.

Some of the key duties include:

- To promote and safeguard the rights of the people we support and alert the appropriate person's if they suspect abuse to be taking place.
- To provide client centred support to people who because of a mental health condition require a high level of support to help them live full and active lives.
- To support clients into the community and be led by them as much as possible in this.
- To contribute to dynamic risk assessment and management on a daily basis including monitoring any increased safety risks to clients, colleagues and the community, and to report these to the appropriate person.
- To be responsible for maintaining consistent and professional boundaries in order to support best outcomes for our clients.
- To be a champion in breaking down barriers around Mental Health in the course of their work

Essential qualifications and experience for this post are:

- GCSE in English and Maths or equivalent at Grade C or above
- Valid Driver's licence Class A
- NVQ level 2 in Care, or a willingness to obtain qualification is also desirable

Experience in working with people diagnosed with Mental Illness or those with various disabilities is a preference and/or a commitment to ongoing training to gain experience in working with vulnerable adults.

Salary for the post is at Grade B commencing at £6,722 per annum.

However, staff will qualify for a competency based salary enhancement when they are able to successfully and consistently demonstrate competency in accordance with the competency levels relevant to their post. The competency based salary enhancement is pensionable and has been mapped to competency level B9-£8,067 pa.

All appointees are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified.

Interested persons requiring further details regarding this post can contact Mrs Sherilea Curzon, Mental Health Team Lead on telephone no 22500 or email sherilea.curzon@sainthelena.gov.sh

Application forms and a job profile, which are available from the Health Directorate should be completed and submitted through Directors where applicable to Miss Madonna Henry, Human Resources Officer, Health Directorate or email madonna.henry@sainthelena.gov.sh by no later than 4pm on Friday, 25 January 2019

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview.

Akeem Ali (Dr)
Director 08 January 2019
Health Directorate



GIRLGUIDING ST HELENA EXTEND A HUGE THANK YOU TO ALL

WHY? because they have had such tremendous response to their fundraising efforts for the first two planned activities:

1. ??A CHRISTMAS QUIZ?? For which we received over thirty correctly returned answer sheets, and the lucky winner drawn from all of those names was Miss Joanne Crowie of Half-Tree-Hollow. Well done to Joanne and all others who entered the Quiz and got their sheets in, in time to be marked. There was a similar number of slightly incorrect sheets – in most cases just one incorrect answer, and this was not always the same wrong answer, reported our Quiz Mistress, Ms Heather Cowdry, GGSB Commissioner; they did vary. We hope you enjoyed getting to grips with the different types of questions, etc, and still managed to do all that was going on at a very busy time. Well done and thank you.

2. A TWELFTH NIGHT BALL which actually went with a BLAST!!!

This event was held at Plantation House by kind courtesy of Governor Lisa Honan – our GG Ambassador – on Saturday, 5th January; this was a particularly lovely venue for such an occasion. So we are grateful to Our Governor for allowing us to host the Ball and to Debbie and all the Staff who provided all those delicious canapés and served them to us and made sure the night went with a bang or was it a burst!!; we extend a huge thank you for that. Other supporters and providers to the success of the night, and to whom we are very grateful, are:

- **The Joshua Brothers' Band** who freely donated their time and great music to create the atmosphere of the night;
- **The Amphibians** for their Bar Service and a donation from that to our cause;
- **The 118 Ticket buyers** who came and thoroughly enjoyed the night (by all accounts);
- **The Raffle prize donors** and **ticket buyers** – your participation in the draw was much appreciated; well done to a good number of lucky winners who walked away with those specially given prizes;
- and finally to
- **EvVERONE** who helped, organised and enjoyed the night. The total raised from all of all of your efforts was a handsome sum of £1 405.

SO... what more can we say than THANKS AND THANKS AGAIN. WE DO APPRECIATE YOUR SUPPORT.

*Contributed by Betty Joshua
PRO for Girlguiding St Helena (GGSB)*



**Are you between
9 -14 years old?**

Creative Saint Helena is looking for members for a new **Commonwealth Children's Choir** to represent St Helena.

You need to be able to sing confidently in tune, be able to blend in with other singers but above all, to show commitment to after school /occasional weekend practice.

Auditions will be on Monday 14th January
3 - 4pm at Jamestown Community Centre.

We will all learn something short to sing together, then you will need to sing once on your own.

Come along and share your talent and love of singing in this new, exciting adventure.

Further details: 23988 / creativesainthelena@gmail.com



GOLF REPORT SUNDAY 6th JANUARY 2019

High clouds and sunny spells is the weather that characterised the first competition of 2019. A total of 19 players turned up to tee off in pairs in a unique stroke play competition format where the two players tee off and thereafter they play alternate shots until the ball drops in the hole. 3/8 of the combined handicap was used. Jeffrey Stevens aka Foxy and Bramwell playing off handicap 7 with nett 66 beat their closest competitors Arthur Francis and Nicky Stevens handicap 6 nett score 70 to emerge winners. Team Arthur and Nicky started with a big bang when Nicky's drive landed a metre and a half from the hole off the first tee which was easily converted into a birdie by Arthur. Things were going well for the first nine holes for Arthur and Nicky who had only one over par, they were a formidable team until they started picking up bogeys in the second nine which got worse in Hole 17 par 5 where they picked a triple bogey. Foxy and Bramwell played a consistent game of 37 and 36 and scored a total of 3 birdies which helped them secure their victory. Six teams returned nett scores in the 70s, which was good perform-

ST. HELENA



GOLF CLUB

ance considering team dynamics. Two ball pool was shared between team Nicky and Arthur and Foxy and Bramwell. The evening ended in good banter and drinks in the 19th hole where everyone scores.

Sunday 13th January 2019 will be 18 Hole Bogey Competition. Tee off time 12:00. Registration ongoing through the usual channels. Add your name to the list on the clubhouse noticeboard, Voice mail 24421, or drop a message to our Facebook page @SGHC.org.sh
Happy golfing for 2019. We look forward to seeing you on the course.....!

**Contributed by;
SHGC**

Land for Sale
For sale is a plot of land 0.46 acres in Kunji Field. For further information please contact Linton Stevens of Alarm Hill on 23785 after 7pm

Solomon & Company (St Helena) Plc
has a Vacancy for a

Stack Controller

Within the Finance Department

Job Outline
To provide and maintain an efficient and accurate stock control system for the company, including the effective processing and monitoring of all relevant documentation and reporting.

Interested Persons Should:-

- Have Grade C or above in GCSE Maths & English
- Be computer literate in the use of Microsoft Office applications
 - Have the ability to work to deadlines
 - Have some supervisory experience
 - Have experience in stock management
- Desirably have experience in using Access Dimensions

Salary will start at **£915.69** per month, (£10,988.28 per annum) depending on qualifications and experience

For further information, including the Company's attractive benefits package, please contact
Jolene Stevens,
Finance Manager
on telephone number: 22380
or via email address:
financemanager@solomons.co.sh

Application forms may be collected from Solomons Reception Desk, in the Main Office Building, Jamestown or alternatively an electronic copy can be requested via e-mail address:
hadmin@solomons.co.sh and should be completed and returned to Nicola Essex, Human Resources Manager,
Solomons Office, Jamestown,
By 18 January 2019

Andrew Yon Called up by the ICC!

The St Helena Cricket Association (SHCA) in partnership with the International Cricket Council (ICC) are pleased to announce that following their tour to Botswana last year, Andrew "Butterz" Yon leaves St Helena this weekend for a five week placement with North West Cricket in Potchefstroom South Africa.

Andrew was a part of the 17 man squad that represented St Helena at the ICC World T20 Africa C Qualifier in Botswana in November and has been called up by the ICC to join a high performance training academy in North West Province.

The SHCA is delighted with this call-up and the President Terry Richards said this is a wonderful moment for St Helena cricket and Andrew himself. This, he said, should be a motivating factor for players who are participating in the sport of cricket and shows that the opportunities do exist.

Kuben Pillay, the Operations Officer of the ICC and the Tournament Director of the T20 Qualifier, said that Andrew is being rewarded for an excellent performance in the ICC World T20 Qualifiers and knows that Andrew will do well with this placement which will in turn help St Helena in continuing their quest on the international stage.

Andrew leaves this coming weekend and will fill his placement from the 14th of January to the 20th February, returning to St Helena on the 23rd of February.

Andrew and numerous other players were outstanding during the tournament in November and I would like to congratulate Andrew and wish him well during this new experience and training opportunity.

"Go Butterz"

Derek Richards
VP St Helena Cricket Association



Hire Drive car available

Are you looking for a hire drive car? Short or Long term rental

If so, Leslie Clingham of Bottom Woods has a Ford Escort Mk 6 for rental.

Short term rentals cost £10 per day & long term rentals receive a 10% discount.

If interested contact Leslie on mobile number 61441.

Connect
SAINT HELENA LTD

TIP OF THE WEEK

Cook big batches of food and freeze the excess.

It is more efficient to use all of the oven space available and your freezer will be more efficient if it is full.

Armchair Supporters View by Nick Stevens

Last Thursday Liverpool slips to their first defeat in the EPL. Jurgen Klopp then decided that the FA Cup was not on his list of priorities as he fielded a weakened team against Wolves on Monday. This decision resulted in Wolves beating the league leaders 2-1.

Wolves found it difficult to trouble the inexperienced backline until the 38th minute when Raul Jimenez fired them ahead following an error by midfielder James Milner.

Origi levelled for the visitors six minutes after the break with the side's first effort on target, when he fired a brilliant strike through the legs of Dendoncker and past goalkeeper Ruddy. But that parity lasted four minutes as Neves struck a venomous dipping shot from 30 yards that beat Mignolet at his near post.

It seems that the magic of the FA Cup is loss on most Foreign Managers.

FA Cup holders Chelsea beat Nottingham Forest 2-0 in what could be Cesc Fabregas last game for the Stamford Bridge Club. A tearful Fabregas, Chelsea's captain for the day, received a standing ovation when he was replaced in the 85th minute.

Manchester United won their 5th straight game under caretaker manager Solskjaer as they beat Reading in the FA Cup - but there was VAR confusion in the first half.

Fred's goal was ruled offside but United were awarded a penalty for a foul on Juan Mata in the build-up.

The Mata scored from the spot, before Lukaku doubled their lead just before half-time.

There was a number of cup upsets and a number of Premier League teams crashed out of the competition.

The biggest upset was probably Leicester City's defeat to Newport. There is no doubt a large gap between the clubs. The year Leicester stunned the world under Claudio Ranieri to win the Premier League, Newport finished 22nd in League Two.

The old Newport County went bust in 1989 and rose back through the wilderness to return to the Football League in 2013. They had not beaten a top-flight side in the FA Cup since 1964.

In another upsets Oldham beat Fulham 2-1; Gillingham beat Cardiff 1-0 and non-league Barnet beat Championship side Sheffield United 1-0.

Ynys Mon 2019 update

The St Helena international squad is currently training 4 days a week. Monday and Thursday's at Francis Plain and Wednesday and either Saturday or Sunday at the Leisure Park.

They will be playing 11v11 matches on the 28th; 29th and 31st January against local team in preparation for the tournament as the team will have to play a minimum of 3 games in 7 days.

Fund Raising is on-going. Raffle Tickets for the Ford Focus ST is still on sale. Next week some will be shipped to the Falklands. Tanya Benjamin will have them on sale in MPA and Chris McDonald will have them on sale in Stanley.

On Friday night there will be an 80's Disco at the Rock Club from 8.30pm with music by DJ Wayne Crowie. Tickets will be on sale at the door for £2.

Early on Saturday morning after their fitness session the

Spurs beat Tranmere Rovers 7-0; Arsenal put 3-0 past Blackpool and Man City beat Rotherham United also 7-0.

The 4th round draw has brought up some interesting matches:

Accrington Stanley	15:00	Derby or Southampton
AFC Wimbledon	15:00	West Ham United
Arsenal	15:00	Manchester United
Barnet	15:00	Brentford
Brighton & Hove Albion	15:00	West Bromwich Albion
Bristol City	15:00	Bolton Wanderers
Chelsea	15:00	Sheffield Wed or Luton
Crystal Palace	15:00	Tottenham Hotspur
Doncaster Rovers	15:00	Oldham Athletic
Manchester City	15:00	Burnley
Middlesbrough	15:00	Newport County
Millwall	15:00	Everton
Portsmouth	15:00	Queens Park Rangers
Swansea City	15:00	Gillingham
Shrewsbury or Stoke	15:00	Wolverhampton
Newcastle or Blackburn	15:00	Watford

We welcome the EPL back to our TV screens this weekend.

The first match on Saturday is the 12.30 match between West Ham and Arsenal. This game could go either way as West Ham on their day is capable of beating anyone.

Liverpool fans will be hoping that their team can bounce back from back to back defeats when they travel away to the Amex stadium to play Brighton at 3pm.

Other 3pm games will see a basement battles between Burnley and Fulham and Cardiff and Huddersfield. Crystal Palace will face Watford and Leicester will play Southampton also at 3pm. The late match on Saturday will see Chelsea host Newcastle.

On Sunday Everton will play out of form Bournemouth at 14.15. Spurs will go into their game against a resurgent Manchester United as favourites but should face a stiffer test than they did at Old Trafford. Solskjaer will look to become the first United manger to win their first six matches on the trot. Monday will see Man City face Wolves at home which could prove to be a tricky match. The reverse fixture resulted in a 2-2 draw.

squad will head out to Sandy Bay to do some coffee picking. Some of the squad will play 5 aside games against the visiting Yachties on Sunday starting at 10am at the New Horizons Leisure Park.

The team is hoping to depart St Helena on the 1st June and return on the 30th June 2019.

The first week will be spent doing training in Ynys Mon and will see the squad play some friendly matches including a match against the hosts Ynys Mon. Fixtures for the tournament will be release at the end of this month. St Helena is in a group with Guernsey and the Shetland islands.



SHFA new Logo

Armchair Supporters View by Nick Stevens



Will the 2019 Liverpool team emulate the 1990 team? How many Liverpool fans can name this squad.....

I will be testing my Liverpool mates.

Names in next week's article

SHCA League 2019

Results Week 1

Sat 05 Jan 2019

Royal Challengers 61/0

Andrew Yon 32*

Alex Langham 14*

Jordan Yon 3/6

Jordi Henry 3/10

Lions 57

Ralph Knipe 14

Rhez Crowie 11



Performance Points

Andrew Yon 3, Jordan Yon 2, Alex Langham 1

Sun 06 Jan 2019

Sandy Bay Pirates 134/6

Matthew Benjamin 45

Ian Williams 21

Rhys Francis 3/35

AJ Bennett 3/38

Levelwood Allstarz 131

Jia Peters 37

Stefan Leo 22

Brendan Leo 3/35

David Francis 2/10

Performance Points

Rhys Francis 3, Ajay Bennett 2, Matthew Benjamin 1



I would like to say a big Thank You to the class of 2001 who attended the reunion held at Donnyz on Friday 4th January namely Glen, Keri, Julian, Tristan, Rocky, Gina G, Alex, Sophia, Delma, Eugene, Tara, James, Donny, Richard, Cruyff, Jason, Emma, Gina H, Shaun & Adam also those abroad who send messages to us, Donny who ask me to organise the night and Eugene who came with the big idea of broadcasting it.

Your attendance was great appreciated and it was a great night enjoyed by all.

Leigh



Heather Timm would like to give sincere thanks to Dr Sergio and his team for her knee surgery and the nursing staff for their kindness and attention given during the after care.

A big Thank You to Cecil & Bradley, the Physiotherapist for their physio sessions before and after the operation.

May god continue to give you wisdom and bless you all.



JOB VACANCY WITHIN THE ST HELENA AIRPORT

The St Helena Airport is looking to recruit person for the following post:

Business Manager

Job outlines are as follows:

Business Manager

We are seeking a detail-oriented, thorough, and organized Business Manager to oversee Finance, Human Resources, Procurements of goods, asset management and manage current and new contracts.

All applicants will be viewed with preferred experiences and certifications in the following:

- CIPD Membership
- Accounting Technician Qualification or equivalent
- 3 Years management experience
- 5 Years' experience working in a finance related field
- Experience in preparing budgets
- Experience in the use of accounting software

Applicants must be of a professional manner and also be able to provide the following:

- A full medical assessment
- A 5 year verifiable employment history check and be able to show proof for periods of unemployment in accordance with the Overseas Territories Aviation Requirement (OTAR) 178.
- Pass a Narcotic and Alcohol test
- A Criminal Background Check.

If you think you have the relevant qualifications and skills to suit this role, or you would like more information or to receive the job description and application form please contact Elaine Hopkins at the St Helena Airport on Telephone number 25180 Ext 0 or email address

recruitment@sthelenaairport.aero

Should we not find suitable candidates, we will take into consideration developmental areas to fill this role if the candidate has the willingness to work towards gaining the necessary qualifications.

The closing date for this position is Friday 25th January 2019. Interviews will take place between 28th and 30th January 2019 and the successful persons will commence work on 1st March 2019. Should we not contact you by 28th January you can consider your application not successful on this occasion.

Job Vacancy

Commercial Finance Manager

Sure is looking to recruit a Commercial Finance Manager for Sure South Atlantic based in the Falkland Islands.

The successful applicant will be expected to:

- Manage the Sure Finance Units in the Falklands, Saint Helena and Ascension through mature and sound decision making, creative thinking and implementation of best practice philosophy.
- Manage a finance team based primarily in the Falklands
- Drive the growth of the business through leadership and strategic planning.

Requirements:

- Candidate must hold a professional accounting qualification and membership of a recognised professional accounting body with experience of accounting within a commercial environment.
- Possess a high level of systems, IT and Excel skills with the ability to analyse, interpret and present financial information to non-financial persons and consider business implications.
- Must have strong project/time management skills with the ability to analyse situations effectively and proactively provide solutions.
- Applicants with experience of working in a telecoms or technology sector, with strong working knowledge of the following systems: Advanced Microsoft Office skills particularly Excel, extensive use of accounting packages (preferably Sage), exposure to VBA & SQL for data management and analysis; are desirable.

Due to the nature of this position, the post holder must hold a satisfactory Basic Police Disclosure.

If this opportunity interests you, please send your CV to recruitment@sure.com by **14 January 2019**.

If you have any questions regarding this role please contact Alan Ibbotson, Chief Finance Officer on E: alan.ibbotson@sure.com or Shara Robinson on E: HR-Admin.Manager@sure.co.sh or T: 22800



Remote British island of St Helena drowning in plastic as experts warn whale sharks are at risk

The largest fish on the planet, the whale shark, is under threat from plastic pollution off one of Britain's most remote islands, conservationists have warned.

The tiny volcanic island of St Helena, which lies 4,000 miles from England in the South Atlantic, is Britain's second-oldest overseas territory, and was where Napoleon was imprisoned before he died in 1821.

Yet despite its isolated location, the island is now plagued with plastic rubbish which washes in from South America and beyond, even though its nearest neighbour is thousands of miles away.

In 2003 there was estimated to be one plastic item every three metres on the black volcanic beaches, but now ecologists say they are finding hundreds of items in the same area, with each tide bringing in a new dump or refuse.

Wildlife groups and environmentalists are concerned that the amount of plastic could prove deadly for whale sharks, which inhabit St Helena's waters from November to June, as they migrate across the South Atlantic.

The sharks are already enlisted as endangered by the International Union for the Conservation of Nature because they often become tangled in fishing nets, or collide with boats.

But whale sharks are particularly at risk from refuse in the ocean because their main diet is plankton, which they need to suck up in huge gulps, and so often accidentally ingest microplastics at the same time.

David Barnes, of the British Antarctic Survey, said: "There has been an absolutely dramatic change in St Helena.

"In 2003, there was one plastic item per every three metres. By 2007, that had changed by three times the amount and now we're finding hundreds of plastic items per metre in some places so that's a 1000-fold increase – there are unbelievable levels of change and it's happened in our lifetime.

"The animals that eat plankton and smaller algae are not discriminating between microplastics and their food. They can process the natural food but the microplastics stay in their stomach and build up until they have a stomach full of plastic which, in some circumstances, can weigh more than the actual organism and then they will die."

It is estimated that eight million tonnes of plastic are dumped in the world's oceans each year and the Ellen MacArthur foundation has estimated there will be more plastic than fish in the ocean by 2050, an 83 per cent of the world's tap water is now contaminated.

As well as problems with microplastics, large pieces, if eaten can pierce stomach linings, plastic bags are mistaken for jellyfish and block intestinal tracts digestive systems. There is growing evidence that plastic is entering the marine



food chain, with fish, turtles, sea birds and cetaceans from around the world all testing positive for plastic contamination.

Although the locals on St Helena organise regular beach cleans, experts say the plastic onslaught is relentless and have urged people to cut down on single-use items.

Beth Taylor, St Helena National Trust: "Given the remoteness of St Helena, if there are still plastics washing up from other places, it shows how huge a global issue it is and it does need to be highlighted.

"It's unfair that St Helena gets plastics from other countries but it's not the only place that suffers from that – back in the UK you'll get things washing up on the shore.

"The message from St Helena is, if an island community of just under 5,000 can really roll up their sleeves and make a difference with plastic collection, reuse and recycling, then there's absolutely no reason why people living in cities with access to all sorts of facilities can't do the same."

WWF is also calling for people to avoid using single-use plastics and straws.

Lyndsey Dodds, Head of UK Marine Policy, WWF UK "We need to go further and faster - plastic is choking our oceans and leading to the demise of some of our much-loved marine animals.

"Many of us are doing our bit, but it's time producers were made to face up to their responsibilities too.

"We need a ban on all unnecessary single-use plastic items by 2025, and other laws that respect the amazing natural systems upon which we all depend, weaning ourselves away from our throwaway culture."

Research into plastic levels on St Helena were recently published in Current Biology.



Grant Funding for Civil Society Organisations

Charities, Clubs, Community Centres, Associations...

Max £4,000 per Application per Grant Round

Only **2** Grant Rounds as limited funding available.

This is the final Grant Round for this financial year!

Closing date for applications is 25th January 2019

Eligibility

- Based on St Helena and have a constitution that complies with the Charities Ordinance 2005. *However, consideration will be given to applications from organisations that are neither a charity or constituted group. Such organisations will be expected to take steps towards becoming a charity or association.*
- Hold a bank account that requires at least two signatures
- Verifiable Statement of Accounts for the previous financial year
- Has vetted Committee Members (if applicable)
- Has a Safeguarding Policy (if applicable)
- Compliant with any current Grant Agreements held with the CDO

Projects:

- Equipment for day to day activities
- Special one-off events and activities
- Community and organisational development
- Capital works

For an application form or further information e-mail
community.sthelenagmail.com or alternatively call Kirsty Joshua on
Tel: 23999 after 5:00pm.

Community Development Organisation  community.sthelenagmail.com

Falklands to consider options to enlarge international airport terminal

Options for the extension of the Falkland Islands' Mount Pleasant airport passenger terminal will be considered by the local elected authorities in the coming weeks. According to Penguin News, quoting lawmaker MLA Barry Elsby, options will be put before the Executive Council early in the new year.

"A lot of work has been done on options for enlarging the passenger terminal. I hope that an ExCo paper will come to Members in January, or February at the latest, spelling out the options available. Once a decision is made we would aim to undertake the work as rapidly as possible," he said.

MLA Elsby nevertheless confirmed that any extension work will not be completed before the start of the new Sao Paulo air link which will utilize a wide body aircraft.

Asked about possible capacity issues, MLA Elsby said, "[FIG] are working



closely with the military to develop ways in which we can operate in the interim.

"The terminal is the first and last bit of the Falklands tourist experience and it is vital that we make their experience as pleasant as we possibly can," he added.

Since tourism is a strong and growing industry in the Falklands, improving connectivity and the Mount Pleasant Airport terminal capacity is essential to ensure its development.

MercoPress/Penguin News

Magellanic penguins: among the most faithful couples in animal kingdom

Mark Waghorn, writing for The London Economic, and based on a paper on Magellanic penguins published in the January edition of Current Biology, gives us access to some fascinating facts about this breed which is most common along the Atlantic Patagonia coast and the Falkland Islands.

Penguins split from their partners for winter – but still remain faithful, according to new research. Scientists say a breed of penguins found on the austral coast of South America are among the most faithful couples in the animal kingdom – despite spending months apart each year.

The phenomenon was revealed after a study discovered why stranded Magellanic penguins are much more likely to be female. It is because they travel further from their Patagonian breeding ground in southern Argentina to the northern coast of the country – and that of southern Brazil. This takes them 620 miles away where they are more likely to run into trouble – leaving most of the males behind.

The discovery, published in the journal Current Biology, sheds fresh light on the extraordinary lifestyle of the species – also commonly found around the Falkland Islands. They are one of the most abundant but poorly-understood flightless birds on the planet.

Every year thousands become trapped through oil spills and falling fish numbers – with females three times more prone.



And the reason is simple – they venture farther north than males where they face more potential trouble.

Dr Takashi Yamamoto, of the Institute of Statistical Mathematics in Tokyo, Japan, said: "Anthropogenic threats have been considered to threaten wintering Magellanic penguins along the coasts of northern Argentina, Uruguay and southern Brazil.

"These include water pollution caused by oil development and marine transport as well as fishery-associated hazards such as by-catch and depletion of prey species. Our results suggest the northward spatial expansion likely increases the prob-

Magellanic penguins: among the most faithful couples in animal kingdom

ability to suffer these risks – and particularly so in females.”

While data were lacking there wasn't any evidence to suggest males and females separate for the winter. Now Dr Yamamoto and his colleagues have found they really do through recording the migratory and diving behaviour of 14 Magellanic penguins.

They followed eight males and six females during the non-breeding season in 2017 by fitting tiny geo-locators to their legs to see where they go.

The penguins finished breeding in late February. Afterwards they began their migration through April – returning to the grounds in September or October. During the wintering period the tracking devices showed females reached more northern areas than males did.

There were also other gender differences – such as females not diving as deep under the water. The researchers said these behavioural differences between sexes in winter could be related to competition for food resources or factors related to differences in size.

Males are larger and heavier than females. They also suggest penguins travelling further north may be at greater risk to a wide range of threats – leading them to become stranded more often. But the greater loss of females from the breeding population could have serious consequences for the viability of the population.

Dr Yamamoto says the it highlights “the necessity of gaining a better understanding of the long-term spatial utilisations of species throughout their annual cycle.”

This includes any differences within a population in order to “facilitate dynamic and adaptive conservation practices.”

He also notes juveniles are stranded more often than adults. To further explore this his team plan to track their movements from the time they leave the place of their birth until they return to breed for the first time. “Information during this period is totally missing.”

Magellanic penguins can travel up to 10,000 miles a year in their search for food – and love.

Recent research found one couple have remained faithful to each other for 16 years – almost their entire breeding life – despite each of them taking solo trips totalling 200,000 miles. Each year they have returned to the same nest – and each other – to produce a new brood of chicks.

The penguin's natural lifespan means they normally die around 20 years after they start breeding.

Chicks are often killed by predators or hunger. Only if a couple fails to successfully hatch their chicks will they ‘divorce’ – leaving each other to find new partners.

They live, sleep and eat on the waves for up to six months clocking up around 10,000 miles before returning in the spring to their old nest – and the same partner.

Magellanic penguins usually begin to breed from around the age of five years old for females and seven years old for males.

The penguins arrive at their nesting sites in September – spring in the southern hemisphere – and find their partners among the 100,000-strong colony by the distinctive sound of one another's calls.

Once reunited at their old nest the birds groom each other to re-establish their bond.

After mating, the female typically lays two eggs.

The parents take turns standing over the eggs while the other partner goes out to sea, swimming up to 100 miles a day in search of the fish and squid they feed on.

Numbers of Magellanic penguins have dropped dramatically since the turn of the century with some colonies halving in the past 15 years. There are thought to be around 1.2 million left in the world. **MercoPress**

Saint Helena Delegation to Mauritius

A delegation from St Helena Island, a British Overseas territory in the Atlantic Ocean, is on a Study Tour in Mauritius from 07 to 19 January 2019 to learn from the country's experiences in the Prevention and Control of Noncommunicable Diseases. On the first day, the delegation met Dr Laurent Musango, the WHO Representative in Mauritius to discuss the supporting role of WHO in facilitating the sharing of experiences between the two islands. The members of the delegation then had a meeting with the technical team at the WHO local office to understand the NCD situation in the country and for an update on measures taken so far in view of reducing the NCD burden. In the afternoon, the mission team had a meeting with the Minister of Health and Quality of Life, Dr.

Hon. Anwar Husnoo and the high level officials. The expected outcomes of the study tour and possibilities of cooperation between the two islands were discussed.

Mauritius is a good example for St Helena Island as both islands have similar epidemiologic and demographic transitions. Since 1987, Mauritius has been implemented National NCD Prevention and Control Programme following NCD Surveys conducted every 5 years. The findings of the surveys guided policy decisions with regards to the prevention and management of NCDs. It is to be noted that over 80% of all deaths are

Continued on NEXT PAGE



Entertainment at Silver Hill Bar for this Weekend.

Friday open from 4.00pm till late mix by DJ Wayne Boom Bang.

Saturday open from 5.00pm to 10.30pm Mix tunes from the bar

Sunday open from 5.00 to 8.00pm.



MOONSHINES BAR THIS WEEKEND

Sat 12th January music for dancing by Alex Vanguard & Friends starting from 8.30pm.

Sun 13th January Usual opening from 3pm



ENTERTAINMENT

FRIDAY 11TH JANUARY 2019

Rosie's Bar & Restaurant will open at 3 pm.

It's a FRIDAY SUNDOWER with soft lounge bar music, Rosie's Cocktails and Rosie's Taste 4 Life Menu.

9:30pm

Fabulous Farewell

GOODBYE PARTY FOR ALL DEPARTING VISTORS!

DJ KIMMY BOOM BANG

SATURDAY 12TH JANUARY 18

Rosie's Bar & Restaurant will open from 11am.

9:30pm

DJ

"MIK 2 THE E"

MIXING THE HITS FOR A SATURDAY NIGHT

FEVER

THE ROCK

YOU ARE INVITED TO JOIN US ON SUNDAY 13th January 2019 @ 11:00 FOR PRAISE AND WORSHIP At No 3 Unit Longwood Enterprise Park

Transport is available from Jamestown. HTH Contact 23249

PRAISE & WORSHIP

Saint Helena Delegation to Mauritius - Continued

due to NCDs in Mauritius. The prevalence of diabetes is similar to that of St Helena's. Learning about the Mauritius NCD Prevention and Control Programme will enable the delegation from the St Helena Island to develop a plan of action to address the NCD problems in the island which has a relatively small population (4,250 inhabitants).

The mission team from St Helena comprises Mrs Susan O'Bey, Chief Secretary and Head of Government of St Helena; Mr Derek Thomas, Elected Member/Councillor for Public Health, Mrs Helen Lawrence, Assistant Director for Health Services, Mrs Jackie Henry, Nurse lead for Chronic Disease Service, Mrs Nicola Anderson, Expatriate Nurse Lead for Community Services and Chronic Disease Management and Dr Akeem Ali, Director of Health Services for St Helena Government.

During the mission, the delegation will hold briefing and advice sessions with technical experts on Noncommunicable Diseases Control programme in the country; visit resource-constrained service outlets successfully delivering diabetic, hypertension and chronic kidney disease care; hold strategic meetings with the political leadership at the Ministry of Health

to explore options for technical and mutual cooperation; and hold exploratory with the WHO team about strengthening further relationships and technical support options. In the second week of the mission, a road map for implementation of the agreed/recommendations between the two islands will be elaborated by the Ministry of Health and Quality of Life, WHO and St Helena Island representative. *(WHO/All Africa - excerpt)*

