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SENTINEL

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Thursday 23 November 2023

White Ribbon Day

Change the story: working towards ending domestic abuse



"A Powerful" Allegiance



Parliament Week in St Helena



National Epilepsy Month



"You deserve to be heard!"



OPINION

SENTINEL COMMENT

Demy Herne, SAMS

December is just around the corner and I am enjoying this hot weather, it gives me a great excuse to eat ice-cream every day! With this nice weather it gives those people who like walking a chance to explore the Island and do some of the ever-wonderful post box walks which I hope to do myself once December come around. For those who don't know, I am ocean crazy, so I'll hopefully be doing a lot of activities close to the ocean, except for fishing, because I have zero patience for that!

I know it's like only November, but I'm debating whether to do New Year's resolutions or not because I'm the type of person who writes them down and I say I will do it but I always either forget or push them aside until it's the end of the year and then it's just a yearly cycle. But with 2024, I think I'm actually going to try to make an effort to do some of my resolutions.

This is my second Christmas here at SAMS, it has been a completely amazing experience working here and, although some people think that it doesn't take a lot of work or confidence to create the newspaper or a live show/interview, it actually does and I would just like to take this opportunity to say keep up the great work guys and thanks for a year of fun and laughter and not forgetting all the grey hairs you guys have given me..LOL!

Until my next comment, I hope that you have a great week and don't forget to enjoy the sun and especially the ice cream!

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YOUR LETTERS

"You deserve to be heard!"

Young Saint, Kelly Yon, speaks for the Youth of St Helena at 2023 UK Youth Parliament at the House of Commons



Demy Herne, SAMS

On Friday, 17 November, Kelly Yon, a young saint currently studying in the UK, attended The UK Overseas Territories Association's Youth Summit, an event which brings young people and leaders together to promote dialogue across the Overseas Territories. Kelly's speech this year in the House of Commons was based on the issues surrounding equality here on St Helena.

Whilst preparing for her speech, Kelly got in contact with many members of the younger community of St Helena to hear their opinions on equality on the Island. Kelly stated at the beginning of her speech that "upon hearing the responses, a harsh truth surfaced that equality seems like a farfetched dream to most people on St Helena."

Kelly talked about how there is a common consensus of youngsters feeling as though they are not heard amongst the community and how topics which are of great importance elsewhere are not talked about and opportunities are slim to none here on St Helena. The first topic which seems to be a reoccurring issue on St Helena is education. Kelly stated that, "there is a constant cycle of completing compulsory education and leaving the Island for something better. This is seen more recently with our population being at an all-time low since January 2010. A lot of the young people have said that this is down to the fact that their goal is simply to get off the Island to access more opportunities."

Kelly described this as "the sad reality of St Helena" which is so noticeable that it cannot be ignored. "There is a feeling that the youth's voice is not being heard in a time when the biggest decisions that one must make is being neglected and there is no guidance and support in helping the younger generation into perusing their passions."

Many of the issues that Kelly spoke about have come as a result of St Helena's limited economy, lack of resources and the high cost of living on-Island. With regard to issues around education, it was recognised that there is limited educational resources, limited qualified teaching staff and a restricted curriculum, all



of which have an effect on the youth of the Island in chasing their dreams.

The thoughts shared with Kelly from young people here on-Island was that many are being discouraged from pursuing their passion. Kelly provided an example, stating that the recent number of students joining A-levels has diminished to only 7 from a class of 30-40 students.

Investigating more into this issue, Kelly noticed that although Government has schemes such as 'Fit for the Future' and a new concept of a 'Graduate Scheme', young people still feel as though there is a struggle with finding employment. A younger person's perspective was that one can only move up to a higher position in an organisation on St Helena when someone else, likely an older employee, moves out of their job or retires. Kelly said this is largely due to St Helena having an aging workforce.

The next topic which Kelly highlighted was gender and sexuality. Kelly expressed to those in the House that "this is a topic that isn't talked about on St Helena". She went on to explain that "some people are not comfortable with expressing their sexuality or they try to repress who they are simply because they are faced with a lot of negativity. Unfortunately, St Helena is still stuck in the past on some topics with views of LGBTQ+ still considered taboo. This outdated mentality is very discouraging for young people who are encouraged to express themselves in today's modern world where diversity and inclusion is highlighted in all aspects, yet on St Helena this is not the case."

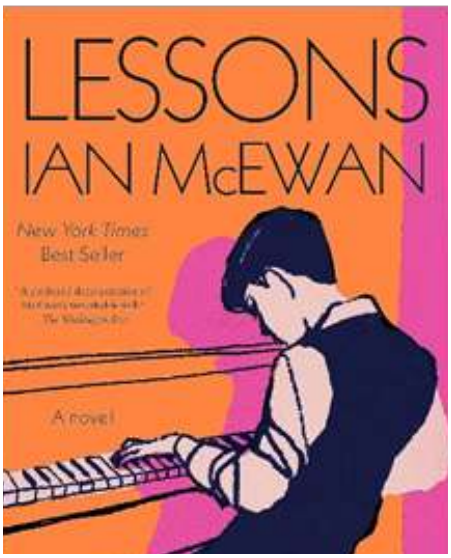
Kelly hopes that with the launch of the Equiano cable, this will help open doors for better opportunities however she feels that equality starts with the young people speaking up and expressing their opinions and, most importantly, being heard by those making changes.

Kelly got in contact with The Sentinel and asked if she could leave a message for those who helped with the making of the speech: "I just wanted to give a huge shout-out to the people that contacted me. Thank you so much for sharing your views and opinions, I hope the speech was reflective of your thoughts, and all of the youth of St Helena - you deserve to be heard! Keep speaking up and become involved further! It is time for St Helena to elevate and celebrate young people's voices across the Island; you have played a major role in hopefully bringing this to light!"



Book of the Week

Public Library Service



Lessons by Ian McEwan

When the world is still counting the cost of the Second World War and the Iron Curtain has closed, eleven-year-old Roland Baines's life is turned upside down. Two thousand miles from his mother's protective love, stranded at an unusual boarding school, his vulnerability attracts piano teacher Miss Miriam Cornell, leaving scars as well as a memory of love that will never fade. Now, when his wife vanishes, leaving him alone with his tiny son, Roland is forced to confront the reality of his restless existence. As the radiation from Chernobyl spreads across Europe, he begins a search for answers that looks deep into his family history and will last for the rest of his life.

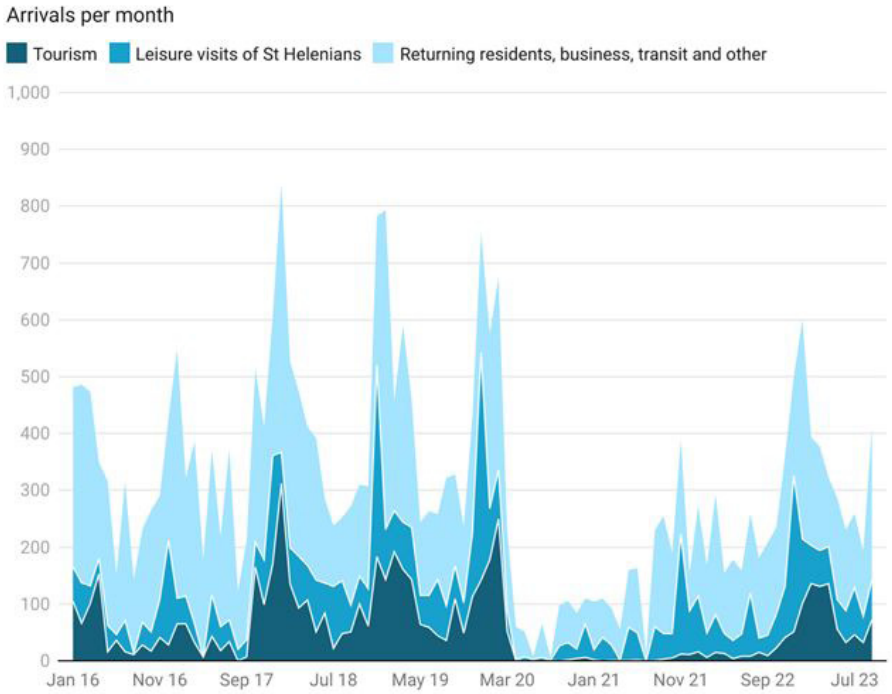
Haunted by lost opportunities, Roland seeks solace through every possible meansmusic, literature, friends, sex, politics, and, finally, love cut tragically short, then love ultimately redeemed. His journey raises important questions for us all. Can we take full charge of the course of our lives without causing damage to others? How do global events beyond our control shape our lives and our memories? And what can we really learn from the traumas of the past?

Epic, mesmerizing, and deeply humane, Lessons is a chronicle for our times, a powerful meditation on history and humanity through the prism of one man's lifetime.

Please reserve by contacting the following:-
Telephone Number: 22580
Email: publiclibrary@helanta.co.sh

Rising for the Summer

Arrivals outweigh departures in September, but overall more people are leaving St Helena than arriving according to latest estimates



Liam Yon, SAMS

The latest estimates for arrivals and departures on St Helena have been released by the St Helena Statistics Office and they indicate a current rise in population on the Island as the weather heats up and we head toward the festive period – though overall, more people have left than arrived in 2023.

When comparing numbers for 2023 to that of the 2022 estimates, there is a clear indication that this year has been much more popular for travel, both into and out of, St Helena, likely down to the fact that for the majority of 2022, COVID-19 quarantine requirements were still in place.

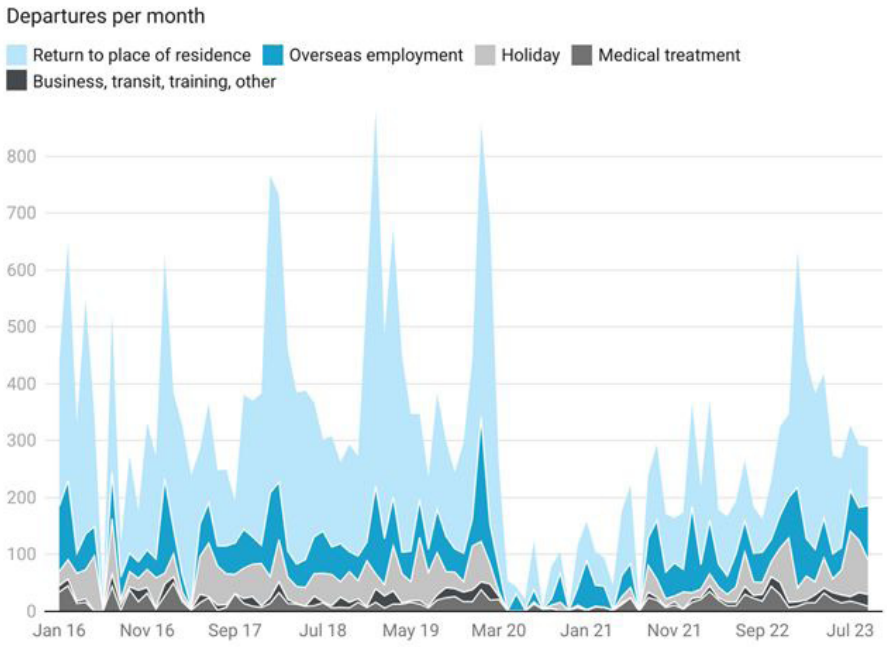
In the latest statistical update, an estimated 412 people arrived to the Island in September, 396 of these arriving by air. Out of these, 142 arrived for leisure - 72 non-St Helenians and 70 St Helenians visiting family and friends. In the same month, there were an estimated 289 departures, which is 123 less than the number of departures, indicating a slight rise in the on-Island population in September.

Taking a wider look at arrivals and departures for the year, the Statistics Office report that an estimated 3,076 people arrived to the Island in the first nine months of this year. This represents an increase of 64% when compared to 2022 which saw 1,873 arrivals for the first nine months of the year.

Out of the over 3,000 arrivals, nearly half (1,357 people) arrived for leisure, which Stats report as being more than double the number in the same period of 2022 when 579 arrived for leisure.

Departures for 2023 also heavily outweigh the same in 2022, and estimates are greater than arrival numbers, indicating an overall population decrease so far in 2023, despite a slight increase in September. For the first nine months of this year, 3,326 people departed St Helena, representing an increase of 58% when measured against the 2,103 departures during the time period in 2022.

As is to be expected, with St Helena into our peak period for arrivals to the Island, and with mid-week flights soon to commence, on-Island population figures will rise over the festive period. However, the overall picture continues to show a negative trend of more departures than arrivals and a decreasing Island population – an issue that needs to be addressed.



"A Powerful" Allegiance

Global Tuna Alliance announces partnership with The Green Fish Company



Liam Yon, SAMS

At the recent International Commission for the Conservation of Atlantic Tunas (ICCAT) meeting held in Egypt, The Global Tuna Alliance (GTA) announced that they had entered into a partnership with The Green Fish Company Ltd, owned by St Helenian, Malcolm Williams, and currently being setup at Rupert's with renovation of the old cannery in Rupert's Valley currently underway to become the premises of the new company on St Helena.

The Global Tuna Alliance was created as a sector-wide, multi-stakeholder initiative of partners to build a shared, global, and non-competitive solution to sustainability issues in the global tuna supply chain. In the UK alone, GTA has memberships that include the most popular supermarket chains including Marks & Spencer, Waitrose, Sainsbury's, Tesco, Morrisons, Aldi, Co-Op and Asda.

Membership for the GTA does not come easy and was the culmination of months of discussions and assessments whereby the GTA evaluated The Green Fish Company's business intentions, purpose, and how the company intends to support St Helena's fishery in regards to sustainability practices, ethical sourcing and uplifting the livelihoods of fishermen on the Island.

"The Global Tuna Alliance proudly announces its Partnership with The Green Fish Company, nestled in the rugged and remote waters of St Helena in the South Atlantic Ocean," they said in a Press Release issued last Friday. "This partnership highlights a striking contrast: on one side, the isolated and pristine environment of St Helena, where The Green Fish Company aims to become a bastion of sustainable Atlantic tuna processing; on the other, the global stage of ICCAT, where decisions made reverberate through international waters and impact secluded corners of the world like St Helena."

Executive Director of the Global Tuna Alliance, Daniel Suddaby, described the partnership between GTA and TGFC as "a powerful reminder of the interconnectedness of local actions and global policies and the tuna stocks that we depend on."

"Our partnership with the Global Tuna Alliance at this critical juncture, as ICCAT convenes, is a testament to our shared belief that local sustainability can shape global conservation efforts," commented Malcolm Williams. "From the isolated shores of St Helena, we are influencing international discussions on tuna management with other like-minded companies."

Despite not yet being in operation, The Green Fish Company have already become members of the International Pole and Line Foundation, and now The Global Tuna Alliance, partnerships that, according to Malcolm, "will only serve to elevate St. Helena's Pole & Line (one-by-one) fishery and TGFC's product when we eventually go to market."



Malcolm Williams (right), CEO of TGFC

White Ribbon Day

Change the story: working towards ending domestic abuse

Hannah Braaf, SAMS



On Tuesday, 21 November, members of the White Ribbon Day Working Group, namely Catherine Turner from Human Rights, Ian Rummery from the Mental Health Team, Domestic Violence Service Lead Deborah Knipe from Children and Adult Social Care, and Detective Sergeant Andre Bak from the Royal St Helena Police Service - went on-air on SAMS Radio 1 to discuss White Ribbon Day. White Ribbon Day is a global event established in 1991 to raise awareness of male violence against women and girls; the theme this year is 'Change the Story'.

To raise awareness, Deborah, along with Cllr Rosemary Bargo, is visiting Prince Andrew School today, Thursday 23 November, to discuss bullying with the younger students. "We're going to condense it, because we have to be very mindful about children and domestic abuse," Deborah stated. "Also on Thursday, we're going to be campaigning in the town, so we're going to be raising awareness and we're hoping that the community out there will come on board with us."

As for the White Walk on Saturday, 25 November, participants should be gathered by 9.30am at the General Hospital to start walking down to the Grand Parade at 10am. Members of the community are asked to come out to support and raise awareness.

During the interview, the cause behind White Ribbon Day was discussed and Catherine, Ian, Deborah and Andre shared information on what domestic abuse is, its effect, and actions that should be taken.

"[Abuse] takes place in all sorts of forms and to all sorts of people," Catherine explained. "It can be anything from telling you when you can go out, when you can't go out, who you can talk to, monitoring your phone calls, tracking your phone through to taking your money. In some cases, men will take women's contraception so that they get pregnant or force them to have contraception so that they don't; they take away their freedom of choice."

"It happens to people of every social class," Catherine continued. "It happens to people all over the world and it can happen to men... and women likewise. It happens to the elderly... The most vulnerable group subject to domestic violence are, in fact, disabled women."

"There's a statistic that's been gathered worldwide, which says that women who are survivors of domestic abuse have had at least 35 assaults before they come forward to the police, because it takes people so long on average to feel strong enough, to feel that enough is enough," Catherine stated.

"There is a tendency sometimes to downplay this [in small communities, because] it happens literally behind closed doors," Ian stated.

"It's one of the main risk factors for mental health problems," Ian explained. "Certainly in terms of younger people, if you are a witness or a victim of abuse - whether that is psychological, emotional, physical, sexual, sadly sometimes all of those - the effects it has on your development are absolutely profound."

"The example I often use is if you take a young child and you don't feed that child properly and that child doesn't get exercise and that child doesn't get out in the fresh air, their physical health is compromised, their growth may be stunted, they may suffer from all sorts of physical complications," he further explained. "It's the same deal with emotional and psychological [abuse]."

"Ideally, a child grows up in an environment where adults can be trusted, where you can run up to an adult with open arms and they'll give you a big hug," Ian said. "Imagine growing up in an environment where you run to an adult with open arms and you get slapped, punched, kicked or something - you soon learn not to do that, you soon learn to hide, you soon learn to perhaps not always necessarily tell the truth."

"Adults will say, 'Oh they're only a baby... they don't know what's going on'," Catherine added. "Children that young can pick up on stress, particularly with the mother because if the mother's stressed there are hormones in the milk. Even during pregnancy, if the mother is stressed, those stress hormones pass on to the baby. You get a stressy, anxious child as a result and it can make permanent changes in the baby's brain."

"If they grow up stressed and tense and nervous, [girls] are more likely to become victims, boys are more likely to become perpetrators," Catherine explained.

"It's not surprising that as an adult you perhaps develop mental difficulties like anxiety, depression, even down to Post Traumatic Stress Disorder," Ian stated.

"The first step is coming forward," he added. "Just give us a call at the office, ring the hospital and ask for a referral. We also get lots of referrals

from the police, from human rights... You can come to our office, we could meet you at home, we could meet you at the Coffee Shop if you like, wherever."

"The only time that I need to override confidentiality is if a person is in imminent danger," Ian explained."If you're in that position, the police will take you seriously. They will listen to you, they will work at your pace."

"If you are listening and you are out there and you're feeling this and you're isolated in a domestic abuse relationship, we're trying to say to you there are agencies here that will listen to you and advise you and help you in some way," Andre said. "There will always be some help."

"One of the changes that would be best for everybody, and will take an awful lot of strength, but if you are a perpetrator of abuse... there is lots of help available and it is so much better if you can come forward before it gets to the stage where [the police] have to be involved," Catherine said.



White Ribbon Parade on St Helena

Lookin' Fresh

New Horizons brighten up Lower Jamestown



Donna Crowie, SAMS

Those travelling into Lower Jamestown may have noticed that the Arch has been freshened up with a new coat of paint, courtesy of the New Horizons, who were informed by Tourism Manager, Matt Joshua, that funds was available for the development of buildings in Lower Jamestown.

New Horizons Youth Leader, Scott Crowie, told The Sentinel that he "advised that if paint was funded we would decorate our own building." Scott added that "due to the fact we offered to do the work ourselves, it kind of sped up the process. Since then, Rose and Crown asked if we could paint theirs and a donation would be given to New Horizons, which we did."

After painting New Horizons and the Arch Shop, the tourist office came up with the idea for New Horizons to continue painting the Arch itself, and they would receive payment for the work carried out.

Scott continued by telling the sentinel that "based on the time of the year, with the end of year meal for our members and other festive events, New Horizons will use the money that we earned painting the Arch to pay for the members end of year meal/drink and other activities that will benefit our youth."

New Horizons staff also went out and helped with coffee picking, this also helped to generate funds for the club.

Scott said he would like to take the opportunity to thank the team at New Horizons for being versatile and highly motivated during the little side projects which raised funds for the club.

Well done New Horizons!

What's the latest Maria?

A look at the updated schedule of the MV Maria da Paz

Donna Crowie, SAMS

The Maria da Paz arrived safely at Ascension Island on Tuesday, 21 November, just before 7am, and has since departed to return back to St Helena. She is due to arrive here a day earlier than scheduled, on Friday, 24 November.

This is the vessel's final trip to Ascension Island before her interim period comes to an end around February 2024. With that said, according to the new schedule released on Tuesday by Solomon's Shipping and Travel, the vessel will still serve the Island beyond February, completing her final voyage (V09) sometime in March 2024.

According to the recent schedule, the Maria da Paz has been pushed back another two days for Voyage 7 and, despite rumours of the vessel not arriving until after Christmas, so far the Maria da Paz will still arrive before Christmas. She is scheduled to now arrive to St Helena on 17 December, departing again on 20 December.



VESSEL & VOYAGE DETAILS	DATE	PORT	REMARKS
VOYAGE 7			
BLUE MASTER II V.241103	24-Nov-23	ETA Cape Town	
	26-Nov-23	ETD Cape Town	
	29-Nov-23	ETA Walvis Bay	Transhlp
STACK CLOSING CAPE TOWN	17-Nov-23	(Provisional)	
MARIA DA PAZ 7/23N			
	02-Dec-23	**LUANDA**	
	06-Dec-23	ETD Luanda	
	11-Dec-23	**ETA Walvis Bay**	
	13-Dec-23	ETD Walvis Bay	
	17-Dec-23	**ETA St Helena**	
	20-Dec-23	ETD St Helena	
	24-Dec-23	ETA Luanda	
STACK CLOSING WVB	08-Dec-23	(Provisional)	

VESSEL & VOYAGE DETAILS	DATE	PORT	REMARKS
VOYAGE 8			
BRIGHT SKY V. 241106	08-Jan-24	ETA Cape Town	
	09-Jan-24	ETD Cape Town	
	11-Jan-24	ETA Walvis Bay	Transhlp
STACK CLOSING CAPE TOWN	29-Dec-23	(Provisional)	
MARIA DA PAZ 8/23N	**10-Jan-24**	**LUANDA**	
	11-Jan-24	ETD Luanda	
	15-Jan-24	**ETA Walvis Bay**	
	17-Jan-24	ETD Walvis Bay	
	21-Jan-24	**ETA St Helena**	
	24-Jan-24	ETD St Helena	
	28-Jan-24	**ETA Luanda**	

VESSEL & VOYAGE DETAILS	DATE	PORT	REMARKS
VOYAGE 9			
VESSEL & VOYAGE TBA	19-Feb-24	ETA Cape Town	
	21-Feb-24	ETD Cape Town	
	24-Feb-24	ETA Walvis Bay	Transhlp
STACK CLOSING CAPE TOWN	12-Feb-24	(Provisional)	
MARIA DA PAZ 9/24N	**24-Feb-24**	**LUANDA**	
	29-Feb-24	ETD Luanda	
	04-Mar-24	**ETA Walvis Bay**	
	06-Mar-24	ETD Walvis Bay	
	11-Mar-24	**ETA St Helena**	
	14-Mar-24	ETD St Helena	
	17-Mar-24	ETA Luanda	
STACK CLOSING WVB	01-Mar-24	(Provisional)	

Select Committee 2: Asset Disposal

Ex-RMS artefacts and souvenirs



Hannah Braaf, SAMS

One of the big focuses of the Select Committee 2 - made up of Chair Cllr Dr Corinda Essex, Cllr Karl Thrower and Cllr Andrew Turner - hearing, at which the topic being scrutinised was asset disposal, was the ex-RMS artefacts and souvenirs. Questions were posed to Financial Secretary Dax Richards by Cllr Dr Essex and Cllr Turner, the former having a vested interest as a previous owner of some artwork displayed on the RMS.

Cllr Dr Essex first inquired as to the lessons learned through the "issues of disposal" of the ex-Basil Read and ex-RMS assets.

"I'm fairly comfortable with the process that we're going to go through in terms of Basil Read," Dax responded. "One of the challenges with the Basil Read assets is that, whilst we terminated the contract some time ago, there was an ongoing dispute that took a number of years to actually come to a conclusion."

"During that time, SHG was actually maintaining those assets through the project," Dax continued. "It might not be full maintenance, as you would expect if it was fully running, but [during] the time taken, unfortunately, for us to be able to move forward from... the airport project to kick-starting the FIT project, there has been some deterioration of the assets."

"On the RMS disposal, in terms of the lessons learnt, having and doing a bit more planning at the front as to how we disposed of the assets is probably something that could have, and should have, happened," Dax added. "It is something that we will definitely have to take into consideration if we ever find ourselves in a similar situation going forward."

"The thought process at the time was that because of the historical significance and importance of the RMS St Helena, we used the Heritage society through the Museum to actually sort through and look at which of those items would form the basis of some sort of collection," Dax stated. "Maybe insufficient thought was given to those items thereafter that would not be used by the Museum... I am aware now, of course, that there has been some collaboration with the areas within social care, who have now taken some of that artwork and used that as displays, in the CCC for example... A bit more planning at the offset would have allowed that to happen a lot [earlier]."

Cllr Dr Essex pointed out that the elected member on the working group consulted other elected members, Cllr Dr Essex included, on how the ex-RMS artefacts should have been disposed of. This resulted in a recommendation to sell some artefacts, providing SHG with some financial compensation. Cllr Dr Essex asked why the recommendation was not followed through.

However, Dax stated that he could only answer that question by going away and doing some research. Dax also stated that none of the artists or previous owners were informed of what was going to happen to the artefacts and artwork.

Cllr Turner then asked if it would be possible to trace where all the artefacts are today.

"Yes, we should be able to through the Museum," Dax explained. "[The curator] has a clear list of which items have been handed over to the care facilities. The rest will still be with the Museum."

Because of her personal interest, Cllr Dr Essex added that she "did not want those items back, but I did want them sold, so that St Helena as a whole would be able to benefit from them... it is a disappointment to me that they were not sold. It is also a disappointment to me some of the other items that had considerable value, such as the sets of first day cover stamps and so on, were not sold because those kind of items [are not going to] generate a huge amount of revenue, but it is still income for SHG."

"I understand the financial value to SHG, as [the money] can be used for other things," Dax commented. "However some [items], once it's left the Island, you will never see it again. We also need to think about the cultural and the heritage value that those items have to St Helena. It's not as simple as saying, 'We'll look at the financial value of something', because some items you can't put a financial value on and actually might be better off [in the Museum]."



Disney Daze

Creative St Helena puts on "successful" Disney-themed event at Mantis



Hannah Braaf, SAMS

On Saturday, 18 November, Creative St Helena held 'Disney Daze' at the Mantis St Helena Hotel. This was a Disney-themed, family-friendly creative event held from 2pm, showcasing singing, dancing and acting.

It was a bright, sunny day, so the show was held in the hotel's courtyard and attracted a large crowd, with people filling both the courtyard and the bar area. Teeny Lucy of Creative St Helena described the afternoon as "successful".

"The pop-up stage was in the courtyard and the afternoon started with a musical performance of songs from movies such as Tangled, Cinderella, Little Mermaid, Moana, Mulan and Hercules," Teeny commented.

"Performers were Lisa Joshua, Abigail Yon, Lee Burrows, Adele McMichael, Marianne Hopkins, Willow Yon-Duncan and some young people from all three primary schools who sang with the adults or who performed tap or ballet dance," she continued.

For the closing number, children from the audience were invited up to join the entire cast in a rendition of Cinderella's *Bibbidi-Bobbidi-Boo*.

"The show was lots of fun, reminding the audience of many beloved moments from Disney classics," commented one audience member. "There were lots of interesting costumes and you could tell the cast were enjoying themselves. All in all, a great day."

After the show, Mantis provided tea, coffee and food enjoyed by patrons and participants who could also join in on a game of Disney picture bingo.

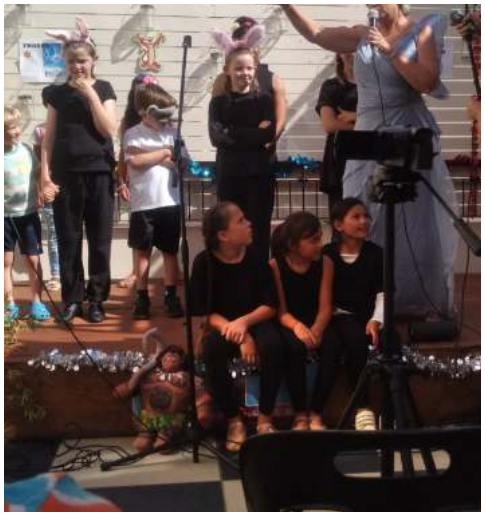


















National Epilepsy Awareness Month

Caitlyn Buckley shares her story about her journey with having Epilepsy



Demy Herne, SAMS

The month of November is known as National Epilepsy Awareness Month where awareness is pushed out so that people can understand this condition more. According to the World Health Organisation (WHO), epilepsy is a poorly understood condition, despite it being the fourth most common brain disease. Epilepsy can affect anyone and currently, according to WHO, there are 50million people worldwide who have epilepsy.

With this month being National Epilepsy Month, The Sentinel spoke to local resident, Caitlyn Buckley, a young Saint who has had to deal with having epilepsy on St Helena.

Caitlyn had her first seizure on 16 June 2018, and said she didn't know what was happening to her. "I was at work and all I remembered was waking up and seeing blood all over the floor and feeling cold," she recalled. "I was in and out of consciousness for an hour and then the next time I woke up I was in the hospital."

Between June and December of 2018 Caitlyn had a few more seizures and was admitted to the General Hospital on most of these occasions. The doctors at the time weren't aware that Caitlyn had epilepsy and they couldn't figure out what was causing the seizures. In 2019, Caitlyn found out that she was pregnant with her son, Lathen, and was referred to South Africa for a Magnetic Resonance Imaging (MRI) and an Electrocardiogram (ECG) scan. These scans revealed that Caitlyn was actually suffering from epilepsy and she was therefore prescribed to two types of medication to help control the seizures.

"As my pregnancy progressed, I had more seizures and, shortly after I returned to South Africa to have Lathen, and whilst there, I had two more seizures," she explained. "On 28 August 2022, whilst I was in the UK, I had my last epileptic seizure after having gone one year free of any seizures."

This last epileptic seizure that Caitlyn experienced was witnessed by her son Lathen. Although he was very young at the time, Caitlyn knew it was best to educate him about her condition and what to do if it happens again. Although she is on medication, there is still a fairly high chance that she could have another seizure at any time. This is daunting, and Caitlyn says every day she has to wonder "what if I have a seizure today?" describing the feeling as like "treading on eggshells".

Because of the risk, Caitlyn tries to never go to places alone or places where she could possibly fall or severely injure herself in the event of an epileptic seizure. "I can sometimes feel a seizure coming on, but it's already too late for me to fully prepare myself. I also try to make people aware that I have epilepsy and inform them what steps they need to take if I do happen to have a seizure when I'm with them," she explained.

Since June 2018 to the present time, in 2023, Caitlyn has had 11 seizures which have resulted in her having a few "warrior scars". Caitlyn hasn't identified any specific triggers for her seizures, but says she does believe that stress can play a big part in the role of a seizure coming on.

If you want to support those who have epilepsy, then you can wear the colour purple. The colour purple was chosen because purple promotes harmony of the mind and emotion and it also scientifically proven to calm the mind and nerves.

Caitlyn concluded with an inspirational quote for those who are suffering from epilepsy or any other medical conditions which can affect their quality of life - "Never let the things you cannot do prevent the things that you can."

ST HELENA NEWS

Parliament Week in St Helena



Children's Champion Cllr Rosie Bargo, Contributed

During the week commencing 6 November, UK Parliament Week, or simply Parliament Week, was celebrated with students in all the schools on St Helena.

As Children's Champion, Parliament Week provided a fantastic opportunity to inform our youth of how the St Helena Legislative Council and the New Ministerial system operates and to inspire interest in parliament, politics and democracy whilst encouraging our young people to engage with us as the Councillors of the Island.

Along with the support of my colleagues, each school visit started with a short educational video of the St Helena Legislative Council and the Ministerial system, followed by a healthy question/debate where the various areas debated were Anti-Social Behaviour, Energy Generation on St Helena, What future is there for young people of St Helena, and other general topics such as Shipping, Cost of Living etc.

The Children displayed a keen interest in how parliament works here on St Helena and the UK which was enlightening to see and much more impressive was their in-depth knowledge of all the chosen topics and various other questions/concerns in St Helena today. At the end of the sessions, the Schools were presented with a UK Parliament Activity Pack courtesy of the Governor's Office and along with my Colleagues I would like to take this opportunity to thank the Teachers and Students for their time and to the Students thank you for your healthy and well-informed debates. I would like to also like to thank my fellow councilors Andrew Turner, Robert Midwinter, Dr Corinda Essex and Karl Thrower who were able to join me on this occasion.

In closing I am very proud to see that we have quite a few upcoming bright Politicians for St Helena's Future and I encourage you all who are interested to register your names to become a member of St Helena's Youth Parliament. We need to start somewhere and registering your name is that Start! For more details and to register for the Youth Parliament of St Helena contact your Children's Champion Rosie Bargo on telephone number 22590 or 23663 or 66221 or email councillor.rbargo@helanta.co.sh.





Making Data Visual

Celebrating GIS Day 2023



Hannah Braaf, SAMS

On Thursday, 16 November, SHG's geographical information system (GIS) section held GIS Day celebrations at the Jamestown Community Centre from 9am to 3pm.

This event specifically celebrated the technological leaps in the use of GIS technology in analysis, visualisation and research into geospacial data, including the use of drone imaging in 3D visualisation and agriculture and illustrations of numerous mapping methods.

GIS transforms data into a visual experience, to be used for so many different things. Over the past 18 years, St Helena's GIS section has been using historical data to create interesting maps to engage uses with clear visuals.

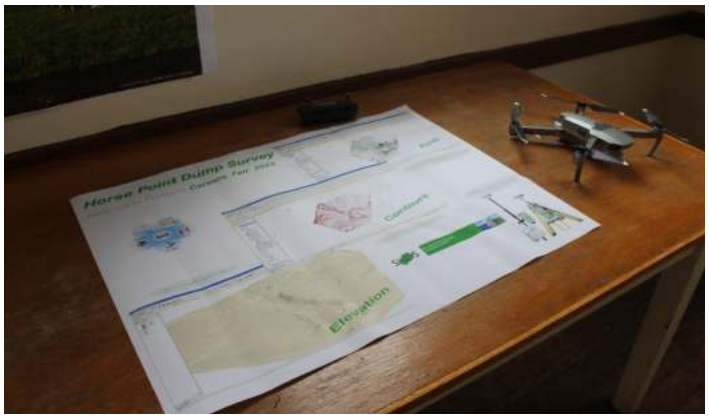
GIS is also useful to SHG, alongside stakeholders, in making decisions for the Island and the community. For example, GIS analysis can be used to map rainfall patterns on St Helena, providing a better understanding of how land should be used, increasing sustainability.

It was more than 20 years ago when founder and president of Environmental Systems Research Institute Jack Dangermond first saw the possible growth and utilisation of GIS; this lead to the first GIS Day in 1999. As geospacial technology has taken off enormously since then, GIS Day provides an opportunity to share accomplishments and inspire others. So, this year, SHG's GIS section joined hundreds of organisations around the world in celebrating this significant day.

More information on GIS Day can be found at www.gisday.com and GIS Manager, Devlin Yon, can be contacted for more information on the celebrations here on St Helena.









SAMS RADIO 1 SCHEDULE

SAMS Radio 1

102.7 (Jamestown) • 90.5 (High Knoll) • 105.1 (Sunberry) • 105.3 (Blue Hill)
Streaming live via www.sams.sh/radio.html

FRI. Nov 24
- 7am -10am: Sunrise show with Luke Bennett
- 2pm: Our Show
- 5:30-7pm: OUT OUT! with Liam

SAT. Nov 25
- 9am-12 Noon: Saturday Show with Demy Herne
- 3-5pm: Modern Country Chart with Demy Herne
- 6-8pm : DNA Show with Anita and Deon
- 8pm: Mixed Tape Show with Hannah Braaf

SUN. Nov 26
- 7am-noon: Sunday Show with Donna Crowie
- 1pm: Interveiw Hour
- 3-4pm: UK Chart Show with Demy Herne
- 5pm : In Scope
- 7pm:Anglican Church Service

MON. Nov 27
- 7am-10am: Sunrise show with Luke Bennett
- 2-4pm: DNA Show
- 5:30 -7pm: The Irish Show with Tony and Lucas

TUE. Nov 28
- 7am-9am- Sunrise with Donna Crowie
- 10am: Ministers Question Time
- 2pm: In Scope
- 5-7pm: UK Chart Show with Demy Herne
- 7:30pm: Life is Still Beautiful

WED. Nov 29
- 7am: Sunrise Show with Deon
- 9-11am: Our Show
- 4-7pm: Afternoon Drive with Luke Bennett
- 7:30pm- Mixed Tape Show with Hannah Braaf

THU. Nov 30
- 7am-10am: Sunrise with Luke Bennett & Liam Yon
- 10am: Legislative council meeting
- 5-7pm: Modern Country Chart with Donna Crowie
- 7:30pm: In Scope (Repeat)

sure
Bringing you the
BBC World Service
100.7 (Briars)
88.1 (High Knoll)
102.7 (Blue Hill)

Featured this week



Eventful week ahead in the Council Chamber with two meetings planned which SAMS will be broadcasting 'LIVE'

On Tuesday at 10am there will be Ministers Question Time with the topic up for discussion being Roads - Policy and Safety.

Then on Thursday, all Elected Members will gather for the final Formal LegCo Meeting for 2023.

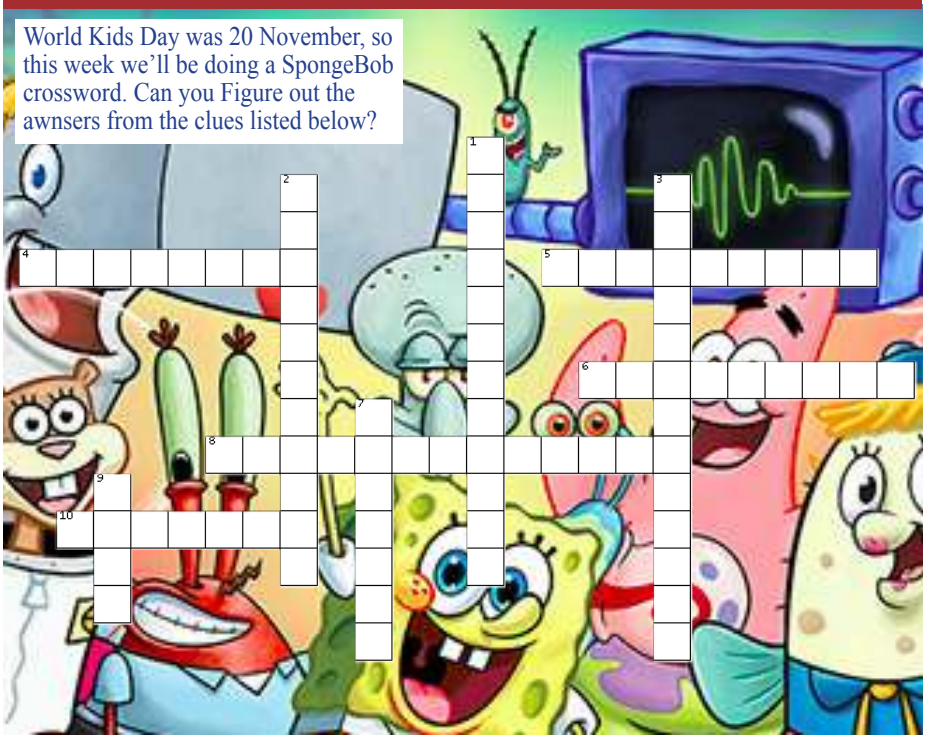
Stay tuned to SAMS Radio 1 for these upcoming live broadcasts!

Local news and notices:
7am, 10am, noon, 5pm, 7pm, 10pm

Reach us on ***22727*** or at ***news@sams.sh***

SAMS South Atlantic Media Services Ltd

Crossword: American Movie Stars



World Kids Day was 20 November, so this week we'll be doing a SpongeBob crossword. Can you Figure out the awnsers from the clues listed below?

ACROSS

4. Who is the villain in the SpongeBob cartoon?
5. What does SpongeBob live in?
6. Who is SpongeBob's neighbour?
8. Where does SpongeBob work?
10. Who is SpongeBob's best friend?

DOWN

1. Where does SpongeBob live?
2. There's a squirrel in this cartoon who wears a spacesuit what's her name?
3. Where is Planktons headquarters?
7. Who is SpongeBob's boss?
9. What is the name of SpongeBob's pet?

Famous Birthday on 23 Nov



Miley Cyrus (30)

Sentinel Joke of the day

Why should you never play poker at the zoo? Too many cheetahs

Rebus Puzzle: *Figure out the phrase*

SECRET ←
SECRET
SECRET
SECRET



Lion sparks panic on the streets after escaping from circus



A lion was filmed prowling the streets of an Italian seaside town for several hours after escaping from a circus.

Videos showed the big cat walking through dark and deserted streets of Ladispoli, near Rome, on Saturday evening.

Mayor Alessandro Grando warned residents to stay at home while police and circus staff sought to catch the animal.

In a Facebook post, more than five hours after his original message raised the alarm, Mr Grando said the lion had been "sedated and captured".

"Now he will be taken in hand by the circus staff," he wrote, thanking emergency services and volunteers who helped bring the beast, reportedly named Kimba, to heel.

"I hope that this episode can stir some consciences and that we can finally put an end to the exploitation of animals in circuses," the mayor added.

He further stated that he had not authorised the presence of a circus with lions in the town, but said he did not have the power to prevent it.

Last week's Crossword Answers

Football

Three	Messi
France	Roma
Manchester United	Kylian Mbappé
Michael Owen	One
Alan shearer	AC Milan

Rebus Answers:

1. Top Secret, 2. Banana Split

IN SCOPE: RECAPPED



In Scope: Environmental, Natural Resources & Planning Portfolio

Focus on St Helena, the latest Marine Hope Spot

Minister Christine Scipio welcomed Kirsty Jones (Marine & Fisheries Conservation Officer), Elizabeth Clingham (Blue Belt Regional Co-ordinator for the South Atlantic) and Helena Bennett (Director of St Helena National Trust) as her guests on In Scope this week to tell listeners more about the prestigious Marine Hope Spot designation that have recently been awarded to St Helena.

Elizabeth started off by giving some background on Mission Blue and Marine Hope Spots. Mission Blue is a Non-Governmental Organisation based in the USA founded by marine science pioneer and explorer Dr Sylvia Earl. Dr Earl is well-known for her work with Jacques Cousteau and for her documentary Mission Blue which documents her life spent in the pursuit of the protection of the marine environment. She has also documented the changes in the marine environment for the worse. With the support from various organisations and groups, she managed to establish the Hope Spot programme after being catapulted into the limelight by a TED (Technology, Entertainment and Design) talk on the subject in 2009. Mission Blue Hope campaigns for increased action to protect preserve and restore the planet's oceans. St Helena has a longstanding relationship with the Georgia Aquarium in Atlanta specifically relating to research on whale sharks. The Chair of the Georgia Aquarium, who specialises in St Helena's marine environment, suggested the nomination of St Helena as a Hope Spot. This kicked off the process and got the ball rolling on all that needed to be done to make this a reality.

Dr Dayne Buddo, Director of Global Policy at Georgia Aquarium, who also works with Mission Blue, formally put forward St Helena as a nominee. An application cannot come from a government but needs to be channelled through an NGO. With a long standing history of involvement in conservation and having added a marine section, the St Helena National Trust was the logical organisation to approach to get involved in this project. The proposal was presented to the St Helena National Trust Council; who oversees strategic direction of the Trust; and they agreed for the Trust to start the process of completing the application. The application form required a lot of information in different areas and a lot of work went into completing this. The completed application was then sent to Dr Buddo to be critiqued, reviewed and then submitted. Some further questions had to be answered from the assessing panel specifically relating to the road forward and



how St Helena plans to maintain a balance between protection and development. After all the responses had been submitted and considered, the panel approved the application and St Helena's MPA was declared a Marine Hope Spot.

A lot of the information that was needed for the application was already available due to the Marine Management Plan which had recently been reviewed and the Marine Protected Area which had been proclaimed in 2016. The application process was kept quiet with only a few parties privy to the information. Tour operators and other stakeholders had to write letters of support and add some information in addition for the application. All the groups that were involved kept the application quiet till the time it could be officially announced.

Elizabeth said that this award was a major highlight for her personally as well as professionally. It was not as challenging a process as expected due to the community on St Helena having always instinctively valued and protected the ocean. St Helenians tend to be very proud of their natural environment and try and preserve it as best they can. It is very validating to receive the international recognition for the work that has been done here to preserve the marine environment. St Helena is only the 157th area to be designated as a Marine Hope Spot in the world alongside sister Island Ascension who was awarded this honour in 2015.This award puts St Helena on the same level as destinations such as the Galapagos Islands. The advantage that St Helena has over a lot of the other Hope Spot areas is that we do not need to recover our marine area as it has not suffered extensive damage as in other places, but a preserving and sustaining approach is followed here. This is largely due to the fact that SHG, NGO's, advocacy agencies and the community have always been working together towards a common goal in protecting our marine environment.

Kirsty reflected on her time spent on Ascension as part of the marine team there; where the marine area had already been designated as a Marine Hope Spot in 2015. Dr Earl personally visited Ascension in 2015 and some of the local staff had the privilege to dive with her during her visit to the Island. It is hoped that Dr Earl might possibly visit St Helena together with the Mission Blue expedition team and representatives from the Georgia Aquarium when the official launch takes place next year to coincide with the Whale Shark Festival and Marine Awareness Week. In the interim, there will be a virtual launch that will take place before the physical launch next year.

The designation as a Marine Hope Spot will have no impact on any restrictions to ocean use on St Helena but is rather an international scientific recognition of the work that has already been done here. It does however provide access and networking opportunities to collaborate with other Hope Spots on research topics, threats and other information on marine issues.

A lot of work has been done over the past twenty years to bring St Helena to place where it is now. The journey initially began with projects to assess species of whales, dolphins and seabirds, as well as undertaking basic fisheries science projects to build a baseline of knowledge and understanding of our marine environment. There was a lot of support from various stakeholders like ocean users as well as organisations like the RSPB, Blue Marine Foundation, IPNLF and Darwin to name but a few. In 2012 the idea of creating an MPA was conceived and this was followed by a period where projects were undertaken to research species, map marine habitats, the determining of safe sustainable limits for fisheries and tourism. Information was gathered from traditional rock fishers and ecology surveys were carried out, looking at key species and their lifecycles. All these projects ensured that a comprehensive database was created to validate and justify marine protection measures through evidence-based research.

A marine ecosystem services assessment impacts was also undertaken to consider all services that the ocean has to offer and determine the socio-economic impact of St Helena's marine environment on the wellbeing of the ocean users. One of the findings of the research was that there is a spiritual connection between St Helenians and the ocean. The most important recreational pass-time for the community when it comes to using the ocean is to just spend time at the seaside, creating a feeling of wellbeing and health. This connection has been a contributing factor in the protection of our marine environment. All the research done and the data enabled the team to support the application for the Hope Spot award and to develop the plans for the future.

For the past eight years, the Blue Belt project, the UK's flagship international marine conservation programme, have been providing a lot of support and funding to the Marine Section to do research and put measures in place to protect St Helena's marine environment. The St Helena National Trust is another proud partner in the process to protect the natural heritage on-Island including the marine environment. St Helenians' lives have always been interwoven with the ocean. There are many organisations and stakeholders as well as the community who have all had a part in making it possible for St Helena to receive this highly prestigious award. The team ended off by saying that everyone on St Helena can rightly be proud of this remarkable achievement.



Dr Sylvia Earl

YOUR RECIPES

Jerk Chicken Burger

Ingredients

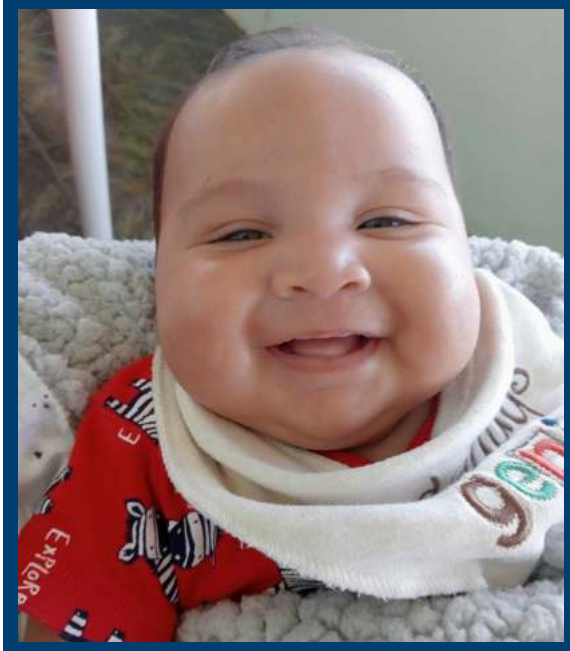
- 2 skinless chicken breasts
- Thyme
- 1 tbsp olive oil
- 2 tsp jerk seasoning
- Juice 1 lime
- 2 large bread rolls
- ½ small mango, stoned, peeled and sliced (or tinned)
- 1 tomato, sliced
- 1 lettuce, shredded
- 2 tbsp mayonnaise and ketchup, to serve (optional)

Method

1. Put the chicken breasts in between pieces of cling film and bash with a rolling pin to flatten. Mix together the thyme, oil, jerk seasoning and half the lime juice in a bowl. Add the chicken and leave to marinate for 5mins.
2. Heat a griddle pan until hot and cook the chicken for 4-5mins each side or until cooked through. Remove from the heat. Meanwhile, toast the cut sides of the buns for 1-2mins.
3. Put the chicken on the buns and top with the mango, tomato and a handful of lettuce. Squeeze over the rest of the lime and top with mayo and ketchup, if you like.



Little Brother Kylian



Kylian Emeil-James Phillips

Proud parents, Tanisha Benjamin and Dion Phillips, were blessed with their bouncing baby boy, Kylian Emeil-James Phillips, on 21 August 2023 at 21:10pm, weighing 6lb 11oz.

"Baby Kylain is doing fine," Mum told The Sentinel. "He's happy, contented, and getting into routine and loves being talked to."

Mum Tanisha is feeling good now that baby Kylian is sleeping through the night. "Dad Dion is doing a good job, very hands on and proud," Mummy says.

Big brother's, Zayden and Thiago, are over the moon, and are always fighting over who is going hold him - they are both so helpful.

Tanisha and Dion would like to thank Dr Francisco and midwives Erica Bowers and Rosie Mittens for taking care of Tanisha before and after baby Kylian was born. They would also like to thank Dr Anton, Dr Peter, and theatre staff Donna, Annabel and Janis for the safe delivery of baby Kylian and thanks to everyone who sent congratulations and gifts.







Donna Crowie, SAMS

Cheers to the King!

St Helena celebrates King Charles birthday with Plantation Garden Party



Anita Robbertse, SAMS

On Saturday, 18 November, His Excellency the Governor of St Helena, Nigel Phillips, and the First Lady, Emma Phillips, hosted a garden party in celebration of the birthday of His Majesty King Charles III, which took place on 14 November.

The event commenced at 4pm and took place in the beautifully tended garden of Plantation House. The lawn area was festively decorated with garlands of British flags. Underneath the marquee, the band was ready to entertain the guests.

The invited guests arrived attired in uniform, colourful dresses, interesting hats and smart suits. All guests were welcomed by the Governor and Mrs Phillips, after which they proceeded to the reception area where they could mingle and enjoy the sunny weather. Drinks and canapés were served throughout while the band provided lively music to mark the occasion.

Once all the guests had arrived, Governor Phillips addressed the attendees. He welcomed everyone, making a special mention of guests who are also medal and service order recipients. He also took the opportunity to thank all volunteers for their continued efforts to contribute to the community here on St Helena and made a special mention to the medical team for the sterling job they are doing. The Plantation Staff were also thanked for all their hard work to ensure that the event was a great success. The attendees were then called to drink a toast to the King and the formal part of the celebrations was ended off with the band playing the National Anthem.

The birthday cake was cut and everyone enjoyed a piece. Guests were treated by the Governing couple to an enjoyable and sunny afternoon to celebrate the 75th birthday of His Majesty King Charles III. To the King!





NOTICE BOARD

December events at

Prince Andrew School

'ToInspire and Achieve'

Monday 11th December, 7pm:

PAS Talent Show. Free admission - donations to our PTA are welcome. Tickets: parents/guardian will be given priority. Remaining tickets will be made available to the public on the 4th December.





Tuesday 12th: School meal

Wednesday 13th December: Family Fun afternoon. Starting at 12 noon, parents/guardians are invited to join the students for an afternoon of activities at PAS.





Thursday 14th: Students in school (off timetable)

Friday 15th December: Athletics Day. The public are welcometo join us at this event. Please respect our child safeguarding policies by keeping to the designated viewing areas.



BLACK FRIDAY SCAMS

DON'T GET CAUGHT OUT

Two of the busiest shopping days of the year, Black Friday and Cyber Monday, are at the end of November. Unfortunately, while you're looking for the perfect gift, cybercriminals are looking for ways to scam you out of your money. UK shoppers lost over £10 million to cyber criminals during last year's festive shopping period. Look out for some of the most common scams below and know the best ways to avoid falling victim to them.



COMMON SCAMS



FAKE COUPONS & VOUCHERS: To save money you can apply for coupons/vouchers online. Scammers can lure you into applying for these coupons using fake websites. After you enter your infot into these sites you can be sent to another malicious site and shown adverts for unrelated products. The coupon code may also not work, and your contact information could be sold.



FAKE SHOPPING WEBSITES: Scammers use fake websites that mimic the real websites of businesses. Except for the website name, these websites can look identical to the real sites and can collect personal information, including payment details. They could also download malware to your device.



GIFT CARD SCAMS: If an online company asks for an unusual payment method, such as a prepaid card, gift card, or wire transfer, this is more than likely a scam. These methods are favoured by scammers as they don't often give consumers much protection, for example, gift card payments are usually not reversible.



FAKE ORDER CONFIRMATION: You might receive a phone call, email, or text that looks like an official order confirmation. This shows the amount you're being charged for a product/service which you didn't actually purchase. This message also includes cancellation instructions. When you call to cancel the fake order, "agents" are waiting by the phone to steal your banking details. Another tactic involves asking you to download a form from an email and return it with your information filled in to cancel the order — beware, the file likely contains malware.



BILLING ERROR SCAMS: You may receive an invoice or phone call about products you didn't order. Fake invoices can be sent as email attachments that might infect your device, or a scammer may call you to confirm payment details. Both methods are used to obtain your information illegally.

AVOID SCAMS

IF IT'S TOO GOOD TO BE TRUE, IT USUALLY IS: Scammers like to use the fear of missing out on a good deal to make you respond quickly. However, if a special offer sounds almost too incredible, even for a Black Friday sale, then this is likely a scam.

BEWARE OF SHARING PERSONAL INFO: Avoid sharing your personal information online. Hackers and identity thieves may use this info to break into your accounts or build synthetic identities. Synthetic identity fraud occurs when your personal information is used in a damaging way to create a fake person or organisation that commits financial crimes.

DON'T CLICK SUSPICIOUS LINKS: Examine links/website addresses carefully. Ensure they begin with https:// and end with '.com' or '.org' for example. Hover over images or text links before clicking on them to make sure the actual link matches what's in the message. You can hover over an image or text link and see the full web address in the bottom-left of your screen to check if it matches. A link made entirely of a series of numbers is likely suspicious and should be avoided.

CHECK ONLINE REVIEWS: A Google search for online reviews can help you determine whether a company or product is legitimate. Educate yourself about what you're buying, including the features, warranties and the company you're buying it from. Reviews allow you to assess the pros and cons of the product and verify the company.

DON'T REMEMBER ORDERING?: If you receive a surprise order confirmation but don't remember ordering the item, don't click any links and delete the email/message - it's a scam!

St Helena Government

CYBER SECURITY AWARENESS CAMPAIGN 2023

Isolation Connected

NOTICE BOARD



St Helena Government

INVITATION TO TENDER

CONSTRUCTION OF STORAGE UNIT AT BAGLEY'S ESTATE

St Helena Government would like to invite suitably experienced contractors to submit tenders for the following contracts:

CS-1762-SHG (C) – Construction of Storage Unit at Bagley's Estate

Copies of the tender document can be obtained from the Procurement Officer, Tiffany Lawrence, Top Floor, Post Office Building, Jamestown, on telephone no: 25932 or via email: tiffany.lawrence@sainthelena.gov.sh.

A site visit to view the works will take place on Tuesday, 21 November 2023, at 10am, meeting on the road outside of Steven's Butchery, Farm Buildings.

Contractors should note that site visits requested after this date, 21 November 2023, will not be entertained unless there is a relevant reason why the contractor could not attend the scheduled site visit.

Should you require any further details, please contact Procurement Services on telephone no: 25932 or via email: tiffany.lawrence@sainthelena.gov.sh.

Completed tenders should be placed in the Tender Box located on the Top Floor, Post Office Building by 12 noon on Monday, 27 November 2023, clearly marked with the tender number.

Interested parties should note that this opportunity is **not** being advertised overseas.

SHG, 14 November 2023



St Helena Government

EXPRESSIONS OF INTEREST

PUBLIC TRANSPORT SERVICES

St Helena Government is seeking Expressions of Interest from suitably qualified businesses for the provision of Public Transport Services with effect from 1 March 2024.

There are three separate routes and, as part of the Expressions of Interest, opportunities will exist to bid either individually by route or for all three routes.

Should businesses wish to propose alternative methodologies to gain efficiencies, these should be stated in their Expressions of Interest.

- Businesses will be responsible for the provision and maintenance of vehicles
- All vehicles for the provision of services should be roadworthy, reliable, and safe and in a well maintained condition
- The Expressions of Interest will have the full specification of requirements of the vehicles and the services
- The contract will run for two years.

Business should be able to demonstrate their capability and experience in these services.

For further information, please contact Carol Henry on telephone No: 22470 or via email: carol.henry@sainthelena.gov.sh.

The closing date for Expressions of Interest to be submitted is 12 noon on Thursday, 30 November 2023, and should be addressed to Deputy Head of Procurement, Nicola Young, at Top Floor, Post Office Building, Jamestown.

SHG, 16 November 2023

NOTICE BOARD

DIOCESE OF SAINT HELENA

The Parish of St Paul's		
Sunday 26th November 2023 – Christ the King		
8.00 a.m.	Reserved Sacrament	Cathedral
9.30 a.m.	Eucharist/Pledge Sunday	St Andrew
11.15 a.m.	Eucharist/Pledge Sunday	St Helena & The Cross
5.00 p.m.	Worship and Praise	Cathedral
	Thursday 30th November	
6.30 p.m.	**Patronal Festival**	**St Andrew**
The Parish of St James		
Sunday 26th November 2023 – Christ the King		
9.30 a.m.	Eucharist	St James
The Parish of St Matthew		
Sunday 26th November 2023 – Christ the King		
11.15 a.m.	Eucharist	St Matthew
	Tuesday 28th November	
7.00 p.m.	Eucharist	St Mark

THE SALVATION ARMY

Will be having a 'Quality Seconds' Sale at their Jamestown Thrift shop on Saturday, 25th November from 10am until 2pm.

Come along and grab a bargain.

Dress for less and still look great.

See you all there!

BAPTIST CHURCH

Sunday Services
26th November
Sandy Bay Chapel 08.45 am
Jamestown Chapel 6.00 pm

Head O'Wain will combine
with Sandy Bay
therefore no service will be held
In the Head O'Wain Chapel.

Bible Studies
Tuesday
28th November
Baptist School Hall 7.00 pm
Thursday 30th November
Sandy Bay Chapel 5.30 pm

ALL ARE WLCOME

For further information contact:
Tel No 24644



NOTICE BOARD

VACANCY – LINES TECHNICIAN

Connect Saint Helena Ltd is seeking to employ a Lines Technician to provide professional installation services, carry out planned preventative maintenance, breakdown rectification and repairs of the 11kV High Voltage and 400 Volt Low Voltage distribution network. Provide support to the Company's Electrical Technicians for fault analysis, and rectification on the HV and LV distribution networks, and to the Water Team's motor starter and control systems.

The successful candidate should have:
2 year's experience working on 11,000-volt networks, 5 years of work experience in an electrical environment and good problem-solving skills, City and Guilds Electrical Installations or Technicians certificate, climbing experience and be physically fit. A certificate in Hydraulic Lifting Platform Operation is preferred.
The successful candidate should also have a class C driving licence.

Connect Saint Helena Ltd offers a competitive salary commensurate with qualifications and experience. Other benefits include 15% pension contributions of the base salary and 25 days annual leave.

For a full job description and/or further details on this position please contact Trevor Fowler, Electricity Distribution Manager on (+290) 22255 or email Trevor.Fowler@connect.co.sh

Completed application forms can be handed into the Connect Saint Helena Ltd main office at Seales Corner, Jamestown or via email: Annalisa.Young@connect.co.sh by 9am on Monday, 27 November 2023.

To be considered for this role please complete our application form, CV's will not be accepted.

WILLS AID

make a will week in support of YELLOW FINS SWIMMING CLUB
27 November – 1 December 2023

MAKING A WILL – WHY IT'S IMPORTANT

It's easy to put off making a will, but if you die without one all that you own (your assets) may be distributed according to the law rather than your wishes. This could mean that your partner receives less, or that the money goes to family members who may not need it.

It is important for you to make a will, whether or not you consider you have many possessions or much money, because: -

- if you die without a will, there are certain rules which set out how the money, property or possessions should be allocated. This may not be in accordance with your wishes.
- unmarried partners cannot inherit from each other unless there is a will, so the death of one partner may create serious financial problems for the remaining partner. **There is no such thing as a '*common law wife or husband*'.**
- if you have children, you will need to make a will so that arrangements for the children can be made if either one or both parents die.
- if your circumstances have changed, it is important that you make a will to ensure that your money and possessions are distributed according to your wishes. For example, if you have separated and your ex-partner now lives with someone else, you may want to change your will. If you are married this may make any previous will you have made invalid.

Wills Aid has been running since 1988. Wills Aid is a special partnership between the legal profession and charity. The idea is that, instead of paying a solicitor's fee, clients are invited to make a donation to charity for the cost of the will. **The Public Solicitor Office is supporting Wills Aid and has nominated the Yellow Fins Swimming Club as our charity.**

If you would like further information about making a will or updating your existing will please contact the Public Solicitor office. Based on current charges, the cost is £20 for a simple and straightforward will. For a more complicated wills, charges will be between £20 and £50.

For an appointment please contact: office@publicsolicitor.com or call on 23008

NOTICE BOARD

St Helena Cloud Forest Project
Baseline Vegetation Mapping Contract

RSPB invites **Expressions of Interest** to undertake baseline vegetation mapping for the St Helena Cloud Forest Project (SHCFP).

An appropriately experienced and qualified service provider is sought to produce high quality UAV imagery over selected areas of the Peaks National Park to form a baseline dataset from which to measure future changes in vegetation.

This should be completed following the UAV Habitat Surveillance Programme Pilot for the Peaks National Park, in line with any relevant local policies and regulations. Estimated time for completion of flight missions is approximately 13 hours excluding flight missions.

Deadline for completion is 28 February 2024, however ideally the works should be undertaken as soon as possible.

Interested persons should enquire at the Cloud Forest Office via email to Shayla.Ellick@rspb.org.uk, or via phone on 25718 for further information and to receive a formal invitation to quote for this work.

Quotations should be received by Kirsten.Ellis@rspb.org.uk by 4pm on Sunday 26 November 2023.

RSPB
14 November 2023

St Helena Government

INVITATION TO TENDER

St Helena Government would like to invite suitably experienced contractors to submit tenders for the following contracts:

CS-1789-SHG – Alterations and Refurbishment of the Middle Landing Steps, at the Wharf, Jamestown

Copies of the tender document can be obtained from the Procurement Officer, Tiffany Lawrence, Top Floor, Post Office Building, Jamestown by telephone on 25932 or via email throughtiffany.lawrence@sainthelena.gov.sh.

A site visit to view the works will take place on Monday 27 November 2023at 10am, meeting at the Middle Landing Steps at the Wharf, Jamestown.

Contractors should note that site visits requested after 27 November 2023 will not be entertained unless there is a relevant reason why the contractor could not attend the scheduled site visit.

Should you require any further details, please contact Procurement Services by telephone on 25932 or via email throughtiffany.lawrence@sainthelena.gov.sh.

Completed tenders should be placed in the Tender Box located on theTop Floor, Post Office Building by 12pm on Monday4December 2023, clearly marked with the tender number.

Interested parties should note that this opportunity is **not** being advertised overseas.

SHG, 16 November 2023

NOTICE BOARD

THANK YOU

The Equality & Human Rights Commission would like to express sincere thanks to members of the community who supported the campaign in 'Reaching out to the Elderly' last month. This was in recognition of International Older Persons Day and World Food Day in October.

A special thank you to Solomon & Company for their generous donations.

In total 51 breakfast packs were received and issued to elderly members in the community. These were well received and appreciated.

Equality & Human Rights Commission
Coles House, Napoleon Street, Jamestown, St Helena.
Tel: 22133

VACANCY – ELECTRICITY GENERATION ENGINEER

Connect Saint Helena Ltd is seeking a suitably qualified and experienced person to join the Electricity Generation team to support the operation and maintenance of the electricity generation sources. The primary focus shall be on operation and maintenance of the Wind Farm and to provide support as required on electricity generation from diesel and solar sources. This is a senior post within the Company that will be required to deputise in the absence of the Electricity Generation Manager.

The successful candidate should have the following qualifications and experience:
HND in Electrical/Electromechanical Engineering, 10 years Post Qualification Engineering Experience, 3 years Management Experience, Computer Literate, Working knowledge of SCADA systems operation, 2 years' Experience in Renewable Energy (Solar & Wind) Operation and Maintenance, Health & Safety Risk Assessment, Training & Development experience, able to work at height and be physically fit, Authorised Person (Electrical) HV/LV and a Class C Drivers licence.

Connect Saint Helena Ltd offers a competitive salary commensurate with qualifications and experience. Other benefits include 15% pension contributions of the base salary and 25 days annual leave.

For a full job description and/or further details on this position please contact Merril Lawrence on (+290) 22602 or email Merril.Lawrence@connect.co.sh

Completed application forms can be handed into the Connect Saint Helena Ltd main office at Seales Corner, Jamestown or via email: Annalisa.Young@connect.co.sh by 9am on Friday, 22 December 2023.

To be considered for this role please complete our application form, CV's will not be accepted.

APPLICATIONS FOR DEVELOPMENT PERMISSION

St Helena Government

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

1. **Application 2023/58:** FULL Planning Application for **Proposed Installation of a Wind Sock on a 5 Meter Mast,** Ruperts Jetty, Ruperts Valley. Applicant: SS & HA Portfolio, C/o Simon Wade

2. **Application 2023/59:** FULL Planning Application for **Proposed Two Bedroom Dwelling,** New Ground, on Parcel NG0508. Applicant: Melvin Henry

3. **Application 2023/60:** FULL Planning Application for **Proposed Garage, Dining & Kitchen Extensions,** Bellstone, Levelwood, on Parcel SH0304 & SH0393. Applicant: Johnny Isaac

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 Administration Assistant on Telephone 24724 or email lisa.thomas@sainthelena.gov.sh stating the Application Reference Number they wish to inspect.

Any person who wishes to make Representations on any of the above Applications, should make them in writing within 14 days to the Planning Office, Essex House, Main Street, Jamestown or Email lisa.thomas@sainthelena.gov.sh

Public Representation Closing Date 4pm – 8th December 2023

Petra Joshua, Planning Officer, Planning & Building Control

NOTIFICATION

MEETING OF THE LAND DEVELOPMENT CONTROL AUTHORITY

"The Land Development Control Authority will hold its monthly meeting on **Thursday, 7th December 2023, at 10 am in the Training Room 1, opposite the St Helena Community College Main Hall, Jamestown**.

Meetings of the Authority are open to members of the public, applicants and objectors.

The Agenda and redacted versions of the Handling Reports will be available on the LDCA Web Page of the SHG Web Site. Should you require assistance, please contact the Secretary of the Land Development Control Authority on telephone number 24724.

Applicants and objectors may speak at the meeting providing that a summary of the points to be raised has been submitted to the Secretary at least 24 hours before the meeting".

NOTICE BOARD

ST HELENA NATIONAL TRUST

A presentation by Professor Andreana Cunningham

"Reframing Diaspora: Southeastern African Contributions to Biosocial Variation in Atlantic Afro-Descendant Groups"

6:30pm, Monday, 04 December 2023, The Museum of St Helena



Andree visited St Helena in April—May 2022 to conduct research on the skeletal remains of the Liberated African in Rupert's Valley prior to their reburial. This research formed part of her PhD Anthropology study in:

1. Understanding how certain African/Afro-descendant biological groups formed and changed over time
2. Investigating patterns of biological relatedness that may not be reflected in historic migration data.

In September 2023, Andree completed her dissertation and would now, via a zoom presentation, love to share her results with the community, in particular her study of the remains of enslaved Africans and Afro descendants and her research here on island.

TRANS-ATLANTIC SLAVE MEMORIAL ST HELENA

Vacancy

Mason

Since 1790

Salary for the post will commence at £10,200 per annum (£850 per month)

Solomon & Company (St Helena) Plc has a vacancy within the Building Works Department for a Mason.

As the Mason, you will construct repair, restore and install masonry related structures which requires the use of standard masonry and power tools.

Interested Persons Should:

- Be competent in Maths & English
- Ideally have NVQ Level 2 or equivalent in masonry, block/bricklayer or equivalent
- Ideally have at least 3 years' experience working within the masonry field
- Have a Safety Awareness Certificate, or have undertaken Health & Safety on the worksite training and have the ability to carry out risk assessments
- Be knowledgeable of tools, equipment and materials common to the Mason trade
- Have the ability to operate power & hand tools
- Be able to make assessments of job requirements, estimate material requirements and provide method statements
- Be able to follow technical drawing plans
- Have a clean & valid Driver's License in classes A & C

For further information, including the Company's attractive benefits package contact:

Mr Michael Gutuza, Building Services Manager via 22739 BSM@solomons.co.sh

Application forms may be collected from Solomons Main Office Reception, Jamestown or alternatively an electronic copy can be requested via hradmin@solomons.co.sh and completed forms should be returned to Anya Thomas, Human Resources Organisation & Development Officer, Solomons Main Office, Jamestown by **28 November 2023.**

Solomon & Company (St Helena) Plc offers an attractive benefits package to Employees which includes but are not limited to:

- Pension Contributions
- Attractive Leave Packages including annual leave, sickness absence leave, maternity/parental leave
- Staff Discounts

NOTICE BOARD

St Helena Island
A breath of fresh air

Festival of Walking
Walk of the Week

HEART-SHAPED WATERFALL
ST HELENA NATURE CONSERVATION GROUP

Date: Sunday, 26 November 2023

Start Time: 10am

Meeting point: Barnes Road (off Constitution Road)

One of the most popular walks, cross the wooden bridges covering streams and climb the wooden steps as you reach the base of the waterfall. The viewing platform is a good place for taking pictures and having a rest before the walk back.

Walk grade: Post Box Walk, family friendly (children 5 years+), relaxed pace

3-4 Fairly easy

Remember to wear sensible walking shoes, bring some water and sunscreen.

To register your interest and receive email updates of the 'Walk of the Week' contact Dianne Venning dianne.venning@sainthelena.gov.sh or the Tourist Office T: 22158

THE SALVATION ARMY

Warmly invites you to join them for Christmas Carols on the following dates and times:

Friday 1st December - Mince pies and Carols at the HTH Community Centre at 7.30pm with Guest Singers.

Sunday 3rd December - Open Air Carols at Rosemary Plain at 4pm

Wednesday 6th December - Carols at St Marks Longwood at 7.30pm

Saturday 9th December - Open Air Carols on the Bridge at 7pm

Sunday 10th December - Carols at St Michael's Rupert's at 3pm.

Thursday 14th December - Carols at Sandy Bay Community Centre at 7.30pm

Sunday 17th December - Ecumenical Carol Service at the Grand Parade at 7.30pm

Monday 25th December - CHRISTMAS DAY morning service at 10am with mince pies, cake and bubbly.

May your heart and your home shine with the hope and joy of God's never-ending love all through the Christmas season. God bless you.

NOTICE BOARD



DEC

1

The Azamara Pursuit is expected to arrive at St Helena on Friday 1 December 2023 at 7am and depart at 6pm.

SHE IS CARRYING:

340 PASSENGERS AND 390 CREW

DID YOU KNOW?

For as little as* £11 a month you can purchase Hire & Reward Insurance – the 'Taxi Cover'.

*Premiums calculated on Engine Size and range from <1400cc at £11 to 6000cc at £26

A Fee of £26.50 will also be payable to SHG, to upgrade your current Private Road License to a Public Service License and will run the length of your current license until your next MOT

SCHEDULED STOPS FOR PRE-ARRANGED ISLAND SCENIC TOURS ARE:

- Two Gun Saddle
- Stitches Ridge
- Napoleon's Tomb
- Plantation House
- Napoleon's House (Longwood Green)
- Ladder Hill Viewing Platform

OPPORTUNITIES FOR YOU

These scheduled stops, along with prime spots in Jamestown (for those walking around), provide open opportunities for sales and promotions

Set up a Refreshment Stand...Bring along your Locally Made Souvenirs...

Contribute to the Visitor Experience!

Be Friendly

Be Prepared *(show off your Local Knowledge)*

Be Organised

Be Flexible *(changes may be required due to sea conditions)*



Join us!

We are recruiting...

St Helena Government

JOIN THE PUBLIC SERVICE

Brand Manager (£18,508 per annum)

Are you a highly motivated individual looking for a new opportunity or to progress your career? Do you have excellent interpersonal skills, and a love of St Helena Island?

We are seeking to employ an enthusiastic individual to help the island thrive by leading the local implementation and management of 'Celebrating St Helena'. This is a critical role in SHG's marketing function, and you will have direct involvement in making St Helena a great place to live, learn, visit and invest.

You'll lead work directly with stakeholders in the public and private sectors on implementing SHG's brand strategies and plans. These are the product of community research into what the community most values about the island, how we want to describe ourselves (helping us attract the right people and opportunities), and the direction we want to head in together as a community.

You'll play a key role in embedding these into how SHG operates, and through brand management improve SHG's relationship with its public and other stakeholders. This post sits within the Communications Hub.

Enquiries: **Emma Weaver on email emma.weaver@sainthelena.gov.sh**
Closing date: **27 November 2023**

Support Workers x 3 – Fixed Term (Cape Villa) (£7,341 - £8,946 per annum)

We are looking to recruit motivated individuals to provide quality health and social care support for tenants requiring additional/on hand support and supervision at the sheltered accommodation sites. You will be required to support tenants to independently manage their own household and life in a person centred, empowering and positive manner in the safest environment possible.

Enquiries: Hannah Herne on telephone no. 23230
Closing date: 28 November 2023

Benefits

Leave – 25/30 days leave per annum, according to grade, plus public holidays

Pension – 15% pension contribution by SHG into approved defined contribution pension scheme

Training and Development

Paid sickness absence

How to apply

To access job profiles and application forms online, visit www.sainthelena.gov.sh/government/vacancies Alternatively, these are available in paper format from Central Human Resources and Organisational Development at The Castle, Jamestown.

For further information, please contact the recruitment team on telephone number **22470** or via the email address below.

Applications should be submitted to the Human Resources Officer by email recruitment@sainthelena.gov.sh or paper copies delivered to the Human Resources Officer by the closing date.

To be considered for our vacancies, you must complete our application form. Please do not submit your CV.

SHG positively accepts applications from all members of the community, regardless of age, gender, disability, age, sexual orientation, religion or belief and will consider all applications on the basis of merit assessed against the role profile and person specification. All appointments are subject to the successful candidate providing satisfactory clearances, which include a medical check, betting / DBS clearance and references. SHG reserves the right to have information provided on or with the application independently verified. Benefits are subject to change and may vary according to role.

NOTICE BOARD

JOIN THE PUBLIC SERVICE

Join us!

We are recruiting…

St Helena Government

Senior Support Worker x 1 – Fixed Term (Deasons Centre) (£9,197 - £11,239 per annum)

Social Care is seeking to recruit a highly motivated individual who will be involved in overseeing and managing the day to day operations of the sheltered housing site and any maintenance and/or emergency situations that may arise. You will also be expected to support tenants to independently manage their own household and life in a person centred, empowering and positive manner in the safest environment possible.

Enquiries: Hannah Herne on telephone no. 23151
Closing date: 28 November 2023

Economic Development Officer (£9,197 - £11,239 per annum)

SHG's Economic Development Portfolio is seeking a dynamic individual to help deliver the island's economic development strategy. You will work flexibly across the services and functions of the Portfolio - assisting with research, analysis, policy writing, project coordination, and operational delivery of policies and projects. These areas of work will include tourism, trade and investment, civil aviation, property, and financial services development.

You will work directly with stakeholders from a variety of growing economic sectors, including those set to be enabled by improved digital connectivity.

This is a varied role with the opportunity for significant training, development, and career growth in one or more of the Portfolio's services and functions. The successful applicant will display a commitment to making St Helena an attractive place to live, learn, work, and invest. You will be expected to display a genuine desire to work with a diverse team to deliver positive outcomes for the community.

Enquiries: Damian Burns on telephone no. 22470
Closing Date: 28 November 2023

Benefits

Leave – 25/30 days leave per annum, according to grade, plus public holidays

Pension – 15% pension contribution by SHG into approved defined contribution pension scheme

Training and Development

Paid sickness absence

How to apply

To access job profiles and application forms online, visit www.sainthelena.gov.sh/government/vacancies Alternatively, these are available in paper format from Central Human Resources and Organisational Development at The Castle, Jamestown.

For further information, please contact the recruitment team on telephone number **22470** or via the email address below.

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To be considered for our vacancies, you must complete our application form. Please do not submit your CV.

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JOIN THE PUBLIC SERVICE

Join us!

We are recruiting...

St Helena Government

Senior Human Resources Assistant (£9,197 per annum)

Supporting the HR Transactional team, the Senior HR Assistant is responsible for undertaking a range of HR transactional processes to ensure the delivery of a high quality HR service. Keys areas include recruitment and selection, processing of leavers, contractual changes and providing advice on employment related policies and procedures. Contact us for more information and a discussion.

Enquiries: Sharnell Benjamin on Tel No 22470
Closing date: 06 December 2023

Benefits

Leave – 25/30 days leave per annum, according to grade, plus public holidays

Pension – 15% pension contribution by SHG into approved defined contribution pension scheme

Training and Development

Paid sickness absence

How to apply

To access job profiles and application forms online, visit www.sainthelena.gov.sh/government/vacancies Alternatively, these are available in paper format from Central Human Resources and Organisational Development at The Castle, Jamestown.

For further information, please contact the recruitment team on telephone number **22470** or via the email address below.

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SPORTS ARENA

A Fitting Tribute



On Saturday evening, truly massive crowds packed into the Mule Yard to hear local bands and musicians perform, all in honour and in memory of the late Johnny Dillon, an avid musician, and a mentor to many performers who took to the stage on the night.

The whole night was spectacular, with all bands performing brilliantly, and certain groups interacting with the crowd like true rock stars. The crowds certainly enjoyed the entertainment and was up, dancing and singing along to their favourites.

A touching moment during the performances was when Johnny's wife Anne took to the stage to thank everyone involved, and those who turned up, and paid tribute to her husband's love for music and live bands on St Helena. Rock on JD!

Golf Report for R1 and R2 of the Open Championship 2023



SHGC, Contributed

The SHGC Open Championship 2023 Qualifying Round teed off on Saturday, 18 November, at 8:30am and ended on Sunday, 19 November, at 3pm. 28 players teed off in this year's championship, a significant reduction from last year's turnout due to cargo operations on the MV Maria da Paz. The players finished the 36-holes in the following order.

Qualifiers: Scott Crowie, Dax Richards, Peter Bagley, Leon Crowie, Arthur Francis, Larry Legg, Arthur Young, Jeffrey Stevens, Keith Joshua, Anthony Thomas, Bramwell Bushuru, Martin Joshua and Nick Stevens

A Flight: Asa Bushuru, Jason Hopkins, Philip Francis, Anthony Green, Pat Henry, Jeremy Clingham, Gerald George, and Leeroy Caswell.

B Flight: Peter Johnson, Brian Fowler, Douglas Augustus, Chedwin Lawrence, Tony Winfield, Roy Reynolds and Hensil Beard.

The two ball pool winners for Saturday was Jeremy Clingham and Keith Joshua on the 7th, Leroy Caswell on the 9th, and Jeremy Clingham again on the 16th. There were no two-ball pool winners for Sunday.

Day 3 of the SHGC Open Championship 2023 will tee off on Saturday, 25 November, at 8:30am with qualifiers teeing off first followed by A flight, then C flight. Sunday, 26 November, will be the grand finale of the event with B flight teeing off first, followed by A flight, and lastly the qualifiers. Members are reminded that this year's group photo will be taken on the final day after the final round.

The tee times for Saturday are follows: 08:30 Scott Crowie, Dax Richards, Peter Bagley; 08:40 Leon Crowie, Arthur Francis, Larry Legg; 08:50 Arthur Young, Jeffrey Stevens, Keith Joshua; 09:00 Anthony Thomas, Martin Joshua, Nicholas Stevens, 09:10; Asa Bushuru, Jason Hopkins, Philip Francis; 09:20 Anthony Green, Patrick Henry, Jeremy Clingham; 09:30 Gerald George, Leeroy Caswell, Peter Johnson; 09:40 Brian Fowler, Douglas Augustus, Chadwin Lawrence ,Tony Winfield; 12:10 Roy Reynolds, Hensil Beard, Bramwell Bushuru.

Happy swinging!

Greetings from the Jamestown Rifle Club



Pat Henry, Contributed

Our youth group were excited to be back on the range after a long break trying to pick up where they left off. Their enthusiasm shines with much eagerness that shows how much they appreciate the sport. They all sparkle with Elissar shooting 88.1 & 88.1, Ryley returns after his travelling venture shot 95.1 & 91.1, nice to have Florence back she settled for 93.3 & 93.3, Josie did well with 88.1 & 81 and good efforts from tiny Pippa, with great energy shooting 74, 47, well done guys, sports really helps young people to achieve growth in confidence.

Tuesday's adults Christmas shooting competition was well attended by 21 warm-hearted people. The club was decorated with a Xmas-theme to greet entrants arriving. Switching directly to prone shooting, all guns started blasting in direct line of firing to top the leader board with the highest score. The low shooters were given a handicap of 4 points (2 per card), total scores shot by Sylvie were 178.2, Cindy 178.4, Sam Collins 187.4, Michael 193.5, Oliver 184.2, Emily 188.2, Kyle Snow 186.5, his brother Byron 194.7 and mum Janet 161.3, Sampson 187.2, Simon D 191, Stephen 181.4, Wendy 191, Arthur 177.2. On the last leg, completing the competition, the final score was calculated to see the top three over the finishing line. Strongly applauding as we reveal the names, in joint 3rd place shooting off the gun support with 4 shots handicap was Ella with 196.8 and Patrick Young in shooting kit, also shooting 196.8. Blasting away in 2nd place was Dan with no handicap shooting off the gun support with 197.1. But, being declared as the top lady shooter in the club, is non-other than Jodie-Scipio Constantine, no handicap, in full kit, she shot 199.0.

Ella and Patrick finished the event of with one shot each fired to see who hit the highest score on the score card, clapping from us all as they take aim but they totally ignored us, Patrick shot a 10 and Ella shot 10.1, these two had given us a great finish to this competition. Prizes were kindly presented by Deirdre, both Ella and Patrick received a Bag of pork sausages for 3rd places, 2nd prize was a whole chicken presented to Dan and 1st prize, a joint of Gammon, presented to Jodie. We would like to thank everyone who attended and brought Xmas presents to share, even the snacks went down a treat, thanks again for a wonderful night. May we continue to receive God's Blessing with Peace and Joyfulness as we approach the Christmas Season 2023.

JUNIOR FOOTBALL RESULTS

Lower Age

Guardians 2
Kayden Scott
Kylen Piek-Williams
MoM: Kylen Piek-Williams

Falcons 1
Hugo Richards
MoM: Nathan Thomas

Young Rebels 0
MoM: Tylon Adams-Duncan

Rumblers 6
Dirk Peters (3)
Cruz Williams
Talem Francis
Joshua Crowie
MoM: Dirk Peters

Upper Age

Terminators 1
Levi Williams
MoM: Levi Williams

Troopers 4
Ephrem Stroud
Harry Winfield
Lebron George
Lukas Robbertse
MoM: Ryan Stevens

JUNIOR FOOTBALL FIXTURES

Saturday 25 November 2023

9am	**Falcons**	**vs**	**Young Rebels**
9am	**Terminators**	**vs**	**Phenomenons**

English Premier League 2023/24



Matchweek 13 Fixtures

Saturday 25 November 2023
12.30 Man City v Liverpool
15.00 Burnley v West Ham
Luton v C'Palace
Newcastle v Chelsea
Nott'm Forest v Brighton
Sheffield Utd v Bournemouth
17.30 Brentford v Arsenal

Sunday 26 November 2023
14.00 Spurs v Aston Villa
16.30 Everton v Man Utd

Monday 27 November 2023
20.00 Fulham v Wolves

SPORTS ARENA



ROUND OF SEVEN UPS

Bellboys and Chop Shop Dominate to Advance to KO Semi-Finals



The 2023 Football Season is nearing its conclusion with just one Matchweek left to go before the 2023 Football Presentation Day and Knockout Final at Francis Plain, set for Saturday, 2 December.

Last weekend, the preliminary round of this year's Knockout Competition was held over at Francis Plain with both League Champions, Bellboys, and third-placed, Chop Shop Boys, putting in dominant displays to book their placers in this year's Semi-Finals.

In the first match on Sunday, Bellboys continued on their magnificent undefeated run and brushed aside the challenge of Harts, smashing in seven goals to finish as 7-1 winners and cruising their way to the semis. In the late match, Chop Shop Boys followed suit, obliterating the Axis with seven unanswered goals of their own, with the match ending 7-0, and Chop Shop moving on to the KO Semis in their first season back after a few years out of the league.

Already booked to compete at the Semi-Final stage were reigning champions Rovers and young side, Ballerz, with both teams having received the bye through the preliminaries. Following the wins of Bellboys and Chop Shop Boys, a redraw was done for the Semi-Final stage of the tournament.

Following the draw, the Semi-Final matches were set with Bellboys drawing Ballerz, and Chop Shop Boys drawing Rovers. While Ballerz will be up against it in their match against the only undefeated team this season, the other match should be an entertaining clash with both Chop Shop and Rovers having already beaten each other once each in their two meetings so far this season. As the saying goes, anybody can win on the day in the Knockout Tournament, so all eyes will be on the field this Saturday to see which two teams can book their place in the grand stage that is the 2023 Knockout Final on Presentation Day.

KNOCKOUT RESULTS

Sunday 19 November 2023

Bellboys 7	**Harts 1**
Chop Shop Boys 7	**Axis 0**

KNOCKOUT SEMI-FINALS

Saturday 25 November 2023

1pm	**Bellboys**	**vs**	**Ballerz**
3pm	**Rovers**	**vs**	**Chop Shop Boys**