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SENTINEL

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"serving St Helena and her community worldwide"

Thursday 22 May 2025



St Helena Day Parade, 1984

Happy St Helena Day



Introducing 'The Kitchen'



HIGHWAY TO HEALTH

First Distinguished Gentlemen's Ride for Mental Health on St Helena





OPINION

SENTINEL COMMENT

Donna Crowie, SAMS

Now, now – no sleeping at your desk! I bet you are tired from celebrating St Helena's Day yesterday and now you're so sorry you didn't take leave hey – I know you too well, right? ⊠

Well I hope everyone had a lovely time celebrating our national day. Guess what? The next holiday is not that far away either! Whit Monday fall on 9 June, so make sure mark that in you diary.

Recently we have seen quite a number of vessels in the harbour or passing by (thanks to our outsides sources for the updates). We love hearing from our community, no matter the story; baby news, passing ships, or even a duck in the run (quack quack). We are a very (very) small team, so we are fortunate to have those who help us no matter how small you think the information you give us may be.

We sure are multitaskers in the office. I am more involved on the radio side; having been in radio for over ten years (can't tell u exactly how long as it will give away my age ⊠). With modern technology allowing us to see more information, it is always an eye opener to see how many people listen to SAMS via online and through our website around the world. We are reaching over 10,000 (ten thousand) listeners per week globally; including listeners from places like Mexico and Brazil; which is incredible.

Because of the faster internet and with the advancements of technology, you can now pick us up via the SAMS Radio 1 app on the Google Play Store. So yeah, you don't even need a radio anymore as there are many ways to stay entertained with SAMS Radio 1.

As always, we try our best to cater for the needs of our listeners, with music from genres such as country, pop, gospel and more and we hope you enjoy what you hear over our airwaves!

Anyway, let's say goodbye to yet another week and another month on the calendar; I swear that man did throw the clock out the window, because for sure time is flying (hahaha). Enjoy your copy of The Sentinel and have a lovely weekend ahead!

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ST HELENA NEWS

Ascension acts on Domestic Violence

Ascension Island introduces new Domestic Abuse Ordinance, 2025



Demy Herne, SAMS

In March, Ascension Island took a decisive step toward enhancing protections for victims of domestic abuse with the enactment of the Domestic Abuse Ordinance, 2025. Brought into effect by His Excellency the Governor following unanimous support from the Island Council, the Ordinance is designed to protect individuals in domestic relationships, along with any affected children, from various forms of abuse. It also addresses related legal and safeguarding matters.

This legislation introduces significant new measures. It grants the police authority to issue Domestic Violence Protection Notices, while also empowering the courts to impose Domestic Abuse Protection Orders. While being placed under such an order is not in itself a criminal offence, breaching its terms is considered a serious violation and is punishable by up to five years of imprisonment or a fine of up to £1,000.

The Ordinance also formally recognises coercive and controlling behavior as a criminal offence. Domestic abuse, sometimes referred to as domestic violence, includes patterns of controlling, coercive, threatening, or physically violent behaviour within intimate or family settings. It is a serious issue that affects people of all ages, genders, social backgrounds, religions, and ethnicities.

Though domestic abuse can happen to anyone, statistics show that women are disproportionately impacted. However, it is essential to acknowledge that men can also be victims. This issue is not confined to specific regions or demographics and, unfortunately, it exists on Ascension Island as well.

Reporting abuse is crucial, as incidents often escalate in frequency and severity over time. The Royal St Helena Police and their safeguarding partners are committed to providing support and encourage anyone affected to seek help. In urgent situations, individuals should call 999.

Those in need can also request a private meeting with Police, or reach out to a social worker or the Georgetown Hospital by calling 66252 or 66000. Additionally, individuals may choose to share information anonymously.

The Royal St Helena Police Service remains dedicated to protecting privacy and offering comprehensive support and guidance to those impacted by domestic abuse. People are encouraged to come forward, not only to access assistance but also to gain knowledge and learn how to better protect themselves and others.

ST HELENA NEWS

Simon Says it's Gareth's Turn

SHG appoint Gareth Rhys as new Crown Prosecutor for St Helena



Liam Yon, SAMS

The appointment of Crown Prosecutor, Simon Dykes, has recently been revoked, with SHG having announced the appointment of his successor, Gareth Rhys, on 14 May, with the appointment effective from 10 May 2025.

They said in an official appointment notice: "Under the authority of the St Helena, Ascension and Tristan da Cunha Constitution Order, 2009, and in accordance with Section 51A(1) of the Criminal Procedure Ordinance, 1975, Gareth Samuel Rhys has been appointed as Crown Prosecutor for St Helena. This appointment, made by Acting Governor Natasha Mary Harris, is effective from 10 May 2025. Please note: The appointment of Simon Mark Dykes, published in Gazette No. 109, dated 3 November 2022, is revoked with effect from the same date."

According to the new Crown Prosecutor's about section on the official 1 Crown Office Row – London website, "Gareth holds a first-class honours degree in Law from Queen Mary University of London, during which he received several awards including the Queen Mary Jurisprudence and Legal Theory Prize for outstanding academic achievement. Gareth also has a Masters degree in Taxation with Distinction from Christ Church, University of Oxford."

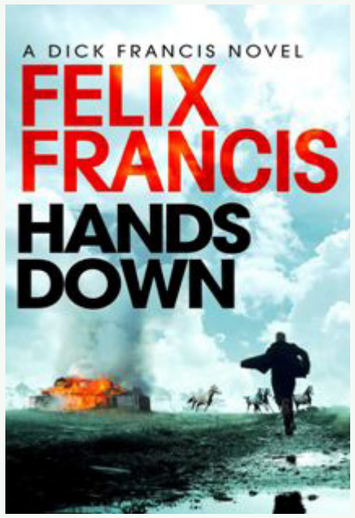
Gareth, as detailed on his LinkedIn profile, was first on St Helena as a Crown Counsel in January 2024 for St Helena Government for five months, returning as Senior Crown Counsel from February this year. He has now stepped up for the third time in 16 months with his new appointment as Crown Prosecutor for the Island.

The question now is; can Gareth replicate Simon's majestic performances on the football pitch?



Book of the Week

Public Library Service



Hands Down by Felix Francis

An old friend in need, a dangerous conspiracy – a new case for Sid Halley.

Sid Halley, former British jump racing champion and private detective, is not having a good time. His wife Marina has decided she needs some time out of their marriage to think about the future and Sid is devastated. But then Gary Bremner, an ex-jockey trainer, calls him to ask for his help – he is being threatened by someone in the racing world and he needs a friend he can trust. However, the very next morning, Gary's stable yard is torched, horses killed, and Gary has disappeared.

Determined to uncover the truth and to help his friend, Sid starts to investigate. He soon finds himself embroiled in a conspiracy that cuts to the very heart of the integrity of British horse racing, and then danger comes closer to home than ever.

Can Sid get to the bottom of what's going on before he too becomes a victim, while, at the same time, saving his marriage?

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

Guardian of the Galaxy

‘Ascension Guardian’ rescue vessel blessed and launched in special ceremony



Liam Yon, SAMS

Ascension Island Government’s new rescue vessel for their Sea & Land Rescue Service – the ‘Ascension Guardian’ – was recently officially launched at a blessing service held at the Island’s pier head in Georgetown.

It was back at the end of March this year when the Ascension Guardian arrived to the Island to replace the former rescue vessel ‘Ocean Sprinter’ which had been in service on Ascension since 2003. The new vessel was described as “cutting edge” by AIG.

“The “Ascension Guardian” boasts the latest advancements in vessel design, performance, and technology, and significantly enhances AIG Sea & Land Rescue services’ operational capabilities and crew safety,” they reported during the time of her arrival to Ascension. “This upgrade was made possible by generous funding from the Foreign, Commonwealth, and Development Office and the UK Maritime Coastguard Agency.”

In the week following her arrival, the Ascension Guardian was launched to undergo her inaugural sea trials at Ascension by volunteers from the Sea & Land Rescue Service. In the weeks that followed, further trials were conducted and a number of familiarisation training on the new vessel was undertaken with various groups.

Having completed the trials and training, the Ascension Guardian is now fully operational and ready to serve the community of Ascension Island; who came together recently to launch and bless the vessel in a traditional ceremony at the Georgetown pier, with speeches being given by Head of the Sea & Land Rescue Service, Herbert Meth, and Administrator, Simon Minshull.

The Administrator reported on 17 May that he was “honoured to join Herbert Meth, the Reverend Clarence Roberts and Natalie Galley at the blessing and first launch of Ascension Guardian, the newest addition to our Sea & Land Rescue team,” before saying a big “thank you to the Maritime and Coastguard Agency and Foreign, Commonwealth & Development Office for funding this magnificent vessel.”









Sweet Karoline

MV Karoline on her way as dates set for remaining Ascension shuttles for 2025



Liam Yon, SAMS

The MV Karoline, St Helena’s current dedicated freight vessel operated by MACS Shipping, is currently on her way to St Helena for Voyage 5 of 2025, having departed Cape Town shortly after midnight on Saturday, 17 May.

Solomon’s have confirmed her expected time of arrival to St Helena, reaffirming what Marine Traffic indicated on Monday, that the vessel will arrive to the Island on Saturday, 24 May, at around 6am, with labour take-on time, ahead of cargo operations, scheduled for two hours later at 8am.

As reported prior to her last voyage to the Island, it is expected that, during this call of the Karoline, she will be bringing a fresh supply of potatoes to the Island.

In addition, MACS have also now released the MV Karoline’s scheduled dates for her remaining shuttles to Ascension Island for 2025. According to the latest sailing schedule, the vessel will visit Ascension during Voyage 7 to the Island, arriving to St Helena on 23 July and Ascension on 28 July.

Following this, the vessel won’t return to Ascension until November 2025.

	KAROLINE	KAROLINE	KAROLINE	KAROLINE	KAROLINE	KAROLINE	KAROLINE	KAROLINE
	251705	251706	251707	251708	251709	251710	251711	251712
Cape Town	17-May	15-Jun	19-Jul	19-Aug	12-Sep	11-Oct	08-Nov	06-Dec
Rupert's Bay	25-May	23-Jun	27-Jul	27-Aug	20-Sep	19-Oct	16-Nov	14-Dec
Ascension Island			01-Aug				21-Nov	
	251805	251806	251807	251808	251809	251810	251811	251812
Rupert's Bay			05-Aug				25-Nov	
Walvis Bay **	02-Jun	01-Jul	12-Aug	04-Sep	28-Sep	27-Oct	24-Nov	22-Dec
Luderitz	03-Jun	02-Jul	13-Aug	05-Sep	29-Sep	28-Oct	25-Nov	23-Dec
Cape Town	07-Jun	06-Jul	17-Aug	09-Sep	03-Oct	01-Nov	29-Nov	27-Dec

Highway to Health

First Distinguished Gentlemen's Ride for Mental Health on St Helena



Liam Yon, SAMS

It was a spectacular day on Sunday when a host of distinguished gentlemen – and woman – took part in St Helena's first-ever Distinguished Gentlemen's Ride (DGR) around the Island; bringing together classic motorcycle riders and enthusiasts in a special event that placed the spotlight on mental health awareness to culminate the events held on the island for Mental Health Awareness Week 2025.

The brainchild of three motorcycle enthusiasts from SHG's IT Section, Kyle Bennett, Lee Yon and Alonzo Henry, the first ever DGR for St Helena attracted an impressive forty-plus riders, dressed to the nines, and ready to ride out in support of mental health awareness.

A truly global event, DGR was founded in Sydney, Australia, by Mark Hawwa in 2012, to raise funds and awareness for men's mental health and prostate cancer research through a themed ride – inspired by a photo of TV Show Mad Men's Don Draper astride a classic motorcycle and wearing his finest suit – as a great way of connecting niche motorcycle enthusiasts and communities while raising funds to support the men in our lives.









Since its inception, the event has seen over 500,000 riders take part in 120 countries, raising over fifty million US dollars ($50m). This year, St Helena took part for the very first time as one of 1,038 rides held in 108 countries.

Kyle Bennett, who was overwhelmed with the response of participants on the Island described the day as "epic" following the ride out on Sunday, which left Plantation at around 2pm.

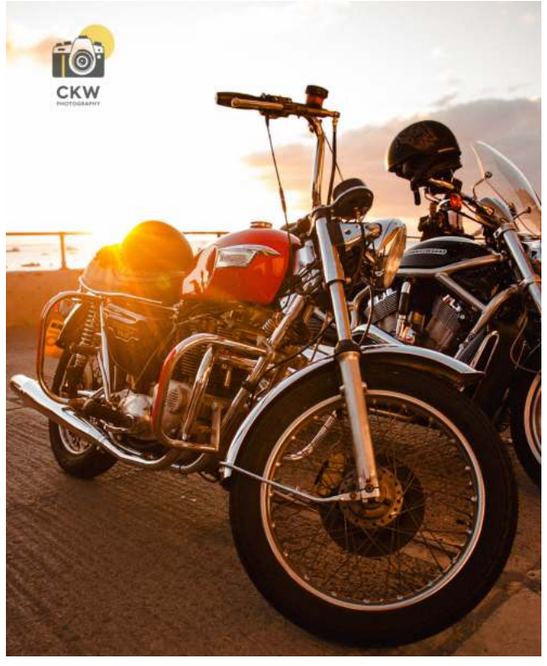
"The day was filled with smiles and laughter, we couldn't have asked for a better turn out at the first event of its kind on the island," he commented to The Sentinel. "I hope the joy and buzz created has rubbed off on someone who might have been struggling mentally and brought a smile to their face."

Altogether, and as of Monday, over £1,130 had been raised through the DGR event. The top three riders with the most funds raised was Ivan Gough on his 1961 BSA C15 with £414, Alonzo Henry on his 1972 Triumph Trophy with £229, and Terri Clingham on her 1979 Triumph Bonneville T140E with £140.

The organisers were keen to thank everyone involved in the day's success and to the spectators who turned out to support the riders along their journey. "We just really would like to say a massive thank you to everyone who supported us, we loved seeing all the spectators along the route," they said. "Thanks to all the volunteers and St Helena Airport for providing us with a recovery vehicle."

With the first St Helena DGR having gone down so well, the team has hinted at another ride out next year to keep the momentum going. "We'll be back again for DGR2026," they smiled. "Big love St Helena's Distinguished Gentlemen."

Photos supplied by Craig Williams (CKW Photography - The Adventures)





Introducing 'The Kitchen'

New initiative for New Horizons to focus on developing cooking skills



Liam Yon, SAMS

The New Horizons Youth Club are continually growing and expanding the services they offer both the community and their youth members, with their latest initiative – The Kitchen – set to place a focus on the culinary arts as they transform their Youth Centre in lower Jamestown.

Arguably the Island's number one youth organisation, the New Horizons have made a number of developments in recent times all aimed at improving and developing their offering to the children of St Helena, while they have also expanded this to offer services to the community as a whole, as they look to raise funds that will be put back into the club's future development.

Already the club offers opportunities for kids to develop physically through sports and outdoor activities, socially through events and youth-led initiatives, while they also cater for gaming, art, and other areas of interest. While they often hold activities that allow children to show-off and develop their cooking skills, this area is set to receive a massive boost with the Youth Club having worked with a local contractor over the past weeks to transform a room of the Youth Centre into 'The Kitchen' – a place where children will have the freedom, under supervision, to learn, partake and develop in cooking and the culinary arts.

"We have been planning 'The Kitchen' for the past couple of months and are thrilled that it's finally finished," they commented. "We are excited for the opportunities and valuable skills 'The Kitchen' will be able to offer our youth members. Cooking is a practical skill for self-care and nourishment and fosters independence and self-sufficiency. We can't wait for our youth members to get cooking!"

To fully utilise the new facility, the New Horizons have indicated that 'The Kitchen' "will also have some tasty treats available through the week to help continue raising funds for us."

The New Horizons were quick to give thanks for those who helped bring 'The Kitchen' to life. "We would like to say a huge thank you to MJ Contractors and Solomons Electrical team for their hard work, skill and dedication over the past week and a half," they commented. "You guys are awesome!"

This is another impressive development in the ever-growing youth organisation and the Youth Leaders are commended for continuing to find new ways to provide for and develop the skills of our Island's young people. Well done New Horizons!





"People are at the heart of everything we do"

Sodexo visits St Helena to revive and encourage Falkland Islands employment



Demy Herne, SAMS

Alex Howard, HR Business Partner for global facilities management company, Sodexo, recently visited St Helena to explore new recruitment opportunities for positions in the Falkland Islands. The visit marked a significant step in strengthening the long-standing relationship between Sodexo and the island.

"It certainly is the first time that I've been here," said Alex during her visit, "but my colleague that's with me on this trip has been here before and she visited the island back in 2018."

Sodexo has built a strong connection with St Helena's workforce over the years. "We have about 180 colleagues that work for us in the Falkland Islands, and more than half of those are from St Helena," Alex explained. "So it's somewhere where obviously we've had a good proportion of our team come from in the past and has always been somewhere that we look to recruit from."

With a presence in over 80 countries, Sodexo is a global leader in facilities management, offering services across defense, education, healthcare, corporate business, and more. "It is a very well established company; we've been going for over 55 years," she said. "It started with steak and chips on the Marseille waterfront and it was and still is a family-owned business and, very much, people are at the heart of everything we do."

Expanding on the importance of the people that work for Sodexo, Alex revealed how, "as a service provider, we don't really have any assets other than our people, so people are really very heavily focused within Sodexo."

Sodexo operates in a wide range of environments globally. "In the Falkland Islands, its part of the defense contract that we look after. But again in the UK and globally we also have business with education," Alex noted. "That might be schools, universities, colleges, healthcare and those could be private healthcare or national healthcare if that's available in those countries. We also have corporate businesses, banks, large corporate organisations, prisons. So quite a diverse range."

At the time, the company had a range of roles available. "We generally take people on what we call a cover worker. And those cover workers would come in and work in a range of different roles depending on where we need them, cleaning, working in the messes, administration, library roles," she said.

While many roles don't require formal qualifications, Sodexo was also looking for skilled professionals. "We have hairdressers, we have lifeguards and chefs; which are qualified roles. We were really keen on looking for some chefs but also looking for chefs of the future," Alex informed. "So very much looking at apprentices that we can bring in and support as trainee chefs to actually give them the qualifications as a chef going forward."

Career progression is certainly an attraction for Sodexo employees, with Alex sharing a notable success story. "We have a management team at the moment of ten managers and all of those are St Helenians and they actually all started with us as cover workers," said Alex. "They all came in at the grassroots level and they're now all in management posts. Tina Williams, who is the most senior person that works within the Falkland Islands, is also St Helenian."

The company also offer a range of benefits to its overseas staff. "We have a competitive salary, your accommodation and your food is all provided for you. So there's no cost to that. We also provide a flight back to St Helena every year," revealed Alex. "There are obviously succession opportunities and opportunities also if somebody was looking to transfer later on in their career to the UK or somewhere else around the world."

During the visit, Alex and her colleague Jenny, were available to speak with locals at The Canister, while they also left leaflets with information on Sodexo's job opportunities, including an email address that people can contact.

While enthusiastic about new applicants, Alex acknowledged that the recruitment process was not without its challenges. "It's a little bit complicated, a remote island, a military base; so it can be a little bit complex," she said. "There would be a requirement to have a medical and a dental check. There's also a police check. It probably takes a good three months to get all those things into place."

The decision to visit St Helena was driven by a recent dip in applications from the island. "We do receive some but, again, we've seen that perhaps that hasn't happened so much recently, which is why we decided to come and do the visit this time around," Alex noted. "It's not just about our current vacancies but also about how we can entice some of the young people on the island to think about their career."

When asked about the qualities they looked for in candidates, Alex highlighted the importance of a good attitude, ability to work independently and being customer focussed. "You've got to get on an aeroplane and travel halfway around the world; it's working away from home. We would really want somebody who is keen to work with minimal supervision, somebody who is very customer focused and really just looking for people that have got some enthusiasm to work."

As the visit concluded, Alex reaffirmed Sodexo's commitment to its relationship with the island. "We are a very people focused organisation. We've had a great relationship with St Helena over the years and we want to continue that," she concluded.

How a Whole-Food, Plant-Based Diet Can Help Cancer Patients on St Helena Island:

The Power of Puréed Foods for Better Health



Arjelo Onde, Contributed

A Healthy Diet Can Help You Feel Better

On St Helena Island, many people are facing cancer, as shared on the St Helena Government's health website. Cancer is a serious illness, but there is good news: eating healthy, natural foods can help support your body and make you feel better. One simple and powerful way to eat better is by choosing whole foods and eating puréed meals when needed, especially for people who are going through cancer treatment.

This article is for general guidance. Always consult your doctor or healthcare provider before making changes to your diet, especially during cancer treatment.

What Are Whole Foods and Why Are They Good for You?

Whole foods are foods that come straight from nature. They are not made in a factory and don't have added sugar, chemicals, or artificial ingredients. Examples of whole foods include fruits like apples and bananas, vegetables like carrots and spinach, grains like oats and brown rice, and beans and lentils. These foods are full of vitamins, minerals, and fiber that help the body stay strong and healthy.

Why Are Whole Foods Good for Cancer?

Whole foods support the immune system and may help the body recover during illness. According to Loma Linda University Health, a plant-based diet rich in fiber and phytochemicals is associated with reduced inflammation, improved immune response, and a lower risk of chronic diseases, which can aid in supporting the body during recovery and treatment.

What the Blue Zones Teach Us About Diet and Longevity

Around the world, there are places called Blue Zones. These are the only five regions where people live longer and stay healthy as they get older, with many reaching 100 years or more. These places include Okinawa in Japan, Sardinia in Italy, Ikaria in Greece, the Nicoya Peninsula in Costa Rica, and Loma Linda in California, USA. Loma Linda is home to a large Seventh-day Adventist community, known for their healthy living and mostly plant-based diet. Experts believe this helps people there live longer.

Even though these places are in different parts of the world, the people have similar habits. One big thing they have in common is their food. They mostly eat plant-based meals, like vegetables, beans, whole grains, and fruits. They eat very little processed food or meat.

St Helena Island has the potential to become a sixth Blue Zone. There are people on the island who live well into their 90s and even beyond, including a lady who is over 100 years old. This remarkable longevity suggests that with the right approach, we could build on these existing healthy practices. However, to truly unlock this potential, we must return to the olden days, embracing traditional, natural ways of eating and living. By focusing on plant-based diets, healthy habits, and community care, St Helena can become a place where more people thrive well into their later years.

As we look at how whole foods and plant-based diets can benefit cancer patients, we can learn a lot from these Blue Zone regions. In another article, I will share what St Helena Island can learn from these places and how we can follow some of their simple, healthy ways to live better and longer.We're just a few steps away from becoming a Blue Zone.

Similarly, MD Anderson Cancer Center recommends plant-based eating to boost immunity, reduce inflammation, and aid in cancer prevention and recovery.

Puréed Foods: A Simple Way to Eat Healthy

Cancer patients often have trouble swallowing during treatments like chemotherapy or radiation therapy. Puréed foods, such as mashed potatoes, blended soups, or smoothies, are a great solution. These foods are smooth, moist, and free of chunks, making them easy to swallow without chewing.

For balanced nutrition, puréed meals should include carbohydrates, plant-based proteins like lentils or tofu, and healthy fats like olive oil or avocado. The Lighthouse Wellness Center can show you how to make tofu, a great plant-based protein option for your meals.

Why Puréed Foods Are the Best Option for Cancer Patients

When someone has cancer, their body can change a lot, and eating may become difficult or painful. Puréed foods are ideal for cancer patients because they are easy to swallow, digest, and packed with nutrients. They help manage appetite loss, support recovery and healing, and provide hydration. Puréed meals are also customizable to meet specific nutritional needs and are convenient for patients who may have difficulty cooking or chewing.

How Fruit & Vegetable Purées Help Cancer Patients

Puréed fruits and vegetables offer a great way to ensure cancer patients are receiving the nutrients they need, even when appetite or digestive issues are a concern. Here's why they are especially beneficial:

• **Rich in Antioxidants, Fiber, and Plant Chemicals:** Puréed fruits and vegetables are packed with essential nutrients like vitamin C, beta-carotene, polyphenols, and flavonoids, which help protect the body by neutralizing free radicals, reducing inflammation, and supporting immune function.

• **Gentle on the Digestive System:** Cancer treatments can lead to digestive issues, such as nausea or difficulty swallowing. Puréed foods are easy to digest, require little chewing, and help the body absorb nutrients more effectively.

• **Increases Variety:** Puréed foods offer a way to enjoy a wide range of fruits and vegetables, even for those with texture sensitivities. They can be blended into soups, smoothies, or stews, helping to keep meals exciting and nutritious.



How to Make Puréed Foods

You don't need anything fancy to make puréed foods. Here's how:

Prepare Ingredients: Cook vegetables and grains until soft. You don't need to cook fruits like bananas, berries, or peeled apples.

Blend: Put the food in a blender or food processor. Add a little liquid like water, milk, or broth.

Make it Smooth: Blend until the food is soft and creamy. Add more liquid if needed.

Season: You can add a little salt, pepper, or herbs to make it taste better.

Serve or Store: Eat it right away, or keep it in the fridge or freezer for later.

Simple Puréed Meal Ideas

You don't need to make fancy meals. Try these simple ideas:

Puréed Soup: Blend cooked sweet potatoes, carrots, and onions with vegetable broth.

Smoothie: Blend banana, spinach, and almond milk.

Puréed Stew: Blend lentils with tomatoes and garlic.

Mashed Potatoes or Sweet Potatoes: Blend with plant milk and olive oil.

If you'd like to learn how to make simple, nutritious puréed meals, please visit the Lighthouse Wellness Center, located beside the Seventh-day Adventist Church on St Helena Island, or call us at 22267. We're here to support your journey to better health with practical tips, local ingredients, and community care.

Support from Healthcare Professionals at the General Hospital

Danny Dave Siglos, BSN, R.N., Charge Nurse at the General Hospital, is hopeful that more residents will adopt plant-based diets for better health.

Emmanuel Onyango, the hospital's Radiographer, is concerned by the high rate of cancer cases and advocates for healthier lifestyle choices. Both believe that a shift toward plant-based nutrition could help reduce the risk of chronic diseases and improve overall well-being on the island.

Eating Healthy on St Helena Island

Living on St Helena doesn't mean you can't eat healthy. Here's how:

Use Local Foods: Incorporate locally grown vegetables like carrots, courgettes, pumpkins, cabbages, chao-chaos, sweet potato leaves, banana bulbs, and purple amaranths (wild spinach), also known as pigweeds on the island. Come to the center, and we'll help you identify these plants and teach you how to prepare them. We'll also introduce you to okra and water spinach, both known for its anti-cancer properties.

Make Food in Advance: Cook puréed meals and freeze them for later.

Eat More Plants: Try to eat more beans, vegetables, and fruits every day.



At the Lighthouse Wellness Center, we also support growing new vegetables like okra, water spinach, bitter gourd, and the "superfood" moringa, which can offer fresh, nutritious options to boost the local diet and promote long-term health.

Conclusion: A Healthy Life Starts with What You Eat

Cancer is hard, but eating well can help. A whole-food, plant-based diet, and puréed meals when needed, can help your body stay strong, give you more energy, and help you feel better. Even small changes in what you eat can make a big difference.

By choosing natural foods and simple puréed meals, people on St Helena Island can take a big step toward better health and better living. This article is for general awareness only. Please consult your doctor before making dietary changes, especially during cancer treatment.

About the Authors:

This article was written by Arjelo Onde, BSRT, R.R.T., a licensed radiation medical technologist with a postgrad diploma in education and nine years of experience as a science and health educator; and Mrs. Jummel Onde, BSHRM, a hospitality professional and educator with a postgrad diploma in education and nine years of experience teaching food service, wellness, and applied nutrition at a vocational college. Together, we are passionate about improving health through education, plant-based nutrition, and holistic care.

Sources for Whole-Food, Plant-Based Diet and Cancer Support:

• **Loma Linda University Health:** Promotes plant-based eating for cancer prevention and recovery, supported by research linking plant-forward diets to lower cancer risk.

• **MD Anderson Cancer Center:** Plant-based diets can boost immunity, reduce inflammation, and aid in cancer prevention and recovery.

• **UCLA Health:** A plant-based diet rich in fiber and phytochemicals may help slow cancer growth and support patients during treatment.

• **Leukemia & Lymphoma Society:** A plant-based diet ensures cancer patients get essential nutrients often missing from typical diets.

• **International Dysphagia Diet Standardisation Initiative (IDDSI):** Provides guidelines on the safe preparation of puréed foods for individuals with swallowing difficulties.

"Interesting, fun and eye-opening"

SAMS boards the Oosterschelde for round the Island trip on Friday



Demy Herne, SAMS

On Friday 18 May, representatives from the St Helena National Trust, the Museum of St Helena, the St Helena Research Institute, and members of the local media – including SAMS – embarked on a special voyage aboard historic Dutch tall ship, Oosterschelde, to conduct a seabird monitoring survey around the island's coastline.

All participants were asked to arrive at the wharf by 7:30am, with boarding commencing at 8:45am. Prior to departure, attendees were given a detailed safety and mission briefing, outlining the objectives of the day onboard the impressive schooner.

The Oosterschelde set sail shortly after the briefing, making its way to three of the island's most prominent sea stacks: Egg Island, Speary Island, and George Island. At each location, a drone was launched to capture high-resolution aerial footage, helping researchers assess the status and distribution of seabird colonies nesting on these remote stacks.

The voyage, originally scheduled to return to port by 6:00pm, concluded ahead of schedule with the vessel docking at 3:17pm. Despite the early return, the day was widely regarded as a productive and enjoyable outing, combining valuable ecological data collection with a memorable experience at sea.

"Well with it being my first time being on board such a big sailing ship and sailing around the Island, I found that it was very interesting, fun and eye-opening," reported SAMS rep, Demy Herne. "The crew on board were very welcoming and watching them perform daily chores gave me an insight into what sailing is all about. Minus a little upset stomach, I found that it was an incredible experience."









New Chapter for an Old Friend

Former RMS St Helena sold again, now flying the flag of Djibouti



Liam Yon, SAMS

St Helena's former lifeline – the RMS St Helena, now the MV St Helena – was placed back on the market back in September 2024 after serving as the official vessel of the Extreme E Championship, carrying the electric cars to their race locations all over the world; this after ending her tenure as St Helena's beloved cargo and passenger vessel.

Now however, according to Cyber Captain's website, the MV St Helena has been sold. While the website does not mention the new buyer, it reveals that the vessel will now sail under the flag of Djibouti.

The website made mention of the stories the legendary vessel must tell having travelled all over the world. "She truly has travelled the world in various exotic locations like Saudi Arabia, Greenland, Brazil, Spain, Italy, Uruguay and South Africa," they note. "That's a lot of miles under her keel and quite impressive."

There was no mention of her service as St Helena's long-serving iconic freight and passenger vessel; though St Helena and the Saint Diaspora around the world will always hold the RMS close to our hearts no matter where she sails.

On Monday, the MV St Helena, was observed to be still anchored in Dubai.





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. May 23
- 7am -10am: Sunrise show with Luke Bennett
- 11am: American Connections (Repeat)
- 2pm: Our Show (Repeat)
- 5:30-7pm: OUT OUT! with Liam
- 7:30pm: Country Classics (Repeat)

SAT. May 24
- 9am-12 Noon: Saturday Show with Demy Herne
- 1pm: Sounds from the Garden with Tony Leo
- 3-5pm: Modern Country Chart with Donna Crowie (Repeat)
- 8:30pm: Out Out (repeat)

SUN.May 25
- 7am-noon: Sunday Show with Luke Bennett
- 1pm : Interview Hour
- 3-4:30pm: UK Chart Show with Demy Herne
- 5pm: In Scope
- 7pm: Baptist Church Service
- 20:30: Classical Compilations

MON. May 26
- 7am-10am: Sunrise with Luke Bennett
- 5:30pm: Country Classics
- 7:30pm: Sound of the 80's with John Turner

TUE. May 27
- 7am-9:00am: Morning Show with Donna
- 10am - Legislative Council Meeting (Day 1)
- 2pm: In Scope
- 3:30pm: American Connections with Brian Clough
- 5:30-7pm: UK chart Show with Demy Herne
- 7:30pm: Classical Compilations

WED. May 28
- 7am-8:30am : Sunrise with Deon
- 8:30am-10:30am: Our Show
- 11am-1pm: Northward Sounds with Tony Leo
- 4-7pm: Afternoon Drive with Luke Bennett
- 7:30pm: Vibes

THU. May 29
- 7am - 10am: Sunrise with Liam & Luke
- 10am - Legislative Council Meeting (Day 2)
- 4pm: Sounds of the 80's
- 5-7pm: Modern Country Chart with Donna Crowie
- 7:30pm: In Scope

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

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

Featured this Week



A busy week ahead for the Island's Legislative Council with not one, but two Formal Meetings of LegCo due to be held next week on Tuesday, 27, and Thursday, 29 May.
As always, for those of you who like to keep up to date with the discussions and debates held in the House during Formal LegCo, you can listen in to SAMS Radio 1 from 10am each day, where will be broadcasting the proceedings 'live'!

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

SAMS South Atlantic Media Services Ltd

TIME OUT

Sentinel Sudoku Session

This week's difficulty is 'Easy'

9		2					1	
		5	7	2			9	
	3	7	8		1		6	5
1	7				4	6	3	8
	8		9		3		7	
					7		5	1
		3		6	2		8	9
						1		
2	9	1	5	3		7		

Throwback Thursday



22 May, 1971 - Church St. Martin's-in-the-Hills (at High Point, St Pauls) is dedicated.

Guava Stew and Duff (Dumplings)

In honour of St Helena's Day 2025, how about trying this Saint classic with local guavas!



Ingredients (the stew)

- 2 dozen guavas
- 450g Sugar
- 1 ½ ground nutmeg

Ingredients (the duff)

- 40z flour
- 1 0z butter or margarine

Method (the stew)

1. Peel the guavas and cut them in half, place guavas in a pan with enough water just to cover them.
2. Add the sugar and the nutmeg if desired. Cook the guavas until they are tender and the syrup thickens.

Method (the duff)

1. Put the flour in a basin and run in the butter/margarine until it resembles fine crumbs.
2. Stir in sugar and spices and just enough water to make firm dough.
3. Divide into eight pieces and shape into dumplings. Lay the dumplings on top of the stewed fruit, cover with a tight fitting-lid and simmer for 20-35 minutes until the dumplings are cooked.

In Scope: Treasury and Economic Development Portfolio



Focus on Sustainable Economic Development Strategy

Anita Robbertse, SAMS

Minister Mark Brooks welcomed Damian Burns (Head of Economic Development) in the studio during In Scope this week to give listeners an overview of the main objectives for the Sustainable Economic Development Strategy (SEDS) as well as what have been accomplished so far.

The strategy set out six objectives to achieve economic development on-island and was released 18 months ago after a review of the previous SEDP of 2018, designed to reflect the new Ministerial Government's vision to drive economic development. Since the strategy was implemented the team has been working on the six objectives through a number of actions that forms part of the delivery plan.

The first objective was to enhance an open and accessible island, allowing more people to come to St Helena to address the decline in working age population and create additional revenue through attracting direct foreign investment. The first action to address this is by implementing a barrier reduction plan aimed at increasing tax revenue through making investment in St Helena easier. This plan covers three broad themes; addressing different barriers - making St Helena a desirable and competitive destination for businesses; providing better support and services to investors; and promoting fair, consistent and transparent decision making. To realise these actions, training has been taking place in hospitality and customer services for the local private sector. This training will continue in collaboration with the Tourism section as well as business development training. Another action under this objective where a lot of progress has been made is with regards to the disposal of Crown land and buildings, where a lot of land and buildings on long leases have now been sold. Access to opening a local bank account was also a very limiting factor in attracting investors and these restrictive banking rules have now been amended. The mapping out of procedures for investment approval is also being done and will be available to provide guidelines for prospective investors. Transparency related to Approved Investor Status's import duty discounts, have also been a focus, ensuring the public has access to this information.

The second objective focused on increasing productivity, labour force participation and capital investment. Productivity relies on the availability of people, land and capital, all resources that are in short supply on St Helena. One of the ongoing actions implemented is to establish operational and tax policies that allow greater importation of capital equipment by the private sector. As a lot of tax reforms have to take place, this process is proving to take more time to implement than anticipated. Once this action is fully in place it will enable the importation of equipment to support agriculture productivity and to drive businesses forward with greater ease. Import duties form an important part of government revenue and a balance has to be achieved when implementing duty rebates. The team has also been working in collaboration with the ENRP Portfolio to encourage the development of high value agriculture on St Helena to increase export possibilities and revenue.

The third objective centres on promoting and preserving what makes St Helena unique, among other initiatives, through the 'Breath of Fresh Air' marketing strap line campaign. To promote this objective the Government has confirmed their commitment to encourage sustainable economic development that will aim to preserve our natural environment as well as heritage assets. Another aspect that forms part of this objective is increasing the use of sustainable renewable energy sources on island to reduce operational costs as well as supporting the blue and green agendas, also in collaboration with the ENRP Portfolio. The protection of the marine environment and marine resources like fishing is an important part of this objective. The protection of the built heritage assets is supported through the property disposal plan where the adaptive reuse of heritage buildings is being promoted ensuring proper maintenance and restoration. The wharf development project is another action under this objective that is currently being put out for public consultation to ensure public input in the plans that will be implemented to use and preserve this area to the advantage of all.

The fourth objective is to create a united island ensuring that all share in the benefits of economic growth. One of the key actions under this objective is to promote a free and fair labour market, facilitating investment opportunities and encouraging the filling of gaps in the labour market. The new Immigration Policy is now moving into the implementation phase and aims to create conditions that will support the supplementing of the labour market from abroad. The marketing and communication strategy formulated by the marketing team will further promote awareness to attract migrants to St Helena. The Human Resources section is also working on a recruitment strategy that will target jurisdictions with close ties to St Helena. Remote working is another option that is being explored, working towards determining how to attract remote workers. As part of this objective, work is also being undertaken to establish a model for high-speed, reliable and affordable telecommunications options. As part of this action, a regulator has to be established to oversee this industry on island as well as preventing a digital divide. Once a longer-term licence is in place, a regulator will ensure fair pricing for telecommunication services in the future.

Objective number five is to work towards putting effective infrastructure in place to support growth and economic development. The infrastructure referenced here does not only centre on hard infrastructure like roads and ports, but also soft infrastructure like laws and regulatory frameworks. The main contributor to the upgrading of hard infrastructure is the EDIP program while the Economic Development section focuses on establishing suitable soft infrastructure frameworks. Projects that are currently a priority for the EDIP team includes the Rupert's Renewable Energy Project as well as the Education transformation. On the soft infrastructure side there are many projects involving multiple pieces of legislation, ordinances and policies that needs to be reviewed and re-drafted, taking a lot of time, skills and work to complete.

The final objective of the SEDS is to make St Helena Government a better facilitator for businesses by putting efficient user-friendly policies and procedures in place. As a bureaucracy is always challenging to navigate, the Economic Development team have created a single point of contact for investors and businesses to engage with which can assist and support them to overcome obstacles and navigate the system efficiently. Having key people in positions of support will improve turn-around times. To further support access to information, an upgraded internet service has been implemented and continues to be improved. Additionally the team have worked with the private sector to facilitate payment options with Visa and MasterCard through the introduction of Rift Pay. The newly adopted property disposal and purchase policy also supports this objective by ensuring transparency and efficiency when disposing of Government properties. This policy also introduced significant discounts for first-time buyers to support more St Helenians in becoming home-owners. Rent for commercial properties is also being reviewed to cover costs to a larger extent and support proper maintenance. Rent will now be standardised based on set criteria like square metres occupied as well as other relevant factors like location. Discounts will also be applied for businesses that meet the SEDS objectives.

Minister Brooks ended off the programme by reminding listeners that there are a lot more aspects covered by the Economic Development section like the Tourism Recovery Strategy and the Air Access contract. These other aspects are also mentioned in the SEDP and relate to the objectives discussed during the program, all working together towards promoting economic growth on the island and ensuring a better future for all.



NOTICE BOARD



BAPTIST CHURCH

Gospel Outreach Service
Sunday 25th May
Kingshurst Community Centre 3.00 pm

No services will be held in the Sandy Bay, Head O'Wain and Jamestown Chapels.

Bible Studies
Tuesday 27th May
Baptist School Hall 7.00 pm
Thursday 29th May
Sandy Bay Chapel 5.30 pm

Ladies Meeting
Wednesday 28th May
Baptist School Hall J/Town 10.30 am

ALL ARE WELCOME!

For further information contact:
Tel No 24644

DIOCESE OF SAINT HELENA

The Parish of St Paul's		
Sunday 25th May 2025– 5th Sunday after Easter		
8.00 a.m.	Eucharist	Cathedral
9.30 a.m.	Eucharist	St Andrew
3.30 p.m.	**Patronal Festival**	**St Helena & The Cross**
	Thursday 29 May Ascension Day	
10.00 a.m.	Ascension Day Service - SPPS	Cathedral
1.00 p.m.	Ascension Day Service - PAS	Prince Andrew School
7.00 p.m.	Eucharist	Cathedral
The Parish of St James		
Sunday 25th May 2025 – 5th Sunday after Easter		
9.30 a.m.	Eucharist	St James
	Thursday 29th May Ascension Day	
10.00 a.m.	Ascension Day Service - PPS	St James
7.00 p.m.	Eucharist	St John
The Parish of St Matthew		
Sunday 25th May 2025 – 5th Sunday after Easter		
11.15 a.m.	Eucharist	St Matthew
	Tuesday 27th May	
7.00 p.m.	Alpha	St Mark
	Thursday 29th May Ascension Day	
10.00 a.m.	Ascension Day Service - HPS	St Mark
7.00 p.m.	Eucharist	St Mark



NOTICE BOARD

Annual Property Auction: Disposal of a number of Residential Properties, Building Plots and Land For Sale by Public Auction 29th July 2025 at 6pm, The Market, Jamestown, STHL 1ZZ

Listed for Entry:

- Residential Property Near Hutts Gate
- Part Built Residential Property at Bottom Woods
- Four building plots near New Ground
- Land in Sandy Bay
- New Entries will be added shortly

New Entries Are being accepted until 30th June 2025.
Property Information Packs Available 30th June 2025
All enquiries please contact us:
By email: derek@dps.co.sh
or Telephone: 00 290 25836
or WhatsApp: 00 290 67022
or visit us at The Market, Jamestown, St. Helena, STHL 1ZZ

DPS
PROPERTY MADE EASY

St Helena Airport Ltd

EXPRESSIONS OF INTEREST

St Helena Airport Ltd is inviting **EXPRESSIONS OF INTEREST** from interested parties, to operate the **LANDSIDE GIFT SHOP** at the St Helena Airport on flight days; with effect from **16 July 2025**.

Expressions of Interest should be submitted to Mandy Peters, Business Manager; at St Helena Airport Ltd, via email to mandy.peters@sthelenaairport.aero by **1600 hrs on Friday, 30 May 2025**.

NOTICE BOARD



JOB VACANCY

RETAIL, MARKETING & CUSTOMER SERVICES ASSISTANT

- Proven experience within a Customer Services environment
- GCSE Maths & English Grade C/4 or above
- Good level of computer literacy
- Excellent verbal and written communication skills
- Well organised and methodical, prepared to work in a fast-paced environment
- A flair for technology
- Cash handling experience desirable

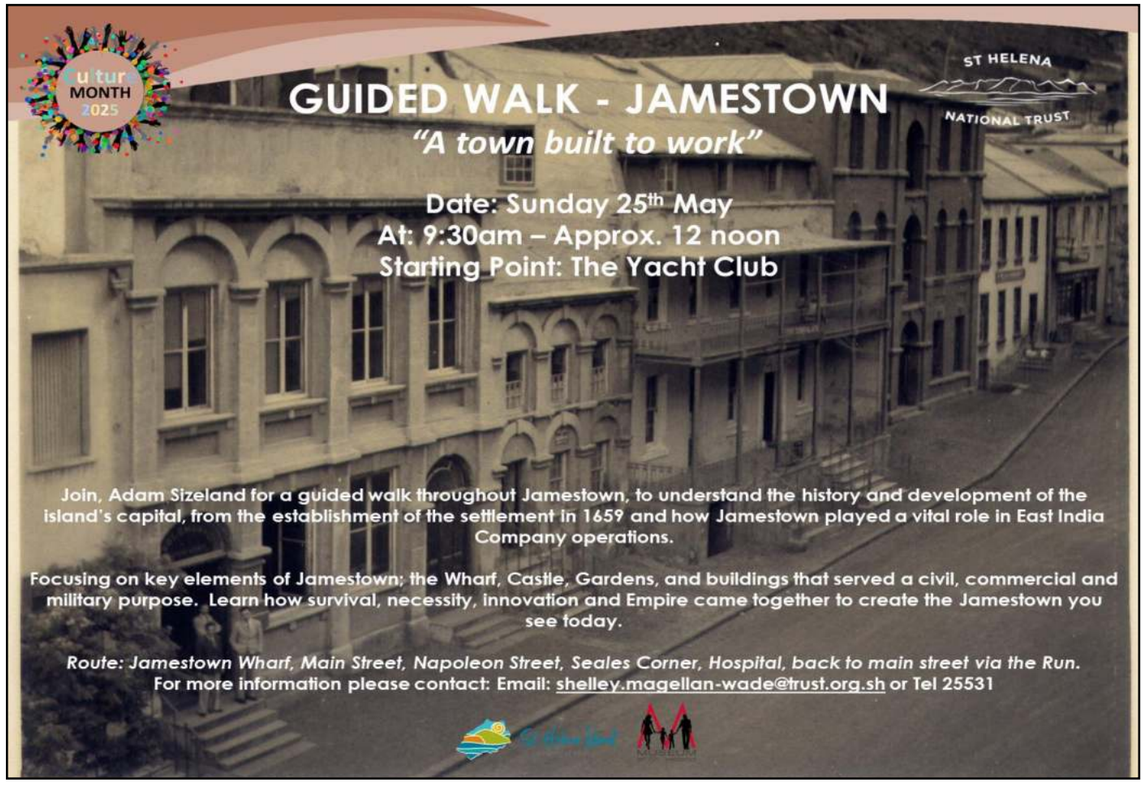
Due to the nature of this position, the post holder must hold a satisfactory police disclosure.

Salary will be dependent on qualifications and experience.

For further information, interested persons can contact Penelope Bennett, Retail, Marketing & Customer Services Manager on tel. +290 22004 or email: Penelope.Bennett@sure.com

Application forms can be obtained from and submitted to Keirah Wade, HR & Finance Administrator at Bishop's Rooms on tel. +290 22800 or email: Keirah.Wade@sure.com

Closing date for applications: 29 May 2025



NOTICE BOARD



We are launching a **quarterly newsletter** to let you know about **what's going on in our Marine Protected Area**. You can **find our very first edition** with the **hyperlink below!**

https://www.sainthelena.gov.sh/wp-content/uploads/2025/05/MFCS-Quarterly-Catch-Q1-Jan-Mar-25_final.pdf

Alternatively, **scan** the QR code above!

St Helena Government

PUBLIC ANNOUNCEMENT

ECONOMIC DEVELOPMENT INVESTMENT PROGRAMME

PUBLIC INFORMATION MEETINGS

The Programme Management Office will be holding a series of public information meetings during May 2025.These meetings are being held to provide the public with the opportunity to hear directly about the different areas of work being undertaken as part of the Economic Development Investment Programme (EDIP), and to ask any questions they may have of the delivery team.

These meetings will include updates on works being undertaken under the Rupert's Wharf Cargo Handling Facility Development and New Prison.

All meetings will commence at 19:00 and will take place as follows:

Date	Venue
Monday, 26 May	Museum of St Helena, Jamestown
Tuesday, 27 May	St Michael's Church, Rupert's
Wednesday, 28 May	Harford Community Centre
Thursday, 29 May	Kingshurst Community Centre

All members of the public are encouraged to attend.

SHG, 19 May 2025

www.sainthelena.gov.sh

NOTICE BOARD

VACANCY

Connect SAINT HELENA LTD

PROJECT MANAGER

Connect Saint Helena Ltd (Connect) is seeking to employ a Project Manager to deliver Connect's Capital Programme and provide hands on delivery of individual projects. This is a management position within the company and the post holder is responsible for ensuring that projects are developed and delivered to international best practice.

EXPERIENCE & QUALITIES

- 5 years' experience in project management and delivery
- Experience of budget management and cost control
- Demonstrable experience of managing a capital expenditure programme
- Experience of donor budgetary and project management requirements
- Health & Safety awareness
- Driving Licence

QUALIFICATIONS

- Prince 2 Practitioner (or equivalent)

BENEFITS

- A competitive salary commensurate with qualifications and experience.
- 15% pension contributions of the base salary and 25 days annual leave.

For further information contact Mercy Ncube on +290 22255 or email Mercy.Ncube@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 **9:00am on Wednesday, 04 June 2025**. To be considered for this role please complete our application form, CV's will not be accepted.

www.connect.co.sh/vacancies.html | connectsainthelenaltd | https://www.linkedin.com/company/connect-saint-helena-ltd/

VACANCY

Connect SAINT HELENA LTD

WATER RESOURCE MONITORING TECHNICIAN

Connect Saint Helena Ltd is seeking to employ a Water Resource Monitoring Technician to support all water resource data collection tasks associated with St Helena Cloud Forest Project (SHCFP). Other tasks include maintenance and operation of the SHCFP surface water and ground water monitoring network. Organise and plan weekly data collection. Assisting with the drafting of project reports and supporting stakeholder consultation objectives with the project team at Saint Helena

EXPERIENCE & QUALITIES

- Computer literate in Microsoft Office
- Health & Safety Awareness
- Experience of working with Desktop publishing Software
- Basic knowledge of GIS
- A Level in Science, Math, or Geography or equivalent
- Driving Licence A & C

QUALIFICATIONS

- GCSE in English, Maths at Grade C or above or equivalent

BENEFITS

- A competitive salary commensurate with qualifications and experience.
- 15% pension contributions of the base salary and 25 days annual leave.

For further information contact Mercy Ncube on +290 22255 or email Mercy.Ncube@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 **9:00am on Wednesday, 04 June 2025**. To be considered for this role please complete our application form, CV's will not be accepted.

www.connect.co.sh/vacancies.html | connectsainthelenaltd | https://www.linkedin.com/company/connect-saint-helena-ltd/

NOTICE BOARD

St Helena Government

PROVISIONAL REGISTER OF ELECTORS PUBLISHED

The Provisional Register of Electors for 2025 was published onFriday, 9 May 2025. **The final register, effective from 1 July 2025, will be the register which is used for this year's General Election. To participate in the general election process—whether by sponsoring, supporting, standing as a candidate, or voting—your name must be included in this register. No further additions will be permitted after the final register is published.**

Remember it is your responsibility to check the Provisional Register to make an application to amend it if you wish to – this includes adding your nameif it is not already listed.To be eligible, you must have St Helenian Status as defined in the Immigration Ordinance, 2011, are ordinarily resident on St Helena and aged 17 years or over.

Eligible persons will have until **16:00 on Friday, 23 May 2025** to submit applications using Form 'A' to amend the provisionalregister. Persons who are ordinarily resident on the island but who are currently absent can apply to amend the register by using the prescribed Form 'B'.

Both Form 'A' and Form 'B' can be obtained via The Castle Reception and Customer Services Centre, or accessed on the SHG website at www.sainthelena.gov.sh/government/public-information/elections/.

CompletedForms 'A' and B can be submitted to any of the following officers at the Castle, between 09 and 23 May 2025 in hard copy or via email: Carol Henry: carol.henry@sainthelena.gov.sh;Anita Legg: anita.legg@sainthelena.gov.sh; Gillian Francis: gillian.francis@sainthelena.gov.sh; Connie Johnson: connie.johnson@sainthelena.gov.sh or any of the Assistant Registration Officers available here.

You can access theProvisional Registeronlineor by contacting any of the Assistant Registration Officers. Alternatively you will be able to view the register in person at: Public Library; Customer Services Centre; ENRPP Offices Scotland; Longwood Supermarket; Allsorts Shop Sandy Bay; Mrs Cecily Williams, Blue Hill; Red Hill Shop; Mrs Lillian Williams, New Ground; Half Tree Hollow Supermarket; Mr Melvin Benjamin's shop, Opposite Barracks Square; Silver Hill Supermarket; Stephen McDaniel Shop, Cleugh's Plain; A&D's Mini Mart; MTB's Half Tree Hollow

Remember, if your name is not on the Register of Electors you will not be able sponsor or support a candidate, nor to stand or vote in the 2025General Election.

#StHelena #ProvisionalRegisterOfElectors #RegisterToVote
www.facebook.com/StHelenaGovt/www.twitter.com/StHelenaGovt

SHG
19 May 2025

VACANCY ADVERT

The St Helena Airport is looking to recruit a person for the following post: **Junior Mechanic**.

We are seeking a keen individual to assist the Mechanic in providing an efficient service and repair operation for vehicles and equipment at St Helena Airport Ltd.

The individual will work through an agreed development programme comprising self-study and on-the-job work experience, with a view to developing the skills and competencies of the development programme over a period of time.

Applicants must be in possession of the following:

- 5 GCSE grade A*-C (or equivalent), including English and Mathematics (NVQ-2) or demonstrated relevant experience.
- Relevant Specialised trade qualification in Vehicle Maintenance (NVQ-1) or demonstrated relevant experience.
- Work experience or other exposure to a vehicle maintenance role.
- A basic knowledge of vehicle systems (including the engine area, transmission area, chassis area, body area and electrical area).
- An understanding of procedures for the systematic inspection of vehicles.

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

- A full medical assessment
- A 5-year verifiable employment history check and be able to show proof for periods of unemployment in accordance with the Overseas Territories Aviation Requirement (OTAR) 178.
- Pass a Narcotic and Alcohol test
- A Criminal Background Check.
- A clean and valid St Helena Drivers licence categories A (E) and category C (D).

The starting salary for this post is between **£10,109.14** and **£10,507.24** per annum, depending on qualifications and experience plus a transport allowance of £1,020 per annum and a 12.5% company pension contribution.

For more information on the role contact Hensil Williams, Workshop Supervisor on Telephone number 25180 Ext 141 and if you would like to receive an application form, please contact Mandy Peters, Business Manager, on email recruitment@sthelenaairport.aero or on Telephone number 25180 Ext 132.

The closing date for this position is **1600 hrs on Friday, 6 June 2025**.

FIREFIGHTER ADVERT

JOB VACANCY WITHIN THE ST HELENA AIRPORT

The St Helena Airport is looking to recruit an experienced professional in firefighting/aircraft ground handling.

The successful applicant will be a member of the Rescue and Fire Fighting Service and will be trained in the use of Aircraft Ground Service Equipment to support aircraft turnarounds at St Helena Airport. Applicants will be expected to work at height and achieve a rope rescue certification of Level 2 or higher within the first year of employment.

Other duties will include Environmental Officer support tasks such as:

- Wildlife monitoring
- Maintenance of the Airport precinct gardens
- Inspections of Airport buildings and surrounding areas
- Inspection and maintenance of the Sewage Treatment Plant.

Other duties will include maintenance tasks such as:

- Corrosion control of various machinery and buildings

Applicants must be of a professional manner and achieve the following:

- A full medical assessment
- Pass a narcotic and Alcohol test
- Pass a fitness assessment and agility test
- A clean driving license (J4)
- Able to pass a Criminal Background Check and Employment Verification Check in accordance with the Overseas Territories Aviation Requirement (OTAR) 178.

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

- Experience within a firefighting service
- Experience within an airport environment
- Firefighter 1 and 2 or equivalent
- Driver/pump operator.

The Aviation environment is primarily driven by safety; as such, applicants must be:

- Safety conscious
- Willing to undergo and actively participate in continual training
- Able to work as part of a team and support their colleagues
- Have a professional and level-headed demeanour.

The starting salary for this post is between **£16,922.93** and **£17,554.87** per annum, depending on qualifications and experience plus a transport allowance of £1,020 per annum and a 12.5% company pension contribution.

If you believe you have the relevant qualifications and skills to suit this role, or you would like more information, you can contact Marc Fowler, Rescue & Fire Fighting Service Manager on email marc.fowler@sthelenaairport.aero or Telephone number 25180 Ext 135 or to receive the job description and application form please contact Mandy Peters, Business Manager at the St Helena Airport on Telephone number 25180 Ext 132 or email address recruitment@sthelenaairport.aero.

The closing date for this position is **Friday 30 May 2025.**

JOIN THE PUBLIC SERVICE

Join us!

We are recruiting...

St Helena Government

Driver (Social Care)
(£7,960 per annum)

The Health & Social Care Portfolio is currently seeking to recruit a Driver (Social Care) who will be responsible for the transporting of service users which includes to and from day care, hospital appointments and social outings. The Driver will support staff in helping service users to safely get in and out of vehicles including those who have mobility needs, sensory impairment, learning disabilities and those with limited or no verbal communication skills. This requires the post holder to be caring, compassionate and flexible. If you are interested, please contact us for more information and a discussion.

Enquiries: **Rosalie Brown on Tel No 22920 or Email: Rosalie.brown@sainthelena.gov.sh**
Closing date: **23 May 2025**

2 x Accounts Assistants
(£7,960 per annum)

Are you a highly motivated individual with good teamwork and problem-solving skills? If so, Central Finance has an opportunity for you to join their team. You will ensure efficient and accurate entry of financial data through the government accounting system and the effective monitoring of St Helena Government's transactions. If you are interested, please contact us for more information and a discussion.

Enquiries: **Charmaine Murawu on Tel No 22470 or Email: charmaine.murawu@sainthelena.gov.sh**
Closing date: **30 May 2025**

Housing Officer
(2 month Fixed-Term Contract to commence 9 June 2025)
(£9,781 per annum) (Available for local interest only)

If you are a highly motivated individual with excellent communication skills, then here is an opportunity for you to join the team at the Property Section, where you will provide an effective and high quality administrative support to the Housing Management Service.
Contact us for more information and a discussion

Enquiries: **Nikita Crowie on Tel No. 22270 or Email: nikita.crowie@sainthelena.gov.sh**
Closing date: **28 May 2025**

Benefits

Leave – 30 days leave per annum, 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 through the Director/Line Manager (where applicable) 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, vetting / 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.

JOIN THE PUBLIC SERVICE

Join us!

We are recruiting...

St Helena Government

General Teaching Assistant (St Helena Secondary School)
(Starting at £8,725 per annum)

Do you have a passion for Education? We are looking to recruit a Teaching Assistant to provide assistance to the class teacher by supporting teaching and learning in the school/classroom environment. The individual needs to be committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and have good communication skills to be able to communicate between students, parents and colleagues.

Contact us for more information and a discussion

Enquiries: **Carolyn Yon on Tel No 24290 or Email: carolyn.yon@sainthelena.edu.sh**
Closing date: **30 May 2025**

Sea Rescue Crew (Coxswain)
(£9,197 per annum)

Are you keen to improve the lives of all within our community and help the island thrive by protecting and saving lives at sea? If you are a highly motivated and enthusiastic individual with the ability to remain calm under extreme physical and mental pressure, then the St Helena Sea Rescue Service has an opportunity for you to join their team.

Applicants must be 18 years of age, Must be able to swim and pass a fitness test.

Contact us for more information and a discussion.

Enquiries: **Leeroy Caswell or Mark Caswell on Tel no. 25215**
Email: leeroy.caswell@helanta.co.sh
Email: mark.caswell@helanta.co.sh
Closing date: **30 May 2025**

Benefits

Leave – 30 days leave per annum, 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 through the Director/Line Manager (where applicable) 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, vetting / 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.

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We are recruiting...

St Helena Government

Support Workers (Social Care)

Fixed-Term Contracts or Permanent
(£8,113 per annum)
(Available for local interest only)

Are you interested in the well-being of clients within the Learning Disabilities units, and providing high quality, holistic care directly to frail older people in full time residential and day care, enabling them to live as full and active life as possible? If so, Social Care is seeking support in the following areas of care; Deasons, Cape Villa and Piccolo Hill. Come join our team and help make a difference in the lives of our clients.

Contact us for more information and a discussion.

Enquiries: **Hannah Herne or Nicole Hercules**
Tel nos. 22920/25936
Email: hannah.herne@sainthelena.gov.sh
Email: piccolo.hill@helanta.co.sh
Closing date: 30 May 2025

Trainee Forestry Services Officer (£10,747 per annum)

The Trainee Forestry Services Officer will help to improve the lives of all within our community and help the island thrive through leadership of the Forestry and Facilities Section's forestry services for the SHG National Forest Estate and building maintenance programme for the Environment, Natural Resources and Planning Portfolio's properties. The Trainee Forestry Services Officer will be on a training programme and will learn to manage the Forestry and Facilities Management Section's (F&FM Section) tree harvesting and extraction programme to meet public demand for raw material, including firewood, saw logs, fencing material and miscellaneous forest products.

Contact us for more information and a discussion.

Enquiries: **Myra Young on Tel No 24724 or Email myra.young@sainthelena.gov.sh**
Closing date: **04 June 2025**

Benefits

Leave – 30 days leave per annum, plus public holidays

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

Training and Development

Paid sickness absence

How to apply

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NOTICE BOARD

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We are recruiting...

St Helena Government

Cloud Forest Project Conservation Technician (£7,960 per annum)

The Conservation Technician will assist with the delivery of project objectives under the CSSF funded Cloud Forest Project through innovative invasive plant management techniques. You will be responsible for the day-to-day specialist restoration fieldwork activities under the project and supporting the Peaks Management team.

Contact us for more information and a discussion.

Enquiries: **Myra Young on Tel No 24724 or Email myra.young@sainthelena.gov.sh**
Closing date: **04 June 2025**

Education IT Systems Administrator (£14,120 per annum on the IT Cadre)

Are you interested in playing a key supporting role within the transforming digital landscape of the Education Skills & Employment Portfolio? If you are then the IT section has an exciting and rewarding opportunity for you to join their team. This role will entail responsibility for the provision of technical support and the management and maintaining of the IT teaching and learning platforms across the Primary and Secondary sectors. You will undertake or assist in the setup, deployment and management of e-learning and teaching platforms that facilitate progression and delivery of technology within our schools and will provide support and data management of the associated platforms.

Contact us for more information and a discussion

Enquiries: **Nicole Richards on Tel No. 22819 or Email: nicole.richards@sainthelena.gov.sh**
Closing date: **04 June 2025**

Benefits

Leave – 30 days leave per annum, plus public holidays

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

Training and Development

Paid sickness absence

How to apply

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We are recruiting...

St Helena Government

Human Resources Support Officer
(£7,960 per annum)

Do you have a flair for figures with good attention to detail and is proficient in Microsoft excel? If so come and join our HR team in the role of Human Resources Support Officer where you will be responsible for undertaking a range of financial and administration duties. This includes setting up and maintaining spreadsheets and producing accurate payroll data. This will be a good opportunity for you to contribute to capturing HR data to support the efficient running of HR.

Contact us for more information and a discussion.

Enquiries: **Chloe Outen on Tel No 22470 or Email chloe.outen@sainthelena.gov.sh**
Closing Date: **04 June 2025**

Electrician
(£9,781 per annum)

The Electrician will be responsible for carrying out wiring and maintenance of electrical installations and associated equipment and assisting with testing and inspections of electrical installation along with ensuring that the generation of uninterrupted power supplies to critical emergency equipment/buildings and special locations such as Community Care Centre, the Hospital, St Helena Secondary School, Rupert's Jetty and the main server hob at Carnarvon Court and fibre optic system.

Contact us for more information and a discussion.

Enquiries: **Anders Bowers on Tel No 22054 or Email anders.bowers@sainthelena.gov.sh**
Closing Date: **04 June 2025**

Benefits

Leave – 30 days leave per annum, plus public holidays

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

Training and Development

Paid sickness absence

How to apply

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JOIN THE PUBLIC SERVICE

Join us!

We are recruiting...

St Helena Government

Fuel Programme Coordinator
(£12,049 per annum)
A Market Enhancement of £3,500 per annum will apply

The Fuel Infrastructure Project within the Programme Management Office is seeking a Coordinator. In this role, you will be responsible for all organisational functions related to fuel projects for the PMO, including but not limited to: review and distribution of documentation, meeting planning and preparation, and responsibility for coordinating and overseeing the delivery of post meeting actions.

Contact us for more information and a discussion

Enquiries: **Paul Cherrett on Tel No 22270 or Email: Paul.Cherrett@sainthelena.gov.sh**
Closing date: **06 June 2025**

Benefits

Leave – 30 days leave per annum, 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.

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Myrtle Jane Ashmole

Artist, biologist, lover of nature and starter of things

Myrtle passed away peacefully on 27th April 2025, aged 90, surrounded by nature and her family. She is survived by her husband, Philip Ashmole, their three children, and grandchildren.

Myrtle and Philip Ashmole are synonymous with the study and conservation of St Helena's natural heritage. A pioneering, inseparable partnership and inspirational couple, they brought global attention to the island's unique biodiversity—particularly its rich and often overlooked invertebrate fauna—and made a lasting mark on local and international conservation efforts.

Myrtle was more than a scientist, she was a talented artist, who wove her passion for ecology and art into beautiful linocut prints.

Philip and Myrtle first came to St Helena in 1994–1995, spending six months undertaking extensive research into the island's flora and fauna, with a special focus on invertebrates. This work culminated in the publication of St Helena and Ascension Island: A Natural History (Anthony Nelson, 2000)—a landmark volume that, even 25 years on, remains the cornerstone reference for understanding St Helena's biodiversity. It is a treasure trove of knowledge and ecological insight and a true labour of love.

In their book they described Prosperous Bay Plain as a unique habitat, and a major centre for endemicity and in 2003, Philp and Myrtle were invited to investigate the ecology of endemic invertebrates in the eastern arid areas of St Helena, including Prosperous Bay Plain (PBP) as part of the project 'Surveying the Invertebrates of Prosperous Bay Plain' funded by the FCO Environment Fund. Their work involved extensive surveys in the field searching for and capturing invertebrates followed by many long hours sorting and identifying the material collected. Their findings confirmed PBP as a hotspot of endemic diversity, particularly for dryland fauna that fed into the Environmental Impact Assessment for the airport project. One of their most evocative findings was the discovery of nocturnal wolf spiders whose eyes reflected torchlight like scattered jewels across the desert floor. Their samples contributed to the later identification and description of several new species and genera, including the *Molearachnesanctaehelenae*(gen. et sp. nov.) and *Dolocosajoshuai* (sp. nov.) - the latter named in recognition of Daryl Joshua, a young Saint with a passion for invertebrate conservation.

Philip and Myrtle returned in 2005, together with Howard Mendel, to study the invertebrates of the Central Peaks and Peak Dale, under the Overseas Territories Environment Programme funded project Protected Area Planning for the Central Peaks, ably supported in the field by Ed Thorpe. They stayed on island for 3 months enabling them to extend their studies of the fauna of the island.

Among other important rediscoveries made by the Ashmoles were the Ammonite Snail (*Helenoconcha relicta*), a Critically Endangered species thought to be lost, and Turton's Whorl Snail (*Nesopupaturtoni*), previously known only from fossils.

A number of endemic St Helenian species have been named in their honour—recognition of their dedication and legacy:

In 1995, the world's only known eyeless psocid*Sphaeropsocopsismyrtleae* was found in Ruperts Battery Cave. In the species' description, under etymology, "The species is dedicated to Myrtle Ashmole, who in 1984 suggested studying the fauna of barren volcanic terrain in the Canaries and who participated in all field work on St Helena. Also in 1995, the landhopper*Platorchestiaashmoleorum* was named after them both - -orum is the genitive plural – meaning the Ashmoles.

Philip and Myrtle's work extended far beyond St Helena, with important contributions to the understanding of biodiversity on other remote islands, including the Azores, Galapagos, and Hawaii.

They published widely, including a natural history of Tenerife, and in 1997, a seminal paper on Ascension Island's terrestrial fauna, revealing a far greater number of endemic invertebrates than previously recognised.

Myrtle's deep affection for St Helena, its wildlife, and its people will long be remembered. Her pioneering efforts inspired an interest in and understanding of the importance of these tiny and often overlooked invertebrates, helping to lay the foundation for the island's thriving invertebrate conservation community. Today, St Helena is home to a new generation of passionate, skilled conservationists who in some way will all have been touched by Myrtle's earlier work.

In latter years Philip and Myrtle did much to increase the biodiversity of their part of Scotland, being instrumental in setting up the Carrifran Wildwood project, which was essentially Myrtle's brain-child and which has gone on to successfully 'rewild' 655 Ha of Scottish valley and restored a rich wildlife heritage.

The Terrestrial and Freshwater Invertebrates of St Helena guidebook, authored by Roger Key, Liza Fowler, and David Pryce, is dedicated "to the future generations of young Saints who take an interest in St Helena's unique invertebrates. Also to Philip and Myrtle Ashmole who first brought the importance of St Helena's invertebrates to the attention of the wider world—for their welcome advice, for allowing us the use of their data and photographs, and for sharing their love and concerns for St Helena, its people, and its wildlife."

Myrtle leaves behind a profound legacy—of science, of inspiration, and of love for the natural world.

Submitted by friends on St Helena, Ascension, in the UK and much farther afield.

St Helena Government

INVITATION TO TENDER

RUPERT'S DEVELOPMENT – LANDSCAPING

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

CS-1931-SHG–Rupert's Development – Landscaping

A site visit to view the works will take placeat 09:00 on Friday, 23May 2025, meeting near the Sea Rescue Building, Rupert's.

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

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

Completed tenders should be placed in the Tender Box located on theTop Floor, Post Office Building by 12:00 on Friday, 30May2025, clearly marked with the tender number.

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

SHG, 13 May 2025

Jamestown Community Centre Skittles League 2025

28th April 2025	Parttimers	518	Beat	Young Stars	432
Gents Highest Score	Terry Lawrence	61		David Young	55
	Gavin Ellick	61			
Ladies Highest Score	Andrea Timm	65		Rebecca Young	60
Highest Spare	Stacey Williams			Rebecca Young	15

30th April 2025	Extractors	488	Beat	Strugglers	449
Gents Highest Score	Deon Thomas	64		Dencil Yon	64
Ladies Highest Score				Kaylee O'Dean Piek	54
Highest Spare	Deon Thomas	17		Dencil Yon	14

05th May 2025	Stallions	473	Beat	Lucky Splits	401
Gents Highest Score	Jordan Yon	61		Joey	50
Ladies Highest Score				Taylor Thomas	55
Highest Spare					

07th May 2025	Guys & Dolls	443	Beat	Alley Cats	441
Gents Highest Score	Mark Anthony	60		Shaquille Benjamin	58
Ladies Highest Score	Merle Peters	67		Ann Coleman	51
Highest Spare	Merle Peters	16		Shaquille Benjamin	17

12th May 2025	Parttimers	522	Beat	Extractors	445
Gents Highest Score	Gavin Ellick	74		Phillip Thomas	56
Ladies Highest Score	Stacey Williams	63			51
Highest Spare	Stacey Williams	17		Phillip Thomas	13

14th May 2025	Struggles	445	Beat	Young Stars	408
Gents Highest Score	David Thomas	55		Jason George	52
	Jeremy Yon	55			
	Clayton Clingham	55			
Ladies Highest Score	Sally Hickling	60		Rebecca Young	44
Highest Spare	Sally Hickling	17			



Volleyball League 'Serves Up' Exciting Start



WSA, Contributed

The St Helena Women's Sports Association (WSA) Volleyball League has officially commenced, serving up a thrilling start this past Sunday, 18 May, with three great matches. The WSA is delighted to welcome five enthusiastic teams to this six-week competition, showcasing a fantastic blend of seasoned volleyball players, eager new members joining the WSA, and familiar faces from the recent rounders season looking to test their skills in a different sport.

The teams competing for the league title are: Ace Angels, captained by Danielle Benjamin; Dig That, captained by Morgan Thomas-Henry; Net Ninjas, captained by Emma Bennett; No Dig'gity, captained by Tanisha Benjamin; and Volley Vixens, captained by Nicole Richards.

The opening match saw a spirited contest between the Net Ninjas and No Dig'gity. Boasting a youthful squad with four young members, the Net Ninjas showcased impressive determination against the more experienced No Dig'gity team. No Dig'gity secured the first set but did not reach the end of the second set as easily. Net Ninjas demonstrated great improvement in the second set. Finding their rhythm, the team closed the scoring gap, keeping spectators guessing if a third set was needed. However, in the end, No Dig'gity's experience prevailed, and they clinched the victory after two entertaining sets. Net Ninjas, Bethany Bennett, earned the well-deserved title of Young Lady of the Match for her standout performance and promising potential. Meanwhile, the Lady of the Match award went to No Dig'gity's captain, Tanisha Benjamin, whose leadership and skill was instrumental in securing her team's opening win.

The second game of the day saw the seasoned Volley Vixens, now featuring two promising young players alongside their veteran core, clash with newly formed team, Dig That. For Dig That, this match served as an invaluable opportunity for on-the-court chemistry to develop and for individual playing styles to blend into a unified rhythm. While the scoreboard likely didn't reflect Dig That's aspirations, the experience gained as a fledgling team will undoubtedly help them in the weeks to come as they learn to leverage each player's strengths. Despite the loss, Dig That's Sam Leo earned the well-deserved Lady of the Match award, recognised for her resilience that persisted throughout the contest.

The final match of the day delivered a captivating contest as No Dig'gity faced off against Ace Angels. Spectators were treated to a competitive battle characterised by extended rallies and thoroughly entertaining plays. Ace Angels gained an early advantage, claiming the first set. However, No Dig'gity responded with fierce determination in the second set, declaring that the match was far from over. With each team securing a set, the tension escalated as a decisive third set unfolded. At the change of sides (at half-way – 7 points), No Dig'gity held a promising lead, but Ace Angels refused to concede. The momentum shifted, and in a turn of events, Ace Angels rallied to secure their first victory of the league with a four-point margin. Adding to their triumph, Ace Angels also claimed both match awards. Young Kaelyn Thomas earned Young Lady of the Match for her consistent performance, while the skilful and powerful Cerys Joshua was recognised as Lady of the Match.

With such a strong opener on Sunday, we can safely anticipate a season filled with spirited rallies, impressive teamwork, and exciting competition as these teams battle it out on the court. Stay tuned for game results and league standings as the weeks go on.



SPORTS ARENA

Double or Nothing

Challengers seal the 'double' as they win SHCA RMS T20 2025



Luke Bennett, SAMS

The Challengers have continued their impressively dominant campaign in this year's local cricket season, having added the RMS T20 title for 2025 to their League Title, after taking the win in this year's final against Levelwood Allstars on Sunday.

After an exciting semi-final from Allstars, when they defended a total of 125runs against Sandy Bay Pirates, and an explosive performance from Challengers against Mustangs, momentum was strong with both teams heading into this year's RMS T20 final.

Allstars batted first, however it was Challengers who were clearly up to the task in the first innings; standout player, Jordi Henry, continued his fine form this season, dismantling Allstars' opening partnership and producing a valuable maiden which would go on to cause a collapse in Allstars batting line up.

Clayton Leo, 27, and Chris Owen, 21, made a stand for their side, but the outstanding performance in the field from Challengers proved too much. A tidy spell from Joey Thomas with two wickets for 13 runs after four overs and a four wicket haul from brother, Sean-lee Thomas, would see Allstars finish the innings with just 88 runs, all out.

With a relativity low total to protect, Allstars gave themselves a glimmer of hope after taking the wicket of Challenger's Captain, Cliff Richards, in the fourth over. However, Player of the Season contender, Andrew Yon, settled at the crease and produced a classy batting performance, posting a total of 61 off 33 balls and helping his team to reach the required total within ten overs.

A masterclass from Challengers would earn them the RMS T20 title; making it an impressive two out of two in the club competitions so far this season. There is one final tournament to go and the question is will they be stopped, or will Challengers complete a clean sweep of titles?

Congratulations to Challengers, your RMS T20 title winners for 2025.



SHCA Knockout Fixtures:

Saturday 24th May 09:30 Q1

13:30 Q2
Jamestown Heat v Challengers
Umpires: Dane Leo and Brendan Leo

Sunday 25th May 09:30 Q3

Levelwood Rebels v Cobras
Umpires: Derek Richards and Perry Leo

13:30 Q4
Sandy Bay Pirates v Western A Mustangs
Umpires: Cliff Richards and David George