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EASY ENTRY?

Two people, allegedly seeking asylum, not picked up by immigration on arrival at St Helena Airport, as SHG say nothing despite enquiries by The Sentinel





Blame it on the Weatherman



Saint shine in Orkney



OPINION

SENTINEL COMMENT

Donna Crowie, SAMS

Hi everyone! Hope you all are doing well and keeping warm. I would say this has got to be the coldest winter on the island, right? Then again, we are so used to seeing Mr Sun in our winter on the island, but he's not shining so bright this time around.

I think around the world we are seeing the changes in our weather patterns and those in the UK are experiencing extremely hot conditions. I guess we can't stop Mother Nature can we.

I know there were people not happy with the weather conditions over weekend and early this week, as those who were departing the Island couldn't leave until Tuesday, I bet it can be a costly headache if you need to rearrange flights etc.

A while ago, I did a piece on Da Nova Travel and they offer what I think is a good deal of a 'one ticket' - this helps with any delays as it will come at no cost to the passenger.

It was only recently, I think, but the way the days are going it could be over a month ago, that SAMS reported on the changes with regards to passports. It seems like the Home Office/Passport Office in the UK is taking full control over the applications of passports. A while ago I sent off to SHG requesting information and a question I asked was "does this mean Immigration has nothing to do with application of British passport going forward?" To date, we haven't heard from SHG. So the answer is still unknown. Does this mean we have to send applications directly to the Passport Office and not through the Immigration Office?

I have seen the e-mails myself coming from the UK Passport Office, it was either saying we owed them more money – as applications were submitted before the increase in April, and they received after the increase, which was frustrating. But on the other hand, I have also had emails on the progress of the passport like - your application has been approved and then it has been printed.

Sorry peeps, we do try to get questions answered! I will stop there, I hope you all have a lovely weekend ahead and enjoy your copy of The Sentinel.

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YOUR LETTERS

Dear Editor

I hope that you and your readers may be able to help me with an historic query.

I have recently found out that my great uncle served as part of the garrison guarding the Boer POW's in the early 1900s.

I know that there are Memorials to the fallen Boers on the island, but can find no reference to any similar British one for our fallen troops who were there on active service during that time.

All efforts via Google and British government based sites have come up negative, which I find strange.

Here are the basic details of my great uncle relating to his association to you Island:

Private 5795 John Edward Purnell part of 3rd Wiltshire Regiment. Arrived 1900 and along with others of his regiment, as well as many Boers, died of enteric fever on 20 May 1902.

I look forward to any light that can be thrown on this for me.

Best regards,
Dave Purnell (great nephew)

Update:

Since I sent the email I have found some more information regarding his burial on the Island.

He was buried and recorded in "The Garrison Chapel" which I think either was or became St James Anglican Church (hoping someone may be able to confirm or refute this).

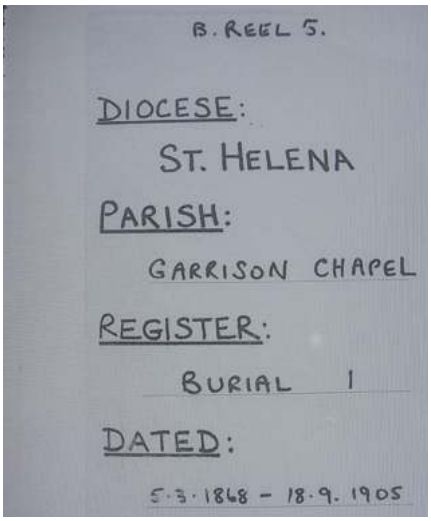
Here are two photos of the front page and his entry page showing the details. I think the B.Reel 5 may be a reference to a microfiche of the records.

Also I have found that in our home town of Trowbridge, Wiltshire, there is a Memorial plaque dedicated to the 2nd Boer war on which he is recorded. (If you Google Trowbridge 2nd Boer War Memorial you can see the images)

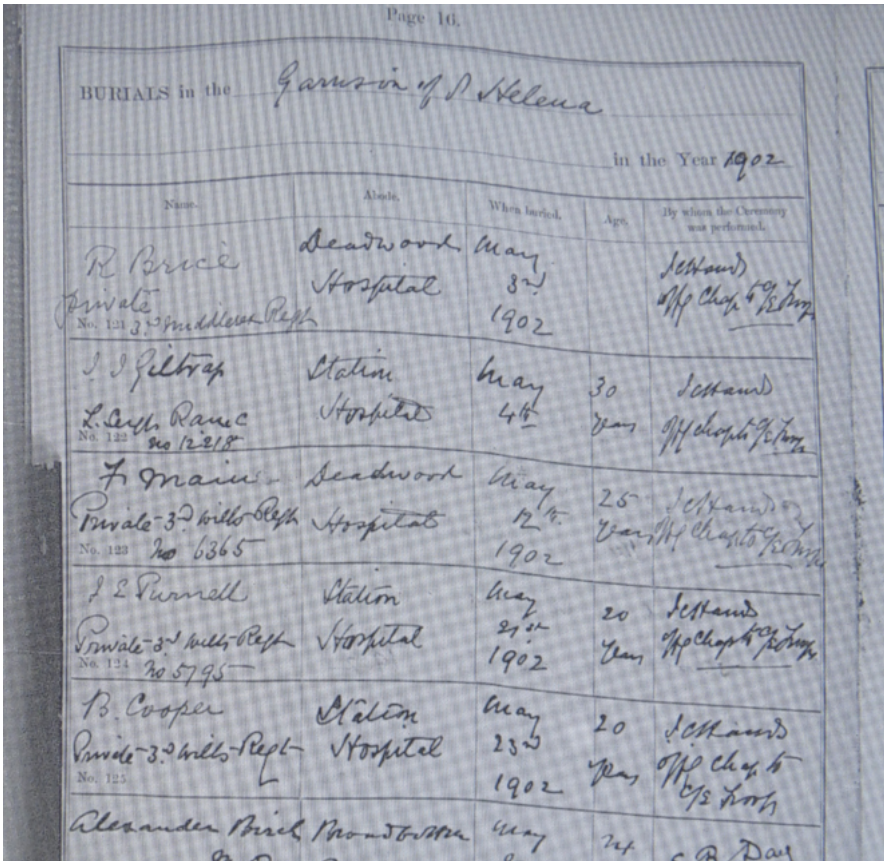
It may help any historians on the Island to clarify where he was buried.

Thank you once again and I look forward to any further information that anyone may be able to provide

Best Regards,
Dave


B. REEL 5.

DIOCESE:
ST. HELENA
PARISH:
GARRISON CHAPEL
REGISTER:
BURIAL 1
DATED:
5·3·1868 – 18·9·1905


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BURIALS in the Garrison of St Helena in the Year 1902

Name.	Abode.	When buried.	Age.	By whom the Ceremony was performed.
R. Bruce Private No. 121 3rd Middlesex Regt	Deadwood Hospital	May 3rd 1902		Jas Hurd Off Chap 4th Bn Kings
J. J. Gilbray L. Serjt. Rangc No. 122 No 12218	Station Hospital	May 4th	30 Years	Jas Hurd Off Chap 4th Bn Kings
F. Maini Private 3rd Mills Regt No. 123 No 6365	Deadwood Hospital	May 12th 1902	25 Years	Jas Hurd Off Chap 4th Bn Kings
J. E. Purnell Private 3rd Mills Regt No. 124 No 5795	Station Hospital	May 21st 1902	20 Years	Jas Hurd Off Chap 4th Bn Kings
B. Cooper Private 3rd Mills Regt No. 125	Station Hospital	May 23rd 1902	20 Years	Jas Hurd Off Chap 4th Bn Kings
Alexander Birch	Deadwood	May	24	C. R. Day

Dear Editor

Today I am writing to formally announce my intention to stand for re-election to the St Helena Legislative Council.

Over the past four years, I've had the privilege of representing our community during times of great challenge and change. I've approached that role with honesty, determination, and the belief that public service should mean just that—serving the public.

But I know as well as you do that something has gone missing in our politics.

In the last few years I have spoken to an increasing number of people who feel unheard, sidelined, and disillusioned. I've stood in living rooms, local shops, schools and out on the street, listening to what people have to say and again and again, I hear the same concern: that the voices of the people are not being heard in the halls of Government.

This needs to end now.

I'm running on the basis of "our island, our say". That means putting people back in control of their future. I believe our island doesn't belong to politicians. It belongs to all of us. Decisions should be made with you—not for you. I want us to reclaim that promise together.

This campaign is not about me—it's about us. It's about our right to be heard, our role in shaping our Island, and our power to demand better. Not just better representation, but better outcomes. Not just promises—but participation.

With your support, I truly believe we can build a government that listens and a leadership that delivers.

Let's take the wheel. Let's have our say. Let's shape our future—together.

"Our Island, Our Say"

Yours sincerely,
Andrew Turner



Easy Entry?

Two people, allegedly seeking asylum, not picked up by Immigration on arrival at St Helena Airport, as SHG say nothing despite enquiries by The Sentinel



Liam Yon, SAMS

Last Friday morning, it was brought to the attention of The Sentinel that two passengers who had arrived on the flight to St Helena on Saturday, 5 July, has since allegedly claimed asylum on the Island. This is after having passed through Immigration Control at St Helena Airport without being picked up or recognised as potential asylum seekers by recently-trained Immigration Officers.

According to a local taxi service owner, the man and woman arrived to the Island and, after going through the normal immigration and customs procedures, were welcomed and driven by one of their drivers to their accommodation where they then failed to pay for their fare. It was noted that the circumstances around these two arrivals was evidently "suspicious" to the driver.

Following on, it was alleged that the pair then stated their intention to seek asylum on St Helena, before indicating that they had since lost their passports and have little money in their possession.

With none of this having been confirmed by official sources, The Sentinel made immediate contact on Friday morning with St Helena Immigration and relevant officers, including the Portfolio Director for Safety, Security and Home Affairs, to ascertain whether there is truth to these reports and why Immigration, who only recently received intensive training from the UK Home Office to strengthen the Island's border security, did not pick up these individuals as potential asylum seekers during their point of entry to the Island at St Helena Airport.

Despite making clear the urgency from The Sentinel to receive this information from official sources within Government, at the time of writing, and four days since sending, we have not received any acknowledgement or reply to our enquiries.

Blame it on the Weatherman

Winter weather brings flight delays as Ascension passengers arrive on Tuesday



Liam Yon, SAMS

After a long period of regular uninterrupted travel to and from St Helena Airport, the winter weather has now inevitably played it's part with the Airlink flight from Ascension to the Island and then onward to Johannesburg having been unable to operate both on Sunday and again on Monday – finally going ahead on Tuesday.

The Saturday flight was able to arrive as scheduled and also successfully departed St Helena Airport to arrive at Ascension. However, things took a turn for the worst on Sunday when the flight had to turn back due to unfavourable weather at St Helena Airport, with St Helena Airport Ltd citing "heavy fog conditions" as the ultimate reason for the decision to turn back.

Later in the day, SHAL issued an update on the rescheduled flight arrangements. At the time, it was planned for the flight to depart Ascension at 9.15am on Monday to arrive two hours later at St Helena Airport, before departing again for OR Tambo in Johannesburg at 12.30pm, with check in time set for between 9am and 11am. Early on Monday morning however, SHAL informed that "due to weather concerns in St Helena" the flight would not be able to operate and was therefore delayed by a further day.

Thankfully, despite the weather seemingly just as bad on Tuesday in other areas around the Island, at St Helena Airport it was favourable enough to allow the flight to finally arrive from Ascension – landing on her first attempt – before departing again for Joburg after just an hour on the apron.

As we head deeper into the winter season on the Island, there is an exception that there could very easily be further delays to flight schedules with safety, as always, being paramount.



The Race is On



General Election 2025 picks up with over 20 names rumoured to run

Liam Yon, SAMS

It's General Election season on St Helena with the Island's second Council under the new Ministerial System of Governance pending and many names rumoured to run.

Back in 2021, the Island saw a record number of candidates standing for election with 29 individuals having been officially nominated. This year, it seems as though there could be similar numbers, with The Sentinel having heard in the rumour mill over 20 names already allegedly set to stand for the General Election 2025. This number comprises former members of past Councils, members of the most recent Council standing for re-election, candidates who were not elected in 2021 trying again, as well as a host of brand new names looking to represent the people of St Helena.

While there are murmurs of high numbers to run this year, Returning Officer, Carol Henry, confirmed last Thursday morning that, at the time, no official nominations had been made.

Anyone can stand for election providing they are on the Register of Electors, effective from 1 July, and are over the age of 21 years. A candidate's nomination form would require their full name and signature; the full names and signatures of two sponsors signed in the presence of the Returning Officer, an Assistant Returning Officer or a Justice of the Peace; as well as the full names and signatures of five supporters signed in the presence of witnesses. All nominations must be submitted no later than 12 noon on Wednesday, 20 August.

As always, there are twelve seats available on Legislative Council, meaning if there are more that 12 nominations, which according to rumours is highly likely, St Helena will the go to the polls on 3 September where the people will cast their vote for who they would like to represent them as the Island's Legislative Council for the next four years – five of whom will serves as Ministers, one being the second ever Chief Minister for St Helena.

For those considering, or sure, to stand, SAMS and The Sentinel is here to help with your election campaigns and have on offer two bespoke packages to give you the exposure you need through SAMS Radio 1, The Sentinel, and Social Media, ensuring your word gets out to the people who will be tasked with sealing your fate – that being the community of St Helena. Contact us via news@sams.sh to find out more or check out our advert in The Sentinel for more information.

Let SAMS help you get the word out as you stand to represent the people of St Helena in the General Election 2025!

"Premium re-rating is Significant"

Solomons CEO explains necessary increase to travel and travel medical insurance to ensure sustainability in service provision



Anita Robbertse, SAMS

During an interview with Tony Leo, CEO of Solomons & Company, Neil Wilshere, shed some light on the recent announcement of the significant increase in travel insurance costs offered by the company to St Helenians. It has become almost customary for Saints travelling abroad to obtain this vital insurance through Solomons, but with the recent increase, it might prove more difficult to afford.

Solomons, a publicly owned company, has been offering travel insurance as part of their insurance product range for a number of years now. Neil said the company is committed to the island as a whole, their staff and customers. Being a public company means that any profits they make will stay on island, while losses have to be absorbed from company reserves.

Insurance companies use investor money or sureties to cover the risks of the insured party. In the past, Solomon's acted as an agency for Royal and Sun Alliance to provide insurance products. This meant that any profits would be exported abroad, while Solomons would only earn a small commission. 20 years ago, it was decided to form the St Helena Insurance Cell Captive, run on-Island as part of Solomons. This would enable the company to retain any underwriting surpluses and keep it on St Helena for the benefit of the Island. Since then, there have been profits when the insured risks were low risks, but it is essential for any insurer to constantly assess and monitor their loss ratios. This assessment process involves all the various categories of insurance, each having to be considered individually.

When the Airport became operational, the travel insurance profile of St Helena changed a lot as delays and claims took on a different nature than during the time of the RMS. Delays with flights, and associated costs and claims, have almost become the norm rather than the exception. This has forced Solomons to re-evaluate their travel insurance product, specifically with regards to the premium. Due to the high number and almost certainty of claims, insurance for travel delays and associated costs will have to come at a higher cost to the customer.

Claims in the past have also been two-fold, with delays and costs only being one end of the spectrum. The other area covered by the insurance policy is travel medical cover. There have been a lot of claims in this area as well, leading to large amounts of money having to be paid to policy holders. Solomon's have been facing loss ratios in both these areas for some time now and it was determined that changes would have to be made to be able to maintain the provision of this product to St Helenians, hence the recent increase in the premium.

According to Neil, Solomons is the only regulated insurer on the island, governed by the Financial Services Regulatory Authority of St Helena. Even though most Saints make use of Solomons to secure travel insurance, there are options to buy insurance online. Although this is an option, Neil cautioned that people

on-Island need to be aware that these insurers are not regulated on-Island and, as such, have different standards and criteria for claims and premiums. Overseas insurers would almost certainly apply more rigorous standards when considering claims. Not being regulated on-Island also means that these insurers will not have to pay the service tax due to SHG, as Solomons has to.

According to Neil, the research on the re-rating of the insurance premiums for travel insurance showed that a 400% increase would be what was needed to cover the increase in claims losses as well increase in operational costs. However, the company ascertained that this would make it very difficult for the public to afford, and a compromise had to be devised. As travel insurance is a short-term insurance product, this increase could be implemented with immediate effect and came into force on 1 July.

"I will concede that the premium re-rating is significant, and I would also say that that's a re-rating of the premium which perhaps catches up a number of years of loss within that portfolio," commented Neil, who mentioned that the team has made this adjustment in the right timeframe based on accurate calculations and they do not expect any more increases to this product for the time being.

Neil concluded by saying that he would still promote their product, as it is a public ownership company based on-Island, which makes access to staff in person possible. They are a locally regulated insurance service provider, contributing to public funds, while also ensuring that surpluses stay on St Helena.

Neil reiterated that the increase is not aimed at making the company more competitive or more profitable, but to ensure sustainability to continue providing a valuable service to the island and its people.

"Another Significant Step Forward"

Governor opens new Ascension Sea and Land Rescue Facility



Liam Yon, SAMS

On Monday, 14 July, His Excellency, Governor Nigel Phillips CBE, officially opened the "extended and renovated" Sea and Land Rescue Base Building on Ascension Island, as reported by Ascension Island Government and shared with The Sentinel.

The Governor, who had been visiting Ascension, opened the newly renovated building during his "tour of key operational facilities" on the Island.

"The refurbished Sea and Land Rescue Base is another significant step forward in building capability and resilience in the provision of emergency response on Ascension Island," commented HE The Governor in his remarks at the official opening. "It is a good example of infrastructure improvements being managed and delivered by AIG, using UK Government funding, under the One Island Vision, for the benefit of the community."

As detailed by AIG, their "Sea and Land Rescue Service provides a vital search and rescue capability for both land and maritime emergencies," with the recent arrival and launch of new rescue vessel 'Ascension Guardian' in May only enhancing the service's operation capability. "Under Herby Meth's leadership, AIG maintains a dedicated team of trained search and rescue volunteers," added AIG.

"I want to acknowledge the support of the Maritime and Coastguard Agency, and the Foreign, Commonwealth, and Development Office, and the Department for Transport in funding a number of maritime related projects, including these building works," added the Governor.

Saint Boys shining in Orkney Island Games 2025



Liam Yon, SAMS

Team St Helena is trending as Saints on-Island and around the world rally behind our athletes competing at the 20th International Island Games, held this year in Orkney.

Since the opening ceremony on Saturday – where Team St Helena drew attention for their walk out which featured Orkney native and St Helena's Senior Vet, Andy Cant, sounding the bagpipes – our boys have been busy representing the Island in their respective events.

James Peters competed in five Men's Squash Singles matches. He lost to Orkney's Andrew Moar in the Round of 32 by scores of 11-1, 11-4, 11-5. After receiving a bye in the 17/18 Playoff 1st Round, he lost out in the 2nd Round to Bermuda's Neil Pohlman by scores of 11-4, 11-4, 11-3. James then competed against Shetland's Stephen Leask in the 21/22 Playoff 1st Round, with Stephen taking the win by 11-6, 11-4, 11-3. Despite the results, James continued to perform well and was rewarded when, in the Places 23-25 Round Robin, he took the win in a comeback against Bermuda's Brian Darling with scores of 9-11, 9-11, 11-1, 11-8, 11-7. In his final match, James lost out to Shetland's Wayne Leask by scores of 4-11, 7-11, 3-11, meaning he finished 24th overall.

The team member arguably creating the most buzz this year is international debutant Tyler Anthony. St Helena's 15 year old running sensation impressed in













his Men's 100m Sprint finishing in 5th place in Heat 4, clocking a new personal best of 11.82s. Tyler followed this up with another stellar performance in the Men's 200m Sprint, finishing fifth in his heat and knocking a whole second off his personal best with a new PB of 24s. Tyler has also been making waves off the track, sitting down with the BBC for a number of interviews, playing his role as an ambassador for the Island, once again placing the spotlight on St Helena at an esteemed international tournament.

Alongside Tyler, St Helena's two young swimming stars – William Caswell and Stefan Thomas – have also been drawing attention due to their impressive showings so far.

As of Tuesday, William had competed in two events, finishing second in his heat and eleventh overall in the Men's 1500m Freestyle with a time of 17m 56.26s, setting a new personal best. He then followed this up by finishing in position 16 out of 26 in the Preliminary Heat of the Men's 200m Freestyle, in a time of 2m 06.25s, another personal best.

Stefan on the other hand has also competed twice, winning his heat and finishing in 19 out of 26 overall in the Men's 50m Backstroke preliminary round, clocking a new personal best of 30.35s. Stefan also completed his Men's 50m Breaststroke event in a new personal best time of 33.90s, placing him 23rd overall in the preliminary round.

These are the results as of the end of Tuesday, with more action from our swimmers ongoing in the final days of the Games. More updated results will feature in next week's edition of The Sentinel.





Meet Big Jono

New Head of Tourism, Jonathan Passaportis, talks his experience, the industry, and his ideas for St Helena as he calls for Saints "to believe in this industry"



Anita Robbertse, SAMS

Jonathan Passaportis has recently been appointed by SHG as the new Head of Tourism, arriving on the Island at the end of May.

The Visitor's information Centre and Tourism section reopened on 7 June 2021, following the closure of Enterprise St Helena who fulfilled this role on behalf of SHG before that.

Jonathan, who has been working in tourism for over 20 years, said that he is very passionate about the industry. In the past, he has worked in the UK and South America but spent the majority of his time in Zimbabwe where he worked to develop a tourism asset from scratch before resigning to come to St Helena.

A huge amount of groundwork has been done by the team, and Matt Joshua (former Head of Tourism) shared a lot of information with Jonathan on the history of tourism on the island as well as the vision and initiatives that are currently underway. Jonathan said the work to create brand awareness in the international market has been quite phenomenal. Tourism is a multi-billion dollar global industry and it is often challenging to crack this market and create awareness. Jonathan joined Matt at the Tourism Indaba in Durban and said he was impressed and encouraged with the amount of work that had been done and that a lot of people were familiar with St Helena as a tourist destination.

Jonathan feels it is very important to listen and observe to get a sense of how things work on St Helena and get a feel for the dynamics of the Island before working on strategies and plans to implement. He did work on ideas and gathered information before coming to the Island, so the next step now would be to work on combining his experience here with the ideas to formulate a plan for tourism going forward.

It is critical that tourism on St Helena sells reality; products and services that are currently available and accessible, not what is planned for future implementation. It is also important to align this with what the international public wants. "The Island is known internationally," said Jonathan. "People are interested in it and now we need to see what product we can put out into the market."

When talking about additional flights and getting more tourists to come to St Helena, Jonathan said that the 'visiting friends and relatives' (VFR) market has a lot of untapped potential. These returning/visiting Saints hold great opportunity to market the Island and he has started to look at ideas and initiatives to work with the Diaspora to utilise the potential in this very big market segment. Although this market might not contribute much to the accommodation income on St Helena, there are still a lot of other things they will be spending money on to create more revenue for the Island; for example vehicle rentals, activities and other goods.

One of the stipulations in the Head of Tourism contract states that tourism revenue has to be increased. This is a three-pronged approach according to Jonathan where increasing arrivals to the Island is only one very visible part. The next part of the approach would be to increase average daily spend (ADS). There is currently not a lot of data to measure ADS on St Helena, but Jonathan says he sees this as a great opportunity to put management tools in place to grow the market and industry. The last component in the approach to

increase revenue is looking at length of stays on St Helena and working towards increasing this for leisure tourists.

Although the Napoleonic connection on the Island is a big draw to tourists, there are a lot more that the Island can offer as tourist attractions and can be utilised when marketing St Helena. One of the big trends currently in tourism is solo-travelling; people travelling on their own. We need to access this market by creating awareness about St Helena as a safe destination for anyone to travel to alone. In addition, there are a lot of other heritage and historical value on the Island that can be used in marketing; for example Darwin and Halley, to name but a few.

Jonathan is working with the new Marketing Manager to define a Marketing Strategy centred on six pillars. These pillars have been identified through local market engagement to determine what can be offered on the Island. One of the six pillars will be the history and heritage, but the unique culture of St Helena is a selling point that has not been marketed in the past. Another trend in the tourism industry is immersive travel; where visitors want an authentic experience of the destination they are visiting. St Helena is ideally suited to corner this market in providing an immersive cultural experience.

On the topic of cruise ships, Jonathan said that there was a lot of work to do to streamline the international product offering to ships that have already booked to come to St Helena. There are a lot of challenges that cannot be controlled when cruise ships visit St Helena, like sea conditions, but a lot of work can be done to optimise the product offering with things that can be controlled.

Jonathan concluded by reiterating that the tourism industry in any country belongs to the country as a whole. "Saints need to believe in this industry," he stated. "They need to buy in and, as a result of them buying in, it will be successful. We want the right tourists to come here for the Island of St Helena."

"Ready for Adoption"

Criminal Justice (Fixed Penalties) Regulations commencing from 1 October 2025



Liam Yon, SAMS

Last week, SHG announced that new regulations under the Criminal Justice (Fixed Penalties) Ordinance 2020 are now "ready for adoption" and will be commenced from Wednesday, 1 October 2025. SHG described this as "a significant step towards the full implementation of the Fixed Penalties system."

They go on to detail how the Criminal Justice (Fixed Penalties) Ordinance, 2020, was passed by the previous Legislative Council with the aim of streamlining how certain minor offenses are handled on St Helena, according to law, where they indicate that an example of this would be "parking offences" by motorists on the Island.

According to the information provided by government, in June 2022, the Executive Council at the time had approved an initial version of the regulations required to introduce Fixed Penalties, however these were not enacted after "quickly" being identified as "not fit for purpose".

This was followed by what SHG describe as "a comprehensive review and period of consideration" which resulted in new, "robust regulations" - specifically The Criminal Justice (Fixed Penalties) Regulations 2025 - having been prepared and made "ready to be brought into force." This consequentially means that The Criminal Justice (Fixed Penalties) Regulations 2022, "will be revoked".

In addition, SHG informed of the passing of "an important amendment" to the Police and Criminal Evidence Ordinance 2003, relating to criminal records (Section 62A). They state how "this amendment was designed to modernise criminal record keeping by shifting the requirement to record all convictions to only recording convictions for imprisonable offenses (unless specifically exempted) and any other identified offenses." Despite this amendment having been passed all the way back in 2019, SHG confirm that it is yet to be brought into force.

They do however provide further detail on this 2019 amendment, stating that it "provides for the creation of regulations to govern various aspects of the criminal records database." This includes, as listed, when certain non-imprisonable offenses do or do not need to be recorded; when certain imprisonable offenses do not need to be recorded; how the criminal records database will be set up and maintained; how people can ask for information from the criminal records database; and how information from the criminal records database can be shared when requested.

SHG concluded by stating their continued commitment "to enhancing the efficiency and fairness of the criminal justice system" before adding that they "will provide further updates on the commencement of the criminal records amendment in due course."

LIFESTYLE & CULTURE

Obesity: A Growing Concern on St Helena. *What We Can Do About It?*



Arjelo Onde, Contributed

Have you noticed more people struggling with weight gain and health issues? It's not just about appearance—it's about health and quality of life. Obesity is a growing concern around the world and even here on St Helena Island. But with understanding, small changes, and support, we can reclaim our health one step at a time.

What Is Obesity?

According to Loma Linda University Health, obesity is a chronic disease caused by excess body fat. It raises the risk of many serious health problems, such as:

- Heart disease and stroke
- Type 2 diabetes
- High blood pressure
- Joint pain and poor mobility
- Certain cancers
- Depression and sleep issues

Body Mass Index (BMI) — How to Calculate

This is the formula I used to teach my students before. BMI is a number that shows if your weight is healthy for your height.

Formula: BMI = weight (kg) ÷ [height (m) × height (m)]

Example: If you weigh 63.5 kg and your height is 1.65 m, then

BMI = 63.5 ÷ (1.65 × 1.65) = 23.3

A BMI between 18.5 and 24.9 is considered normal.

Obesity Is Also Malnutrition

Yes, you read that right. Obesity is a form of malnutrition. It often comes from eating too many calories—especially from foods high in sugar, unhealthy fats, and refined carbs—but too little of the nutrients our body needs. According to the World Health Organization (WHO), malnutrition includes both undernutrition and overnutrition. A person can be overweight and still lack essential nutrients.

According to Harvard Medical School, obesity causes inflammation and disrupts hormones. When fat cells build up, they don't just sit there. According to Harvard Health Publishing, they release substances that cause low-level, long-term inflammation. This type of inflammation can harm the heart and make it harder for insulin to work properly, raising the risk of diabetes. It also affects hormones like leptin, which controls appetite, making it harder to feel full and easier to gain more weight.

Obesity Around the World (WHO and OECD Data, 2024)

United States: 42.9%, United Kingdom: 28%, Philippines: 8.7%, South Korea: 5.5%, Japan: 4.3%

A Local Picture: St Helena Island

According to a 2018 health initiative led by Leeds Beckett University, around 70% of adults on Saint Helena Island are overweight or obese. Among children, about 42% are overweight or obese. The island also has high rates of chronic conditions: about 20% of adults have diabetes and 50% have high blood pressure. These statistics show how serious and widespread the issue is right here at home.

What Foods Cause Obesity?

Some foods trigger fat storage and sugar cravings. These include:

- Sugary drinks: sodas, energy drinks, sweetened juices
- Refined carbs: white bread, white rice, pastries
- Fast food and fried items
- Processed meats: hot dogs, sausages, bacon
- Cakes, cookies, and chocolates
- High-fat dairy in excess
- Alcohol

Healthier Alternatives Include:

- Whole grains: brown rice, oats, quinoa
- Leafy greens and vegetables
- Fruits
- Lean proteins: legumes, fish, eggs
- Healthy fats: avocado, nuts, olive oil
- Water or unsweetened herbal teas

Calories, Weight, and Fat

When we eat more calories than we burn, our body stores the excess as fat. Over time, this leads to obesity.

Average daily calorie needs:

- Men: about 2,500 calories
- Women: about 2,000 calories

To lose weight, aim for a calorie deficit of 500 to 1,000 calories a day. This may result in a healthy weight loss of 0.5 to 1 kg per week.

How Much Exercise Is Enough?

The World Health Organization (WHO) recommends:



- At least 150–300 minutes of moderate-intensity physical activity per week (such as brisk walking, swimming, or cycling),
- Or 75–150 minutes of vigorous-intensity activity (like running),
- Plus muscle-strengthening exercises involving major muscle groups on two or more days per week.

This can be broken down into 30 minutes of movement, five days a week, for most people.

According to Loma Linda University Health, adults should aim for at least 150 minutes of moderate exercise per week to help maintain a healthy weight and reduce the risk of chronic diseases.

Walking, Running, Swimming, and Other Exercises

Walking, running, and swimming



are great ways to burn calories and boost health.

- **Walking**: Brisk walking at 4 to 5 km/h can burn 200 to 300 calories in 30 minutes. It helps improve heart health, mobility, mood, and sleep.

• **Running**: Running burns 400 to 600 calories in 30 minutes. It helps reduce belly fat and boosts heart fitness. If you're new, try intervals of walking and jogging.
• **Swimming**: A full-body workout that burns calories and strengthens muscles with little strain on joints.

Natural Aids: Apple Cider Vinegar, Moringa, and Intermittent Fasting

At our wellness center, we also promote natural ways to support weight loss.

• **Apple Cider Vinegar (ACV)**: My wife drinks diluted apple cider vinegar (sometimes with honey) almost daily and has seen good results. Studies suggest it may help with appetite control, digestion, blood sugar, and metabolism. Use 1 to 2 teaspoons in a glass of water, once or twice a day before meals. Never drink it undiluted.
• **Moringa Powder and Tea**: Moringa is rich in iron, calcium, and antioxidants. It supports metabolism, reduces inflammation, balances sugar, and may help suppress appetite. Use it as tea or add the powder to food.
• **Intermittent Fasting**: This means eating only during a set time each day. I eat between 3 PM and 5 PM daily and fast the other hours. This helps the body burn fat and control appetite. We've been doing it for 8 or 9 years now.

Simple Steps to Better Health

• Know your BMI
• Eat whole, natural foods
• Avoid sugary and processed snacks
• Get moving daily
• Sleep well and reduce stress
• Try natural options like ACV, moringa, and intermittent fasting
• Seek support when needed

Final Thoughts

Obesity is not a sign of failure. It's a signal that your body needs care. The good news is - it's reversible. Every healthy meal, every walk, every glass of water brings you closer to wellness.

Visit Le Phare Lighthouse Wellness Center for a free BMI check, health advice, or a warm cup of moringa tea. We're here to support your health journey with sincerity and hope.

Your health is your lighthouse. Let it shine.

Disclaimer: This article is for educational purposes only. Please consult your doctor or healthcare provider for personal medical advice and treatment.

About the Authors:

This article was written by **Arjelo Onde, BSRT, R.R.T.**, a licensed allied health professional and licensed radiation medical technologist with a postgraduate diploma in education and 9 years of experience as a science and health educator; and **Mrs. Jummel Onde, BSHRM**, a hospitality professional and educator with a postgraduate diploma in education and 9 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:

• **Loma Linda University Health**: *Uses plant-based diets, exercise, and lifestyle medicine to prevent and manage diseases like diabetes and heart disease. "lluh.org"*
• **World Health Organization (WHO)**: *Provides global guidelines on physical activity and health. "who.int"*
• **Leeds Beckett University Study (2018)**: *Conducted a public health initiative on Saint Helena Island showing high obesity and chronic disease rates.*
• **Saint Helena Government – Health Statistics (2023)**: *Shows lifestyle diseases like heart disease and diabetes are leading local health issues. "sainthelena.gov.sh"*
• **OECD Obesity Update (2024)**: *Offers comparative international obesity data. "oecd.org"*

Through the Lens

Parents as Career Compass: Navigating Professional Paths on St. Helena - Written By *Ed Oyewo*

On St. Helena, where career opportunities are as unique as our island home, the influence of parents on young people's professional development takes on special significance. With limited industries and a tight-knit community of just over 4,300 residents, family guidance often becomes the primary career compass for Saints aged 16-25.

The Island Reality

Unlike mainland opportunities, St. Helena's job market centers around government services, tourism, fishing, and emerging sectors like renewable energy. This reality means parental advice carries extra weight – parents often have intimate knowledge of which careers offer stability and growth potential on-island.

Cultural Influence Runs Deep

Saints families traditionally pass down knowledge about viable careers through generations. Parents who witnessed the island's economic shifts – from flax farming to the airport's arrival – offer invaluable perspective on which professions have staying power.

However, this guidance can sometimes limit young people's horizons. With increased internet connectivity and the airport bringing new possibilities, some young Saints feel torn between family expectations and aspirations that might require leaving the island.

Finding the Balance

One Education Specialist, who works with school leavers, notes that successful career development happens when parents act as "*informed advisors rather than decision-makers.*"He recommends parents:

- Share knowledge about local opportunities while encouraging exploration
- Support education and training that builds transferable skills
- Acknowledge that some career paths may require time off-island
- Connect young people with professionals in fields of interest

The Next Generation Advantage

Today's young Saints benefit from parents who increasingly understand that career development might involve mainland education or remote work opportunities. Many families now view temporary departures as investments in skills that can benefit the island long-term.



St. Helena's future depends on young Saints who venture abroad for education and training, then return with fresh skills and perspectives. The island offers unique opportunities for graduates to make meaningful impact in a close-knit community where individual contributions truly matter.

Moving Forward Together

As St. Helena continues evolving economically, the parent-child career conversation must balance respect for family wisdom with recognition of new possibilities. Parents remain crucial career influencers, but their role is shifting from gatekeepers to enablers.

For both generations, the key is remembering that career development is a journey, not a destination – and one best navigated with family support rather than family pressure.

Looking Ahead

St. Helena's evolving economy presents unprecedented opportunities for young people willing to adapt. The island's growing tourism sector, expanding digital connectivity, and renewable energy initiatives create openings that didn't exist for previous generations. Parents today must balance sharing hard-won knowledge about island realities with encouraging innovation and entrepreneurship. Some young Saints are already creating their own career paths – from eco-tourism guides to online content creators showcasing island life.

"The best career advice comes from understanding both where we've been and where we're going"." Our young people need roots in St. Helena's values and wings to explore new possibilities. The conversation between parents and children about careers continues evolving, just like the island itself.

Till Next Time, Keep Well!

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. July 18

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

SAT. July 19

- 9am-12 Noon: Saturday Show with Sebastian Stent
- 1pm: Northward Sounds with Tony Leo
- 3-5pm: Modern Country Chart with Donna Crowie (Repeat)
- 6pm: Artists through the Decades with Deon & Anita
- 8:30pm: Out Out (repeat)

SUN.July 20

- 7am-noon: Sunday Show with Anita and Deon
- 1pm : Interview Hour
- 3-4:30pm: UK Chart Show with Liam Yon
- 7pm: Baptist Church Service
- 20:30: Classical Compilations

MON. July 21

- 7am-10am: Sunrise with Luke Bennett
- 3-5pm: Artists through the Decades with Deon & Anita
- 5:30pm: Country Classics with Donna

TUE. July 22

- 7am-9:00am: Morning Show with Donna
- 11am: Vibes with Anita
- 3:30pm: American Connections with Brian Clough
- 5:30-7pm: UK chart Show with Liam Yon
- 7:30pm: Classical Compilations with Anita

WED. July 23

- 7am-8:30am : Sunrise with Deon
- 11am: Northward Sounds with Tony Leo
- 4-7pm: Afternoon Drive with Luke Bennett
- 7:30pm: Vibes

THU. July 24

- 7am - 10am: Sunrise with Liam & Luke
- 5-7pm: Modern Country Chart with Donna Crowie

sure

Bringing you the

BBC World Service

100.7 (Briars)

88.1 (High Knoll)

102.7 (Blue Hill)

Featured this Week





Join Luke this Wednesday on the Afternoon Drive Show, kicking off from 4pm. He will bring you a mixture of tunes for everyone to enjoy on the ride home from work, then settling down with a selection of easy listening rock, ranging from Dire Straits to Everlast, Bob Seger and so much more to help you relax and look forward to the weekend. So, tune in on Wednesday afternoon right here on SAMS Radio One.

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

Sentinel Sudoku Session

This week's difficulty is 'Medium'

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

Throwback Thursday



July 17 1964

ANC leader Nelson Mandela, recently sentenced to life imprisonment, is awarded the Joliot Curie Gold Medal for Peace

Who doesn't like the smell of a fresh pot of coffee? Here's an even better way you can get that delicious taste of coffee in what is a lovely treat for your Sunday afternoon tea.

Coffee Cake



Ingredients
Coffee Cake

- 400g unsalted butter/baking spread
- 400g caster sugar
- 8 medium eggs
- 400g self raising flour
- 1tsp baking powder
- 4tsp strong espresso/instant coffee

Coffee Butter Cream Frosting

- 300g unsalted butter
- 600g icing sugar
- 3tsp strong espresso/instant coffee
- Sprinkles

Method
Coffee Cake

1. Heat the oven to 180ºc/160ºc fan and line three 20cm/8inch cake tins with baking parchment, leave to the side.
2. Dissolve the 4tsp strong espresso/instant coffee in 1tbsp of boiling water and leave to the side to cool fully.
3. Beat together the unsalted butter and caster sugar until light and fluffy.
4. Add in the self raising flour, eggs and baking powder and beat again briefly until combined - try not to overbeat!
5. Fold through the cooled dissolved coffee into the cake mix so it's evenly distributed.
6. Divide the mixture equally between the tins and smooth it over.
7. Bake for 35-40 minutes, until a skewer comes out clean.
8. Once baked, leave the cake to cool in the tin for 10minutes, and then remove and leave to cool fully on a wire rack.

Coffee Buttercream Frosting

. 1. Dissolve the 3tsp strong espresso/instant coffee in 1tbsp of boiling water carefully, and leave to cool fully.
2. Beat the unsalted butter on its own until smooth.
3. Add the icing sugar and mix.
4. Add the coffee and mix again until light and fluffy.
5. With the first layer of the cake, spread/pipe half of the butter cream onto the top of the first layer, then add the second cake on top, and repeat again.
6. Sprinkle over some pretty sprinkles and or chocolate coated coffee beans and enjoy!

NOTICE BOARD



DIOCESE OF SAINT HELENA

The Parish of St Paul's		
Sunday 20th July 2025– 16th Sunday of the Year		
8.00 a.m.	Eucharist	Cathedral
9.30 a.m.	Family Eucharist/Church Parade with St Paul's Gospel Band	Cathedral
3.30 p.m.	Eucharist	St Peter
The Parish of St James		
Sunday 20th July 2025 – 16th Sunday of the Year		
9.30 a.m.	Eucharist	St James
	Thursday 24th July	
7.00 p.m.	Eucharist with Healing	St John
The Parish of St Matthew		
Sunday 20h July 2025 – 16th Sunday of the Year		
11.15 a.m.	Eucharist	St Mark
3.30 p,m,	Eucharist	Barnabas, Levelwood
	Tuesday 22nd July	
7.00 p.m.	70x7 Forgiveness	St Mark



ST ANDREWS NEWSPAPER BINGO

Games will be played over a five week period – each week a different set of numbers will be published

This week the "Green" bingo sheet will be used – the last sheet. Numbers to be read across (L-R).

Claim on earliest number for full house will be the winner. Claims to be made to Karen Henry on 23401 by Saturday 19 July at 6pm.

Prize - £20 per week

Last week's winners: Pat Crowie & Louisa Williams

35	47	15	75	64	87	21	8	59	43
17	89	76	61	45	39	25	2	56	84
5	31	73	16	55	66	26	44	86	24
65	90	27	38	80	63	9	29	50	83
70	69	54	10	33	23	42	1	81	3
48	12	79	68	19	53	36	20	7	88
13	78	46	34	58	67	85	28	6	11

Annual General Meeting – Blue Hill Community Association



The AGM of the Blue Hill Community Association will be held at the Blue Hill Community Centre on Wednesday, 30 July at 7pm

Residents of the Blue Hill district are encouraged to attend.

NOTICE BOARD

St Helena Government

EXPRESSIONS OF INTEREST

MARINE CENTRE ROOF STRUCTURE

St Helena Government (SHG) is seeking Expressions of Interest (EOI) from suitably qualified contractors for the removal of the existing roof and framework, and design, fabricate and install a new metal roof system as part of the proposed phase two works for the first floor of the Marine Centre.

For further information, please contact the Project Manager, Mark Plato, on tel: 22270 or via email: mark.plato@sainthelena.gov.sh.

Submissions of Expressions of Interest should be addressed to the Procurement Officer, Tiffany Lawrence, Top Floor of the Post Office Building, Jamestown, by no later than 12:00 on Monday, 21 July 2025.

SHG, 10 July 2025

BAPTIST CHURCH

Gospel Outreach Service
Sunday 20th July
Kingshurst Community Centre 3.00 pm

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

Bible Studies
Tuesday 22nd July
Baptist School Hall 7.00 pm
Thursday 24th July
Sandy Bay Chapel 5.30 pm

ALL ARE WELCOME!

For further information contact:
Tel No 24644

CALLING ALL CANDIDATES
for the General Election 2025!

Simplify your election campaigns with SAMS as we offer two bespoke packages to all candidates up for this year's General Election in September as follows:

Package 1 - £100.00
- **A Full-Page Campaign Poster in The Sentinel (one week only) to be shared via SAMS Social Media**
- **Short Radio Jingle on SAMS Radio 1, every day until election day**
- **Short Campaign Video Clip for SAMS Social Media and you personal use**

Package 2 - £50.00
- **Half-Page Campaign Poster (one week only) to be shared via SAMS Social Media**
- **Short Radio Jingle on SAMS Radio 1, for one week only**

In addition, if you opt for Package 1, you will receive a 25% discount on the publication of your Manifesto in The Sentinel, should this be something you wish to do. Those on Package 2 or who don't take up on any of the offers available will not receive any discount on the publishing of Manifestos.

SAMS Radio 1 will also be offering all officially nominated candidates a half hour (maximum) radio interview following the Writ of Election on 20 August.

Let SAMS help you as you stand to represent the people of St Helena!
Contact us via news@sams.sh, 22727, or message us on Facebook.

NOTICE BOARD

Governor's Office
St Helena, Ascension and
Tristan da Cunha

UK STATE AWARDS

What are Honours Awards?

The UK State Awards known as Honours Awards are prestigious awards conferred by HM The King. These awardsrecognise people who have made outstanding contributions to public life, or who have significantly enhanced the UK's reputation and interests. To be considered, achievements must be truly exceptional, demonstrating a commitment that goes well beyond the expected. Nominees should have made a lasting, positive impact, with benefits that extend widely across the community or a specific sector.

Who can be nominated?

Anyone can nominate someone for an Honour. There are no restrictions on who can be nominated. You cannot,however, nominate yourself.

The Honours system is committed topromoting diversity and nominations are actively encouraged for individuals from all backgrounds and ethnicities. Nominations are not limited to any specific individuals or groups within society.

When can someone be nominated?

There is no fixed length of time which should have elapsed before an honour can be made, but the service should be recent or whilst an individual is still active in their role.Particular weight is given to voluntary work, which can be the central reason for the nomination or as an additional contribution.

Some examples of fields where Honours have been given in the past are community and voluntary local services, arts and media, health, sport, education, science and technology, and conservation etc

Types of Honours

There are many different Orders and Levels of Awards, but usually nominations received for St Helena, Ascension and Tristan da Cunha are for the 'Order of the British Empire'. Awards given to the territories under this Order are usually(from lowest to highest conferring level): A British Empire Medal (BEM), Member of the Order of the British Empire (MBE), Officer of the Order of the British Empire (OBE) and Commander of the Order of the British Empire (CBE). Visit https://www.gov.uk/honours/types-of-honours-and-awards to read about what level of achievement qualifies for each level of Honour.

Submitting Strong Nominations

NOTICE BOARD

Nominations for Honours Awardsare invited by the St Helena Public Service twice per year – Usually in May (for the New Years Honours), and in November (for the Kings Birthday Honours). A strong nomination should include the following:

- **What has been the personal impact of the nominee's work?**
- **Is the service voluntary?**
- **How is it exceptional in nature?**
- **Is the person still active in the service or was their service recent?**
- **Have they overcome obstacles or challenges that might make their achievement more significant and if so, what were they?**
- **How have their achievements or contribution led to them being recognised as a good role model?**
- **What support for, and evidence of their achievements or contribution is there?**
- **Is the proposed level of award commensurate with the work the person has done?**

If you would like to nominate someone, please contact Linda Benjamin, Information & Research Support Officer atLinda.Benjamin@sainthelena.gov.shfor a nomination form.

Governor's Office, St Helena, Ascension & Tristan da Cunha
15 July 2025



Acknowledgement: The family of the late Paul Rex Crowie would like to express sincere thanks to all who supported us during our recent bereavement.

We extend our heartfelt gratitude to the Emergency Response, Rescue and Medical Teams, Father Ernest and Bishop Dale, Lily for the reading, and Sharon for reading the Eulogy and messages.

Thank you to Solomon & Co for designing the service sheets, Roy and his team, Eddie Duff and the musicians, and Joyce Greentree for the wreaths. We also thank Lionel Joshua for filming the service.

We are deeply grateful to all family, friends and community members who attended the funeral, sent messages, or supported us in any way including those overseas who organised wreaths and tributes.

Your kindness and presence have brought great comfort to us all.

To celebrate the life of Paul an online obituary with a short biography to celebrate the life of Paul can be found here https://www.sthelenaonline.org/obituaries You can also leave a message of condolence here.

NOTICE BOARD

St Helena Government

Nominating a Candidate for the 2025 General Election

Who can be nominated?

Anyone can stand for election providing they are:

1. on the Register of Electors effective from 1 July 2025; and
2. they are over the age of 21 years.

Ideally candidates should have a genuine interest in the island's affairs.

How to Nominate Candidates

Use a **Nomination Form** which can be obtained from the Castle Reception, the Customer Services Centre, the Public Library and can be downloaded from the SHG website.

Forms and further information on the election process are also available from:

Returning Officer, Carol Henry,
carol.henry@sainthelena.gov.sh
or tel. 22470,

Assistant Returning Officers,
Anita Legg: anita.legg@sainthelena.gov.sh
or tel. 22590
Connie Johnson:connie.johnson@sainthelena.gov.sh
or tel. 22470
Gillian Francis: gillian.francis@sainthelena.gov.sh
or tel. 22314

Important Information

There are 12 vacant seats on Legislative Council so **you can sponsor or support up to 12 candidates** in the General Election.

Sponsors and supporters **must be** on the Register of Electors effective from 1 July 2025.

Potential candidates can ask people to be their sponsors or supporters. The supporter **cannot** be the same person as a sponsor.

Nomination Form Check Box

Ensure you have included all of the following when submitting the nomination form:

- ☐ Full name and signature of the **candidate**.
- ☐ Full names and signatures of **two sponsors** signed in the presence of the Returning Officer, an Assistant Returning Officer or a Justice of the Peace (JP).
- ☐ Full names and signatures of **five supporters** signed in the presence of witnesses. The witnesses of supporters' signatures do not need to be listed in the Register of Electors.
- ☐ All nominations must be submitted **no later than 12:00 noon on Wednesday, 20 August 2025**.

JP's:

Chief Magistrate Duncan Cooke
Barry Hubbard
Douglas Bennett
Joan Patricia Flagg MBE
Harold Horner
Vincent March
Greta P Musk MB
Marie-Anne Dennis
Deborah Fantom
Nicholas George
Jody Grant-Lawrence
Desmond Wade
Colin P Yon
Sidney A Youde

Deliver your nomination to Returning Officer, Carol Henry or Assistant Returning Officers, Anita Legg, Connie Johnson, or Gillian Francis, at The Castle.

DON'T WAIT UNTIL THE LAST MINUTE - SUBMIT YOUR NOMINATION EARLY!

St Helena Government

LEGISLATIVE COUNCIL ELECTIONS

IMPORTANT INFORMATION FOR CANDIDATES

This guidance does not replace the provisions of the Elections Ordinance and Regulations and candidates are advised to read the Elections legislation fully to understand their rights and responsibilities.

1. When can you start campaigning?

   You can start campaigning at any time. You do not have to wait until you are validly nominated to declare that you will run for election, ask people to support you or publish campaign material.

2. When does a person officially become a candidate?

   The earliest that a person can officially become a candidate is on the date when the Legislative Council is dissolved.

   You will officially become a candidate on being so nominated in accordance with section 5 of the Elections Ordinance, 2009. Nominations must be delivered to the Returning Officer not later than noon on 20 August 2025, as specified in the writ of election.

   Once you have officially become a candidate, you are entitled to a copy of the register of electors effective from 1 July 2025.

During the campaign you may:

1. Assist voters with information about proxy voting. The deadline for the Returning Officer to receive Proxy Applications will be 10am on 01 September 2025, 48 hours before the time of the opening of the Poll.

During the campaign you should:

- Be aware of the deadlines for submitting nomination forms
- Be aware of the deadlines for notifying the Returning Officer of the number and names of your Polling Agents
- Be aware of the deadlines for notifying the Returning Officer about the names of your Counting Agents

NOTICE BOARD

Candidates and the media during the elections campaign

A media service may not allow any person who has declared themselves as a candidate to act as a journalist or presenter during an election. (The Media Standards Code of Practice effective from 1 October 2023 Code 8 "Guidance – Elections and Referendums" refers).[1] Candidates may be interviewed by the media and it is the media's responsibility to offer the same opportunity to all candidates. It is for the individual candidate to decide whether or not he/she wishes to be interviewed by the media.

Candidates may use their personal social media accounts to promote their candidature but as with all campaigning activities, should do so in an appropriate manner that does not contravene the law.

Campaign posters should be removed within 14 days after the poll. Posters should **not** be displayed within the Polling Station or Polling Station limits on the day of the poll.

Criminal Offences Contrary to Part V of the Elections Ordinance

Part V of the Elections Ordinance sets out a number of criminal offences connected with elections, for example:

1. Breaching the secrecy of voting by revealing who an elector has voted for;
2. Inducing an elector to display the ballot paper after it is marked;
3. Applying for a ballot paper in the name of someone else (whether dead, alive or fictitious)[2];
4. Applying for a ballot paper when the candidate has already voted;
5. Giving (or promising to give) an elector food, drink or entertainment to influence the elector to vote for a candidate(s) or not vote at all;
6. Threatening to use force, violence or restraint against an elector to make the elector vote for a particular candidate(s) or not vote at all;
7. Lending, giving or promising to obtain goods, money, services, etc for an elector if the elector votes for him or her or not vote at all.

Case studies:

1. Candidate X invites Mr B to the pub for a beer if Mr B votes for X.
   Is this wrong?
   Yes, this amounts to treating.

[1] Code 8 of The St Helena Media Code of Practice effective from 1 October 2023 refers
[2] Except if that is permitted by the provisions for proxy voting

2. Candidate X tells Mr B that if X is elected one of the top policies that he will pursue will be employment for all.
   Is this wrong?
   No, this is a policy – it is perfectly acceptable for candidates to state what their policy intentions are.

3. Candidate X says to Mr B "if you vote for me, I will give your son a job."
   Is this wrong?
   Yes, this is a bribe.

4. Candidate X tells Mr B "If you don't vote for me, I will beat your brother up."
   Is this wrong?
   Yes, this amounts to undue influence.

5. Candidate X tells Mr B "If you vote for me, I will make sure that you win the government tender (for goods / services)."
   Is this wrong?
   Yes, X is bribing Mr B.

6. Candidate X tells Mr B, who is a resident in Cape Villa "If you vote for me, I will drive you to town."
   Is this wrong?
   Yes, X is treating Mr B.

7. Candidate X's wife tells Mr B, who is a resident in Cape Villa "If you vote for my husband, I will drive you to town."
   Is this wrong?
   Yes, X's wife is treating Mr B. This is wrong even if she is not a candidate.

8. Candidate X's son tells Mr B "If your vote for my dad, he will have your road done."
   Is this wrong?
   Yes, X's son is bribing Mr B to obtain a vote for X. This is wrong even if he is not a candidate.

Any individuals with concerns about criminal offences being committed in respect of the election should contact the Returning Officer or the Police.

Polling Agents

Candidates may witness the Poll in all its stages and to be present at the counting of votes.

Each candidate may appoint one Polling Agent to attend each of the eight Polling Stations. The Agents can only be admitted to the Polling Station and to the place of counting if their

names and addresses have been notified in writing to the Returning Officer no later than 48 hours before the opening of the Poll.

If a candidate is unable to appoint a Polling Agent for each of the Polling Stations, a Polling Agent may attend the different Stations during the course of the Poll provided that no more than one Polling Agent per candidate is in a Polling Station at the one time.

Candidates and Polling Agents will be admitted to the Polling Stations about ten minutes before the opening of the Poll. Candidates and Polling Agents must remain in the places allotted to them by the Presiding Officer. The Candidates and Polling Agents must not speak to the voters nor display any campaign material within the Polling Station limits. The Presiding Officer can request a police officer to remove a person from the polling station who is not behaving properly.

Counting Agents

Each candidate may also appoint two Counting Agents to witness the count - to attend either with the candidate, or in the Candidate's place. Names and addresses of Counting Agents must also be sent to the Returning Officer by no later than 48 hours before the opening of the Poll. Candidates and Counting Agents who attend the count must remain in the places allotted to them. They may not take part in the counting except to object to any rejection of a ballot paper by the Returning Officer or to request a recount. They may not handle any ballot paper.

The discretion whether or not to appoint Polling Agents and Counting Agents rests with the Candidates themselves.

The Poll and the counting will not be delayed at any stage on account of the absence of any Candidate or his/her Agents.

Candidates, Counting and Polling Agents must be aware of the duty to maintain, and aid in maintaining, the secrecy of the ballot.

Central Support Service
The Castle
Jamestown

14 July 2025

NOTICE BOARD

VACANCY

Connect SAINT HELENA LTD

EXPRESSIONS OF INTEREST

NON-EXECUTIVE DIRECTORS

Connect Saint Helena Ltd is seeking Expressions of Interest to fill two Non-Executive Director (NED) roles on its Board to direct the Company's overall vision, mission and values.

General NED – We invite applications from experienced persons with a good knowledge of St Helena and who can contribute to the strategic direction and governance of the Company.

Technical NED – We are also looking for an individual with a strong technical background in engineering or an equivalent discipline, preferably with experience in the utilities sector. As well as your role as Technical Non-Executive Director, you will chair the Technical Committee which advises the Board on technical issues.

Non-Executive Directors act with a degree of independence from the operational activities and have a role in providing strategic vision; monitoring the Company's performance; the financial reporting process; the review of risk and controls; and governance.

For further information regarding the post and remuneration, please contact Callie Leo, Company Secretary, on +290 22255 or email callie.leo@connect.co.sh. Interested persons should submit Expressions of Interest to Callie Leo on email or in person at Connect Saint Helena Ltd Offices at Seales Corner by 12 noon **Tuesday, 5 August 2025.**

connectsainthelenaltd | https://www.linkedin.com/company/connect-saint-helena-ltd/

We're Hiring:

Mantis St Helena

Waitstaff

WHAT YOU'LL DO:

- Greet and serve guests in a professional, welcoming manner
- Take food and beverage orders accurately
- Ensure guests have an excellent dining experience
- Work as part of a supportive, efficient team
- Maintain clean and organised tables and service areas

WHAT WE'RE LOOKING FOR:

- A positive attitude and strong communication skills
- Ability to stay calm and organised under pressure
- Availability to work evenings and weekends

Front Of House Administrator

We're looking for an organised, professional, and guest-focused individual to support our front office and admin team.

WHAT YOU'LL DO:

- Assist with front of house operations
- Provide general administrative support·
- Help ensure a smooth guest experience

WHAT WE'RE LOOKING FOR:

- Proficiency in Microsoft Word and Excel
- Previous admin or hospitality experience preferred
- Flexibility with working hours is essential

APPLY NOW by sending your CV to Robyn-Tionette.FRANCONI@mantiscollection.com

NOTICE BOARD

St Helena Government

THE MINISTERIAL SYSTEM OF GOVERNMENT

A General Election will be held on Wednesday 3 September 2025, if more than 12 valid nominations are received by no later than 12 noon on Nomination Day, Wednesday, 20 August 2025. This year's Election will be the second under a ministerial system of Government.

Leading up to the General Election we will provide regular information articles on how the Ministerial Government works.

This week's focus is on the Ministerial System.

The Ministerial System

The Ministerial System is the system of government for St Helena which was first introduced in 2021.

This is a form of government where executive power is exercised by a Chief Ministers and their Ministerial team, who are collectively responsible to the legislature and individually responsible for their respective government portfolios. This means that Ministers are individually accountable to Legislative Council for their own actions and the actions of their portfolios, and collectively responsible for the overall performance of the government.

Legislative Council

The system provides for 12 members of the public to be elected to form the Legislative Council (LegCo).

All 12 Elected Members of LegCo are voting members. The Attorney General is also a Member of LegCo but ex-officio and non-voting. The LegCo comprises also a Speaker and Deputy Speaker.

Chief Minister and Ministers

Following the General Election, LegCo will seek expressions of interest and elect, by secret ballot, a Chief Minister from amongst their number. The elected Chief Minister will then select four Elected Members from the remaining 11 LegCo members to serve as Ministers and will recommend to the Governor their appointment and the allocation among the Ministers, of the Treasury function and such other portfolios necessary to give each Minister responsibility for the different departments or functions of government. The Governor must follow the recommendation of the Chief Minister on these appointments. The Chief Minister will be responsible for any unallocated portfolios.

Once appointed, the Chief Minister and Ministers will together set out their vision and policies for their four-year term of office as one of the first priorities.

Ministers have direct political responsibility and accountability for all policies and services delivered by their portfolio. They are accountable to Legislative Council for the effective use of public funds spent in their portfolio.

Executive Council

The Chief Minister and their four Ministers, together with the Governor and Attorney General form the Executive Council (ExCo) – the highest decision making body within St Helena Government. ExCo meetings are chaired by the Governor, and the Attorney General is an ex-officio non-voting member of ExCo. The Chief Secretary and Financial Secretary attend all meetings of the Executive Council as policy advisers.

In our next issue we will look at the role of the Chief Minister. These Information Releases are also available online at:
https://www.sainthelena.gov.sh/government/public-information/elections/

SHG
15 July 2025

Tour Guide training

St Helena Island

St Helena Tourism would like to empower the private sector by providing training focused on general island tours (including cruise ship days) and niche historic tours in line with the Tourism Development Programme. If you enjoy sharing your knowledge of the island's rich history and heritage whilst providing a positive visitor experience, this FREE training is for you.

General Tour Guide Training
Date: Tuesday, 9 September & Wednesday, 10 September 2025 (Full Days)

The following niche courses will be delivered by the Director of the Museum of St Helena, Adam Sizeland (subject to a minimum enrolment requirement)

Slavery on St Helena (Full Day)
Date: Tuesday 16th September 2025
The island's slave (including 'Liberated African') legacy is an important and fascinating chapter of our history.

Fortifications on St Helena (Full Day)
Date: Tuesday 23rd September 2025
St Helena's heritage provides a significant legacy of fortifications that played an important role for the island.

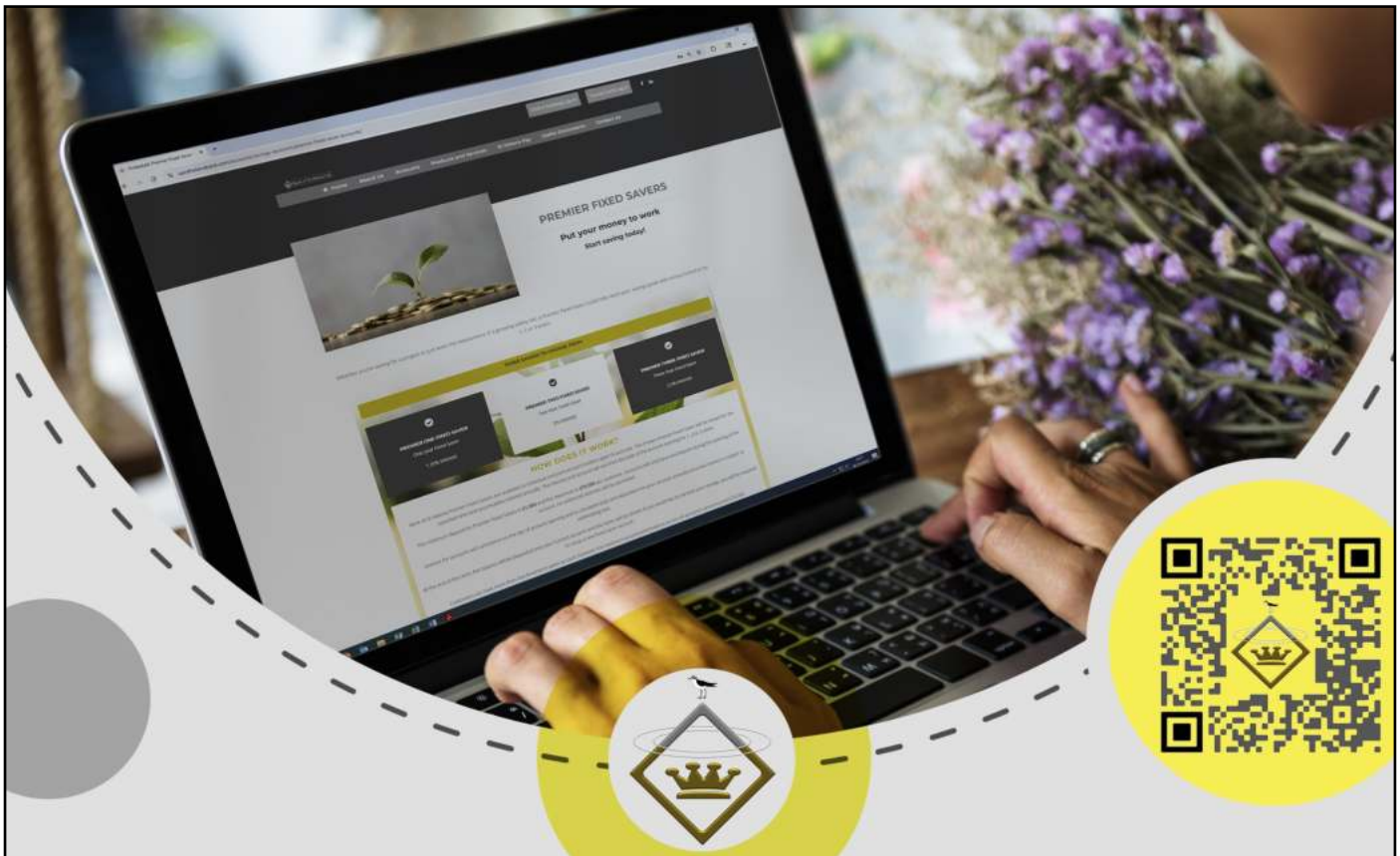
Slavery on St Helena and Fortifications - Practical (Full Day)
Date: Sunday 28th September 2025
Uncover the physical traces of the slavery legacy and the fortifications, on a walk to Lemon Valley and return, or return to Jamestown by boat.

The Chinese, Boer and Zulu Connection on St Helena (Full Day)
Date: Tuesday 30th September 2025
Discover how the island's remoteness made it an ideal location for exiles and workers.

Interested persons should register your details with Katie-Raye Williams at the Tourist Office by calling T: 22158 or emailing Katie-raye.Williams@sainthelena.gov.sh by 4pm on **Friday, 15 August 2025**

www.sthelenatourism.com

NOTICE BOARD



INTRODUCING THREE NEW PREMIER FIXED SAVERS

Our new savings accounts are now available with interest starting at 1.25%!

Premier One Fixed Saver: One-Year Saver with 1.25% Interest
Premier Two Fixed Saver: Two-Year Saver with 2% Interest
Premier Three Fixed Saver: Three-Year Saver with 2.5% Interest

Whether you're saving for a project or just want the reassurance of a growing safety net, a Premier Fixed Saver could help reach your savings goals with money locked in for 1, 2 or 3 years.



Visit our website or drop in to see us for more information.
Applications now available to complete online!

With the launch of the new Premier Fixed Savers, Current Accounts with effect from 1st August 2025 will no longer be interest bearing.

www.sainthelenabank.com

info@sainthelenabank.com | (+290) 22390

NOTICE BOARD

Agricultural Show Day Francis Plain













This is a Community lead initative and we need you to make it a success.

Help needed :

Supply materials or equipment for the erection of Pens for the Livestock competition.

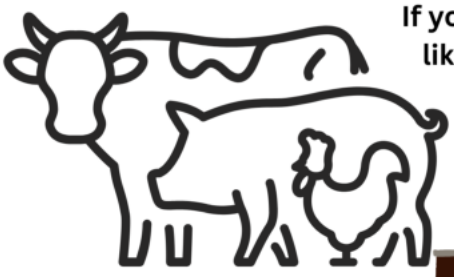
To transport tables/chairs, and other equipment to and from Francis Plain.

Scaffolding and Tarpaulin and erection of scaffolding for the District Stalls.

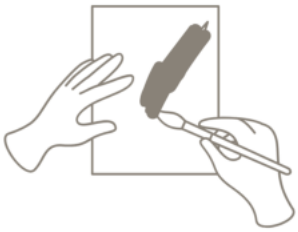




We would like to borrow Marquees/Gazebos Tables and Chairs



If you are a charity or Organisation who would like to be involved in running the Livestock Competition, or the Horticultural Competition- Do get in touch with any member of the working group.









If you would like to have a table at this event- Please contact Kurt Thomas

This is an opportunity for Charities or Organisations to raise monies

Working Group members-

Marcia Benjamin- Alarm Forest Rep, Elizabeth Clingham- Longwood Rep, Kurt Thomas- Levelwood Rep, Giselle Richards Arts and Craft Rep , Susan Knipe,Dr Corinda Essex- Chamber of Commerce Rep, Tracey Williams St Pauls Rep, Diana Williams-Blue Hill Rep,Wanda Isaac- Sandy Bay Rep

NOTICE BOARD

JOIN THE PUBLIC SERVICE

Join us!

We are recruiting...

St Helena Government

School Secretary (Pilling Primary)
(£10,088 per annum)
(Fixed –Term until August 2026)

Do you have a passion for Education? We are looking to recruit a School Secretary to provide a first point of contact by receiving and addressing visitor enquires by telephone or in person, redirecting enquires as considered appropriate. You will have to undertake administrative duties which include collating and distributing information and correspondence to parents and staff. The individual will also be assisting with playground duties, accompanying children when needed on school outings and will also include assisting with Lollipop duties outside the school gate when necessary.

Contact us for more information and a discussion

Enquiries: **Elaine Benjamin on Tel No. 22640 or Email elaine.benjamin@sainthelena.edu.sh**
Closing date: **21 July 2025**
Shortlist date: **24 July 2025**
Interview date: **30 July 2025**

Learning Disability & Residential Manager
(£16,248 per annum)

The Health & Social Care Portfolio is seeking to recruit a Learning Disability & Residential Manager for Ebony View, to improve the lives of people with learning disabilities and for managing the residential service. This will involve overseeing the day-to-day operations of the team to ensure efficient and effective use of resources and that the quality of care provided to service users meets the required standards. The post holder will be a strong advocate for people with complex learning needs and ensure that the residential service is delivered to high standards at all times.

Contact us for more information and a discussion

Enquiries: **Gavin Thomas on 22920 or Email gavin.thomas@sainthelena.gov.sh**
Closing date: **21 July 2025**
Shortlisting date: **24 July 2025**
Interview date: **31 July 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.

The St Helena Public Service welcomes all applications from across our whole community, including our St Helenian diaspora wishing to return to St Helena. If you are a St Helenian currently living and working overseas, please contact us at recruitment@sainthelena.gov.sh to discuss how we can support you.

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 us!

We are recruiting…

St Helena Government

JOIN THE PUBLIC SERVICE

Fire Fighter/Training Fire Fighter (£11,935 per annum)

The St Helena Fire & Rescue Service has an opportunity to join their team as Fire Fighter. Within this role you will protect and save people and property from fire and other hazards, reduce risk and provide humanitarian services in the most competent and effective manner, to the highest possible standard of care and quality.

Contact us for more information and a discussion

Enquiries: **Jason Lawrence on Tel No. 23344 or Email: stno.fire@helanta.co.sh**
Closing date: **30 July 2025**
Shortlisting date: **05 August 2025**
Interview date: **15 August 2025**

Sea Rescue Crew (Coxswain) (£9,781 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.

Contact us for more information and a discussion.

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

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 July 2025**
Shortlisting date: **04 August 2025**
Interview date: **19 August 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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NOTICE BOARD

JOIN THE PUBLIC SERVICE

Join us!

We are recruiting...

St Helena Government

Meteorological & Scientific Observations Officer (Fixed term – 1 year) (£10,088 per annum)

The Meteorological & Scientific Observations Officer will help to improve the lives of all within our community and help the island thrive by assisting in a shared capacity with staff in completing routine meteorological scientific observational monitoring activities, to ensure production and delivery of observational data from the St Helena Meteorological Station at Bottom Woods in line with the UK Meteorological (Met) Office requirements. This role is being offered from 'Monday – Friday 08:00-15:00' with weekend work as per rostered schedule for hours during weather balloon operations. Although a fixed term role in the first instance there may be a possibility of the role becoming full time.

Contact us for more information and a discussion.

Enquiries: **Lori Bennet on Tel No 24785 or Email metoffice.901@helanta.co.sh**
Closing date: **30 July 2025**
Shortlisting date: **04 August 2025**
Interview date: **14 August 2025**

Agriculture Assistant (£10,088 per annum)

The Education, Skills, and Employment Portfolio are seeking to recruit an Agriculture Assistant to maintain the Harpers Agricultural Centre and the associated garden areas and the grounds at St Helena Secondary School. The individual will be taking on a list of responsibilities, which include the safekeeping and use of SHG vehicle and equipment including motorised machinery valuing £8800, cash handling and purchasing animal feed etc. for the Harpers Agricultural Centre and for the payment of invoices. The role will also include the need to provide safeguarding and practical assistance to students conducting practical work at Harpers, under the direct supervision of teaching staff at Harpers.

Contact us for more information and a discussion.

Enquiries: **Barbara Osborne on Tel No 24290 or Email barbara.osborne@sainthelena.edu.sh**
Closing date: **01 August 2025**
Shortlisting date: **06 August 2025**
Interview date: **12 August 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.

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JOIN THE PUBLIC SERVICE

Join us!

We are recruiting…

St Helena Government

1:1 Teaching Assistant (SHSS)

(£10,714 - £10,966 per annum)

Do you have a passion for Education? We are seeking 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:	**01 August 2025**
Shortlisting date:	**06 August 2025**
Interview date:	**19 August 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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NOTICE BOARD

THE MARINE AND FISHERIES CONSERVATION SECTION

QUARTERLY CATCH

APRIL - JUNE 2025 www.sainthelena.gov.sh

The Marine and Fisheries Conservation Section (MFCS) team, in line with the vision of the Marine Management Plan 2023-27, aim to conserve, protect and restore the rich biodiversity and unique natural ecosystems of St Helena's Marine Protected Area (MPA) with use of its natural resources managed in accordance with its International Union for Conservation of Nature (IUCN) Category 6 sustainable use principles now and for future generations.**This quarter has been both exciting and productive at the Marine Centre, with several highlights from MFCS's active work areas:**

New staff joins the MFCS team!



We're very excited to welcome our new Marine and Fisheries Conservation Officer, Adam Riggs, and Marine Fisheries and Conservation Assistant, Cerys Joshua!

Cerys was originally the marine apprentice here on the island before she left for Ascension, where she worked with the Marine Conservation Team to support Ascension Island's MPA and several Darwin Plus Projects. On Ascension, she contributed to shark research, aided plastic pollution mitigation, and supported seabird and marine biodiversity monitoring. Assisted with fish stock assessments and climate change studies, gained experience in otolith analysis, and enhanced her data analysis and zooplankton identification skills. She has now returned to St Helena to share all of these skills with the SHG Marine Team.

Cerys said:

> *"So far, I've been enjoying the office–fieldwork balance and being out on the boat with grouper and ichthyoplankton work. I'm looking forward to continuing to learn new things in the marine field and growing my marine career."*

Adam was first introduced to the island through the St Helena National Trust (SHNT), where he volunteered as part of his Environmental Science degree. During his time with SHNT, he was involved in a variety of conservation areas including terrestrial, marine, and both built and natural heritage conservation. After returning to the UK to complete his degree, Adam knew he wanted to come back to St Helena.

When the Marine and Fisheries Conservation Officer role was advertised, he applied and was successful. Adam shared:

> *"It's great to be back on the island and seeing friends. I'm looking forward to getting involved in all the monitoring and management work of St Helena's beautiful Marine Protected Area."*

It's fantastic to have such a talented and fully staffed team. We're looking forward to working together to conserve and protect our amazing MPA.

Zooplankton Surveys



For this project, we are conducting zooplankton surveys every other week, which will continue for a full year. There are 18 stations in total, spread across both the leeward and windward sides of the island. So far, the team has had a brilliant start, with favourable weather enabling successful sample collection.Using a plankton net tow, a method that involves towing a fine-mesh net through the water, the team collects samples of tiny marine animals, with a particular focus on fish eggs and larvae.These samples continue to yield fascinating specimens that the team is eager to process and study. By identifying and analysing these early life stages, the project will help improve our understanding of fish populations and support sustainable fisheries management. Overall, it's been a strong and promising start to this year-long scientific effort!

Lobster Monitoring Survey Season Completed

The lobster monitoring surveys, which began in November 2024, have now been completed. This long-term monitoring tracks the brown spiny lobster*Panulirusechinatus* ("crayfish") and endemic red slipper lobster *Scyllaridesobtusus*("stump") to support sustainable fisheries management.

They took place at multiple sites around the island and included underwater dive surveys and targeted capture-and-release using lobster pots - circular baited traps that safely catch lobsters. These efforts collected valuable biological data, with around 600 tags deployed on lobsters collected from the pots and encountered during dives.

We observed a steady increase in breeding activity, with an unexpected spike in March, usually the end of the breeding season. This peak was a surprise and could indicate a shift in breeding patterns, prompting a follow-up survey that extended the monitoring season. Although the follow-up survey showed the spike had not continued, it raised exciting questions for future monitoring.

Underwater Visual Census (UVC): April Survey Complete

We have also completed our UVC's for April of this year, a long-term monitoring program used to observe and count marine life in underwater environments. These surveys monitor trends in fish, invertebrate, and plant abundance.

To carry out this work, the MFCS dive team uses a technique called transect surveys, where divers swim along a fixed path and record the number and types of different species they see. Our team surveys 22 permanent transects across 12 sites around the island.

This project is an expansion of an earlier survey that began in 2002 and has been taking place since 2013, with dive surveys taking place every April and October. The data collected from UVCs helps inform conservation strategies, support fisheries management decisions, and provide a baseline for detecting long-term changes in marine ecosystems.



During our most recent survey, the team was pleasantly surprised by an unexpected visitor, a devil ray (*Mobulartarapacana*) that accompanied the divers for quite some time. It glided gracefully alongside the team, looping and flying through the water in what appeared to be a display of playful curiosity. This encounter was particularly special, as such inquisitive behaviour is not typically

observed in rays. Moments like these are a beautiful reminder of the richness of St Helena's waters and the value of protecting its unique and thriving MPA.

Strengthening Ties Through eDNA

In May this year, we were able to strengthen collaboration and share knowledge between MFCS and AIG through eDNA training, led by a member of AIG's marine conservation team. Environmental DNA, or eDNA, refers to genetic material that organisms leave behind in their environment, like tiny fingerprints. In this case, these "fingerprints" are found in the ocean around St Helena. By collecting and analysing water samples, scientists can detect which species are present without needing to see or capture them directly.

Researchers extract eDNA from the samples using specialised methods, amplify it, and sequence the eDNA. By comparing these sequences to reference databases, they can identify the species the DNA belongs to. This training introduced the MFCS team to new scientific techniques, expanding their research capabilities, which is especially valuable for detecting elusive, endemic, deep-sea, invasive, or microscopic species.

MTO Training

To support the sustainable use of St Helena's MPA, it is essential that marine tour operators (MTOs) are fully aware of the rules and guidelines for interacting with local marine wildlife. Since 2014/2016, an environmental accreditation system has been in place, developed in collaboration with MTOs, to ensure operators follow best practices, with clear guidelines established to protect marine life during marine tourism activities.



In 2023, this framework was strengthened through the passing of the Marine Regulations (Tourism and Interaction with Marine Life) 2023, as part of the Environmental Protection Ordinance 2016, which now makes it a legal requirement for tour operators to undergo training and receive accreditation before applying for a marine tour license.

As part of ongoing efforts to modernise and enhance this process, funding has been secured from the Blue Belt Programme to develop a purpose-built mobile app for St Helena's marine tourism. This digital platform will enable MTOs to easily log tour details, report locations, and record both positive and negative wildlife interactions in real time.

Moving away from paper-based systems not only supports environmental sustainability but also aligns with the island's transition into the digital age, making full use of St Helena's newly improved internet infrastructure. The new app will improve efficiency for operators while helping MFCS monitor marine activities more effectively and protect the island's unique marine environment.



Cerys Joshua Represents St Helena at UN Oceans Conference 2025

As part of the 3rd United Nations Ocean Conference (UNOC3), held in Nice, France, from June 8-13, 2025, Marine and Fisheries Conservation Assistant Cerys Joshua was selected to represent St Helena as a youth delegate through the Green Overseas (GO) Programme. Funded by the EU and implemented by Expertise France, the GO Programme supports the sustainable and inclusive development of European and British overseas

countries and territories. It brought together ten young delegates, including Cerys, to represent their islands on an international platform.

The conference provided Cerys with an opportunity to gain a deeper understanding of the marine challenges faced by various territories. It was also invaluable for connecting with fellow youth from these regions, learning about their communities, and identifying shared interests and goals for future ocean conservation.

Describing her experience, Cerys said:

> *"As someone at the beginning of my journey in marine conservation, I found the experience incredibly immersive."*

She tailored her schedule to focus on topics relevant to St Helena, attending sessions on sustainable fisheries, MPA management, and ocean data collection. These sessions offered insights into how conservation is approached globally and highlighted the scale of marine environmental challenges around the world.

> *"It is essential that young people have a voice in the decisions being made today. We are not just the future; we are active participants in shaping a more sustainable world. …I hope my experience encourages others in our community, especially other young Saints, to take up opportunities like this. I am so proud to have represented St Helena and to have been part of a global dialogue focused on ocean sustainability and youth empowerment."*

Connecting Divisions: MFCS Highlights Work at Agriculture and Natural Resources Division Away Day

During the month of May, the MFCS team was asked to give an overview of the activities and responsibilities of the Marine Section for the Agriculture and Natural Resources Division (ANRD) Away Day. The aim of this day was to promote familiarisation of operations, highlight our contributions, and explain the significance of our work for the community between sections of the Environment and Natural Resources Planning portfolio (ENRP) as a whole.

We gave a short tour of our facilities, showcasing the various equipment utilised in our scientific work. As well as an overview and chat about MFCS work areas, including research and monitoring programs, fisheries management, and community engagement.

Students' Feedback from Marine Sighting Boat Trips

As part of our Marine Awareness Week 2025 (MAW25), we invited feedback from the participating schools whose students attended the marine sighting boat trips. The results were eye-opening, with 98 primary students and 7 secondary students sharing that they had never been on a tourism-style boat trip before.These numbers highlight just how impactful these experiences can be. Opening up new perspectives and fostering a deeper connection with the marine environment for many of our young islanders. Even more exciting, 65% of all students who attended said the trips helped them appreciate their marine environment a lot more, a fantastic result that shows the real value of this kind of hands-on experience.

St Helena MMP Annual Report

The St Helena Government has proudly published the first annual report for the Marine Management Plan (MMP) 2023-27, a major milestone in the island's marine conservation journey.Launched in May



NOTICE BOARD

2023, the MMP sets an ambitious five-year vision to protect St Helena's unique marine environment while promoting responsible use, economic growth, and community involvement.

Covering June 2023 to May 2024, notable highlights from the reporting year include:

- *St Helena's recognition as a "Hope Spot" by Mission Blue for leadership in ocean protection and ecotourism;*
- *Expanded scientific monitoring of tuna, seamounts, and invasive species;*
- *New investments in equipment and staff training;*
- *Development of sustainable financing strategies;*
- *Ongoing community engagement through citizen science and education.*

To help measure how well the MPA is being looked after, a recognised international review tool was used and St Helena scored over 75%, confirming a solid foundation in planning, staffing, and community support. This inaugural report reaffirms the government's commitment to science-driven, collaborative marine management, ensuring a thriving ocean for generations to come.

Golf Report

SHGC, Contributed

Due to challenging weather conditions and persistent low fog, the Par 3 competition scheduled for Sunday 13 July 2023 was unfortunately postponed. This competition will now be rescheduled for the month of September—further details will be communicated in due course.

Upcoming Event – 36-Hole Stroke Play

A 36-hole stroke play competition will take place on Saturday 19 and Sunday 20 July, proudly sponsored by the Bank of St Helena. Expect an exciting weekend of competitive golf and fabulous prizes waiting to be won! Tee off 11am.

Your continued support is greatly valued, and we look forward to welcoming you to another exciting golfing event. Swing with passion, putt with purpose!



ASCENSION ISLAND GOVERNMENT

Plant Operator

Total package value up to £29,479 pa

(comprising salary up of up to £12,901.00 pa, plus food and utilities allowances, free housing and other benefits)

About the role

The Ascension Island Government is looking for a reliable and skilled Plant Operator to join our team, delivering essential services that support life on the island. This is a varied and hands-on role where you'll operate a wide range of heavy plant machinery to assist with a variety of tasks, while also contributing to essential stevedore and ship support duties.

What you'll do

As a Plant Operator, you'll operate and maintain a variety of plant machinery including wheeled loader (including JCB backhoe), forklift de-mountable lorry, bulldozer, road roller, cranes, tracked excavators, graders, lifting equipment, Merlo cement mixer and 6 tonne tipper truck. You'll prepare equipment for use, carry out basic servicing and minor repairs, and ensure machinery is used in a safe and effective manner. Your responsibilities will also include supporting construction and maintenance projects across the island, assisting with refuse disposal and burial services, and undertaking stevedore duties on a rotational basis, working 12-hour shifts that may include weekends. You'll be part of a team that plays a crucial role in keeping the island running smoothly.

What you'll bring

You'll have at least three years' experience operating and maintaining heavy plant machinery, with a valid clean driving licence covering classes A, B, C, D, and J. You'll be methodical, safety-conscious, and comfortable following verbal instructions with precision. Good hand-eye coordination, a strong sense of responsibility, and the ability to work well as part of a team are essential. You'll be physically fit, willing to work outdoors in all conditions, and committed to learning and adhering to AIG's health and safety standards. Above all, you'll bring a positive attitude and a willingness to contribute to the essential operations that support the island community.

What we offer

In addition to an annual salary of up to £12,901.00 pa (depending on experience and taxable on Ascension), the role attracts a two -year **accompanied** status contract and the following allowances and benefits:

- Rent free furnished accommodation worth £2,400 pa (taxable benefit)
- An Accompanied status food allowance of £7,680 pa accompanied, or Single status £3,840 pa
- An electricity allowance worth £3,296 pa
- A water allowance worth £3,202 pa accompanied, or £1,921 single status
- Relocation costs for your personal effects, including assistance with the shipment of a vehicle
- One mid-contract return journey to your country of recruitment
- 30 days' annual holiday (with an additional 9 days public holidays)
- A gratuity payable on the successful completion of a 2-year contract
- Free primary dental and medical care
- Free schooling for dependant children from 4 to 16 years.
- Free annual travel insurance
- Death in Service insurance

The appointment will be subject to:

- Satisfactory employment references
- Basic Criminal Records Check
- Satisfactory Medical and Dental Clearance

Closing date: 03 August 2025 Interviews: from week commencing 04 August 2025 (via video call if off island)
Start date: As soon as possible.

For more information, a full job description, and to apply, visit: www.ascension.gov.ac/lifestyle-and-employment/working-here/. If you have any questions about the role, email: recruitment@ascension.gov.ac

NOTICE BOARD

ASCENSION ISLAND GOVERNMENT

VACANCY NOTICE

Social Worker

Total Package value up to £44,950 per annum

(comprising salary of £27,772 per annum + food and utilities allowances, free housing and other benefits – details below)

About the role

The Ascension Island Government is currently seeking a qualified and experienced Social Worker to lead the delivery of social care services in a truly unique environment. This is a high-impact, autonomous role within a remote island community in the South Atlantic, where you'll provide essential safeguarding and welfare services across both children's and adults' social care. Working collaboratively with local services and supported by off-island professional supervision, you'll play a vital role in promoting community wellbeing and ensuring effective statutory support is in place for those most in need.

What you'll do

As the island's only Social Worker, you'll take on a wide-ranging and varied caseload, delivering responsive support that meets the diverse needs of individuals and families. You'll lead on safeguarding investigations, manage risk, and coordinate multi-agency responses to complex cases. Your day-to-day work will involve assessments, care planning, outreach visits, and offering practical support in areas such as mental health, domestic abuse, child protection, and adult vulnerability. You'll also contribute to local policy development, deliver training and awareness sessions, and act as an advisor to the Ascension Island Safeguarding Children's Board.

What you'll bring

You'll be a qualified Social Worker, registered with Social Work England (or equivalent), with substantial experience across both children's and adult services. Confident working independently, you'll bring strong professional judgement, excellent communication skills, and a trauma-informed, relationship-based approach. You'll be emotionally resilient, adaptable, and able to build trust quickly with a wide range of people. Above all, you'll be driven by a commitment to making a difference, ensuring that even in a remote setting, individuals and families receive the support they need.

What we offer

In addition to an annual salary of £27,772 (taxable on Ascension), the role attracts an accompanied status contract and these benefits:

- Rent free furnished accommodation worth £3,000 pa (taxable benefit)
- An Accompanied status food allowance of £7,680 pa accompanied, or Single status £3,840 pa
- An electricity allowance worth £3,296 pa
- A water allowance worth £3,202 pa accompanied, or £1,921 single status
- Relocation costs for your personal effects, including assistance with the shipment of a vehicle
- One mid-contract return journey to your country of recruitment
- 30 days' annual holiday (with an additional 9 days public holidays)
- A gratuity payable on the successful completion of a 2-year contract
- Free primary dental and medical care
- Free schooling for dependant children from 4 to 16 years.
- Free annual travel insurance
- Death in Service insurance

The appointment will be subject to:

- Satisfactory employment references
- Enhanced Criminal Records Check
- Satisfactory Medical Clearance

Closing date: 10 August 2025

Interviews: Applications will be reviewed as they are received, and interviews may be scheduled before the application deadline. Early applications are encouraged.

Start date: As soon as possible

For more information, a full job description, and to apply visit: https://www.ascension.gov.ac/lifestyle-and-employment/working-here/. **If you have any questions about the role, email: recruitment@ascension.gov.ac**

Greetings from the Jamestown Rifle Club



Pat Henry, Contributed

This week, we shared friendliness on the shooting range with some of our youth group and the Jamestown Scouts, although the process was a bit drawn-out at times it worked in favour for all involved. It's pleasing to see the improvement in their shooting with willingness by some of the scores being shot. They are also learning to read and calculate scorecards, which helps them to understand why it's so important for them to stay focussed and concentrated, not only in their sporting activities, but in all subjects. A competition will be arranged over the next two weeks whereby they will compete against each other, this exercise is not intended to see who the best shooters are; it's to help guide them to understand what can be achieved by working hard to gain rewards.

Daniel D dropped points this week, he shot 90.1 & 92, a bit unusual for him, Josie shot 90.1 & 83.1, Ellis is not a regular but credit is given using the left-hand adult rifle and shot 81 & 82, however Gilby was not happy with his 93.2 performance. It's not surprising we saw low numbers entered for the late evening event, we normally see a fall in activeness during our winterseason but as a club we appreciate our members with respect during difficult times. However, nothing was holding 13yr old Tinika back from her training session, a crucial time for her to iron-out any tweaks that may be affecting her performance. With that said, we were very pleased with her advancing performance from last week with (90.2 + 87) this week shot 95.3 & 91.4, Cherilee had a go and shot 89.1, Keith Yon shot 93.1 & 91.2, Elli found the chill in her this week she shot 99.7 & 98.3, a pleasing round from Kyle who settled in nicely and shot 99.6 & 97.7 - good shooting guys. It's worth practicing for an important Winter Crystal Competition coming up soon, you will not won't to miss out on this one, until then, stay well, safe and lovely as you are.

May St Helena be showered throughout with God's blessings.



SPORTS ARENA

The Final Whistle Sounds on WSA Volleyball Season



League winners, Ace Angels

WSA, Contributed

The St Helena Women's Sports Association (WSA) brought its successful volleyball season to a close last Sunday, with the final knockout games and a celebratory presentation. The day was filled with competitive spirit, sportsmanship, and a joyful atmosphere as teams were recognised for their hard work and participation.

The day's events kicked off with the Wooden Plate and Spoon tournament, a final showdown for teams seeking one last victory. Volley Vixens faced the Ace Angels in an entertaining match that went to a decisive third set. After the Vixens pulled ahead in the first set, the Angels rallied in the second set to turn the tables. Ultimately, the Ace Angels advanced to the final round, where they took on Dig That. In a game that was settled in two straight sets, Ace Angels were awarded the Wooden Plate, while Dig That was awarded the Wooden Spoon.

The main event of the day saw the Net Ninjas and No Dig'gity clash in the Knockout Final. Despite a valiant effort from the Net Ninjas, No Dig'gity maintained control throughout the match, securing a victory in two straight sets. With their commanding performance, No Dig'gity were named Knockout Winners.

The on-court action was followed by a celebratory presentation to honour the teams and individual players. With a total of 18 points, No Dig'gity earned League Runners-Up. Ace Angels, with a flawless record of 24 points, were officially named League Winners. In the Knockout Tournament, Net Ninjas were recognised as the Knockout Runners-Up, while No Dig'gity claimed Knockout Winners.

Beyond the team awards, special recognition was given to the young members of the WSA, aged 20 and under, with a token of appreciation for their enthusiastic participation throughout the season. The WSA committee expressed its hope that these talented young players will continue to be a vital part of the association's future.

Individual awards for the season's top players were also presented. Based on the most individual match awards earned, Cerys Joshua was celebrated as Lady of the Season, and Whitney Young was honoured with the Young Player of the Season award.

The WSA would like to extend its sincere gratitude to all who contributed to the season's success:



Knockout winners, No Dig'gity



Lady of the season, Cerys Joshua

the teams that participated; the St Helena Secondary School for the use of their facilities; Atlantic Outpost for producing the league trophies, wooden plate, and spoon; Jac's for creating the knockout trophies; Sure St Helena for their donation towards the trophies; and weekly supporter Toni Joshua for presenting the awards. A special thank you also goes to Dan's Bakery for catering, Mr. Stuart Leo and his team for their continuous support in setting up the venue each week, and SAMS for the platform to show-off our ladies sporting efforts.

The day concluded on a high note with teams and their supporters enjoying food and lively mixed friendly games of volleyball. The WSA committee hopes everyone enjoyed a great season.

With the conclusion of the season, the current committee's term also comes to an end. We look forward to everyone's support at the upcoming AGM, where we will work to continue these sporting efforts for the community. The date of the AGM will be announced soon.



Knockout runners up, Net Ninjas



Young members appreciation



Young lady of the season, Whitney Young





Wooden plate award, Ace Angels



Wooden spoon award, Dig That

SPORTS ARENA



BACK IN ACTION

SHFA League kicks off with big wins for Rovers, Bellboys and Wirebirds

Liam Yon, SAMS

Over Saturday and Sunday at Francis Plain, the SHFA Season 2025 got underway with the first three matches of this year's league tournament – ending in big wins for three former league champions in holders Rovers, Bellboys and the returning Wirebirds.

It was the reigning champions Rovers who kicked off their campaign with a solid win over a young La Verde team to begin their title defence. Man of the Match, Blaise Baldwin, was among the goals, continuing his form from last year where he finished as joint top goal scorer in the league. In a change of roles, Captain Rico Benjamin, widely regarded as one of the Island's best forwards, was deployed as a centre back with the lack of defenders in the Rovers ranks, however a clean sheet indicates a good defensive performance from his side. La Verde on the other hand showed signs of a team that will only get better as they progress through the season, boasting some talented young players amongst their ranks.

Onto Sunday, when Bellboys put on a clinic in their first game back, finishing with a convincing scoreline over the Inter Galactics who were unfortunate not to be able to field a full squad, playing with nine men, largely due to the effect that the current bout of flu is having on the Island. Seizing the opportunity for goals, the 2023 League Champions were relentless with Joey Thomas earning Man of the Match honours for his substantial contribution to the scoreline, putting down a marker as he aims to retain his top goal scorer honour from last season's league. Despite the loss, the Inter Galactic as always were in high spirit and will no doubt look to build on this first game going forward.

Finally, it was Wirebirds who made their return to the league with a bang, dispatching the challenge of Fugees with relative ease to bag their first points of the season as they look to replicate their title-winning campaign of 2021. Former Bellboy, Ethan Harris, was on form for the 'Birds and was named as the Man of the Match in his first outing for his new side. Fugees, who had to deploy Cristen Yon as a stand-in keeper, boasts a team of experience mixed with youth and will look to build chemistry and sort out a substantial goalkeeper going forward, with last year's knockout finalists sure to step it up as the season progresses.

As it stands, Bellboys, Wirebirds and Rovers occupy the top three spots respectively after Matchweek One with goal difference the only stat separating first and third. With a long season to go however, the story of this year's league season is just beginning with many chapters still to be written in the weeks to come.

Full official results from Matchweek One not published as requested by SHFA Committee







DAY	MATCH START	WEEK 2	
Saturday	2PM	FUGEES	LA VERDE
Sunday	1:30PM	WIREBIRDS	INTERGALACTIC
Sunday	3:30PM	BELLBOYS	ROVERS