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# SENTINEL

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## RMS St Helena enters new chapter with Terra Nova Expeditions and plans to return home in 2027



## Update: Alleged Asylum Seekers depart, though SHG again refuse to provide confirmation

## Putting the NO in 'Snow'

HM Custom's issue update on SHG's "Campaign Against Drugs" as investigations into Cocaine on St Helena continues



## OPINION

# SENTINEL COMMENT

**Liam Yon**, SAMS

Its comment time for me again in this week's The Sentinel. Last time, I spoke about Ladder Hill Road and the planning (or lack thereof) behind the July closure – well, that aged well, although I do believe that an August closure is going to happen IF the bitumen arrives to the correct specs on Friday, let's wait and see.

I was disappointed at the lack of communication from SHG on the alleged asylum seekers that arrived on 5 July and left on the weekend's flight. I understand respecting privacy, but in a small community like here on St Helena, some honesty and clarity from our Government would go a long way to dispelling rumours, allaying fears and making the public feel informed. Also, some accountability – no one ever seems to hold up their hands and say "sorry, this was my oversight" – instead officials hide behind "the Government" and often it is Councillors who get the blame (well, there ain't no Council there right now, sooo). As for the 'asylum seekers', I met the two individuals, they seemed nice enough people. I can only assume that their circumstances must have made them do what they allegedly did - travelling all the way here and then getting rid of their passports in an attempt to stay. They're only looking for a better life. Who knows, maybe if SHG were more upfront about things, someone on St Helena could've provided employment, a home, food for these people – I think the resilience of our community is largely undervalued by our Government.

Anyhow, on a positive note, it's football season again. Always nice to get over the plain, whether you play or just support, or just go for the vibes, either way it's a good time. I'm trying a bit again (for the first time in almost 5 years), I feel like Bambi when he first tried to stand up – but I'll get there! Perseverance guys and girls, remember 'The only way to do it is to DO IT!'

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## YOUR LETTERS

**Dear Editor**

I refer to the government planning application for twenty three, two foot square slate plaques on the Terrace Wall of the Castle in Jamestown.

The applicant, St Helena tourism, seems not to have appreciated the historic value or integrity of the East India Company complex at Jamestown, which extends from the sea to St James Church and the Public Gardens.

The Island's Land Development Control Plan (its planning policy) points out that, "Built heritage is one of the key assets of the island and a cornerstone of tourism development potential. Its conservation is therefore critical (2.14)."

And that, "Conservation of the historic built environment is critical to the success of tourism growth on the Island, as well as being appropriate in conserving an internationally important resource (25.5)."

St Helena's charm, attested-to by numerous visitors, lies in its genuine experience. How can a manufactured tourist attraction, that physically damages the integrity of the Island's most important historic monument, be claimed as sustainable tourism?

Why has the government spent money on this, when it is supposed to be protecting the Island's cultural heritage and developing sustainable tourism?

Kind regards

**Andy Pearce**

## 2025 Death register



| Names | Date of Death | Age | Gender |
|---|---|---|---|
| Walter Jeffrey Joshua | 12/04/2025 | 88 | Male |
| Arthur Henry Williams | 04/05/2025 | 74 | Female |
| Stanley James Moyce | 08/05/2025 | 96 | Male |
| Graham Arthur Leo | 09/05/2025 | 58 | Male |
| Eric Arthur Peters | 09/05/2025 | 71 | Male |
| Sharon Evelyn O'Dean | 16/05/2025 | 57 | Female |
| Anthony Charles Francis | 17/05/2025 | 75 | Male |
| James Basil Yon | 18/05/2025 | 85 | Male |
| Doris Dorita Peters | 06/06/2025 | 71 | Female |
| Paul Rex Crowie | 11/06/2025 | 52 | Male |
| Rosabel Edwina George | 18/06/2025 | 89 | Female |
| Cedric Daniel Alexander Duncan | 19/06/2025 | 81 | Male |
| Cecil Edward Benjamin | 21/06/2025 | 71 | Male |
| Trevor Charles Mittens | 22/06/2025 | 81 | Male |
| Kathleen Patricia Cavell Shoesmith | 26/06/2025 | 85 | Female |
| Brian William Knipe | 12/07/2025 | 64 | Male |

## 2025 Birth register



| Name | DOB | Gender | Place of Birth |
|---|---|---|---|
| Enzo Anthony John Phillips | 09/04/2025 | M | St. Helena |

# Putting the NO in 'Snow'

## HM Custom's issue update on SHG's "Campaign Against Drugs" as investigations into Cocaine on St Helena continues




**Liam Yon,** SAMS

St Helena Government last week issued an update from HM Customs on what they are dubbing their "Campaign Against Drugs" with a recent operation to this regard being held at St Helena Airport.

Murmurs have circulated in recent months of an ongoing investigation into the alleged presence, and potential use and distribution, of the Class A drug Cocaine on St Helena – though information on this has been kept close by the Royal St Helena Police Service's Criminal Investigations Department.

They did however confirm in June that "traces of the Class A drug Cocaine have been found on the island" adding that "this is a highly addictive drug" that "can have devastating results for those who take it" even going as far as to state that it's use "destroys communities."

Now, in an update last Thursday, Government reveal that a recent "thorough investigation" of incoming mail at St Helena Airport found "no trace of illegal substances."

"Acting on intelligence regarding potential Class A drugs in incoming mail, HM Customs and the Royal St Helena Police (RSHP) carried out an operation at St Helena Airport on Tuesday, 15 July 2025," they informed. "A thorough investigation was conducted and no trace of illegal substances was found within the mail."

SHG went on to inform that "HM Customs and RSHP are backed by a multiagency SHG drugs task force and will continue to follow up on intelligence and take action to address the threat that Class A drugs present."

Both Customs and Police then thanked members of the public who have already come forward with information, adding that "the vigilance of the community is crucial in maintaining the safety and security of St Helena and the wellbeing of all."

They concluded by encouraging the public to continue to assist their ongoing efforts by reporting "any knowledge or suspicion of the presence or movement of Class A drugs" on St Helena.



# "Everyone is entitled to have their privacy respected"

## SHG break silence on Asylum Seeker reports though do not confirm or refute allegations relating to two individuals that arrived on 5 July



**Liam Yon,** SAMS

After breaking the story on Friday, 11 July, SAMS had been waiting on SHG to provide clarity around reports of two individuals that, according to information received, arrived to the Island on 5 July and allegedly sought to seek asylum on the Island after claiming that they had since lost their passports and had little money.

SHG have since responded, sending The Sentinel a statement from unnamed "relevant persons" on Wednesday of last week, where they did not seek to confirm or refute the allegations "as a matter of policy and law".

"As a matter of policy and law, St Helena Government will not release information about the identity or specific circumstances of individuals," they said. "Everyone is entitled to have their privacy respected. Everyone is entitled to the protection of the law. These protections also serve to protect community safety and security."

The Sentinel can confirm that it had not asked SHG to identify any individuals and simply required a 'yes or no' to the reports in order to receive clarity from official sources and communicate this to the public. Whilst this was not forthcoming from Government, they did "confirm that the Customs & Immigration Department provides and is providing appropriate support in line with the needs of all cases that come before it."

While this does not confirm the current allegations, it does hint that Customs & Immigration had been "providing appropriate support," though details on the level of support and to what persons it was being given was not included.

SHG, while failing to provide answers as requested, did however urge SAMS and the public to "exercise caution and responsibility" in their statement made to The Sentinel.

"We take this opportunity to remind the media and the wider public of their legal and ethical obligations when publishing information about potentially vulnerable individuals," stated SHG. "Identifying them, or providing details that could lead to their identification or their whereabouts, may compromise their safety, the safety of their families (both locally and in their countries of origin), and their fundamental and privacy rights under our law and Constitution. We urge you to exercise caution and responsibility when reporting on these matters to avoid any inadvertent harm. We are unable to provide further details on specific cases or ongoing processes."

There was no further information provided by SHG, and questions by The Sentinel pertaining to the potential negligence by recently-trained Immigration Officers during the point of entry at St Helena Airport if, as reports suggests, two individuals were able to pass through undetected as potential asylum seekers, was not answered in SHG's response.

# Update: Alleged Asylum Seekers depart, though SHG again refuse to provide confirmation



**Liam Yon,** SAMS

In a further update received this week – again from sources other than SHG – it has been confirmed that the two individuals that allegedly sought to seek asylum on St Helena has now left the Island, with witnesses claiming that the man and woman were taken through departures at St Helena Airport on Saturday by St Helena Immigration Officers.

Again, to receive confirmation and clarity on this information, The Sentinel contacted St Helena Government on Tuesday morning to ask if they could confirm whether there was, in fact, a claim for asylum made, and whether it could be confirmed that the individuals have now departed the Island.

Unfortunately, instead of answering the simple questions asked, SHG chose to reissue the same statement provided to SAMS on the back of our initial enquiries; as detailed in the previous article. The Sentinel will not repeat this statement as it, as was the case during initial enquiries, provides no clarity or answers to the questions asked.

Thankfully, other reliable sources were able to supply useful information to The Sentinel on this story of high public interest in order for us to keep the public informed in the absence of any clarity or transparency from St Helena Government.

# Improving the Patient Experience



League of Friends donate Vein Finder to Laboratory

**League of Friends,** Contributed

The League of Friends, a local charity established on the island for almost 30 years, has recently donated a Vein Finder to the Laboratory at the General Hospital.

This was a piece of equipment that was identified by the then manager, Geoffrey Benjamin, to help improve the patient experience.

The Vein Finder is an amazing piece of equipment and was a much-needed addition to help aid the technicians when taking blood samples; it enables hard to detect veins to become visible and therefore easier to locate. This reduces the number of attempts needed; ensuring an improved experience for the patient. This is especially useful for the elderly and young children and it can also provide a useful distraction for those who are not so brave!

Geoffery and his team were very excited about the Vein Finder and anticipate using it on a regular basis.



# "A site with Immense Potential"

## Mundens added to SHG Disposal Register "as a result" of an investment proposal received, with Government now inviting further "serious submissions" for the development of Mundens by 29 August



**Liam Yon,** SAMS

St Helena Government announced on Monday that "as a result" of an investment proposal received "for the development of Mundens and its surrounding land," Executive Council – presumably prior to dissolution – approved the addition of Mundens to SHG's Property Disposal Register.

The area in question was described by SHG as being a "significant parcel of land" which "boasts former military fortifications, historic buildings, and diverse coastal terrain" offering "an exceptional blend of historical, cultural, and strategic importance" and which has, following receipt of a development proposal for the area, been added to their disposal register.

"The St Helena Government wishes to give notice that it has received an investment proposal for the development of Mundens and its surrounding land, comprising approximately 20 acres," they announced in a recent press release. "As a result, the Executive Council has approved the addition of Mundens to SHG's disposal register."

The Property Disposal Register identifies all Crown land and buildings that have been declared surplus by the St Helena Government, in accordance with the Property Disposal and Purchase Policy 2024. The register lists properties that are no longer needed for operational purposes, allowing for their potential disposal and reuse.

While making it clear that an investment proposal has already been received, and that "as a result" Mundens has been added to the Property Disposal Register following approval by Executive Council on an undeclared date, SHG are now inviting further proposals in addition to the one received in the interest of "ensuring best value and exploring all potential options."

"In its commitment to ensuring best value and exploring all potential options, SHG is now offering developers and investors an opportunity to submit further development proposals," they said.

SHG described this invitation for proposals as "a unique opportunity to unlock a site with immense potential" before adding that they are "seeking serious submissions" for the development of Mundens, "that demonstrate a clear concept and vision for the site, a business plan, and a defined project financing strategy." They add that, "crucially, all proposals must align with the island's Sustainable Economic Development Strategy, 2023."

Anyone interested will have to act fast however as, despite the level of detail required by SHG within any proposal, the closing date for submissions is just over a month away on Friday, 29 August 2025, with SHG making it clear that "proposals received after this deadline will not be considered."

Interested parties are encouraged to contact Crown Estates Officer, Gina Henry, or visit the SHG Website to download the full request for proposals and supporting information.

# #ProtectTheWirebird

## National Trust reports on evidence of Off-Roading in a Wirebird nesting area



**Liam Yon,** SAMS

The St Helena National Trust have recently made observations of tracks which evidence that people have been off-roading in a known Wirebird nesting area – an act which can have a negative impact on the population of St Helena's endemic national bird.

They posted to the Facebook Page on Tuesday about the observations made. "This past weekend, we spotted vehicle tracks off-road in a key Wirebird area," they reported. "Sadly, this kind of disturbance can cause harm to our already vulnerable Wirebird population."

As detailed by the Trust, Wirebirds are currently nesting and they do this directly on the ground with their eggs and subsequent chicks being "well-camouflaged" and not easy to spot with the untrained eye. Due to this, vehicles travelling over and within nesting areas can cause harm by crushing eggs or flightless chicks; scaring adult birds away from their nest; as well as damaging habitat now and for future nesting birds.

Following on from the advice given recently – after a monitored Wirebird was found dead by the Trust – they are now appealing to motorists, particularly those who enjoy off-roading, to stick to designated tracks and paths; avoid nesting areas, especially during breeding season; and to spread the word about responsible off-road use, reminding others to do the same..

Again the Trust emphasises that "every little action helps" when it comes to protecting the Island's vulnerable national bird.



# Closed for Re-roofing

## Longwood Clinic closed temporarily as alternative arrangements announced



**Anita Robbertse,** SAMS

On Monday, the Longwood Clinic began a temporary period of closure to allow for re-roofing and associated maintenance and touch-up work.

Alternative service arrangements have been announced by SHG to minimise disruptions to the services provided to patients that frequent the clinic. Patients who normally visit the outpatient clinic on Wednesdays will be able to make appointments to attend the Jamestown Clinic during the period of closure.

Additionally, the Pharmacy Bus will still be available in the Longwood Clinic area on Wednesdays from 10am to 12noon to dispense pre-ordered prescriptions.

The works is expected to be completed early in August with the re-opening of the clinic scheduled for 6 August.

# Coming Soon to Ladder Hill

## Rose & Crown discuss Ladder Hill Supermarket development with 1 October Grand Opening planned



**Donna Crowie,** SAMS

It was back in November 2024 when SHG's planning section gave the green light to Rose & Crown to convert the former 'Rosie's Taste for Life' property into a new local store called the Ladder Hill Supermarket – with development of the new shopping facility progressing well.

Tara Wortley, a Director of Rose & Crown, told The Sentinel that the initial idea for the supermarket was brought up by a family friend by the name of Jaspur Johannsn - a successful grocery retailer from the Faroe Islands – who told Tara that the property in Ladder Hill had great space to create a supermarket. This was not something that either of the Directors of Rose & Crown - Lyn, Larry or Tara – initially jumped at. In fact, according to Tara, their first reaction was a straight up "NO!".

However, after a while, Tara revealed how the team "started to think a little bit more long term" and began to consider the idea of a supermarket at Ladder Hill. "At the end of the day, we all can't just operate with what we see in front of us," Tara explained. "As business owners, we have to be able to think about what St Helena will potentially look like further down the line. Do we as grocery retailers want to continue to compete in this sector or is it that we are going to focus our energy somewhere else?" In the end, it was decided to push forward with plans for the Ladder Hill Supermarket.

Rose & Crown is a third generation family business whose origins as a grocery retail business dates back to 1930. The company continues to operate from its original location in Jamestown selling groceries, even expanding to household items, hardware, white goods and more.

Going forward, Rose & Crown will be moving the bulk of their groceries, toiletries and frozen goods to the Ladder Hill Supermarket, leaving the Jamestown location for the other household and hardware items that the business has to offer.

Those passing by the property in Ladder Hill will see that work is well on the way to renovate the ground floor of the building into a spacious supermarket. "We are very pleased with the progress," commented Tara. "We have Harold Peters as our lead builder on the renovations and he and his team are keeping everything on schedule."

Without giving too much away, some of the renovations to convert the space have included removing the two windows to create a bigger link between the existing room and newly enclosed area; closing off the stair case leading to the top floor;



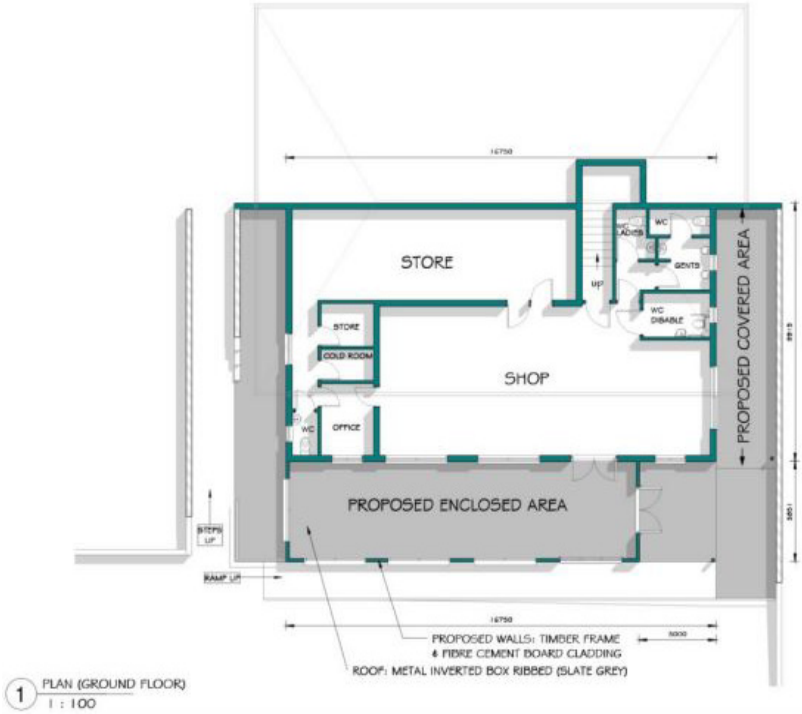
and converting the kitchen into a store area.

In terms of the top floor, this will reopen as a café and bar in the first instance. An 'expression of interest' for a food vendor was advertised a few weeks back but most were interested in fast food, which does not align with the vision of Rose & Crown at this time. "Initially, we will operate this level as well," informed Tara. "We hope to be able to demonstrate that there is opportunity in doing something other than chicken and chips."

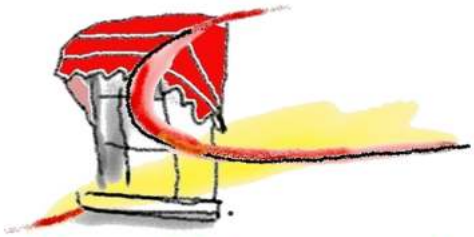
At the moment however, the priority for Rose & Crown is the supermarket. "The priority over the coming months will be to get the supermarket fully operational and the upstairs area will very much be a soft opening," stated Tara. "Just so we can offer a space for more people, visitors, family from overseas coming, who want to have somewhere different to be able to go to; we'll be able to offer that alternative quiet bar area where they can sit down in the evenings and maybe just have some bar snacks."

In terms of the supermarket, this new venture is one that can allow Rose & Crown to offer more competitive pricing to customers, as detailed by Tara, with the company now in the process of increasing orders to have sufficient products in to be able to stock Ladder Hill Supermarket. "This new location will increase our buying power which will help us offer more competitive pricing across all our products," she revealed. "Of course, in turn, that will have a positive impact across the whole company including the product lines at The Arch Shop and Longwood Supermarket."

As it stands, if everything continues to progress according to plan, the Directors of Rose & Crown are aiming for a grand opening of the new Ladder Hill Supermarket on Wednesday, 1 October 2025 – just over two months away.




1 PLAN (GROUND FLOOR) 1 : 100

Ladder Hill Supermarket

! WE'RE HIRING !

An exciting opportunity to be a part of this new Rose & Crown Ltd development.

SALES ASSISTANTS
£800pcm

*Start date 1 September 2025*

- Full-time and Part-time roles
- Weekend Shift Pattern
- Annual Leave
- Sick Leave
- Pension Scheme
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All enquiries welcome.

Contact Sandra on 22427
Email: jobs@roseandcrown.sh






# It's Proving Useful

## An update on MindingMyMind.sh from Dr Tara Murphy




**Tara Murphy,** Contributed

A new mental health website designed specifically for young people on St Helena has seen a promising start; over 1,300 unique visitors have accessed the site in its first month and, building on this, between 60-70 users from St Helena have visited the site each month since. Additionally, there have also been other people using the website from Europe and the Americas.

"Hopefully you or someone you know might also find it helpful, if you haven't seen it already," commented Dr Tara Murphy, the clinical psychologist and researcher behind the project.

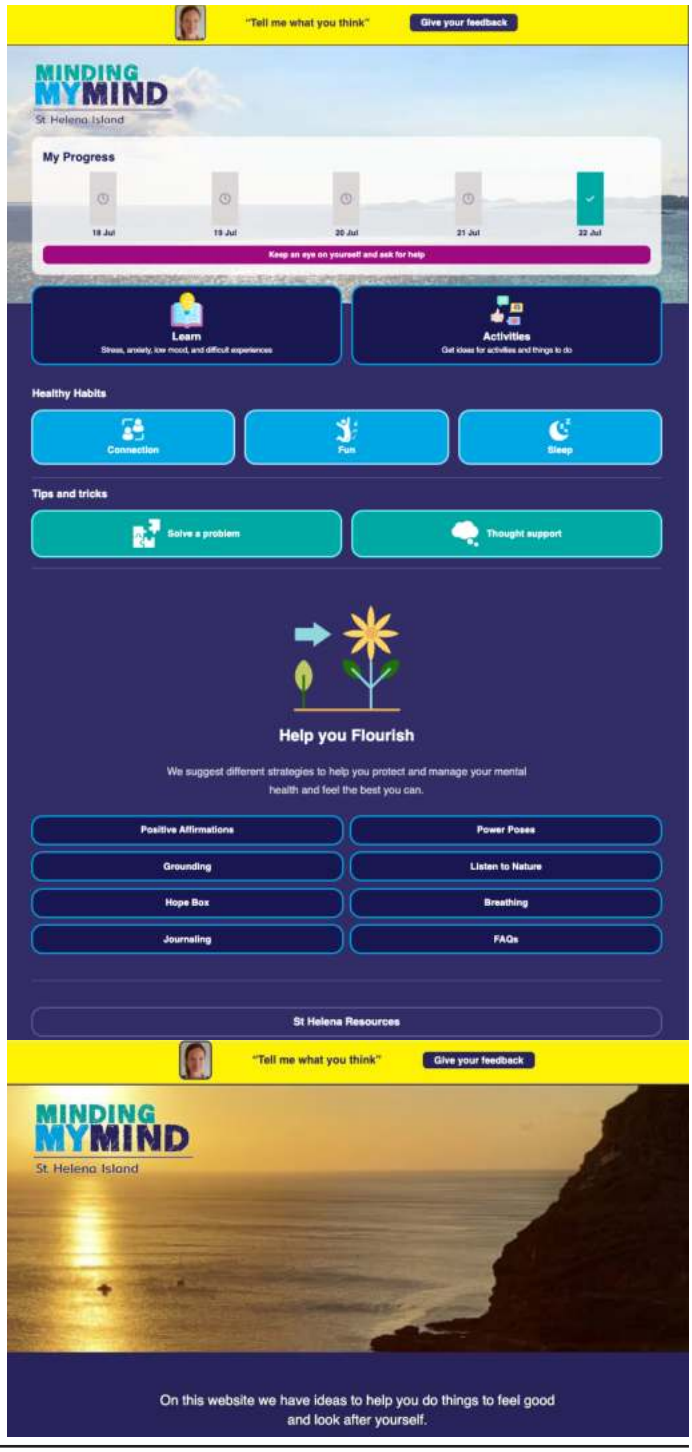
MindingMyMind.sh, which launched in late April 2025, is a free online platform offering tools, tips, and resources to help young people manage stress, anxiety, low mood, and other mental health challenges. The site was developed with the island's youth in mind, aiming to provide accessible, culturally relevant support for those navigating the ups and downs of daily life.

Because the website does not collect personal data, Tara cannot determine exactly who is using the site, or why, but is encouraged by the strong early interest, especially from people on St Helena. One learning so far is that most people are accessing the website through a Google search or via Instagram, and also on a desktop rather than on a mobile device.

"I am delighted that people are finding it useful," said Dr Murphy, who is currently inviting users aged 16 and over to take part in a feedback study to help improve the site.

Participants are being asked to complete a short online survey after using the website. Those who wish to share more detailed feedback can also take part in a remote interview via Microsoft Teams — and will receive £10.00 for their time as an incentive.

The project is funded by the Foreign, Commonwealth and Development Office's Overseas Territories Civil Resilience Programme and delivered by the UK Health Security Agency (UKHSA). Anyone interested in participating in the feedback study as part of the PhD research can contact Dr Murphy directly at Tara.Murphy@nottingham.ac.uk.



# When will I see you again?




## RMS St Helena enters new chapter with Terra Nova Expeditions with plans to return home to St Helena in 2027

**Donna Crowie,** SAMS

The Sentinel reported back in May that the RMS St Helena, our island's beloved former lifeline, had once again been sold and would be sailing under the flag of Djibouti after having served as the mobile hub for the Extreme E SUV racing series since 2019.

Over the weekend however, Terra Nova Expeditions revealed the exciting news that the chartered vessel would be joining the Terra Nova Expedition Fleet departing on expedition cruises from her new home port in Ushuaia, Argentina.

Terra Nova is a company offering immersive and authentic expedition journeys to the Antarctic on a regular basis. Their focus is on creating a true expedition travel experience while respecting the environment; to conserve, educate and facilitate research.

On the companies' website it explains that "the St Helena joins the Terra Nova Expedition fleet as a uniquely capable and character-rich small expedition ship" adding that she is "truly one of a kind."

"At Terra Nova, we believe Expedition cruising is for everyone, the St Helena offers some of the best value voyages to Antarctica in the market - your voyage directly contributes to science via our science program, with the added bonus of a full suite of adventure options aboard," reads their website.

St Helena's much loved RMS underwent extensive renovations in 2022 to the value of £8million and now has a total of 51 cabins with the capacity to accommodate up to 98 guests and 81 crew. The vessel also has social spaces, a large panoramic observations area, a full science lab, two Jacuzzis, a gym and a spa. In addition, a further full upgrade is also in the works and is due for completion this year.

Terra Nova Expeditions will be offering five different expeditions on the St Helena from a 12-day polar circle quest to a 10-day classic Antarctica trip. Terra Nova will also be offering the Kingdom of Kings Expedition where the vessel will visit South Georgia, the Falkland's and Antarctica.

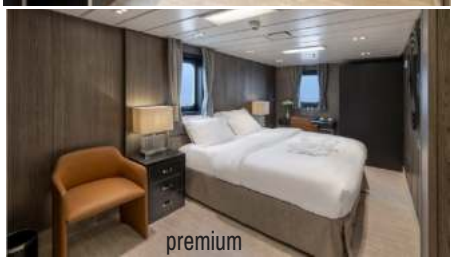
The St Helena will start her first expedition in late December 2026 and, even though the expedition launch was only a few days ago, Terra Nova has received great interest along with a few bookings, described as "amazing" by Greg Carter - Chimu co-founder who launched Terra Nova Expeditions.

Greg was also the publisher of the Social Media post informing Saints of the new venture for our beloved RMS, where he hinted that Terra Nova is hoping to bring the vessel back to St Helenian waters at some point in time. When speaking to The Sentinel, Greg revealed how, "we hope to bring her to St Helena at some point in 2027."




odyssey single cabin


odyssey Twin


premium


Superior


deluxe

# "There is nothing else I want to do"

## Saint, Aaron Clingham, speaks about his musical journey that took him from St Helena to London's famous West End



**Anita Robbertse,** SAMS

During a Northward Sounds Show presented by Tony Leo, he interviewed Aaron Clingham who grew up here on St Helena and went on to pursue his dream of a career in music, becoming a Musical Director working in professional theatre and cabaret. After 25 years abroad, he decided to visit St Helena for a couple of weeks to once again set foot on the soil of his birthplace.

When growing up on St Helena, Aaron always had a passion for playing the piano and music in general. He recalls a distant childhood memory; "I remember the only thing I ever wanted to do was to play the piano. I don't know where it came from as we don't have a particularly musical family."

After lots of pleas to his parents, they finally bought Aaron a keyboard for Christmas at the age of eight. He started to explore the keyboard and taught himself to play tunes on it and this was how his love for music and the piano grew and developed.

During his years at school there were many people who played a part in nurturing Aaron's budding talent and love for music. Eric George did a lot for music on the island and supported Aaron in his efforts. Wendy Benjamin (then Williams) and Anthony Hopkins (who taught Aaron at Pilling Primary) would always encourage him to play the piano at assemblies and other functions. Kathy Hopkins taught music at Prince Andrew School at the time and also contributed to Aaron's musical journey.

After completing his A-Levels at St Helena Secondary School (then Prince Andrew School) he left St Helena and knew that music was the one thing that he was good at; he wanted to pursue a career involving music. With a strong desire to follow his dream, he paid his own way to attend a music school where he learnt the correct techniques and improved his musicianship.

As a Music Director, Aaron oversees all the musical elements of a show. This includes everything from teaching the cast the music, often playing in the band or even conducting the band. It could even sometimes involve writing arrangements for songs as well as being a singing coach. Aaron works as a Freelance Music Director, primarily in London in the West End theatre, as well as Off-West End in theatres, but does some regional too. "I basically work for whoever will pay me," he laughed. He has been a Musical Director for the past 12 to 15 years and loves what he does. "It's everything. I can't imagine doing anything else. There is nothing else I want to do."

Most of the time, Aaron will be part of the theatre bands providing the music for the production. He will choose musicians that will form the band and will then rehearse with them until the producer of the musical is satisfied with the music. The preparation work can quite often take three to four weeks before the show is up and running. Producers usually want to keep production costs as low as possible and will try to limit the rehearsal and preparation period to the minimum. During these times, Aaron said a lot of hard work and long hours can be part of your day, but once the show is open, "all you are doing is playing the show every night and making sure that it's musically correct and that each show is consistent. So you will only work between six and ten when the show is on." Shows could run for anything from two to three months at a time. It is during the rehearsal times however that the process can be quite frantic though.

There are a lot of clips of shows that Aaron has been involved in on social media and he will often post the work that he does on these sites to enable his family and friends on St Helena to experience some of the work that he has created.

When asked if he has a preference





of which make piano he uses, Aaron said no, but he does own a red Nord digital piano. These pianos are widely used because they are easy to transport, have good quality sound and can be plugged in at any venue for easy use. If he was to play on a Grand Piano, he prefers a Steinway and he had to save up for seven years to be able to buy his own.

Aaron said there were many shows he had been involved in which have become personal favourites. "I've done a show called 'Into the Woods', which was written by Stephen Sondheim and James Lapine, which is a glorious show," he shares. "It involves lots of different fairy tales, all intertwined into each other. I've done that twice. That is one of my proudest achievements."

"Orchestration is my secondary job, I guess," Aaron said, when he is not playing piano or musical directing. Orchestrating music is when you turn someone's written material into music for orchestras, bands or vocal arrangements for casts of choirs. He is also involved in a lot of new theatre productions, like LGBT theatre.

With regards to working with well-known artists, Aaron commented that most people he works with are mostly only well-known in the theatre community. He did however work on a musical production written in the 90's by pop-group, The Pet Shop Boys, called 'Closer to Heaven'. Aaron worked as Musical Director on this production for the pop-group twice.

After 25 years, this son of St Helena has returned, with Aaron noting that "it was time to return to the island; I am very lucky that my parents are still with me and both of them are still here." There were some concerns for him with all the information about problems and delays with flights to the island, but his travels here went well and the landing was very smooth. When asked if he would visit St Helena again his reply was; "Absolutely, and I can tell you that I will not be leaving it as long in the future - that's for sure."



## 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 25**
- 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 26**
- 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 27**
- 7am-noon: Sunday Show with Luke Bennett
- 1pm : Interview Hour
- 3-4:30pm: UK Chart Show with Liam Yon
- 7pm: Salvation Army Church Service
- 20:30: Classical Compilations

**MON. July 28**
- 7am-10am: Sunrise with Luke Bennett
- 3-5pm: Artists through the Decades with Deon & Anita
- 5:30pm: Country Classics with Donna

**TUE. July 29**
- 7am-9:00am: Morning Show with Donna
- 11am: Vibes with Annika
- 3:30pm: American Connections with Brian Clough
- 5:30-7pm: UK chart Show with Liam Yon
- 7:30pm: Classical Compilations with Anita

**WED. July 30**
- 7am-8:30am : Sunrise with Deon
- 11am: Northward Sounds with Tony Leo
- 1-3pm 1548 show with Cyril Gunnell
- 4-7pm: Afternoon Drive with Luke Bennett
- 7:30pm: Vibes With Annika

**THU. July 31**
- 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



**Did you know that from 5:30pm on Monday afternoons you can hear nothing but some good ole country music? That's right, the Country Classics show is where you will hear all varieties of that great country music. So make sure tune in Mondays at 5:30pm, or catch the repeat on Friday evenings from 7:30pm. Country Classics only on SAMS Radio 1, just for you!**

**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 'Hard'***

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

# Throwback Thursday



## 24th July 1852

**A Race Meeting (horse racing) takes place at Deadwood Plain, with four races.**

**(sainthelenaisland.info)**

*With these winter nights we just want a nice hearty meal, but without the hassle, and with cauliflower seen in the local shops, this week we have chosen a recipe from the 'Hairy Bikers' - a Shepherd/Cottage Pie with a twist.*

## Shepherd's Pie with Cauliflower Mash



### Ingredients

- 2 tbsp olive oil
- 400g lamb/pork/beef mince
- 1 large onion, finely chopped
- 2 large carrots, coarsely grated
- 1 large beetroot, coarsely grated
- 3 garlic cloves, finely chopped
- Needles from a rosemary sprig, finely chopped
- 1 tsp dried oregano
- 100ml red wine (optional)
- 400g of chopped tomatoes
- 250ml lamb, chicken or vegetable stock
- Salt and black pepper

### For the topping:

- 1 tbsp olive oil
- 1 large cauliflower (800g–1kg), finely chopped
- 1 tbsp cream cheese
- A few dill sprigs, finely chopped
- 50g cheddar or other hard cheese, grated, optional

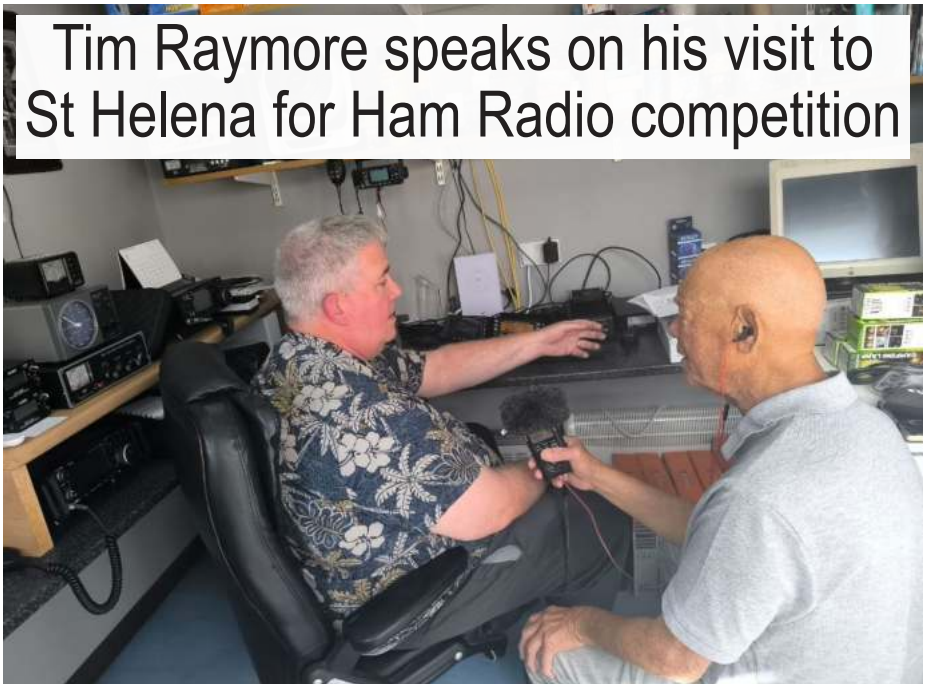
### Method:

1. First start the filling. Heat a tablespoon of the olive oil in a large frying pan. Add the mince and fry it over a high heat until browned. Remove with a slotted spoon and drain on kitchen paper.
2. Heat the remaining tablespoon of oil in a large saucepan and add the onion, carrots and beetroot. Sauté for 5 minutes until just starting to soften, then add the garlic, rosemary and oregano and stir for another minute. Add the browned lamb, pour in the red wine, if using, and bring to the boil. Simmer until most of the wine has boiled off before adding the tomatoes. If not using the red wine, just add the tomatoes and stock. Season with salt and pepper, bring to the boil, then turn down and simmer for 20 minutes.
3. To make the topping, heat the oil in a large lidded sauté pan. Add the cauliflower and sauté over a high heat until it starts to look slightly transparent. Add a splash of water and season with salt. Put the lid on the pan and leave the cauli to gently steam for about 5 minutes until tender. Remove from the heat and drain, then mash thoroughly. This is best done with a stick blender, but a traditional masher works too. Stir through the cream cheese and the dill.
4. Preheat the oven to 200°C/Fan 180°C/Gas 6. Pile the filling into a large ovenproof dish, then spoon over the cauliflower topping. Make sure the filling is completely covered, especially around the edges. Sprinkle with the grated cheese, if using, and place in the oven.
5. Cook in the oven for 25–30 minutes until the filling is bubbling under the cauliflower and the top has lightly browned. Enjoy!

LIFESTYLE & CULTURE

# Mr Ray‘more-se’code

## Tim Raymore speaks on his visit to St Helena for Ham Radio competition



**Anita Robbertse,** SAMS

Tony Leo had Tim Raymore, a Ham Radio Operator (also known as amateur radio operators) on The Northward Sounds to tell listeners about his visit to St Helena and his reason for coming to the island.

Tim and his wife are from Missouri in the USA and they visited the island to partake in an annual global competition sponsored by the International Amateur Radio Union during the summertime in the Northern Hemisphere. For 24 hours, Ham stations will operate throughout the world to make contact with as many other operators as possible during this timeframe. These contacts can be established using voice contacts, but often the radio operators will make use of Morse Code to contact their counterparts, especially in remote locations.

Tim first made contact with St Helena through local Ham radio operator, Gilbert Legg, better known in the amateur radio world by his call sign - ZD7BG. Gilbert and Tim came in contact during a previous amateur radio contest when Tim was excited to make this new contact as this would add significantly to his total score for the contest. This started off a long process on Tim’s side to do research and find out more about St Helena.

It was at this point that he decided to visit St Helena to do something different. “I wanted to do something fun and exotic that not many people get to do, so I had the opportunity to come down here and operate from Derek Richards’ station, ZD7CTO.” Tim said their reason for visiting the island was to go on holiday where not a lot of people in the States go, but also to experience the history of the island and participate in the annual Ham radio contest during their time spent on the island.

Usually Tim would be in the States at this time participating in this worldwide contest, trying to contact other countries, but “this is a rare opportunity where I can come down here and operate from St Helena and have a bunch of stations trying to contact the island!” During his time working Derek’s radio station here on-island he had contacted more than 65 stations. While participating in the contest, the aim would be to contact as many other radio stations in the allocated timeframe and contacts tend to be short, only obtaining the basic information to register the contact. You will answer a call by signalling the contact’s call-sign followed by your own call-sign. Then a signal report will be exchanged and then amateur radio operators send something called 73s, which basically translates as ‘best regards’. This is the official meaning of a 73 but there is a lot more meaning built into this sign. The contact will then be concluded by repeating both call-signs. All contacts are logged by a computer that will then serve as a log for the contest.

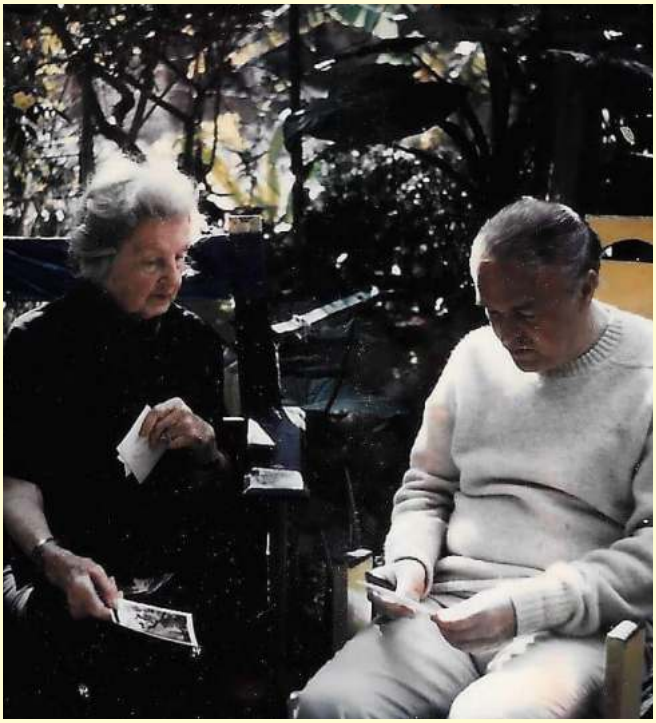
When asked why he prefers to use Morse code for contacts over voice contacts, Tim explained that Morse code has unique properties. “The best way to explain it is your voice spreads out across a wider audio spectrum. Morse code concentrates all of the power sent on the airwaves in one very narrow band. So it is more efficient in places where you are further away, or where band conditions are not favourable for voice contacts.” Morse code also has the advantage of providing better signal strength in places where signal conditions are not good.

After school, Tim started building radio stations on the domestic FM band radio (88-108 megahertz) in the United States while working his way through college. He continued doing this for seven years before being employed by the state government of Missouri as a data networking specialist for the past 30 years. He has however managed to retain his connection with radio stations through his involvement as a part-time broadcasting engineer with a public radio station operated by the University of Missouri. “When we built one particular radio station, we started with an empty field,” Tim recalls. “Three weeks later, we had a 350 foot tower with antennas and the transmitter installed, ready to go. Then I spent about another week during the summer before my senior year of college, building the on-air studio.”

Tim and his wife travelled to St Helena from St Louis in Missouri via Atlanta, Georgia, to Johannesburg and then onward to St Helena. They were aware of the risks in travelling to the island concerning the weather conditions, but were surprised nonetheless to only have their flight confirmed at Johannesburg airport on the morning of flying out and again at Walvis Bay. Their flight did go ahead as scheduled, but unfortunately their return flight on Sunday, 13 July, was delayed due to poor weather conditions. Tim did say they had a wonderful time on the island seeing a lot of places and meeting many friendly people. They even managed to ask Wanda Isaac to make them a flax whale shark to take home as a memento.

When asked what they would take back with them from St Helena, he said that “the beautiful landscape and the beautiful people is what we take back with us. We’ve just had a wonderful experience everywhere we’ve gone on the island.” He ended off the interview by informing Tony that he would be doing a presentation at his local radio club to share picture of the island and his experience of coming to St Helena as a Ham Radio Operator.

# "The Man on the Rock"



**Tony Leo,** Contributed

"The Man on the Rock" - the title of a film made on St Helena in 1974 by the ITV Film crew and Actor, Kenneth Griffith. He played the part of Sir Hudson Lowe, the first Governor on St Helena, and the Emperor Napoleon.

I was fortunate enough to work closely with the film sound engineer in the setting up and recording of the stage production at the Paramount Cinema Hall for 'The Slave Song' produced by the late Professor, Keith Yon.

Kenneth Griffith took the stage that night and read out several poems written by school children about Napoleon and St Helena. The production of The Slave Song was edited for broadcasting on Radio St Helena at the time. The recording was made in part one and part two. There is a recording of part two on cassette, but part one seems to have gone astray somewhere.

The Slave song was very special as it was written by Professor Yon using all senior school students. All three schools rehearsed in their own school and came together for just one final rehearsal at the Paramount Cinema before the actual production. Actor, Ken Griffith, gave the production and all who took part full marks on what he described as a musical of outstanding quality that impressed him immensely.

If there is a recording of the Slave Song musical that might be on a cassette tape, would you please be kind enough to loan it to me to edit and then be able to play the full recording on Radio?

This picture shows Kenneth Griffeths talking to Lue Horker, (Auntie Lue) at her home across The Run in Upper Jamestown a day before leaving St Helena.

**Through the Lens**

## The Big Decision: Academic or Apprenticeship Routes for St Helena's Youth - Written By *Ed Oyewo*

**As GCSE results arrive, Island students face crucial crossroads that will shape both their futures and St Helena's development**

The familiar sound of anxious chatter fills the corridors of St. Helena Island as Year 11 students await their GCSE results. But beyond the immediate concerns about grades lies a more profound question that will shape not only individual futures but the very fabric of St Helena's developing economy: *Should our brightest young minds pursue traditional academic routes or embrace the practical world of apprenticeships?*



**Two Paths, One Island's Future:** For some students, the choice seems clear - pursuing marine biology or environmental studies at university to contribute to conservation efforts upon return. Their ambition reflects the academic aspirations of roughly half the year group, students who see higher education as the pathway to specialized careers that could transform the Island. Yet equally compelling is the choice made by those starting apprenticeships with local utilities and infrastructure companies. This pragmatic approach reflects students increasingly drawn to immediate employment opportunities in our growing technical sectors, recognizing that skilled technicians are needed now, not in four years' time.

**The Academic Argument:** However, education experts argue that academic achievement remains equally vital. Complex challenges require sophisticated solutions. Climate change, sustainable tourism, healthcare advancement – these issues demand university-educated professionals. A modern economy cannot be built solely on skilled trades.

The statistics are sobering: historically, only 60% of St Helena students who pursue university education return to the Island. Yet those who do return often fill crucial leadership positions in government, healthcare, and emerging sector like digital services.

**Breaking the Either-Or Mentality**: Perhaps the most encouraging development is the emergence of hybrid pathways. Recent internet connectivity boosts now allow students to combine practical work experience with degree-level online study; a realistic option for students who may want to follow the hybrid route. Government officials emphasize that both choices serve essential functions. The Island's development strategy requires immediate skilled labour and long-term strategic thinking. St Helena needs electricians and engineers, care workers and doctors, hospitality staff and tourism planners.

**Future Pathways:** Recent developments suggest more flexible approaches ahead. Distance learning opportunities are expanding, allowing Island-based workers to pursue higher qualifications while maintaining employment. Similarly, university graduates increasingly return to combine academic knowledge with practical apprenticeship experience in private and public sectors. This evolution reflects a maturing understanding that St Helena's development requires diverse skills and perspectives. The traditional divide between academic and vocational education is becoming less relevant as career paths become more fluid and interconnected.

**The Verdict:** As this year's GCSE cohort stands at their crossroads, they face not a binary choice between right and wrong, but between two forms of valuable contribution. St Helena needs its practical problem-solvers and its strategic thinkers, its skilled technicians and its research specialists.

The real success will come from ensuring every young person makes the choice that maximizes both their personal potential and their contribution to our Island community. In a place where everyone's career matters to the whole community, both the apprentice and the academic are building our shared future.

The Island's prosperity depends not on choosing between these paths, but on ensuring both flourish. Whether rewiring the power grid or researching marine ecosystems, whether serving tourists or developing policy, each role contributes to St Helena's unique story of growth and self-determination.

*What matters most is not which path they choose, but that they choose with purpose, knowing that St Helena needs them both.*

***Till Next Time, Keep Well!***

LIFESTYLE & CULTURE

# Your Kidneys: The Silent Workers

## – Protecting the Organs That Protect You



**Arjelo Onde,** Contributed

As a health educator, this is one of my favorite topics to share with my students. Why? Because the kidneys are so incredibly important yet so often taken for granted. They quietly do their work behind the scenes, day and night, asking for nothing in return. Until something goes wrong.

On St Helena, like many other places, people are becoming more aware of lifestyle-related illnesses. But kidney health still doesn't get the attention it deserves. So today, let's take a moment to shine the spotlight on these two humble organs, understand what they really do, and learn how to protect them for life.

**What Do Your Kidneys Actually Do?**

You have two kidneys, each about the size of a fist, located on either side of your spine, just below your rib cage. These aren't just waste removal organs, they're brilliant multitaskers. According to Loma Linda University Health, every single day, your kidneys filter around 50 gallons of blood to remove toxins, excess fluid, and waste. From that, they produce about 1 to 2 liters of urine. But that's not all. Your kidneys also:

·Regulate blood pressure by balancing salt and water levels and producing a hormone called renin

·Balance electrolytes like sodium, potassium, and calcium

·Keep bones healthy by helping convert vitamin D into its active form

·Stimulate red blood cell production

All this is made possible by their microscopic filtering units called nephrons. Each kidney contains about 1 million nephrons, and each nephron is a mini filtering factory. One special part of the nephron is the loop of Henle, which plays a vital role in concentrating urine and conserving water. This is how your body manages hydration even when you're not drinking enough.

Your kidneys truly are your body's natural purification system, quietly working to keep everything in balance.

**What Do Kidneys Remove and What Do They Reabsorb?**

As blood flows through the kidneys, the nephrons act like microscopic filters, removing waste products while reabsorbing useful substances your body still needs. These wastes are then passed into the urine and flushed out of the body.

Waste products the kidneys remove include:

·**Urea** – from the breakdown of protein

·**Creatinine** – from muscle activity

·Uric acid – from the breakdown of purines in food

·**Ammonia** – another by-product of protein metabolism

·**Excess water and salts**

·**Toxins and drugs** – such as antibiotics or painkillers

Useful substances the kidneys reabsorb into the bloodstream include:

·Water – to keep your body hydrated

·Glucose – your body's energy fuel

·Amino acids – building blocks for protein

·Sodium, potassium, calcium, and other electrolytes – to help nerve, muscle, and heart function

·Bicarbonate – to help keep your blood pH balanced

Inside each kidney are tiny parts called nephrons. One important part of the nephron is the loop of Henle. It helps the body save water by making urine more concentrated. This helps you stay hydrated, especially in hot weather or when you haven't had much to drink.

**The Kidneys and Uric Acid**

Uric acid is a natural waste product that forms when the body breaks down purines, found in foods like red meat, seafood, and alcohol. Your kidneys remove uric acid from the blood and flushes it out through urine.

But if the kidneys can't get rid of enough uric acid, it builds up in the blood—a condition called hyperuricemia. This can lead to gout (painful joint swelling) or kidney stones.

To support healthy uric acid levels:

·Drink enough water daily

·Limit foods high in purines - such as red meat

·Avoid sugary drinks and foods, and excessive alcohol

**Warning Signs You Should Not Ignore**

Kidney disease is dangerous because it often has no symptoms in the early stages. Many people don't know they have a problem until serious damage has already happened.

Here are some early warning signs of kidney problems, as explained by the National Kidney Foundation:

·Swelling in your feet, ankles, or face

·Urine that's dark, foamy, or changes in how often you urinate

·Feeling tired or weak often

·Trouble concentrating

·Muscle cramps, especially at night

If you have any of these symptoms, speak with a health professional. Also, get your kidneys checked regularly if you have diabetes, high blood pressure, or a family history of kidney disease.

**Kidney Myths That Need Busting**

**Myth 1**: "The water you drink goes straight to your kidneys."

Not true. Mayo Clinic explains that water first goes to your stomach, then to your intestines, where it's absorbed into your bloodstream. Your kidneys then filter the blood—not the water directly.

**Fact**: Your kidneys filter your blood, not the drink itself.

**Myth 2**: "Drinking a liter or more of water all at once is always healthy."

Many people think that drinking a lot of water quickly is good for their kidneys and health. But Mayo Clinic warns that drinking too much water too fast can be very dangerous. Drinking excessive amounts of water in a short time can flush out important electrolytes like sodium from your body. This causes a condition called water intoxication or hyponatremia, where cells swell. When brain cells swell, it can lead to seizures, coma, or even death. **A real story**: In 2007, Jennifer Strange, a young woman from Nevada, died after drinking about a liter of water quickly during a radio contest. Her tragic death is a strong reminder that drinking too much water too fast can be fatal.

**Fact**: Drink water according to your body's needs. Signs of good hydration include light yellow urine and rarely feeling thirsty. Always listen to your body and follow your doctor's advice.

**Imaging and Lab Tests to Monitor Kidney Health**



Yes! Both X-ray and ultrasound can help monitor the health of your kidneys, and they are available on the island.

Ultrasound is an important imaging test used to look at kidneys. It uses sound waves to create pictures of your kidneys and can show their size, shape, and if there are any cysts, stones, or blockages. It's safe and painless.

**X-rays** are also used for kidney




monitoring through a special procedure called an **intravenous pyelogram (IVP)**. This involves injecting a contrast dye and taking X-rays to see how urine flows through the kidneys and urinary tract. It can detect blockages or abnormalities. Some stones can be detected by X-ray even without dyes. However, some stones like cystine stones cannot be detected by X-ray or ultrasound and require a CT scan for accurate detection.

Certain types of kidney stones, such as staghorn stones, are large, branched stones that fill the kidney's collecting system. These stones can cause severe blockages and infections. If not treated promptly, they may lead to kidney damage and even kidney failure.

In addition to imaging, **laboratory tests** also play a key role in assessing kidney health. At our local hospital laboratory, licensed medical technologists can measure important kidney markers like eGFR (estimated glomerular filtration rate) and serum creatinine. These tests help determine how well your kidneys are filtering waste from your blood. Regular blood tests like these are especially important if you have high blood pressure, diabetes, or other risk factors.

These tools, both imaging and lab tests, are essential, especially in a small community like ours, where early detection can make all the difference.

**Lifestyle Tips to Keep Your Kidneys Healthy**

Here are simple but powerful steps to protect your kidneys for life, based on advice from Loma Linda University Health, the National Kidney Foundation, and Harvard Health:

·**Stay well hydrated**. Drink water



when you feel thirsty and keep your urine light yellow. There's no one-size-fits-all amount, so listen to your body and follow your doctor's advice.

·**Eat a kidney-friendly diet**. Focus on fruits, vegetables, whole grains, and legumes. Limit processed foods high in salt, sugar, and unhealthy fats. Too much sodium can increase blood pressure, putting extra strain on your kidneys.

·**Watch your blood pressure and blood sugar**. High blood pressure and diabetes are the top causes of kidney damage. Regular check-ups can catch problems early.

·**Move your body**. Regular physical activity helps manage weight, control blood sugar, and improve circulation—all of which support kidney health.

·**Be cautious with painkillers**. Overusing NSAIDs like ibuprofen supplements can damage your kidneys over time.

·**Limit alcohol and avoid smoking**. These can increase your risk for kidney and heart disease.

·**Know your numbers**. Simple blood and urine tests can check kidney function. Ask your doctor about your eGFR and creatinine levels.

**The Right Time to Drink Water for Kidney Health**

According to the National Institutes of Health (NIH), drinking water regularly throughout the day helps your kidneys filter waste effectively. Instead of gulping large amounts at once, it is best to sip water steadily to maintain good hydration. Drinking water first thing in the morning supports kidney function by flushing out toxins accumulated overnight. However, avoid drinking excessive water right before bedtime to reduce nighttime trips to the bathroom, which can disrupt sleep. Eating fruits and vegetables also contributes to your daily water intake since many of them have high water content. Listening to your body's thirst signals is key. Consistent, balanced hydration is best for healthy kidneys.

**A Final Word: Don't Wait for Pain**

Here's the tricky part about kidneys: they don't hurt until the damage is done. You can lose up to 90% of kidney function before you experience serious symptoms. That's why education, prevention, and regular check-ups matter so much. At our wellness center, we make kidney health a regular part of our discussions, not just for people who are sick, but for those who want to stay well. When you understand how your kidneys work and what they need, you can take real steps to protect these silent workers. They protect you every day. It's time we do the same for them.Stay well, stay informed, and never underestimate the power of prevention.

**Disclaimer**: This article is for educational purposes only and does not replace professional medical advice. Always consult your physician with any questions or concerns about your health.

**About the Author**:

My name is Arjelo Onde, BSRT, R.R.T., and I am a licensed allied health professional and radiation medical technologist with a postgraduate diploma in education and 9 years of experience as a science and health educator. I also completed a preparatory course for a Bachelor's degree in Nursing and undertook part of a nursing internship, which helped deepen my understanding of patient care and strengthened my passion for community health education.

**Sources**:

Loma Linda University Health — Kidney function and health overview

National Kidney Foundation — Kidney functions, waste removal, and early warning signs

Mayo Clinic — Kidney myths, uric acid and gout, and dangers of overhydration

National Institutes of Health (NIH. gov) — Guidelines on hydration timing and kidney health

Harvard Health Publishing — Lifestyle tips for kidney health and disease prevention

RadiologyInfo.org — Ultrasound and X-ray imaging for kidney health

# NOTICE BOARD

## DIOCESE OF SAINT HELENA

| The Parish of St Paul's | | |
|---|---|---|
| **Sunday 27th July 2025– 17th Sunday of the Year** | | |
| 8.00 a.m. | Eucharist | Cathedral |
| 9.30 a.m. | Eucharist | St Andrew |
| 11.00 a.m. | Eucharist | S Helena & The Cross |
| | | |

| The Parish of St James | | |
|---|---|---|
| **Sunday 27th July 2025 – 17th Sunday of the Year** | | |
| 9.30 a.m. | Eucharist | St James |
| **6.00 p.m.** | **Patronal Festival** | **St James** |
| | | |
| | **Thursday 31st July** | |
| 7.00 p.m. | Eucharist with Healing | St John |
| | | |

| The Parish of St Matthew | | |
|---|---|---|
| **Sunday 27th July 2025 – 17th Sunday of the Year** | | |
| 11.15 a.m. | Eucharist | St Matthew |
| | | |
| | **Tuesday 29 July** | |
| 7.00 p.m. | Praise and Worship | St Mark |

## ST.PAULS PARISH FUNDRAISING FUTURE EVENTS FOR 2025

**Thursday 31 July 2025—Cake Stall at the Jamestown Market—starting 9am**

**Friday 29 August 2025—Curry Nite at Kingshurst Community Centre—starting 7pm**

**Friday 26th September 2025—Fish Fry at Kingshurst Community Centre—starting 7pm**

**Friday 14th November 2025—King's Birthday Holiday Fun Day at Kingshurst Community Centre—starting 12noon**

**Friday 5th December 2025—St. Nicholas Ball at Kingshurst Community Centre—starting 7pm**

**For more information on these events please call Rosalie on 24658, Noleen on 24333, Joy on 24717, Gilbert on 24666, Jerry on 23451, Beatrice on 24363 or Karen on 23401.**




## Church Notices

We warmly invite you to join us for:

**School of Prayer Workshop**
@ The Rock Christian Fellowship Centre, Longwood Avenue
Saturday 26th July 2025 9.00-5.00pm
(Feel free to join at anytime during this session for as long as you can)
Refreshments provided

~

**No Praise and Worship Service** @ The Rock Christian Fellowship Centre, Longwood Avenue on Sunday 27th July 2025

**Baptismal Service** @ Jamestown Swimming Pool
Sunday 27th July, 9.45am

~

Tuesday 29th July 2025-7.00-8.30pm
**Discipleship Training**
@ The Rock Christian Fellowship Centre, Longwood Avenue.
Thursday 30th July 2025-7.00-8.30pm
**Discipleship Training**
@ The Rock Christian Fellowship Centre, Longwood Avenue.

**All events will be hosted by visiting Pastor Hebert Mahuni**
**We look forward to seeing many of you joining us.**

## Thanks

The Chapel Warden, Sidespersons and Members of St Peters Church would like to thank all who helped, donated towards and attended the afternoon tea with fun and dance on 12/07/25.

A special thanks to the team behind the scene and to Barry Vanguard for providing the music.

Your support and generosity is very much appreciated. The total amount raised was £370.00.

# NOTICE BOARD

ST HELENA NATIONAL TRUST

## FOR SALE

**Dolomite Lime £350 per ton bag**
**Pig Meal £41.50 per 50kg bag**

Interested persons please contact Denny Leo, on 22569 or email dennis.leo@trust.org.sh




## BAPTIST CHURCH

Sunday Services
27th July
Sandy Bay Chapel 08.45 am
Head O'Wain Chapel 10.45 am
Jamestown Chapel 6.00 pm

Bible Studies
Tuesday 29th July
Baptist School Hall 7.00 pm
Thursday 31st July
Sandy Bay Chapel 5.30 pm

ALL ARE WELCOME

For further information contact:
Tel No 24644

## God Fathers Rock Club

### August Events

2nd August – Mix Grill

3rd August – Bingo and Afternoon Tea, starting 3pm (A donation will be made to the clients of the CCC)

8th August – Curry Night

15th August – Fish Fry

23rd August – Steak Night

31st August – Sunday Lunch

**Contact Melvin on 23395 for tickets and if dietary meals are required.**

# NOTICE BOARD

STC SAINTS TUNA CORPORATION

## EXPRESSION OF INTEREST
## at the STC Fish Factory in Ruperts

STC is seeking expressions of interest from suitably qualified individuals to undertake various fishing and fisheries related activities like:

- Fish processing
- Vessel crew
- Administration
- Maintenance

For further information, please contact our office on tel: 22333 or by e-mail to :info@saintstunacorp.com



## JOB VACANCY

sure.

### CUSTOMER PROVISIONING LINESPERSON

To carry out customer telephone & television installations and faults, installation and maintenance of customer premises equipment, assist with the maintenance and upgrades of the access network and assist with the maintenance of all antennas, masts, generators and buildings.

- Ability to work at heights
- A clean, valid driving license of classes A & C
- Health & Safety at work awareness
- Good verbal and written communication skills
- GCSE Maths & English Grade C/4 or above, desirable
- Good level of computer literacy, desirable

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

Salary will be dependent on qualifications and experience.

For further information, interested persons can contact Anthony Bennett, Manager Access Networks on tel. +290 22220 or email: Anthony.Bennett@sure.com

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

Closing date for applications: 4 August 2025

# NOTICE BOARD

## NOTICE FROM THE REGISTRAR OF COMPANIES

On the 14th of January 2025 the Companies (Amendment) Ordinance, 2025 was enacted and brought into force on the 30th of June 2025. This amends the Companies Ordinance, 2004.

By the **30th of July 2025** all companies must keep a register of beneficial ownership and also tell the Registrar of Companies who their beneficial owners are.

The details of beneficial owners provided to the Registrar will be available for public inspection.

All companies have been contacted to advise them of the changes using the last known contact details the Registry holds. If your company has not received any communication then it is important that you contact Amelia Gough so that she can advise you what you must do to comply with the law.

Amelia can be contacted by attending at the Judicial Services Office, or by telephoning 22340, or by emailing amelia.gough@judicialservices.sh

Yvonne Williams
Registrar of Companies

SAMUDRA

**Seaweed Farming – A Local Opportunity with Global Potential**
**Community Information Evening**
**Hosted by Samudra Oceans**

Curious about the potential for sustainable ocean Seaweed farming on St Helena?

Join Bawo Ikpobe from **Samudra Oceans** for a public information session on a **proposed proof-of-concept seaweed farm** – a potential new addition to our island's blue economy.

**St Helena Community College, 7:00 PM, Thursday 31st July** **www.samudraoceans.com**

Discover what seaweed farming could mean for our environment, economy, and community. There'll be opportunities to ask questions, share thoughts, and learn more about how this project could benefit St Helena.

**All are welcome –** Bawo will be on Island between 26th July and 2nd August.For information prior to the eventplease feel freeto email Bawo on bawo@samudraoceans.com



# NOTICE BOARD

## Vacancy

## Part-Time Security Officers

Rate of pay will be £6.20 per hour

Solomon & Company (St Helena) Plc has a vacancy for Part-Time Security Officers to join the team at St Helena Airport.

Working hours will be according to flight operations and training requirements, including both weekdays and weekends.

**Interested Persons Should:**

- Have excellent interpersonal & communication skills and be able to work in a disciplined environment
- Possess a high standard of English & ICT skills
- Be customer focused and able to deliver an excellent level of Customer Service
- Be available to undertake the required training and the necessary background and medical checks
- Be able to undertake Manual Handling & physically demanding duties
- Be able to work effectively in a team environment
- Have the ability to multitask and work with a high degree of accuracy in a high pressure environment
- Have the ability to remain calm in stressful situations
- Be committed to continuous learning and development

**For further information contact:**

Jason Thomas, General Manager (Agencies) via 22523 gm-agencies@solomons.co.sh

Application forms may be collected from Solomons Main Office Reception, Jamestown or alternatively an electronic copy can be requested via hradmin@solomons.co.sh and completed forms should be returned to Anya Thomas, Human Resources Organisation & Development Officer, Solomons Main Office, Jamestown by **07 August 2025.**

*Please note applicants must be resident on St Helena at the time of applying*

## Vacancies

## Part-Time Aircraft Cleaner

Rate of pay will be £5.60 per hour

Solomon & Company (St Helena) Plc has a vacancy for a Part-Time Aircraft Cleaner to join the team at St Helena Airport.

The Aircraft Cleaner will be responsible for the cleaning of the Airport Terminal on the days of aircraft operations and also cleaning of aircraft cabins of arriving and departing Aircraft.

Working hours will be according to flight operations and training requirements, including both weekdays and weekends.

**Interested Persons Should:**

- Have excellent interpersonal & communication skills and be able to work in a disciplined environment
- Possess a good standard of English & ICT
- Be customer focused and able to deliver an excellent level of Customer Service
- Be available to undertake the required training including both classroom and online-based training
- Be available to undergo the necessary background and medical checks
- Be able to undertake manual handling & physically demanding duties
- Be able to work effectively in a team environment
- Be able to work with a high degree of attention to detail
- Have the ability to remain calm under pressure.

**For further information contact:**

Jason Thomas, General Manager (Agencies) via 22523 gm-agencies@solomons.co.sh

Application forms may be collected from Solomons Main Office Reception, Jamestown or alternatively an electronic copy can be requested via hradmin@solomons.co.sh and completed forms should be returned to Anya Thomas, Human Resources Organisation & Development Officer, Solomons Main Office, Jamestown by **07 August 2025.**

*Please note applicants must be resident on St Helena at the time of applying.*

NOTICE BOARD

# Expression of Interest

St Helena Island



St Helena Tourism is seeking expressions of interest from suitably qualified and experienced contractors for the removal and disposal of yacht mooring infrastructure located in James Bay.

Interested parties must submit a detailed methodology demonstrating how the mooring chains and associated infrastructure will be recovered in a controlled manner that avoids dragging or disturbing the seabed, thereby minimising environmental impact.

Submission Requirements:

- Company profile and relevant experience
- Proposed methodology
- Equipment to be used
- Proposed timeline

**Expressions of interest must be made by 12/08/2025. For further information please contact Sophia Joshua, Tourism Officer, on email: Sophia.Joshua@sainthelena.gov.sh, or telephone 22518.**

**www.sthelenatourism.com**

*'Restoring a globally significant Cloud Forest'*

# News from the St Helena Cloud Forest Project

*Welcome to another 'news bite' from the St Helena Cloud Forest Project!*

**Today we are excited to share the smiles of local school kids as the project delivers educational resources to both the primary and secondary schools on the Island in the form of new nature-themed books.**



An important part of the St Helena Cloud Forest Project is 'Outreach & Education' as we work with the SHG Education Portfolio to develop resources and provide opportunities to educate and expose the Island's youth to the importance of conservation work and the environment, particularly St Helena's precious natural cloud forest. This also helps to build ownership in our Peaks National Park.










As a tangible legacy for the project, we recently procured a large number of environment, biology and nature-themed books for our schools, to encourage reading and foster an interest and understanding of our natural environment.

Primary schools received a mixture of both fiction and non-fiction books while the secondary school received biology textbooks.

**Safe to say our Island schoolchildren were pleased with their new books!**

*Be sure to follow the St Helena Peaks National Park on Facebook, and @StHelenaPNP on X, to stay up to date with all the latest news and information on the FCDO-funded St Helena Cloud Forest Project*

*Scan the QR Codes below for quick access to:*

**Website** **Facebook** **Twitter/X**

RSPB UK Government Connect St Helena Island UBC KEW Met Office Arcturus

# NOTICE BOARD

ASCENSION ISLAND GOVERNMENT

## Healthcare Assistant

### Total package value up to £22,923 pa

**(comprising salary of £11,693.00 per annum plus food and utilities allowances, free housing and other benefits)**

### About the role

We're offering a unique opportunity for a committed and compassionate individual to join the team at Georgetown Hospital as a Healthcare Assistant. You'll play a vital role in delivering high-quality care to the Ascension Island community. This is a hands-on position working alongside experienced nurses and medical professionals in a small, dynamic team that supports both primary and secondary care needs for the island's population of around 800 residents and their dependants.

### What you'll do

As Healthcare Assistant, you'll provide direct patient care and assist with routine hospital procedures under the supervision of nursing and medical staff. You'll be responsible for maintaining cleanliness and hygiene within the hospital environment, ensuring a safe and sterile space for all patients and staff. You'll also be part of the island's emergency response team, carrying out standby duties as an ambulance driver and first responder (full training will be provided). In addition, you may be required to assist with X-ray procedures following appropriate training and supervision. This is a varied and rewarding role where flexibility, teamwork and a commitment to patient care are essential.

### What you'll bring

We're looking for someone with experience in a healthcare, hospital or care home setting who is calm, respectful, and empathetic in their approach. You'll have a strong understanding of confidentiality and patient dignity, and a willingness to undertake training in areas such as X-ray techniques and emergency first response. A clean and valid driving licence is essential, as you'll be required to drive the ambulance as part of your duties.

### What we offer

In addition to an annual salary of £11,693 per annum (taxable on Ascension), the role attracts a single status contract and these benefits:

- Rent free furnished accommodation worth up to £2,400 pa (taxable benefit)
- A single status food allowance of £3,840 pa (taxable benefit)
- An electricity allowance worth £3,140 per year
- A single status water allowance worth £1,850 pa
- Relocation costs for your personal effects, including assistance with shipment of a vehicle
- One mid-contract return journey to your country of recruitment
- A gratuity payable on the successful completion of a 2-year contract
- 30 days annual holiday (with additional 9 days public holidays)
- Free primary dental and medical care
- Free annual travel insurance

**This appointment will be subject to:**

- Satisfactory Employment References.
- Enhanced Criminal Records Check.
- Satisfactory Medical Clearance.

**Closing Date: 10 August 2025 Interviews: Week commencing 11 August 2025 (by video call if off island).**

**For more information, job descriptions, and to apply visit:** https://www.ascension.gov.ac/lifestyle-and-employment/working-here/

# VACANCY

Bank of St.Helena Ltd.

## Bank Teller

*Commencing at £8,976 per annum*

Bank of St Helena Limited is seeking to recruit a suitable person on a full-time basis to fill the vacant position of a Bank Teller.

This position will incur significant contact with the public and other Bank staff. The successful candidate must be flexible, demonstrate courtesy and provide excellent customer service at all times. Must have a keen eye for detail, exhibit high accuracy levels and have the ability to work under pressure and meet deadlines, whilst working well with others as part of the wider Bank team.

The main duties of the post include:

- Undertaking counter transactions for customers and posting these to the Bank's computer system;
- Cash handling and assisting customers in meeting their banking needs and queries;
- Providing assistance in the delivery of Remote Banking services;
- Any other duties.

Interested persons can contact the Teller Services Manager on + (290) 22390 or email tellerservicesmanager@sainthelenabank.com for more information.

An Application form and job profile is available upon request from the Bank and can be viewed on our official website. Completed application forms should be addressed to the Human Resources Manager, Market Street, Jamestown or emailed to hrmanager@sainthelenabank.com.

**Closing date for applications is Friday, 08 August 2025.**

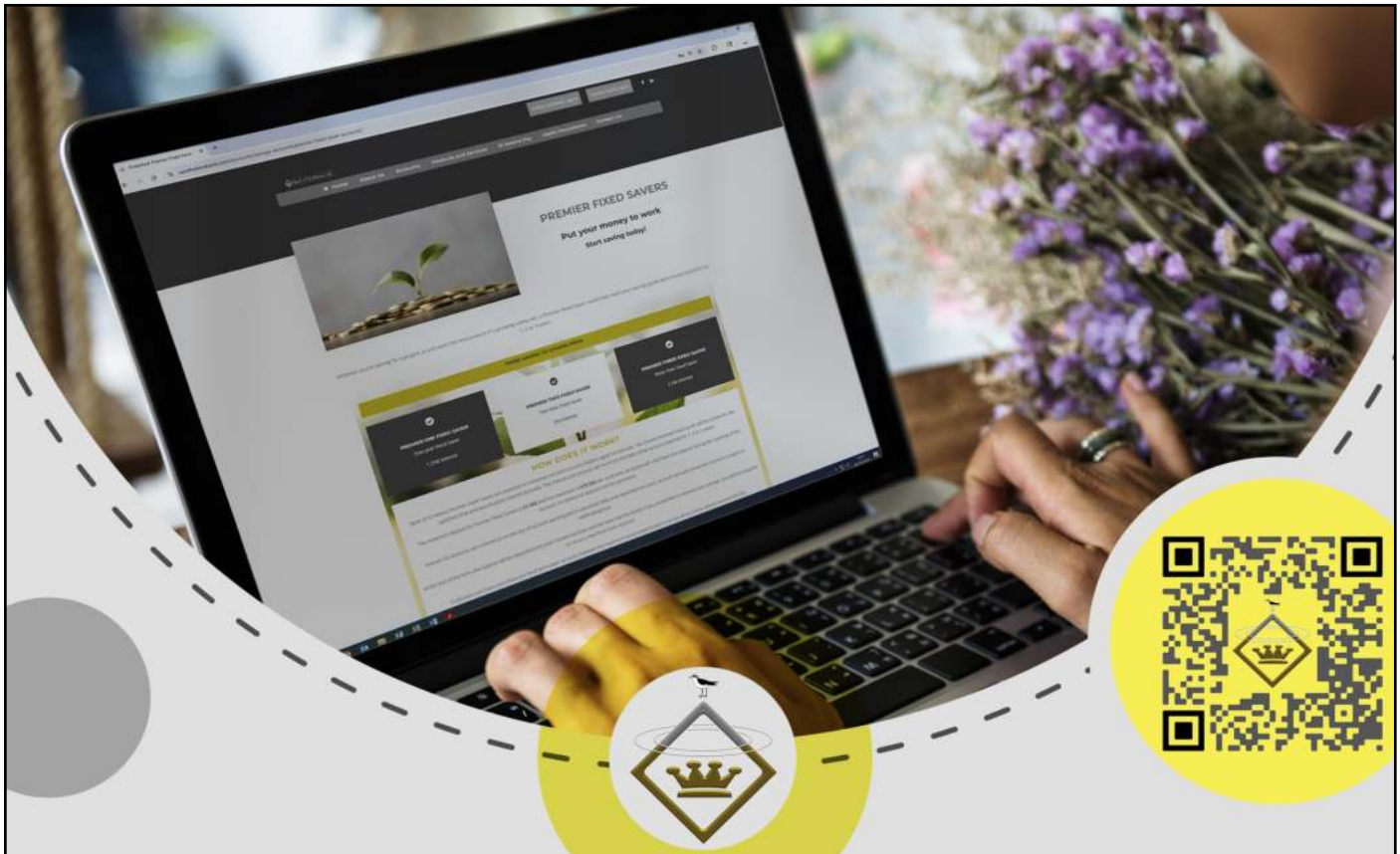
***Choose a career with Bank of St Helena and enjoy competitive benefits.***

Bank of St.Helena Ltd.

Established and regulated in St Helena under the Financial Services Ordinance, 2008 and 2017, the Financial Services Regulations, 2017, the Company Ordinance, 2004 and the Company Regulations, 2004

info@sainthelenabank.com
www.sainthelenabank.com
@sainthelenabank
+290 22390
Market Street, Jamestown
Bank of St Helena Ltd

# 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

# VACANCY

Bank of St.Helena Ltd.

## Credit Control Officer

*Commencing at £11,748 per annum*

Bank of St Helena Limited is seeking to recruit a suitable person to fill the new and exciting position of Credit Control Officer.

The Credit Control Officer will report to the Lending Services Manager and will be responsible for the debt recovery for Bank of St Helena by monitoring loan repayments and unauthorised overdrafts. They will also be responsible for educating and supporting clients to manage their payment options, finding appropriate resolutions to their payment queries or issues and negotiate payments and payment plans with clients.

The position will require the successful candidate to have the ability to identify potential debt risks, be able to work with the Bank's Legal Representative to initiate legal proceedings on non-performing loans via the St Helena Court system, be highly motivated, have a high level of accuracy, and good organisational and time management skills.

In addition, the successful candidate must be flexible to work demands, have experience of working in a customer service environment and ideally have a qualification in Banking and/or Finance, or be willing to work towards one.

Candidates should also possess:

- GCSE's in Mathematics and English at Grade C or above;
- Excellent written and verbal communication skills;
- Experience working in Accounts Receivable, Credit Control or similar;
- Ideally having some understanding of legal matters.

Interested persons can contact the Lending Services Manager on (+290) 22390 or email lendingmanager@sainthelenabank.com for more information.

An Application form and job profile is available upon request from the Bank and can be viewed on our official website. Completed application forms should be addressed to the Human Resources Manager, Market Street, Jamestown or emailed to hrmanager@sainthelenabank.com.

**Closing date for applications is Friday, 25 July 2025.**

***Choose a career with Bank of St Helena and enjoy competitive benefits.***

Bank of St.Helena Ltd.

Established and regulated in St Helena under the Financial Services Ordinance, 2008 and 2017, the Financial Services Regulations, 2017, the Company Ordinance, 2004 and the Company Regulations, 2004

info@sainthelenabank.com
www.sainthelenabank.com
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+290 22390
Market Street, Jamestown
Bank of St Helena Ltd

# NOTICE BOARD

JOIN THE PUBLIC SERVICE

## Join us!

## We are recruiting...

St Helena Government

### 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**

### 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.

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 THE PUBLIC SERVICE

# *Join us!*

# *We are recruiting…*

St Helena Government

## 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**

### Human Resources Data & Systems Assistant (£10,088 per annum)

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

Contact us for more information and a discussion

**Enquiries:** **Chloe Outen on Tel No. 22470 or Email: chloe.outen@sainthelena.gov.sh**
**Closing date:** **07 August 2025**
**Shortlisting date:** **12 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.

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

## Emergency Planning Officer (£13,569 per annum)

As Emergency Planning Officer you will join a small team to assist with planning and preparing to ensure that St Helena can respond effectively to major emergencies and business disruptions. You will work with a range of partners to plan, prepare and practice our response arrangements. In the event of an incident occurring you will play a vital role, responding to the event, supporting the management of the response, end enabling the recovery and restoration following on.

Contact us for more information and a discussion.

**Enquiries:** **Anel O'Bey on Tel No 24785 or Email** anel.obey@helanta.co.sh
**Closing date:** **07 August 2025**
**Shortlisting date:** **12 August 2025**
**Interview date:** **26 August 2025**

## Senior HR Assistant (£11,604 per annum)

Here is a great opportunity to start your career in HR! Central Human Resources is seeking to recruit a motivated and enthusiastic individual to join our HR Transactional team. In this post, you will be responsible for undertaking a range of HR transactional processes to ensure the delivery of a high quality HR service. Keys areas include recruitment and selection, processing of leavers, contractual changes and providing advice on employment related policies and procedures.

Contact us for more information and a discussion.

**Enquiries:** **Sharnell Benjamin on Tel No 22470 or Email** **Sharnell.benjamin@sainthelena.gov.sh**
**Closing date:** **07 August 2025**
**Shortlisting date:** **12 August 2025**
**Interview date:** **26 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

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# NOTICE BOARD

St Helena Government

## THE CHIEF MINISTER

**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 information on how the Ministerial Government works.**

**This week's focus is on the role of the Chief Minister.**

### Who is responsible for selecting a Chief Minister?

Following the General Election, the 12 candidates elected will form the Legislative Council. At the first meeting of the Legislative Council held after the General Election, the 12 Elected Members will, by secret ballot, elect a Chief Minister from among them, and the Governor must then officially appoint the person so elected as Chief Minister.

### How are the Ministers appointed?

The first job for the Chief Minister is to select four Elected Members of Legislative Council, who have consented to their nomination, to serve as Ministers. The Governor then officially appoints the Ministers to their respective portfolios. The Governor must follow the recommendation of the Chief Minister on these appointments.

The Chief Minister can recommend to the Governor the revocation of an appointment of a Minister. The Governor has to then revoke the appointment.

The Chief Minister and Ministers will together set out publicly their vision and main policies for their four-year term of office. It is expected this Vision Statement (or some may call it a Manifesto Statement) would be prepared soon after they are in office.

### What departments and function of Government will the Chief Minister be responsible for?

The Chief Minister will recommend to the Governor the allocation among the Ministers (including the Chief Minister if they so desire) of the Treasury and other portfolios giving responsibility for functions of government. The Chief Minister will have responsibility for any functions of government in respect of which no allocation of a portfolio to a minister has been made. This process excludes any functions of government which under the Constitution or other law are the responsibilities of other persons. This would for example, exclude most of the Governor's special responsibilities under the Constitution.

A Minister who has the responsibility for a portfolio, exercises general direction and policy control over that portfolio, in accordance with the policies of the Government as determined by the Executive Council.

Along with the Ministers, the Chief Minister will have direct political responsibility and accountability for all strategic policies and services delivered by their portfolio. This includes strategic allocation of resources within the portfolio, as well as responsibility and accountability for all policies and services delivered. They will also be expected to account to Legislative Council for the effective use of public funds spent in their portfolios to deliver on policy outcomes. Ministers however, are not accounting officers, that is a responsibility that falls to members of the public service - usually the Portfolio Director.

**Who reports to the Chief Minister?**

The four Ministers will report to the Chief Minister who will have oversight of their performance. Neither the Chief Minister nor Ministers will manage any public servants as this is the role of the Head of the Public Service or Portfolio Director and their senior officers within Government.

**Will the Chief Minister be responsible for the operational activity of their Portfolio?**

No. The operational delivery of policies and public services are the responsibility of public officials. The Chief Minister and Ministers have political responsibility not line management responsibility of officials. This is to ensure that an impartial public service, free from political influence, is maintained as required by the Constitution.

**Can a Chief Minister dismiss a Public Service Director?**

No, Portfolio Directors report to the Head of the Public Service who is responsible for the performance of all senior officers.

**What relationship does the Chief Minister have with Public Service Directors?**

Unless the Chief Minister is allocated their portfolio, they will not have a direct relationship with a Director. The Minister with the allocated portfolio will exercise general direction and policy control over the portfolio and will work closely with the Portfolio Director and Senior Management team. The Portfolio Director will, in turn, act as chief policy adviser to that Minister on matters within the portfolio's responsibility.

**Can a Chief Minister be dismissed?**

The only way that a Chief Minister can be removed from their office (outside their own decision is):

1. If a motion of no confidence in the Chief Minister is carried in Legislative Council
2. If a motion of confidence in the Chief Minister is lost in Legislative Council.

The Chief Minister could also choose to step down from their position for a variety of reasons by tendering their resignation to the Governor.

# NOTICE BOARD

**Where is the Chief Minister based?**

The Chief Minister will be based at the Castle but will also work from an office within their respective portfolio (if relevant).

**How is a Chief Minister held accountable for their decisions?**

The Chief Minister is ultimately accountable to Legislative Council.

The Chief Minister is also be held accountable through a number of mechanisms including:

1. Select (scrutiny) Committees set up under the Constitution.
2. Keeping the Governor informed of activities of Government as required under the Constitution
3. The Ministers' Question Time
4. Questions in Legislative Council including those on behalf of constituents
5. Debates in Legislative Council
6. The Ministerial Code of Conduct.

**Does the Chief Minister chair Executive Council Meetings?**

No. Executive Council meetings are chaired by the Governor but the Chief Minister provides the collective advice of Ministers to the Governor following discussion on matters presented at Executive Council.

The Chief Minister is able to meet with their Ministers when they choose. The Constitution expressly states that they can do so in order to decide what advice to tender to the Governor at a meeting of the Executive Council.

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

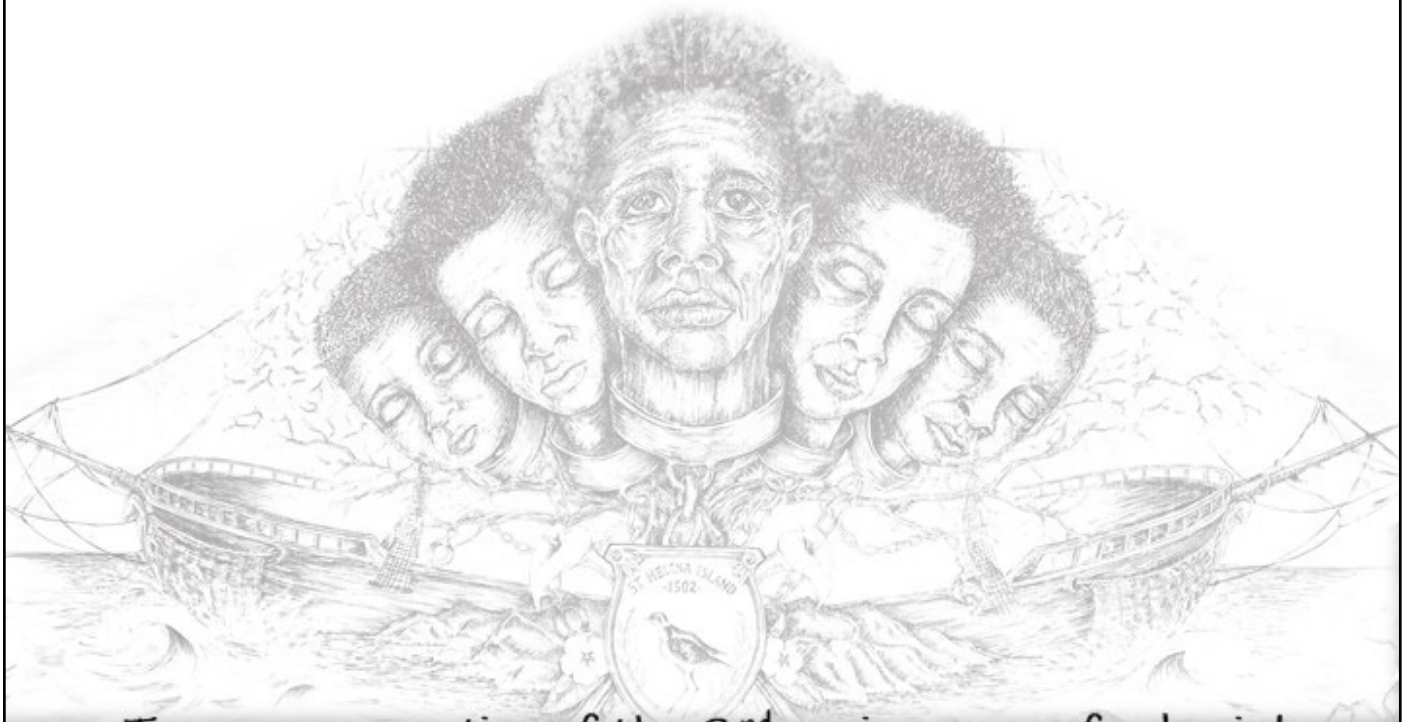
**SHG**
**23 July 2025**

## NOTICE BOARD

ST HELENA NATIONAL TRUST

# THE PORTRAIT GALLERY

2nd – 30th August 2025
Museum of St Helena



In commemoration of the 3rd anniversary of reburial and remembering all Liberated Africans buried in Ruperts Valley.

The exhibit features the artwork of Saint/Saint-descended artists and researchers interpreting what three people buried at Rupert's Valley may have looked like.

The process blends science (archaeology and anatomy) and art, showing that the process of portrait creation is a meaningful way to commemorate the 'Liberated Africans' and their burial space.

For further information contact
Shelley.Magellan-Wade@trust.org.sh Tel: 25531

St Helena Island
A breath of fresh air

MUSEUM of St. Helena

SPORTS ARENA


# 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.**


# Greetings from the Jamestown Rifle Club



**Pat Henry,** Contributed

This week, we continued sharing our shooting activity time with the Jamestown Scouts group as they are working hard to achieve their awards; we are happy to support them in their chosen sport in gaining their badges. We had eight youth members this week, also returning from holiday was Josie and Pippa, welcome back girls. Joining the group is our newest youth member, Zarah Spence, this is something new for her, she's never shot a gun before but her first score totalled 86 points and the highest score of 99.4 was shot by Hari Stead. Eight Scout members attended making progress and grasping the understanding why it's so important to concentrate and focus making sure they are aligned with the target before taking the shot, but we as leader know that their aim is to shoot the highest score, eventually they will understand the concepts.

We accommodated some 16 people for the evening activity which is pleasing to see, knowing they are interested in practicing for the upcoming two-group competitions; we are hoping this important event will start on 4/5 August, depending on access and travelling status. It's really good to see the enjoyment, expressions, determination and positive reaction members portray on the shooting range; it's unquestionable how sporting activities is an important ingredient within our lives. Tinika training shot 92.1, Cherilee 90, our new member Rachael shot 93.1 & 90.1; well done Rachael, and welcome to the family. Imogen shot 93.3, Nate 92.1, Adam Glanville who hasn't shoot for years made 88.1, Helen Joshua 97.4, Daniel back on track with 99.6, Elli had a good race with 100.9 & 100.8, Helena Rose 95.2 & 94.2, a wonderful night for Kyle and his determination shot 99.4, 97.6 and finishing with 101, congrats everyone and thanks for strengthening our shooting platform. May we all have a pleasant weekend.

# Golf Report



**SHGC,** Contributed

The Bank of St Helena two-day Challenge Cup competition was played out on Saturday and Sunday with 21 players taking part.

Saturday saw all players fuelled by favourable weather, giving them the energy boost needed to showcase their skills. It was good to see a steady flow with power and strength on the playing field having fine visibility.

Although the wintry rains made a challenging difference on the putting surfaces, three players returned impressive scores and took the podium positions; in 3rd place was Patrick Johnson with 68 points, 2nd place Neil Joshua with 67, and leading in 1st place was Pat Henry with 66 points.

In addition, the two ball pool winners were Gerald George on the 5th hole, and Ashton Benjamin and Anthony Green on the 7th hole, each receiving 7 balls.

However, on day two (Sunday), the weather pattern had changed with some rain showers giving a wet start to the early tee-off groups; luckily it recovered soon, allowing players to focus more on their game.

The exciting thing about two-day competitions is you can never predict how it can change your game and changethe leader board score results from one day to the other. After the last group were finished and returned to the clubhouse, players enjoyed a meet and greet before for the final results were revealed. Members raised the roof with a hearty welcome applause for Miss Zedella Young, Marketing Manager for the Bank of St Helena, as she addressed the significance of the sponsorship, happily making this their 6th year sponsoring this epic Golfing event.

Zedella then delivered the presentation awards to the winners. Best gross score for ladies was won by Laura Buckley with 183 & most Pars of (6). Best gross for gents awarded to Martin Joshua 158, the most Birdies was awarded to Dax Richards who shot (3). The overall winners of the BOSH competition: in 3rd place was Larry Legg with 141, the overall runner-up, Martin Joshua, with 136 and the overall winner, new champion for the BOSH Competition 2025 is Pat Henry with 132. Well played and congratulations to everyone for making this competition happen. Thanks are also extended to Zedella and the BOSH.

winners over the Inter Galactics, who were boosted at least to have a full squad available for Matchweek 2. Donning the new orange and black Wirebirds kit, Kyle Shoesmith scored seven goals while Man of the Match, Shane Stroud, added a hat-trick. A Sanjay Clingham brace and goals from Korben Minto, Delroy Leo, Brandon Harris, Sean-Lee Thomas, and Edson Stevens rounding off the scoring for the 'Birds who now have two wins from two and are yet to concede a goal.



Finally, in the most highly anticipated match of the weekend, Bellboys overcame a one-goal half-time deficit to pick up a big win over reigning champions, Rovers, by four goals to one in the Sunday afternoon fixture. Toure Osborne put the holders up in the first half and a string of saves from Chris Owen kept Rovers ahead at the break. Bellboys came out strong in the second phase however and were back on level terms early thanks to Joey Thomas, who ended the game with a brace. Goals from Taylan Phillips and Scott Henry made sure there was no chance of a comeback from Rovers, while a resilient defensive contribution by Weston Clingham ensured he was named as the Man of the Match.

Rovers went the entire season without tasting defeat on their way to the title in 2024, so this result for Bellboys is a statement of challenge for this year's league title. These sides will meet twice more in a three-round league campaign this season, but for now, Bellboys have an early advantage. They will however go up against the high-flying Wirebirds in Matchweek 3, in what should be another entertaining and highly anticipated affair.

## FOOTBALL RESULTS

*Saturday 19 July 2025*

| | |
|---|---|
| **La Verde 7** | **Fugees 1** |
| J Johnsen (3) H Winfield (2) B Bennett, P Teyang | J Williams |
| *MoM: Harry Winfield* | |

*Sunday 20 July 2025*

| | |
|---|---|
| **Wirebirds 17** | **Inter Galactic 0** |
| K Shoesmith (7) S Stroud (3) S Clingham (2) K Minto, D Leo, S Thomas, B Harris E Stevens | |
| *MoM: Shane Stroud* | |
| **Bellboys 4** | **Rovers 1** |
| J Thomas (2), T Phillips, S Henry | T Osborne |
| *MoM: Weston Clingham* | |

## FOOTBALL FIXTURES

*Saturday 26 July 2025*

| | | | |
|---|---|---|---|
| *2pm* | **Bellboys** | **vs** | **Wirebirds** |

*Sunday 27 July 2025*

| | | | |
|---|---|---|---|
| *1.30pm* | **La Verde** | **vs** | **Inter Galactic** |
| *3.30pm* | **Rovers** | **vs** | **Fugees** |

**Fixtures subject to weather conditions*

# SPORTS ARENA




## Bellboys hand Rovers first defeat in two years as La Verde and Wirebirds also take home the points in Matchweek 2

**Liam Yon,** SAMS

**The St Helena Football Association League 2025 continued at Francis Plain over the weekend with three matches played, including a big comeback win for Bellboys over reigning champions Rovers on Sunday afternoon.**

In Saturday's only game, La Verde picked up their first win by beating the Fugees on a sunny winter's day. After conceding seven goals in their opening fixture, the boys in green turned the tables this week scoring seven themselves thanks to a Jorden "Tripper" Johnson hat-trick, a Harry Winfield brace, and a goal each for Blaine Bennett and Paul Teyang. Fugees did manage to score a consolation goal through Jason "Conger" Williams and were not short of chances to add to their tally themselves, with some bright moments during the ninety minutes. Young attacker, Harry Winfield, was named as Man of the Match for a good performance for his La Verde side who are now off the mark in this year's league table with their first points on the board.

Onto Sunday, when the dominance of the free-scoring Wirebirds was on show once again, following up their big goal tally from last weekend with another this week; running out 17-0

