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SENTINEL

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Mac to the Rescue

Steve McDaniel thanked by SHG for assisting with "technical issues" delaying container movement





Around the World, and back again

Cray no more, lovey!



OPINION

SENTINEL COMMENT

Luke Bennett, SAMS

The Vancouver Sea Wolf, yip this is not a cartoon character or a movie; this is real. A subspecies of the Gray Wolf, endemic to the coast of the Pacific Northwest. It feels like something we would have imagined as kids, and would've been shot down because that's not how the world works; but here it is!



What makes these mammals so unique is there aquatic lifestyle. They are known to travel from island to island by swimming and enjoy a diet containing mostly of marine life. Even more impressive, the sea wolf can swim up to seven miles between land masses; not just a little splash about in the pond, these creatures can be classed as semi-aquatic. Recent studies have found lobster in their diet which have led scientist to believe that they actually go diving for food, possibly on their way to the next island.

Imagine you're out there diving and you see a wolf in the distance coming towards you! One of the most feared animals in the world coming at you in the ocean? I'll be walking on water. The ocean is filled with so many mysterious creatures, finding species that were thought to be a myth, and now we have wolves to look out for as well! lol.

The reason these mammals have taken to the waters is because of available food sources. They prey on elk, deer etc. in the summer, but a lack of food on land in the colder months drove them to the shores to look for muscles, seals, otters, washed up whale carcass etc. and brought them to venture into the waters to get to the next island; adaptability at its finest.

This was just an interesting piece for animal lovers, but if you had to take anything from this little write up, is that when times get tough, don't let it be the end of you, be like the Sea Wolf and let no obstacle stand in your way in giving yourself a better life.

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YOUR LETTERS

Dear Editor,

Access Safety Concern at Rupert Bay Beach Area

Rupert's Bay beach area is widely and frequently used by both locals and tourists throughout the year for recreational purposes (i.e. swimming, sunbathing, fishing, water sports, picnickers or other social-type gatherings). While there have been some improvements in the form of several roofed and concreted BBQ areas – with tables and stools – there are two safety concerns in relation to the means of beach access.

Firstly, the established pathway leading down to the beach (sand) area currently comprises a precariously steep uneven slope, which is generously littered with sharp embedded rock projections, loose boulders/stones and slippery shale patches, all of which have the potential to greatly increase the chance of slips, trips and falls and subsequent injuries to users. With no hand rail in place to at least aid in support/or serve as a means of stability, the precariousness of this path is greatly increased.









While it can be argued that inclement weather (heavy rain) and sea conditions will always be a contributing factor in the constant degradation or changing state of this pathway, if nothing is done in the meantime to address this issue, it will continue to deteriorate and subsequently increase the injury risk factor even further as time progresses.

To improve the safety of patrons to the area, it would be beneficial if serious consideration could be given to improving the current pathway, as expeditiously as possible – before anyone gets hurt. Prevention is always better than cure! The installation of a simple ramp or steps– as well as some form of handrail – would unquestionably go a long way towards elevating continued public safety and overall morale for any beach user. In turn, whatever access improvement method is chosen, would also serve to lessen future erosion and continued degradation, whilst still serving a useful purpose.

Secondly, where the picnic area dirt track connects to the pier's paved road at the Port Control barrier hut, a fairly significant 'drop-off' has developed and will worsen – either due to frequent traffic use or through inclement weather conditions (heavy rains).

This "drop- off" in level has the potential to cause vehicular damage (tyres, shocks, bumpers etc.), and also serves as a potential trip hazard to any pedestrian traffic. Therefore, consideration should be given to extending the current ramp to encompass the width of the entrance (if practicable) - as opposed to just the left hand side only – or incorporate any other means of improving surface levels to ensure a smooth transition for vehicles or walkers who may enter or exit through this entrance point.

Again, prevention is always better than cure!

Yours sincerely,

Peter Neil

Mac to the Rescue

Steve McDaniel thanked by SHG for assisting with "technical issues" delaying container movement



Liam Yon, SAMS

SHG have local businessman, Steve McDaniel, to thank for his part in getting their stacker back up and running after "technical issues" in Jamestown saw a number of cargo containers remain in situ at the wharf for longer than expected following MV Karoline cargo operations last weekend.

The MV Karoline arrived on Friday with cargo operations having been conducted quickly the following day, when 64 containers and 184 tonnes of break bulk was discharged and cargo destined for Ascension Island was loaded onto the vessel; she departed for Ascension at just after 12noon last Sunday.

On Monday however, SHG informed that "approximately 30 cargo containers" - having been just offloaded from the Karoline - remained in Rupert's, unable to be transported, as normal, to the Jamestown Wharf. This was "due to technical issues with equipment at Jamestown," they said.

While these "issues" were not detailed, reports confirmed that the problem was with SHG's stacker at the Wharf which required a mechanical fix, said to be a turbo, in order for it to become operational again. Thankfully, it was a local businessman – namely Stevie 'Mac' – who was able to provide the part required, with SHG expressing gratitude to Stevie among others in their update issued late on Tuesday.

"Port Control is pleased to announce that the technical issues with equipment at Jamestown have been resolved," they informed. "We extend our sincere thanks to everyone involved from the SHG Transport Section and Steve McDaniel for their mechanical assistance in rectifying the situation."

With the issues resolved, including an alleged issue with the crane on top of their stacker, SHG confirmed that "normal port operations" were back underway.

"We appreciate the understanding and patience of all merchants, consolidators, and the public during this period," they said to conclude their update.

2025 Marriage register



Names	Marriage Date	Place of Marriage
Jeremy John Yon & Kaylee Louise O'Dean-Piek	19/07/2025	St James's Church, Jamestown, Island of St Helena.

"More Robust and Accessible"

SHG announce "key changes" to Immigration Ordinance from 1 October



Liam Yon, SAMS

In June 2025, the Executive Council approved the Immigration (Amendment) Ordinance 2025, to update the Immigration Ordinance, 2011, with the aim being "to streamline processes and introduce new permit categories for visitors and those wishing to work and reside on the island."

These changes, which SHG state "will impact current visitors, prospective arrivals, and even SHG employees" are set to commence on 1 October this year with the "key objective" being the clarification of entry and work entitlements on the Island to make St Helena's immigration framework "more robust and accessible."

In terms of the new permit structure under the amended ordinance, the Short Term Entry Permit will be replaced by a new Holiday Permit which "will no longer include the right to work" and "allows visitors to stay for an initial 183 days, extendable once for up to a total of 365 days." Despite removing the right to work, holders of a Holiday Permit will be permitted to undertake up to one month of volunteer work on the Island during their stay if they wish.

Another new permit being introduced is the Permission to Stay and Work Permit, replacing the former Long Term Entry Permit. Issued for up to five years, this new permit can be applied for "in advance of arrival or while on a Holiday Permit on St Helena" but requires those applying to "demonstrate financial self-sufficiency" which SHG say can be done "either through personal funds or confirmed employment." It was also noted that those holding a Holiday Permit and applying for the Permission to Stay and Work Permit will only be able to commence work if and when this permit is granted.

SHG add with regards to permit applications that a new online platform "is expected to be operational in September 2025" which should simplify the process of applying for the newly introduced permits from 1 October.

With these changes to the permit structure, those currently holding a Short-Term Entry Permit will, after 1 October, need to apply for a Permission to Stay and Work Permit, though a "three-month grace period" is being allowed for this transition which runs until 31 December.

Similarly, while SHG employees and their families are "currently exempt" from needing to hold a Long-Term Entry Permit, with the new changes from 1 October they will need to obtain a Permission to Stay and Work Permit. For this, SHG is allowing a "six-month grace period" up to 31 March 2026 to allow for these applications.

Another change to come into effect from 1 October will be the disbanding of the Immigration Control Board, currently charged with processing permit applications alongside immigrant employment certificates and immigrant landholding licences. Going forward, "all decisions" in relation to applications for Permission to Stay and Work Permits and St Helenian Status will be taken by Immigration and Customs, "streamlining the decision-making process," according to SHG.

With all of these changes, SHG did however seek to make it clear "that the requirement for a visa to be applied for in advance of arrival on St Helena remains unchanged."

To conclude, SHG recognised the "significance of these changes" and "committed to ensuring a smooth transition" for all those who will be affected from 1 October. "We encourage all current STEP holders, SHG employees, and anyone planning to visit or work on St Helena to familiarise themselves with these upcoming changes," they appealed.

Cray no more, lovey!



Fishing for Lobsters, and commercial fishing for Deepwater Bullseye, will "need to stop" say Marine Enforcement as "temporary ban" comes into effect until the end of the year following "set limits" having been reached for popular local fish species

Liam Yon, SAMS

St Helena Government's Marine Enforcement Section have asserted that all fishing for lobster species and commercial fishing for Deepwater Bullseye will "need to stop" with a "temporary ban on lobster and Deepwater Bullseye fishing" having come into effect until the end of the calendar year following catch limits for lobster, and commercial quota for Deepwater Bullseye, having been reached according to SHG.

It was detailed in a Press Release issued last week that this "temporary ban" from 30 July to 31 December this year has come as a result of lobster catch limits being reached alongside the commercial quota for Deepwater Bullseye. "Recent fishing data shows that we have reached the overall catch limits for all lobster species and the commercial quota for Deepwater Bullseye," revealed Marine Enforcement.

As background, they explained how limits have to set to safeguard fish populations in St Helena's fishing zone. "To protect St Helena's fish populations and ensure they remain healthy for the future, we set limits on how much fish can be caught," explained SHG. "These limits, called Total Allowable Catches (TACs), help us manage different fish species. We also divide these limits into catch quotas for different types of fishing (commercial, sports angling, spearfishing, and recreational)."

They go on to state how, as a result of limits being reached, from Wednesday 30 July, any landing or retention of Brown Spiny Lobsters or Red Slipper Lobsters through any method of fishing is prohibited within St Helena's 200nm fishing zone. This essentially means that no more lobsters, referred widely on the Island as crayfish (a popular local dish for eating), can be caught through any fishing method for the remainder of 2025.

Additionally, during the same period of time, another popular species among locals, the Deepwater Bullseye, is prohibited from being landed or retained through commercial fishing, though can still be done so through other types of fishing.

"Our main goal is to keep fish stocks sustainable for the long term while also considering the impact on our fishing community," stated SHG.

With regards to by-catch, it was informed how "any Brown Spiny Lobster, Red Slipper Lobster or Deepwater Bullseye (through commercial fishing) caught as by-catch during this period must be returned immediately to the sea" where they add that "returning by-catch immediately will not be considered a violation of this notice."

To conclude their release, SHG sought to remind that "breaking a Fishing Control Notice is a serious offense under section 72(2) of the Fisheries Ordinance, 2021" adding that "if found guilty, individuals could face a maximum fine of £25,000."





Third Time's the Charm



Another successful visit to Ascension for Governor Phillips

Liam Yon, SAMS

Recently returning to the Island was His Excellency Governor Nigel Phillips and Mrs. Emma Phillips, following what was described as a successful third visit to Ascension Island for the Governor – and the first time for Mrs. Phillips – since being appointed as Governor of the territory back in 2022.

The Ascension Island Government reported that "key highlights of the Governor's visit included hosting a public meeting, opening the newly renovated Sea and Land Rescue Facility, and attending a formal meeting of the Island Council".

During his time on Ascension, the Governor met with the newly elected Island Council as well as Heads of Employing Organisations and, of course, members of the Ascension Island community. AIG also reported that "over the course of his visit, the Governor discussed community concerns, government priorities, the one island approach and how to bring these elements together to support and deliver effective governance."

Governor Nigel Phillips mentioned the continued importance of Ascension when reflecting on his recent visit. "Ascension Island remains hugely important," he said. "I was impressed to see the progress being made on improving the island's infrastructure. I saw and heard about current challenges, including food security, and the work the AIG and others are doing to address them using the one island approach. I was also struck by the community's continued dedication to Ascension's core mission. Emma thoroughly enjoyed her first visit to Ascension. Like me, getting to know people a little better is a real pleasure and, of course, the island's remarkable nature and landscape are a joy to behold."

Following his visit, the Governor returned to St Helena, via the UK and South Africa, this past weekend on Saturday, 26 July.



Prince Phillips

Liam Yon, SAMS



Enzo Phillips

At 6.03pm on 9 April 2025, first time parents Tia-Simone Henry-Phillips and Toure Osborne, welcomed to the world their precious baby boy, Enzo Phillips, weighing a healthy 6lbs 1oz.

According to Mummy, baby Enzo is "growing into a happy little boy" and is "very talkative". Always smiling, Enzo is growing fast and "definitely enjoys his sleep."

First-time Mum, Tia, says she is "still adjusting to motherhood" but loves every second of it. "I'm learning things everyday and getting to know my baby more and more," she smiled.

Dad, Toure, is also adjusting to fatherhood and loves watching Enzo's "happy little personality grow" with baby boy described as a definite Toure "mini-me".

Both Tia and Toure would like to send gratitude to all their family and friends that have helped with Enzo so far and who love him just as much as they do.







‘Help is able to be summoned’

St Helena Red Cross donate Pendant Alarms to improve care for Elderly and Vulnerable residents on the Island



St Helena Red Cross, Contributed

The local Branch of the Red Cross, in observing one of our fundamental principles of protecting life and health and ensuring respect for the human being, recently donated to Elderly Care, Social Services, eight pendant alarms.

These are used to help elderly and vulnerable people remain living in their own homes for a longer period of time with safety, support, dignity and the ability for continued social interaction.

Pendant alarms are an invaluable means of allowing people previously considered high risk to continue to live relatively independent lives within the community. It provides confidence and reassurance to these vulnerable people, their family and Social Services that, in the event of an emergency, help is able to be summoned. They are simple to operate and do not require great dexterity.

Given the proportion of elderly people on the island, and the probability of this trend continuing into the future, these alarms are likely to prove a crucial element in helping people remain within their own environment for longer; particularly those living in remote and isolated parts of the island.

The value of these alarms is evident by the constant use of them, which despite the donation of eight units by the Red Cross almost doubling the number, it is understood they are all currently in use; which proves how vital a resource they are.



Through the Lens

Learning from Afar: How the UK's Digital Education Revolution Can Transform St Helena - Written By *Ed Oyewo*

While the world grappled with educational disruption during the 2020 pandemic, St Helena found itself in a unique position. Our geographical isolation, combined with limited internet infrastructure, meant we largely missed both the immediate digital education revolution that swept across the UK and the valuable lessons it taught. However, with the transformative upgrade of our internet connectivity in 2023, we now stand at a remarkable crossroads—able to learn from the UK's experiences without having to repeat their struggles.



The UK's Digital Education Journey: Tragedy and Triumph

During 2020-2021, UK schools shifted entire curricula online overnight. Teachers transformed homes into digital classrooms, students adapted remarkably to online learning. However, the experience revealed critical gaps: inadequate infrastructure, digital poverty affecting device access, and insufficient teacher training in digital pedagogy—lessons now invaluable for St Helena's planning.

St Helena's Unique Advantage: Learning Without the Crisis

Our island's circumstances during the pandemic—while challenging in their own right—have inadvertently positioned us with a unique advantage. We can now observe, analyse, and implement the best practices developed across the UK without having to navigate the crisis-driven adoption that characterized their experience.

Lessons We Must Embrace: The UK's experience teaches us several critical lessons for St Helena's educational future:

Technology with Purpose: Educational technology is not about replacing traditional teaching methods but enhancing them. The most successful UK schools used technology to support teacher collaboration, reduce administrative workload, and increase family involvement in education. On St Helena, where community connections are strong, this approach aligns perfectly with our values.

Blended Learning Excellence: The UK discovered that the binary debate between traditional and digital education was counterproductive. The most effective approaches combined the best of both worlds—using technology to consolidate knowledge, enable skills practice, and connect learners with resources and expertise beyond their immediate environment.

Infrastructure as Foundation: No amount of innovative teaching can overcome inadequate digital infrastructure. The UK's investment in robust connectivity and devices proved essential. St Helena's recent connectivity improvements provide us with this foundation, but we must ensure every student has access to appropriate devices and digital literacy training.

Teacher Development is Critical: The UK learned that digital tools are only as effective as the teachers using them. Successful schools invested heavily in professional development, ensuring teachers understood not just how to use technology, but how to integrate it pedagogically into their teaching practice.

Our Path Forward: Educational Transformation Through Technology

St Helena can now implement proven educational technology approaches that connect students globally while preserving our island character.

Government Officials: UK evidence shows EdTech investment yields significant returns in outcomes and economic development, creating thousands of jobs through growing digital clusters.

Teachers: Learn from refined UK digital pedagogical approaches. Professional development can reduce workload while expanding learning opportunities beyond our island's physical limitations.

Parents: Technology strengthens family-school connections, increasing communication and providing new ways to support home learning.

Students: Digital opportunities connect you worldwide while developing essential future skills, whether for island life or beyond.

Introducing Our EdTech Series

Over the next six weeks, **“Through the Lens”** will explore how St Helena can implement the best practices learned from the UK's digital education journey. Our EdTech Edition will examine practical applications for our island context, showcase emerging opportunities, and provide guidance for navigating this digital educational landscape thoughtfully and effectively.We will address concerns about screen time and digital safety while highlighting genuine educational benefits.

Till Next Time, Keep Well!

LIFESTYLE & CULTURE

Around the World, and back again (Pt 1)

South African Adventurer and multiple Guinness World Record Holder, Riaan Manser, speaks to The Sentinel about being the only person to circumnavigate the continent of Africa on a bicycle, his trials and tribulations – including being taken hostage – and the sense of accomplishment in achieving his mission which saw him invited for a meet by the legendary Nelson Mandela



Anita Robbertse, SAMS

Recently, Riaan Manser and his family visited St Helena in their yacht and gave up some of their time to come into the studio and do an interview to tell listeners a little bit about what he has done. He is known as a pioneering explorer, multiple world-record and world-first holder, inspirational speaker and author. When one reads through all his accomplishments, you find yourself agreeing with a quote about his expeditions - "they are nothing short of remarkable".

Riaan has travelled more than 100,000km around the world on a bicycle, in a single kayak, a double kayak and a 7-meter ocean kayak. This adventurer has visited 75 countries, achieved four world firsts and holds two Guinness World Records. The Sentinel had the privilege of chatting to him about some of his experiences.

"It's nice to hear people remind me of what I've done because my family reminds me I've done very little, but I like to hear people say you haven't done too badly," he laughed when being introduced. He was accompanied on his yacht by his wife, Vasti, and two young sons, James and Samuel.

Riaan said that his first expedition, circumnavigating the continent of Africa on a bicycle, started off a career of 20+ years as an adventurer and author. When he made the decision to cycle around Africa, it was something that had never been attempted before. He felt it would be amazing if a South-African could achieve this world-first and create history. "I really, as a South-African, felt if somebody was going to break new boundaries, undertake new explorations and adventures, it can be a South-African and then it ended up being me," he recalled. "So this was my first journey 2003, 2004 and 2005."

He detailed how it was a long journey lasting two years and two months (instead of the anticipated one year) clocking over 40,000 kilometres alone on his bicycle. It was a gruelling trip requiring all 27 year-old Riaan's efforts to survive, fighting daily to make progress on his journey and persevere in very challenging circumstances. "I've been to more African countries than our last three South African presidents combined," he revealed. "I've lived in those countries. I've slept with the poorest. I've slept in the houses of the richest. I've lived, breathed, slept and ate the continent. I do know about poverty and the Hollywood of South Africa that we sometimes take for granted, the privilege we have."

Considering all the dangers he faced during this journey, Riaan replied that youth is paired with danger and risk and if you eliminate risk, you will also eliminate reward. When one grows older and have more responsibilities and people depending on you, we tend to take fewer risks, so it is important to celebrate youth.

When he embarked on his African journey he and Vasti was already in a serious relationship and it weighed heavily on him when he left Cape Town, but he had to be brave in order to endure and achieve his goal. Vasti said that she initially didn't think that he would set out on this journey, but when he left, she knew that she couldn't stop him and would have to deal with this reality. She knew then that she wanted to wait for him to return. "You don't do things that you do not want to do," she said. "I wanted to be with him and I wanted to wait for him, so I chose that." During his journey, the young couple did not have a lot of contact as there were no cell phones in Africa at that time and no internet access. They were only able to have occasional contact when he would have access to phones while travelling through larger cities. Riaan also had very little funds for his journey so could not spend a lot of money on communication. He knew from the outset that it was going to be a difficult journey and he would just have to get on with it as he was determined to accomplish once he committed to taking on this adventure.

One night in Angola, Riaan was thinking about what he had achieved so far and he recalls feeling proud of himself, but also wondering about the logistics going forward as this leg of his journey had already taken 50%



longer than anticipated. At that time, he was still making very good progress doing 150km per day, but there were days that he couldn't even do 10km. "There were days when I fought for 10/15 hours in thick mud and forests," he detailed. "That logistics I couldn't have foreseen, because no-one had circumnavigated Africa on a bicycle. And still today no-one else has done it after I had done it."

During his journey there were many dangers, including a hostile environment through wars and unrest. Riaan was caught up in the war in Liberia where he was taken hostage by rebels and was also imprisoned 13 times at various border posts. A lot of problems came about due to people's misconceptions and preconceived ideas concerning "white South Africans" viewing them as mercenaries while questioning his motives for being in the various countries around the African Continent.



A perspective that Riaan highlighted that not a lot of people consider is how his presence intimidated people and how they perceived him. He was obviously scared and intimidated being alone in Africa, but the reactions of people there clearly showed how intimidated they felt by his presence. He recounts a story of coming across a young boy in a rural part of Southern Congo, walking home in the rain carrying five litre canisters of water. When their paths crossed and he spotted Riaan on his bike, he dropped the canisters and sprinted off screaming to find people. "I could see the fear that was in him," Riaan recalled. "That made me nervous because I thought, where is he going? What is he going to say? Who is going to come for me?" Fortunately, the village was very close by and Riaan came across several other people and he could explain to them in French what he was doing there and where he was going.

When asked about people he met during his journey, Riaan reminisced about the late Faisal Negmeldin, a gregarious and boisterous businessman, whom he met on the Red Sea coast of Egypt.



Through his friendship with Faisal he met the Governor of Hurghada and was awarded the Freedom of the Red Seas; the key to the city of Hurghada.

When Riaan returned safely to Cape Town after successfully completing this seemingly impossible journey, he was contacted by the legendary late South African President, Nelson Mandela, to set up a meeting. Nelson Mandela wanted to meet Riaan as he recognised somebody that he could have admiration for, somebody that was achieving what they said they were going to do and not giving up. Riaan commented on what this meeting meant to him. "There I am meeting one of the greatest, most well-known people in the world," he said with pride. "Out of all the people he asked in his time, being the most famous person, I was one of those people he asked to meet; what a privilege."

Riaan ended the chat about his Africa trip by saying that "there is one fact that is undeniable and that is when you put in great effort, when you persevere, when you fight and fight and fight to get through something, that reward at the end is what you could have never imagined. Never. You couldn't have imagined it! Do and you will be rewarded."



According to Riaan, "the Africa trip was the start of it all. The journey around Africa gave me all the gifts and opportunities that I have today. Everything I have today is because of that bicycle trip and never, ever, ever giving up."

During the interview, we only had time to touch on a fraction of his experiences in Africa and when Riaan and his family return to St Helena in December to continue their sailing expedition as a family around the world in stages, we are hoping to catch up with him again to listen to more stories of his adventures in Africa and on the other expeditions that he undertook. Next week however, we will be looking at some of his other astounding expeditions and experiences, so be sure to get your edition of The Sentinel next week to hear more about this true adventurer.





LIFESTYLE & CULTURE

Osteoporosis: *Protecting Your Bones as You Age*



Arjelo Onde, Contributed

As we grow older, our bodies change in ways we may not always notice, until one day, a small fall results in a broken bone. For many, this may be the first sign of a condition called osteoporosis.

Osteoporosis is often called the "silent disease" because it weakens the bones slowly and quietly over time. You may not feel any pain or see any signs until a bone breaks, often in the hip, spine, or wrist. These fractures can lead to serious problems, especially for older adults, including long recovery times, limited movement, and loss of independence.

What Is Osteoporosis?



Osteoporosis is a condition that affects the strength and density of your bones. In simple terms, your bones become more fragile and are more likely to break. According to Loma Linda University Health, osteoporosis is a condition in which bones become thin and fragile, increasing the risk of fractures.

Our bones are living tissue that constantly renews itself in a process known as bone turnover. Old bone is broken down and replaced by new bone. When we're young, this process works in balance. But as we age, especially after the age of 50, our bodies may lose bone faster than they can replace it. Over time, this leads to bones that are less dense and more likely to break.

What Causes Osteoporosis?

According to Loma Linda University Health, researchers don't know the exact cause of osteoporosis. But a number of factors contribute to the disease.

Who Is at Risk?

Anyone can develop osteoporosis, but some people are at greater risk. This includes:

·Women after menopause, due to lower estrogen levels
·Men over age 70
·People with a family history of osteoporosis
·Those with low body weight
·People with poor calcium and vitamin D intake
·Smokers and heavy drinkers
·People who are inactive or bedridden for long periods
·Certain medications, like steroids, can also weaken bones

Osteoporosis is not just a normal part of aging. Many people keep strong bones well into their later years by making good lifestyle choices early on.

Signs and Symptoms

Osteoporosis often has no symptoms in its early stages. But as the disease progresses, you may notice:

·Loss of height over time
·A stooped or hunched posture
·Back pain, especially from a collapsed or fractured vertebra
·Bones that break more easily than expected

A bone fracture from a minor fall or even coughing or sneezing may be a sign that your bones are fragile.

How to Keep Your Bones Strong



The good news is that osteoporosis can often be prevented or slowed down with a few important lifestyle habits. Here's how:

1. Eat Calcium-Rich Foods - Calcium is the building block of strong bones. Good sources include:

·Dairy products like milk, cheese, and yogurt
·Leafy green vegetables such as kale and broccoli
·Fish with edible bones, like sardines
·Calcium-fortified foods (some cereals, soy milk, or orange juice)

2. Get Enough Vitamin D - Vitamin D helps your body absorb calcium. You can get vitamin D from:

·Sunshine exposure (about 10–15 minutes a day)
·Foods like fatty fish, egg yolks, and fortified cereals
·Supplements, if recommended by your doctor

3. Be Active - Regular weight-bearing exercises help maintain bone strength. Try:

·Walking, dancing, or hiking
·Climbing stairs
·Strength training with light weights or resistance bands
·Movement also improves balance and coordination, which helps prevent falls.

4. Avoid Smoking and Excessive

Alcohol - Both smoking and heavy drinking can weaken your bones. Quitting smoking and drinking only in moderation can protect your bone health.

5. Prevent Falls - Fall prevention is crucial. Keep your home well-lit and clutter-free. Use handrails and have your vision and hearing checked regularly.

6. Get Screened - If you're between 40 and 90 years old or have risk factors, it's a good idea to check your bone health.

A Message to Our Community

Here on St Helena, we care deeply about the health and independence of our people, especially our elders. As a wellness center, we see many clients dealing with pain and reduced mobility due to weak bones.

To help you stay informed, we now offer osteoporosis screening at Le Phare Lighthouse Wellness Centre using the FRAX tool, developed by the World Health Organization (WHO).It's a simple, non-invasive assessment that estimates your 10-year risk of fracture based on your age, weight, lifestyle, and medical history.

Since there are currently no DXA or DEXA machines on the island, nor access to REMS scanners or radiographic absorptiometry, this is the best available method to assess bone health and fracture risk here on St Helena. It's quick, safe, and can help identify those who may need further care, education, or lifestyle changes to protect their bones.

Let's talk openly about osteoporosis. Let's take action early. And let's look out for our neighbors and loved ones, especially those who live alone or are recovering from surgery or falls.

Final Thoughts

Bone health matters. Whether you're young and active or growing older and wiser, you have the power to strengthen your body from the inside out. With awareness, good habits, and community support, we can reduce the impact of osteoporosis on our island.

If you have questions or want to schedule a screening, call us at 22267. We're here to help you.

About the Author:

My name is Arjelo Onde, BSRT, R.R.T., and I am a licensed radiation medical technologist and allied health professional 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:

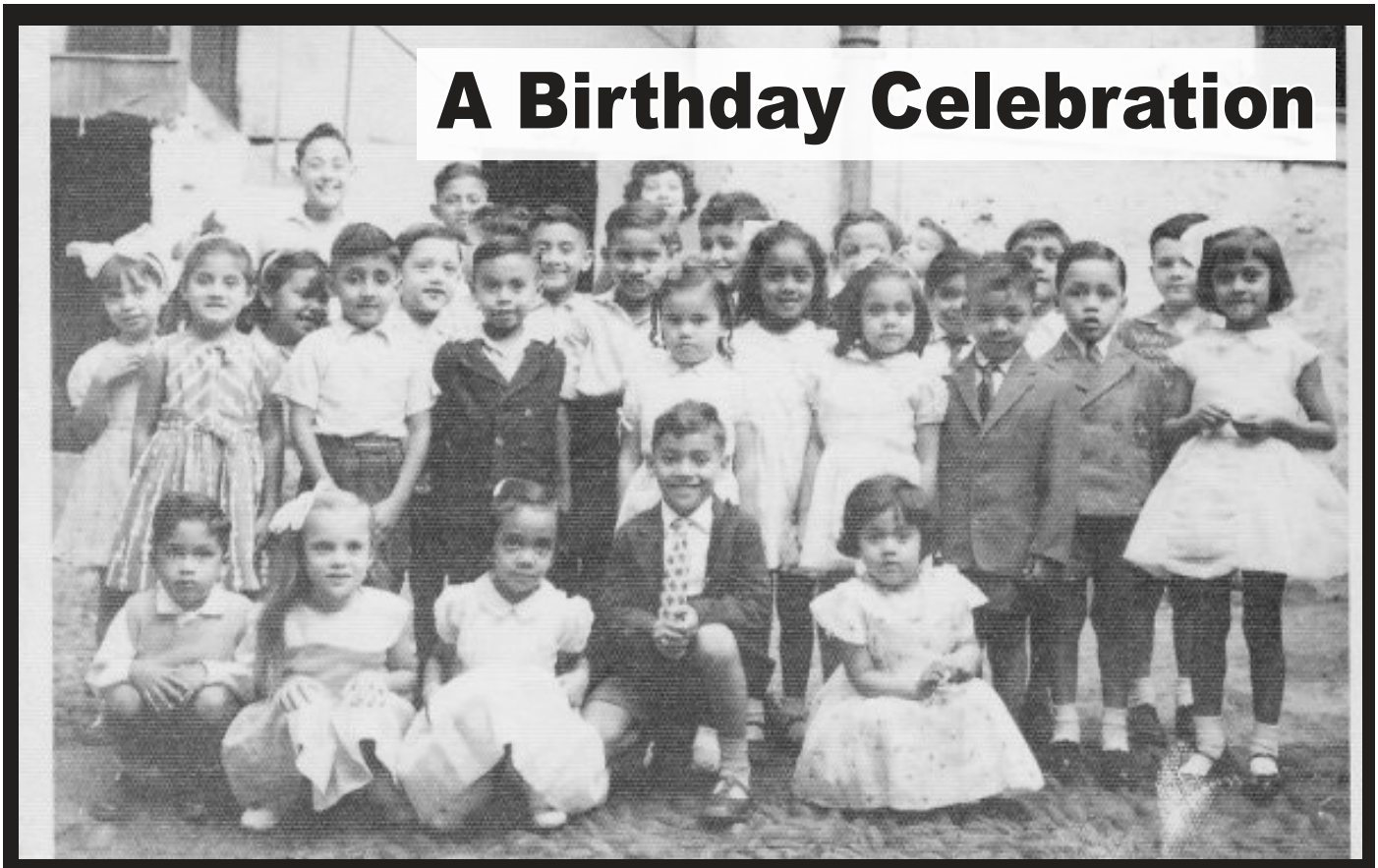
·Loma Linda University Health (LLUH): lluh.org

·World Health Organization (WHO): who.int

·International Society for Clinical Densitometry (ISCD): iscd.org

·International Society of Radiographers and Radiological Technologists (ISRRT): isrrt.org

A Birthday Celebration



Tony Leo, Contributed

Birthday parties for children are always something to look forward to, and this was the same case on St Helena many years ago; especially if you had many friends around. In this picture, all - or most - of these young children are from Jamestown, all are friends and mostly of the same age. These children are now almost 70 years old, and some have gone to rest. It is worth taking into account how well behaved these children were at the time of this photograph. As you gaze at this photo, can you see yourself or recognise the faces in the picture? Where are they today, where was this picture taken, and whose birthday was it?

What has Paraty got that Jamestown doesn't?

A look at the similarities between Jamestown, St Helena, and Paraty, Brazil



— **David Musgrave**, Contributed —

In 1981, I attended various courses in Latin America in particular Brazil, Argentina & Chile; I was there for nearly eight months.

While in Brazil, our study group had to travel by car from São Paulo to Rio de Janeiro, a distance of over 500km. However, instead of driving along the super-fast motorway connecting these two huge cities, we opted for the tranquil road that traverses the coastline of the Costa Verda – Green Coast, in part through virgin tropical forest. About half-way through the journey in the forest we arrived at Paraty, a small town on the coastline.

In very many respects, this small seaside town has much in common with Jamestown, and yet not. Both settlements were founded by the Portuguese explorers in the 16th century, Vela da Capela in 1502, later James' Town and, following decades, Paraty in 1597. Both have their ups and downs and at times checkered economic histories during the following centuries including the use of abundant slave labour; the ancestorial presence in a vast major of Brazilians today.

To date, Paraty has only a small non-commercial aerodrome for private planes or helicopters, a rather redundant freight rail-link and, as stated, far distances from major cities and motorways. But, like Jamestown, it has moorings for yachts and other seacraft, while popular activities include snorkelling and diving, with fishing being the livelihood for many locals. The area surrounding the overall town is abundant in virgin forests and enticing to those who appreciate nature in all her forms.

Additionally, not dissimilar to St Helena, the area around Paraty distils from sugarcane. Its unique and registered cachaça–rum essential to the Brazilian national drink of caipirinha, coffee plantations abound and the harvesting of tropical fruit.

While lower Jamestown portraits architecturally many colonial Georgian-styled buildings, Paraty reflects that of the Portuguese imperial and colonial eras, surprisingly, as a result of Napoléon's army invasion in 1807 and this too had an effect on the development of Paraty, though in a different way. With the invasion, the Portuguese king, court and very many leading citizens fled to Brazil, then still part of the vast empire. The royal family's sojourn there at the Paço Imperial, in Rio de Janeiro, greatly influenced the style of living; particularly the architecture to be seen in several of the historic buildings of the Old Town and Rio former Brazilian capital; seen side-by-side today, two historic towns almost parallel in eras in time and influences.

Today, Paraty has constructively used their colonial past to great advantage; in 2019, it was declared as a UNESCO Heritage Site. In part, achieving this by demarking the historic Old town area by a chain across streets permitting beyond only pedestrians and cycles, shop deliveres only once a week, the numerous imperial colonial historic buildings well maintained and used for resident owners, visitors' accommodation; restaurants and small shops catering for visitors and tourists; the various church buildings are appraised of the vibrant historic foundations, presence and progress and are very much inclusive in the tourist trust including various celebrations both religious and secular.

Yes, there is a modern Paraty adjacent to the Old Town, but the two are clearly separated so as to continue to ensure and enhance what tourists and visitors come to see, appreciate and enjoy.

The question behoves an answer: What has Paraty got that Jamestown doesn't have?



NOTICE BOARD

House for Sale in Sapper Way

For sale in Sapper Way is a beautiful unfurnished house comprising of Three Bedrooms, a Dining Room, a Kitchen, a Bathroom, a Toilet, a Living Room, a Laundry Room, a Patio, a Garage, and a Cloak Room.





For further information please contact Cyril George on telephone number 24501 or email cath.cyril@helanta.co.sh

NOTICE TO ALL MEMBERS OF THE MISAINT PENSION PLAN

The 2024 Annual Statements have now been received and any member who has not yet received their copy are asked to please contact Barbara Harris, Solomons Pensions Administrator on telephone number 22380 or email pensionadmin@solomons.co.sh to arrange collection of their statement.

Statements will only be printed upon request; therefore it is important to contact Barbara to advise if you would like to receive your statement by email or printed format.

REGISTRY OF LANDS, ST HELENA

29th July2025

NOTICE is hereby given of an application by James and Hannah Herne of Gift Cottage, Sandy Bay, for registration of a profit by prescription exercised over Parcel 93 in the Sandy Bay East Registration Section, registered in the name of Colin Russell Corker of Green and Dicksons, Jamestown. Such application is made by virtue of peaceable, open and uninterrupted use of the profit for a period exceeding 20 years. A copy of the application and a plan of the said land are available for inspection at The Land Registry, Essex House, Jamestown, during normal office hours. Any person who wish to make representationsto the Registrar of lands as to why this application should not be permitted must do so within 1 calendar month of the date of this notice.

DUNCAN COOKE, REGISTRAR OF LANDS

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. Aug 01
- 7am -10am: Sunrise show with Luke Bennett
- 11am: American Connections (Repeat)
- 5:30-7pm: OUT OUT! with Liam
- 7:30pm: Country Classics (Repeat)

SAT. Aug 02
- 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.Aug 03
- 7am-noon: Sunday Show with Liam Yon
- 1pm : Interview Hour
- 3-4:30pm: UK Chart Show with Liam Yon
- 7pm: Seventh day Adventist Church Service
- 20:30: Classical Compilations

MON. Aug 04
- 7am-10am: Sunrise with Luke Bennett
- 3-5pm: Artists through the Decades with Deon & Anita
- 5:30pm: Country Classics with Donna

TUE. Aug 05
- 7am-9:00am: Morning Show with Donna
- 11am: Vibes with Anita
- 3:30pm: American Connections with Brian Clough
- 5:30-7pm: UK chart Show with Liam Yon
- 7:30pm: Classical Compilations with Anita

WED. Aug 06
- 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 Anita

THU. Aug 07
- 7am - 10am: Sunrise with Liam & Luke
- 3-5pm: Vibes with Anita
- 5-7pm: Modern Country Chart with Donna Crowie

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

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

Featured this Week





It's my turn for the Sunday Show this week, so tune in to SAMS Radio One on Sunday Morning where I will once again take you on a ride through different genres, playing a little something for everyone. As usual, I will be dedicating a section to the 80's for all the 80s fans out there, so make sure send in your requests if you have any favourite songs from that golden decade of music. Other than that, tune in, turn up, and enjoy Sunday Morning with me, Liam Yon, on SAMS Radio One!

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

SAMS South Atlantic Media Services Ltd

Sentinel Sudoku Session

This week's difficulty is 'Expert'

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

Throwback Thursday



NOT the actual Monkat (or is it?)

31 July 2014:

Reports start to spread of a strange monkey-like cat-like creature (the 'Monkat') on St Helena, with sightings reported island-wide. No hard evidence of its existence has ever been found.

(sainthelenaisland.info)

Tired with roast chicken all the time? Well, why not try this twist for your next chicken dinner? Who would think you can have a breakfast cereal on your chicken? Go on, give it a try!

Crispy Corn Flakes Crusted Fried Chicken



Ingredients

- 5 Chicken drumsticks
- 5 Chicken thighs
- 4 cups Kellogg's Corn Flakes, lightly crushed
- 1 cup Flour
- 3 tsp Salt, divided
- 1 ½ tsp Pepper, divided
- 1 Egg
- 1 cup Milk

Method:

1. Heat oil to 175°C in a deep-fryer or large skillet.
2. Lightly crush Kellogg's Corn Flakes by putting the flakes inside a zip lock bag and crushing with a rolling pin. Set aside.
3. Season flour with 1 tsp salt and ½ tsp pepper. Set aside.
4. Whisk together egg and milk. Season with 1 tsp salt and ½ tsp pepper. Set aside.
5. Season chicken with remaining 1 tsp salt and ½ tsp pepper.
6. Coat chicken with flour then with the egg and milk, then with the Kellogg's Corn Flakes. Pat Kellogg's Corn Flakes onto the chicken to make sure it adheres well.
7. Add coated chicken in batches and cook for 9-12 minutes or until golden brown with an internal temperature of 75°C. Cool on a rack. Enjoy!

NOTICE BOARD

St Helena Government

APPLICATIONS FOR DEVELOPMENT PERMISSION

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

1. **Application 2025/63:** FULL Planning Application for **Proposed Formation of Access Road,** Lower Half Tree Hollow on Parcel HTH1383. Applicant: Chief Housing Officer, Saint Helena Government
2. **Application 2025/64:** FULL Planning Application for **Proposed Formation of an Access Road & Construction of Wall,** Woodlands Road, Horse Pasture, on Parcel BG0211. Applicant: Wayne Yon
3. **Application 2025/65:** FULL Planning Application for **Proposed Covered Area Extension,** Thompson's Hill, St Pauls on Parcel TH020078. Applicant: Neil Joshua
4. **Application 2025/66:** FULL Planning Application for **Proposed Installation of Signage,** Port Control Building, Container Freight Station & Gatehouse Building, Rupert's Container Handling Facilities on Parcels RV0033 & RV0005. Applicant: Programme Management Office, Saint Helena Government.
5. **Application 2025/67:** FULL Planning Application for **Proposed Solar String Lighting,** Church Lane, Jamestown on Parcel JT050037. Applicant: St Helena Tourism**,** Saint Helena Government.
6. **Application 2025/68:** FULL Planning Application for **Proposed Demolition of Existing House & Construction of Three Bedroom Dwelling & Double Garage,** Lower Sandy Bay Ridges on Parcel SBW0006. Applicant: Austin Fowler
7. **Application 2025/69:** FULL Planning Application for **Proposed Construction of 2 x 2 Bedroom Dwellings,** Burnt Rock, Blue Hill on Parcel TH010143. Applicant: Ryan Backhouse

Copies of the Applications and Plans may be inspected by prior appointment with the Planning Section, Essex House, Main Street, Jamestown, Monday to Friday, from 08.30am to 4pm. Appointments can be made with the Administration Assistant on Telephone 24724 or email rea.williams@sainthelena.gov.sh stating the Application Reference Number they wish to inspect.

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

Public Representation Closing Date: 4pm – 15 August 2025

Patricia Coyle, Head of Planning & Building Control

St Helena Government

APPEALS NOTICE

Application 2024/48 – Proposed Construction of a Water Storage Tank, adjacent to Cason's Car Park, Blue Hill

A Notice of Appeal has been submitted to the Land Development Appeals Tribunal against the decision to refuse development application 2024/48 due to a non-determination by the Governor in Council at its meeting on 10th June 2025 in relation to the Application for Proposed Construction of a Water Storage Tank adjacent to Cason's Car Park.

Should you be interested and wish to be updated on the progress of this Appeal, then please write to or email Mrs Amelia Gough, Clerk of the Land Development Appeals Tribunal at the address below:

Judicial Services
The Grand Parade
Jamestown
Email: amelia.gough@judicialservices.sh

Patricia Coyle, Head of Planning & Building Control

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

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



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

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

NOTIFICATION

MEETING OF THE LAND DEVELOPMENT CONTROL AUTHORITY

"The Land Development Control Authority will hold a special meeting on **Thursday, 21st August 2025, at 9.30 am in the St Helena Community College Main Hall, Jamestown**.

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

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

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

NOTICE BOARD

ASCENSION ISLAND GOVERNMENT

VACANCY NOTICE

Surgeon/Medical Officer

Total package value up to £102,172 per annum

Comprising salary of up to £84,994 plus food and utilities allowances, housing and other benefits – details below.

About the role

This is a rare and rewarding opportunity to join the Ascension Island Government's Health Services team in a vital clinical capacity. As Surgeon/Medical Officer, you will be responsible for delivering high-quality primary and secondary medical care on a remote island where resources are limited and access to external medical support is not always immediately available. The role is critical in safeguarding the health and wellbeing of the island's residents and visitors, and offers a unique chance to work at the forefront of remote medicine in a small, supportive community.

What you'll do

You will provide a full range of general medical services, including outpatient consultations, inpatient care, and emergency treatment. In your surgical capacity, you will be expected to manage a broad spectrum of procedures, including general surgery, trauma care, and endoscopies, all in accordance with the standards set by the Royal College of Surgeons. You will also participate in a 24/7 on-call rota and carry out ultrasound screening for relevant cases.

Working closely with the Senior Medical Officer, you will contribute to the clinical governance of the service, manage referrals, support stock control of pharmaceuticals, and assist with updating the medical formulary. In addition, you will be involved in public health promotion, delivering lectures on health issues and first aid as required. Experience in managing obstetrics cases (including emergency Caesarean section) will be an advantage.

What you'll bring

You will hold a recognised medical degree and be fully registered with the UK General Medical Council or an equivalent international professional body. A postgraduate qualification in General Surgery and specialist registration are essential, along with substantial experience in both surgical case management and trauma.

You will also have strong experience as a General Practitioner, capable of handling a range of complex conditions independently. Excellent communication and teamwork skills are essential, as is the ability to remain calm and make sound clinical decisions under pressure. A flexible, resilient approach is important for working in a remote setting with limited backup. A current driving licence is required.

What's it like to live and work on Ascension?

Ascension is a small volcanic island, situated in the South Atlantic, with a warm stable climate (26-34°C). We are part of the wider UK Overseas Territory of Saint Helena, Ascension and Tristan da Cunha, situated approximately 1,000 miles from the mainland of Africa and 800 miles from our nearest neighbour, the island of St Helena. To thrive here in this high-profile role, you must be resilient, adaptable and able to live and work in a remote environment and small community.

What we offer

In addition to an annual salary of up to £84,994 (taxable on Ascension), the role attracts an accompanied status contract and the following benefits:

- Rent free furnished accommodation worth £3,000 pa (taxable benefit)
- An Accompanied status food allowance of £7,680 pa accompanied, or Single status £3,840 pa
- An electricity allowance worth £3,296 pa

- A water allowance worth £3,202 pa accompanied, or £1,921 single status
- Relocation costs for your personal effects, including assistance with the shipment of a vehicle
- One mid-contract return journey to your country of recruitment
- 30 days' annual holiday (with an additional 9 days public holidays)
- A gratuity payable on the successful completion of a 2-year contract
- Free primary dental and medical care and off island, with medical referral if required including medivac arrangements in an emergency.
- Free schooling for dependent children from 4 to 16 years.
- Free annual travel insurance
- Death in Service insurance

The appointment will be subject to:

- Satisfactory employment references
- Enhanced Criminal Records Check
- Satisfactory Medical and Dental Clearance (employee and any accompanying dependants)

Closing date: **Tuesday 26 August 2025**
Interviews: **Late August/Early September (via video call if off island)**
Start date: **As soon as possible**

For more information, a full job description, and to apply, visit:
www.ascension.gov.ac/lifestyle-and-employment/working-here/

If you have any questions about the role, email: recruitment@ascension.gov.ac



Thank You

The family of the late Kathleen Shoesmith of Botanical Gardens, Jamestown, would like to thank the Doctors and Nurses for their care and attention, which was given to their dear mum and aunt during her short illness.

We would also like to take this opportunity to express our since gratitude to Bishop Dale and Father Ernest for conducting the funeral service and to all those who donated flowers, sent cards and messages of condolences and assisted with the funeral arrangements.

In addition, we also like to give a special mention to Mrs Karen Thomas for making the wreaths.

She will sadly be missed
but never forgotten.

Harford Community Centre
ANNUAL GENERAL MEETING

The Harford Community Centre will be holding their AGM on the 13th August 2025 at 7:30pm

Agenda

1. Chairperson's welcome/Report
2. Confirmation of minutes at our last AGM meeting
3. Treasurer's report
4. Election of new committee

"Your support is greatly appreciated if you wish for the community Centre to continue"

NOTICE BOARD

JOIN THE PUBLIC SERVICE

Join us!

We are recruiting...

St Helena Government

Higher Level Teaching Assistant (SPPS)

(£11,217 - £11,770 per annum) - fixed term until Aug 2026

A Higher Level Teaching Assistant takes on the responsibility of planning, preparing and teaching 25% of the schools' teaching time table including any specific support groups and lesson cover in the absence of the Class Teacher. The HLTA will also assist with supervising the children in the playground to ensure pupils feel safe and secured in the school environment. You will be required to have a good level of written and verbal communication skills to be able to interact with all students, colleagues and parents.

Contact us for more information and a discussion

Enquiries: **Patricia Williams on Tel No. 24737 or Email: patricia.williams@sainthelena.gov.sh**
Closing date: **15 August 2025**
Shortlisting date: **20 August 2025**
Interview date: **28 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.

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

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. Key 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**

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 in responding to the event, supporting the management of the response, and enabling the recovery and restoration following on.

Contact us for more information and a discussion.

Enquiries: **Anel O'Bey on Tel No 25052 or Email anel.obey@helanta.co.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

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

Immigration/Customs Officer (18 years +) (Permanent)
(£11,604 per annum)

We are looking to fill these important roles in our busy immigration/customs team, to undertake the duties and responsibilities to reduce threats to the border integrity of St Helena. This is a critical role which requires experience of front line/customer facing responsibilities, an inquisitive mind-set and the ability to work well as part of a team.

Contact us for more information and a discussion.

Enquiries: Delmarie Williams on Tel no. 22287 or Emerald Newman-Yon on 22236 or email:
Delmarie.Williams@sainthelena.gov.sh or emerald.newman-yon@sainthelena.gov.sh
Closing date: 15 August 2025
Shortlisting date: 20 August 2025
Interview date: 29 August 2025

Postal Officer
(£10,088 per annum)

Are you a highly motivated individual with good teamwork and interpersonal skills? If so, the Post & Customer Services Centre has an opportunity for you to join their team. Duties of the post include checking and receiving cash payments, assisting with the sorting and issuing of international mail and preparing all relevant documentation correctly for the receipt and despatch of all post.

Contact us for more information and a discussion.

Enquiries: Karen Yon on Tel No. 22629 or Email:
Karen.yon@sainthelena.gov.sh
Closing date: 15 August 2025
Shortlisting date: 20 August 2025
Interview date: 28 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.

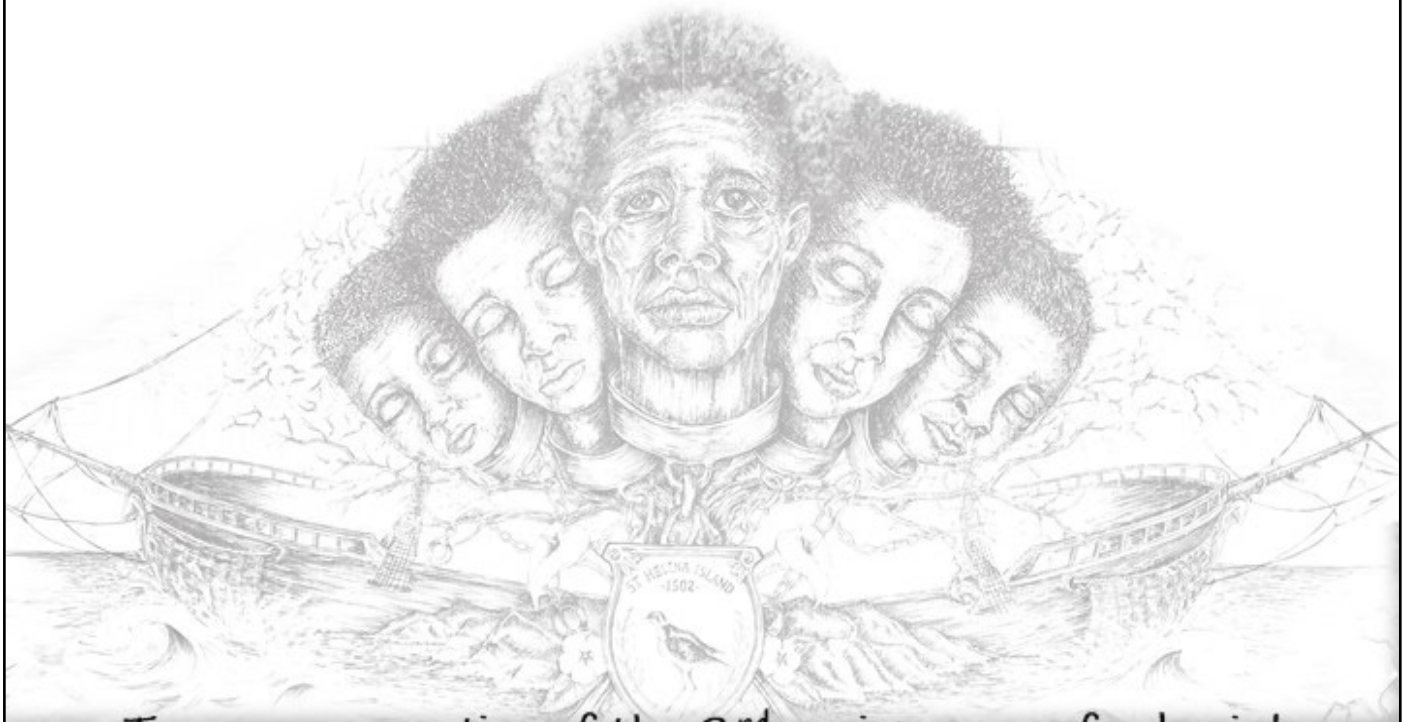
The St Helena Public Service welcomes all applications from across our whole community, including our St Helenian diaspora wishing to return to St Helena. If you are a St Helenian currently living and working overseas, please contact us at recruitment@sainthelena.gov.sh to discuss how we can support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

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

NOTICE BOARD

St Helena Government

Nominating a Candidate for the 2025 General Election

Who can be nominated?

Anyone can stand for election providing they are:

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

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

How to Nominate Candidates

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

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

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

Assistant Returning Officers,

Anita Legg: anita.legg@sainthelena.gov.sh or tel. 22590

Connie Johnson: connie.johnson@sainthelena.gov.sh or tel. 22470

Gillian Francis: gillian.francis@sainthelena.gov.sh or tel. 22314

Important Information

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

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

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

Nomination Form Check Box

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

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

JP's:

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

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

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

SPYWARE

ARE YOU SURE NO ONE'S WATCHING YOU?

Spyware is a type of malware that's installed on your device without you knowing, via phishing emails, malicious downloads, and drive-by downloads from infected websites. It can also be bundled with seemingly legitimate software.

Spyware is a common cyber attack method and can be difficult for users and businesses to identify. It can do serious harm to devices, greatly affecting their system performance. Spyware can also leave businesses vulnerable to data breaches.



Spyware 'spies' on you by collecting your personal details, such as emails, passwords, browsing history and financial data, such as debit card or bank details. Some spyware can even listen in on your phone calls and read your text messages.

Any software can be classed as spyware if it's downloaded without your authorisation. Spyware is controversial because, even when it's installed for seemingly harmless reasons, it can violate your privacy and has the potential to be abused.

SIGNS OF SPYWARE

- YOUR DEVICE'S BATTERY DRAINS RAPIDLY
- YOUR DEVICE FREQUENTLY OVERHEATS
- INCREASE IN POP-UPS AND DATA USAGE
- UNFAMILIAR APPS/SOFTWARE INSTALLED
- CAMERA LIGHT ON, EVEN WHEN NOT IN USE
- STRANGE NOISES DURING PHONE CALLS
- RECEIVING UNUSUAL TEXT MESSAGES
- DEVICE TAKES LONGER TO SWITCH OFF

PROTECT YOUR DEVICES

- **INSTALL AN ANTI-VIRUS APP & KEEP IT UPDATED** - THIS CAN PROTECT YOU AGAINST SPYWARE INFECTION
- **KEEP YOUR OPERATING SYSTEM & APPS UP TO DATE** - THIS ENSURES YOU HAVE THE LATEST SECURITY PATCHES
- **PUT SCREEN LOCKS ON PHONES & STRONG PASSWORDS ON COMPUTERS** - THIS STOPS UNAUTHORISED ACCESS
- **DON'T CLICK ON LINKS IN EMAILS** - UNLESS YOU KNOW WHERE THE LINKS GO & YOU TRUST THE EMAIL SENDER
- **DON'T DOWNLOAD FILES FROM ILLEGAL/SUSPICIOUS WEBSITES** - THESE WEBSITES COULD BE COMPROMISED
- **DON'T GIVE APPS UNNECESSARY PERMISSIONS** - ESPECIALLY MICROPHONE/CAMERA ACCESS

St Helena Government

CYBER SECURITY AWARENESS CAMPAIGN 2025

Isolation Connected

NOTICE BOARD

Richard James Intl Ltd Shop items for sale

Item Name	Item P/N	Vehicle Fitment	Price
Serpentine Belt 7 rib	LR031361/7PK2672	Land Rover Defender 2.2L Nissan Navara NP300	£20.00
Fuel Filter	WJ1500040R	Land Rover Defender Puma 2.2/2.4	£10.00
Sump Plug	1013938	Land Rover Defender Puma Engine	£2.50
Mann Oil Filter	W7050	Land Rover Defender 90/110/130	£11.50
Air Filter	PHE50060R	Land Rover Defender Puma 2.2/2.4	£7.00
Exhaust Mount	420404	Peugeot 307/308	£13.00
Universal Inner Tie Rod Wrench	HB42159	Removal Tool 27mm to 42mm	£10.00
Suspension kit L/R	FSK 6451 (First Line)	Peugot 206 HB/Saloon/Van 1998-2012	£10.00
Front Axle L/R	35-16 031 0009 Meyle	Mazda Tribute Estate 2000/08	£15.00
Wiper Motor (Rear)		Renault Clio Hatchback 1998-2016	£40.00
Sensor/ Wheel Speed (Stark)	SKWSS-0350168	Ford Fiesta/Fusion Est 2001-2012 Mazda 2 Hatchback 2003-2007	£45.00
Wiper Motor 12v	295W0017	Citroen 1994-02 Mini Bus Dodge 2005 Ram 4000 Fiat Ducato11 Mini Bus 1994-2005 Peugeot Van/Mini Bus 1994-2005	£36.73
Inner Tie Rod (Steering)	FTR 5458	Mercedes Benz/ Peugeot 207	£13.00
Wheel bearing kit (Front)	FBK944	Suzuki Vitara 1998-2008	£40.00
Oil Filter	F026 407 045/ P7045	DAF CF / XF 2001-2013	£14.00
Starter Motor 12v Number Teeth 12	LRS01715	Nissan D22 2.5 Pickup 1997 Nissan Navara 4wd 2.5 1997 Nissan NP300 Pickup 2.5 1997	£125.00
Paint Electric Blue 1QT	870 CC		£15.00
Front Splash Guard	CPD0972005L	Ford Focus 2005-2012 Inner Wing ®	£15.00
Brake Shoe Set	LS1173	Volvo/ Ford/ Hyundai 82-86 Capri 1977-1987 Escort MK11 76-80	£14.00
Landrover Filler Neck To Body Seal	NTC2229	Landrover Defender	£5.00
Opel Ball Joint Lower FBJ5368	IF5368/FBJ5368	Vauxhall Tiagra 1.4 1994 - 2001 Tiagra 1.6 1994 - 2001 Coupe 1.2 1993 - 2000 Hatchback Corsa 1.2	£8.50
Front Reinforcement Bracket	GB98590AA	Ford Mondeo MK3 Focus MK3	£13.00
Door Seal (Rear O/S)		Vauxhaull Fronterra 1999	£3.00
Brit Part Gas Shock Absorber Front - 50mm Lift	DC500L	Discovery 2 1998-2004	£30.00 ea
Q Drive Anti Roll Bush Bar	610590860	Ford Fiesta 1.6 Petrol 2004 1.4 Petrol 2005 1.2 Petrol 2005 2.0 Petrol 2005/7 1.4 Diesel	£4.99
Nissan Column Switch Body	25567-VB001	Nissan 1996 - 2004	£80.00
STIHL Cable (Reverse Drive Clutch Cable)	6227 710 9906	STIHL VH540 VH500 Tillers	£12.90
V Belt	6227 711 5010	STIHL VH540 VH500 Tillers	£25.00
V Belt	6227 711 5001	STIHL VH540 VH500 Tillers	£25.00

NOTICE BOARD

Sump Gasket Kit (1 Each)	546841 MFG Brit Part	Landrover 2.2 Petrol	£2.00
		Landrover 2.0 Diesel	
Pagid Wheel Cylinder	72280 Equivalent to BBW1	Nissan Renault	£12.00
Tail Light - Rear Right (1 Each)	7700428053	Renault Megane Diesel Saloon 1.9D 1996 - 2003	£15.00
Gasket set (Bottom End) (2 Each)	525520 MFG Brit Part	Series 2 & 3 All Diesel Landrover	£10.00
Head Gasket Set	STC 1567 MFG Brit Part	Landrover Series 2.2 Petrol Engine	£15.00
Overhaul Gasket Set	STC 1556 MFG Brit Part	Landrover Series 2.2 - 4 Cyl Petrol Engine	£15.00
Clutch Kit	CK 9222	Toyota Corolla 1.8L 1992 - 99 2004 - 2009	£60.00
		Yaris Verso 1.3L 1999 - 2005 MR 2 III 1997 - 2007 Rav4 MK II 1.8 2000 - 2005 Celica 1993 - 99	
Ford Transit Disc (Front Brake Disc)	BOL - BD 5610	Ford Transit 2.5	£30.00
Gas Strut/Spring Rear	XR3 81 -90	Ford Escort	£10.00
Mintex Brake Disc	MDC 1566 MFG Mintex	Renault Megane 1997 - 2003	£90.00
Window Regulator FRHS	LR006371	Landrover Freelander 1998 - 2006	£25.00
Oil Filter	BOSCH P7045	Leyland DAF	£10.00
Wheel Bearing Kit	FBK944	Suzuki Grand Vitara 2.0L 1999-2003	£30.00
Front Tie Rod Ends (Inner)	FTR 5454	Mercedes Benz C - Class T Model 2014	£30.00
Meyle Axial Rods	35 - 66 .031 0009	Nissan Primera 2002 - 2024	£20.00
Peugeot L/R Suspension Kit	G 1029	Peugeot	£20.00
Exhaust Mount	420404	Peugeot 307 308	£15.00
		Citroen C4 DS4	
Wiper Motor	295W0017	Citroen / Peugeot	£25.00
		Fiat / Mini bus/Van	
2 Each Wheel Speed Sensor	Stark SKWSS 0350168 ABS Front Wheel Both Sides 2 Pin	Ford Fiesta MK 5 Hatchback 2001 - 2010	£20.00
		Fusion Estate 2002 - 2012	
		Fiesta MK5 Van 2003 - 2010	
		Mazda 2 Hatchback 2003-2007	
Valeo Wiper Motor (Rear Fixing Position)	582616	Renault Clio Hatchback 1998-2016	£80.00
Alternator	AA5935	BMW Possible Cross Reference AEC1774	£120.00
Fuel Filter	F30100 (Possible F301001)	Fiat Punto 1994 - 2002	£10.00
		Audi A3 1996 - 2003 Audi A4 1996 - 2009 Audi A6 2001 - 2005 Audi A8 2000 - 2002 Skoda Octavia 1996 - 2010 VW Golf Passat	
Clutch Kit	641721451	Possible Daewoo	£40.00
Brake Disc	MDC 1082	Ford Transit 2000 - 2006	£12.50 ea
		LCV/Van/Cargo	
		Passenger Van	
		Wagon/Mini bus	
Brake Disc	104591169	Ford Transit	£25.00
Brake Cable	108 - 81 - 0068	Suzuki	£15.00
Front Inner Anti Roll Bar Stabilizer		Renault Megane 1996 - 1999 1.6 - 2.0 Petrol	£5.00
Ford Window Regulator (Front Left)	1699059	Ford Focus 2013 - 2018	£40.00
Disc Pads	MDB 1907	CHEY/Vauxhall	£25.00
Ignition Coil	366856	Brigg & Stratton	£14.00
Eicher Brake Disc	104820319		£35.00

NOTICE BOARD

Rover Classic Regulator RH Front Window Regulator	RTC3814		£60.00
Engine Mount Left Front	8200632415	Renault Group	£20.00
Shocks	98 099 G32 80	Peugeot 308	£70.00
Shock Absorbers	860070	Renault	£40.00Pr
102223 Ford Shock Absorbers	OE IS7118A076 AB	Mondeo MK3 Rear Fit 2000 - 2007	£30.00Pr
CV/Joint Kit	ADM58945 Drive Shaft	Mazda 323	£22.00
4 Each Valves 6119 Plunger Spring 7mm x 35mm	6119	Various Fitments	£5.00
Citron/Ford Thermostat	TH4083	Ford Fiesta MK5 Hatchback 2001 - 2010	£55.00
		Fusion Estate 2002 - 2012 Ford Focus 2004 - 2012 Citron Berlingo 1996 - 2011 Xsara Picasso 1999 - 2012	
Elta Air Mass Meter	418622 EMM40	need to check P/N	£50.00
Beckermann Coolant Temp Sensor	692 - 0104 (need to check)	Various Fitments	£10.00
Regal Exhaust System			£80.00
Drop Link Anti Roll Bushes	61488 - 0188	Possibly Porche Boxer	£20.00 Pr
3 Piece Clutch Kit Toyota Yaris	CK 9222	Toyota Corolla Petrol MPV 1.8L 2004 - 2007	£70.00
		Toyota Yaris Verso 1.3L 2000 - 01 Petrol Hatchback 85BHP DOHC 2NZ FE Engine Code	
Ford Transit Disc	999 BOL-BD5610/BOL5610	Nissan	£10.00
		Opel Renault Vauxhall	
Front Brake Caliper	Febi 181181	Audi, Seat, Škoda, Volkswagen	£49.99
Front Shock Absorbers	QAG181053/54	Toyota Rav4 111 Front L/R	£154.99pr
Gas Spring	XR31 81 -90	Ford Escort	£10.00
Window Vizors		Jeep	£35.00
Renault Brake Disc	Mintex MDC 1566	Megane - 1997 - 2003	£60.00 Pr
		Scenic -1998 - 2003	
Service kit for Honda GLR125 - CB125	Air Filter, Spark Plug, 1 ltr 10w/40 Silkolene Superoil		£30.00
Ford Focus 2005-2008 Front Wing	FD1329	Driver Side (Primed)	£42.00
Land Rover spare wheel cover			£35.00
Bonnet/Hood for Mini Cooper			£260.00
Master Cylinder	Borg & Becks BCM177	FIAT	£25.00
Lumogas Plus -80W			£15.00
Mango Wood Dining Table	Seats 8. Dimensions: W180 x H76 x D90cm		£299.99
Cotswold Chantilly Warm White 5ft Rattan Kingsize Bed Frame			£500.00
Disney Frozen 14 inch Bicycle		Girls age 4-6yrs	£130.00
Homecom Metal décor (Wall Mounted)			£65.00
Tuskbond Autofix	Trim Adhesive	500ml spray adhesive	£5.00 ea
Clarke Retractable Hose Reel 9m	3126005		£40.00
Refill Ink by Cartridge People		Epson Printers	£5.00 ea
2@ 70ml bottles of T6734 Yellow Ink 6@ 70ml bottles of T6735 Light Cyan Ink 6@ 70ml bottles of T6736 Light Magenta Ink			or £70.00 for all
Nike Air Force 1 Men's Low Cut Trainer's		Size 7 UK	£65.00

Our Shop times & Tel Number 22912
Mon & Tue 8am to 12 noon
Thru & Fri 10am to 14.00

Outside of shop times please call Russel Yon on 22914 for assistance

St Helena Government

THE ROLE OF EXECUTIVE COUNCIL

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 Executive Council.

Who forms the Executive Council?

The Chief Minister, the four Ministers and the Attorney General form Executive Council (ExCo), which is the highest decision making body of the St Helena Government.

The Governor presides at meetings of ExCo.

The Governor in his own discretion, or following a request from the Chief Minister, can invite Officers of the St Helena Public Service to meetings of ExCo.

What happens at meetings of ExCo?

At meetings of ExCo the most significant policies, primary legislation to be presented at Legislative Council and secondary legislation to be enacted are considered and approved. Also at meetings of ExCo, national strategy is decided, the government's legislative programme is agreed and decisions are made on many of the Island's most difficult issues.

What role does the Governor have at meetings of ExCo?

The Governor presides at meetings of ExCo as established in the Constitution. At meetings the Governor asks the Chief Minister or one of the Ministers to lead on items on the ExCo agenda, with the Chief Minister leading most discussions and summing up the collective advice of Ministers to the Governor once a matter has been debated.

The Governor will follow the advice of ExCo on most matters. However, on matters which in the Constitution are special responsibilities of the Governor, the Governor normally only has to consult ExCo and can choose not to follow their advice. There are also certain matters that legally the Governor does not have to consult with ExCo.

Do any Government officials sit on ExCo?

The Attorney General is a non-voting member of ExCo. The Chief Secretary and Financial Secretary attend ExCo meetings as policy advisors but they are not members of ExCo and do not have a vote. The Governor also appoints a Secretary who is responsible for arranging the business for, and keeping the minutes of, the meetings of the Executive Council, and for conveying decisions reached at the meetings to the appropriate person or authority.

The Governor on their own, or following a request from the Chief Minister, can invite other officers of the St Helena Public Service to attend meetings where their presence is considered desirable for specific business.

Are ExCo decisions based on the principle of 'collective responsibility'?

Yes they are. Under the Constitution ExCo is collectively responsible to the Legislative Council for both advice given to the Governor and actions taken by Ministers in the execution of their duty.

How often does ExCo meet?

ExCo meets as often as is required. ExCo can be summoned either at the discretion of the Governor, or following a request to the Governor from the Chief Minister. Generally, ExCo meets every fortnight but does so more frequently when important business requires such.

Must all Ministers attend meetings of ExCo?

For business to be transacted at a meeting of ExCo there must be at least three Ministers in attendance, one of which must be the Chief Minister. However, it is expected that given the importance of meetings of ExCo all Ministers will be in attendance unless there are exceptional circumstances.

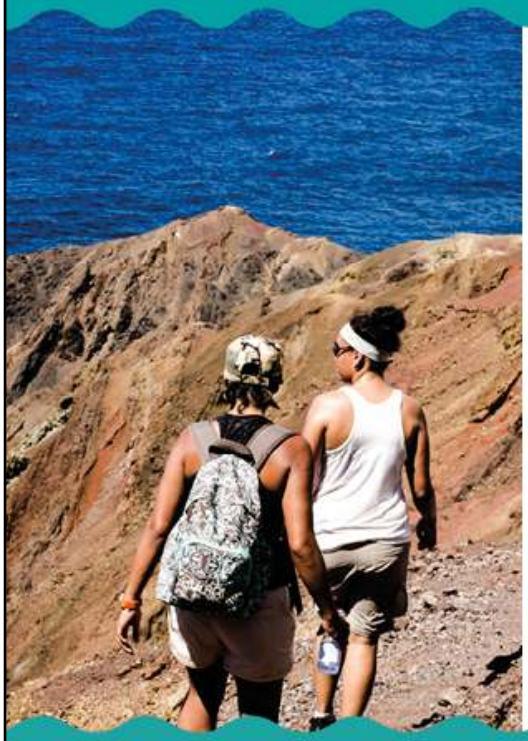
The Constitution allows ExCo to make provisions for the remote attendance of Ministers by electronic means.

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

NOTICE BOARD

Are you interested in developing your marketing?

St Helena Island



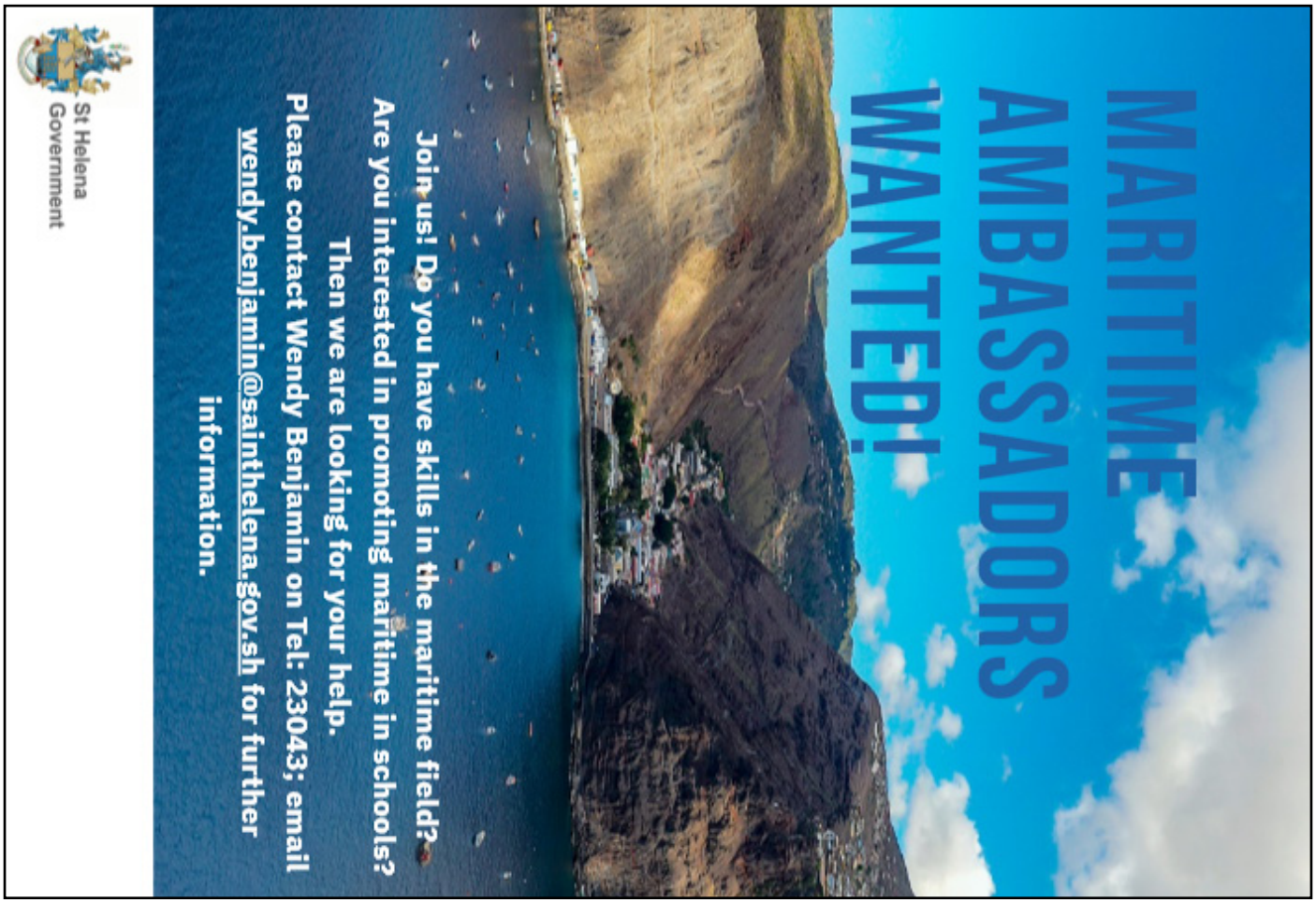
Are you a local tourism business looking to enhance your marketing skills?

We're inviting tourism operators and service providers – including accommodation, tours, transport and hospitality, to take part in a free marketing training session designed to help you promote your business more effectively.

What to expect?
- Marketing Fundamentals
- Collaboration with St Helena Tourism
- Digital Marketing (including social media essentials)
- Creating content
- Next steps and support

Date: Thursday, 4th September 2025
Time: Full day - 9:00 to 15:00
Location: Tourist Office

For more information and to register your interest contact Tyanne Williams via tyanne.williams@sainthelena,gov.sh or +290 22470.gov.sh and by calling 22470



ASCENSION ISLAND GOVERNMENT

INTERNSHIP - CONSERVATION & FISHERIES DIRECTORATE

Are you a passionate early-career conservationist or recent graduate seeking hands-on experience in one of the world's most unique island ecosystems? The Ascension Island Government is offering a full-time, 12-month conservation internship from November 2025 to October 2026.

Ascension Island hosts a unique assemblage of animals and plants in a dramatic volcanic landscape. It is home to one of the world's largest nesting populations of green turtles, over a million seabirds, plant species found nowhere else on earth and a marine environment that abounds with fish.

Protecting, monitoring and managing this amazing biodiversity is a great challenge and we are looking for hard-working, enthusiastic people to assist us. You will work across all aspects of the department and take part in a range of tasks on the island including monitoring turtle, land crab and seabird populations, non-native species removal, maintaining the National Park and Marine Protected Area, endemic plant restoration, fisheries monitoring and education and outreach programmes.

We'd like to hear from anyone interested in being involved in our conservation work who has preferably lived and worked in small isolated communities before and is willing to work hard as part of a small team. We are offering a 12-month position from beginning of November 2025 to end of October 2026.

For the successful candidates we will provide:

- One return flight between the UK or St Helena and Ascension and reasonable travel expenses within the UK to Brize Norton if required.
- Rent free accommodation, including electricity and water allowances (Shared bungalow with other project staff: private bedroom, shared kitchen, bathroom and communal areas).
- While this internship is unsalaried, each intern will receive a monthly food allowance of £320 to help with living costs. Necessary medical and dental care while in Ascension.

This appointment will be subject to:

- Satisfactory Employment References
- Enhanced Criminal Records Check
- Satisfactory Medical and Dental Clearance

Closing Date: 19 August 2025

Interviews: Late August/Early September (by MS Teams if off island)

To apply visit: https://www.ascension.gov.ac/lifestyle-and-employment/working-here/

For more information about AIGCD, or about living and working on Ascension Island, please visit the official website at www.ascension.gov.ac/conservation or find us on Facebook: www.facebook.com/AscensionIslandConservation

Funding is generously provided by Elizabeth Scarlett. https://www.instagram.com/elizabethscarlett/

NOTICE BOARD

DIOCESE OF SAINT HELENA

The Parish of St Paul's		
Sunday 3rd August 2025– 18th Sunday of the Year		
8.00 a.m.	Eucharist	Cathedral
9.30 a.m.	Eucharist	Cathedral
3.30 p.m.	Eucharist	St Peter
	Thursday 7th August	
7.00 p.m.	**Praise and Worship**	**St Andrew**
The Parish of St James		
Sunday 3rd August 2025 – 18th Sunday of the Year		
9.30 a.m.	Eucharist	St James
3.30 p.m.	Eucharist	St Michael
	Thursday 7th August	
7.00 p.m.	Eucharist with Healing	St John
The Parish of St Matthew		
Sunday 3rd August 2025 – 18th Sunday of the Year		
11.15 a.m.	Eucharist	St Mark
	Tuesday 5th August	
7.00 p.m.	70x7 Forgiveness	St Mark

BAPTIST CHURCH

Sunday Services
3rd August
Sandy Bay Chapel 08.45 am
Head O'Wain Chapel 10.45 am
Jamestown Chapel 6.00 pm

Bible Studies
Tuesday 5th August
Baptist School Hall 7.00 pm
Thursday 7th August
Sandy Bay Chapel 5.30 pm

ALL ARE WELCOME

For further information contact:
Tel No 24644

Greetings from the Jamestown Rifle Club



— **Pat Henry,** Contributed —

Congratulations to England's Lionesses; winners of the UEFA Women's EURO 2025. Well done, well played, well deserved.

Unfortunately, due to personal workload and Wharf Operations, our Tuesday youth group activities was cancelled this week. Although Ladder Hill Road will deny access to the public in August as previously announced, we hopefully will be able to continue this activity next week giving the option to those who would be able to attend.

Never a dull moment during our club's night shooting; twelve people attended but only nine saddled up for shooting, with guns blazing and shots whistling down range. These guys are so hungry for the Crystal trophies that they are madly practicing for a win, which is good to see. We have some sharp shooters bulleting the 10's and 10.1's on their targets; that aggressive competitiveness and determination delivers success.

A few adjustment tweaks allowing Tinika to settle in her position, she shot 89.1 & 93.2, Lebron is showing keen interest, he shot 98.4 & 93.2, not Elli's normal performance, she shot 98.5, Imogen 99.7; good shooting from her, Daniel Bingo had two fat ladies, 88, Pat H had a go and shot 98.8, Helena Rose felt uncomfortable with 95.3 but with a tiny adjustment giving her comfort she knockout 99.8, Kyle however found his alignment again this week finished with 98.4 & 100.4; really happy with the night's performances, good shooting guys. We will know soon when the competition will take place, thank you guys and trust we all have a lovely weekend.



Golf Report

SHGC, Contributed

On Sunday, 27 July, the St Helena Golf Club hosted its Monthly Medal competition. Unfortunately, only twelve members were able to patriciate in this event, but without delays we were off to a start under cloudy and light raining conditions, though with clear intervals throughout the game. Unsettled weather can be a game-changer, creating a challenge for players in this environment, with needing to make adaptations that can often damper performances. However, golf is a game of persistence.

As each group finished on the 18th hole, their scorecards were presented to be processed in order to calculate the final results to confirm the overall positions. Three players returned with 81 points each, and three with 80 points, but the emerging top positions recognised, in third place, Arthur Francis with 76 points; also with 76 was Gerald George who placed second after a count back; the overall winner and lowest gross score with 75 points was Reuben Oliphant. Congratulations to our winners, not forgetting the rest of you who made this an enjoyable event.

Our next competition is an 18 Hole Stableford to be played on Sunday, 3 August. Please register your names ASAP; a list is posted on the club notice board or you can call telephone number 24421 and leave your name to enter. Let's see who can be the new champion for the first competition of August 2025. Happy swinging!



off the scoring for Rovers. Fugees hard-fought efforts were rewarded when Dodi Peters finished off a late move with a brilliant strike to give them something to cheer. Tyler Benjamin's energetic performance for Rovers saw him named as the Man of the Match.

After three weeks of action so far, Bellboys are certainly the team to beat. La Verde's upturn in form will give them something to build on while Fugees also impressed despite the loss. Wirebirds will want to come back strong after suffering their first defeat as they play Rovers next who will not want to lose too much ground on Bellboys, making for an interesting battle. Inter Galactic will hope to shake their injury woes and return back to full compliment this weekend. There's a long way to go in this year's league and no doubt plenty more entertainment in store.

FOOTBALL RESULTS

Saturday 26 July 2025

Bellboys 9
T Phillips (3) T Brady (2) J Thomas (2), R Benjamin D Wade
MoM: Scott Henry

Wirebirds 1
T Thomas

Sunday 27 July 2025

La Verde 15
J Johnson (9) P Teyang (2) U Sawangwong (2) Robinson, R Stevens
MoM: Jorden Johnson

Inter Galactic 0

Rovers 5
S Benjamin, R Benjamin, J Williams, K Yon, B Baldwin
MoM: Tyler Benjamin

Fugees 1
D Peters

FOOTBALL FIXTURES

Saturday 2 August 2025

2pm **Inter Galactic vs Fugees**

Sunday 3 August 2025

1.30pm **Wirebirds vs Rovers**

3.30pm **La Verde vs Bellboys**

**Fixtures subject to weather conditions*

SPORTS ARENA



BACK TO WINNING WAYS

Rovers bounce back, Bellboys remain undefeated, and La Verde enjoy goal-fest in Matchweek 2

Liam Yon, SAMS

Matchweek 3 of the SHFA League 2025 was played out over Saturday and Sunday at Francis Plain, with reigning champions, Rovers, getting back to winning ways; league leaders, Bellboys, coming out tops in the battle of the undefeated; and La Verde enjoying a high-scoring victory.

First up on Saturday was the clash of the two sides with the perfect starts to this year's league in Bellboys and Wirebirds. Many expected a closely contested matchup between the two former league champions, and this looked set to be the case when Trystan Thomas levelled for Wirebirds after Bellboy's early opener. However, this ended up being the only time Wirebirds would find the back of the net, with Bellboys running riot in a dominating display, finishing as 9-1 winners after the ninety minutes; though Wirebirds did suffer an injury to their goalkeeper which didn't help their cause. Young star, Taylan Phillips, was on form, smashing home a first half hat-trick along with a Tyler Brady brace and a strike from one of the most highly regarded midfielders on the Island in Ryan Benjamin. A second half brace from Joey Thomas and a typical long range finish from Dane Wade rounded off the scoring for Bellboys. Despite not getting on the scoresheet, Bellboys midfield maestro, Scott Henry, was named as the Man of the Match.

Over to Sunday when La Verde raised hell on an unfortunately injury-hit Inter Galactic side by 15 goals to nil in the first match of the day. In form striker, Jorden Johnson, was named Man of the Match, netting nine goals for his side, while young athletics superstar Tyler Anthony, returning from representing St Helena in the Island Games, was awarded Young Player of the Match honours in his debut game for La Verde. Paul Teyang scored a first half brace, while Um Sawangwong also bagged two; one either side of the break. Debut goals for Robinson and young talent, Ryan Stevens, completed the scoring for the boys in green.

Finally, in the last action of the week, title-holders Rovers returned to winning ways as they picked up the win over Fugees by five goals to one. Fugees put up a fight and was up for the challenge of the most decorated side in recent history, however Rovers were still able to overcome and take home the three points. Shaquille Benjamin started the scoring with Jace Williams and Rico Benjamin adding one each during the first forty-five. Kenin Yon, in his first game since being back on Island, struck home after the break with Blaze Baldwin notching another to round