THE South Atlantic Media Services, Ltd.

www.sams.sh

SENTINEL

Vol. 14, Issue 20 - Price: £1 *"serving St Helena and her community worldwide"* Thursday 14 August 2025

"The current commercial model is unsustainable"



Sure to cease telecommunications operations on Ascension in February 2026 "unless a new, sustainable agreement can be reached" as Ascension Island Government commits to "ensuring that essential telecommunications services will be maintained" beyond this date



Future Officers

"A poignant and personal way to honour their memory"



OPINION

SENTINEL COMMENT

Donna Crowie, SAMS

Happy Thursday readers! Hope you are having a lovely 'Scruffy August' as they say, it sure is looking a bit scruffy with all the rain we've been having. Who needs a mud bath spa retreat? There a few knocking around so I've been told :) But no, jokes aside seems like it can be very slippery, so drive with caution. Before you know it, we be moaning again saying it's "too hot" when summer comes around the corner. No pleasing us hey!

Well who would think that another school year is completed. Schools are now closed until September, three weeks holidays for the teachers and kids to recharge their batteries and prepare for facing their final school year in the current structure of education both within primary and secondary education.

As parents I think this is also the time when you get a shock to the system that your child is growing and getting older; this could be for those whose little ones will start school, or just moving up a class or moving to Secondary School and might be sitting exams this year and even for those finishing school. Times waits for no one.

Teachers, all I can say is just enjoy your holidays!

We are also less than a week away to see who has put themselves forward for this year's General Election; four years ago we saw an outstanding amount of 29 candidates. Will there be more or less?

The past four years I think was a good opportunity to engage with different people - whether it was Elected Members, Clerks at the Council Office and the Officers from different Portfolios - during In Scope programmes; most of which were so nervous about having a microphone in their face, but they did it. It's been good to meet the different people.

In going forward, I am hoping with our new Elected Members we can also build that positive working relationship.

Anyway, watch this space to see who will be standing for the General Election 2025 – good luck to you all. That's it from me and enjoy your copy of The Sentinel.

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YOUR LETTERS

Dear Editor

I would like to express my concern over the current charges for electricity and water from Connect St Helena.

I have been speaking with a few members of the public, and they have expressed their concerns (and despairs) over the extortionate costs of utilities – water in particular.

In speaking with members of the public, there is a relative understanding of why electricity charges have escalated due to logistical aspects: costs of diesel and the importation of the resource, maintenance of the power station etc. However, there was a lack of understanding as to why water, a resource that occurs naturally on St Helena, has incurred such an increase (20% increase over the last year).

Has anyone questioned why the cost of maintaining and delivery of service always falls upon the consumer? Is SHG still a majority shareholder in Connect, and if they are, why haven't they insisted on an independent review of the organisation? Has there been a review on aspects of the organisation such as:

1. Efficient use of resources, such as vehicle usage, staff etc
2. Are salaries in line with general pay scales on St Helena, or are they way above average for similar skill sets?
3. Can any other savings be made within the organisation?

Forgive me if this has already been explored, and if it has, maybe it is time for someone from Connect to explain why costs for water have escalated (in layman's terms of course), and if efforts have been made to explore savings within the organisation.

I am of the opinion that an essential service to the island should not be concerned with making profits, but maintaining cost efficiency to ensure cost effective services to residents of St Helena.

Kind Regards,

Alan Bennett

Dear Editor

After much personal reflection and, admittedly, some soul-searching, I would like to inform members of our community that I am once again standing in the General Election.

My candidacy in this year's election remains deeply rooted in the principles of health and well-being — for both our people and our environment. Over the next few weeks, as we engage in more in-depth debate, I will set out what I believe to be a tangible and achievable direction in these areas, building on what has already been accomplished and what is yet to be nurtured.

I cannot ignore what I see on the horizon. There are tough national decisions already waiting for the next ministerial team — against the backdrop of unsustainable population figures and the very real threat of significant budget pressures, both locally and in the sphere of international aid.

However, from the outset, I want to focus on what I still believe to be the most critical ingredient: The Saint potential — and how we can release it and build upon it.

For me, it begins with engaging the community spirit that has burned brightly in us for generations. But to do this, we must first confront our own perceptions, biases, and our tendency to seek scapegoats — taking the easy path of pointing fingers and offloading all our responsibilities. There are many areas in need of urgent attention, and many issues that have fuelled deep distrust over the years — and still do.

But here's the simple truth, no matter what we tell ourselves: our island's future will be won or lost together. It can no longer be a case of government on one side and community on the other. It must be about each of us having a stake, playing our part, and recognising that when we step up, the whole island rises with us.

Let's try something different this time. We have the Saint potential — now let's use it.

Yours sincerely,
Martin Henry,
Candidate for General Election





Sure to cease Telecommunications Operations on Ascension in February 2026 “unless a new, sustainable agreement can be reached” as the Ascension Island Government commits to “ensuring that essential telecommunications services will be maintained” beyond this date

Liam Yon, SAMS

Sure South Atlantic Ltd has announced that they “will no longer provide telecommunications services on Ascension Island from the end of February 2026, unless a new, sustainable agreement can be reached with the Ascension Island Government (AIG).”

As detailed in a recent notice issued by Sure, they have served the community of Ascension with a comprehensive range of public communications services – including fixed line, mobile and broadband – for over a century. After the Eastern Telegraph Company laid much of the initial telecommunications infrastructure connecting St Helena and Ascension Island, Sure - originally Cable & Wireless - has been the primary provider of telecommunications services on Ascension Island since the late 19th century.

These essential services enable local and international connectivity through voice, SMS and data, and are, as described by Sure, “vital to the society and economy of a remote island.”

They go on to describe this as a “difficult decision” that has come as a “result of ongoing economic challenges faced by Sure on Ascension Island, which have been significantly exacerbated by the introduction and licensing of a second public telecommunications provider by AIG.”

It was back on 21 June 2024 when AIG announced that an agreement had been reached with SpaceX to license Starlink and their services for use on Ascension. This enabled the provision and operation of telecommunications services by Starlink on the Island, though regional pricing, registration, payment, and hardware delivery details were said to be still being worked out by SpaceX.

Sure, in relation to this, confirmed that they have “consistently expressed concerns that the island’s small market cannot viably support multiple operators” adding that “these concerns have proven to be well founded” and that “despite government subsidies, the current commercial model is unsustainable.” They “therefore notified AIG that it will withdraw from its public telecommunications licence in February 2026.”

Sure Group CEO, Alistair Beak, described this as “a deeply regrettable decision” which “marks the end of more than 100 years of Sure’s service to the Ascension Island community,”

ST HELENA NEWS



"I would like to thank our dedicated local team and all of our customers – past and present – for their trust and support," he commented. "Our team has worked tirelessly to provide a reliable and essential telecommunications service in the island and I'm grateful to them for their hard work, expertise and commitment."

Alistair continued that Sure "firmly believe that the community requires a resilient and high-quality public telecommunications service," adding that they "remain open to constructive dialogue with AIG to explore how to continue to provide these critical services in a sustainable manner."

"In the meantime, we are committed to supporting our customers and providing regular updates as we work through the transition period," he concluded.

The Ascension Island Government has since recognised and responded to Sure's notice of ceasing telecoms on Ascension in the coming year.

"On 6 August, AIG received notice of the planned exit from public telecommunication services on Ascension Island from the Sure Group, effective from 28 February 2026," they said in a Public notice on Tuesday. "The AIG recognises that this news has raised concerns within the community, particularly around the continuity of essential telecommunication services."

Looking forward and addressing concerns, AIG state that "the Governor via the Administrator and the AIG, together with the Island Council, will focus on ensuring that essential telecommunications services will be maintained beyond the end of February 2026."

AIG went on to acknowledge that "this period of change" will "bring challenges," however they reassure that "the government's intention is to work towards a telecommunications infrastructure that will serve the community and employing organisations effectively."

With regards to here on St Helena, The Sentinel reported in July how, after "extensive efforts by all parties," no agreement for a new long-term Telecommunications License for Sure South Atlantic Ltd could be reached between St Helena's exclusive telecoms provider and the Government by the 30 June deadline. There is however optimism that these talks can be restarted when a new Government is in place following the General Election in September; with Sure willing and ready to invest significantly in St Helena to bring improved telecommunications services to the Island community, however they can only do so with the assurance of a longer-term licence in place. More on this story in The Sentinel soon.



Ceri's at the Wheel

Ceri Morgan announced as new Director of Education, Skills and Employment



Liam Yon, SAMS

St Helena Government has announced the appointment of a new Director of Education, Skills and Employment for St Helena, with Ceri Morgan having now taken up post on-Island.

Ceri follows Interim Director, Marie Horton, who arrived to take the reins during the period of absence by substantive post holder, Wendy Benjamin. Ceri's appointment all but confirms that Wendy will no longer take on this role for the Island as she did prior to Marie's arrival.

Ceri arrives to the Island during a crucial time for Education with a number of changes and developments underway and planned following the review of the Island's Education System over the past year. This includes the work to get all Island schools in line with the Council of British International Schools (COBIS) standards, having recently adopted their standards framework to raise standards and subsequently increase the level of attainment by students on the Island.

Another of the major developments under Ceri's portfolio is the change to the current Primary School structure, with two new schools for Key Stage 1 and Key Stage 2 respectively planned to open from September 2026, replacing the longstanding three Primary Schools of Harford, St Paul's and Pilling.

SHG are however confident in Ceri's ability, detailing the experience and expertise he brings to the role. "Mr Morgan brings a wealth of experience to the role, with a background in education and skills development from his work in UK schools, the Department for Education, and various international assignments," they detailed. "He is eager to build on the excellent work already underway and continue to progress the education improvement journey on St Helena. We extend a warm welcome to Ceri as he settles into the community."

Welcome and good luck to St Helena's new Director of Education, Skills and Employment, Ceri Morgan.

Through the Lens

FROM DREAM TO DEGREE: YOUR PATH TO RENEWABLE ENERGY ENGINEERING–A Young Saint's Journey to University and Beyond - Written By *Ed Oyewo*

"I want to design solar farms and wind turbines that could power our entire island," says Jamie, a Year 11 student at St. Helena Secondary School. *"But I'm not sure what subjects I need or if my grades will be good enough for university"*



Sound familiar? After our recent article about where your favourite subjects could take you, we've been flooded with questions from aspiring engineers. So, let's break it down – what does it really take to turn that engineering dream into reality?

The GCSE Foundation: Your Building Blocks -The Non-Negotiables:

Mathematics – You'll need at least a Grade 6 (preferably 7+). This isn't just about passing; maths is the language of engineering. Every calculation, every design, every solution starts with solid mathematical foundations.

Physics – Grade 6 minimum, ideally 7+. This is where you'll learn about energy, forces, and the fundamental principles that make renewable technology work.

English Language – Grade 5+. Engineers must communicate complex ideas clearly, write reports, and present solutions to non-technical audiences.

Highly Recommended:

Chemistry – Grade 6+. Understanding materials, chemical processes, and energy storage is crucial for renewable energy systems.

Design & Technology – Shows practical problem-solving skills and creativity.

Geography – Demonstrates understanding of environmental systems and climate science.

"But what if my predicted grades aren't quite there yet?" asks another student. **Here's the encouraging truth:** universities look at your overall profile, not just individual grades. A strong personal statement explaining your passion for renewable energy, combined with good grades in core subjects, can open doors. To access these opportunities, you'll need **A-levels** in Mathematics (absolutely essential) and Physics (required by all engineering courses), plus one additional subject from Chemistry, Further Mathematics, Design Technology, or Geography.

The world of renewable energy engineering opens through various university pathways, each offering unique advantages for Saints. UK institutions like Imperial College London (requiring A*AA including Maths and Physics) represent the pinnacle of engineering education, while University of Edinburgh (AAA-ABB) and Heriot-Watt University (ABB-BBB) offer more flexibility for international students. South African options provide excellent value and cultural familiarity – University of Cape Town delivers world-class engineering programs with greater accessibility for Saints, while Stellenbosch University offers cutting-edge renewable energy research and experience with island students.

Your Engineering Future Starts Now

Remember, renewable energy engineering isn't just about technical skills – it's about creativity, problem-solving, and making a real difference. St. Helena's unique challenges with energy supply, wind patterns, and environmental protection make you incredibly valuable to this field. *"Every time I see the wind turbines at Deadwood, I imagine designing better ones,"* says Jamie. "I know it won't be easy, but I can already picture coming back to St. Helena with the skills to help our island become completely energy independent."

The Bottom Line: Don't let perfect be the enemy of good. If you're passionate about renewable energy engineering: **Aim high** in Maths and Physics, but don't panic if you're not getting A*s yet; **Apply broadly** – different universities have different strengths and requirements; **Tell your story** – your unique St. Helena perspective is an asset, not a limitation; **Start planning now** – university applications open in September for the following year

Dreams don't work unless you do – but with the right subjects, grades, and determination, there's no reason why the next generation of renewable energy solutions can't be designed by a Saint.

Till Next Time, Keep Well!

ST HELENA NEWS

COMMERCIAL LENDING

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Future Officers of the Law

Police visits Pilling Primary as part of increased Community Engagement



Liam Yon, SAMS

The Royal St Helena Police Service are stepping up their efforts to increase engagement with the community of St Helena and, as a part of this, recently conducted a visit to Pilling Primary School, allowing interaction between officers and young members of the community.

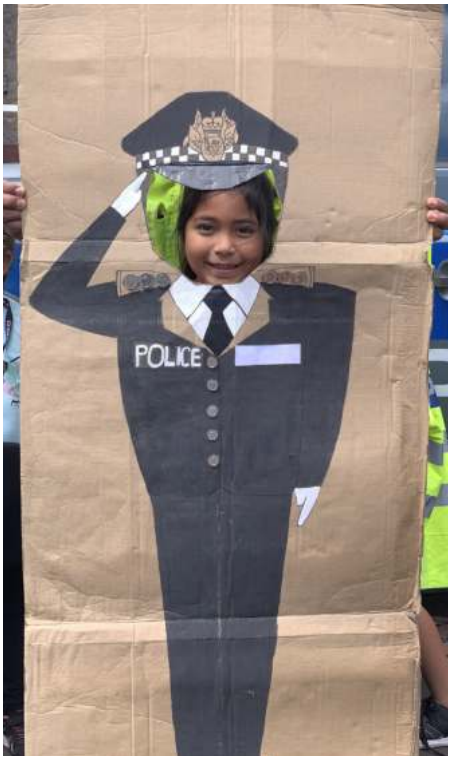
This visit described as "fun" by the RSHPS, took place on Thursday, 7 August, and saw a Sergeant, a Police Constable and two Specials engage with students at Pilling.

"Sgt S Williams, PC J Peters, SPC C Williams and SPC Knyiri had the absolute pleasure of visiting the amazing students at Pilling Primary School as part of our ongoing community engagement," reported the RSHPS reported via their Facebook page. "We had a fantastic time saying hello, answering lots of brilliant questions, and letting the kids get up close with our police vehicle – sirens and lights included (a definite highlight!)."

According to Police, the students were "all smiles" as they received Police stickers and lanyards to take home as a memoir of the visit.

Additionally, the RSHPS, as part of the visit, invited the primary students to take part in a colouring competition, where they add that they look forward to sharing the results of this soon.

"A huge thank you to the staff and students at Pilling for the warm welcome – we had a blast," concluded the RSHPS.









"Education is just as vital as emergency response"

Free paediatric first aid course delivered to the public by Emergency Medical Technicians



Liam Yon, SAMS

Recently, two of St Helena's Emergency Medical Technicians from the Ambulance Service – namely Rae Dickie-Clark and Armand Brits – delivered a free comprehensive and informative paediatric first aid course to members of the public at the Sea Rescue Base in Rupert's.

This gave the public a chance "to learn practical skills, ask questions, and build their understanding of what to do in an emergency," while it additionally gave the Ambulance Service, "the chance to connect with the community in a different way" where medical personnel could "answer their concerns, build trust, and break down barriers between the public and emergency services," according to Emergency Operations Manager, Michael Gaga-Hale.

As detailed by SHG, the term 'Paediatric First Aid' refers to the skills and knowledge required to provide effective first aid to children; regarded as anyone under the age of 16. This course was offered free of charge to parents, grandparents and carers, allowing them to better understand how to respond to a child in distress, if needed.

Topics covered during the course included the recognition of life-threatening conditions, how to deliver proper cardiopulmonary resuscitation, or CPR, to an infant or child, how to handle a situation where a child is choking, how to recognise the signs of a concussion, dealing with burns and also the proper use of an Automated External Defibrillator, or AED, a number of which are located in key locations around the Island for use in an emergency situation.

"I'm really pleased that our team volunteered to deliver the Paediatric First Aid Course," commented Michael. "Education is just as vital as emergency response as it equips people with the knowledge to recognise when help is needed and gives them the confidence to provide basic care before an ambulance arrives. That early action can make a real difference in outcomes, especially in paediatric emergencies where time is critical and people often feel very distressed."

SHG's Deputy Emergency Planning Manager, Anel O'Bey, who was in attendance for the course, was grateful to the EMT's for the delivery of this free course and also thanked those who took part on the day. Anel also hinted at the continuance of these types of courses in the near future by the Emergency Planning Department to further increase the Island's response capacity, especially and particularly in an emergency situation.

Michael concluded by noting the importance of public participation in this and any future courses offered by Emergency Planning and the Island's Health Service. "Taking up opportunities like this is important. It supports prevention, strengthens our relationship with the community, and helps people feel more prepared and confident to act when it matters most. Thank you to those who attended, and to the EMTs who gave up their free time to deliver the course."









NOTICE BOARD

St Helena Government

INVITATION TO TENDER

RELOCATION OF RECEPTION AREA AT ST HELENA SECONDARY SCHOOL

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

CS-1956-SHG–Relocation of Reception Area at St Helena Secondary School

A site visit to view the works will take place on Tuesday, 12 August 2025 at 16:00, meeting at the main entrance to the school.

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

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

Completed tenders should be placed in the Tender Box located on theTop Floor, Post Office Building by 12:00 on Wednesday, 20August2025, clearly marked with the tender number.

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

SHG
31 July 2025

VACANCY

Connect SAINT HELENA LTD

ELECTRICAL LINES WORKER

Connect Saint Helena Ltd has a vacancy within the Electrical Distribution Team for a Lines Worker to carry out work on the 11kV High Voltage and 400 Volt Low Voltage Electricity Distribution Network.

The duties of the position include: Infrastructure refurbishment and maintenance of transformers, power lines, pole mounted equipment and switchgear; performing data acquisition, logging and recording activities as required; liaising with consumers for access to properties for domestic and commercial installations.

EXPERIENCE & QUALITIES

- Electrical Power Engineering qualifications
- Certified in Electrical Installations or Technicians Certification
- Physically fit, reliable and has the ability to climb poles to work at heights.
- Hydraulic lifting platform operation certification
- Driving Licence A & C
- Have 2 years' experience working on 11,000-volt networks.

BENEFITS

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

For further information contact Jayamangala Wijesuriya on +290 22255 or email Jayamangala.Wijesuriya@connect.co.sh. Completed application forms can be handed into the Connect Saint Helena Ltd main office at Seales Corner, Jamestown or via email: Annalisa.Young@connect.co.sh by **9:00am on Friday, 22 August 2025.** To be considered for this role please complete our application form, CV's will not be accepted.

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

"A poignant and personal way to honour their memory"

'The Portrait Gallery- Stories of the Face' - Museum running exhibition to commemorate 3rd anniversary of the reburial of Liberated Africans in Rupert's



Artists who participated in the project - Craig Peters, Sophia Joshua, Sophie Gresswell, Andreana Cunningham and Anna Henry

Liam Yon, SAMS

A moving and informative exhibition is currently opened to view for free at the Museum of St Helena after its official opening on Friday, 2 August, to commemorate the third anniversary of the reburial of Liberated Africans at Rupert's Valley in 2022.

The exhibition titled 'The Portrait Gallery- Stories of the Face' was launched by the Liberated African Advisory Committee, or LAAC, and is a collaboration between Assistant Professor at Boston University, Andreana Cunningham, the Museum of St Helena, and the St Helena National Trust, with support from the St Helena Tourist Office.

As detailed, the exhibition features powerful portraits of three individuals from the Rupert's Valley burial ground, created by Saint and Saint-descended artists – including Craig Peters, Sophia Joshua, Sophie Gresswell, and Anna Henry – in collaboration with Bioarchaeologist, Andreana Cunningham, who studies skeletal remains of the historic past.

"These portraits are a result of a unique process that merges scientific accuracy with artistic interpretation," explained SHG. "Using methods of facial reconstruction traditionally used in forensic identification, the artists have brought to life what these individuals may have looked like, offering a poignant and personal way to honour their memory."

The "moving" and "powerful" portrait gallery is a real eye-opener and is a true example of combining science and art to honour the past. Those who go to the Museum to view the displays will gain a better understanding of how creating a portrait can be "a meaningful and respectful way to give a face to those who were once forgotten."

As described, the exhibition serves as "a powerful reminder of the history of the Liberated Africans on St Helena and the significance of their final resting place."

Helena Bennett, who is not only Director of the St Helena National Trust, but also the Chairperson of the LAAC, gives a short video intro to the exhibition upon entry at the Museum. "This exhibition is a testament to the collaborative spirit of St Helena and our shared commitment to preserving our history," she commented. "By blending art and science, we are able to connect with these individuals on









a deeply human level by giving them an identity and ensuring their stories are told."

The Portrait Gallery is open to the public at the Museum of St Helena until 30 August 2025, and members of the public are encouraged to go and view the exhibition, described as "an essential part of the ongoing efforts to honour the history and legacy of the Liberated Africans of St Helena."





Collaborators in the project



'Share your vision. Snap. Submit. Win!'

St Helena Tourism announce competition for World Photography week



Liam Yon, SAMS

World Photography Week is celebrated globally between 12 and 19 August, and to honour this, St Helena Tourism have announced a photography competition for all residents and visitors on St Helena with the tagline 'Share your vision. Snap. Submit. Win!'

Grand Prizes include £150, £75, and £50 for first, second and third respectively, while there are also prizes for each category at £75 (first), £50 (second) and £25 (third). The photo categories for the competition are Marine, Nature, History & Heritage, Island Culture, Hiking and Adventure.

To enter, participants must simply post their photo to Facebook or Instagram, tagging @sthelenatourism and using the hashtags #WorldPhotographyDay and #Category. Alternatively, submissions can be emailed to visit@sainthelena.gov.sh.

Entries close on Tuesday, 19 August, with winners set to be announced on Monday, 26 August. Good luck to all budding photographers and may the best photo win!

LIFESTYLE & CULTURE

Nutrition (Part 1): Food as Medicine – Building the Foundation



Arjelo Onde, Contributed

Food is never just fuel. It is one of the most powerful forms of medicine we have. Every bite contains nutrients — vitamins, minerals, fiber, healthy fats, and antioxidants — that work together to heal or harm the body.

Nutrition Reductionism: A Common Problem

From my lifestyle medicine class with ACLM, I learned an important truth: "We eat the food, not the nutrients." This means food is more than just single nutrients like sugar or vitamins. It is a whole package that works together.

Focusing on one nutrient, like blaming bananas for sugar, misses the bigger picture. Whole foods like bananas have fiber and antioxidants that slow sugar absorption and help protect health.

Why Food Choices Matter for Insulin Resistance

Insulin resistance happens when the body no longer responds well to insulin. This causes blood sugar to rise and can lead to diabetes and heart disease. According to the World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC), diets high in processed foods, added sugars, and unhealthy fats significantly increase the risk of these chronic diseases.

Eating too many processed foods, added sugars, and unhealthy fats contributes to this problem. But whole, plant-based foods like fruits, vegetables, whole grains, nuts, and seeds help the body use insulin better and protect against disease.

Whole grains provide fiber that slows sugar absorption. Plant-based fats reduce inflammation, a key factor in insulin resistance. Together, these choices create a strong defense for your health.

Clearing Up Common Food Myths

Many believe fruits like bananas and mangos are "too sweet" for people with diabetes or those trying to lose weight. But this is a misunderstanding. Natural sugar in whole fruits comes with fiber and nutrients that slow sugar entering the blood, preventing sharp spikes. Even people with diabetes can enjoy these fruits in small amounts. The real problem is added sugars in sodas, sweets, and processed foods. These have concentrated sugar without nutrients.

Another myth is that all carbs are bad. Refined carbs like white bread and sugary cereals raise blood sugar quickly. But complex carbs from whole grains such as brown rice and oats provide steady energy and important nutrients.

Fat is also misunderstood. Animal fats from butter and fatty meats raise bad cholesterol and risk heart disease. Plant-based fats from nuts, seeds, avocados, and olive oil contain healthy fats that lower bad cholesterol and reduce inflammation. Replacing animal fats with plant fats is a simple step toward better health.

The Plant Advantage

Eating mostly whole plant foods protects against diseases like high blood pressure, diabetes, heart disease, and obesity. Fruits, vegetables, whole grains, legumes, nuts, and seeds provide fiber, antioxidants, and healthy fats that lower inflammation and support the immune system.

Research shows plant-based diets can prevent and even reverse some diseases.

Supporting Evidence from Loma Linda University Health and CHIP

Loma Linda University Health (LLUH) has been a leader in research demonstrating the powerful benefits of whole food, plant-based nutrition. Their studies show that diets rich in fruits, vegetables, whole grains, and nuts are strongly linked to lower rates of chronic illnesses such as heart disease, diabetes, and certain cancers.

The Complete Health Improvement Program (CHIP), developed and studied extensively by LLUH researchers, provides practical lifestyle changes centered on whole plant foods, physical activity, and stress management. Participants in CHIP have experienced significant improvements in blood pressure, cholesterol, blood sugar, and weight—all key factors in preventing and reversing chronic disease.

These findings reinforce the idea that food is much more than just calories or isolated nutrients — it is medicine that can protect and heal our bodies when we make wise, whole-food choices.

Local Power Foods on St Helena

We are blessed with many whole foods right here on our island — like bananas, mangos, sweet potatoes, pumpkins, tomatoes, broccolis, chao-chaos, and leafy greens. These foods come packed with a mix of fiber, vitamins, minerals, antioxidants, and more, all working together to support our health naturally. Eating these whole foods regularly is like taking natural medicine daily, helping our bodies stay strong and balanced.

Small Changes, Big Benefits

You don't need to change everything at once. Small steps add up; swap sugary drinks for water, add a vegetable to meals, replace some white rice with brown rice, choose

fruit over sweets. These changes can lower blood pressure, control blood sugar, and improve well-being.

Your Healing Plate



Try the **1/2 – 1/4 – 1/4 plate:**

• Half plate: fruits and vegetables

• Quarter plate: whole grains like brown rice or oats

• Quarter plate: plant proteins like beans, lentils, or nuts

Add more plants to your meat or fish meals to boost nutrition and balance.

One Step to Start This Week

Add one extra fruit or vegetable to each meal like a medium apple, a handful of spinach, or a few tomato slices. Small steps build better health.

Closing Thoughts

Food is a gift and daily chance to heal. Every healthy choice is a deposit in your health.

Healing takes time. Let food be your medicine. When you eat whole, real foods, you give your body the best chance to stay strong and healthy.

About Le Phare Lighthouse Wellness Center

At Le Phare Lighthouse Wellness Center here on St Helena, we are dedicated to supporting our community's health and well-being through compassionate, accessible care. As a volunteer-driven center, we offer a range of FREE services designed to empower individuals with knowledge and practical tools to improve their health naturally.

Our free services include:

• **Health Education**: Regular workshops and articles on nutrition, lifestyle medicine, and chronic disease prevention.

• **Basic Health Screenings:** Monitoring blood sugar and blood pressure to help detect early signs of hypertension and other common conditions.

• **FRAX Screening for Bone Health**:A non-invasive test developed by the World Health Organization (WHO) Collaborating Centre for Metabolic Bone Diseases at the University of Sheffield, UK. It assesses your 10-year fracture risk to help identify and prevent osteoporosis and related fractures.

• **Traditional Thai Massage Therapy:** Therapeutic sessions, part of Traditional Thai Medicine, to relieve muscle pain, improve circulation, and promote relaxation.

• **Wellness Consultations**: Personalized guidance on diet, exercise, and lifestyle changes tailored to individual needs.

• **Treadmill Access:** Our treadmill is available for use even during your lunch break or after work hours to support your fitness goals.

• **Healthy Cooking Classes**: Learn simple recipes to prepare nutritious meals that support your wellness journey. It doesn't have to be fancy.

• **Violin Classes for Kids**: Offering music lessons to develop musical skills.

• **Community Support**: A welcoming space for people to connect, learn, and encourage one another on their wellness journeys.

Don't hesitate to come by or call us at 22267 for inquiries.

About the Author:

My name is Arjelo Onde, BSRT, R.R.T., and I am a licensed MRT and AHP 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.I hold certifications in Lifestyle Medicine from ACLM (with ongoing online study), Clinical Densitometry from ISCD, and pain management from IASP, all of which support my commitment to evidence-based health education.

Sources:

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

• Complete Health Improvement Program (CHIP): chiphealth.com

• American College of Lifestyle Medicine (ACLM): lifestylemedicine.org

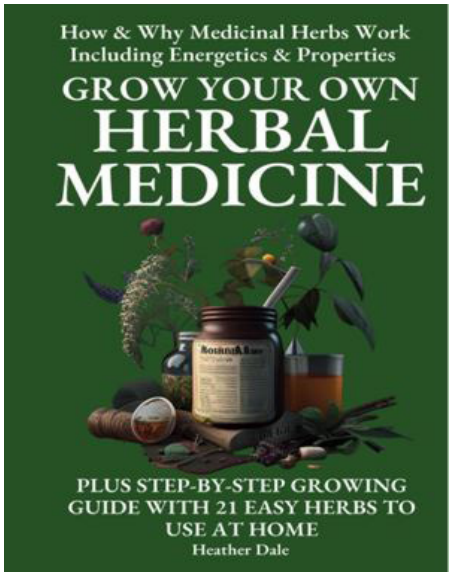
• World Health Organization (WHO): who.int

• Centers for Disease Control and Prevention (CDC): cdc.gov



Book of the Week

Public Library Service



Grow Your Own Herbal Medicine by Heather Dale

Your garden is ready to become your pharmacy. Get ready to unlock its potential and begin today!

If you've ever gone to the pharmacy or couldn't find a pharmacy! - for a cold medication, insect bite or a tablet to aid digestion, thinking, "If only there was something I could have taken to prevent myself from feeling like this," then herbal medicine is your answer. Discover the best (and easiest) herbs to grow at home including handy cheat sheets and growing guides for each essential herb that includes properties and actions, hardiness zone, and how to harvest and store once you have grown them. And the best part is, you can become your own herbal pharmacist even if you have no experience to draw on. The notion of using plants for their active properties has been around for hundreds of years – in fact, it's what paved the way for modern medicine. But just because we've made scientific discoveries that have revolutionised healthcare since then, it doesn't mean that those old natural methods are any less valid. You may not have the guidance of your ancestors, but you can still benefit from their discoveries and better yet, you don't have to go foraging to reap the benefits of nature's medicine cabinet. You can grow everything you need yourself and you're about to discover how.

Please reserve by contacting the following:-

Telephone Number: 22580

Email: publiclibrary@helanta.co.sh

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 15
- 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 16
- 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 17
- 7am-noon: Sunday Show with Anita and Deon
- 1pm : Interview Hour
- 3-4:30pm: UK Chart Show with Liam Yon
- 7pm: Baptist Church Service
- 20:30: Classical Compilations

MON. Aug 18
- 7am-10am: Sunrise with Luke Bennett
- 3-5pm: Artists through the Decades with Deon & Anita
- 5:30pm: Country Classics with Donna

TUE. Aug 19
- 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 20
- 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 21
- 7am - 10am: Sunrise with Liam & Luke
- 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



Look who's back on the airwaves.

Every Wednesday from 1pm.

Yes that's right Cyril w(Ferdie) is back with those good old tunes right from those compact discs.

Ferdie brings nothing but those old tunes you might have fogotten about.

So switch on those radios and make sure you tune in every Wednesday from 1pm.

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

SAMS South Atlantic Media Services Ltd

Sentinel Sudoku Session

This week's difficulty is 'Easy'

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

Throwback Thursday



14th August 1978:

Blue Hill Community Centre opened.

(sainthelenaisland.info)

Did you know that this coming Saturday will mark 48 years since the passing of the King of Rock n Roll, Elvis Presley? Also, did you know that the last thing Elvis ate before his passing was ice cream and six chocolate chip cookies? Elvis sure did enjoy his Memphis cuisine (like Banana and Peanut Butter sandwiches) and had a liking for Memphis style Peach Cobbler Nachos – which is today's Sentinel recipe.

Peach Cobbler Nachos



Ingredients
For the chips:

- 2-3 small flour tortillas cut into triangles
- 1 tbsp butter, melted
- 1 tbsp sugar
- ½ tsp ground cinnamon

For the peach topping:

- *1 large peach, peeled and sliced (or tinned)*
- *2 tbsps light brown sugar*
- *¼ tsp vanilla extract*
- *⅛ tsp ground cinnamon*
- *Pinch of salt*
- *1 tsp cornstarch*
- *2-3 tbsps water*
- *Vanilla ice cream, or whipped cream for topping*

Instructions
For the chips:

1. Preheat oven to 190 degrees.
2. In a small bowl, mix the cinnamon and sugar together.
3. Brush both sides of the cut tortillas with melted butter. Bake for 7-10 minutes, until golden brown and crispy. Or cook in an air fryer for 6-8 minutes at 200 degrees, shaking the basket halfway through cooking.
4. Toss the warm chips in cinnamon sugar. Let chips cool.

For the peach topping:

1. Preheat oven to 190 degrees.
2. In a small bowl, mix the cinnamon and sugar together.
3. Brush both sides of the cut tortillas with melted butter. Bake for 7-10 minutes, until golden brown and crispy. Or cook in an air fryer for 6-8 minutes at 200 degrees, shaking the basket halfway through cooking.
4. Toss the warm chips in cinnamon sugar. Let chips cool.

To assemble nachos:

1. Place the tortilla chips on a serving dish. Spoon the peach mixture over the top.
2. If desired, add a scoop of vanilla ice cream, or a dollop of whipped cream. Serve immediately

Around the World, and Back Again (Pt 3)

Couples therapy, extreme edition, as Riaan and Vasti take on an epic journey together, while solo and partner expeditions shift to family adventures, including their "priceless" visit to St Helena



Anita Robbertse, SAMS

In last week's The Sentinel, we again joined South African Adventurer and Author, Riaan Manser, as he recalled his epic expeditions rowing around Madagascar and Iceland. This week, we share the final edition of this three-part series with more adventurer stories as told by Riaan during his recent visit to St Helena and to SAMS.

Riaan and Vasti, who were engaged at this stage, were relaxing and spending some time at a small coastal town in South Africa, when Vasti surprised him with an interesting request. "Every time Riaan came back from a journey, I could see that sense of achievement in him," she told. "I could see that change in him when he got back and how satisfied he felt about what he had achieved, and I wanted to have that feeling too! We were spending some time with 'Kim Kardashian and her sisters' (watching TV) and out of the blue I said to Riaan, I want to do something incredible in my life!" A few days later, Riaan came back to her with this reply, "I'm going to take you to New York, but there is a 'but' - we're going to row there in a rowing boat."

This was the start of the plan to row from Morocco to New York City. Riaan encourages anyone to have a look at the route they took on the website and trace this on a globe to get an idea of how challenging this adventure would be. "Draw a line from Morocco across the Atlantic Ocean to the Bahamas, then up the entire East Coast of the United States, right up to New York City," he encouraged. "Then think about taking on this journey in a rowing boat. Come on, that just can't be true. It is not possible; nobody's done it in history. Why would two little South Africans sitting on a sofa in Betty's Bay think of this AND then make it a reality and do it!"

The row boat that Riaan bought for this journey cost more than the yacht



they are now travelling on around the world. The boat is about seven metres long and 1.5m wide with a little compartment at the back of 1.5 x 1m. At the front there is a small cabin the size of a small refrigerator where they stored all their gear, water, food and tools. This is also the only space they would be able to hunker down during storms and take some refuge by closing the hatch. There was no space to walk on the deck of the small rowing boat except when they would walk right behind each other for the couple of steps to get to the little front cabin. This journey ended up taking them six months to row the more than 11,000km, making it one of the longest



rows in history.

Riaan and Vasti recounted how they felt after rowing for 74 consecutive days from the Canary Islands before



stopping in the Bahamas. "It was 74 days without seeing any land. We made land and got off in San Salvador in the Bahamas. We were extremely wobbly, but we had plans of eating some nice food and have a beer, but your body is not used to it at that point." Riaan said he fell asleep almost immediately while Vasti remembers being quite sick.

After months of rowing across the ocean and up the treacherous East coast of the USA, they arrived to the port of



New York City getting stuck for a while under the Verrazano-Narrows Bridge as the wind and tide was against them. Riaan remembers being astounded watching all the big ships and other marine traffic in this busy port passing their little rowing boat and fighting to stay afloat in the waves, before finally heading into the bigger New York City Bay area. Riaan pointed out the Statue of Liberty to Vasti in the far distance and to his joy "she stood up and she held on to the bars of the boat and jumped up and down in delight. She couldn't



believe it. It was just unbelievable!"

"It was beautiful to see that joy," Riaan smiled. "For me that was what I had been longing for, for nearly two decades of my career. After all the things that I did on my own, all that I had done, I did not care." For Riaan this was the pinnacle to experience and witness Vasti's joy at having achieved success in completing this epic journey together.

Vasti recounts her sense of accomplishment when they had survived and successfully completed the journey. "When you finish a marathon or a mountain bike race, you feel great. It's not like that at all," she recalled. "It is a much longer term feeling and experience. It takes time to sink in, yes, you do feel the accomplishment, but not in the sense that I thought I would. It affects your whole life."

Riaan contemplated how it felt completing this journey and the enormity of what they had achieved. "I said to Vasti, this is bigger than the New York Times and bigger than the Guinness World Records. You might think that is arrogant, but think about it. For the first time in history, two people climb in a rowing boat and against all expectations they row to a place where no one else has ever imagined to row to. It is not arrogant; it is not even on the same plain as most of the other things recorded in the Guinness Book of Records. This experience was too big for that!"

Riaan reiterated that this was just a glimpse of all the many experiences they had on their journey where he even once got separated from the boat as it was capsized during a storm at sea by a huge wave. Through grace and miracles they were fortunate enough to come through the experience alive. They had learned a lot during their journey which would come in very handy during their honeymoon; not unexpectedly, this adventurous couple decided to brave the oceans again for their honeymoon, rowing from San Francisco to Hawaii along the busy Pacific Ocean route, with a risk to get run-over by big vessels at any time.

After completing their journey to New York Vasti said, "I'll never do it again," but then she proceeded to liken it to childbirth. "You forget how hard it was and after a while you only remember the good things," she detailed. "As we planned to go on our second journey from San Francisco to Hawaii, I totally forgot all the bad things. On the second day into our journey, I remembered all about the bad things when our boat again capsized and Riaan hit his head against a fire extinguisher. It



was just blood all over the boat and it was freezing cold and dark." Riaan walked the boat to right it again as it has no ballast and he recalled, "the boat capsized and our lights shone on the boat, the blood was spattered everywhere with the smell of blood all around. We were not too panicked, but Vasti was shaken." To add to all the confusion and stress of the situation, they had to constantly be on the lookout for marine traffic running up and down the West coast of the USA. Riaan confided that they had to come to terms with the possibility that they could die at any moment by being over-run by a ship as they could often not be seen by the large ships travelling this route.

These kinds of experiences make for good stories, but Riaan confessed, "you don't go looking for those kinds of stories. I want smooth sailing now for me and my family. We want to follow the trade winds along a little bit more of a traditional route. This is one of the things that brought them to St Helena on their way to sail around the world in stages on their yacht. Riaan replied to the question of why they stopped over at St Helena on their journey. "Why St Helena?" he said. "We were not going to go across the South Atlantic Ocean and miss the chance of a lifetime to come to this legendary place, St Helena. People can travel anywhere and it gets me how they are still in love with the idea of going to the same place over and over. My goodness, come to St Helena and pay a fraction of the price of visiting places like the Louvre in Paris to experience a 'Breath of Fresh air'. It is amazing. It is breathtaking. The world is something to explore!"

When asked about their journey to St Helena on the yacht, Vasti and Riaan's boys chipped in saying, "it wasn't always easy. On day six or seven we ran out of bread, so we couldn't make sandwiches anymore. We then used the ham to act as bread with some mayonnaise in between." Although they did have some bad luck when their shroud broke, everything went as well as can be expected. Four year old Samuel said, "I loved it. Catching a big eye tuna was the best." Seven year old James said, "I'm very thankful that we had the privilege to go on this adventure."

After their adventures Riaan confided in Vasti. "I've battled a little bit during the 20 odd years of my career with being that free person I was when I left the Waterfront in Cape Town, to come back and go to Madagascar, then choosing to go to Iceland. Every time I lost a little bit of myself, because there was more ownership of me. There are more people who depend on me." Although he does have a lot more responsibilities now, he said, "I hope to inspire people not to say, you know, I am 40 years old and I've got kids, my life is over! If you put your mind to something and you fully commit then you can achieve it if you persevere. Never give up!"

The family was looking forward to partake in some tourist activities here on St Helena like fishing, before they would depart to South Africa, leaving their yacht moored in James' Bay. In December they plan to return to continue on their onward journey with the yacht heading to Brazil. Riaan ended off the interview by saying, "we were all a little battered arriving here on St Helena, but we will now go back to re-motivate, recharge but also to acknowledge that there will be some difficulties and challenges. We have to find ways to make life a little easier on the yacht, but it is a privilege. Sometimes I think it is a dream. I'm a dad who's taking my kids and my wife around the world on a sailboat and we get to visit St Helena. Come on, this is priceless!"

We are looking forward to the Manser family returning to St Helena to share some of more of their experiences with us. Their interview with SAMS about the adventures, as shared in these past few editions of The Sentinel, is still available to listen to via the SAMS Podcast Page.

LIFESTYLE & CULTURE

The capture of a Dutch East India Trade Fleet at St Helena Island, 14 June 1795



— **Aubrey George,** Contributed —

Part A - To attempt the seizure of the Dutch colony at the Cape of Good Hope.

On 25 May 1795, HMS Sceptre 64 - Captain William Essington arrived in St Helena from England, to convoy home the Honorable East India Company (HEIC) trade ships at St Helena, and with news of the French invasion of the Netherlands. Although unaware of the declaration of war against Britain on 15 May. Captain Essington was able to advise St Helena Governor, Robert Brooke, that the Dutch possessions and shipping in the South Atlantic were now liable to occupation and detention. Under an order dated 9 February 1795, Royal Navy vessels and British letters of marque (HEIC ships), were instructed to detain Dutch vessels and their cargoes and bring them into British ports, that they might be detained provisionally.

Governor Brooke had seen extensive military service with the HEIC. Immediately, Brooke, Essington, the Island's council, and the Captain's of the HEIC ships anchored in the harbour, held consultations with a view to attempt the seizure of the Dutch colony at the Cape of Good Hope. With mixed responses from the Captains, however, the hawks prevail and orders were drafted for the mission on 28 May.

In the coming days, three hundred troops, one hundred volunteer seamen, Governor Brooke, artillery fieldpieces, and a treasure trove of money were embarked aboard the Sceptre 64, and the HEIC ships General Goddard and Manship. The expedition now ready to depart, unexpectedly the HEIC ship Swallow - Captain William Clifton - arrived from the Cape on 31 May, with the news of twenty Dutch ships preparing to sail home, ten of these were of significant value.

Part B - Change to drafted mission; From attempt seizure of the Cape colony to the capture of a Dutch fleet.

A further meeting on 2 June took place with Brooke, Essington and the HEIC Captains. It was now agreed to the capture of the Dutch ships, before any attempt of the Cape colony. And unexpectedly later that day, the HEIC ship Arniston - Captain Campbell Marjoribanks - arrived from Portsmouth. On board were the Governors family travelling to St Helena, and also with correspondences for Governor Brooke from Rear Admiral Sir George Keith Elphinstone, announcing he would be convoying out a force to take possession of the Cape colony. In the earlier readiness, the troops, volunteers, treasure, and the artillery fieldpieces, were disembarked accordingly.

However, unknown to Brooke and Essington, a convoy of sixteen Dutch East Indiamen had left the Cape colony on 18 May for Europe, with their escorts, the brig Kommeet 18 - Captain Lieutenant Mynheer Claris - and the Corvette Scipio 20 - command de Jong. Bad weather had forced eight to return to Cape before sailing again on the 22 May, the remaining eight, escorts and a Dutch whaler, Herstilder, sailed on. Only two reached then neutral Norway.

Part C - (Contributor's summary of interest) The arrival of the HEIC ships, Swallow and the Arniston, with their important news, may have saved Governor Robert Brooke, and Captain William Essington from a potential humiliating defeat.

Fortunately for Governor Robert Brooke and Captain William Essington, the arrival of ships - Swallow and the Arniston - enabled both men to reconsider their earlier decision, which resulted in a lesser expedition but an urgent one to intercept a Dutch trade fleet, which by now had departed the Cape colony on the 18 May. In hindsight, did Brooke and Essington had authority to commit to attempt the seizure of the Cape colony. Brooke or Essington was not instructed by the Admiralty to form an expedition from St Helena. Overall, initially to invade the Cape colony was approved by all including the island's council at the time, and the Captains of the HEIC ships.

Had Captain Essington's improvised and rudimentary force (ad hoc) set off later that day (2 June), before the arrival of the ship, Arniston, with the news of Rear Admiral Sir George Keith Elphinstone's planned expedition later to take possession of the Cape colony, not prevented a pre-mature decision by all involved, that may have resulted in a slaughter and massacre, a costly failure in attempting to capture the Cape colony with a minimum of three ships and several hundred troops.

Part D - Deserving of a Dedicated Plaque to a historical event during the island's early years. The capture of a Dutch East India fleet off St Helena Island, 14 June 1795.

Later that day on 2 June, three hundred extra troops and one hundred volunteer seaman all of whom were trained in the use of artillery, sixty of the troops were taken aboard the Sceptre 64, the remaining men assigned to the HEIC ships, General Goddard and the Manship, with extra cannons

positioned on board, and with the HEIC ship, Swallow, added. This force sailed out on the evening of 3 June, and five others set out on later days.

Captain William Essington's ship, HMS Sceptre 64, and his improved, improvised and rudimentary force of HEIC ships set out to the windward of the island in search of the Dutch fleet. The HEIC ships were -

GENERAL GODDARD (Captain Willian Taylor Money)
MANSHIP (Captain John Lloyd)
SWALLOW (Captain William Clifton)
ASIA (Captain John Davy Foulkes)
ESSEX (Captain John Strover)
BUSBRIDGE (Captain Samuel Maitland)
LORD HAWKESBURY (Captain John Price)
AIRLY CASTLE (First Officer Samuel Barnard)

On 7 and 10 June, Sceptre 64, General Goddard, Manship, and the Swallow encountered the unescorted Dutch ships, Julie and the Houghly, which the squadron intercepted and captured. Both, richly laden, were then escorted by the Swallow to the island.

Governor Brooke ordered the Swallow back to sea in the company of the HEIC Busbridge, with extra men from the garrison aboard both vessels. Throughout, unfavourable weather made it difficult for the squadron to keep in company, the Manship and Busbridge lost contact, the Lord Hawkesbury and Asia were forced back to the harbour. Later in moderate conditions, the Lord Hawkesbury, Essex, Asia, and Airly Castle were able to get to sea, and join in the hunt for the Dutch.

On 13 June at 10pm, HEIC ship, General Goddard, signalled to the rest of Essington's Force a fleet of seven sail in the north-east. With the Asia, Essex and the Airly Castle in sight a general chase began. These Dutchman would be those that sailed on 22 May. The next day at 8am, in moderate weather, the squadron seventy miles to the north-east of St Helena, the Sceptre 64 fired a gun to alert the Dutchman. The ships Swallow and General Goddard was in company with the man-of-war (SCEPTRE 64), as the Busbridge was in-sight. Responding, the Dutch ships hoisted their national colours and continued their course.

Captain Essington then ordered Sceptre 64 to fire four eighteen pound cannons across their bows. The Dutch fired several cannons at Essington's squadron. As all suitable warnings had been given, the man-of-war now fired two broadsides, with the General Goddard firing with her cannons. Thereafter without any further exchange, the Dutch fleet surrendered. There were no casualties on either side during the engagement.

Later, boats from Essington's force boarded the Dutch ships. During these proceedings several attempted to make good their escape, but was prevented by the guns of the ship, General Goddard. On 17 June, Sceptre 64, General Goddard, Swallow, Asia, and Busbridge, returned to the island with their seven captured Dutch prizes, to add to the Julie and the Houghly.

On 1 July, Sceptre 64, the General Goddard, and the prizes sailed out to gather in the remaining ships of Essington's force (Manship, Lord Hawkesbury, Essex, and Airly Castle). On return to the island, the sloop Discovery with George Vancouver, and consort, the Chatham under Peter Puget, with the captured Dutch prize, the Makassar, had arrived there to join them.

Captain Essington's initial value was significantly higher. Later reports claim the ships and their cargo were worth one and a half million pounds, or one hundred eighty million pounds in today's money. Captain William Taylor Money of the HEIC ship, General Goddard, received a Sword of Honour from Governor Colonel Robert Brooke of St Helena, with gratitude and worthy thanks from Captain William Essington.

On 22 August, Captain William Essington's entire fleet and the captured Dutch prizes sailed from St Helena for England. The British ships were -

HMS SCEPTRE 64 (Captain William Essington)
HEIC SHIP GENERAL GODDARD (Captain William Taylor Money)
HEIC SHIP MANSHIP (Captain John Lloyd)
HEIC SHIP SWALLOW (Captain William Clifton)
HEIC SHIP BUSBRIDGE (Captain Samuel Maitland)
HEIC SHIP LORD HAWKESBURY (Captain John Price)
HEIC SHIP ASIA (Captain John Davy Davy Foulkes)
HEIC SHIP ESSEX (Captain John Strover)
HEIC SHIP AIRLY CASTLE (First Officer Samuel Barnard)
HMS DISCOVERY (Captain George Vancouver)
HMS CHATHAM (Captain Peter Puget)

The captured Dutch prizes were the ships JULIE, HOUGHLY, ALBLAFFEXDAM, DORTRECHT, MERMIN, LADY AGATHA, MENTOR, SURCHEANCE, ZEELELYE, and THE MAKASSAR.

The journey northward was steadily slow, the weather continuously turbulent. The convoy finally arrived in the Shannon on 13 December 1795, and waited there until an extra force arrived to escort Captain Essington's convoy through the Channel.

A remarkable and fascinating historical event from the island's early years, at the time of the Honourable East India Company's rule during 1795. No doubt the Island's council were such members, and the 100 volunteer seamen may have been Islanders, slaves, or others physically fit to man fighting ships of that era.

StHelenaRedCross

NOTICE OF ANNUAL

GENERAL MEETING

The St Helena Branch of the British Red Cross

Will be holding its Annual General Meeting
On Thursday 28th August at 6.30 pm
at the HTH Girl Guides Hall

All are Welcome.

NOTICE BOARD



VOTE

FOR DEREK THOMAS

I WILL ALWAYS DO MY BEST TO DEVELOP THE ISLAND AND PROVIDE A BETTER FUTURE FOR ALL

THE PEOPLE'S PERSON

EXPERIENCE COUNTS



MANIFESTO

DEREK THOMAS

CANDIDATE FOR THE GENERAL ELECTION

BACKGROUND

Served thirty-two years as a Police Officer, including ten years as the local Chief of Police. This role gave me in-depth knowledge and understanding of Government Operations at Managerial level.

I also have twelve years experience as a local Politician, eight of which I Served as a member of Executive Council. For six of those years, I was the lead representative for St.Helena. Representing the island at high-level Joint Ministerial Conferences, where I built and maintained strong relationships with Lords and Ministers. Connections which will be vital to St Helena's development and continued financial support.

With the support of other Elected Members and the British Government, I played a leading role in managing and protecting St Helena's borders during the deadly outbreak of COVID-19, from 2019 -2021.

MY PRIORITIES WILL BE

1. Full involvement of all Elected Members on matters of national importance, enabling meaningful contributions to decision making and helping all to be better informed in representing the public.
2. Improve the quality of life for all, particularly the elderly who in my view have been overlooked. Many are struggling to cope with rising living costs.
3. Explore free bus travel for the elderly, similar to the senior citizens benefit in the UK. As part of the British family, our people should enjoy the same support.
4. Enhance health care services, especially in areas where people struggle to afford essential medical care.
5. Create meaningful employment opportunities for those on income related benefits, who are capable of working. This will not only empower individuals, but also contribute to the island's economy.
6. Introduce simple practical Traffic Regulations, instead of waiting for a rewrite of the Road Traffic Ordinance. These should address essential parking needs for quick errands. Elderly drivers over 70, who are medically fit, should be allowed to continue to drive, without the burden of two separate visits to Health Professionals- a needless expense and inconvenience. We also need to create a more professional-looking drivers licence.
7. As a matter of urgency, get the long awaited revised Land Development Control Plan over the line. The plan should focus on bringing underutilised Crown Waste Land into productive use, such as agriculture and Forestry. Such land should be released to the public for development at reasonable prices. Quicker turnaround on building plans and more flexible building policies should be introduced to allow the construction of more affordable and efficient type housing.
8. Expand greater opportunities for our youth, particularly through a strengthened apprenticeship programme, in skills vital to the island's future.
9. In the Education Sector, great efforts are made to ensure our children aspire to higher grades in GSCE, yet there is no opportunities for them to go onto university studies unless they pay themselves, most people cannot afford such high costs. Explore fund raising opportunities which will enable this to happen.
10. Request a review into the operations of Connect St.Helena, to ensure the island is receiving value for money.
11. Establish an affordable and reliable telecommunications service to support both personal and businesses needs.
12. Offer additional incentives and support to farmers, businesses, including small type businesses, many of whom provide essential services, yet struggle to remain viable.
13. Establish a viable fishing industry to suit the needs of the island.
14. Continue to develop strategies to increase tourism and support the local Private Sector as a key economic driver.
15. Negotiate with the British Government to reinstate, as promised in 2018, development funding equivalent to European Development Funds for major infrastructure projects- critical for the island's growth and Private Sector support.
16. Strengthen the UK Governments understanding of St Helena's reasonable needs, as acknowledged in the UK Governments White Paper.

If elected I will dedicate myself fully to advancing St Helena's development and help build a wealthier and more sustainable future for all.

VOTE

DEREK THOMAS

THE PEOPLE'S PERSON

EXPERIENCE COUNTS

NOTICE BOARD

DENNIS LEO

LOCAL KNOWLEDGE. SHARED STRENGTH.



I am putting myself forward as a candidate in the St Helena Legislative Council elections because I believe St Helena's future should be shaped by its people – through practical, honest and community-led solutions. I don't claim to have all the answers, but I do have the willingness to listen, work with you all and fight for what matters to our Island. We have the skills, knowledge and spirit right here at home. My goal is to bring people together, make space for fresh ideas and get things moving - not through empty promises, but through teamwork and action.

My priorities:

- Food & Fishing – We need to grow more of what we eat, back our farmers and close the gaps in our food supply. Our fishing industry, built on sustainable pole-and-line methods, should be a strength: providing fair incomes, fresh affordable fish for families and premium exports we can be proud of. Coffee is another St Helena treasure! Demand is high, so let's scale production without losing quality.
- Sport & Health – Sport builds community pride and supports mental and physical health. I want to see more opportunities and better facilities for all ages, along with stronger support for athletes representing our Island at home and abroad.
- Green Jobs – Protecting our unique environment also means creating local work. By restoring endemic plants and supporting conservation groups, we boost employment and protect the land that defines us.
- Niche Tourism – Our history, culture and beauty should be shared by our own people…not through mass tourism but with authentic, small-scale experiences that visitors value and remember.
- Youth Future – By working closely with the Youth Parliament we can ensure young people's ideas aren't just heard but brought to the decision-making table so they can see a future worth building here.
- Affordable Energy – We can cut household costs and protect our environment by investing in renewable energy and helping homes become more energy efficient.
- Fair Employment – Reforming minor cannabis offences would stop holding good people back from work. This isn't about promoting use – it's about removing unnecessary barriers, so jobs are filled based on skill, not stigma.

My commitment is to make the right calls, even when they're difficult, and to always explain why. I won't promise to fix everything in four years, but I will help lay the foundations for lasting change. The solutions we need already live in our people, our land and our culture. Now is the time to believe in ourselves again and start building a future that's practical, proud and powered by us.

Let's move forward - TOGETHER!

For a copy of my full Manifesto, you can request via email luca.lillee@gmail.com or send a Facebook PM @dennis.leo.18


VOTE
3RD SEPTEMBER
2025
REBECCA CAIRNS-WICKS
PUTTING PEOPLE FIRST,
BUILDING OUR FUTURE
TOGETHER

NOTICE BOARD



Karl Thrower

For Councillor

Better Telecommunications

Connectivity that delivers real benefits—for everyone

The arrival of the undersea cable was a landmark investment in St Helena's future. But the real test is what happens next. The last Government failed to deliver the "fibre to the home" project—despite spending over £650,000 of public money. Without decisive action, we risk repeating past mistakes: more wasted funds, higher prices, poor service, and limited access.

Choosing the right solution is not simple. There are many technologies—fibre, fixed wireless, 5G, satellite—that can be combined in different ways. Each comes with its own benefits, costs, and challenges. One of the first big decisions we must take is whether our future services should be delivered by a private company, by the government, or through a carefully managed partnership of both. This choice will shape prices, competition, investment, and service quality for years to come.

Telecommunications is not just about the internet; it also includes telephones, television, video conferencing, and emerging digital services that will shape our economy and society in the future.

With over 10 years of experience designing and managing networks for internet service providers, I know both what's at stake and what's possible. We need a solution that:

- Delivers world-class telecommunications at affordable prices for residents and businesses
- Sets enforceable standards for speed, reliability, and customer service
- Is future-proof and adaptable to new technologies
- Drives economic growth, education, healthcare, and social inclusion

This solution must serve our entire community—not just providers or government. Internet access is no longer a luxury; it is essential to modern life.

If elected, I will bring technical expertise and independent scrutiny to ensure this opportunity is not wasted. The cable must benefit everyone—not just in theory, but in practice. That means decisions made with clarity, negotiated with honesty, and delivered with accountability.

Affordable Renewable Energy

Clean power, lower bills, a stronger economy

Electricity is one of the highest costs faced by households and businesses on St Helena. These high prices hurt families, make it harder for local businesses to compete, and hold back our entire economy. I believe we must reduce prices by at least 50%—and with the right approach, this is achievable.

In this years budget government and councillors allocated **£1,654,000 to subsidise Connect St Helena**, yet we still face some of the most expensive electricity prices in the world. This has increase steadily since the **21/22 budget when it was £353K**. If we finally deliver the long-promised affordable, renewable energy, we can cut household bills, make our economy more competitive, and free up most of that subsidy to reinvest in pensions, healthcare, housing, and further measures to reduce the cost of living for everyone.

You only have to look at the wind turbines at Deadwood to realise that we now produce less affordable renewable energy today than we did in previous years.

With over 20 years of experience in renewable energy, energy-saving technologies, and financing, I have already delivered renewable energy solutions on-Island at a fraction of the current utility cost. I know the technology works, I know possible ways to fund it, and I know how to make it sustainable.

We've been promised cheaper, cleaner energy since 2016, but progress has been slow. Targets have been reduced, deadlines missed, and transparency has been lacking. The public deserve clear, honest answers: **How much will electricity cost, what technology will be used, and when will we see real change?**

One of the first steps will be deciding the right energy mix for our Island—whether that's solar, wind, battery storage, or other renewable sources—and ensuring it is resilient, affordable, and reliable. We also need to decide whether generation should remain fully under government control, be operated by the private sector, or be a balanced partnership. These decisions will shape our bills and our environmental future for decades.

Lower electricity costs benefit everyone—from the poorest household struggling to make ends meet, to the largest business trying to expand and create jobs. Cheaper power means more disposable income for families, more competitive prices for goods and services, and a stronger, more resilient economy for all.

Affordable, renewable electricity is not just about saving money—it's about unlocking our economic potential, attracting investment, and improving the quality of daily life for everyone. With **clarity**, **honesty**, and **accountability**, we can finally deliver on the promises made and secure a cleaner, brighter future for St Helena.

NOTICE BOARD



When I made the decision to stand as a Candidate in the upcoming General Election, I did so for several reasons.

Firstly, I would like to continue serving the people of St Helena as I have strived to do over the past four years and give back to them what was invested in me in my former role as a Member of Legislative Council.

I was given the opportunity to attend several training seminars and workshops abroad:

The 70th Westminster Seminar, London,
51st CPA British Islands and Mediterranean Regional Conference, Isle of Man,
Public Accounts Committee (PAC) training missions in Westminster and Wales,
Regional Workshop for African Public Accounts Committees, Zambia
Reykjavik Global Forum, Iceland,
Strong and Independent Parliaments in Small Jurisdictions, Isle of Man.

I served as Children's Champion and Older Persons Champion, and as a member on:
Select Committee 1
Public Accounts Committee (PAC)
Highways Authority
St Helena's Representative on the British Islands and Mediterranean Region (BIMR)
Commonwealth Women's Parliament
Safeguarding Board
Police and Crime Panel
Education Review Committee
White Ribbon Day Campaign Group.

I undertook the temporary role of Minister for Safety, Security and Home Affairs, where the transition from Councillor to Minister, enabled me to gain insight 'from the other side', so to speak. This undertaking proved to me my personal strength and willingness to rise to an opportunity that, not only enabled my professional growth, but strengthened the knowledge and understanding I have for the role.

The experience gained from the above, coupled with how much I valued my former role, is why I say "I would like the opportunity to continue giving back to the people of St Helena what was invested in me".

The values I stand by:

- **Integrity-**I stand for what I believe in and take ownership of my decisions
- **Service to the community–**I endeavoured to work to the best of my ability for the people of St Helena. I was elected into Legislative Council by you, I have a duty to dedicate myself to achieving the best I can for you
- **An inclusive community –** where the benefits includes you all
- **Empathy**–I aim to understand constituent's challenges and concerns; to stand for and by, the people of St Helena

- **Resilience –** Challenges and adversity helps to make you a stronger person. Setbacks do not deter me, but make me more determined

Cost of living impacts across our community. I feel real concern for low income earners with families and for our elderly citizens. Better financial opportunities abroad continue to lure away many of our working age people, often with young families. Globally, there is a rise in living costs which unfortunately filters through to our importation costs.
I was elated with the response to my question in the Budget session of Formal LegCo, where it was announced that Public Service pensions would see an uplift of 5.5%.
I would champion the need for continued pursuit in uplifts annually to social security payments, Public Service pensions and wages. A small uplift is better than none at all.
Affordable housing is an ongoing concern and whilst initiatives have been put in to assist first-time homeowners, I would continue to support where there may be opportunity to further assist those endeavouring to own a home, which is a huge incentive to keep our working age people on island.

The Private Sector
Our fishing industry, once a thriving commerce and a huge part of our culture, is now a fragmented struggling sector. Fishermen have my full support, it is not an easy life and I repeat what I have said so often, that the challenges faced by fishermen should be addressed to enable the industry to thrive again, which will be a boost to our economy and provide sustainability of a vital food source.

Retailers and private business owners face the dilemma of retaining product and service costs for compatible competition to keep their customer base. Global uncertainties and fluctuating currencies affect importation and end user costs.

Food security is crucial to St Helena's sustainability. Agriculture and poultry farming must be further enhanced by appropriate legislation and investment, again building a thriving industry of home produced products and reducing the reliance on imported foods.

Education and Youth Development
As Children's Champion, I became more involved with our students, made more visits to schools where I could engage in informal discussions and saw firsthand the work that goes into educating our young people. Primary education will undergo a significant change and I would encourage that all affected be taken along on the journey to enable a positive transition.
I encourage youth leadership and engagement forums, where our young people can be more involved in shaping policies and procedures that are relevant to them now, and to their future.

Health and Social Care
Effective health and social care service provision is essential to a resilient community, where all should benefit from past and potential future investment.
I advocate for:

- Continued expansion to preventative health care, enabling a healthier nation
- More availability for connecting patients with overseas professionals for virtual consultations; optimising on the use of our advanced connectivity
- Further investment in essential medical equipment
- Support, both financial and legislative, for the expansion to services provided by mental health

- Reviews of contracts for external medical services provision, to ensure continued quality of service and value for money
- More facilities to accommodate our elderly and those in need of respite care
- Increased support to informal carers (family and friends), who provide essential care to our elderly and vulnerable
- Facilitating intergenerational programs that connect our youth with our elderly.

Economic growth

Whilst we did not expect our economic growth to happen overnight, we can say that post COVID we are seeing rising numbers in tourists and visiting family and friends; a boost to our economy. Inward investment is being encouraged, promotion of St Helena and advanced digital connectivity are enabling factors for this. It is important however, that we keep sight of what makes us unique, without stifling our economic growth.

Community-centred priorities for me:

- Value people – where they feel seen, heard and respected
- Cost of living – retain our people by having a financially enabled environment that allows them to live in their homeland
- A developed Private Sector to provide necessary service provision to the community
- Reduce our imports and increase our exports; reverse the flow of our economy
- An inclusive educational structure that enables all to develop and promote future leadership
- An inclusive society, where all abilities matter
- Enable progress to health and social care; it is a service provision that cuts across the community
- Enable and encourage much needed economic growth
- Protect our heritage.

Having been elected as a Legislative Councillor in 2021 and with the implementation of the new Ministerial Form of Government, my tenure has enabled me to see this being embedded. It was a privilege to serve the community with the knowledge and experience I gained; it would be an honour to continue that service.

I cannot make promises or predictions, but I can give you the utmost assurance that I would do, as I have always done, and that is the best I can for you. **For me, you matter.**

VOTE
GILLIAN BROOKS



On 31 July 2024, I was elected to the Legislative Council for the first time in the by-election and intend to stand again in the General Election in September.

WHO IS ELIZABETH (known as Betty)?

I have two daughters in South Africa and a son here on-Island with me. My passion has always been People. I listen and hear people express views, attend to their complaints and issues, and, as soon as possible, give feedback.

I have always had an interest in Politics and during my lifetime I have assisted with Elections on many occasions. In 2006, I stood as a candidate for the Democratic Alliance Ward 1, Overstrand Municipal Area.

SOUTH AFRICA

During my career I have been involved in Civil Society in South Africa and here on St Helena Island.

Seven years in the Banking sector. Qualified as a Traffic Examiner for the Road Traffic Inspectorate, KZN South Africa, testing Learners and Drivers for Licenses. Fashion Consultant for 18 years in direct selling and managed the Swaziland area with 17 ladies; attended conferences in Spain, Greece, Rome and Mauritius as a top consultant. I served as a Ward Committee Member within the Overstrand Municipality for ten years representing The Gansbaai Sakekamer for five years and Civil Society for five years. During my residency in Gansbaai, I was a committee member of The Gansbaai VLV; a Worldwide organisation known as the CCWA and a Secretary, Ex Officio Member with the Gansbaai Sakekamer for nine years. I was also a choir member and a Deacon.

Passed/Qualified the Estate Agency Affairs Board Exam in August 2003 whilst with Durr Estates and opened my own business Whale Coast Property in Gansbaai, Overstrand Municipality, Western Cape Region. I trained four Estate Agents. I closed my business in 2011 as we were planning to relocate to St Helena. Organised many functions and activities; a special one was The Festival of the Lights.

ST HELENA ISLAND

Relocating to St Helena has attributed to the change in my life and PASSION FOR PEOPLE. Which is a privilege to serve our PEOPLE where and when I am able.

Since settling in St Helena, I have worked within Statistics, Customs, with Safeguarding as a Support Worker for domestic violence against vulnerable women and children and in the Finance Portfolio as an Income Tax PAYE Officer. During this period, I served as Secretary of the Chamber of Commerce and also served on the Audit & Risk Committee.

- To Listen and help with problems raised
- Fresh and collective ideas for discussion with the interest of all at heart
- I cannot make any promises that cannot be fulfilled.

St Helena is not just where I live – it's my heart and purpose. Every decision I make is with the community in mind; be it SOCIAL CARE, EDUCATION, ENVIROMENT

Vote KNIPE!

NOTICE BOARD

JOIN THE PUBLIC SERVICE

Join us!

We are recruiting...

St Helena Government

Health & Safety Officer
(£15,373 per annum)

The Health & Safety Officer contributes to the prosperity of the island by serving as a diligent Safety Officer who implements and ensures adherence to SHG occupational health and safety (OHS) guidelines. The main responsibility involves providing advice on strategies to reduce hazards and uphold a secure working environment throughout SHG, while meeting legal safety requirements and nurturing a culture that prioritizes health and safety.

Health and safety professionals are essential in safeguarding employees within the workplace. You will be instrumental in fostering a safe working environment by offering guidance on safety protocols, performing risk assessments, and enforcing preventive measures. The primary objective is to create a secure workplace in compliance with legal standards and to promote a culture that emphasizes health and safety. Contact us for information and a discussion.

Enquiries: **Anel O'Bey on Tel No 25052 or Email anel.obey@helanta.co.sh**
Closing date: **27 August 2025**
Shortlisting date: **29 August 2025**
Interview date: **11 September 2025**

Forest Worker
(£9,698 per annum)

The Forestry Section is looking to recruit a Forest Worker to provide support for a labour service under the supervision of the Nursery Chargehand, Silviculture Officer, or Forestry Officer. The role involves primarily all aspects of tree seedling production but does include performing manual forestry tasks, which encompass land clearing, control of invasive and alien plant species, ground preparation, planting, thinning, pruning, fencing, cleaning, and the harvesting of sawlogs, firewood, and fence posts, as specified by the relevant line manager. Contact us for information and a discussion.

Enquiries: **Myra Young on Tel No 24724 or Email myra.young@sainthelena.gov.sh**
Closing date: **27 August 2025**
Shortlisting date: **29 August 2025**
Interview date: **11 September 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

Judicial Services Officer
(£13,569 per annum)

The Judicial Services Officer will contribute to the prosperity of the island by assisting the Judicial Services Manager with all issues related to the St Helena Judicial System. This role includes serving as the Clerk to the Coroner, Clerk to the Labour Regulating Authority, Clerk to the Land Development Appeals Tribunal and occasionally Clerk of the Peace. You will also maintain the Companies Registry, process wills and probate and maintain the accounts for Judicial Services and the Legal Assistance Fund. Responsibilities also encompass the drafting of legal and court-related documents, such as summonses, letters, and writs. The officer is accountable for covering the Judicial Services Manager during all court hearings and must possess the ability to deliver proficient court clerking services in both public and private courts.

Contact us for information and a discussion.

Enquiries: **Amelia Gough on Tel No 22340 or Email** amelia.gough@judicialservices.sh
Closing date: **27 August 2025**
Shortlisting date: **29 August 2025**
Interview date: **16 September 2025**

IDVA/SDVA/CIDVA Domestic Abuse Service Lead
(£13,569 per annum) For local interest only

The Health & Social Care Portfolio is recruiting a Domestic Abuse Service Lead, to manage and facilitate the provision of services, advocacy and support for women and children of all ages residing in the Safe Haven accommodation. The post-holder will also have overall responsibility for managing and facilitating the provision of outreach advocacy and support to survivors of domestic abuse, male and female, and their children, who reside within the local community.

Please contact us for more information and discussion.

Enquiries: **Amy Martin on Tel no. 23312 or Email:** **amy.martin@sainthelena.gov.sh**
Closing date: **22 August 2025**
Shortlisting date: **27 August 2025**
Interview date: **10 September 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.

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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 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 MBE
Marie-Anne Dennis
Deborah Fantom
Nicholas George
Jody Grant-Lawrence
Desmond Wade
Colin P Yon
Sidney A Youde
Clare D Harris

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!

MEDIA RELEASE

8 August 2025

Sure Issues Notice to Cease Telecommunications Operations on Ascension Island in February 2026

Sure SA Ltd today announces that it will no longer provide telecommunications services on Ascension Island from the end of February 2026, unless a new, sustainable agreement can be reached with the Ascension Island Government (AIG).

For over a century Sure has proudly served the Ascension Island community with a comprehensive range of public communications services – including fixed line, mobile and broadband – that underpin essential everyday communications. These essential services enable local and international connectivity through voice, SMS and data, and are vital to the society and economy of a remote island.

This difficult decision is the result of ongoing economic challenges faced by Sure on Ascension Island, which have been significantly exacerbated by the introduction and licensing of a second public telecommunications provider by AIG. Sure has consistently expressed concerns that the island's small market cannot viably support multiple operators, and unfortunately these concerns have proven to be well founded. Despite government subsidies, the current commercial model is unsustainable.

Sure has therefore notified AIG that it will withdraw from its public telecommunications licence in February 2026.

Speaking on the announcement, Alistair Beak, Sure Group CEO, said:

“This is a deeply regrettable decision and marks the end of more than 100 years of Sure’s service to the Ascension Island community. I would like to thank our dedicated local team and all of our customers – past and present – for their trust and support. Our team has worked tirelessly to provide a reliable and essential telecommunications service in the island and I’m grateful to them for their hard work, expertise and commitment.

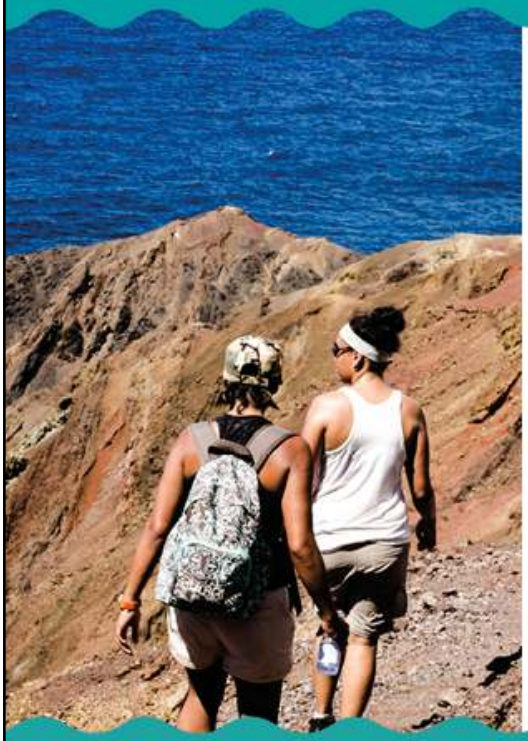
“We firmly believe that the community requires a resilient and high-quality public telecommunications service. Sure remains open to constructive dialogue with AIG to explore how to continue to provide these critical services in a sustainable manner. In the meantime, we are committed to supporting our customers and providing regular updates as we work through the transition period.”

ENDS

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.

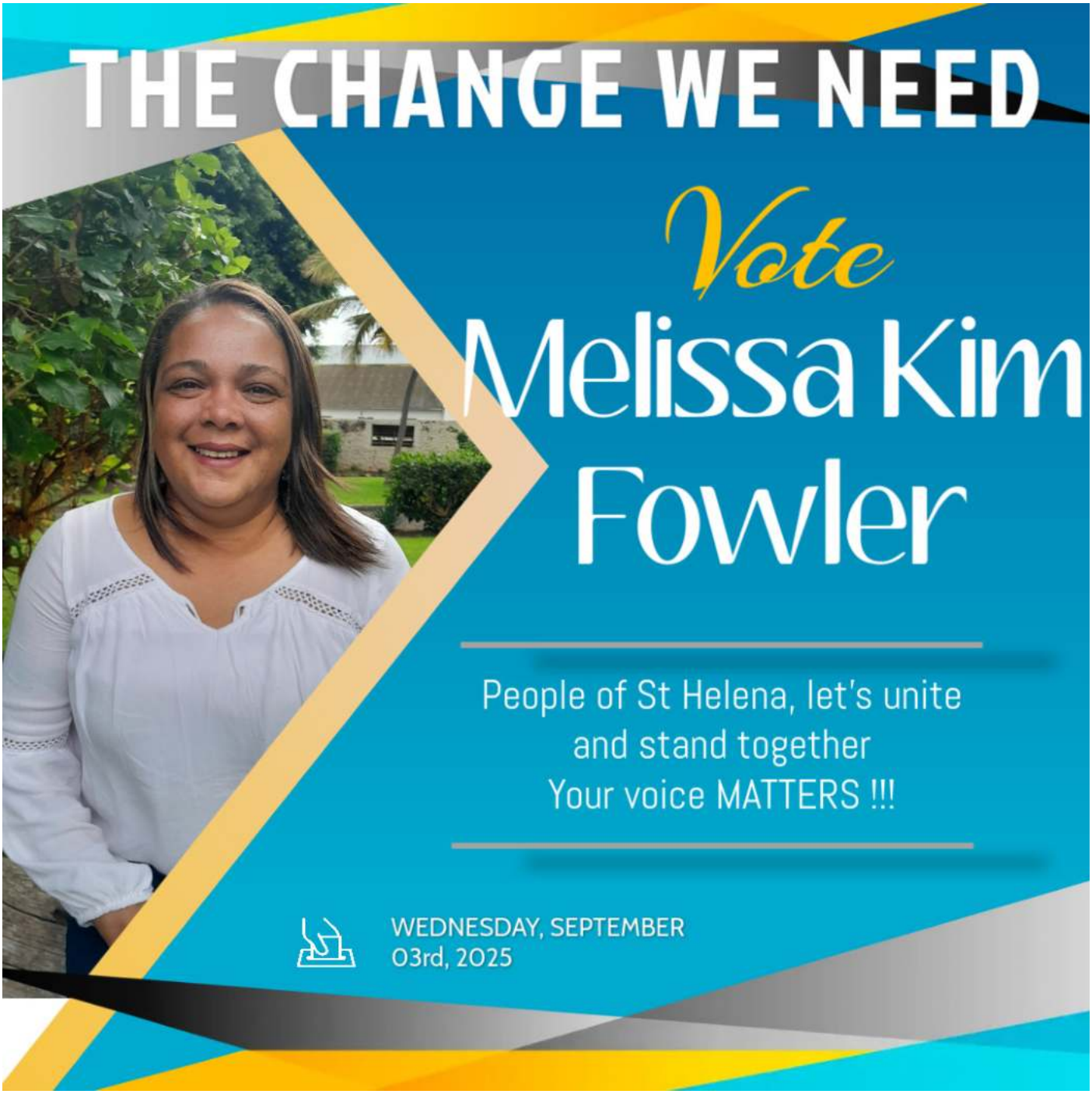
What to expect?
- Marketing Fundamentals
- Collaboration with St Helena Tourism
- Digital Marketing (including social media essentials)
- Creating content
- Next steps and support

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



NOTICE BOARD





How it works.

The sweepstake will go live on Facebook on Friday 15th August at 7pm on the St Helena Medical Support Sweepstake page.

Request how many numbers you would like, and a number/s will be allocated to you. DO NOT ask for specific numbers.

If you do not have Facebook then ask a friend or family member to request a number for you.

Lisa Bailey will be taking calls on 25639 from 7pm on Friday 15th, if you don't have someone else to request a number for you on Facebook.

We politely ask not to call before this time.

All numbers must be paid for at the bank -

BOSH Account - St Helena Medical Support Fund

02146002

Payments to be made by 26th August. Draw will be done on the 29th August. Please include your name and sweepstake number/s in the reference on the transfer slip or in the credit narrative if doing online banking.

NOTICE BOARD

St Helena Government

MINISTERS AND PORTFOLIO DIRECTORATES

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

Leading up to the General Election we will provide regular information articles on how the Ministerial Government works. This week's focus is on the role of Ministers and Portfolio Directorates.

How many Ministers are there?

There is a Chief Minister and four other Ministers.

How will Ministers be selected?

The Ministers are selected by the Chief Minister from the Elected Members of Legislative Council. The Chief Minister recommends to the Governor which Elected Members should be appointed and the Governor must follow the recommendation. The Elected Member must have accepted the nomination.

Who decides what departments and functions of Government Ministers will be responsible for?

The Chief Minister decides which portfolios each Minister shall have. The portfolios are made up of departments and functions of government. The Chief Minister recommends to the Governor which portfolios are to be allocated to which Ministers and the Governor formally allocates them. The Governor must follow the recommendations of the Chief Minister.

Can a Minister's portfolio change?

The Chief Minister decides what portfolios Ministers have and can recommend to the Governor that new ones are assigned or reassigned after the initial assignment. The Governor must follow the recommendation. A Minister could therefore start a term of office with one portfolio and end with another one.

What is the main role of a Minister?

Ministers exercise general direction and policy control over Portfolios assigned to them subject to the policies of Government in place at the time.

Ministers need to report to the Chief Minister on their assigned portfolios and they are accountable to Legislative Council for their portfolios including taking financial responsibility.

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

The operational delivery of policies and public services is the responsibility of the Portfolio Director and their officers.

Who do Ministers report to?

The four Ministers are accountable to the Chief Minister who has oversight of their performance.

Does anyone in the Public Service report to a Minister?

Not directly. However, Ministers will have political responsibility over officials. The Directors of Portfolios will also act as chief policy advisors to relevant Ministers.

Where do Ministers work from?

Ministers are expected to work from an office in their respective portfolio.

Can Ministers be dismissed?

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

If a Minister is dismissed, would there need to be a re-selection of all the Ministers? How would this work?

NOTICE BOARD

If a Minister leaves their office the other Ministers do not have to be re-selected. If the Chief Minister leaves their office then all of the Ministers they appointed would need to step down and a new Chief Minister would make their selection of four Ministers. The current Ministers would continue in their roles up until the point a new Chief Minister is elected.

What relationship do Ministers have with Public Service Directors?

The Minister with the allocated portfolio exercises general direction and policy control over that portfolio and works closely with the Director and Senior Management team. The Director acts as chief policy adviser to that Minister on matters within the Portfolio's responsibility.

Portfolio Directors and their Senior Management team should develop a productive working relationship with their Minister and advise them on policies, services and legislation being developed.

How are Ministers be held accountable for their decisions?

Ministers are accountable to the Chief Minister for their decisions.

Ultimately the Chief Minister is accountable to Legislative Council for decisions made by their Ministers but Ministers could also be held accountable for their decisions through:

1. Select Committees set up under the Constitution
2. Public Accounts Committee meetings and reports
3. Questions from Elected Members on Legislative Council including those on behalf of the constituents in their geographical district
4. Debates on motions in Legislative Council
5. The Ministerial Code of Conduct.

Our next issue will look at the role of the Public Accounts Committee and Select Committees. These Information Releases are also available online at: https://www.sainthelena.gov.sh/government/public-information/elections/



DIOCESE OF SAINT HELENA

The Parish of St Paul's		
Sunday 17h August 2025– 20th Sunday of the Year		
8.00 a.m.	Eucharist	Cathedral
9.30 a.m.	Family Eucharist/Church Parade	Cathedral
3.30 p.m.	Eucharist	St Peter
	Thursday 21st August	
7.00 p.m.	**Praise and Worship**	**Blue Hill Community Centre**
The Parish of St James		
Sunday 17th August 2025 – 20th Sunday of the Year		
9.30 a.m.	Eucharist	St James
	Thursday 21st August	
7.00 p.m.	Eucharist with Healing	St John
The Parish of St Matthew		
Sunday 17th August 2025 – 20h Sunday of the Year		
11.15 a.m.	Eucharist	St Mark
3.30 p,m.	Eucharist	Barnabas, Levelwood
	Tuesday 19th August	
7.00 p.m.	70x7 Forgiveness	St Mark

NOTICE BOARD



Church Notices

We warmly invite you to join us for:

Prayer Meeting

Saturday 16th August 2025 at 8:30am
@ The Rock Christian Fellowship Centre, Longwood Avenue.
~

Praise and Worship Service

Sunday 17th August 2025 at 11am
@ The Rock Christian Fellowship Centre, Longwood Avenue.
~

Cell Meetings

Tuesday 11th August 2025
Jamestown at 7:00 pm, (Contact: Catherine on 64352 for details)
Cape Villa at 5.00pm, (Contact: Priscilla 51919 for details)

Wednesday 12th August 2025
The Rock Christian Fellowship, Longwood Avenue at 7.00pm
(Contact: Priscilla 51919 for details)

Christian Gift/bookshop & DVD rental

The Christian gift/bookshop & DVD rental (as well as second-hand goods shop) is available. For further information contact Priscilla: 51919.

BAPTIST CHURCH

Gospel Outreach Service
Sunday 17th August
Kingshurst Community Centre 3.00 pm

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

Bible Studies
Tuesday 19th August
Baptist School Hall 7.00 pm
Thursday 21st August
Sandy Bay Chapel 5.30 pm

Ladies Meeting
Wednesday 20th August
Baptist School Hall J/Town 10.30 am

ALL ARE WELCOME!

For further information contact:
Tel No 24644

Saints Motocross Club – AGM update & Exciting Proposal for the Future

The new Committee for 25/26 are:

- Chairperson: Ian Williams (continuing)
- Vice Chairperson: Alonzo Henry
- Treasurer: Jason Moyce
- Secretary: Kyle Bennett
- Executive Members: Terri Clingham, Hayley Lowry, Devlin Yon

Special Meeting Notice

The future of the club is entering an exciting chapter! A Special Meeting will be held on Tuesday, 19 August 2025 at 7:30pm at the Oasis Bar to discuss a major proposal: To expand Saints Motocross Club into a full Island-Wide Bikers Club — opening membership to *all* motorbike enthusiasts on St Helena, not just motocross riders.

This expansion aims to:

- Unite all riders under one inclusive club
- Increase membership and engagement
- Unlock new funding opportunities
- Boost support for events with more hands on deck

This is a pivotal moment — your input is essential! Whether you're a rider, supporter, or just interested in what this could mean for biking on St Helena, we encourage you to attend and have your say. **Let's shape the future of the Saints Motocross Club together!**

ST.PAULS PARISH FUNDRAISING EVENTS FOR 2025

Past event:

July Cake stall—Takings £336.65—Winner of Boiled Pudding– Mrs Alison Beard

Present event:

Friday 29 August 2025—Curry & Quiz Nite at Kingshurst Community Centre—starting 7pm.

Menu:

Beef Curry, Fish Curry, Chicken Curry, Breyani, Rice, Mixed vegetable & Dessert. Tickets £10 per person. For tickets please call the contact numbers at the bottom. Bar facilities will be available. We will also be having a quiz on the night and if you wish to enter a team please call Penny on 24471, Noleen on 24333 or Joy on 24717.

Future events:

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

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

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

For tickets or more information on these events please call Rosalie on 24658, Noleen on 24333, Joy on 24717, Gilbert on 24666, Jerry on 23451, Beatrice on 24691 or Karen on 23401.

NOTICE BOARD

Vacancy

Senior Accounts Clerk (General)

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

Since 1790

Solomon & Company (St Helena) Plc has a vacancy within the Finance Department for a Senior Accounts Clerk (General).

As Senior Accounts Clerk (General) you will be responsible for ensuring a reliable and efficient service is provided for the daily processing of Accounts data in the Finance Department.

Interested Persons Should:

- Possess grades C or above in GCSE Maths & English or equivalent and desirably an Accounting qualification
- Be experienced in the use of Microsoft Office applications and desirably Access Dimensions
- Have the ability to multitask, organise workload and meet tight deadlines in a fast-paced environment
- Be analytical, with a high degree of accuracy and attention to detail
- Have excellent communication skills and an ability to liaise effectively with staff on all levels
- Be able to work independently and to use own initiative

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

Claire Williams, Accountant (General) via 22380 accounts@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 **Thursday, 28 August 2025.**

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

- Pension Contributions
- Staff Discounts

St Helena Government

PUBLIC ANNOUNCEMENT

TREE TOPPING AT DUKE OF EDINBURGH PLAYGROUND COMMENCING 17 AUGUST 2025

The public are advised that tree topping work at the Duke of Edinburgh (DoE) Playground will commence on Sunday, 17 August 2025 and is expected to finish on Friday, 29 August 2025. This work, is a collaboration between the Properties Division and the Forestry Section and is a continuation of the project approved by the Land Development Control Authority in 2021.

Tree topping will reduce the height and spread of the tree canopies to a manageable size in order to lower the risk of property damage and personal injury to those who live, work, or use the area.

Work Schedule and Road Closures

During this period, the road from Seales Corner to the Rose & Crown Store junction will be closed to vehicles from 09:00 to 15:00 daily.

- **Vehicle Diversion:** Drivers should use the diversion route at Seales Corner to get into and out of lower Jamestown.
- **Pedestrian Access:**Pedestrian access will not be permitted through the DoE Playground and the public toilets will be closed for the duration of the works.
  On-site staff will be present to guide the public safely through the working area when safe to do so.

Please note that work will not take place on Saturday, 23 August, and the public holiday on Monday, 25 August. We will keep you informed of any other changes to this schedule.

We appreciate your cooperation and understanding as we work to make the area safer.

NOTICE BOARD

St Helena Government

GENERAL ELECTION 2025 – VOTING BY PROXY



A General Election will be held on Wednesday, 3 September 2025, if more than 12 valid nominations are received on Nomination Day, which is 20 August.

Those on the Register of Electors effective from 1 July 2025 should know that if they are ill, physically incapacitated, or off-Island and cannot make it to the Polling Station on Polling Day, there is provision to vote by Proxy.

Voting by Proxy is a process that allows a registered elector to nominate someone they trust to cast a vote on their behalf in an election. The person casting the vote is known as a "Proxy." This option is available for individuals who are unable to get to their designated polling station on polling day due to reasons such as illness, physical incapacity, or being away from St Helena. This includes Saints working on Ascension or the Falkland Islands whose names are included on this Register.

If you wish to vote by Proxy, your nominated Proxy must be on the Register of Electors effective from 1 July 2025 and they must be registered in the same Electoral District in which you are registered.
An elector can only act as a Proxy for one person and should vote for the candidates requested by the person, which should be no more than 12.

To vote by Proxy you must obtain advance permission from Returning Officer, Carol Henry, at the Castle. **To get permission, you must complete and return the relevant application form by no later than 10am GMT on Monday, 1 September 2025** (any applications received after this time will not be accepted).

Application forms are available from The Castle Reception, the Customer Services Centre and the Public Library. Forms can also be obtained from the following:

Carol Henry: carol.henry@sainthelena.gov.sh
Gillian Francis: gillian.francis@sainthelena.gov.sh
Anita Legg: anita.legg@sainthelena.gov.sh
Connie Johnson: connie.johnson@sainthelena.gov.sh

Proxy application forms are also available on the St Helena Government Website at:
https://www.sainthelena.gov.sh/wp-content/uploads/2019/11/Form-Election-Proxy-090101.pdf

St Helena Government

CALL FOR EXPRESSIONS OF INTEREST TO SERVE ON GOVERNANCE COMMISSION

SHG is inviting expressions of interest from individuals to serve on a Governance Commission. This commission will seek the community's views on the recommendations in the St Helena Governance Review Report.

This report was recently commissioned to evaluate the effectiveness, transparency and accountability of governance structures pertaining to the ministerial form of government that was introduced in 2021, andwas laid on the table at the formal meeting of Legislative Council on 26 June 2025. A copy of the report can be found on the SHG Website at https://www.sainthelena.gov.sh/wp-content/uploads/2025/08/CoE-St-Helena-Governance-Review-Final-Report-June-2025.pdf.

The Terms of Reference for the Governance Commission are also available on the SHG website at https://www.sainthelena.gov.sh/wp-content/uploads/2025/08/Governance-Commission-2025-ToR.pdf.

Interested persons should contact Portfolio Assistantfor Central Support Services, Crystal Maggott, on telephone 22470 or via email atcrystal.maggott@sainthelena.gov.sh by Friday, 29 August 2025.

SHG, 12 August 2025

www.sainthelena.gov.sh

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 2025/70:** FULL Planning Application for **Proposed Repairs to Side of House & Double Garage,** No. 118 Half Tree Hollow on Parcel HTH0356. Applicant: Alice Francis
2. **Application 2025/71:** FULL Planning Application for **Proposed Construction of a Semi Automatic Firefighting System for the Aviation Fuel Facility**, St Helena Airport on Parcel PB0039. Applicant: Programme Management Office, Saint Helena Government
3. **Application 2025/72:** FULL Planning Application for **Proposed Construction of a Two Bedroom Dwelling,** Barren Ground on Parcel BG0030. Applicant: Christopher Peters
4. **Application 2025/73:** FULL Planning Application for **Construction of a Retaining Wall,** Nr High Knoll Fort, Half Tree Hollow on Parcel HTH1242. Applicant: Phillip and Laura Yon
5. **Application 2025/74:** FULL Planning Application for **Retention of the Realignment to the PCB Yard & Perimeter Fencing,** Ruperts Container Handling Facilities. Applicant: Programme Management Office, Saint Helena Government
6. **Application 2025/75:** FULL Planning Application for **Replacement of Existing Galvanised Windows, Existing Drainage on the Side & Rear Elevation & Repainting of All Elevations and Roofs,** St Johns & Old Boys Flats, Upper Jamestown on Parcels JT140006 & JT140007. Applicant: Head of Property, St Helena Government
7. **Application 2025/76:** FULL Planning Application for **Proposed Installation of Signage & Awnings with Bank of St Helena Ltd Branding,** The Bazaar, Jamestown on Parcel JT080028. Applicant: Solomon & Company

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 – 28 August 2025

Patricia Coyle, Head of Planning & Building Control

CHEVENING

APPLY FOR A CHEVENING SCHOLARSHIP

Applications for the 2026-2027 intake of Chevening scholarships are now open and will close on **Tuesday, 7th October 2025.**

Chevening Scholarships are aimed at high calibre individuals who are motivated to develop their career to establish a position of leadership and influence, and become positive change makers in their country.

The programme offers a one-year fully funded Masters degree in any subject at a UK university. Those applying must have a clear post-award plan, showing how their course choice will fit with their career aspirations including how it will align with local and UK government priority areas.

There are no age restrictions for Chevening Awards. To be eligible for a Chevening Scholarship, you must:

- Be a citizen of a Chevening eligible country, (in this case - St Helena).
- Have completed all components of an undergraduate degree to gain university entry at postgraduate level.
- Have at least two years' work experience **after** completion of their undergraduate degree.
- Must **not** have studied in the UK previously with funding from a UK government-funded scholarship
- Must return to St Helena after study in the UK for a minimum period of two years.

Before applying, candidates are strongly encouraged to review the resources available at chevening.org/guidance and assess whether they are ready to present a competitive application.

You may also contact Chevening Officer, Kerry Lane, at the Governor's Office on +290 22308 or via email: Kerry.Lane@fcdo.gov.uk who will be able to assist with your queries.

Governor's Office, St Helena, Ascension and Tristan da Cunha
11 August 2025

NOTICE BOARD

Vacancy

Grocery Sales Assistant

Since 1790

Salary for the post will be £9,804 per annum (£817 per month)

Solomon & Company (St Helena) Plc has a vacancy within The Star for a Grocery Sales Assistant.

As the Grocery Sales Assistant you will assist with the day-to-day running of The Star, including in the Food to Go area, and ensure a high standard of customer service

Interested Persons Should:

- Possess knowledge and skills of food safety & hygiene
- Be customer focused and target driven
- Possess experience of working in a customer facing environment and have excellent customer service skills
- Be competent in Maths, English and IT
- Possess experience in Cash Handling
- Be self-motivated and able to work well as part of a team
- Be able to undertake physically demanding and manual handling duties
- Have the ability to multi-task in a fast-paced environment
- Be able to perform general cleaning duties
- Be available to work weekends

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

Charlotte Williams, Grocery Manager (The Star & Butchery) via 22683 charlotte.williams@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 **21 August 2025.**

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

- Pension Contributions
- Staff Discounts

Greetings from the Jamestown Rifle Club



Pat Henry, Contributed

Winter in St Helena always has been the season when we make changes to our lifestyle in many different ways. Unfortunately, this year plays a role with much disruption affecting regular planned activities for our young people. It's unhealthy to tamper making changes without notification, therefore apologies for failing to attend our session this week.

We were pleased to accommodate eleven keen people for our late evening club night shoot, some of whom arrived last Saturday visiting the island for the first time and others on holiday connecting with family and friends. Although everyone was not so keen to have a go at shooting, they were happy to watch and enjoy our activity process and join in by expressing this enjoyment.

Shooting always creates a buzz; taking the first shot gives an incentive to continue. Consistency is a key element for accuracy which is a vital ingredient for the mind and performances. Scoring points, Cherilee shot 93.2, Tinika shot 95.3 + 93.1, Helena Rose was not happy with her performance, she shot 96.5 + 96.4, claiming she should have done better. However, first time shoot for Toby Maggott who did extremely well with 92.3 + 84.1, Mum Morag shot 89.1 + 93.1, good shooting. Visiting Horace had a go and shot 83.1, and Johnny shot 84.1; good shooting and experience from these guys who were so happy and enjoyed their time at the club. We'll meet again next week, so until then stay well and enjoy your weekend.

NOTICE BOARD



added a goal each.

La Verde did have a few positives to take away from the match, with the debut of a new player seen as a promising boost to the side, while their young emerging talent in Ryan Stevens impressed once again picking up Young Player of the Match honours.

Comments from players in that match did indicate that the field conditions had taken a turn for the worse throughout the ninety minutes following rainy conditions and the effect of player's studs on the turf. This, along with further rain throughout Saturday evening and Sunday morning meant the unfortunate decision had to be made by the SHFA to postpone Sunday's matches between Bellboys and Fugees, and Rovers and Inter Galactic, respectively.

They posted just prior to the 1.30pm kick-off on Sunday, "due to unfavourable weather and a waterlogged pitch, football has been cancelled for Sunday 10 August 25. Sorry for any inconvenience caused." Further details from the SHFA Secretary given to The Sentinel revealed how the field was clearly waterlogged with visible puddles near the centre circle and the 18 yard boxes at either end.

The SHFA plans to hold the postponed matches this coming Sunday, 17 August, in order to tie up the first round of this year's league before commencing with round two.

FOOTBALL RESULTS

Saturday 9 August 2025

Wirebirds 8
K Shoesmith (3) E Harris
T Thomas (2) S Stroud
S Thomas
MoM: Shane Stroud

La Verde 1
J Johnson
YPoM: Ryan Stevens

FOOTBALL FIXTURES

Sunday 17 August 2025 - Postponed fixtures

1.30pm	**Fugees**	**vs**	**Bellboys**
3.30pm	**Rovers**	**vs**	**Inter Galactic**

**Fixtures subject to weather conditions*

JUNIOR FOOTBALL RESULTS

Sunday 9 August 2025

New Horizons FC 0
PoM: Louis Joshua

Rumblers 14
O Stevens (2) A Williams (2)
C Williams (4) L Yon (3) C Sim (3)
PoM: Luten Yon

NH Stars 1
Q Osborne
PoM: Nathan Newman

Dabbling Devils 0
PoM: Tommy Yon

Flix 6
L George (4) R Stevens
PoM: Lebron George

Black Mambas 4
T Anthony (3)
D Peters-Benjamin
PoM:Tyler Anthony

Vikings 4
R Fabian (3), W Young,
PoM: Whitney Young

Golden Gladiators 8
J Jacobs (3), T Francis
L Williams (4)
PoM: Levi Williams

JUNIOR FOOTBALL FIXTURES

Sunday 17 August 2025

9am	**NH Stars**	**vs**	**Young Gunners**
9am	**Rumblers**	**vs**	**Dabbling Devils**
9.45am	**Monarchs**	**vs**	**Flix**
9.45am	**Gladiators**	**vs**	**Black Mambas**





SPORTS ARENA



Wirebirds win only game of the weekend as weather causes cancellations on Sunday



Liam Yon, SAMS

For the first time this season, unfavourable weather conditions saw two matches - the last of the SHFA League's Round 1 fixtures - having to be called off and postponed by the committee on Sunday, 10 August, after the field had become waterlogged. However, Saturday's match did go ahead with a big win for Wirebirds over La Verde.

In the weekend's only game on Saturday at 2pm, Wirebirds dominated in what was anticipated as being a much closer contest against a young La Verde side. The former league champions of 2021 took the lead early before conceding an equaliser; however that was as close as La Verde would get, with Wirebirds going on to score seven further unanswered goals, with the final whistle sounding with the score at 8-1 and Wirebirds picking up a big morale-boosting win after having lost their two matches prior against Bellboys and Rovers respectively.

Shane Stroud, part of that title-winning side and returning this season after being out through injury last year, put in another impressive performance, getting on the score sheet and being named as the Man of the Match, his second of the season so far. Kyle Shoesmith also kept up his goalscoring exploits for this season, bagging himself a hat-trick, while Trystan Thomas struck a brace and Ethan Harris and Sean-Lee Thomas