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Valuable Service to St Helena

Kerry Sim and Nicholas Yon awarded Certificate and Badge of Honour Awards



"One of the best days of my life"



YOUR NEW LEADERS HAVE BEEN CHOSEN

Last night, the people of St Helena chose their new Legislative Council for the Island after a poll was held to elect 12 out of the 23 candidates standing in the General Election 2025. Unfortunately, due to our printing provider being unable to accomodate a later print for The Sentinel this week, we could not get that news in time for today's paper. However, as always, SAMS have provided full coverage through all of our other channels and you can check out the Island's second Ministerial Government, chosen by you, for you, to lead the Island for the next four years via the SAMS Facebook Page and through news updates on SAMS Radio 1! **Congratulations and Good Luck to the new council.**

OPINION

SENTINEL COMMENT

Anita Robbertse, SAMS

Elections are all we have been breathing and living at SAMS for the past two weeks since the official candidates were announced.

It has been a whirlwind of giving every candidate the opportunity to share their vision and reason for standing in this year's election. At SAMS we do believe that it is important for us to provide the public with as much unbiased information as we can. We have strived throughout to provide access to candidates across various media platforms to get their message across.

Elections are a short term exposure event, but I do want to urge all of the newly elected members to take the time to come in and have a chat with our team. We have an open door policy and are always keen to provide a service to the public by providing access to our media platforms. I am quite proud of our team for always striving to get a balanced message out there. We try to contact all stakeholders before putting out a story so we can cover all angles.

Now I know people might feel that we do not always cover all the views or opinions involved, but I can honestly say that it is not through a lack of trying on our part. Unfortunately we do not always get a response to our enquiries. It is everyone's right to choose not to comment, but then we are left with only one side of a story.

In short, I want to reiterate an invitation that we have voiced on many occasions. Let SAMS' assist you as Councillors to fulfil your election promises of better communication and transparency. Let us work hand in hand to keep St Helena informed during this new term of government.

Congratulations to all elected members. Now we are looking forward to see who will take on the roles of Chief Minister and Ministers during next week's first LegCo meeting.

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ST HELENA NEWS

An Extended Stay

MV Karoline departs after rough seas and damages cause lengthier stay at St Helena



Liam Yon, SAMS

The MV Karoline had an extended stay during her most recent voyage to the Island after delays to cargo operations caused by unsettled sea conditions, combined with minor damages obtained, meant the vessel spent a much longer period of time in St Helena waters than usual.

St Helena's freight vessel arrived to the Island on Wednesday, 27 August, and got underway with cargo operations shortly after arrival. However, rough sea conditions at Rupert's meant these operations had to be called off with the vessel having to move away from the Jetty and sit out in James Bay until conditions improved.

It was later confirmed by MACS Shipping that during these initial cargo operations in unsettled sea conditions, "some minor damages occurred" to the vessel. "We are aware of a broken window on the crane cabin," they said, before adding that this would be repaired prior to departing.

The Karoline remained in James Bay awaiting the recommencement of cargo operations in the days that followed, with operations called off again on Friday morning, while she also saw the arrival of MS The World and landing of passengers on Saturday, all while still awaiting to go alongside Rupert's Jetty to finish what was started on the Wednesday prior.

It wasn't until Sunday morning that the vessel was once again able to successfully berth alongside Rupert's Jetty to continue cargo operations. With much better conditions, remaining cargo for the Island was offloaded and containers due to be sent back to South Africa was loaded.

MACS indicated on Monday morning that the MV Karoline "will sail today", however this was not the case with the damages obtained to the crane window taking longer than anticipated to fix, delaying her departure. "The repairs to the window frame seemed to have taken a little longer than expected, but had to be completed," they informed. "This to ensure the safety integrity of the vessel is not being compromised."

The last schedule for the MV Karoline shows that she was due to arrive in Walvis Bay on 4 September; however this is now not possible. MACS did however indicate that despite delays the vessel should get back on schedule soon. "The sea conditions have delayed the vessel at St Helena, but we expect that it will not delay the sailing dates ex Cape Town on the upcoming voyages," they stated.

On Tuesday afternoon, just before 12:30pm, the MV Karoline departed St Helena for Luderitz where she is expected to arrive on 9 September.



ST HELENA NEWS

Valuable Service to St Helena

Kerry Sim and Nicholas Yon awarded Certificate and Badge of Honour Awards



Liam Yon, SAMS

At a reception held at Plantation House in August, His Excellency, Governor Nigel Phillips, presented the Certificate and Badge of Honour Awards to local residents, Kerry Sim and Nicholas Yon, for their commitment to St Helena in their relevant areas; veterinary services for Kerry, and the Salvation Army for Nicholas.

The Certificate and Badge of Honour Award was endorsed by Her Majesty, Queen Elizabeth II, back in 1957 and "is awarded for valuable service or meritorious conduct that is of an exceptional nature and benefit to St Helena," as detailed by SHG.

The Certificate and Badge of Honour is only available to residents of St Helena (someone who has St Helena status or has been resident on the Island for not less than ten years), under the statutory rules governing this award.

In a speech given during the reception, Governor Phillips highlighted the achievements and service to the island by both Kerry and Nicholas, noting also that they were recognised and nominated by members within the community of St Helena and later approved by the National Honours and Awards Committee.

Kerry Sim was awarded for her dedication to the St Helena Veterinary Service and exceptional commitment to the care and welfare of animals. Nicholas Yon was awarded for his unwavering commitment to the work of the Salvation Army and selfless service to the community.

Previously, recipients have been granted the Certificate and Badge of Honour in a number of fields, which include teaching, nursing, safeguarding of children, and service to the community, longstanding and loyal service on the RMS St Helena and in some local government functions.

Congratulations to both Kerry and Nicholas!







1,400 numbers in September

St Helena Medical Support Fund raises sweepstake numbers for a third time



Liam Yon, SAMS

On Friday afternoon, 'live' on SAMS Radio 1, the St Helena Medical Support Fund (SHMSF) held their monthly sweepstake draw to announce the lucky winners for August, during which the SHMSF Chairperson, Susan Knipe, revealed some exciting updates for Septembers sweepstake including an increase in ticket numbers.

According to Susan, due to a high demand for numbers, the SHMSF will be increasing the allocated numbers available from 1000 numbers to 1,400 numbers for the September sweepstake. This is the third time numbers have been increased since the charity introduced monthly sweepstakes to St Helena back in January 2025, evidencing the popularity of this monthly fundraiser for the Island.

"We are going to do 1,400 numbers, because numbers are going so fast," she explained. "I left the comments on for a reason during the last sweepstake to see how many extra numbers and how many extra people are interested and we got up to 300, so I am sure we could do 400; I am confident we can."

So, with an extra 400 tickets now being available, those who often miss out will have more chance to get a number and ultimately a chance to win during the September sweepstake. Tickets will go on sale on Friday, 5 September, with the draw set to be held on Friday, 26 September.

In other news, the SHMSF have also confirmed that there will be no sweepstake in October due to this being the month that the Cancer Support & Awareness Charity raises funds for their cause; with the SHMSF showing their support for another worthy charity on the Island.



How it works

the post will go live on Facebook on Friday 5th September 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.

Connie Johnson will be taking calls on 23840 from 7pm only on Friday evening, once the sweepstake goes live, if you don't have someone else to request a number for you. She will request a number for you on the Facebook page, and she will call you back with your allocated number. 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 September. Draw will be done on the 3rd October.

Please include your name and sweepstake number/s in the reference on the transfer slip or in the credit narrative if doing online banking.

An Amazing Opportunity

Applications invited for Commonwealth Master's Scholarship



Anita Robbertse, SAMS

St Helena has been invited by the Commonwealth Scholarship Commission (CSC) to nominate a candidate to be considered for a Commonwealth Master's Scholarship; this Scholarship is funded by the Foreign, Commonwealth & Development Office (FCDO) and enables individuals to gain knowledge and skills through completing a Masters Study course. These skills can then be applied to further sustainable development in the country of the student's origin, or in our case, St Helena.

The scholarships are aimed at identifying individuals who show potential to effect changes in their communities but cannot afford to fund studies in the UK through other means.

Scholarships are offered in six development areas relevant to achieving the aim of the CSC's Commonwealth Master's Scholarships. Areas include Science and Technology for Development, Strengthening Health Systems and Capacity as well as studies Promoting Global Prosperity. Other study areas focus on studies that can Strengthen Global Peace, Security and Governance as well as Resilience and Crisis Response but also Access Inclusion and Opportunity.

In a press release, SHG confirmed that applications have to be submitted online via CSC's website before 14 October. Any interested parties can contact Angela Benjamin, Head of Lifelong Learning at the Education Learning Centre for more information.

The Scholarship Awards Committee is the official nominating body for the scholarships and will decide on a suitable nomination based on the criteria set out for the CSC to make the final selection of candidates.

Good luck to those on St Helena planning to apply!

The World at our Doorstep



Donna Crowie, SAMS

On Saturday morning, St Helena welcomed passengers and crew from MS The World, registered under the flag of the Bahamas, to the Island; despite worries about the unsettled sea conditions which was, at the time, causing delays to the operations of the MV Karoline at Rupert's.

The World arrived to St Helena after departing Las Palmas, Spain, on 20 August and is the worlds largest and only private residential cruise ship, where residents purchase their own homes and live aboard full-time or part-time.

Launched in 2002, the ship is continuously maintained to the highest standards of performance, safety, and style – representing the pinnacle of bespoke comfort, sophisticated design, and remarkable amenities.

She offers onboard residences of up to three bedrooms which includes a kitchen and dining area, to name a few; making it essentially a house on the waves with outstanding onboard activities for residents.

Following her arrival on Saturday, visitors could be seen walking the streets of Jamestown, some braving the challenge of Jacob's ladder, while others, as always were taken on Island Tours by local tour operators.

Her anchoring at St Helena on flight day also gave disembarking passengers the opportunity to connect with the flight out of St Helena, while those on the inward flight were able to join up with the vessel for the visit and its journey onward.

During day two of The World's visit on Sunday, Island Tours continued while other passengers opted to walkabout and experience the Island on their own accord. Unfortunately it was noted how some visitors were disappointed to find that the Bank of St Helena was closed which meant they could not withdraw funds to pay for certain services, including the Island Tours. Additionally there was very little by way of outlets available for passengers to spend their money with only one or to shops opened on a Sunday.

MS The World remained anchored in James Bay until late in the afternoon on Sunday, before departing on the sounding of the ships horn. It is hoped we see The World back at St Helena again in the near future.

Man of Many Talents

Colin Peters talks about career spanning a variety of roles



Anita Robbertse, SAMS

Colin Peters, a resident Saint who lived and worked abroad for the forty years, recently spoke to Tony Leo on the Northwards Sound show, to share his life story with listeners.

Growing up on St Helena, Colin confessed that "all I wanted to do was travel. I wanted to see the world, to see what was out there," so when there was a chance for him to go to Ascension, he took it. During his time there he travelled to many different places in the United States, Antigua and South America.

Colin worked on our Sister Island of Ascension for 10 years before heading off in search of other opportunities in the UK. He worked in the Chateaubriand Hotel for a little over a year before moving on to work for Lady Judith and Adrian Swire, owners of Cathay Pacific Airlines. With over 900 employees, they are considered some of the richest people in the world. Colin worked for them as a PA, but also looked after their house and two aeroplanes, making sure that all his employers' needs were taken care of. Colin reflected that, "it was a nice job, but after being there for five years, I decided that I wanted something different. I really wanted to be an engineer."

It was at this time he started his employment with Honda, where he continued to work for the next 23 years. "When I first came to work for Honda, I was just a normal on-the-floor person," he recalled. "My job was to pick the parts to put in Honda cars. At that time Honda was building 640 cars a day." Within a year of working in the assembly line, Colin was promoted to a supervisory position in charge of 23 people at first and later 66 employees. For 10 years he worked as a warehouse supervisor, learning automotive engineering during this time whilst covering for engineers on a regular basis during shortages. "So every time an engineer left, I would step in and cover until we got a new one," he explained. "One year there was up to seven different engineers."

As part of his new role, Colin had to "learn every part, looking at their drawings and measurements. You had to learn where the parts actually fit on the car. If anything goes wrong, you had 15 minutes to get to the line and find out what went wrong. So what we had to do is clear the line and replace it with new parts and then we would have to analyse what went wrong."

Honda has different plants all around the world, each producing different models and generations of the vehicles they sell. In the UK plant, they produced models like the Honda Civic, the Accord and the Mk 1 through five CRV's. Parts to produce each model are ordered to specs and quantity as Colin explained, "so the parts will be ordered and they will know the model will be on line for six years. So those parts will be produced over a six-year period. As soon as it comes to the fifth year, they will start producing less of those specific parts, so there is no wastage. When the new model comes in, the new parts will come in for the new model."

Colin continued to explain that replacement parts needed for older models, called aftermarket parts, are made by specialists that provide these parts for the market. These parts are manufactured in other countries like Germany and Italy and ordered to replace parts in older models. The process of selling a car to consumers was explained. "Honda builds the car and sells it to Honda Motors. They sell it to Honda Logistics and they then sell it to the dealership. The dealership then sells it to you. So cars start off costing £6,000 and by the time they get to you, you're paying £20,000 for it."

During his time working at Honda, Colin arranged jobs for a number of Saints at the factory as he laughingly explained. "They would go to the agency and say, can we work for a place called Colin's Warehouse? And the agency would call me."

In 2021, after working for Honda for 23 years, COVID was rife in the UK and Colin left to work for pharmaceutical company, Thermo Fischer Scientific, responsible for the manufacturing of COVID-19 vaccines, in partnership with Pfizer. Here he worked as a formulation technician after undergoing intensive training. "I had to do 78 courses, from how to dress, how to clean, how to manufacture, mix the ingredients and put in the formulation," he explained. Colin worked in the area where vials of medication would be checked for any defects that would cause the drug to be rejected. He reminisced, "COVID



drugs came in liquid form and we would do all the testing. They brought in 50,000 a day and we had 72 hours to get them in the freezer." After this, the drugs would be checked by a high voltage machine before being packaged for the market. Other countries would have to do some of the testing of the drugs before being approved by the Food Division Association (FDA). If any defects or variations were detected, the whole batch would be rejected and destroyed in an incinerator. The manufacturing of the COVID vaccines was only one area where Colin was involved, with another being trials on a tablet form of cancer drugs designed to slow the early progress of cancer in patients. He was also involved in testing of Vitamin B supplements for babies and anaesthetics to be used in theatres.

After the COVID pandemic died down, Colin went to work for an American Orthopaedics Company in the UK, manufacturing hip and knee replacements until he returned to St Helena. He related what his role was while working for this company. "So my part was to finish the parts and I would chrome them, test them, and measure them to get them ready for cleaning and packaging to be delivered to hospitals. During the manufacturing process, these replacements go through 25 different machines that need to be monitored by an operator."

Once his daughter finished her studies at University, Colin was ready to come back to St Helena. "I thought, once she finishes with University, then it's time for me to go home." His daughter has also returned to the island, working at St Helena Secondary School. Now that he has returned to St Helena, Colin is working at Customs and Immigration, something completely different to his work experiences abroad. Even though he has been asked by the company he worked for to come back, Colin says he is happy to stay here and he enjoys what he does back on his Island home.

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Through the Lens

Learning While Earning: The Apprenticeship Revolution in St. Helena's Sixth Form- Written By Ed Oyewo

"But I didn't get five 5s in my GCSEs," Marcus tells me over coffee at the Mantis Hotel, his voice carrying that familiar mix of disappointment and uncertainty that I've heard from too many of our island's young people. *"Does that mean I can't do sixth form? That I'll never get proper qualifications?"* I lean back in my chair, watching the afternoon light filter through the hotel's windows, and I can't help but smile. "Marcus," I say, *"what if I told you that you could start earning a proper salary next month, gain professional qualifications that employers actually want, and still be doing sixth form education? What if getting those five 5s wasn't the only way to succeed?"* His eyes widen. *"You mean like an apprenticeship?* But those are just for trade jobs, aren't they?" And that's where Marcus – like many of our island's young people – has fallen into the old-fashioned thinking that apprenticeships are somehow "lesser than" traditional education. The reality? Modern apprenticeships, especially those available through Career Access St. Helena and our island's major employers, are revolutionizing what sixth form education can look like.



The Apprenticeship Advantage: Learning While You Earn– "Let me paint you a picture," I tell Marcus, stirring my tea. "Your mate Sarah is starting traditional A-levels next week. She'll spend two years studying, hoping to get into university where she'll graduate and look for an entry-level job at 21." "Meanwhile, you could start an apprenticeship in forensic investigation with the St. Helena Police or the Attorney General's Chambers. You'll be earning a wage from day one, getting hands-on experience with real cases, working alongside experienced professionals, and studying for qualifications that are directly relevant to your career goals." Marcus looks intrigued. *"So I'd be getting paid to learn?"* "Exactly! And here's the kicker – by the time Sarah graduates from university, you'll have three years of professional experience, industry connections, and qualifications that employers recognize.

The Support Network: Mentorship That Matters– One thing that strikes me about apprenticeships on St. Helena is how they mirror the best aspects of our island community – they're personal, supportive, and focused on practical outcomes. *"When you're struggling with a concept in traditional sixth form, you might get extra tutoring,"* I explain to Marcus. *"As an apprentice, you get mentorship from experienced professionals who have a vested interest in your success.*

The Real Sixth Form Choice: Academic vs. Applied Learning– As our conversation winds down, and the afternoon light begins to fade over Jamestown, I want Marcus – and every young Saint reading this – to understand something crucial: *"The choice isn't between 'proper' education and 'lesser' education," I tell him firmly. "It's between learning in theory and learning in practice. Both approaches can lead to brilliant careers and fulfilling lives."* "Traditional A-levels are perfect for students who thrive on academic study, who love theoretical learning, who learn best through books and exams. Apprenticeships are perfect for students who learn by doing, who want immediate practical application, who prefer to understand 'why' by seeing 'how' things work in the real world." "But here's the crucial difference: apprentices start their professional journey at 16, earning money and gaining experience while their classmates are still in the classroom. By 19, they're not just qualified – they're experienced professionals with three years of real-world knowledge."

A Personal Challenge to Parents and Students– As I finish writing this column, I'm thinking about all the parents who will read it – parents who might worry that an apprenticeship isn't as *'good'* as traditional A-levels, parents who remember when apprenticeships were limited to manual trades. Here's my challenge to you: visit an apprentice at work- these aren't kids doing work experience – they're young professionals earning their place in our island's economy while gaining qualifications that will serve them for life. Both approaches create skilled professionals – but guess which ones are ready to hit the ground running? ***Till Next Time, Keep Well!***

"One of the best days of my life"

Saint, Oksana Yon, gains her wings as qualified Ryanair Flight Attendant



Liam Yon, SAMS

A young Saint based in the UK – namely Oksana Yon from Jamestown – has recently seen her "dream to become a flight attendant" come true after persevering through a tough course in order to "gain her wings" as a flight attendant for popular low-cost airline group, Ryanair.

It was back in March 2024 when Oksana applied for a job as part of the cabin crew with Ryanair. "It has always been my dream to become a flight attendant," she told The Sentinel. At the time, she undertook an interview before joining a long waiting list of people to start the necessary training programme. Fast forward to June 2025 and Oksana's dream drew closer when she began her six-week "intensive training course" in London Stansted Airport, Essex, UK.

"The course was divided into two sections; initial and conversion," she recalled. "Initial was basically learning about the terminology used and what it all stands for, things like dangerous goods etc. We also did a two-week course online which was all a part of initial; with two exams we needed to pass before continuing on with the rest of the course."

Part of this initial training included Oksana undertaking a first aid course which she described as being "completely different to the first aid courses I've been trained in during my previous job," with a lot of the information and techniques being "completely new" to her. She however took it all onboard and successfully completed her first aid exam which included both a theory and practical assessment.

To ensure that lessons were being learnt by all of the trainees during the initial part of the course, Oksana told how their instructor would hold a daily test on what was learnt the day before just to test the knowledge and understanding of the topics under the course. "My instructor always use to use the words 'common sense' during initial," Oksana laughed.

After completing the initial, Oksana moved on to the conversion section of the course, something she described as "extremely hard" and involved learning about the aircraft itself including all the equipment onboard, their location, their operational use, as well as the PDI's. "We also had to learn about all the emergency drills on land and in a ditching; time available, short time and no time," she explained. "It was all confusing trying to remember it all. We had to learn the drills of incapacitation, decompression etc., it was drills after drills after drills."

Oksana was honest in admitting that she "found conversion really difficult" and often "struggled a lot" and getting confusing with all of the different drills. She did however enjoy the one-week practical part of conversion with the cabin trainer where she was afforded the opportunity to perform all of the drills she had learnt on board the aircraft – this, she said, "made it a lot easier to understand it all" by physically carrying out what she had learnt prior.

Oksana's journey was not without its setbacks however as she revealed how she actually failed the conversion part of the course on her first attempt. "At this point I was so negative and kept saying 'I'm not going to pass this second time around'," she remembered. "I honestly thought I was going to get knocked off the course, but I didn't, and in my second attempt at the exam I passed it; I honestly couldn't believe it, because I was so negative re-sitting the exam," she stated, pleased with how she had overcome the negativity to persevere and complete the difficult course successfully.

Following her successful completion of the intensive training programme, the day came when Oksana was officially given her wings as a qualified flight attendant. "The day I gained my wings was one of the best days of my life," she recalled fondly. "Walking up the front of the classroom and having my wings pinned on me by my instructor felt so unreal; I thought I was dreaming, keep thinking 'is this real?".

After gaining her wings, Oksana enjoyed a few days off while she waited for her official ID before she could finally start flying; she received this on Friday, 15 August, and was in the air in next to no time. "I started flying on 16 August and also flew on the 17 August," she smiled. "Both flights I operated on were four sectors, so basically four flights in one day."

Oksana admits that the schedule is "exhausting, especially waking up at 1am" however is pleased that she has so far "operated on both Ryanair's 737 800 aircraft and the 737 8200 aircraft," adding that "they both have their differences, which can be a little confusing," but she is always learning and growing in her new role.

"I've been enjoying my new adventure and meeting new people," she told The Sentinel. At the time Oksana was looking ahead to her next flight on 20 August, which was to Alicante, Spain, with many more to come.

Congratulations and well done to Oksana for pursuing her dreams – fly safe!



"It's been amazing from day one"

Titans fly back after an enjoyable preseason on St Helena



Luke Bennett, SAMS

Over the last week there was a buzz that filled the island with the arrival of the Titans cricket team from South Africa. The Titans were here on their preseason tour where they would participate in local activities, carry out training, interact with locals and deliver training to the young cricketers of St Helena.

After a day of fishing and participating in the Scouts Sports Day on Sunday, the Titans took on the Island's national team at Francis plain on Monday. A wave of excitement covered St Helena's sports field, described similar to SHCA presentation day, with many members of the public coming out to support this special day. Although the St Helena national team loss, the event was a success with the Titans interacting with the public and presenting gifts to the kids, who on Tuesday were also treated to a training session; with approximately 44 kids present for this once in a lifetime opportunity.

SAMS spoke to Dayyaan Galiem and Sibonela Makhanya (Sibs) of the Titans on Friday morning and, when asked what the standout moment of their tour was, they indicated that it was their interaction with the kids; to which they reported that they were very impressed with the sheer talent that our local youngsters possess.

When asked what would be the message for our young ones, Sibs responded, "don't ever lose your love of the game, enjoy the game, keep being a student of the game, watch as much cricket as you can, help others, and don't let anyone tell you, you can't do it; if they do, use it as fire"

Sibs also encouraged the youngsters to dream big and shoot for the stars. "There are many examples in the world that have come from all walks of life that have made it, so why not you?" he quizzed.

Away from the pitch, the Titans enjoyed a wide variety of activities such as tours, the Jacob's Ladder challenge, swimming and, in particular, fishing; which they enjoyed so much they made sure to go again before leaving. In fact, some team members were said to have caught their first ever fish.

"I loved it, it's been amazing from day one, meeting with the people and how friendly they are, the way they've treated us; we felt very special and valued," commented Sibs. "It felt like our presence on this island is important; playing at the cricket club, interacting with the kids in the school, interacting with the locals on the streets. It's just been amazing."

Dayaan and Sibs both agreed that they love the way of life here and hopes it doesn't change. "The culture here is amazing and I'd like to take my hat off to the locals, for me this is the true way of living; everyone's so humble, so welcoming, and so quick to help."

The Titans have left a lasting impression on the island with many kids taking inspiration from these professionals and maybe, one day, we'll see one of our own on the big screen.















“Believe in yourself”

Nicola Collins (née Crowie) talks about her journey from St Helena; her career path and achieving a Degree, with First Class Honours, as a Social Work Practitioner, stating that “it’s never too soon to follow your dreams”



Donna Crowie, SAMS

St Helenian, Nicola Collins (née Crowie), originally from Deadwood, was recently interviewed by Tony Leo on the *Northward Sounds show on SAMS Radio 1*, where she shared her remarkable journey and achievements. Nicola grew up on St Helena with her three siblings and extended family and is the daughter of the late Sandra and Robert Crowie.

After completing secondary schooling at the then Prince Andrew School, she began an apprenticeship with the Agricultural and Natural Resources Department (ANRD), where she was recognised as Best Theoretical Student. Following this, Nicola spent a few months in the education sector before taking a position at Solomon’s Supermarket, during which time she also welcomed the birth of her daughter. Two years later, she returned to ANRD in the Research and Extension team, applying her knowledge and further developing her agricultural skills.

In May 2006, Nicola’s eldest brother, Dale, tragically passed away in a bike accident—a loss that had a profound impact on the family. Later that year, she pursued employment overseas, joining Sodexo in the Falkland Islands, before relocating to the United Kingdom to continue her personal and professional journey.

Upon moving to the UK, Nicola applied the administrative and organisational skills she had developed at ANRD to secure a position within Her Majesty’s Courts and Tribunals Service (HMCTS), initially within Employment Tribunals. “The work was tough—but it taught me so much,” she reflected. “Precision, patience, managing complex information; you learn to stay calm, you learn to trust yourself, and you grow—more than you realise.”

After four years, Nicola transitioned to the Family and Divorce Courts, continuing to oversee and manage cases, ensuring procedural compliance and smooth progression of hearings. During this period, she welcomed the birth of her son, Tristan, in 2011, while maintaining her demanding role. Across her tenure, she gained extensive experience in case management, legal administration, and court operations, remaining in this position until her resignation in September 2024.

While working full-time in the courts, Nicola undertook a degree in Social Work at Solent University, balancing rigorous academic study with professional responsibilities. The programme combined academic theory with practical placements to prepare students for frontline practice. In her first year, she focused on core social work theory, child development, and an introduction to social policy and law.

In her second year, Nicola completed a placement in the adoption team, gaining invaluable experience; working closely with children, families, and social workers throughout the adoption process. She applied trauma-informed approaches, recognising the long-term impact of early adverse experiences on children’s emotional and psychological wellbeing, and prioritised safety, trust, and empowerment in all interactions. Nicola supported families through assessments, preparations, and transitions for children into adoptive homes. She also created life story books and later-life letters, giving children a tangible connection to their past and sense of identity.

A particularly moving aspect of this placement involved facilitating goodbye meetings. Nicola recalls one such meeting with a child, the birth father, and the adoptive family. “The father shared his story—why he couldn’t care for his child,” she recalled. “It was emotional, heartbreaking. Yes, I shed tears—but I had to stay professional. I had to make sure the child felt safe, heard, respected. Moments like this—they stay with you. Forever. But they teach you the value of empathy—and holding space for someone else’s story.”

Throughout the year, Nicola continued her academic learning and reflective practice, consolidating her professional knowledge while preparing for her next placement. This combination of practical experience and study deepened her understanding of safeguarding, case management, trauma-informed approaches, and child-centred practice, equipping her with the skills and insight necessary for frontline work.

During her final year, Nicola undertook her 100-day placement in safeguarding and assessment with a local authority. Safeguarding, focused on protecting children from harm, and assessment, involving detailed analysis of children’s needs, risks, and family circumstances, were central to her work. She supported Section 47 enquiries, assisting in investigations where children were believed to be at risk of significant harm, and independently managed Section 17 cases, providing support to children in need and their families. Her duties included home visits, observing family dynamics, and collaborating with multi-agency colleagues to ensure timely, appropriate, and effective interventions.

A key focus was ensuring the voice of the child was central to all processes. “I spent time building trust. Really listening,” she said. “Helping children express themselves safely. Even the smallest moments—like a child finally smiling after sharing something difficult—remind you why this work matters. It’s not just paperwork. It’s people’s lives.”

Nicola applied restorative and trauma-informed practices to support families in addressing past difficulties and rebuilding relationships where it was safe to do so. These interventions had tangible outcomes; children felt safer, more understood, and supported during transitions, while parents gained insight, confidence, and practical strategies to improve family dynamics. Her work strengthened relationships, promoted emotional resilience, and helped prevent further risk; demonstrating the effectiveness of child-centred, evidence-informed social work.

The placement was emotionally challenging as Nicola witnessed the profound effects of trauma on children and families. “You see things that stay with you forever—but supervision, reflection, talking it through—they help,” she reflected. “They help you care without losing yourself. You learn to be strong, to stay present, and to keep your professional judgement clear.”

Growing up on St Helena in the 1980s and 1990s, she experienced firsthand the limitations of social services, where children’s voices were often overlooked, trauma went largely unrecognised, and support was often absent. “Social Services would intervene if a child had problems at home, at school, or in society—but they were not always there, and there was little support for the family as a whole,” she recalled. “Back then, I felt they were not knowledgeable or skilled, and it was unsatisfactory. Trauma was rarely recognised or addressed. But now, we are more involved, more aware, and there is hope for real change. I hope, in the future, to play a part in supporting children and families on St Helena, using the knowledge and experience I’ve gained.”

These experiences inspired her to pursue a career dedicated to listening to children, understanding their experiences, and providing trauma-informed, child-centred support. Despite significant personal challenges, including the loss of both parents, Nicola remained focused on her goal, balancing the demands of her studies with her professional and family responsibilities. Her determination and resilience culminated in achieving first-class honours.

“Working towards achieving a first was incredibly challenging—but I am proud. So proud,” she said reflecting on her journey. “These three years tested me in every way—but they shaped me. They shaped me into a resilient, capable, confident social work practitioner. To anyone aspiring to follow their dreams, I say—embrace every opportunity, stay committed, believe in yourself. Your experiences—even the difficult ones—can become your greatest strength.”

She also encourages others to use their own challenges as motivation. “Your journey may not be easy—but every small step forward counts,” she advised. “Never underestimate perseverance, self-belief, and using your experiences to inspire positive change—for yourself, for others. Start today. Don’t wait for the perfect moment. It’s never too soon to follow your dreams.”

Nicola Collins’ journey exemplifies professional excellence, personal perseverance, and unwavering commitment to children and families. From her early work in agriculture on St Helena to her extensive experience in UK courts, adoption, safeguarding, and assessment, she demonstrates resilience, dedication, and empathy, making a meaningful impact in every role she undertakes.



Nutrition (Part 2):

Understanding Macronutrients and Micronutrients



Arjelo Onde, Contributed

When we talk about food and health, it helps to understand the building blocks that make up our meals. These building blocks are called macronutrients and micronutrients. Knowing what they are and how they work can help us make smarter food choices — choices that support our energy, immunity, and overall wellness.

In Part 1 (*The Sentinel, 14 August 2025*) we explored how food is much more than just fuel — it's medicine that heals, or harms, depending on what we choose. Now, let's take a closer look at the key nutrients that keep our bodies running strong.

What Are Macronutrients?

Macronutrients are the nutrients our bodies need in large amounts every day. They provide energy (calories) and the raw materials for growth, repair, and maintenance. There are three main macronutrients: Carbohydrates, Proteins, Fats. Each plays a unique role in our health.

Carbohydrates: More Than Just Sugar

Carbohydrates often get a bad reputation — many people think carbs make you gain weight or spike your blood sugar. But carbohydrates are actually the primary energy source for our brain, muscles, and every cell in our body. The secret to healthy carbs is understanding the difference between complex and refined carbohydrates.

Complex Carbohydrates come from whole foods like whole grains, legumes, fruits, and vegetables. These carbs contain fibre, which slows digestion and sugar absorption, providing steady energy and keeping blood sugar balanced. The fibre also supports gut health by feeding friendly bacteria, which in turn strengthens immunity.

On St Helena, we're blessed with many great sources of complex carbs — bananas, sweet potatoes, pumpkin, breadfruit, and various leafy greens. Eating these regularly nourishes the body and helps prevent diseases like diabetes and heart disease.

Refined Carbohydrates, on the other hand, come from processed foods like white bread, sugary drinks, sweets, and many snack foods. They digest quickly, causing rapid blood sugar spikes and inflammation. Over time, eating too many refined carbs increases the risk of insulin resistance, obesity, and chronic disease.

Proteins: Plant vs Animal Sources

Proteins are the building blocks for muscles, skin, enzymes, and immune cells. They're made up of amino acids, some of which the body cannot make on its own and must come from food.

Animal Proteins include meat, fish, eggs, and dairy. While they provide all essential amino acids, some sources — especially red and processed meats — can increase inflammation and raise heart disease risk if eaten in excess.

Plant Proteins come from beans, lentils, nuts, seeds, and whole grains. Although some plant proteins lack one or two amino acids, eating a variety of plant foods throughout the day ensures your body gets what it needs. Plant proteins are also rich in fibre, antioxidants, and healthy fats, which reduce inflammation and support heart and digestive health.

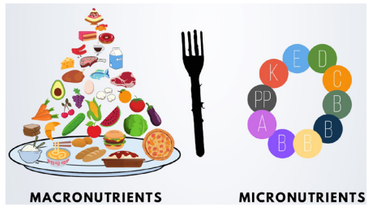
In many parts of the world, including St Helena, plant-based protein sources are affordable, delicious, and sustainable. Incorporating more beans, lentils, and nuts into your diet can boost health while protecting our island's environment.

Fats: The Good, the Bad, and the Essential

Fats are essential for hormone production, brain function, and absorption of fat-soluble vitamins A, D, E, and K. But not all fats are created equal.

Healthy Fats come from plant sources like avocados, nuts, seeds, and olives. These fats are mostly unsaturated and help lower bad cholesterol (LDL) and reduce inflammation. Omega-3 fatty acids found in flaxseeds, walnuts, and fish also support heart and brain health.

Unhealthy Fats include trans fats (often found in processed baked goods) and excessive saturated fats from fatty meats and butter. These fats raise LDL cholesterol and promote inflammation, increasing the risk for heart disease and stroke. Choosing healthy fats instead of unhealthy fats can protect your heart and support overall well-being.



Micronutrients: Tiny But Mighty

Micronutrients are vitamins and minerals that the body needs in smaller amounts but are just as vital for good health. They don't provide energy but are crucial in processes like immune function, bone health, wound healing, and energy production.

Some important micronutrients include:

- Vitamin C: Supports immunity and helps wounds heal. Found in fruits like oranges, guavas, and mangoes.
- Vitamin D: Important for bone health and immune regulation. We get some from sunlight and foods like fortified milk and fish.
- Calcium: Essential for strong bones and teeth. Found in dairy, leafy greens, and fortified foods.
- Iron: Needed for healthy blood and energy. Sources include beans, spinach, and meats.
- Zinc: Supports immune function and wound healing. Found in nuts, seeds, and whole grains.

Because micronutrients work together, eating a varied diet rich in whole foods helps ensure we get enough of each.

The Power of Fibre

Many people think of vitamins and protein when they hear "nutrition," but fibre deserves special attention. It's not just for digestion — fibre lowers cholesterol, regulates blood sugar, and feeds the healthy bacteria in our gut. This gut–immune connection is now one of the most exciting areas in health research. On St Helena, local staples like pumpkin, leafy greens, beans, and bananas are excellent fibre sources. The more colourful your plate, the more fibre you're likely getting. A fibre-rich diet means better long-term health and stronger immunity.

How Nutrition Supports Immunity

Our immune system depends heavily on good nutrition. Without the right nutrients, immune cells cannot function properly, leaving us vulnerable to infections.

- Fibre from complex carbs supports a healthy gut microbiome, which is a key part of immunity.
- Vitamins A, C, D, and Zinc are crucial for creating immune cells and fighting inflammation.
- Healthy fats reduce chronic inflammation, which can weaken immunity over time.

Choosing whole plant foods rich in micronutrients and antioxidants gives your immune system the tools it needs to protect you — especially important for communities like ours on St Helena Island, where access to healthcare can be limited.

Nutrition and Chronic Disease Prevention

Chronic diseases like diabetes, heart disease, and obesity are rising worldwide. Diet plays a major role in these conditions.

- Diets high in refined carbs, added sugars, unhealthy fats, and processed foods increase inflammation and insulin resistance.
- Diets rich in whole plant foods, fibre, healthy fats, and plant proteins lower blood pressure, improve cholesterol, and support healthy blood sugar.

Research from Loma Linda University Health (LLUH) and programs like CHIP show how adopting a whole-food, plant-based diet can prevent and even reverse many chronic diseases. These findings are especially relevant here on St Helena, where lifestyle changes can have a big impact on community health.

Practical Tips for Saint Helena Island

Here are some simple ways to apply this knowledge every day:

- Choose whole fruits over fruit juices or sugary snacks. Enjoy bananas, mangos, and other local fruits fresh.
- Swap white rice for brown rice or other whole grains like barley or quinoa if available.
- Add beans or lentils to soups, stews, and salads to increase protein and fibre.
- Cook with healthy oils like olive oil or coconut oil in moderation.
- Include nuts and seeds as snacks or meal toppings for healthy fats.
- Eat a colourful plate full of fruits, vegetables, grains, and proteins.

Beyond Food: The Bigger Wellness Picture

Nutrition is powerful, but it's only one part of health. Physical activity, rest, stress management, and community connection also matter. At Le Phare Lighthouse Wellness Center, we encourage combining good nutrition with movement and trust in God. Together, these create a strong foundation for long-lasting wellness.

A Word of Thanks to Our Local Shops

Good nutrition doesn't happen without access to food, and here on St Helena we are especially grateful for the island's shops and local suppliers. They work hard to keep shelves stocked, often under challenging circumstances due to the extreme isolation of the island. Their dedication ensures that families can continue to put nourishing meals on the table. By supporting our shops when we buy, we strengthen not only our health but also our community. Every purchase is a way of saying "thank you" for their commitment to feeding the island.

A Call to Action: Small Steps Lead to Big Change



Changing lifelong habits can feel overwhelming, but it doesn't have to be. Start with one small change, like adding an extra vegetable to your plate or swapping sugary drinks for water. Remember, each healthy choice is a gift to your body — a step toward a stronger immune system, better energy, and disease prevention.

About Le Phare Lighthouse Wellness Center

At Le Phare Lighthouse Wellness Center on St Helena Island, we are committed to supporting our community's health through compassionate, accessible care. Our free services include health education, therapeutic traditional Thai massage, wellness consultations, healthy cooking classes, violin classes for kids, treadmill access, and more.

We also offer free non-diagnostic screenings, including FRAX assessments for bone health and Fall Risk Assessment tools, to help residents better understand their health risks.

Disclaimer: These screenings are for educational and preventive purposes only. They are not diagnostic tests and should not replace professional medical evaluation, diagnosis, or treatment. We will always refer you to a healthcare provider for further assessment.

We welcome you to visit or call us at 22267 to learn how we can support your wellness journey.

About the Author

My name is Arjelo Onde, BSRT, R.R.T., a licensed MRT and AHP with a postgrad diploma in education and nine years of experience as a science and health educator. I hold CPD certifications in lifestyle medicine (ACLM), clinical densitometry (ISCD), pain management (IASP), and osteoporosis (IOF), and I am currently continuing my lifestyle medicine studies with ACLM. These certifications and ongoing learning support my passion for evidence-based community health education.

Sources:

- Loma Linda University Health (LLUH): lluh.org
- American College of Lifestyle Medicine (ACLM): lifestylemedicine.org
- Complete Health Improvement Program (CHIP): chiphealth.com
- World Health Organization (WHO): who.int
- Centers for Disease Control and Prevention (CDC): cdc.gov



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 22
- 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 23
- 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 24
- 7am-noon: Sunday Show with Liam Yon
- 1pm : Interview Hour
- 3-4:30pm: UK Chart Show with Liam Yon
- 7pm: Anglican Church Service
- 20:30: Classical Compilations

MON. Aug 25
- 7am-10am: Sunrise with Luke Bennett
- 3-5pm: Artists through the Decades with Deon & Anita
- 5:30pm: Country Classics with Donna

TUE. Aug 26
- 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 27
- 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 28
- 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



Did you know if you miss an interview that took place during the week on SAMS Radio 1, you can always hear it again?

All of our interviews that went out on SAMS Radio 1 can be heard, in full, during the Sunday interview hour from 1pm – so if you miss it during the week, have no fear, you know we always have you covered!

So, make sure listen in on SAMS Radio 1 to catch up on all these informative interviews every Sunday afternoon from 1pm.

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

SAMS South Atlantic Media Services Ltd

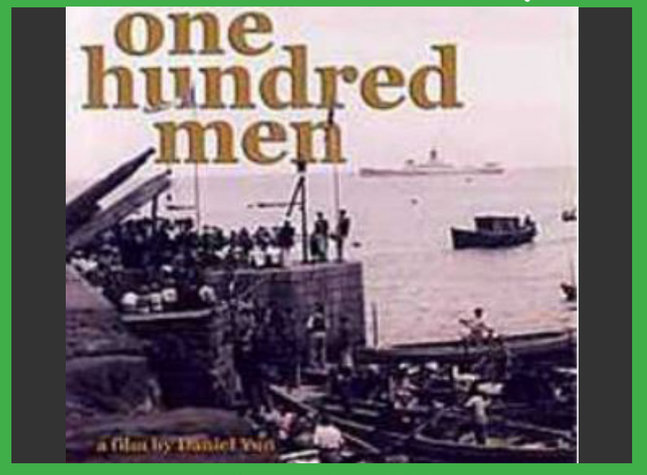
TIME OUT

Sentinel Sudoku Session

This week's difficulty is 'Expert'

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

Throwback Thursday



4th September 1893:
106 St Helenians leave the island permanently on a ship to South Africa.
(sainthelenaisland.info)

Today is known as 'Eat an extra dessert day' and for those sweet tooth/dessert lovers, here is a dessert for those who like coconut and carrot cake from Chef Gordon Ramsay (who recently announced that he has been undergoing treatment to remove skin cancer - speedy recovery Gordon!)

Carrot Cake Macaroons



Ingredients

- 200g unsweetened desiccated coconut
- 1½ tsp ground cinnamon
- 1 tsp ground ginger
- ½ tsp freshly grated nutmeg
- 50g walnuts, chopped
- 1 large carrot, grated
- 75g golden caster sugar
- 4 egg whites
- Pinch of salt

Method

1. Preheat the oven to 170˚C/gas 3.
2. Put the coconut, cinnamon, ginger and nutmeg into a bowl and mix well.
3. Add the chopped walnuts, grated carrot, sugar, egg whites and a pinch of salt and mix together until everything is fully incorporated.
4. Line a baking tray with greaseproof paper and drop 18–20 heaped dessertspoons of the mixture on to the tray, leaving a gap of at least 1cm between them. Shape the mounds so that they are roughly circular.
5. Put the tray into the preheated oven and bake for 15–20 minutes, until golden and firm on the outside. Leave to cool on a wire rack before serving.

DIOCESE OF SAINT HELENA

The Parish of St Paul's		
Sunday 7th September 2025– 23rd Sunday of the Year		
8.00 a.m.	Eucharist	Cathedral
8.00 a.m.	Eucharist	St Peter
9.30 a.m.	Eucharist	Cathedral
	Tuesday 9th September	
7.00 p.m.	**Praise & Worship**	**Sandy Bay Community Centre**
The Parish of St James		
Sunday 7th September 2025 – 23rd Sunday of the Year		
9.30 a.m.	Eucharist	St James
3.30 p.m.	Eucharist	St Michael
	Thursday 11th September	
7.00 p.m.	Eucharist with Healing	St John
The Parish of St Matthew		
Sunday 7th September 2025 – 23rd Sunday of the Year		
11.15 a.m.	Eucharist	St Mark
	Tuesday 9th September	
7.00 p.m.	70x7 Forgiveness	St Mark

BAPTIST CHURCH

Sunday Services
7th September
Sandy Bay Chapel 08.45 am
Head O'Wain Chapel 10.45 am
Jamestown Chapel 6.00 pm

Bible Studies
Tuesday 9th September
Baptist School Hall 7.00 pm
Thursday 11th September
Sandy Bay Chapel 5.30 pm

ALL ARE WELCOME

For further information contact:
Tel No 24644

Scout Jackpot Draw

The winners of the August Scout Jackpot were as follows:

1st Prize - £100 – Courtney O'Dean
Ticket No. 120

2nd Prize - £50 – Pamela Young
Ticket No. 395

3rd Prize - £25 – Jenny Thomas
Ticket No. 123

4th Prize - £25 – Governor Phillips
Ticket No. 523

The September draw will take place on 26th September 2025

Remember to have any chance of winning, you must participate.

ST HELENA WOMEN'S SPORTS ASSOCIATION

ANNUAL GENERAL MEETING

2024 - 2025

Tuesday 16 September 2025
7pm

Canister Meeting Room, Jamestown



Church Notices

We warmly invite you to join us for:

Prayer Meeting

Saturday 06th September 2025 at 8:30am
@ The Rock Christian Fellowship Centre, Longwood Avenue.

~

Praise and Worship Service

Sunday 07th September 2025 at 11:00am
Kidzone (Sunday School) at 11.00am
@ The Rock Christian Fellowship Centre, Longwood Avenue.

~

Cell Meetings

Tuesday 09th September 2025
Jamestown at 7:00 pm, (Contact: Bramwell on 64352 for details)
Wednesday 18th June 2025,
The Rock Christian Fellowship, Longwood Avenue at 7.00pm
(Contact: Priscilla 51919 for details)
Half Tree Hollow, (Contact: Elaine 62552 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.

In aid of St Matthews Parish



Quiz Master: Gavin Jack

Join us on Friday, 12th September
Starting at 7.30pm
At the St Helena Golf Club

GREAT PRIZES TO BE WON!

Contact Cavell on Tele 25756 to register your Team!

Made with PosterMyWall.com

Godfathers Rock Club

A Sunday lunch will be at the Godfathers Rock Club this Sunday, 7 September, starting at 1.30pm.

On the menu will be beef and chicken curry, rice, mixed veg, pork, gammon, chicken, potatoes, salad, coleslaw and tuna pasta; followed by dessert.

Weather permitting, a fun castle will be up for the kiddies and later in the afternoon teas and cakes will be on sale.

For tickets call Melvin on 23395.

SEPTEMBER OPENING HOURS



Main Branch*

Monday - Friday	08:45 - 15:00
Saturday	09:00 - 12:00

Airport Kiosk

Flight days only	10:30 - 14:30

Remote Banking

HTH Supermarket	Wednesday, 24 September	09:30 – 13:00
Longwood Enterprise Park	Thursday, 25 September	09:30 – 14:00

**The Business Banking Station is open Monday to Friday, 09:30- 13:30.*

Bank of St.Helena Ltd.

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

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

NOTICE BOARD

'Restoring a globally significant Cloud Forest'

News from the St Helena Cloud Forest Project

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

Today, we encourage you to check out all of the latest reports published under the St Helena Cloud Forest Project, available on our webpage: https://sthelenatourism.com/st-helenas-cloud-forest-project






- ☑ ***Year 4 Invertebrate Survey Report*** (Direct link: https://rebrand.ly/ggc5fny)
- ☑ ***Damp-wood termite Heterotermes spp. distribution assessment and control feasibility in the Peaks National Park and its fringes, St Helena*** (Direct link: https://rb.gy/g6exs5)
- ☑ ***Vespula vulgaris (Common Wasp) control and its effects on the fringes of the Peaks National Park*** (Direct link: https://rebrand.ly/ki11u08)
- ☑ ***Golden Sail Spider Ecology Study Report*** (Direct link: https://rebrand.ly/cyb8dll)
- ☑ ***Elachista Trifasciata Monitoring Report*** (Direct link: https://rebrand.ly/v5esf45)
- ☑ ***Habitats and biology of high altitude endemic Opogona of St Helena Report*** (Direct link: https://rebrand.ly/of26pd6)

These reports have all been produced under the St Helena Cloud Forest Project through the work of partners in the St Helena National Trust and via a St Helena Research Institute bursary.

Scan the QR Codes below for quick access to:

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

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

UK Government · St Helena · Connect · St Helena Island · UBC · Kew · the species recovery · Arctium · UK Centre for Ecology & Hydrology

Vacancy

Assistant Supervisor - Silver Hill Shop

Since 1790

Salary for the post will commence at £962 per month (£11,544 per annum)

Solomon & Company (St Helena) Plc has a vacancy within Silver Hill Shop for an Assistant Supervisor.

The Assistant Supervisor will assist with the day-to-day supervision of Silver Hill Shop, ensuring customers receive a high standard of service.

Interested Persons Should:

- Possess experience in leadership with the ability to organise and lead a team
- Possess grade C or above in GCSE Maths & English
- Be computer literate namely in the use of Microsoft applications and able to perform administrative duties
- Be knowledgeable of Health & Safety and Manual Handling practices
- Be able to coach and develop team members
- Have a customer focused approach with excellent frontline customer service skills
- Possess knowledge and experience in Stock Management / Control
- Have experience in Cash Handling
- Ideally have experience working in a retail environment
- Have excellent interpersonal and communication skills
- Have the ability to multi-task in a fast-paced environment.
- Be able to work on weekends

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

Nicola Constantine, Senior Mercantile Manager via ✆ 25989/22137 ✉ nicola.constantine@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 **11 September 2025.**

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

- Pension Contributions
- Staff Discounts

NOTICE BOARD



CALLING FOR EXPRESSIONS OF INTERESTS TO SERVE ON THE ST HELENA HOTEL DEVELOPMENT LTD BOARD OF DIRECTORS

St Helena Hotel Development Ltd. is seeking Expressions of Interests from suitably qualified persons interested in serving as a non-Executive Director.

The Board of Directors has responsibility for the strategic direction of the business and for monitoring the performance of the Hotel, in line with the Hotel Management Agreement in place with the Operator, Mantis.

A copy of the terms of reference for the Board, and a form to register an interest may be requested from the Company Secretary, Miss Nicole Plato via email nicole.plato@sainthelena.gov.sh or collected from the Castle, Jamestown.

Expressions of Interest should be made using the form and should be submitted, along with a current Curriculum Vitae to the Company Secretary, Miss Nicole Plato via email, or in hardcopy addressed to the Secretary at the Castle, by **12 September 2025**.

Please note that registering an interest does not guarantee an appointment to the board as this is subject to applicant's having the required knowledge, skills and experience. This position attracts a monthly fee.

FSRA
ST HELENA, ASCENSION AND TRISTAN DA CUNHA

REMINDER FROM THE FINANCIAL SERVICES AUTHORITY REGULATORY

The provision of financial services in St Helena is regulated by the Financial Services Ordinance 2008. A business cannot provide financial services which are "regulated activities" under the Ordinance unless it has first obtained a licence to do so from the Financial Services Regulatory Authority (FSRA). The Ordinance contains a detailed description of these regulated activities, and they include the provision of most types of financial services.

If a business wishes to provide financial services in St Helena it should discuss its intentions with the FSRA to determine whether a licensing requirement applies. Questions about the licensing requirements and the procedure for obtaining a licence may in the first instance be addressed to the FSRA by email at info@fsra.sh.

The carrying out of regulated activities without a licence is a serious matter and may constitute a criminal offence.

NOTICE BOARD

Mensun Bound

The Ship Beneath The Ice

Talk at the Museum of St Helena

4th September, starting at 6pm

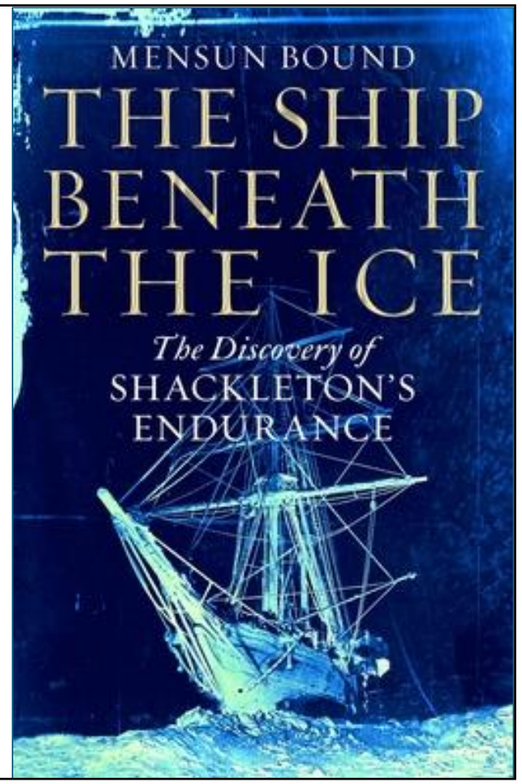
Mensun Bound is a Falkland Island born maritime archaeologist with a career spanning over 40 years, culminating in two expeditions to the Weddel Sea to rediscover the lost shipwreck of the *Endurance* in which Sir Ernest Shackleton sailed for the Antarctic.

Copies of the book will be on sale.

MUSEUM of St. Helena



St Helena Heritage Society



Vacancy

Part-Time Passenger Services Agent

Since 1790

Rate of pay will be £6.20 per hour

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

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

Interested Persons Should:

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

For further information contact:

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

Application forms may be collected from Solomons Main Office Reception, Jamestown or alternatively an electronic copy can be requested via hradmin@solomons.co.sh and completed forms should be returned to Anya Thomas, Human Resources Organisation & Development Officer, Solomons Main Office, Jamestown by **18 September 2025.**

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

NOTICE BOARD

St Helena Government

INVITATION TO TENDER

FIRE ASSEMBLY POINT, WET ROOM CONVERSIONS & TOILET FACILITY EXTENSION

St Helena Government would like to invite suitably experienced contractors to submit tenders for the following contracts at Cape Villa Care Centre:

HSC6-2025/26 – Fire Assembly Point
HSC7-2025/26 – Wet Room Conversions
HSC8-2025/26 – Toilet Facility Extension

Site visits for the above-mentioned works will be held at Cape Villa Care Centre, St Pauls, as follows:

HSC7-2025/26 – Wet Room Conversions: Monday, 15 September at 09:00
HSC8-2025/26 – Toilet Facility Extension: Monday, 15 September at 09:30
HSC6-2025/26 – Fire Assembly Point: Monday, 15 September at 10:00

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, located on the Top Floor, Post Office Building, Jamestown on telephone no: 25932 or via email tiffany.lawrence@sainthelena.gov.sh.

Completed tenders should be placed in the Tender Box located on theTop Floor, Post Office Building by 12:00 on Wednesday, 24September2025, clearly marked with the tender number.

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

SHG, 01 September 2025

St Helena Government

FAIRNESS INTEGRITY TEAMWORK

JOIN US! WE ARE RECRUITING...

BENEFITS
- → 30 days annual leave + public holidays
- → 15% SHG pension contribution (defined contribution scheme)
- → Training & development opportunities
- → Paid sickness absence

HOW TO APPLY
Job profiles and application forms: www.sainthelena.gov.sh/government/vacancies or from Central HR & OD, The Castle, Jamestown.

For queries, contact the recruitment team on **22470** or recruitment@sainthelena.gov.sh

Submit completed application forms (not CVs) via your Director/Line Manager (if applicable) to the HR Officer, either by email or paper copy, by the closing date.

Education IT Systems Administrator
(£15,418 per annum on the IT Cadre)

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

Contact us for more information and a discussion.

Enquiries: Nicole Richards on Tel No. 22819 or nicole.richards@sainthelena.gov.sh
Closing date: 12 September 2025
Shortlisting date: 17 September 2025
Interview date: 25 September 2025

Senior HR Assistants
(£11,604 per annum)

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

Contact us for more information and a discussion.

Enquiries: Sharnell Benjamin or Anya Richards on Tel No.22470 or Anya.richards@sainthelena.gov.sh or Sharnell.benjamin@sainthelena.gov.sh
Closing date: 18 September 2025
Shortlisting date: 24 September 2025
Interview date: 07 October 2025

The St Helena Public Service welcomes applications from all members of our community, including St Helenians overseas wishing to return home (contact recruitment@sainthelena.gov.sh for support).

We encourage applications regardless of age, gender, disability, sexual orientation, religion or belief. Selection is based solely on merit against the role profile and person specification.

All appointments require satisfactory clearances (medical, vetting/DBS, references). SHG may verify information provided. Benefits may vary by role and are subject to change.

St Helena Government

FAIRNESS INTEGRITY TEAMWORK

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For queries, contact the recruitment team on **22470** or recruitment@sainthelena.gov.sh

Submit completed application forms (not CVs) via your Director/Line Manager (if applicable) to the HR Officer, either by email or paper copy, by the closing date.

Housing Officer
(£11,604 per annum)

If you are a highly motivated individual with excellent communication skills, then here is an opportunity for you to join the team at the Property Section, where you will provide an effective and high quality administrative support to the Housing Service. You will be required to carry out housing management functions to include, appropriate checks on all housing applications received, checking references and conducting estate/government property visits.

Contact us for more information and a discussion

Enquiries: Melissa Fowler on Tel No 22270 or Email melissa.fowler@sainthelena.gov.sh
Closing date: 12 September 2025
Shortlisting date: 17 September 2025
Interview date: 25 September 2025

Assistant PAYE Officer
(£10,088 per annum)

Are you interested in taxation? If so, the Treasury has an opportunity to join their Income Tax team. As the Assistant PAYE Officer, you will help employers and employees in understanding the PAYE tax system and confirming that the correct taxes are paid. You will assist the PAYE Officer with the day to day management of the PAYE system in accordance with the Income Tax legislation, providing tax codes and responding to tax queries. You will also maintain the PAYE database and audit tax data.

Contact us for more information and a discussion.

Enquiries: Pamela Joshua on Tel No 25880 or Email Pamela.joshua@sainthelena.gov.sh
Closing date: 12 September 2025
Shortlisting date: 17 September 2025
Interview date: 24 September 2025

The St Helena Public Service welcomes applications from all members of our community, including St Helenians overseas wishing to return home (contact recruitment@sainthelena.gov.sh for support).

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ENCOMPASS

VACANCY NOTICE

General Maintenance Assistant – Facilities Maintenance

Job Description

Encompass has a vacancy for a General Maintenance Assistant – Facilities Maintenance at the BBC Atlantic Relay Station on Ascension Island.

The post holder will form part of the team that is primarily responsible for the Building Maintenance aspect of Accommodation, Technical Buildings and other Facilities under the BBC Atlantic Relay Station's portfolio. Specifically painting and refurbishment, fencing installations and carrying out minor repairs to fittings including windows and doors.

Requirements

- Competent in painting, decorating and corrosion control and able to work with concrete and plastering
- Experience in carpentry, joinery, basic plumbing tasks and general building maintenance
- Adequate understanding of safety procedures and safe working practices, particularly in the Facilities Maintenance areas, including Risk Assessments and Method Statements
- Adequate knowledge of working with hazardous substances used as part of function
- Trained in the use of hand tools, power tools and workshop machinery within the facilities maintenance area
- Ability to work at height
- Strong self-motivation and ability to work with minimum supervision.
- Manual handling training and other statutory safety training specific to role
- Possession of current driving licence up to B2 category.
- Use of Email, Internet, Microsoft Word and Excel at Basic Level

Desirable Qualifications and Experience

- Building industry apprenticeship or equivalent craft certificate.
- Willing to work unsociable hours if required.
- IOSH Working Safely or Level 2 Health and Safety Qualification

Remuneration and Package

We are offering a two year contract with single status and the salary, dependant on experience, starts at £11,474.00 (taxable on Ascension). You will also be entitled to:

- Rent-free accommodation
- A single food allowance of £4,350.00 per annum
- Relocation costs for your personal effects, including a personal vehicle
- One paid return journey to country of residence during your contract period
- Utilities (Water and Electricity) Allowance

Please note that any offer of employment will be subject to satisfactory criminal and professional vetting, valid travel documents as well as satisfactory medical clearance.

For a **Job Application Form**, full **Job Description** and for any further information, please contact Administrative Assistant, Jodi Joshua at JJoshua@encompass.tv

Applications should be submitted on our job application form, no later than **Friday 19th September 2025**

ASCENSION ISLAND GOVERNMENT

VACANCY NOTICE

Conservation Assistant – Endemic Plant Restoration

Total package value up to £21,385

(comprising salary of up to £9,928.00 per annum plus food and utilities allowances, free housing and other benefits)

About the role

We're looking for a Conservation Assistant to join the Conservation & Fisheries Directorate and support our programme of endemic plant restoration. This role is central to protecting Ascension's unique biodiversity, working both in the plant nursery and out in the field to conserve and restore threatened native species. It's a hands-on and varied position that also contributes to public engagement, education, and wider conservation initiatives across the island.

What you'll do

As Conservation Assistant, you'll support endemic plant research and restoration through nursery work, seed and spore collection, invasive weed and pest control, and regular plant censuses. You'll also contribute to micro-propagation trials to develop plant propagation protocols and maintain important conservation databases and herbarium records. In addition, you'll help deliver outreach and education, including supporting the Ascension Explorers programme for children, designing public engagement materials, and leading community activities. You may also assist with wider conservation projects, such as invasive species control and seabird, turtle, and land crab monitoring, as well as helping to manage the island's small conservation shop.

What you'll bring

You'll have a background in biology or conservation, either through study or hands-on experience, with practical skills such as plant propagation, nursery work, or invasive species management. You'll be a confident communicator, able to engage the public and support volunteers, and you'll have good IT and data handling skills. A clean driving licence is essential, and additional practical skills (e.g. safe tool use, pesticide handling, or off-road driving) would be an advantage.

What we offer

In addition to an annual salary of up to £9,928 per annum (taxable on Ascension), the role attracts a single status contract and these benefits:

- Rent free furnished accommodation worth up to £2,400 pa (taxable benefit)
- A single status food allowance of £3,840 pa (taxable benefit)
- An electricity allowance worth £3,296 per year
- A single status water allowance worth £1,921 pa
- Relocation costs for your personal effects, including assistance with shipment of a vehicle
- One mid-contract return journey to your country of recruitment
- A gratuity payable on the successful completion of a 2-year contract
- 30 days annual holiday (with additional 9 days public holidays)
- Free primary dental and medical care
- Free annual travel insurance

This appointment will be subject to:

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

Closing date: 21 September 2025 **Interviews:** week commencing 22 September 2025 **Start date:** February 2026

For more information, a full job description, and to apply visit: Vacancies – Ascension Island Government
If you have any queries about the role, please email recruitment@ascension.gov.ac

Applicants must be at least 18 years of age by the time the role commences. Candidates who are currently 17 but will turn 18 before the agreed start date are welcome to apply

VACANCY

Bank of St.Helena Ltd.

Bank Teller

Commencing at £8,976 per annum

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

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

The main duties of the post include:

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

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

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

Closing date for applications is Friday, 19 September 2025.

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

Bank of St.Helena Ltd.

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

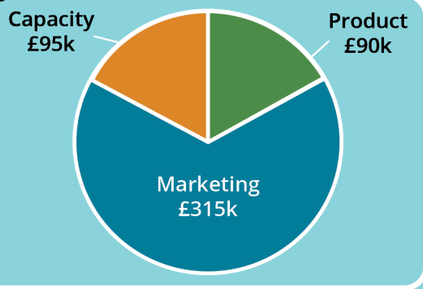
info@sainthelenabank.com
www.sainthelenabank.com
@sainthelenabank
+290 22390
Market Street, Jamestown
Bank of St Helena Ltd

St Helena Island
A breath of fresh air

Tourism Development Programme – Year 2

Overall Objective

In financial year 2024/2025, ring-fenced funding of £500,000 was added to Tourism's and Marketing's recurrent budgets to support actions under the Tourism Recovery Strategy 2022-2024, this is titled the Tourism Development Programme (TDP) fund. The overall objective of the programme aligns with the primary objective of the Tourism Recovery Strategy: to see a return to the arrivals numbers experienced in 2019 (c. 5,000, excluding cruise ship visits) by the end of 2024, with appropriate tourism and hospitality services in place to meet the needs of visitors.



2024/2025 Achievements

Air arrivals have 99% recovered since the pandemic

Business travellers have 100% recovered since the pandemic.

Cruise ship visitors are at 131% recovered since the pandemic.

Product

Product development was centred on beautification, improving visitor experiences, and laying the groundwork for future initiatives that celebrate the island's unique history and heritage.

In partnership with the St Helena National Trust, improvements continue to be made at High Knoll Fort as part of the restoration plan. In addition, a contribution has been given to develop the No. 1 Building at Rupert's as an interpretation centre, through the Liberated Africans legacy.

In partnership with New Horizons Youth Club, an offering for water sports equipment hire for visitors and locals to enjoy marine activities.

Approved visitor landmarks and buildings decorated and cleaned.

4 new Post Box Walks created and accredited

Marketing

International marketing raises awareness of St Helena as an emerging destination, including attendance at trade shows, familiarisation trips for media and tour operators, online and print promotion, and support to on-island events.

31 tour operators selling St Helena

5 travel trade shows attended

2 familiarisation trips hosting a total of 8 people

3.4 million reach from paid promotion

43.9k followers/subscribers across all social media platforms at March 2025 with a growth of 7.8% on previous year

2 influencers generating 10.7 million views online

Capacity

Training programmes were delivered for those working in, and those wanting to work in, the tourism sector. The programmes aimed to enhance service provision and increase the island's offering of tours, activities, and experiences.

200+ course attendees

Tour guide training topics including: general tour guide, enslaved Africans legacy, Chinese, Zulu & Boer history on St Helena, fortifications, maintenance & building of hiking trails , hospitality, safeguarding awareness within the tourism sector

ASCENSION ISLAND GOVERNMENT
~ TWO BOATS SCHOOL ~

VACANCY NOTICE

Secondary English Teacher

Total package value up to £41,018 per annum
Comprising salary of up to £23,840 plus food and utilities allowances, housing and other benefits – details below.

About the role

Two Boats School is a delightful primary and secondary school on the beautiful and tiny island of Ascension in the South Atlantic who has recently achieved COBIS Accredited member status (July 2024). We have approximately 75 students between the ages of 3-16 (Primary 50, Secondary 25) and we offer a range of subjects up to IGCSE level.

What you'll do

Due to the current post holder reaching the end of their contract, we have a vacancy for a secondary English Teacher to teach up to IGCSE level, required for a January 2026 start. The ability to teach an additional subject would be desirable. As we are a small all-through school the willingness to teach across the key stages and outside of your specialism would be advantageous.

What you'll bring

With ideally 2-3 years' of experience teaching English up to IGCSE level, you'll hold qualified teacher status. You'll have strong interpersonal and communication skills (oral and written) and you'll be excited and passionate about working as part of a small team of professionals making a big difference to the education and development of children on Ascension Island.

What we offer

In addition to an annual salary of **between £22,181 and £23,840**, dependent on qualifications and experience (taxable on Ascension), this role attracts an accompanied status contract and the following benefits:

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

The appointment will be subject to:

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

What's it like to work on Ascension?

Ascension is a small volcanic island, situated in the South Atlantic, with a warm stable climate (26-34°C). We are part of the wider British Overseas Territory of Saint Helena, Ascension and Tristan da Cunha, situated approximately 1,000 miles from the mainland of Africa and 800 miles from our nearest neighbour, the island of St Helena. To

thrive here on this unique, challenging and beautiful island, you must be resilient, adaptable and able to live and work in an incredibly small community.

Closing date: Friday 03 October 2025.
Interviews: Applications will be reviewed as they are received, and interviews [by MS Teams or Skype] may be scheduled before the application deadline. Early applications are encouraged.
Required start date: January 2026.

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

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

Jamestown Community Centre Skittles League

13th August 2025	Extractors	483	Beat	Strugglers	461
Gents Highest Score	Graham Peters	68		Clayton Thomas	59
Ladies Highest Score				Emerald Newman Yon	53
Highest Spare	Andrew George	16		Emerald Newman Yon	12

18th August 2025	Stallions	490	Beat	Licketty Splits	417
Gents Highest Score	Jordan Yon	64		Tristan Thomas	54
Ladies Highest Score	Danielle Anthony	51		Santara Peters	48
Highest Spare	Jordan Yon	17		Tristan Thomas	11

20th August 2025	Alley Cats	455	Beat	Guys & Dolls	453
Gents Highest Score	Cody Phillips	68		Neil Joshua	59
Ladies Highest Score	Carrie Williams	58		Julie Anthony	63
Highest Spare	Cody Phillips	15		Julie Anthony	18

27th August 2025	Parttimers	482	Beat	Extractors	463
Gents Highest Score	David Reynolds	66		Philip Thomas	64
Ladies Highest Score	Tanya Augustus	57			
Highest Spare	David Reynolds	15			



Sunday Scramble Sparks Excitement



SHGC, Contributed

St Helena Golf Club hosted a thrilling Texas Scramble stroke play event on Sunday, drawing 32 enthusiastic players to the course. Sponsored by Rose and Crown, the competition saw all teams playing off a combined 10 handicap, ensuring a level playing field and a tightly contested leaderboard.

After an intense day on the greens, two teams—Keith Joshua/Arthur Young and Larry Thomas/Danny Thomas—tied at the top with an impressive net score of 59. A countback was required to determine the winner, and it was Larry Thomas and Danny Thomas who clinched 1st prize, leaving KJ and Arthur Young to take a well-earned 2nd prize.

Just behind the leaders, three teams posted strong performances with net scores of 60; Jeremy Clingham/Kenny Stevens, Asa Bushuru/Bramwell Bushuru, Freddy Thomas/Arthur Francis.

Nearest to Pin prizes were awarded to Kenny Stevens & Jeremy Clingham (Hole 7) and Martin Joshua & Martin Buckley (Hole 16).

The Two Ball Pool winners were Peter Johnson & Tony Winfield (Hole 5), Freddy Thomas & Arthur Francis (Hole 7), Jeremy Clingham & Kenny Stevens (Hole 14) and Martin Buckley & Martin Joshua (Hole 16).

Prizes were presented by Lyn Thomas, Director of Rose and Crown, who expressed heartfelt thanks to all players for their participation. In his remarks, Mr. Larry Thomas, also representing Rose and Crown, reaffirmed the sponsor's commitment to supporting the club in future events.

Following the prize-giving ceremony, the club held its half-annual general meeting. Members were presented with the audited financial statements for 2024, and the Club Captain gave an overview of the current state of affairs. Unfortunately, efforts to fill the position of Games Manager were not successful. Any member willing to volunteer for this role is encouraged to contact any current committee member and express their interest.

Looking ahead, the next competition will be held on Sunday, 7 September, marking the start of the Turkey and Ham series. This will be an 18-hole stroke play competition, promising another exciting day on the course.

For further information and access to past golf reports, please visit the club's website: www.sthelenagolf.com.

August to December 2025 SHGC Competition Calendar

Date	Sep-25	Sponsor
7th	TURKEY & HAM Strokeplay	SHGC
14th	Par 3 Strokeplay	SHGC
21st	BOSH 2025 Challenge Cup	BOSH
27th	Monthly Medal	SHGC
Date	**Oct-25**	**Sponsor**
5th	Over 60's Vs Under 60's Singles	SHGC
12th	Captains Challenge Cup Strokeplay	Captain
19th	Solomons 2025 Trophy Challenge	Solomon's
26th	Monthly Medal	SHGC
Date	**Nov-25**	**Sponsor**
2nd	TURKEY & HAM Cross Country Stroke play	SHGC
9th	Stableford Competition	SHGC
16th	2025 BOSH Challenge Cup	BOSH
22nd & 23rd	SHGC PLAYERS CHAMPIONSHIP	PLAYERS
29th	SHGC PLAYERS CHAMPIONSHIP (FINAL)	PLAYERS
Date	**Dec-25**	**Sponsor**
7th	TURKEY & HAM Stableford	SHGC
14th	Tungi Man Strokeplay competition	P Sim
21th	2 Team Texas Scramble Followed by (Fish Fry)	SHGC
28th	Monthly Medal (Novelty)	Participants

Note: * This Calendar is subject to change at short notice

* Morning Tee off will be permitted subject to the approval by the Games Manager provided there is more than two players

* Members are advised to register in advance for competitions to avoid inconveniences

Greetings from the Jamestown Rifle Club



Pat Henry, Contributed

Wintry August has come and gone. Apart from the normal wetness and coldness for this period during this time of year, the island community faced other unfavourable disrupting challenges. So, let's hope September can bring more comfort, control, transparency and enjoyment in our working relationships, just like the conduct of our youth and adult members at the Jamestown Rifle Club.

Because the uncertainty of cargo operations, only four youth members attended this week. They all practice good appreciation and were looking forward to their shooting event, it's also good that parents come to support and witness their strong performances. Ten year old Pippa shot 88 & 91.1, Josie T, 12 years old, shot 89.2 & 92.3, young Josie D did well, he shot 84.1, and right on target was 14 year old Daniel D, with his eye right on target, shot 97.2 & 99.9; just missing out on his 100. Very good performances from these young people. We are hoping the weather will recover soon to allow us also to practice archery sessions and build on our skills and performances.

Only eight members entered the late evening session, but it was still a fulfilling shooting session having patience and time with training. It was a wonderful surprise to see and welcome Jude Corker and Ellie Hewitt to the club; they are no strangers nor newbies to the club, only this time they have a longer stay on island with loads of time to get into shooting. Tinika was back for more practice, settling in full kit she shot 90.3, 94.3 and 92.2, Cherilee challenged her and shot 93.2 & 91.2, Jude didn't lost it, he shot 94.3, 95.4 and had a go off the bench rest and shot 91.2, Ellie also shot some good groupings with 95.2 & 89.2, Nina showed it can be done with 95.4 and having a go on the bench rest shot 91.2, this position can be challenging but fun. Kyle struggle a bit this week but still did well with 98.5, 96.6 & 98.4, the most important part in the nights event is the enjoyment that members get from rifle target shooting. Thanks everyone for your support, will see you all next week. Stay well and enjoy the rest of the week.

New Direction for Riders

Saint MX Club to trial expansion to an all bikes club



Donna Crowie, SAMS

Recently, a special meeting was held by the newly-elected committee of the Saints Motocross Club at the Oasis Bar. The aim of the meeting was to explore a new direction for the club in expanding into a wider bike club, encompassing all riders on St Helena.

According to a Social Media post, the meeting was very productive with good discussions in weighing up the pros and cons of a club expansion. In the end, the decision was made to trial the expansion of the club to all bikers with the benefits of doing so said to outweigh the disadvantages.

The club reiterated that events for the motocross would still continue with a big event to take place at the end of the year; with the committee looking forward to MX bikers registering their interest.

The club will also, as part of the trial expansion, be looking at organising events that will bring all riders together. With the decision to expand and the new direction being taken, the Saints Motocross Club committee are now inviting suggestions for a new name for the expanded club and are welcoming the public to submit suggestions.



SPORTS ARENA



RUNNING AWAY WITH IT

Bellboys make it two in two against Rovers as La Verde and Wirebirds also win in SHFA League Matchweek 7

Liam Yon, SAMS

The St Helena Football Association League 2025 continued over the past weekend with three matches having been played on the Francis Plain football field, during which Bellboys cemented themselves as the standout favourites for this year's league title.

All eyes were on the big clash between Bellboys and Rovers on Saturday, with reigning Champions, Rovers, aware that they would need to win the undefeated Bellboys to keep them close at the top of the table and slow their momentum heading into the second half of the season. Despite an entertaining match and a determined performance by Rovers, Bellboys once again proved why they are yet to taste defeat in 2025, as they ran out 3-2 victors, further establishing themselves as favourites to the title this season; goals for Man of the Match, Scott Henry, Tyler Brady and Joey Thomas was enough to see off goals from Blaize Baldwin and Ronan Legg, to give Bellboys a big win on the day.

Over to Sunday, when it was a game of two halves in the early 1.30pm kickoff between La Verde and Fugees. A positive start for La Verde saw them finish the first half four goals to the good thanks to a hat-trick from Young Player of the Match, Tyler Anthony, and a strike from Captain, Jordan Yon. However, instead of pushing on after the interval, La Verde found themselves having to dig deep to keep the lead after Fugees came close to levelling with Man of the Match, Lars Williams, bagging a hat-trick of chipped finishes. In the end, La Verde's four goal first-half flourish was enough to see them take the win and the three points.

Finally, closing up the weekend's action was Wirebirds who ran rampant on the Inter Galactics, scoring no less than 29 unanswered goals. Sanjay Clingham bagged a brace after opening the scoring in the third minute, Kyle Shoesmith continued his goal scoring exploits this year with seven goals to add to his tally earning him Man of the Match honours, Sean-Lee Thomas added five during his second half cameo, Ethan Harris got on the score sheet with four, Korben Minto and Shane Stroud bagged a hat-trick each, Alex Osborne and Edson Stevens got two each, while Mario Green's strike rounded off the scoring in a perfect afternoon for Wirebirds.

As it stands, Bellboys appear to be running away with it, having enjoyed a perfect record thus far. Rovers and Wirebirds look set to battle it out for the second placed spot, though will be hopeful that Bellboys could drop points before the season closes out in order to make a late run at the top spot. Having taken out arguably their biggest competition in Rovers twice in their two meetings so far this season, Bellboys will be confident of picking up the League Title come Presentation Day 2025.

FOOTBALL RESULTS

Saturday 30 August 2025

Bellboys 3	**Rovers 2**
S Henry, T Brady, J Thomas	B Baldwin, R Legg
MoM: Scott Henry	

Sunday 31 August 2025

La Verde 4	**Fugees 3**
J Yon, T Anthony (3)	L Williams
YPoM: Tyler Anthony	*MoM: Lars Williams*
Wirebirds 29	**Inter Galactic 0**
K Shoesmith (7) K Minto (3) S Clingham (2) E Harris (4) S Thomas (5) S Stroud (3) A Osborne (2) E Stevens (2) M Green	L Williams
MoM: Kyle Shoesmith	

FOOTBALL FIXTURES

Sunday 7 September 2025

11am	**Inter Galactic**	**vs**	**La Verde**
1.30pm	**Wirebirds**	**vs**	**Bellboys**
3.30pm	**Fugees**	**vs**	**Rovers**

**Fixtures rescheduled to allow St Helena Cricket Association to carry out their Umpire Training on Saturday as agreed by SHFA Committee.*