

# The St Helena Ambassador

... An Extraordinary Place on a Path to Prosperity



Issue 54 July 2017

## The Public Library Goes to the CCC

**O**n Tuesday, 25 July 2017, the Public Library Service visited the clients at Her Royal Highness Princess Royal Community Care Centre at Ladder Hill. The aim of the visit was to take the Library Services to members of the community who are unable to visit the Public Library.

The visit went down well, with residents of the CCC relishing the chance to chat with the Public Library staff while enjoying a good read from the magazines and books on offer.

Ivy Williams-Newman from the Public Library said:

*"It was a lovely morning where staff were able to engage with residents and enjoy browsing through magazines, craft books and audio books. It was a pleasure to see so many happy smiling faces that appreciated our visit."*



Photos courtesy of  
The Public Library



***The following is an account written by Charlotte Hubbard, who represented St Helena as a runner in the 2017 Commonwealth Youth Games in the Bahamas.***



*Photos courtesy of Charlotte Hubbard*

**M**y journey to the Commonwealth Youth Games began on the RMS. I was excited and felt privileged to have been chosen to represent St Helena in the 100m and 200m events. On the ship we did two challenging sessions of gym work a day.

Once we reached Cape Town and checked into our hotel, we went to explore the training facilities. Our accommodation provided the use of a free gym, yet due to the water shortage, the pool was not in use which made us search for another place to train. The Virgin Active gym seemed the perfect place - a good sized pool was available for the swimmers, along with cardio, core and leg machines for the runners. We trained here twice a day for ten days.

When we arrived in London, we were met by our UK support, Andrew Lawrence, who invited us back to his house. At this point I was also greeted by my family, so while the rest of the team returned to Andrew's house for much needed sleep and food, I went and stayed with my family overnight.

The next day my fellow runner Georgia Bedwell and I headed over to the track. A session had been arranged with us and athlete, Sean Crowie. He helped us establish a warm-up and cool-down routine which included dynamic and static stretching, as well as showing us a

good approach to using the blocks.

The Bahamas was our next stop. We disembarked the plane and instantly knew we were in the right place as there were many other teams walking around in their country uniforms. From that moment on everyone was very nice - pleasantries were exchanged at every corner and smiles were given at every turn. Everyone we bumped into was excited to hear about St Helena and was extremely interested to know about its location, its people and the life everyone had on the Island.

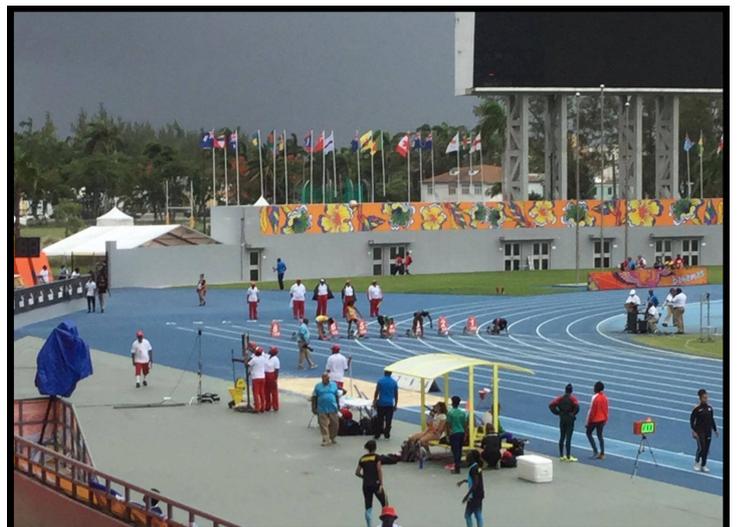
Then came the opening ceremony, which was a magnificent experience that I shall never forget. There was a great feeling of community and pride as we walked through the stadium waving our flag.

The next day was the boys, Duwaine Yon and Colby Thomas', first two swimming events. We all went to encourage them and offer our support. That afternoon was the runners' 100m. I was feeling very nervous - arriving two hours early to warm up. We were in separate heats so when Georgia got summoned to the call room, the nerves kicked in. After the first call room everything became more real, yet I still loved every moment of the experience. There was a great thrill when walking out into the stadium and preparing yourself to run.

The next day was our second event - the 200m. We went through a pretty similar process but this time it was a much more enjoyable experience as I knew what I was doing, and I was less nervous.

On the last day was the boys' final event. We all once again went for encouragement and support. After their amazing performance we returned to the hotel, got our bags, and made our way to the airport. That was the end of our time in the Bahamas.

I feel that all of the team did brilliant in their events, considering we haven't had the same amount of time nor the same quality of facilities as the other athletes. This experience has definitely influenced my decision to continue training. I hope to compete again one day and I hope to do even better than I did this time.



## SPCA Sponsored Walk

Photos courtesy of Loretta Coleman



**O**n Sunday, 9 July 2017, St Helena's branch of the Society for Protection against Cruelty to Animals (SPCA) held their annual sponsored walk at Longwood to raise funds for the charity.

The event was well attended with 27 participants getting involved. Alongside these 27 entrants, were also a few four-legged walkers with dogs Papillion, Sparkle, Blondie and Jess joining in.

The SPCA was pleased with the turnout and the donations received on the day. A total of £163.00 was raised, with all proceeds going to the SPCA. As a further fundraiser, some sweet and savoury treats were also sold on the day which went down well with the participants. These brought in a total of £131.00 which was kindly donated to the Making Ends Meet Charity.

Although the aim of the walk was to raise funds, prizes were awarded to the fastest, oldest and youngest walkers on each route. The results were as follows:

### Long Route:

Fastest Walker - Ian Johnson, who won a 'Bliss' voucher

Oldest Walker - Patsy Henry, who won a £10 Rose & Crown voucher

Youngest Walker - Tyrone March, who won a memory stick

### Short Route:

Fastest Walker - Yusuf Bakhsh, who won a bottle of Four Cousins Rosé wine

Oldest Walker - Lorraine Johnson, who won a bottle of Rosé wine

Youngest Walker - Isaac Kellett, who won ten pounds.

Loretta Coleman of the SPCA said:

*"Overall, it was a successful day. We had some new walkers and also some 'faithfuls' who did the walk last year. When the walk was done, everyone enjoyed sitting on Longwood Green, in the sunshine, enjoying the teas and cakes donated by some talented people on the Island. Thanks go to all the walkers, those who made donations, and to all involved in this successful fundraiser for the SPCA."*





Photos courtesy of New Horizons

**A** 15-strong team of 12 New Horizons' members and three staff are currently well into their biennial visit to Ascension Island to compete for the Inter-Island Cup, as well as take part in various conservation and educational trips.

The competitors in this year's team are split with six boys – Brett Isaac, Makyle Fuller, Isaac Greentree, Riedwaan Richards, Aiden Yon-Stevens, Christo Crowie – teaming up with six girls – Danielle Benjamin, Heidi Joshua, Demi George, Chloe Yon, Rebecca Young, Tyanne Williams – to battle it out with the Ascension Island Youth team in a variety of sports for the coveted Inter-Island Cup which has so far never been won by Ascension.

The team left on 11 July 2017 and are staying in Two Boats. The first competition, which was the beach volleyball, was won by New Horizons with four games to one. They then pushed further in front after coming out of the pool competition with ten games to Ascension's two, despite all matches being very close. With the wind in their sails and momentum from the first competitions,

New Horizons went on to win the five-a-side football, badminton and rounders giving them a big lead over the Ascension Island Youth. Not to be outdone, the Ascension team began their fight back with a win in the Swimming Gala beating New Horizons by 27 points to their 21 points.

Apart from the competitions, the team have been enjoying what Ascension has to offer. They have been on trips to many of the Ascension landmark sites, including a conservation trip to Shelley Beach which was followed by an afternoon beach boot camp session with Robert Yon. The team also had the privilege of going onboard an RAF A400M Airbus that arrived on Ascension from Cape Verde. They also made a visit to the Residency at Green Mountain to meet the Administrator of Ascension.

One of the Team Managers, Tina Yon-Stevens, said: *"The trip is going really well. The teams are bonding and enjoying the competition and the New Horizons team are not looking forward to leaving for home next week. There will be tears, but St Helena awaits our return."*

