

The St Helena Ambassador

... An Extraordinary Place on a Path to Prosperity



Issue 44 June 2016

Princess Royal Attends Reception on RMS St Helena



St Helenian students and Saint representatives of the Armed Forces.

The RMS St Helena departed the Pool of London at approximately 17.30hrs on Friday 10 June and returned to the London Cruise Terminal at Tilbury. Here, 600 members of the public boarded for pre-booked tours of the ship on Saturday 11 June.

The RMS St Helena is pictured on 7 June 2016, west of Tower Bridge on the River Thames, prior to tying up alongside HMS Belfast in the Pool of London.

The RMS arrived at Tilbury Docks in the UK on Sunday 5 June 2016, with 123 passengers on board.

HRH The Princess Royal attended a special reception on Wednesday 8 June 2016 aboard the RMS. Approximately 100 guests were in attendance, including Councilors Pamela Ward Pearce and Dr Corinda Essex, as well as

After loading cargo and passengers, the RMS departed from Tilbury at 16.00hrs on Tuesday 14 June, en route to Tenerife, Ascension and St Helena.

Photos courtesy of Adrian Pope.



Governor Visits Prince Andrew School



Governor Lisa Phillips continued her school visits on Wednesday 1 June 2016, when Prince Andrew School students and staff had the opportunity to meet the Island's new Governor, to ask questions and to have a friendly chat.

Governor Lisa Phillips spoke of her visit:

"It was fabulous to meet everyone at Prince Andrew School. One of the students said to me that they often hear that 'they are future of the Island' but the reality is very few people come to speak to them about what that means. This struck home for me. How do we invest in our young people? This is everyone's responsibility. In fact I



offered to return and do a workshop for the students on leadership and my own experience. I have also offered an opportunity for students to shadow me for the day, to learn about the workplace. I'd like to encourage all walks of St Helenian life to think about what they can do to develop our young people."



Diabetes Week

Diabetes Week is an annual event in the Diabetes UK calendar which runs from Sunday 12 June to Saturday 18 June. On St Helena, the Health Promotion Team organised a range of activities during the week to raise awareness of this disease, which is prevalent on the Island.

On Monday 13 June, Diabetic Nurse Jackie Henry and Health Promotion Coordinator Marian Yon, joined stalls at Kingshurt's Fun Day to highlight some surprising facts regarding sugar content in foods and drinks.

They also ran tests on individuals' blood sugar levels, and used display boards which listed various ways to prevent diabetes and identify the tell-tale signs. Mike and Sabrina Harper were also on hand distributing healthy



snacks to the public and advising on healthy eating.

Later in June the Health Promotion Team visited staff within St Helena Government to give advice, offer tips for healthy eating and to run blood sugars tests with glucometers.

Diabetes is a chronic, often debilitating, and sometimes fatal, disease. The condition means that the body either cannot produce insulin or cannot properly use the insulin it produces. Insulin is a hormone that controls the amount of glucose (sugar) in the blood. The body needs insulin to use sugar as an energy source.

Diabetes can lead to high blood sugar levels, which can damage organs, blood vessels and nerves.

St Helena's first ever recorded 'Rib-Off' challenge took place on Sunday 19 June 2016 at Luffkins Tower, where over 150 people showed up to the tasty event where they could eat and drink as much as they liked - whilst raising valuable funds for charities.

One of the cooks, and the host, Colin Owen, said: "The idea for the event started when my wife and I attended a Rib-Off in Coburg, outside Toronto, two years ago. They raised a lot of money for charity. That's where we got this idea from."

Although great secrecy surrounded the preparations of each of the four chefs (pictured), it is believed that some marinades and other techniques were employed early in the week, together with trimming, seasoning and pre-cooking etc.

Overall, 70kgs of meat was consumed, together with 200 tomatoes, 10kgs of rice and pasta, with no potatoes in sight. The chilli con carne, made by Paul and Mike, contained over 200 local chillies, other hot ingredients and one litre of Nando's Hot Chili Sauce - to give it the extra factor. Everything was sold out by the end of the event.



Connie Johnson, a paying customer on the day, spoke of the event:

"I really enjoyed the whole afternoon in glorious sunshine surrounded by great company, but I cannot vouch for all of the ribs because I only tasted two of the four on offer. My plate was laden with salads, beans, rice and dripping juicy and delicious ribs that tasted much better than the ribs I have eaten abroad. Whilst the food was excellent and the atmosphere fantastic it was nice reflecting that in a small way I had made a contribution to the Island charities by participating in this superb fundraiser. I am now looking forward to the next one!"



The event raised £3,200. £800 went to each of the following charities: Making Ends Meet, Cancer Awareness, Happy Hearts Club and New Horizons.

Also available on the day was a bouncy castle for the kids to enjoy as well as a raffle which helped with the fundraising.

Colin concluded: "Tidying up the next day took over five hours, with 40 bags of rubbish - but overall, it was a really successful day."

Local Market Day



Yesterday, Friday 30 June 2016, a local market day was set up in the Mule Yard, starting at 9am.



There were four stalls selling everything from homemade Jam, various cakes, to jewellery, pot plants and SHAPE's wonderful hand-made products.



Plantation House Celebrates The Queen's 90th Birthday

Governor Lisa Phillips hosted a Garden Party to mark the 90th birthday of Her Majesty Queen Elizabeth II at Plantation House on Saturday 11 June 2016, with over 200 local guests in attendance. Various members of the community were presented with well-deserved Certificates to recognise their tremendous community efforts.



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