

The St Helena Ambassador

... An Extraordinary Place on a Path to Prosperity

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'Eddie' Champions Sport on St Helena



“Be Inspired” is the phrase that newly appointed Sports Champion Councillor Gavin Ellick (Eddie) will use to encourage those of all ages to participate and take an interest in sports on St Helena.

Councillor Ellick is a sports enthusiast, and as often as he can still plays sports in his recreational time. Gavin intends to liaise with multiple sports organisations on the Island to discuss their issues and move forward together, to improve their sporting position and facilities. In doing so, he will help to improve the health and fitness of those participating, potentially reducing multiple health concerns, such as obesity etc.

Gavin commented: *“I am interested in sharing resources and to develop a joined up thinking approach where we can all learn from each other.”* The Sports Champion is eager to encourage formal training for those wishing to coach or become qualified in treating sports injuries, so those committed to their sporting development can get the necessary help they need. Gavin explains: *“Not only am I interested in the fitness and wellbeing of the youth of the Island, I also want to support the Health and Social Services in enabling the elderly to socialise and become more active, in whatever activity is enjoyable and manageable to them.”*

“I want to encourage any individual at any level of fitness to do something that they enjoy, as well doing some exercise to benefit them; this could be just going for a bike ride or taking a short stroll.” Gavin departed the Island yesterday (Thursday 5 June 2014), to visit the United Kingdom to attend the 63rd Westminster Seminar. During this period, Gavin is set to meet with various sporting organisations, gaining an insight into their operations, helping him in his role. Gavin stated: *“When my son went to a previous Island Games, he was amazed that every single participant had their own nutritionist and personal trainer. With the right resources and focused funding to support future participants in International competitions, we should be able to allow young people to get the training they need at an earlier age and to build up to become the physical and emotional athlete that they can be. The National Amateur Sports Association on St Helena (NASA) has done a remarkable job and I wish the team luck in their events at Glasgow. In my role as St Helena’s Sporting Champion I hope to secure relevant funding and encourage specialist volunteers to support those interested in a career in sport, to help them do well, make St Helena proud and reach for Gold.”*



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Tara Thomas Masters in Business



Tara received an MBA with a Distinction and said: *"It took a while for me to settle back into study mode but it was such a rewarding experience. I really enjoyed being back in London, making many new friends during the year and catching up with old mates too. But being away also helped to reaffirm for me that St Helena is where I want to live. We may not have all the modern conveniences of places like the UK but I enjoy the simple and special way of life we have here."*

Chevening Scholarships are the UK Government's global Scholarship Programme, funded by the Foreign and Commonwealth Office and partner organisations. The programme awards scholars with leadership potential from around the world to study postgraduate courses in the UK. Tara Thomas from St Helena, previously a member of Legislative Council, was awarded a Chevening Scholarship in 2012, and studied for a Masters in Business Administration at the London School of Business and Finance for 14 months. Tara said of her experience: *"I chose this particular course as I wanted to improve my academic qualifications after leaving school with just my GCSE's - and the MBA programme suited both my interests in business management and could be completed in just over a year."*

Tara has also signed a publishing contract with IGI Global for a chapter entitled *'Inside Small Island Economics: Loyalty Strategies in the Telecommunications Sector'*, in the book *'Handbook of Research on Global Business Opportunities.'* Tara said, *"It is a relief to know that after having spent 5 months of my life writing a dissertation - it's going to be a published document."*

Tara currently works within her family business, the Rose & Crown, a company currently upgrading its services to ensure that it is Airport ready. Tara is using her MBA knowledge to develop the business at a challenging time for St Helena and wants to encourage others to take advantage of the local education opportunities to compete in the job market and strengthen the Island's economy.

St Helena Gets Creative

Creative Saint Helena (CSH), lead by VSO Pamela Murray, was established in March 2014, and is a multi-disciplinary arts organisation, promoting and generating opportunities to gain access, engage and participate in the arts. CSH is based at Guinea Grass Community Centre in collaboration with the Community Development Organisation. It is envisaged that in time Creative St Helena can procure its own premises to carry out its own autonomous activities. It has recently been working with Prince Andrew School students, assisting Miss Tina Lucy in the Music Department with the rehearsals for the *We Will Rock You* musical, to be held on Friday 4 and Saturday 5 July.

Pamela has also been working with the primary schools on the Island and is set to introduce a circus skills class to all schools. Pamela said about coming to the Island: *"I decided to come to St Helena primarily because it is an exciting time and the job had huge potential. On researching the Island, I found a blog about the last Gravity Rush race and from this decided that Saints must have similar approaches to life as the Irish, and that swung it for me."*



Creative Saint Helena is all about the people of the Island. Projects are designed to reflect the mood, life stories and culture of the people that live here. CSH has been holding a creative writing group in partnership with AVES and a new course is beginning in June.

We have also worked with the Human Rights Organisation and Jamestown Library on the *'My Mum Told Me'* project for International Womens Day. SHELCO has donated the use of the downstairs space in Porteous House as an exhibition box, as part of the *In Public* series, aimed to put art and performance in public around the Island.



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This year St Helena Tourism is hosting the Walking Festival, Beer Festival and the Governor's Cup Yacht Race. These events require much advertising overseas - to give interested parties enough time to plan their journeys.

St Helena's Festival of Walking is about promoting and celebrating the wonderful walks available on St Helena. St Helena's walks are a large contributor to the tourism draw of the Island.

The Festival of Walking is aimed at all different walking abilities and can be enjoyed by locals and tourists alike. The Post Box walks in particular remain very popular, with the Island's scenery on these routes often described as spectacular.

The Festival has been run since 2009 and this year takes place from 7-31 July 2014.

Christina Stroud, Tourism Officer, explained: *"This year boasts the largest number of walks, totalling 26.*

And instead of trying to fit in 2-3 walks per day over a 2 week period, as with previous Festivals, this year we have spread the programme over a longer period of time and have offered mostly one walk per day, including walks at the weekend."

The programme this year has a mixture of easy, moderate and difficult Post Box Walks, plus leisurely strolls and walks lead by the National Trust to highlight their conservation efforts.

A full programme will be published in local newspapers shortly.

Christina commented: *"As part of the tourism offer, this festival, generates general interest when guests are already on the Island. Unlike the Festival of Running, the Walking Festival is not necessarily the primary motive for the visit."*

Walking is a great way to exercise and keep fit whilst enjoying the Island's scenery. All walks are led by knowledgeable guides who also give an insight into the Island's history and St Helena's fascinating endemic flora and fauna. Book your walks now!





MFV Extractor Offloads First Catch

The MFV Extractor made her first offshore fishing trip on Sunday 25 May 2014 at the Bonaparte Seamount. Due to a limited supply of ice, she arrived back to the Island on Wednesday 28 May and offloaded an impressive catch of 8,348 kilos.



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