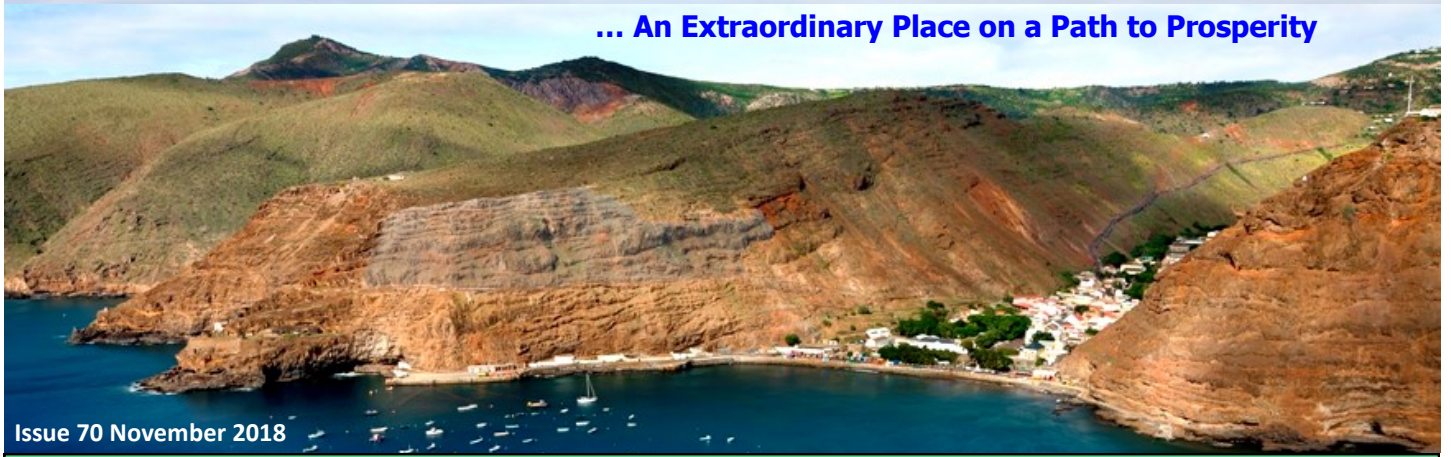


# The St Helena Ambassador

... An Extraordinary Place on a Path to Prosperity



Issue 70 November 2018

## FESTIVAL OF RUNNING 2018

**T**he Festival of Running, an annual event hosted by the St Helena Tourist Office, the National Amateur Sports Association and New Horizons, took place between 4 and 10 November 2018.

The Festival of Running, which launched in 2001, aims to increase the offering of events on St Helena, to promote a healthy lifestyle and to establish St Helena as a unique running destination to the international market.

This year's Festival included a 42km Full Marathon and 21km Half Marathon, 10km and 3km Fun Runs, Jacob's Ladder Challenge, Triathlon and a Trail Run – interest was attracted from both local participants and international runners, including a journalist.

Across all events, approximately 90 individuals took part.

This year, two records were broken. The first in the 3km Fun Run by Aiden Yon-Stevens with a time of 16 minutes and 7 seconds and the second in the Triathlon by a team consisting of Nicole Shamier, Jack McShane and Joachim Naulaerts with a time of 54 minutes and 36 seconds.

The Festival of Running concluded with a prize presentation held at Rosie's Taste 4 Life.

Photos © St Helena Tourism





## FIRST ALL-SAINT CREW ON A SAINT-OWNED YACHT TO TAKE PART IN THE CAPE TO ST HELENA 2018

The first all-Saint crew on a Saint-owned yacht to take part in the Cape to St Helena 2018 - 'Team Carpe Diem' - departed James' Bay for Cape Town on Saturday, 1 December 2018.

Team Carpe Diem, who have been training since August, consists of James Herne (Skipper), Josh Herne, Michael Owen, Dennis Owen and Andrew Turner.

The team is undertaking their voyage on-board a 12 metre Bavaria yacht - Carpe Diem - which is owned by James Herne. James, along with his family, recently became the first St Helenian family to circumnavigate the globe.

Over 50 people gathered at the Jamestown Wharf to say goodbye and wish 'Team Carpe Diem' good luck. The Skipper, James Herne, gave a short address which was followed by a short ceremony, conducted by Bishop Dale Bowers and Father David Musgrave, to bless the yacht and its crew and wish them a safe passage. The crowd was then invited to the St Helena Yacht Club for a cold beverage before proceeding to the Landing Steps. At 2pm, Team Carpe Diem sailed east of the Island, escorted by St Helena Sea Rescue, various boats and a yacht.

The team is now heading south towards Tristan da Cunha where they will then make their way across to Cape Town - an 18 day journey - in time for the start of the race.

The Cape to St Helena Yacht Race is scheduled to start on 26 December 2018 and will see Carpe Diem, along with 15 other yachts - JML Rotary Scout, Rocket, Naledi, Banjo, Gryphon, Hironnelle, Compromise, Avocet, Ronin, Felix, Avanti, Caribbean Soul, Asante, Yolo and Indaba - race from Table Bay to James' Bay to claim the 'Governors Cup'.

### The Farewell Party

The St Helena Yacht Club hosted a farewell party for Team Carpe Diem at Ann's Place on Saturday, 24 November 2018. Over 70 people attended. The guests included family and friends, past participants of the Governor's Cup Yacht Race and various sponsors. A video footage of the team training was also shown on the night and included the team learning to clean the hull of the yacht.

### About the Cape to St Helena 2018

The Cape to St Helena 2018, formally known as the Governor's Cup Yacht Race, is a 2,700km race from South Africa to James' Bay. The Race was conceived by former RMS St Helena Captain, David Roberts, and Governor David Smallman in 1996. The Race was originally held biennially until 2015 when the RMS St Helena, which transported most of the yachts back to Cape Town, was due to be decommissioned.



The team training on-board Carpe Diem



Bishop Dale Bowers conducting the blessing



Onlookers at the Landing Steps



Team Carpe Diem



Carpe Diem being escorted out of James' Bay



Team Carpe Diem speech at Ann's Place



## MS EUROPA 2 CRUISE SHIP VISIT

**T**he Cruise Ship MS Europa 2 visited St Helena on Sunday, 28 October 2018.

The Europa 2 arrived at approximately 8am having travelled from Cape Verde.

At the time of her visit, she carried 406 passengers and 372 crew, with the majority of the passengers being of German nationality.

A number of freelance taxi operators enabled visitors to view the Island and visit key attractions such as Longwood House and Plantation House.

Passengers embarked at 5pm. The vessel sounded her horn at 6pm and turned east of James' Bay bound for Namibia.

Photos © St Helena Tourism



Visitors visiting Plantation House and Jonathan the Tortoise



St Helena Tourism Marketing Officer, Nicole Peters, on board the Europa 2



MS Europa 2 anchored in James' Bay

## MS AMADEA CRUISE SHIP VISIT

**T**he cruise ship MS Amadea visited St Helena on Monday, 5 November 2018.

During her visit, she carried 336 passengers and 319 crew on-board, majority of whom were of German nationality.

Once ashore, passengers and crew enjoyed various Island tours and many climbed Jacobs Ladder.

The Amadea departed at 6.15pm bound for Walvis Bay.

The MS Amadea is registered in the Bahamas, owned by Amadea Shipping Company and operated, under charter, by the Germany-based travel agency, Phoenix Reisen.

The next cruise ship due to visit St Helena is 'MS The World', from 10 - 12 December 2018.



Visitors viewing Jamestown from Ladder Hill



Visitors climbing Jacobs Ladder



MS Amadea anchored in James' Bay



**M**onday, 3 December 2018, was the United Nations' International Day of Persons with Disabilities (Disability Awareness Day). The day aims to promote the rights and well-being of persons with disabilities in all spheres of society and to increase awareness.

In light of International Day of Persons with Disabilities, the St Helena Ambassador Newsletter spoke to staff and trainees of St Helena's Active Participation in Enterprise (SHAPE).

Established in 2008, SHAPE is a social enterprise providing training and work opportunities, in a supportive environment for vulnerable and disabled adults who need to develop skills to enable them to become employed. This is a crucial service supporting St Helena Government's Safeguarding and Education Directorates in their provision for people with disabilities. SHAPE's core services are achieved through the provision of training in traditionally inspired crafts with strong, green initiatives. Their products are as far as possible made using local, organic materials, geared towards environmental sustainability.

In 2013, SHAPE partnered with the internationally recognized, Carraressi Foundation, to allow access to people with much more complex disabilities to enjoy SHAPE's facilities. At SHAPE, Trainees get to socialise with other Trainees and clients and is provided with wholesome recreation and enrichment activities.

One of the trainees of SHAPE, Leon Miller, shares his story:

*"My name is Leon Miller and I have a moderate learning disability, due to some lack of oxygen at birth. This mainly affects my speech, eyesight and the ability to grasp numerical factors. From an early age I was under the care of an eye specialist, who discovered impaired tissues at the back of my eyes and later discovered I had double vision. I wear special lenses for this reason.*

*"The Education Department in the UK provided Speech Therapy and my parents enrolled me in a private Theatre School, where the tutor advised voice training, singing and dancing. At the age of four I was also given private reading and number lessons. I was reading before attending my First School, but my private teacher found it challenging with the number lessons. She detected a major problem ahead.*

*"I was well supported by my teachers /tutors throughout my Schools and Eastleigh College years, where I was enrolled for a three year Further Education course, living independently, travelling around the UK to mix with others like myself. We did outdoor activities, visiting Theatres, Cinemas and also going to pubs (our buddies travelled with us). I gained several academic certificates during my years*

*at college. During the holidays I spent some time volunteering at the Southampton General Hospital.*

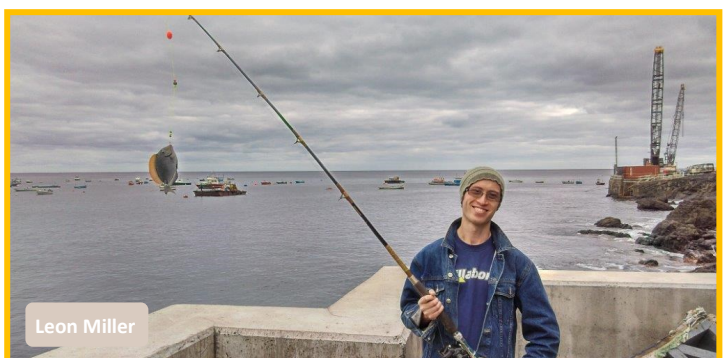
*"My older brother introduced me to Martial Arts from an early age, which I continued until I broke my hip the year before leaving the UK. After leaving college I continued volunteering at the Southampton General Hospital and then later was accepted for full time employment at Moorgreen Hospital in the catering department, supported by Southampton City Limits. I was to gain certificates in Food & Hygiene, Health & Safety, Fire Drill and St John Ambulance. I worked in this employment for seven years.*

*"I arrived on St Helena in 2012 and joined SHAPE in 2013, and I am very proud to be a part of this well organised establishment. The staff is very dedicated to their jobs and they are very caring. I enjoy working with the other Trainees. I have learnt a lot from them too - like not to pull up the plants and leave the weeds.*

*During all my challenging years, I draw on the words of my Great Uncle Trew, a British Ambassador, who said 'It is ok to be me'. SHAPE allows me to be me."*

SHAPE Manager, Marianne Young-Crowie, concluded:

*"There is still so much to achieve and we look forward to delivering the strategic plan for SHAPE which sets a clear and compelling vision for the future. We look forward to the continued financial support from SHG, from our external donor, the Carraressi Foundation in the UK and our Island community through fund raising to sustain the delivery of an important and excellent service in relieving poverty and distress in adults with disabilities and other disadvantaged groups in St Helena."*



## PRINCE ANDREW SCHOOL HOSTS SUCCESSFUL 'ENTERPRISE DAY'

**A**s part of Global Entrepreneur Week, Prince Andrew School, in association with Enterprise St Helena, hosted an 'Enterprise Day' focused on developing students' communication and teamwork skills on Tuesday, 13 November 2018.

The day consisted of students from year groups' seven to nine carrying out various activities associated with Enterprise and Innovation. Year Seven developed eco-friendly sustainable housing, Year Eight applied maths to an enterprise task to build roller coasters and Year Nine learnt about budgeting while completing a bridge building challenge.

Advisory Teacher Business and ICT, Frazer Stone, said:

*"All students participated well and the whole day was a success, giving students a greater understanding of how the things they learn at school can help them in real life."*



## SAMARA THOMAS ART EXHIBITION

**S**amara Thomas held an Art Exhibition at the Museum of Jamestown from 16 - 30 November.

There was a number of artwork on display including painted plates and figures, paper framed artwork and a number of acrylic canvas paintings depicting, amongst others, the whale sharks, various cats, flowers, a Fairy Tern and the Wirebird.

Samara started painting when she was 13 years old. Three years later, she had the opportunity to work as a volunteer at Saint FM Community Radio, so Samara put her art work on hold. In 2009, Samara went to Cape Town for medical treatment and upon return started attending St Helena's Active Participation in Enterprise (SHAPE) where she met Karl and Jenny from the USA who were both art teachers. Samara felt a lot of enthusiasm for painting and that was when she decided that art was her passion. Since then, Samara has been painting almost every day.

Samara said:

*"I want to thank Mrs Brenda Moors that teach me art when I was in the CCC, to Heidemarie Hamm to give me her time and guidance in these collection, and to the Arts & Crafts for their support."*

Samaras artwork is also available for purchase from the Arts & Craft shop at the Canister in Jamestown.

