

The St Helena Ambassador

... An Extraordinary Place on a Path to Prosperity



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ARTS AND CRAFTS PHOTOGRAPHY COMPETITION

Saints at Work and Play (photos from the Arts and Crafts competition) was displayed at the Canister on 27 September 2014. A reception was held between 10.00am & 11.30am for invited guests and participants to mingle and view the photographs on display. Cathy Hopkins (Arts and Crafts Chairperson) said:

"The reception went really well, the quality of photographs were amazing and we had a good response from the adult group which saw David Higgins as the winner."

In second place was Paul Tyson and third Ceri Sansom. Cathy remarked that David Higgins (whose second photo also achieved a highly commended) will be conducting a photography workshop for children in the New Year. The 'Saints at Work and Play' was a collaboration between the St Helena Arts & Crafts Association and St Helena Tourism in aid of World Tourism Day held on 27 September. This year's theme focused on how tourism contributes to one of the building blocks of a more sustainable future for all - Community development and 'Saints at Work and Play' took on the theme to present social aspects of the Island.



Eira Stevens (Supervisor of the Arts and Crafts) said: *"Those who attended the reception gave good comments and were surprised at how people perceived the theme of the photography competition. "The pictures showcased a wide contrast of the community,*

and also photo editing techniques." The judges for the competition were Pamela Murray, Andy Crowe and Jill Key.

The prize winners for the Photography Competition were:

Adults - 1st David Higgins "Fishing at Ruperts", 2nd Prize Paul Tyson "caution – men at work", 3rd Prize Ceri Sansom "Tug of war"

12-15 yrs - 1st Tiffany Herne "Fishcakes St Helena style", 2nd Shelby Bargo "Yippee! White sand at Lot's Wife Ponds" and 3rd Jacob Bowers "Scouts Parade".

8-11 yrs - 1st Nesta Yon "Friends, Fun, water", 2nd prize Cerys Joshua "Fish Napping" and 3rd Luke Bowers "Holidays."

Under 8s - 1st Jodie Thomas "Plantation"

Highly Commended Ceri Sansom, Noleen Herne, Pilling Teachers, David Higgins, Steve Evans and Richard Moors.

Luke Bowers and Jacob Bowers with their certificates





Michael continued:

"It allows students to see the whole process, from where it came from to how it gets onto the table." The seven week programme introduces younger children to a career in hospitality and catering, a career in which Michael explains, *"will grow as the Airport draws near."* The children have developed in their confidence since first beginning their classes, as they have learnt new skills. At the end of the programme students will cook for their teachers and parents, not only preparing and cooking the food but discussing in the dining room the ingredients used in their dishes.

At Zonmain's training restaurant on 30 September 2014 there were eager students from Harford Primary School cooking up a storm. Harford Primary School's attendance at ZonMain is a part of the Traditional Industries Campaign. Chef Michael Harper said:
"My students are able to teach the primary school students. They work closely with them in the kitchen and today we have pork burgers, fishcakes, pizza, sausage rolls and tarte tatin."
All primary school students in their year groups have the opportunity to attend the training restaurant during term time.



BUS SHELTER AT LONGWOOD

Ropery Field



The bus shelter recently erected at Longwood is the final shelter to be installed on the Island as part of celebrating the Queen's Diamond Jubilee (a celebration in 2012 marking the 60th anniversary of the Accession of Queen Elizabeth II). His Excellency Governor Capes donated three bus shelters to St Helena, from his delegated fund. Two shelters have already been erected, one at White Gate and one more at Tern Drive, near Three Tanks. The bus shelters are Georgian style, made of perspex in a metal frame. The new bus shelter is located in Ropery Field. This month has seen St Helena's true winter weather with mist, wind and rain - the bus shelter should provide relief for members of the public and schoolchildren in unfavourable weather conditions when waiting for transport or needing shelter from the elements.

White Gate



Three Tanks



Improving Your Lifestyle

Jackie Moyce and Daniel Leo have recently returned from Cape Town after attending the Be Free Life Style Centre at Helderberg College. Jackie attended two lectures covering nutrition and health. Jackie said:

"We focused on improving our lifestyle through understanding the nutrition mainly found in plant based foods. The module taught us how to deal with certain illnesses using natural sources."

Jackie also focused on learning and practicing a variety of treatments used to detox the body. One particular treatment which Jackie focused on was hydrotherapy, which involves the use of water for pain relief and treatment. Jackie commented: *"Through this particular treatment we monitor our clients as the treatment increases and decreases body temperature. The treatment is effective as it relaxes muscles, relieves pain and regulates sleep patterns."* Jackie's lectures in Cape Town ran from 5.30am to 10.00pm and were based



around practical demonstration and assessments in which Jackie was certified for her efforts. Previously Jackie had experience of back therapy when a Director of Be Free Life Style Centre came to the Island to give basic training of demonstrations to Jackie's church (Seventh Day Adventist). By attending the Be Free Life Style Centre Jackie has not only developed her current skills but developed new ones. Speaking about her interest in the subject, Jackie said: *"I have always been interested in health matters."* Jackie's services forms part of the Community Out Reach Programme for the Seventh Day Adventist Church. Jackie remarked that through her treatments and programmes she encourages a healthy change in lifestyle, offering tips to make the right decisions regarding a persons wellbeing.



My St Helena Competition

Enterprise St Helena has recently launched a 'My St Helena' Competition to coincide with the 30th anniversary of the St Helena flag (4 October). Tammy Williams ESH Community Communications Manager said: *"It is a commemoration as well as an opportunity to create awareness of what's best about St Helena."* The My St Helena Competition aims to celebrate life on the Island, preserving community spirit as well as maintaining pride on St Helena. Tammy continued:

"ESH hopes that this exercise appeals to people both on the Island and abroad because it's a reminder to ourselves of how unique the Island is. Sometimes we forget this, we take things for granted and it's often

only when visitors come to the Island that we are reminded how special it is."

There have been many responses including participation from the Primary Schools which will be announced at the grand finale on 4 October, at the Jamestown Community Centre. During the event which runs from 5.30pm to 7.30pm, there will be performances from local musicians, and local businesses displaying their products. HE Governor Capes will then proceed to award the winners of the competition in each category (5-10 years), (11-16 years) and (17 + years). Prizes include a meal for two, a dolphin trip, a pamper session and locally made jewellery. The entrants will be assessed by a panel consisting of various members of the community who will work from a criteria that will mainly focus around the National Objective 'strong community and family life'. During the event there will also be a 'Taste of St Helena' which involves sampling favourite local cuisine.

Winning answers of the My St Helena Competition will be made available to the community and will also be used on the St Helena Tourism website.





(ciao).
Teacher,
Sherell
Thomas, who
led the
assembly said:
*"The European
Flag
represents
unity and the
joining of
European
Countries - we*

On 26 September 2014 St Paul's Primary School along with other Island schools celebrated European Languages Day. An assembly for all pupils highlighted the benefits of learning new languages and all were encouraged to practice a European language, including 'hello' in French (bonjour), Spanish (hola) and Italian

are a part of this union and it is important to appreciate the languages within it."

The initiative for celebrating European Languages Day in the schools was encouraged by Alison Laycock (French Teacher, Prince Andrew School) who has been teaching Year 5 & 6 pupils French. During the day children learnt about different foods and clothing of the world and Years 5 & 6 'brushed up' on their French through interacting with guest speakers fluent in the language.

Head Teacher, Pat Williams said:

"This allows children to appreciate other countries and their languages. The activities held today encourages excitement about other languages in the world. I have to now take french classes as the children have been speaking to me in French and I can't understand them."



St Helena's First Mountain Bike Competition

St Helena's first ever mountain bike competition was held on Saturday 20 September 2014. Thirteen riders gathered at the Millennium Forest to begin the mountain bike trail. As they set off and encountered rocky terrain, cacti, down hill slopes, a mandatory push and an uphill climb, eleven riders crossed the finish line. Dennis Leo (Rider) said:

"I wanted to ride across the finish line, not push and I did that and I feel great for completing the track." In first place for the adults race was Alonzo Henry, followed closely by Remi Bruneton and in third place Ross Antonio Leo. During the day there was plenty to keep spectators and riders entertained including music, hot food, candy, a Creative St Helena sculpture, National Trust Tours, and 'paint a foot'. There was also a track for junior riders with Scott Thomas from Longwood emerging as the winner.



Jane Roberts (Tourist Officer) *"Keep training."*

Helena Bennett (Tourist Office Manager) *"Brilliant! The start of another physical activity for St Helena."*

Christina Stroud (Tourist Officer) *"Nice atmosphere especially since this was the first time for St Helena, it was successful and is the building blocks for the start of future Mountain Bike Competitions."*



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