

The St Helena Ambassador

... An Extraordinary Place on a Path to Prosperity

Issue 36 October 2015

Pull Together

Friday 9 October 2015 saw St Helena's second Fire Truck Pull at the seafront in Jamestown, first organised in 2012. Nicola Essex, a member of the Cancer Awareness Working Group, said:

"We wanted to organise an event bringing the community together, and the Fire Truck Pull is all about working together and community spirit." Seven teams took part- Basil Read Team 1, Dolly Mixtures, On the Pull, Kunya's Fairies, Tropical Reef Donkeys, Super Team and the Lightweights. Tropical Reef Donkeys won with the best time, and On the Pull won for best team spirit.

Following the Fire Truck Pull, activities and stalls were held in the Mule Yard and continued into the evening - Cancer Awareness stalls, refreshment stalls, face-painting and the highly anticipated head and body shaving. Nigel McMichael, Colin Owen and John Kanes underwent hair removal by various painful methods, with Nigel raising over £1000, and John (pictured below *Before and After*) parting with his fifteen year old beard. Charlie Herne also came forward on the night, and challenged the crowd to sponsor the shaving off of both his eyebrows. Nicola Essex remarked:

"The turnout was amazing on the day and the support to cancer awareness shown through donations and sponsorship was a testimony to the level of support on the Island for these causes. It shows how much St Helena residents care about one other and the importance we all place on helping to raise awareness and fight a deadly disease."

My thanks go to Daniel and Craig from the Fire

John Kanes before and after



Department, the Police, Roads Section, Johnny Dillon, Merrill Joshua, St Helena Tourism, the Island's media, Connect St Helena, and other sponsors.



WISH Women Of The Year Award Launched

This year St Helena will be holding its first ever WISH (Women's Issues on St Helena) **Woman of the Year award**. This award will be for any woman who is seen by her peers as someone special, someone who makes a real difference in the lives of others. It can be anyone from a dedicated mother or carer to someone who does a lot for a charity, their church or the community in general.



Human Rights Facilitator, Catherine Turner, spoke of how the award came about:

"In a previous WISH meeting, we talked about how little we knew about social history and the lives of ordinary women on the Island. There have been so many women throughout time and still today who have worked tirelessly, with little reward or recognition, so we came up with a plan to say our own Thank You."

Since the award was launched in September, fourteen nominations have been submitted. Following the closing date of Friday 16 October, a panel of judges will now reach a decision.

Catherine added:

"We hope to run this award annually, but we may change the criteria each year so that we have winners from all parts of the community. I am hoping that it will be something Islanders look forward to."

A reception is due to take place at Plantation House on Friday 20 November to announce the winner and the committee is very grateful to the Governor and Mrs Capes for their generous support.

Back To Back Classes

Back to Back evening classes - a combination of Yoga, Pilates and strength exercises have commenced on St Helena, under the direction of Nigel McMichael and Adele Bailey. The classes are held from 4.30 on Mondays, at Jamestown Community Centre, and Wednesdays at Kingshurst Community Centre at the same times. The classes are supplemented with relaxation techniques at the end of the sessions.

Occupational Therapist Adele Bailey said:

"One of the reasons behind combining the Back to Back classes and relaxation techniques is to increase participation, as previous relaxation classes failed to draw sufficient numbers. So we wanted to try something

different to encourage a better turn out."

Back to Back classes improve an individual's core muscles, help any existing back problems, protect the back and help participants to tone up generally. The class is concluded with a relaxation session, which reduces physical pain, reduces anxiety and aids a person's immune system.

Nigel has experienced in physiotherapy, delivering the correct techniques to ensure that all exercises are safe. He has expanded his classes in order for individuals to attend after work.

Nigel said:

"Many individuals attend because of back problems, including desk workers and those who sit for long periods of time. The relaxation class at the end help with relaxing the mind and body, which results in reduced aches and pains the following day. So far, feedback from the group has been really good."

If you would like to book a class, please contact Nigel on 22637 or email: inyourhands.mcmichael@gmail.com



L to R: Nigel McMichael & Adele Bailey

Royal Navy Visit - 12 to 16 October 2015



2015 Photo Walk

Scott Kelby's infamous Worldwide Photo Walk took place on St Helena on 3 October 2015 and for the second consecutive year, the Island took part in what has been termed 'the social photography event of the year'. This year's Photo Walk was organised by St Helena Tourism and took place in the grounds and gardens of Longwood House.

Marketing and Communications Manager, Chanelle Marais, commented:

"Photo Walks are a communal activity, often organised by camera clubs, online forums or commercial organisations. The aim is to practice and improve one's own photography whilst sharing your photos with an international audience."

"I have taken part in this global event in Korea a couple of times, and was excited by the opportunity of showing off St Helena's beauty to a global photography community."

The theme of St Helena's Photo Walk this year was Napoleon, in honour of the Napoleonic Bicentenary taking place this month to mark his arrival at St Helena in 1815. 32 enthusiastic participants of all ages took part despite rather unfavourable weather conditions. St Helena Tourism is sponsoring a prize for the best photograph taken on the day. First prize is a 4x4 trip with Aaron's Adventure Tours, but there are also other

excellent prizes up for grabs.

All entries are to be submitted to the Tourist Office by close of play on Monday 2 November 2015.



Photo courtesy of St Helena Tourism

International Day of Older Persons

International Day of Older Persons is observed on 1 October every year - originally starting in 1991. The occasion celebrates older people and raises awareness on issues affecting the elderly. It is also a day to appreciate the contributions that older people make to society.

The day was marked on St Helena with a special stall outside the Canister building, hosted by the Health Promotion Team. Posters and pictures promoted the importance of healthy eating, especially in older people.



Handmade crafts and cupcakes made by older residents of St Helena were on sale.

Health Promotion Trainer, Marion Kaness, said:

"The community on St Helena is strong in its support for the elderly - more so I think than in places like the UK. Older people have skills from different generations, and on the day they brought along some of the crafts they have been making and cakes they've been baking. Everybody is an older person to somebody, so I think it's important to learn and share experiences."

Dorothy Peters, a resident of the Community Care Complex, who took part on the day, said:

"We have been doing crafts for quite a while now. Every week on a Monday, Wednesday and on Friday we bake and cook. I do this all with one functioning arm, but do enjoy this type of work, as it allows you to be involved in a group."

"We don't stop playing because we grow old; we grow old because we stop playing." George Bernard Shaw



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