

# THE ST HELENA AMBASSADOR



November/December 2021



## Editorial

Hi, welcome to this bumper edition of the St Helena Ambassador! In this edition, you can find out about GIS Open Day, a new Invertebrate Guide Book, the Queen's Baton Relay, War time Choruses, a reception for the Commonwealth Essay Competition, Prince Andrew School Athletics Day, Primary Schools Advent Services, and Christopher Francis thanking his long term friends. We also feature a spotlight on the Dental Service.

If you'd like to contribute a story to the St Helena Ambassador or have any suggestions on what you'd like to see included, please feel free to contact me on tel: 22470 or via email: [jodie.s-constantine@sainthelena.gov.sh](mailto:jodie.s-constantine@sainthelena.gov.sh).

**Jodie Scipio-Constantine (SHG Press Officer)**

## GIS Day recognised with Open Day at the Canister

The Geographic Information System (GIS) Section of the Treasury, Infrastructure and Sustainable Development Portfolio held an Open Day on Thursday, 18 November, to recognise GIS Day.

The Open Day was set up at the Tourist Office, the Canister, and included displays of map analysis, and an overview of GIS and how it can be used. Equipment, including both the GPS and total station technologies, were displayed for visitors to view and interact with.

Azra Gordy from SAERI spoke about the 'Move on' Project and GIS Manager, Devlin Yon, delivered presentations to primary school pupils which gave pupils an overview of GIS and how it can be used. Following the presentation, pupils were able to engage in activities relating to grid referencing and a test of their local knowledge.

In the afternoon, a video conference was set up with GIS sections from the Falklands, Turks & Caicos Islands and Montserrat. Each GIS Section from the Overseas Territories did a presentation showcasing how they use GIS and the different challenges each Island face. They also gave an insight as to what they did for their GIS days.

The day saw about 60 adults attend and about 60 to 70 children ages 6 to 11 years.



- [1] Displays at the GIS Open Day
- [2] Members of the SHG GIS Section and Azra Gordy
- [3] Visitor interacting with total station used for Cadastral and Topographical Surveys
- [4] Recently made Topographical map of St Helena Island
- [5] GIS Manager delivering presentation to St Pauls Primary School children
- [6] Map showing the children's favourite locations around the Island and reasons why they liked this location. The map was created using Participatory GIS.

## New Invertebrate Guide Book launched

The St Helena Nature Conservation Group and the Saint Helena National Trust (SHNT) launched their new 'Terrestrial and Freshwater Invertebrate of St Helena' guide book at the Museum of Saint Helena on Friday, 3 December 2021.

Present were members and staff from the organisations, invited guests, members of the public on St Helena, and virtual guests joining via Zoom, including Author Dr Roger Key, Deputy Director of the South Atlantic Environmental Research Institute (SAERI), Tara Pelembe, and Professor Helen Roy from the UK Centre for Ecology & Hydrology.

The event was opened by SHNT Director, Mike Jervois, who welcomed everyone and gave a brief introduction on those involved in the making of the book as well as the Trust's involvement. Mike then handed over to the authors of the book David Pryce, Liza Fowler and Roger Key, who delivered short presentations of their experiences.

During his presentation, Roger explained his connection to St Helena through Phillip and Myrtle Ashmole who had also been involved in nature research on the Island. Roger went on to explain the immense amounts of information and photographic data that was dealt with for the identification processes which he, David and Liza completed during the compiling of the book.

David and Liza both followed with their presentations of how they became involved. They both had been employed initially under the Darwin funded Project 'Bugs on the Brink' run by the SHNT. David compiled all invertebrate information on St Helena, whilst Liza coordinated the invertebrate education and outreach program. David

explained how working within the Perth Museum & Art Gallery in Scotland and Natural History Museum in London first brought St Helena to his attention. Liza stated that she had learned a lot from both David and Roger along the way and had enjoyed it immensely. Liza ended her presentation with a picture of her two young daughters playing with a butterfly and said: *"these are our future and this is the book to educate and inspire all young people with"*.

The Terrestrial and Freshwater Invertebrates of St Helena book has over 1000 native and non-native species, classified and photographed within it. The book gives both common and scientific names, biological information on the species where possible, and locations of where they can be found.

This is the fifth book to a series of guides following the 'Flowering Plants and Ferns', 'Lichens, Mosses and Liverworts' and 'Marine Life of St Helena'.



- [1] Attendees at the launch event
- [2] David Pryce & Liza Fowler holding photo of Phillip & Myrtle Ashmole and Roger & Rosy Key. In the photo Roger Key is presenting the book to the Ashmoles as the book was dedicated to them
- [3] David Pryce delivering his presentation
- [4] New Invertebrate Guide Book

## Christopher Francis proudly thanks his long-term friends

Wednesday, 24 November 2021, was a momentous occasion for Christopher Francis of Piccolo Hill, Longwood.

After having lunch with Rodney and Mavis Benjamin of Pounceys, Christopher attended the Town Hall event hosted by the Health & Social Care Portfolio to present Rodney and Mavis with gifts in recognition of their long-term support and friendship spanning more than 20 years.

Senior Manager (Social Care), Gavin (Jack) Thomas, said:

*"In a recent discussion with Christopher, he commented that one of the highlights of his week was visiting Rodney and Mavis at their home where Christopher helps Rodney in the garden. This friendship is very important to*

*Christopher. He values the social opportunities and employability skills which Rodney and Mavis have provided over the years. Most importantly, Christopher enjoys in his words 'Mavis's cook ups'!*

*"On behalf of Christopher and the Health & Social Care Portfolio, I would like to take this opportunity of thanking Rodney and Mavis for their generosity and kindness, and for being such incredible citizens within our community."*



L-R: Portfolio Director of Health & Social Care, Michele Wheeler, Christopher Francis, Rodney Benjamin, Mavis Benjamin, and Support & Respite Service Team Manager Designate, Nicole Hercules



## Three Island Primary Schools hosts Advent Services

**A**dvent is a season in the Christian year that begins before Christmas and ends on Christmas Eve.

Each year, in celebration of Advent, Primary Schools on the Island – Pilling, St Pauls and Harford – hold traditional Advent Services for the public to attend.

Pilling held their Advent Service at St James Church on Wednesday, 1 December 2021. The Advent Service was entitled 'Everyone loves a baby'. The storyline was about six children of a Bethlehem innkeeper who weren't so sure about babies – their newly-born brother was very noisy and a bit smelly, so the children headed off to see their friend who lives on the hillside, and along the way the children discover news of a special and unusual baby about to be born ... baby Jesus.

St Pauls held their Advent Service at St Pauls Cathedral on the evening of Thursday, 2 December 2021. The Advent Service was entitled 'Lights, Camel, Action 2! The Sequin'. The cast of nativity celebrated Jesus' birth with a dazzling dance show. The show is played out much like it does on the TV show 'Strictly come dancing', with contestants dancing to a box full of styles, from gospel to conga, and judges giving their witty and caustic feedback and scores. Rounding up the Primary School's Advent Services was Harford Primary School who held their Advent Service at St Matthews Church on Tuesday, 7 December 2021, at 7pm. The Advent Service was entitled 'The Right Shepherds' and the storyline was about the Archangel Gabriel and his choir of angels who were on a mission – they were searching for some shepherds to tell them about the good news about a special birth in Bethlehem. The problem was finding the right shepherds, because the lazy shepherds, worried shepherds and daydreaming shepherds refused to listen.

At the end of each Service, the Head Teachers gave thanks to parents and guardians for attending and applauded the children for their outstanding performances. Bishop Dale Bowers closed the Advent Services with prayers, giving thanks to all involved in the production.

Portfolio Director of Education, Skills & Employment, Wendy Benjamin, commented:

*"Whilst the three productions were all different, they all promoted the Christmas message to the congregation. Parents and guardians, invited guests and friends are all thanked for attending the services and showing appreciation to staff and students. Our children are to be commended for their beautiful singing, narrations from memory and their acting skills. They all performed excellently. Some favourite memories for me include the*

*sleeping sheep, 'Boots and Cats!' and 'Caesar' that was fabulous darling! Staff and students are to be congratulated for the excellent performances!"*





## Dutton House claims victory at Prince Andrew Schools Athletics Day

Prince Andrew School held their annual Athletics Day at Francis Plain on Thursday, 13 December

The day kicked off with a speech by Miss St Helena, Latisha Fowler, who said:

*"Today is the day when all of your training and hard work comes into action. It's the day you show off your skills and potential to represent your house. So well done to those of you who stepped up and is ready to compete in these events. And for those of you who are not competing today, please cheer on your house as you are still apart of the team."*

*"So let's not put all of our focus on winning or losing, let's also focus on sharing the interest and passion for sports and working as a team to make the day more enjoyable for everyone. I would like to wish everyone the best of luck and I hope to have a fantastic day."*

Shortly after the school's cheerleaders performing their dance presentations.

A full programme of events followed with athletes from both lower school and upper school. Events throughout the day included: 1500m, 800m, 200m, triple jump, discus, long jump, shot putt, javelin, 400m, 100m races, and concluded with relay races.

At the end of the day the points were totalled and the winners were announced. Jenkins House came 4th place with 99 points, Munden's House came 3rd with 140 points, Cavendish House came 2nd with 146 points, and the overall winners were Dutton House with 153 points.

There were two records broken on the day. They were: Upper age girls Discus: Amber George and lower school girls Javelin: Terryn Phillips.

Head Teacher of Prince Andrew School, Penny Bowers, commented:

*"A huge well done to Dutton house emerging as winners of Athletics for the third year in a row. However, as I indicated in my letter to parents, we would not have a winner without the rest of the Houses competing, so a special vote of thanks to all the athletes involved for coming forward and taking part on the day for your House – we saw some amazing displays of athleticism from individual students on the day as well. Who knows – next year the tables may turn and another House may emerge victorious. Well done to Mrs Christine Caswell and her staff for organising the day to enable it to run smoothly, to the caretaking and office staff for all the hard work behind the scenes and to everyone who made the day a success."*



Cheerleaders

Javelin



400m Sprint

Triple jump



400m Sprint

Discus







# SPOTLIGHT on SHG Services

**T**he Dental Services on St Helena are provided from the Dental Clinic, situated within the Hospital setting in Upper Jamestown.

All routine treatments are provided (such as oral health screening, dental examinations, oral hygiene visits, fillings, extractions, root fillings, dentures, crowns and bridges), with the exception of implants and orthodontics, by a team made up of two full-time dentists, one full-time dental therapist, two qualified dental nurses and two trainee dental nurses.

There is also a dental laboratory on-site which is used for the construction of dentures (metal and acrylic), crowns, bridges, and other dental appliances and this is staffed by a qualified technician and one trainee technician.

The output of newly fabricated dentures from the Dental Lab has grown steadily over the last three years, so much so that the historically large list of patients waiting for new dentures has now been reduced by 80%. Furthermore, by removing this backlog of work, the technicians are now able to devote time to the reintroduction of crown and bridge production.

The Dental Service also benefits from the services of an Oral Surgeon who visits on an annual basis and who is available for advice at other times.

The Dental Service provide six-monthly visits to all primary schools on St Helena and an annual visit to Prince Andrew School for screening and dental health education purposes. This is followed up with appointments at the Clinic for those pupils/students requiring further treatment. In addition, the Dental Service have recently started a similar programme for pre-schoolers (six months to three year olds) prior to them commencing school to acclimatise and proactively provide preventive advice, where needed, to parents/guardians.

Through the expansion of their Community Dental Service, the Dental Service aims to reach out to members in the community who are having difficulty accessing the services by either visiting residential care facilities or through Community Health Care days, organised by the Community Nursing team.

The Dental Services' key objectives are to provide safe effective dental treatments while focusing on prevention

of dental disease and access for all members of the community.

As part of her Dental Hygiene appointments, Dental Therapist, Charmaine Buckley, goes back to basics and looks at how effective patients are brushing their teeth - this is an important step in reducing and preventing dental diseases (gum disease, periodontal disease and dental decay). To achieve this, Charmaine carries out a plaque test which provides a percentage of your oral hygiene status.

Charmaine commented:

*"This has proven to be very informative and motivational to patients in their preventive dental care and I have seen such big improvements over the past year, to the extent where family members are competing against each other to lower their percentages – what better motivation can you ask for!"*

In addition, the Dental Service runs dental health campaigns. The next campaign is the 'Flossuary Challenge'. During the month of February, the Dental Service will be encouraging everyone to clean between their teeth once a day for 28 consecutive days. The focus will be on 'why is cleaning between your teeth so important?' the answers: 1) helps prevent tooth loss, 2) reduces your risk of heart disease and stroke, and 3) reduces risk of diabetes.

## Opening times

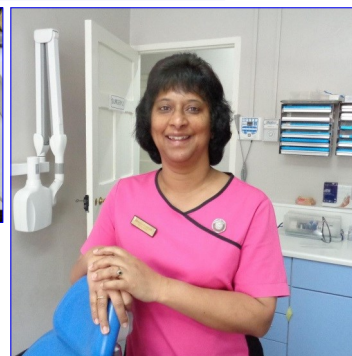
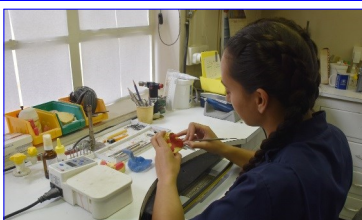
The Dental Clinic is open Monday – Friday 8.30am to 1pm and 1.30pm to 4pm split as follows:

- 8.30am – 9.30am Emergency dental clinic walk-ins (on first come, first served basis)
- 8.30am – 1pm Dentist/Dental Therapist clinics (appointment only)
- 1.30pm – 4pm Dentist/Dental Therapist clinics (appointment only)

All appointments have to be booked with the Dental Reception, via the Hospital switchboard on tel: 22500. Likewise, the same number should be used for out of hours dental emergencies which would include pain, swelling, bleeding or dental trauma.



# SPOTLIGHT on SHG Services



## Pilling Primary School hosts war time choruses sing along

**P**illing Primary School hosted a sing-along of War time choruses in their playground at 7pm on Thursday, 11 November, to commemorate Remembrance Day. HE Dr Philip Rushbrook and Mrs Rushbrook were also in attendance, along with parents and members of the public.

Head Teacher of Pilling Primary School, Elaine Benjamin, explained that the public has always requested an evening of this nature and Pilling have done several events in the past; some will remember the 'Night to Remember' hosted in the school yard by the Get-togethers Orchestra a few years back, with all contingencies on parade in the playground, and a later War time chorus evening, also with the Get-togethers Orchestra at the Half Tree Hollow Community Centre.

A large projector screen was hung from the School's balcony and provided lyrics for the crowd to sing-along and there was a large lit up poppy on the school balcony. The sing-a-long included old War time favourites such as Daisy, White Cliffs of Dover, We'll meet again, Lil Marlene amongst others. Pilling staff also sang 'Somewhere over the rainbow'. A special tribute song was played for all soldiers who lost their lives during the wars during which time, a group of teachers gracefully dropped flower petals from the top balcony as an act of remembrance.

St Helena Midwife, Rosemary Mittens, delivered a speech and spoke about the life of Florence Nightingale, particularly during her time caring for British soldiers fighting in the Crimean War. The Head Teacher then gave a brief history of Dame Vera Lyn (affectionately known by soldiers as 'The Forces' Sweetheart', who, during the war, entertained the soldiers through music. There were also poems and readings by staff, including the famous poem 'In Flanders Field'.

Head Teacher of Pilling Primary School, Elaine Benjamin, commented:

*"Whilst attendance was somewhat disappointing, the sum of £92 was raised through a collection, and will be donated to the St Helena Veterans Association."*





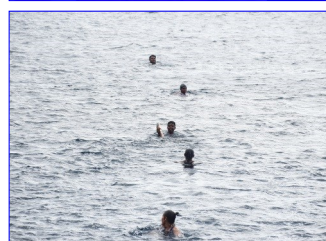
## The Queens Baton Relay 2021/22



The Queen's Baton visited St Helena between Sunday, 5, and Monday, 6 December 2021. During this time, the Baton travelled around the Island along with an entourage comprising of CGA members, select local athletes, media and photographers/videographers. On Sunday the Baton was taken to Diana's Peak, Care Facilities and the General Hospital before making its way through Jamestown. On Monday the Baton visited all of the Island schools. At Prince Andrew School (PAS) students and staff lined the 400m sports track and passed the Baton around the entire circumference.



The Baton was later relayed up Jacob's Ladder and then travelled to the Jamestown Wharf where a group of PAS students and members of the Island swim team relayed the Baton to the SS Papanui. A reception at Plantation House concluded the Batons journey on St Helena.





## Reception to celebrate Commonwealth Essay Competition Awardees

**H**E Governor Dr Philip Rushbrook held a 'recital and awards' reception at Plantation House on Wednesday, 17 November 2021, to celebrate Commonwealth Essay Competition awardees.

The Queen's Commonwealth Essay Competition is the world's oldest schools writing competition, established in 1883. The Competition this year was based on the theme 'Community in the Commonwealth' and focused on children's experiences of the COVID-19 pandemic.

For the competition, in the Junior Category, children were given a choice of four options:

1. The year is 2050 and you've been asked to write about the coronavirus pandemic for a museum. What story would you tell?
2. Tell a story of how you, or someone you know, helped others during the pandemic.
3. 'We will be with our friends again. We will be with our families again. We will meet again' - HM Queen Elizabeth II. After the pandemic, you are seeing a friend for the first time. What new hobbies would you share with them?
4. What did you miss most during the pandemic?

During the reception, Portfolio Director of Education, Skills & Employment, Wendy Benjamin, gave a speech.

Wendy said:

*"Given that the impact of COVID-19 on the daily lives of all living on St Helena was minimal, our children had to rely on the information from the news and through conversations as the majority of them did not experience this. I am proud to say that our children coped with this remarkably well and used their imagination. Some of them applied a metaphoric spin to their writing on this theme."*

Shortly after, bronze, silver and gold awardees (listed below) from the three Island Primary Schools - Harford, Pilling and St Paul's - recited their stories and poems to the invited guests before receiving their certificates, presented by Governor Rushbrook.

This year a record breaking 25,645 young people from across the Commonwealth entered The Queen's Commonwealth Essay Competition.

Wendy concluded:

*"The number of schools and children participating in this competition has grown again. For this year we have all*

*primary schools participating. I hope that next year we have entries from Prince Andrew School as well.*

*"There were over 25,645 entries from across the Commonwealth and for St Helena to achieve bronze, silver and gold awards is a great achievement! Well done to all teachers and pupils for your hard work and participation."*

Children who received bronze, silver and gold awards are as follows:

### Bronze Awards:

Jaemi Green (HPS, Year 4), Elissar Dachraoui (PPS, Year 4), Le-Andro Roberts (HPS, Year 5), Qhi Green (HPS, Year 6), Ashley Henry (HPS, Year 6), Teodoro Lofino (HPS, Year 6), Lewis Thomas (HPS, Year 6), Matthew Thomas (HPS, Year 6), Ephren Stroud (SPPS, Year 6), Jaymie Lawrence (SPPS, Year 6), and Kirk Lawrence (SPPS, Year 6).

### Silver Awards:

Hollie Leo (HPS, Year 3), Joyce Stone (HPS, Year 3), Raya Francis (HPS, Year 6), and Aidan Isaac (SPPS, Year 6).

### Gold Award:

Joel Henry-Williams (HPS, Year 6).

