

SENTINEL

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"serving St Helena and her community worldwide"

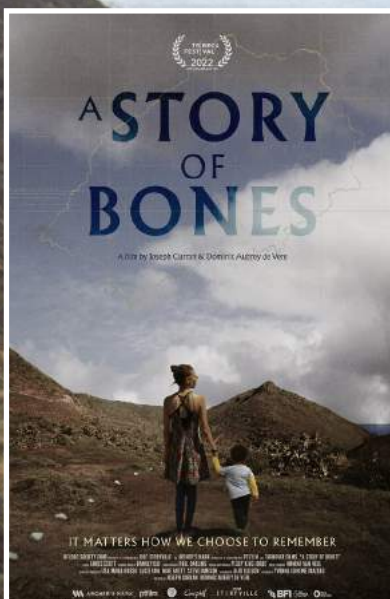
Thursday 07 July 2022

A FLIGHT A WEEK

SHG Announce Resumption of Weekly Flights

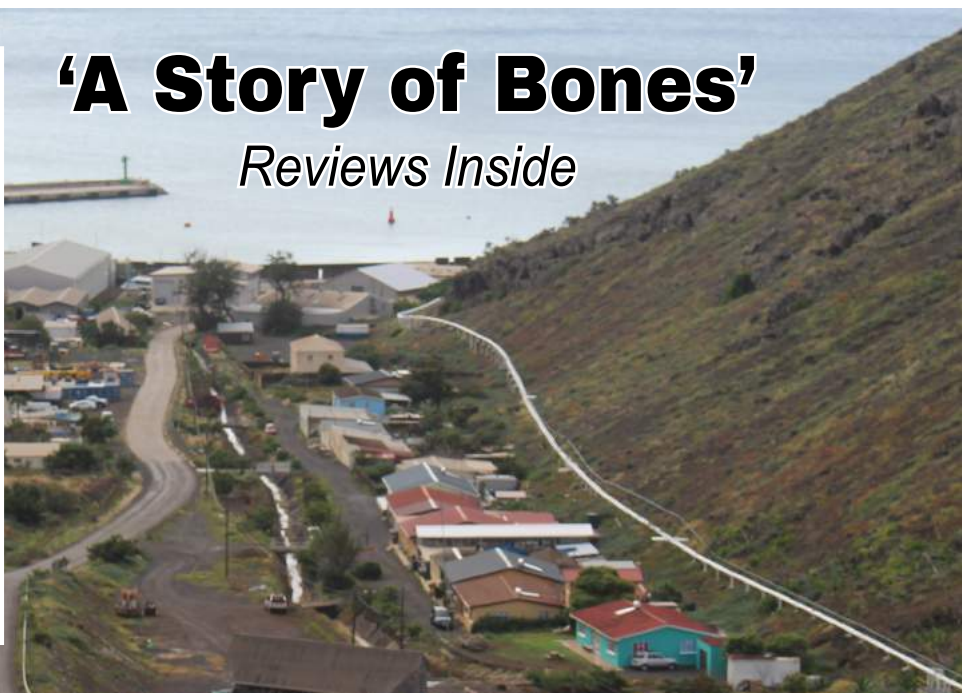


SHG Gives Full Cost Breakdown of Fuel



'A Story of Bones'

Reviews Inside



OPINION

SENTINEL COMMENT

Emma-Lee Cochran & Ben Crowie

So basically we left school two weeks ago, and it's been great so far and we've had fun with our work experience so far. We thought it would be good to get out of school - that was until Tuesday, 5 July, when we went back to the school to get notes and photographs of the assembly that was taking place that day. When we arrived we felt very nostalgic even though it's only been two weeks. Some of our friends that were still in school raised their heads up like a bunch of meercats that we thought we'd never see again. It was really weird for us to be working while they were still going to school. We felt a sudden feeling of being old AF. As we got over the embarrassment, we entered the school office where we were handed a visitors pass, we thought to ourselves HOW DARE YOU?! As we have said multiple times ITS ONLY BEEN TWO WEEKS. We felt like foreign creatures entering a zoo. It took about five minutes to contain ourselves, the whole day we were like EXSQUEEZE ME? Why exactly are we being treated like the dog's dinner, I mean we were once students at this place like 5 minutes ago. In what world is this legal? It feels like the staff forgot our faces the minute we left. I mean we get that its protocol, but it's really harsh. We still can't quite process that, all we can say is HUH? SOOO, WE WOULD LIKE TO PUT IT OUT THERE, THAT WE NOW HAVE BEEF WITH THE SCHOOL UNTIL FURTHER NOTICE! Ha, jokes... but still.

South Atlantic Media Services, Ltd., The Media Centre, Castle Gardens, Jamestown, St Helena, South Atlantic Ocean, STHL 1ZZ. Tel: 22727 E: news@sams.sh, W: www.sams.sh

YOUR LETTERS

Dear Editor

I am concerned that the island plans to open up from 8 August 2022, with no testing for Covid-19 and isolation measures in place, even for those who are not double vaccinated. Here in the UK Covid cases have really risen and you see more and more people wearing face masks for protection.

I can understand the high level of interest to try and encourage visitors to the island in order to try and boost the economy, but I am afraid the decision makers appear to be going the wrong way about it. I have been told the flight before last two persons tested positive with Covid on arrival, by being isolated the virus could be controlled. At the very least

all arriving passengers should be tested on arrival and isolated until the results have been completed, in that way the island will stand a much better chance of continuing to contain the spread of the virus into the wider community.

The decision not to test for Covid-19 is extremely dangerous, which could lead to a community spread throughout the island, where there are many elderly and people with underlying illnesses and front line emergency services already struggling to cope. Ministers should reconsider their decision and instead of just simply opening up the borders, continue to take some preventative action in order to protect the public.

Derek Thomas

A Flight A Week SHG Announce Resumption of Weekly Flights



Liam Yon, SAMS

SHG made a big announcement on Wednesday afternoon in terms of access to St Helena, revealing that from 8 October 2022 "flight frequency between Johannesburg and St Helena will be increased to weekly" as opposed to the current fortnightly flight schedule operated by Airlink. Following global travel restrictions due to the COVID-19 pandemic, the

Airlink flight service to St Helena was suspended and only recommenced in March this year with eight flights having been carried out since. Along with the announcement of the increased flights to one per week, SHG also released the schedule of Airlink flights between July 2022 and June 2023, which can be viewed via the SHG Website. SHG also advised that Airlink tickets are available online via the Airlink website at: https://flyairlink.com/ and through all IATA travel agents.

ST HELENA NEWS

The Real Breakdown SHG issues second Press Release on breakdown of fuel costs after public requests more detail

Liam Yon, SAMS



St Helena Government, on Wednesday evening, issued a second Press Release regarding the breakdown in fuel costs on St Helena. This comes after widespread public disappointment at their initial Press Release issued last Friday, which provided no detail or figures to back up their explanation on the cost breakdown of fuel - despite the release titled 'The Cost of Fuel'.

SHG recognised this and have now sent out a further Press Release which does now include the full cost breakdown in figures.

"Following last week's press release outlining how wholesale fuel prices are determined and adjusted on St Helena, St Helena Government have taken on-board feedback from the public requesting more detail on the breakdown of the cost of fuel on St Helena," they said.

This time around, SHG has used tables and graphics to "provide a breakdown of the cost of one litre of both diesel and petrol sold to customers" at the Island's fuel pumps for the increases in May and June.

SHG explained that there are four

cost elements in determining the final pricing of fuel on the Island. There is the "Landed cost" which is the cost of buying the fuel and bringing it to the Island. There

is "SHG's fixed customs duty" which is the tax revenue taken by Government. There is the "BFI wholesale mark-up" which they say pays for the running of the BFI and finally there is the "on-Island retail mark-up" which is what retailers charge for operating the petrol and diesel pumps for customers.

Now let's look at the figures according to SHG.

In terms of diesel, the landed cost for May was £1.07p per litre of diesel. From this, 39p was added through customs duty and a further 21p was added as the BFI wholesale mark-up taking the price per litre to £1.67p. Finally the on-Island retail mark-up of 28p was added bringing the total price of diesel for customers to £1.95p in May.

For June, the landed cost of diesel went up by 27p, representing an increase of 25%, to £1.34p per litre. The same customs duty and mark-ups were added, that being 39p, 21p and 28p, respectively, bringing the total price of diesel for customers to £2.22p in June, and at this current time.

In terms of petrol, the landed cost for May was £1.04p per litre of petrol. Again, from this, 39p was added through customs duty. The BFI wholesale mark-up for petrol is a further 18p taking the price per litre to £1.61p. Again the final addition to this was the on-Island retail mark-up which is 27p for petrol, bringing

Table with 5 columns: Diesel/Petrol, Cost Element, May 2022 (£), June 2022 (£), £, %

ST HELENA NEWS

the total price of petrol for customers to £1.88p in May.

For June, the landed cost of petrol went up by 10p, representing a 10% increase, to £1.14p per litre. The same customs duty and mark-ups were added, that being 39p, 18p and 27p, respectively, bringing the total price of petrol for customers to £1.98p in June, and currently.

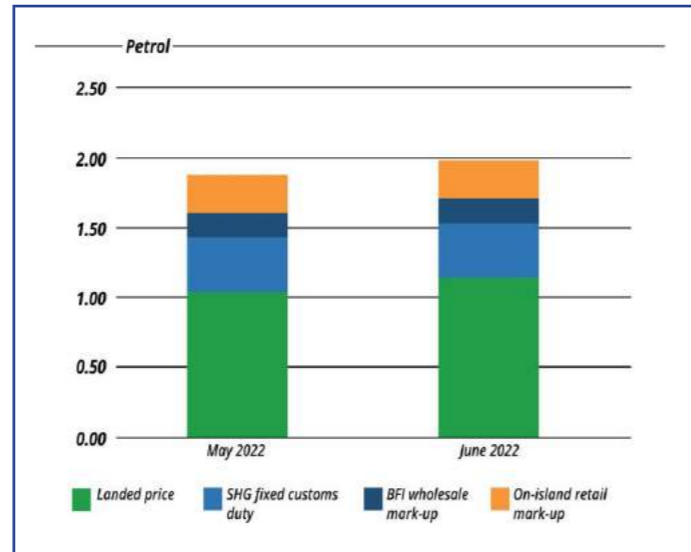
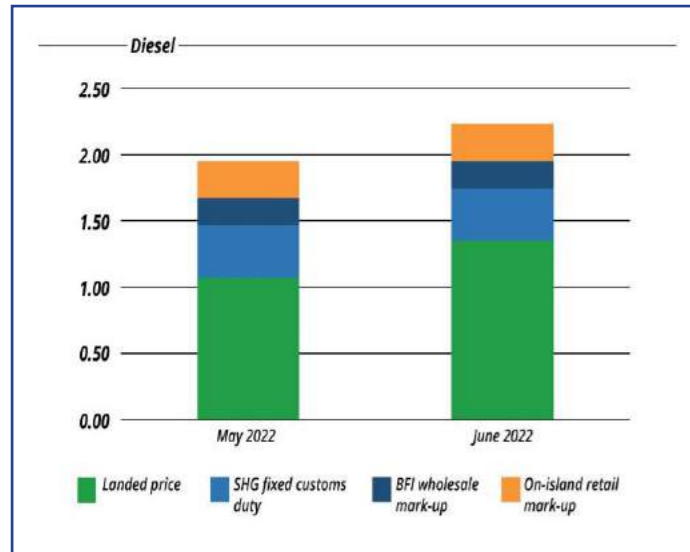
“The only increase to the cost of fuel between May 2022 and June

2022 was the landed cost of fuel from overseas suppliers, which includes the purchase price and the costs of delivery,” explained SHG. “All other costs - namely import duty, Bulk Fuel Installation (BFI) mark-up, and retail mark-up - remained constant for both diesel and petrol.”

SHG also added that “Solomon’s have taken a much lower mark-up than contractually entitled to do, to assist in reducing retail pricing to the

consumer.”

While SHG have now given a full cost breakdown, and explained that the recent increases is due to the increase in landing costs, they don’t offer any information on whether consideration have, or even can, be made to reducing the customs duty and BFI mark-up to alleviate the costs to the customers, especially if more increases are likely in the near future.



Insult to Injury

Falkland’s Fuel Company announce fuel prices that are significantly cheaper than on St Helena


FUEL PRICES

July 2022

PRODUCT	Pence (Per litre)
Diesel	95
Kerosene	68
Unleaded Petrol	118

GAS BOTTLE PRICES

45kg Propane Cylinder	147.60
11kg Propane Cylinder	36.08



Liam Yon, SAMS

Amid the frustration of the high cost of fuel on St Helena, Stanley Services Ltd - supplier of commercial

and domestic fuel throughout the Falkland Islands - has recently posted a Social Media update to their Facebook Page on Friday titled ‘Latest Fuel Prices - July 2022’ where they announce fuel prices significantly

cheaper than on St Helena.

A picture accompanying the post outlined the current cost of fuel and Gas Cylinders offered by the company. Within the picture the cost of one litre of diesel is priced at 95p, with unleaded petrol priced at £1.18p per litre.

This means that diesel on the Falkland Islands is a massive £1.27p per litre cheaper than on St Helena, with petrol similarly at 80p cheaper per litre.

The difference in the cost of fuel for customers on St Helena compared to the Falklands is huge. This is made even more frustrating for residents on St Helena when you factor in the wages on the Falklands, which is much higher than what most people make on-Island - that is no secret.

St Helena Government recently used the Falkland Islands as a model example during the discussions and decision to remove quarantine requirements and open up the Island in August. Many will feel that, in a similar vein, SHG should be doing the same by using data and advice from the Falklands, who offer much cheaper fuel to residents, to help sort out the current high fuel costs on St Helena.

NOTICE BOARD





Solomon & Company (St Helena) Plc has an exciting opportunity for a

Building Services Manager

To lead the Building Works Team
As Building Services Manager, you will:

- Manage all aspects of construction projects and be responsible for the delivery of all the elements of the Building Services department
 - Undertake Risk Assessments and compile method statements, as necessary
- Manage all staff assigned to construction projects ensuring that the jobs are carried out in a safe and cost effective manner.
 - Set expectation and deliver on quality standards and customer service standard

Further information is contained on the Job Description

Interested Persons Should:


- ✓ Demonstrate good managerial and technical skills
- ✓ Be self-motivated, organized and innovative and able to lead a team
- ✓ Ideally have a relevant industry qualification or a proven track record of working in a similar environment for a minimum of 5 years
- ✓ Have a valid Driver’s licence

Salary for the post will start at **£15,600** per annum (£1,300 per month), depending on qualifications and experience

For further information, including the Company’s attractive benefits package, please contact

Ian Gough,
General Manager (Services & Properties)
on telephone number: 22380
or via email address:
GM-
Services.Properties@solomons.co.sh

Application forms may be collected from Solomons Reception Desk, in the Main Office Building, Jamestown or alternatively an electronic copy can be requested via e-mail address: hradmin@solomons.co.sh and should be completed and returned to Madonna Henry, Human Resources Manager, Solomons Office, Jamestown,
By **19 July 2022**



Church Notices

Prayer Meeting
Saturday 9th July at 8:30am
Residence of Anthony & Elaine Hopkins, Sapper Way.

~

We warmly invite you to join us for:
Praise and Worship service
Celebrating 8 years of Christian witness on the island.
Sunday 10th July 11am
No. 3, Longwood Enterprise Park
Kid Zone (Sunday School) will meet in Unit 7 at 11am

~

Cell Meetings
Wednesday 13th July

1. At the home of Anthony and Elaine Hopkins at Sapperway at 7:30pm
2. At Jamestown at 7pm contact Catherine
3. No 3 Longwood Unit at 7:30pm

~

Christian Gift/bookshop & DVD rental
The Christian gift/bookshop & DVD rental (as well as second-hand goods shop) will be open on Saturdays from 10am to 12 noon.
For further information phone 25324, 62552 or 23249

Charity Adverts are Always 50% Off

Prices might be rising everywhere across the Island... But we’re keeping our ad prices for The Sentinel.

Registered charities can take advantage of the discount by contacting us at:

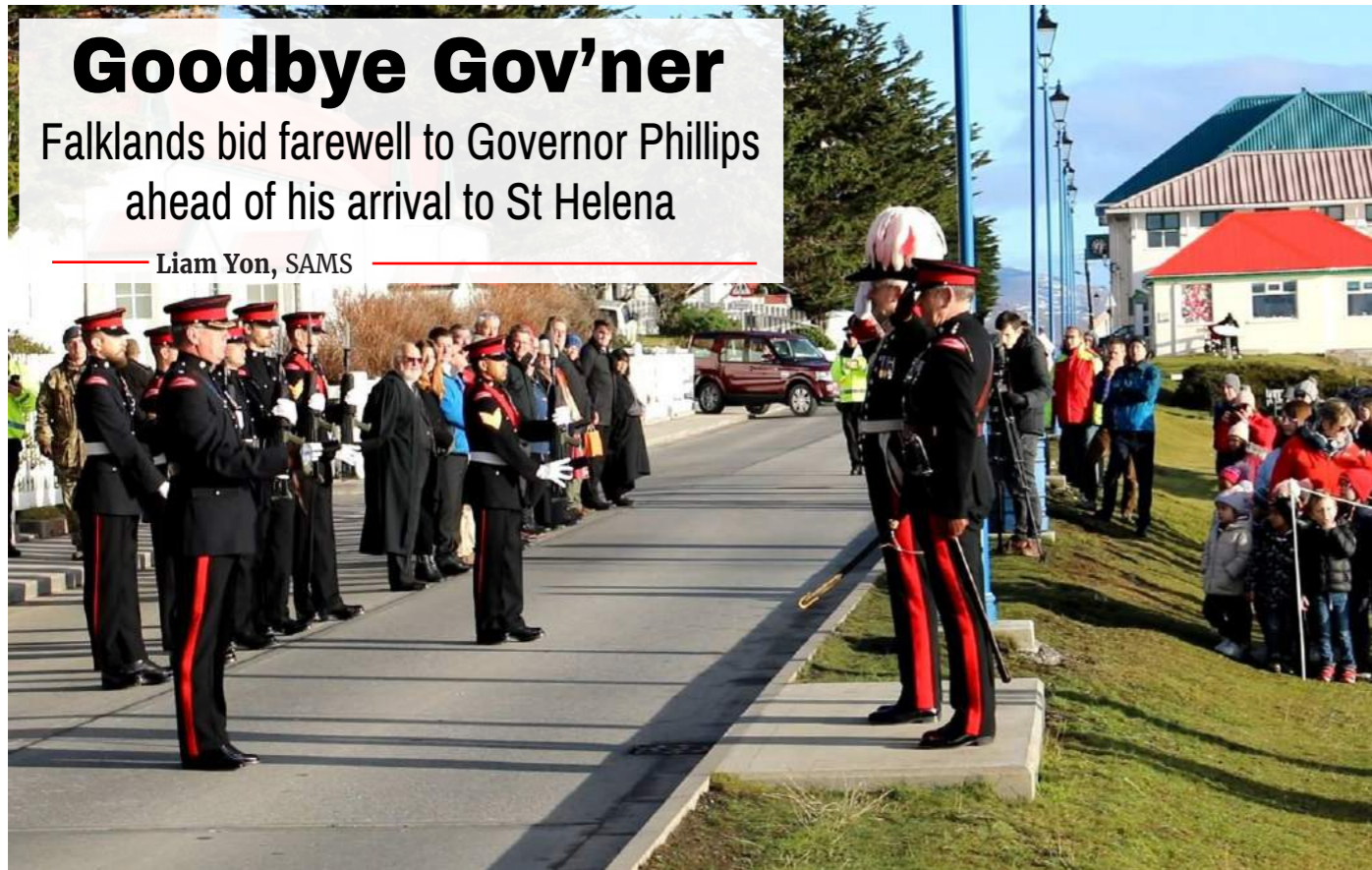
E: news@sams.sh
T: 22727

ST HELENA NEWS

Goodbye Gov'ner

Falklands bid farewell to Governor Phillips ahead of his arrival to St Helena

Liam Yon, SAMS



It was a day of celebration and farewells on the Falkland Islands last Thursday, 30 June, with a farewell parade being put on for His Excellency, Governor Nigel Phillips CBE.

The parade, which took place on Victory Green and included a 17 gun salute as well as the handing over of the Governor's Sword to the Speaker of the House, Keith Biles, marked Governor Phillip's

final public appearance before he and his wife, Emma Philips, leave the Falklands.

Nigel Phillips is set to become the new Governor of St Helena, Ascension and Tristan da Cunha.

He, along with wife Emma, will arrive to St Helena on 13 August, the first flight to the Island following the removal of quarantine requirements on 8 August.



ST HELENA NEWS



St Helena
Government

VACANCY

PHARMACY— PROCUREMENT OFFICER

(Fixed term 6 months)

The Health Services, Pharmacy team are seeking to recruit a highly motivated individual to lead on all of the Health Services procurement requirements, in accordance with SHG's Procurement Regulations. The postholder will ensure best value and efficiencies are achieved by the directorate when procuring goods and services and will assist the relevant Senior Managers with the procurement, ordering, receiving and reconciling of stock as appropriate.

Good organisational skills with attention to detail and the ability to plan ahead and prioritise workloads to meet tight deadlines are essential for this role.

Applicants should have the following qualifications and/or equivalent level of experience:

- GCSE Maths and English at Grade C or above
- At least two years' experience in procurement and / or stock management
- Good IT skills in Access Dimensions and Microsoft applications

We offer the following:

Salary: £8,613 per annum
Leave: 25 days per annum
Pension: 15% pension contribution into approved defined contribution pension scheme
Paid Sickness Absence

Further information about the duties of the post and a copy of the job profile, interested persons should contact: Mr James Pilkington, Pharmacist on telephone number 22500 or email: james.pilkington@sainthelena.gov.sh

Application forms are available from:

Central Human Resources or the SHG website at: www.sainthelena.gov.sh/vacancies. Applications should be submitted through Directors, where applicable, to Karen Thomas, Senior Human Resources Assistant, The Castle or e-mail recruitment@sainthelena.gov.sh by no later than 4pm on Friday 15 July 2022.

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview. All appointments are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified. Benefits are subject to change and may only apply to certain roles.



St Helena
Government

VACANCY

SENIOR STOREKEEPER

(Health & Social Care Portfolio)

The Senior Storekeeper is responsible for the day to day running of the Health & Social Care medical store under the supervision of the Pharmacist to ensure that stocks are managed, monitored and stored efficiently and effectively. The successful applicant is required to have excellent communication skills, be well organized and has a keen eye for attention to detail.

Applicants should have the following qualifications and/or equivalent level of experience:

- GCSE or equivalent in Maths and English at Grade C or above
- Valid Driver's license Class A & C
- At least two years' experience in stock management
- Basic statistical analysis

We offer the following:

Salary: £8,613 per annum
Leave: 25 days per annum
Pension: 15% pension contribution into approved defined contribution pension scheme
Paid Sickness Absence
Flexible working hours scheme
Training opportunities

Further information about the duties of the post and a copy of the job profile, interested persons should contact: Mr James Pilkington, Pharmacist on telephone number 22500 or email: james.pilkington@sainthelena.gov.sh

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NOTICE BOARD



Vacancy – Business Support Administrator (Customer)

Connect Saint Helena Ltd is seeking to employ a Business Support Administrator (Customer) to provide quality administration services to Connect Saint Helena's electricity, water and sewerage customers and internal departments.

Duties of the post include being the primary telephonist/receptionist representing the company as the first point of contact, disseminating outage announcements to customers and the media, dealing with customer queries, issuing local purchase orders and fuel requisitions; processing and monitoring applications for new or additional service connections and providing administrative and clerical support as required.

Ideally the candidate will have experience in a customer focussed environment, background in administration, have excellent communication skills, and be competent in the use of Microsoft Word and Excel. GCSE English and Maths at grade C or above is also a requirement for the role.

Connect Saint Helena Ltd offers a competitive salary commensurate with qualifications and experience. Other benefits include 15% of base salary pension contributions and 25 days annual leave.

For a full job description and/or further details on this position please contact Anne Dillon on 22255 or email Anne.Dillon@connect.co.sh

Completed application forms should be emailed to Annalisa Young on email annalisa.young@connect.co.sh or handed into the Connect Saint Helena Ltd main office at Seales Corner, Jamestown by 9:00am, on Wednesday, 6 July 2022.



VACANCY

Trainee IT Development Support Officer Central Support Services

An exciting and rewarding opportunity is available within Central Support Services for a Trainee IT Development Support Officer to provide day to day technical support to Portfolios across the Public Service. If you have an interest in designing, installing and maintaining IT Networks and systems and have the ability to analyse network related problems then our IT section has an opportunity for you to join their team.

The minimum essential qualifications and/or equivalent level of experience for consideration at a Training level are as follows:

- GCSE in Maths and English at Grade C or above or equivalent level of demonstrable attainment
- CompTIA A+ or CompTIA N+ or CompTIA Security + or MTA or MCP Certification
- Minimum of 2 years current experience in providing computer hardware and software support
- Class A Drivers License

We offer the following:

Salary: Training Grade B1- B3: £11,862 - £12,414 per annum increasing to £13,241 - £17,673 per annum on successful attainment of the prerequisite qualifications as per the IT Cadre
Leave: 30 days per annum
Pension: 15% pension contribution into approved defined contribution pension scheme
Paid Sickness Absence
Flexible working hours scheme

Further information about the duties of the post and a copy of the job profile, interested persons should contact: Mr Jeremy Roberts, Acting Chief Digital Officer on telephone number 22470 or email: Jeremy.roberts@sainthelena.gov.sh

Application forms are available from: Central Human Resources or the SHG website at: www.sainthelena.gov.sh/vacancies. Applications should be submitted through Directors, where applicable, to Karen Thomas, Senior Human Resources Assistant, The Castle or e-mail recruitment@sainthelena.gov.sh by no later than **4pm on Wednesday 06 July 2022**.

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview.
All appointments are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified. Benefits are subject to change and may only apply to certain roles.

NOTICE BOARD



Job Vacancy

RETAIL, MARKETING & CUSTOMER SERVICES ASSISTANT

We are seeking to recruit a highly motivated, dynamic professional to work at the forefront of our Retail, Marketing and Customer Services Department.

Candidates should have excellent verbal and written communication skills as well as experience in a customer service role, including cash handling.

This role requires a flair for all aspects of Marketing and Sales and as well as a technical flair to be able to demonstrate our products and services to our customers and to collaborate with our service delivery teams.

Due to the nature of this position, the post holder must hold a satisfactory police disclosure.

Salary will be dependant on qualifications and experience.

For further information interested persons can contact Penelope Bennett, Retail, Marketing and Customer Services Manager on T: 22004 or E: PenelopeB@sure.co.sh. Application forms may be obtained from Keirah Wade, HR & Finance Administrator at Bishops Rooms on T: 22800 or E: Keirah.Wade@sure.co.sh

Applications should be submitted to the HR & Finance Administrator, Sure South Atlantic Limited, Bishops Rooms, Jamestown by **4pm on Wednesday, 13 July 2022**.



VACANCY

Groundsman, PAS

Within Education, Skills and Employment Portfolio.

Do you enjoy working outdoors, in particular carrying out ground maintenance tasks? The Education, Skills and Employment portfolio have a vacancy within Prince Andrew School for a Groundsman who will be responsible for providing a safe environment on Francis Plain for all users by ensuring that the grounds are properly maintained.

Applicants should have the following qualifications and/or demonstrable experience:

- Have a clean and valid driving licence in Classes A,B,C & D with at least 3 years driving experience
- Experience in handling cutting tools, including management of DIY tools and equipment
- Be competent in the use and maintenance of the following equipment: Brush cutters/hedge cutters, ride-on or push lawn mowers, quad bike, Stihl Trimmers, trailer/pedestrian lawnmowers, irrigation pump and all other general hand tools.

We offer the following:

Salary: £6.237 per annum
Leave: 25 days per annum
Pension: 15% pension contribution into approved defined contribution pension scheme
Paid Sickness Absence

Further information about the duties of the post and a copy of the job profile, interested persons should contact: Stuart Leo, Principal CareTaker (Prince Andrew School) on telephone number 24290 or email: Stuart.leo@princeandrew.edu.sh

Application forms and Job Profile are available from: Central Human Resources or the SHG website at: www.sainthelena.gov.sh/vacancies. Applications should be submitted through Directors, where applicable, to Anya Richards, Human Resources Officer, The Castle or e-mail recruitment@sainthelena.gov.sh by no later than **4pm on Friday, 15th July 2022**.

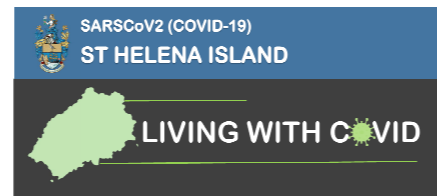
To be considered for this role, you must complete our application form. Failure to do so will mean that your application will not be considered. Please do not submit your CV.

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview.
All appointments are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified. Benefits are subject to change and may only apply to certain roles.

NOTICE BOARD



St Helena
Government



RECOGNISING THE SYMPTOMS OF COVID-19 AND TESTING

The Health Services Directorate has advised that community spread of COVID-19 is expected at some stage after the quarantine requirements have been lifted. It is important that you are aware of the symptoms and signs of COVID-19 and what you should do to help yourself and/or others.

The symptoms of COVID-19 include:

- a new continuous cough
- a high temperature
- a sore throat
- a loss of, or change in, your normal sense of taste or smell (anosmia)
- diarrhoea and/or vomiting
- muscle aches and pains
- shortness of breath
- headache
- unexplained fatigue.

If you have any of these symptoms you are advised to:

- Isolate yourself at home
- Call the COVID-19 help line and state that you feel unwell or have symptoms of COVID (the COVID-19 helpline number will be made available shortly)
- Once you have called the helpline you will be triaged by a clinically trained responder who will decide whether you need an appointment for further assessment and a COVID test
- If you have a COVID test you will be given the result and advice appropriate to the test result.

Further details on the location of test centres will be issued shortly.

If you have COVID-19 you can infect other people from two days before your symptoms start, and for up to 10 days after. You can pass on the infection to others, even if you have mild symptoms or no symptoms at all.

It will not be mandatory to wear face masks, however individuals can choose to do so in crowded areas or enclosed spaces in order to reduce the spread of COVID. The practice of good hand and respiratory hygiene at all times is advised.

#StHelena #COVID19

<https://www.facebook.com/StHelenaGovt/>
<https://twitter.com/StHelenaGovt>

SHG
6 July 2022

ST HELENA NEWS

When the lights go out! Connect speaks out on recent power outages



— Liam Yon, SAMS —

In recent weeks, St Helena Island has experienced a few Island-wide power outages.

These seemingly random outages have caused some discontent within the community as they were not planned by the Island's utilities services provider, Connect St Helena Ltd,

and therefore no forewarning was given to help residents prepare for the loss of power in their homes.

With concerns over the effect unplanned outages are having on the community, particularly in terms of potential damages to electrical appliances and machines, The Sentinel made

enquiries with Connect last Friday.

Fortunately Connect were quick to recognise the current issues and informed that investigations are currently being undertaken to find the root cause of these short unplanned outages.

"Connect has experienced a number of Island wide power outages recently and we are investigating the causes," said Connect on Friday. "The most recent outage indicates that the cause may be associated with a customer's commercial equipment, but further checks will be done to confirm this."

In addition, Connect said they are also planning to undertake a Grid Impact Assessment. "We are planning in the very near future to carry out a Grid Impact Assessment to ascertain the status of the Island Electricity Grid given that there have been a number of changes to some customer Grid connections over recent years," they explained.

"We are just stronger than before"

COVID related restrictions comes to an end in South Africa

— Liam Yon, SAMS —



SA Health Minister,
Joe Phaahla

From Wednesday of last week, the South African Government have removed all regulations relating to COVID-19. This was confirmed by a St Helena Government Press Release issued on Friday.

This now means that persons travelling to, or transiting through, South Africa are no longer required to provide proof of vaccination status or a PCR test result upon entering the South African borders - this applies

to both non-vaccinated and fully vaccinated travellers.

In line with this, SA Authorities are also, once again, allowing large gatherings to take place and the requirement to wear a face mask in certain settings is no longer mandatory with related restrictions now being lifted alongside entry requirements.

SA Health Minister, Joe Phaahla, said last Thursday that authorities had noted a decline in cases, hospitalisations and reported deaths and concluded that a limited fifth wave was dissipating. "The COVID-19 virus is not yet gone ... we are just stronger than before, especially with vaccination," he said.

With the removal of COVID restrictions in South Africa, SHG have reminded outgoing passengers that are planning onward travel from South Africa to check the entry requirements for the other countries which they plan to visit as certain restrictions might still be in place in those destinations.

They also add that if a proof of vaccination letter is required then this should be arranged with SHG's COVID-19 Coordinator, Grace Richards, at the Health Services Directorate, prior to departure.

NOTICE BOARD



HMP: Doing Time – the right way

The Team in Her Majesty’s Prison Jamestown are pleased to report our involvement in the following community activities:

Community Clear-up

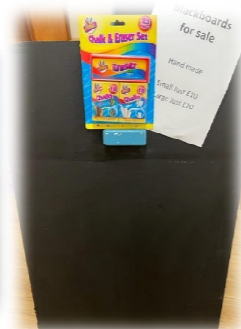


Prisoners continue to litter pick under the supervision of Prison Officers, helping to keep the community clean and tidy. Most recently prisoners litter picked in the Sea Front/Wharf area, around the Customs building ahead of the Thanksgiving Service when Platinum Jubilee medals were presented to front line workers. The most common items of rubbish found were food waste i.e. poultry bones and cigarette butts.

Thanks to ANRD who lent us some gardening tools so HMP could help to cut-back and clean-up Barnes Road, Alarm Forest. This work is on-going but the area is looking better already.

Mynah bird traps

Prisoners have been working with the Saint Helena National Trust (SHNT) and prison and community volunteers to make Mynah bird traps to help cull the population of this invasive species. SHNT Project Manager Vertebrates, Marjorie Fowler, trained prisoners how to make the traps from a roll of wire and HMP supplied first-aid and plasters for those involved in the project.



HMP Wood Workshop

The workshop within the Prison has been busy as ever. Recently we have produced new signs for the Police Service, a nice wooden planter for the Social Care team, some new furniture for a local school and a number of small chalk-boards. Get in touch if you have any projects you would like some help with.

NOTICE BOARD

St Helena’s Day

Did anyone see our national treasure Jonathan the tortoise artwork? True to form, he was fashionably late to the St Helena’s Day celebrations but can now be spotted on the veranda of the Prison to help celebrate the anniversary.



Platinum Jubilee

Some impressive artwork, including hand-made crowns, Jubilee themed display boards, matching Queen’s hat and hand-bag in zesty lime green, as well as a life sized Queen and Queen’s Guard cut-out for people to put their faces through and take a photo-selfie. How many people were Queen for a day?

We are proud to be awarded a certificate from HE the Governor in recognition of the artwork supporting the Jubilee event. A huge thank you to all staff, prisoners, visitors and our cherished volunteers who made this a success.



Superintendent of Prisons, Jay Kendall, commented: “High levels of structured activity can help to reduce reoffending and teach prisoners essential work skills and ethics. Saint Helena Prison Service is on a mission to improve purposeful activity for prisoners both in and out of the Prison, subject to risk assessments and staffing. I thank our prisoners, the team, our volunteers and those who donate tools and materials to make all of this good work possible, well done!”

Often the important work that goes on in prisons is a mystery and ‘behind the scenes’ so I want to publically thank everyone involved in their work with HMP Jamestown.



A special mention to those Officers who have received their Platinum Jubilee medals from HE the Governor. In total there is 193 years of combined experience and service within the team. Thank you for your service to the Crown and playing your part in keeping St Helena public safe.

SAMS RADIO 1 SCHEDULE

SAMS Radio 1

102.7 (Jamestown) • 90.5 (High Knoll) • 105.1 (Sunberry) • 105.3 (Blue Hill)
Streaming live via www.sams.sh/

FRI. July 08

- 9am -12 noon: Friday Vibes with Luke Bennett
- 4pm-7pm: David
- 8-8:30pm: Comedy

SAT. July 09

- 9am- 12 noon Saturday Show with Hannah Braaf
- 3-5pm: Modern Country Chart with Donna Crowie
- 6-8pm - DNA Show (Repeat)
- 8-9:30pm: Comedy repeats

SUN. July 10

- 7am-12 noon: Sunday Show with Donna Crowie
- 1pm Interview hour
- 3pm-5pm: UK Chart Show with Donna Crowie
- 5pm - In Scope (Rebroadcast)
- 7pm: Anglicant Church Service

MON. July 11

- 9am- 12pm: Mid day show with Luke Bennett
- 2pm- 4pm: DNA Show
- 8- 8:30pm: Comedy

TUE. July 12

- 8am - Liz & Zac's Mixed bag
- 2pm - In Scope
- 4pm - Kids story time
- 5-7pm: Modern Country Chart with Donna Crowie


WED. July 13

- 8-10am: Sunrise with Donna Crowie
- 4-7pm: Afternoon Drive with Luke Bennett
- 8-8:30pm: Comedy

THU. July 14

- 7-10am: Sunrise with Luke Bennett and Liam Yon
- 4pm Kids story time
- 5-7pm: UK Chart Show with Donna Crowie

Bringing you the
BBC World Service
100.7 (Briars)
88.1 (High Knoll)
102.7 (Blue Hill)

Sponsored by: 

Featured this week



Do you enjoy music? Have you ever thought "does someone else out there have the same taste in music as me?"

Why don't you find out by becoming one of SAMS Radio One's voluntary presenters.

If you are interested then contact SAMS today and we will help you.

You can contact us on e-mail news@sams.sh or call 22727.

Local news and notices:
7am, 10am, noon, 2pm, 5pm, 7pm, 10pm



Reach us on 22727 or at news@sams.sh

TIME OUT

Sudoku www.sudokuoftheday.com

	6	4			3	7		
8	5	9					4	
7	3							9
6			7	8			3	
3								5
	9			6	1			7
1							9	6
	7					8	1	4
		3	6			5	7	

RnB and Hip Hop DID YOU KNOW

P Diddy used to be a back-up dancer for big daddy kane and Heavy D.



That's right, P Diddy was a backing dancer when Heavy D and The Boyz performed 'You Can't See What I Can See' on In Living Color in 1992. The performance also features a then unknown Tupac.

Eminem thought of his alter-ego slim shady while sitting on the toilet



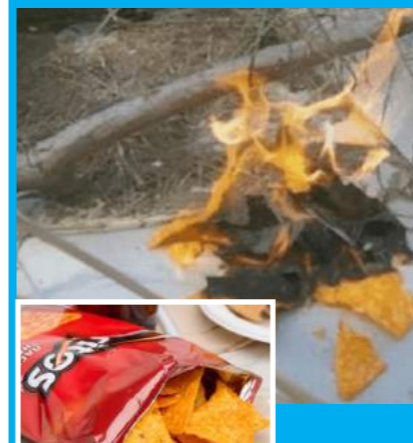
Yep, Eminem was on the toilet when he thought of the nickname Slim Shady. The rapper has admitted in interviews that he often finds inspiration when in the bathroom and that the name Slim Shady referred the fact he was skinny at the time.

Cee lo Green sang backing vocals on tlc's 'waterfalls'



Next time you listen to 1995's 'Waterfalls', look out for the backing vocals from Cee Lo Green.

LIFE HACKS



Doritos are great for kindling if you cant get anything else

22 Years ago on this day



Scary Movie was Released July 7, 2000

This spoof of classic horror films follows a group of teenagers who are stalked by an inept serial killer. This is the first movie in the series.

A wuzzles puzzle is a combination of word + puzzle. In other words, a wuzzle puzzle is a word or phrase that you have to find by looking carefully at how the word or letters are positioned

NIGHT	BJACKOX	DOUBT DOUBT IT DOUBT DOUBT	MEAL MEAL MEAL
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Answers:

In the middle of the night , Jack in box , No Doubt about it, Open and shut case, Three square meals

NOTICE BOARD



St Helena
Government

VACANCY

SENIOR ACCOUNTS ASSISTANT

(Treasury, Infrastructure & Sustainable Development Portfolio)

Are you a highly motivated individual with the ability to effectively manage Payables, Accounts and Payroll functions? Would you like to contribute to the provision of an efficient, customer focused accounting function for the Public Service? If so, this is opportunity for you to join the team at the Treasury Portfolio.

Applicants should have the following experience, skills and qualifications:

- Level 2 or above qualification in a relevant subject – such as Maths, ICT, Business Administration or equivalent level of demonstrable attainment or experience.
- Significant experience in a similar accounting role;
- Confident in using ICT systems relevant to role i.e. Access Dimensions and SelectPay or similar packages including Management Information Systems and MS Office
- Proven and effective administrative skills

We offer the following:

Salary: £8,613 per annum
Leave: 25 days per annum
Pension contribution
Paid Sickness Absence
Flexible Working Hours Scheme

Further information about the duties of the post, interested persons should contact:

Mrs Lillian Andrews, Acting Accounts Manager on telephone number 22470 or email: Lillian.Andrews@sainthelena.gov.sh

Job Profile and Application forms are available from:

Central Human Resources and Organisational Development or the SHG website at: www.sainthelena.gov.sh/vacancies. Applications should be submitted through Directors, where applicable, to Sharina Williams, Human Resources Officer, The Castle or e-mail recruitment@sainthelena.gov.sh by no later than **4pm on Monday, 11 July 2022**.

To be considered for this role, you must complete our application form. Failure to do so will mean that your application will not be considered. Please do not submit your CV.

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview. All appointments are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified.



St Helena
Government

VACANCY

English Teacher (PAS) Part-time or Full Time
(Fixed Term until 10.08.2022)

Within Education, Skills and Employment Portfolio.

A Teacher is responsible for the planning, preparing and effective delivering of programmes of study in English to designated class(es) to cater for all abilities of pupils/students. The successful candidate needs to be committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and have good communication skills to be able to communicate between students, parents and colleagues

Applicants should have the following qualifications and/or demonstrable experience:

- Qualified Teacher Status (Local or UK)
- At least 1 year recent and relevant teaching experience
- Must have a minimum of 1 years' experience in the UK National Curriculum 2014

We offer the following:

Salary: £11,862- £14,138 (Full time)
(T1-T3 as per the Education Cadre)
Leave: 30 days per annum
(to be taken in school holidays)
Pension: 15% pension contribution into approved defined contribution pension scheme
Paid Sickness Absence

Further information about the duties of the post and a copy of the job profile, interested persons should contact:

Penny Bowers, Head teacher (Prince Andrew School) on telephone number 24290 or email: Penelope.Bowers@princeandrew.edu.sh

Job Profile & Expression of Interest forms are available from: Central Human Resources or the SHG website at: www.sainthelena.gov.sh/vacancies. **Expression of interest** should be submitted through Directors, where applicable, to Anya Richards, Human Resources Officer, The Castle or e-mail recruitment@sainthelena.gov.sh by no later than **4pm on Tuesday, 12th July 2022**.

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview. All appointments are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified. Benefits are subject to change and may only apply to certain roles.

NOTICE BOARD



St Helena
Government

VACANCY

Science Lab Technician

(Education, Skills & Employment Portfolio)

Prince Andrew School is seeking to recruit a Science Lab Technician who will be required to prepare classroom resources, and help set up science labs, including the laboratory at the Harpers Agricultural Centre and make available equipment and related materials required for science lessons.

Applicants should have the following qualifications and/or demonstrable experience:

- GCSE Maths, Science and English at Grade C or Above.
- Previous experience with working with young people.
- Previous experience working in a science lab.

We offer the following:

Salary: £8,613 per annum (Grade C)
Leave: 25 days per annum
Pension: 15% pension contribution into approved defined contribution pension scheme
Paid Sickness Absence
Training opportunities

Further information about the duties of the post and a copy of the job profile, interested persons should contact:

Penelope Bowers Head teacher Prince Andrew School on telephone number 24290 or email: Penelope.Bowers@princeandrew.edu.sh

Application forms and Job Profile are available from: Central Human Resources or the SHG website at: www.sainthelena.gov.sh/vacancies. Applications should be submitted through Directors, where applicable, to Anya Richards, Human Resources Officer, The Castle or e-mail recruitment@sainthelena.gov.sh by no later than **4pm GMT on Monday, 11th July 2022**. **To be considered for this role, you must complete our application form. Failure to do so will mean that your application will not be considered. Please do not submit your CV.**

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview. All appointments are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified. Benefits are subject to change and may only apply to certain roles.



St Helena
Government

VACANCY

Sea Rescue Crew (Coxswain)

(Safety, Security & Home Affairs Portfolio)

Are you keen to improve the lives of all within our community and help the island thrive by protecting and saving lives at sea? If you are a highly motivated and enthusiastic individual with the ability to remain calm under extreme physical and mental pressure, then the St Helena Sea Rescue Service has an opportunity for you to join their team.

Applicants should have the following qualifications and/or demonstrable experience:

- GCSE Maths Grade C or above or equivalent (If applicants do not have these qualifications they will be required to successfully pass a Functional Skills assessment in Maths as part of the selection process).
- GCSE English Grade D or above (as above)
- Valid and clean Driving license in Class A
- First Aid Qualification – First Responder
- At least two year's operational experience in sea rescue techniques and the proper use

We offer the following:

Salary: £9,053 per annum as per the Sea Rescue Cadre Level C
Leave: 25 days per annum
Pension: 15% pension contribution into approved defined contribution pension scheme
Paid Sickness Absence
Training opportunities

Further information about the duties of the post and a copy of the job profile, interested persons should contact:

Leeroy Caswell or Mark Caswell (Sea Rescue Deputy Managers) on telephone number 25215 or email: leeroy.caswell@helanta.co.sh
mark.caswell@helanta.co.sh

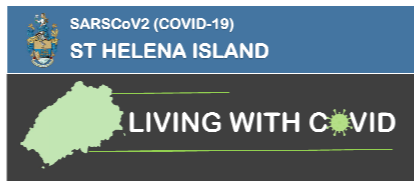
Application forms and Job Profile are available from: Central Human Resources or the SHG website at: www.sainthelena.gov.sh/vacancies. Applications should be submitted through Directors, where applicable, to Anya Richards, Human Resources Officer, The Castle or e-mail recruitment@sainthelena.gov.sh by no later than **4pm GMT on Tuesday, 12th July 2022**. **Please note as part of the short-listing for this recruitment you will be expected to pass a swim endurance test. To be considered for this role, you must complete our application form. Failure to do so will mean that your application will not be considered. Please do not submit your CV.**

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview. All appointments are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified. Benefits are subject to change and may only apply to certain roles.

NOTICE BOARD



St Helena
Government



COVID-19 PREVENTATIVE MEASURES GUIDANCE

St Helena Government (SHG) has advised that COVID-19 will eventually reach St Helena. Once quarantine requirements are lifted in August 2022, previous requirements such as testing on arrival will no longer be mandatory. It is an individual's responsibility to practice precautionary measures in order to help protect themselves and others within the community against COVID-19.

The following precautionary measures are advised but are not mandatory (except for within certain designated COVID free zones):

COVID Free Zones – From August there will be designated areas in which people must follow strict rules. Parts of the General Hospital, and other care settings such as the Community Care Complex (CCC) will be designated as COVID Free Zones; these are places that will be kept free of COVID-19.

The General Hospital – In order to enter designated 'COVID Free' areas of the General Hospital for work or visiting purposes, all persons will be required to carry out a COVID-19 test prior to their visit, and to wear a face mask during the visit. Numbers of visitors will be limited and children will not be allowed to visit in the first instance. It is anticipated these rules will be able to be relaxed in due course.

Care Homes – Visitors to all care homes (e.g. the CCC) will be limited. Testing and the wearing of face masks will also be required. It is anticipated that these rules will be able to be relaxed in due course.

Precautionary measures:

Wearing a face covering in crowded or enclosed spaces – Face masks do not eliminate the risk of contracting COVID-19. However if a person is positive it can prevent/reduce them from spreading the virus to others.

Keep enclosed spaces well ventilated – Keeping enclosed spaces such as your home, offices and classrooms well ventilated can reduce the risk of spreading contaminated air.

Practice good hand and respiratory hygiene – Wash your hands regularly, if you cough or sneeze cover your mouth and nose into a flexed elbow. If using tissues; flush or dispose of them correctly.

If you experience flu-like or COVID symptoms, avoid close contact with others and stay at home – If living with others you should avoid contact and follow the guidance for isolating at home. A COVID-19 helpline will be in operation (number to be advertised in due course) and drive through testing available.

Vaccination – People are encouraged to receive at least their first and second dose of the COVID-19 vaccine, for protection against severe illness from the virus.

SHG and the Health Services Directorate will provide further details on the guidelines mentioned above in due course, however it is left to individuals to adhere to or practice these once St Helena is 'Living with COVID'.

#StHelena #COVID19 #PreventativeMeasures

<https://www.facebook.com/StHelenaGovt/>

<https://twitter.com/StHelenaGovt>

SHG, 6 July 2022

NOTICE BOARD



Living with COVID-19:

5 things you can do to help yourself, your family and your community.



1

Get vaccinated to reduce your risk of becoming seriously ill.



2

If you feel unwell and have flu-like or COVID-19 symptoms and a high temperature **avoid close contact** with others and **stay at home**.



3

Let in **fresh air** when you meet others indoors, especially if they're at high risk.



4

Wash your hands regularly, if you cough or sneeze cover your mouth and nose into a flexed elbow.



5

Wear a **face covering** in crowded and enclosed places and when coming into contact with people at higher risk from COVID-19.

St Helena working together to protect each other.

<https://www.sainthelena.gov.sh/coronavirus-covid-19/>

NOTICE BOARD



St Helena
Government

VACANCY

Dental Receptionist

(Health & Social Care Portfolio)

The Dental Department is seeking to recruit a personable Dental Receptionist who cares about providing excellent care to patients in the practice or by telephone. You will have all the attributes required to provide a high-quality service to patients and understand the support the team needs, including good telephone etiquette, organizational skills and customer service skills.

Applicants should have the following qualifications and/or demonstrable experience:

- Functional Skills Level 2 in Maths and English (If applicants do not have these qualifications they will be required to successfully pass a Functional Skills assessment in Maths as part of the selection process).
- Experience in Cash Handling practices
- Experience in Customer Services
- Good IT skills

We offer the following:

Salary: £6,722 (Grade B) per annum
Leave: 25 days per annum
Pension: 15% pension contribution into approved defined contribution pension scheme
Paid Sickness Absence
Training opportunities

Further information about the duties of the post and a copy of the job profile, interested persons should contact:
Simon Smith, Dental Officer on 22500 or via email Simon.Smith@sainthelena.gov.sh

Application forms and Job Profile are available from: Central Human Resources or the SHG website at: www.sainthelena.gov.sh/vacancies. Applications should be submitted through Directors, where applicable, to Anya Richards, Human Resources Officer, The Castle or e-mail recruitment@sainthelena.gov.sh by no later than **4pm GMT on Wednesday, 13th July 2022**. **To be considered for this role, you must complete our application form. Failure to do so will mean that your application will not be considered. Please do not submit your CV.**

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview.
 All appointments are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified.
 Benefits are subject to change and may only apply to certain roles.



St Helena
Government

VACANCY

COMMUNITY CARE OFFICERS

Casual Contract basis—Adults Services, Health & Social Care Portfolio

Are you compassionate and patient? If you are looking for a job where no two days are the same and where you are able to make a positive difference in people's lives, then we would like to hear from you!

Why not join our team in the provision of one-to-one support to enable vulnerable adults to maintain independent living in their own homes.

Applicants should have the following qualifications and/or equivalent level of experience:

- GCSE in Maths and English or equivalent at Grade C or above, or willing to work towards this
- Valid Drivers License Classes A & C
- Experience in working with people diagnosed with mental illness or those with various disabilities, is a preference and/or a commitment to ongoing training to gain experience in working with vulnerable adults

For Casual contracts, we offer the following:

Payment will be at the rate of £5.07 per hour
Clearances:

- Clean Police vetting Certificate is required
- Satisfactory medical clearance (self-declaration)

Further information about the duties of the post and a copy of the job profile, interested persons should contact:

Lisa Green, Acting Learning Disabilities, Community & Residential Manager on telephone number 22920 or email: lisa.green@sainthelena.gov.sh

Job Profile and Application forms are available from:

Central Human Resources & Organisational Development or the SHG website at: www.sainthelena.gov.sh/vacancies. Applications should be submitted through Directors, where applicable, to Sharina Williams, Human Resources Officer, The Castle or e-mail recruitment@sainthelena.gov.sh by no later than **4pm on Monday, 18 July 2022**.

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview.
 All appointments are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified. Benefits are subject to change and may only apply to certain roles.

NOTICE BOARD



Connect Saint Helena Ltd is seeking Expressions of Interest from persons for the role of a Non-Executive Director for their Board to direct the Company's overall vision, mission and values.

Non-Executive Directors act with a degree of independence from the operational activities and have a role in providing strategic vision; monitoring the Company's performance; the financial reporting process; the review of risk and controls and governance.

Interested persons should submit Expressions of Interest to Clare Harris, Business Support Director, on email clare.harris@connect.co.sh or in person at Connect Saint Helena Ltd Offices at Seales Corner by 4pm Thursday, 14 July 2022.

29 June 2022



St Helena
Government

VACANCY

Carpenter (Apprentice)

(Treasury, Infrastructure & Sustainable Development Portfolio)

If you are physically fit, a good communicator and an effective team player, the Building Maintenance Section has an opportunity for you to join their team.

Working as part of the Building Maintenance Team, you will assist with delivering daily operations and maintenance services within the building maintenance section.

Applicants must have the following qualifications and/or equivalent level of experience:

- Basic standard literacy and numeracy
- Basic knowledge and experience of carpentry and woodwork in the workshop and building sites
- Basic knowledge of Health & Safety practices in the workplace

We offer the following:

Salary: Grade A £6,631 per annum
Leave: 25 days per annum
Pension: 15% pension contribution into approved defined contribution pension scheme
Paid Sickness Absence
Flexible Working Hours Scheme

Further information about the duties of the post, interested persons should contact:

Gilbert Young, Superintendent (Works) on telephone number 22054 or email: Gibby.Young@sainthelena.gov.sh

Job Profile and Application forms are available from:

Central Human Resources & Organisation Development or the SHG website at: www.sainthelena.gov.sh/vacancies. Applications should be submitted through Directors, where applicable, to Sharina Williams, Human Resources Officer, The Castle or e-mail recruitment@sainthelena.gov.sh by no later than **4pm on Monday, 18 July 2022**.

To be considered for this role, you must complete our application form. Failure to do so will mean that your application will not be considered. Please do not submit your CV.

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview. All appointments are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified.
 Benefits are subject to change and may only apply to certain roles.

IN SCOPE: RECAPPED

Health & Social Care Portfolio

Preventing
and
managing
diabetes

— Anita Robbertse, SAMS —

This week in 'In Scope' Minister of Health & Social Care, Martin Henry, and Dietician, Sarah Mattinson, gave us some insight into what diabetes is and how to manage and prevent it.

Sarah spearheaded an information campaign during Diabetes Awareness Week with the aim to give a broad overview of diabetes as a disease and to make the public aware of the small changes that can be made to our lifestyles that can lead to long-term changes that will help to improve our health and mental wellbeing.

The first thing is to distinguish between the two types of diabetes. Type 1 diabetes is an immune disease and this cannot be regulated by changes in lifestyle. Type 2 diabetes, however, can be controlled by lifestyle choices, but is also influenced by age and ethnicity (genetics). This is the type predominantly found on St Helena. A census of diabetes here determined that we have 1062 sufferers of type 2 diabetes - about a quarter of the population. 58% of these are female and 42% male. 64% are also living with obesity or are overweight. To put diabetes into remission, weight management and diet is key. Another 300+ people are pre-diabetic which means they have high blood glucose levels. If left unaddressed they will likely become diabetics and might even have to use medication in the future. Of the people with diabetes, 47% also have kidney disease. This is the result of long periods with uncontrolled high blood sugar which damages the kidneys.

With type 2 diabetes, the body is unable to utilise the hormone insulin. Sarah went on to explain that insulin is a hormone used by the body to help transfer energy and nutrients to cells and organs. Insulin

was compared to a key that unlocks the cell to transfer energy or glucose in the blood stream. When a person is insulin resistant it is as if the key or the lock does not work, hindering the transference of the energy. The energy transported in the blood is derived from glucose that is formed when carbohydrates (sugar and starches) is digested. So when a person is insulin resistant, that person's blood glucose remains high and the blood is in effect 'sticky' and can damage organs and nerves. When glucose builds up in the body the kidneys work very hard to try and remove it. Excess glucose leak into the urine and draws fluids from the body to dilute the glucose, causing constant thirst and the need to urinate frequently. This build up of glucose also causes fatigue as the energy cannot be effectively utilised and transferred by the body. Excess amounts of glucose could also worsen infections especially fungal infections.

The above explains why symptoms experienced could include severe and constant thirst, the need to urinate frequently, blurred vision, fatigue and repeated infections. It is also possible to have no symptoms at all. A simple test can determine glucose levels in your blood. The team stressed that it is important to understand how diabetes work and where to get support and guidance to make the right kind of changes to positively impact your lifestyle and health.

One thing to look at as a community is the long term issues and complications from having diabetes. Diabetes have frightening complications like heart attacks, strokes, damage to the eyes, feet and sexual dysfunction even affecting the ability to conceive and have viable pregnancies. Diabetes and its complications can affect all age groups and people are diagnosed with diabetes at an increasingly younger age. This means that complications can also start earlier. If we watch our diet, increase exercise, maintain a healthy lifestyle and take medication where prescribed, we can minimise the chance of complications. "We have the choice!" Sarah said.

Two key elements in managing diabetes are diet and exercise.

The first addressed by Sarah was diet. A common myth is that diabetes sufferers only need to cut out sugar. She stressed that carbohydrates are broken down into glucose and that this can be found in a lot of food like milk, bread, pasta, potatoes and much more. It is true though that sugars and natural sugars (like honey) spike our blood sugar. Another natural source of sugar is found in fruit, but fruit has a lot of fibre which slows down the spike. It should still be taken in moderation. Minister Henry suggested a creative way to balance our diets by creating a natural food rainbow, including colours (vegetables) and not

just browns and whites (starches). Sarah said: "There is no one magic spell or recipe" we need to focus on the eatwell plate. There needs to be balance in our food intake. Although carbohydrates are important as fuel for the body, we need to limit this to a quarter of our daily intake. If we add some fibre to these it will slow down the glucose absorption even more. A healthy portion size of starch is about the size of your fist. Fruit also produces glucose so one portion of fruit (a palm-size) daily is recommended. Tinned fruit in syrup can be used as long as the syrup is washed off. Vegetables are your friends said Sarah. You should have 5 portions a day, the more variety the better. Dairy has carbohydrates too, but it is important for bone health to have three portions of dairy daily. The portion size for meat is about 90grams of red meat or a palm-sized piece of fish or chicken. Trim fat to ensure a healthy heart. Alternatively 3 portions of alternative proteins can be taken like beans, pulses or lentils. The intake of fats (any kind) should be limited to 2 teaspoons per day. There are no sugars on the eatwell plate as these are not essential for us. Spread your food intake throughout the day as this maintains your blood sugar levels. Sarah also stressed the importance of drinking at least 2 litres of fluid - water or no-added sugar drinks - every day. Artificially sweetened drinks are deemed safe by the British Dietetic Association, the Diabetic Association UK and Cancer research UK.

The second important factor in managing diabetes is exercise. It is all too easy to spend the day doing no exercise. This is something that people always feel anxious and body conscious about, said Sarah. There is no one right exercise! As long as you work towards doing moderate exercise (raised heart rate and breathing) for 30 minutes, five days a week, it does not matter what kind you choose. Do something that you enjoy, build up towards your goal and develop a routine and then stick to it said Minister Henry who has an extensive background in fitness-training. He also called everyone to examine their time-management and to change their perception of exercise. Many hours are wasted on inconsequential things. Exercise is critical for our health and mental wellbeing. Clear your head and raise your heart rate with exercise said Minister Henry and you will see the positive results.

The team wrapped up this session by saying that we have an opportunity to change our own future by making the right choices for ourselves and our community. If you want to learn more, phone or email to sign up for the diabetes workshops where you will learn a lot about how to manage diabetes and enable us all to live long healthy lives! Make contact with the health team and make an appointment to start your journey towards a positive outcome.

NOTICE BOARD



INVITATION TO TENDER

St Helena Government would like to invite suitably experienced contractors to submit tenders for the following contracts:

- Alien Plant Clearance at Botley's Pasture
- Alien Plant Clearance at Lemon Valley Head Pasture
- Alien Plant Clearance at Swampy Gut Pasture

Copies of the tender document can be obtained from

Miss Tiffany Lawrence

Procurement Officer

Essex House

Jamestown

Telephone No: 22270 or email tiffany.lawrence@sainthelena.gov.sh

A site visit to view the works will take place on Tuesday, 05 July 2022, starting at 9:30am, meeting at Botleys.

Contractors should note that site visits requested after this date, 05 July 2022 will not be entertained unless there is a relevant reason why the contractor could not attend the scheduled site visit.

Should you require any further details, please contact the Farmers Support Officer, Frederick Green, on telephone: 24724 or email frederick.green@sainthelena.gov.sh.

Completed tenders should be placed in the Tender Box at Essex House by 12noon on Thursday, 14 July 2022.

Interested parties should note that this opportunity is **not** being advertised overseas.

SHG

30 June 2022

The winners of the June scout jackpot draw were as follows:

1st Prize - £100 - Gilbert McDaniel - Windy Point - Ticket No. 144

2nd prize - £50 - Joan Phillips - 23468 -

Ticket No. 363

3rd prize - £25 Sunna-Jan Thomas - Tel: 22865- Ticket No. 192

4th prize - £25 - Marion Benjamin - Tel: Harris' Flats - Ticket No. 184

The July draw will take place on 29 July.

Remember to have any chance of winning, you must participate.

Notice of Annual General Meeting

Members of the Blue Hill Community are advised that the Blue Hill Community Association Annual General Meeting will take place on Wednesday 20th July 2022 at 19:30 at the Blue Hill Community Centre.

The existing Committee looks forward to your attendance.

NOTICE BOARD



EXPRESSIONS OF INTEREST

RENOVATIONS TO GOVERNMENT LANDLORD HOUSING

St Helena Government is seeking Expressions of Interest from suitably qualified contractors to undertake the proposed renovation works to government landlord housing - No.4 Main Street, Jamestown.

The works will include the construction of concrete floor in the main building, upgrade electrical and plumbing systems, construct new internal layout and fit a new kitchen area.

For further information, please contact the Project Manager, Mark Plato, on tel: 22270 or via email: mark.plato@sainthelena.gov.sh.

The closing date for Expressions of Interest to be submitted is 12 noon on Monday, 18 July 2022, and should be addressed to Procurement Officer, Tiffany Lawrence, at Essex House, Jamestown.

SHG
1 July 2022



REQUEST FOR QUOTATION

Reference: AS-1624-SHG

St Helena Government (SHG) has issued an Invitation to Tender for the provision of performance audit services locally on St Helena Island.

Full documentation and the specifications can be found on the SHG e-procurement system which can be accessed via: <https://in-tendhost.co.uk/sainthelena> following registration on the system.

User guides are available via the 'Supplier Information' tab to assist prospective suppliers registering on the e-procurement system.

Any questions in the interim should be addressed to the Procurement Office for the attention of Deputy Head of Procurement, Nicola Young. Nicola can be contacted via email: nicola.young@sainthelena.gov.sh.

The deadline for submissions is 12 noon (GMT) on Monday, 18 July 2022.

SHG
5 July 2022

**Annie's Launderette.
Will be closed from
Monday 18th July to
Friday 22nd July.
Reopen Monday 25th
July at 8 a.m.
Thanks for your
patience and
understanding.
Apologises for any
inconvenience &
Thank you for all your
Continued custom and
support.**

BAPTIST CHURCH

Sunday Services 10th July

Sandy Bay Chapel 08.45 am
Head O'Wain Chapel 10.45 am
Jamestown Chapel 6.00 pm

Sunday school is available at all our chapel services, families with children welcome.

Bible Studies

Tuesday 12th July
Baptist School Hall 7.00 pm
Thursday 14th July
Sandy Bay Chapel 5.30 pm
Blue Hill Community Centre 7.30 pm

Kids Adventure Club:

Every Saturday Baptist School Hall
3.00 pm to 4.30 pm (5 years old and above)

ALL ARE WELCOME

For further information contact:
Tel No 22388 or 24644

NOTICE BOARD

The Navy is Back and Wants You!

Royal Navy educates PAS Students about its importance and opportunities

— Emma-Lee Cochran & Ben Crowie, SAMS —



On Tuesday, 5 July, at 11am, the Royal Navy hosted a virtual assembly at Prince Andrew School in the Main Hall for Years 8 to 12 students, some invited guests and the "pretend governor" as he likes to say, Greg Gibson.

The purpose of this presentation was to educate people on the roles of the Royal Navy and what it takes to enlist. Sgt Chris Ferret and Warrant Officer Robert McIntyre - who are responsible for managing Commonwealth and Overseas Recruitment, Recruitment and Attraction and People & Training Directorate - gave us a detailed overview at the equipment, people and the jobs. They showed a few video clips to tell the story of different people, but recognised the consequences if the Royal Navy did not complete their duties.

Robert gave us an overview on what the Navy is all about and stated that "the Royal Navy mission is to provide security, build international partnerships and to protect our nation as well as the economy." But in order to achieve these things, the Royal Navy will need people to

fill certain titles, from the more obvious jobs such as an Aircraft Controller, Doctor or Engineer, to other positions like a Chef or even a Writer Logistician.

There are specific requirements to meet to be able to join the Royal Navy. It starts with getting your Grade C and above in Maths & English, but also there is fitness standards to meet. Fitness is very important because you need to be in good shape, so to put it to the test every recruit joins a pre-joining fitness test which includes swimming at least 50 metres because you are expected to swim at some point and 50 metres is the maximum distance you should swim.

You would also have to go through a selection interview. Preferably, you should have a home and family background, a good education, current/previous employment including full/part time and voluntary, spare time activities like sport and fitness, but lastly, and above all, you will need motivation.

Once you join the Royal Navy, hard work does not go without reward. Even during work you would have world class training

and also use the latest equipment that no one else has used. You can travel to many different places and experience their cultures. Also, you get to meet and work with people from different backgrounds and maybe even form long lasting friendships, which leads to having a unique team spirit.

The Acting Governor said he was "very impressed with your military decisions" when talking to the students.

The Royal Navy would like to note if you are interested in joining this amazing team, so "visit the Royal Navy website to find out more and get in contact with the team."



NOTICE BOARD



JULY OPENING HOURS

Main Branch

Monday to Friday	08:45 - 15:00
Saturday	09:00 - 12:00

Wharf Kiosk

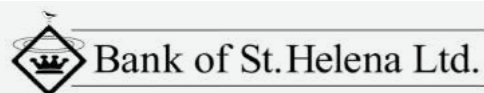
Thursdays and Fridays	09:00 - 14:30
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St Helena Airport Kiosk

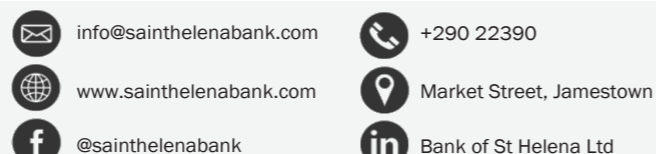
Sunday	17 July	10:00 - 12:30
Sunday	31 July	10:00 - 12:30

Remote Banking

ANRD, Scotland	Thursday	21 July	09:30 - 13:00
HTH Supermarket	Monday	25 July	09:30 - 13:00
Longwood Enterprise Park	Tuesday	26 July	09:30 - 14:00



Established and regulated under the Financial Services Ordinance, 2008, the Financial Services Regulations, 2017 and the Company Ordinance, 2004



St Helena
Government

VACANCY

FIRE FIGHTER

(Safety, Security & Home Affairs Portfolio)

The St. Helena Fire & Rescue service is looking to recruit a highly motivated and enthusiastic Fire Fighter. Some of the many aspects of the post are dealing with the public, remaining calm under extreme levels of pressure whilst ensuring protection is given for the safety of the people and properties from fire and other hazards, to the highest possible standard of care and quality.

Applicants should have the following qualifications and/or demonstrable experience:

- GCSE Maths and English at Grade C or above or equivalent.
- Basic Fire Fighter Recruit Course or equivalent.
- Valid and clean driving licence in Classes A, B, C, D & J4.
- At least two years operational experience in firefighting techniques and the proper use of relevant equipment.

We offer the following:

Salary: £9,474-£11,264 per annum as per the Fire Fighter Cadre Level C
Leave: 25 days per annum
Pension: 15% pension contribution into approved defined contribution pension scheme
Paid Sickness Absence
Training opportunities

Further information about the duties of the post and a copy of the job profile, interested persons should contact: Alan Thomas (Brigade Manager), Jason Lawrence (Watch Manager), on telephone number 23344 or email: dfc.fire@helanta.co.sh stno.fire@helanta.co.sh

Application forms and Job Profile are available from: Central Human Resources or the SHG website at: www.sainthelena.gov.sh/vacancies. Applications should be submitted through Directors, where applicable, to Anya Richards, Human Resources Officer, The Castle or e-mail recruitment@sainthelena.gov.sh by no later than 4pm GMT on Wednesday, 20th July 2022. You will be expected to pass a endurance test.

To be considered for this role, you must complete our application form. Failure to do so will mean that your application will not be considered. Please do not submit your CV.

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview. All appointments are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified. Benefits are subject to change and may only apply to certain roles.

NOTICE BOARD



INVITATION TO TENDER

LEASE OF FORMER CANNING FACTORY

St Helena Government invites commercial offers for a full repairing lease of the former Canning Factory in Rupert's Valley.

The property is offered 'as seen' and will be let with vacant possession for a term of eight (8) years; with an option to renew.

For further information, or to obtain copies of the tender documents, please email: gina.henry@sainthelena.gov.sh.

The closing date for tenders is 12 noon (GMT) on Friday, 8 July 2022. Submissions after this time will not be considered.

SHG
13 May 2022

DIOCESE OF SAINT HELENA

The Cathedral Parish of St Paul

Sunday 10 th July - 15 th Sunday of the Year		
8.00 a.m.	Eucharist	Cathedral
9.30 a.m.	Reserved Sacrament	St Martin
11.00 a.m.	Eucharist/Junior Church	St Andrew
5.00 p.m.	Choral Evensong	Cathedral
Thursday 14 th July		
9.00 a.m.	Eucharist	Arabia

The Parish of St James

Sunday 10 th July - 15 th Sunday of the Year		
9.30 a.m.	Eucharist/Junior Church	St John
Monday 11 th July		
7.00 p.m.	Eucharist	St Mary
Thursday 14 th July		
7.00 p.m.	Eucharist with Healing	St John

The Parish of St Matthew

Sunday 10 th July - 15 th Sunday of the Year		
11.15 a.m.	Family Eucharist/Parade	St Mark
Tuesday 12 th July		
7.00 p.m.	Eucharist	St Mark



St Helena
Government

VACANCY

ADMINISTRATIVE ASSISTANT

(Central Support Service)

The Administrative Assistant within Central Support Services is responsible for completing straightforward administrative processes that support the smooth running of Portfolios and deliver a high quality, customer focused service. We are seeking a highly motivated individual who works methodically and has a keen eye for detail that can provide administrative support across the Portfolios

Applicants should have the following qualifications and/or equivalent level of experience:

- Level 2 or above qualification in relevant subject e.g English, ICT, Business Administration
- Confident in using ICT systems relevant to role, including Management Information Systems and MS Office

We offer the following:

Salary: £6,722 per annum
Leave: 25 days per annum
Paid Sickness Absence
Flexible working hours scheme
Training opportunities

Further information about the duties of the post, interested persons should contact: Belinda Piek, Administration Manager on telephone number 22470 or email: belinda.piek@sainthelena.gov.sh

Job Profile and Application forms are available from: Central Human Resources & Organisational Development or the SHG website at: www.sainthelena.gov.sh/vacancies. Applications should be submitted through Directors, where applicable, to Karen Thomas, Senior HR Assistant, The Castle or e-mail recruitment@sainthelena.gov.sh by no later than 4pm on Wednesday 20 July 2022.

To be considered for this role, you must complete our application form. Failure to do so will mean that your application will not be considered. Please do not submit your CV.

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview. All appointments are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified.

NOTICE BOARD

**ELECTRICAL INSTALLATIONS**

Connect Saint Helena Ltd (Connect) would like to remind customers of the following processes when making a connection to the electrical system. These processes apply to customers who are connecting a new property to the grid as well as to existing customers who might be altering their connection to the electricity grid.

New Connections

When a property owner applies to Connect for a new connection to the grid, our installation team will first check if the wiring in your property is safe and complies with the Wiring Regulations, 18th Edition. When our installation team is satisfied that everything is safe, they will provide you with an Electrical Installation Certificate. Our technicians will then connect your property to the electricity grid.

Modifications and New Equipment

Existing customers who are modifying their connection to the electricity grid must advise Connect prior to making the modification. This is to ensure the safety of both your property and the wider electricity grid.

Modifications may include, for example, changes to existing wiring, installing additional wiring, installing additional equipment (such as photovoltaic (PV) systems and generators), or making changes to the consumer unit.

The customer must ensure the work can be carried out in accordance with the Wiring Regulations, 18th Edition, and that all technical requirements can be met. Our technicians will gladly provide you with any advice you may need.

Legal Requirements

Under the Electricity Regulations, electrical equipment (other than items such as home appliances or similar items) should not be installed without the prior approval of Connect. Once approved, the installation should be undertaken by a person who is a holder of a St Helenian Electrician Licence. Connect has a list of persons who are holders of valid St Helenian Electrician Licences and this can be provided on request.

Any changes or alterations to your existing wiring installation that are undertaken without prior approval from Connect may invalidate your Electrical Installation Certificate. All consumers that are connected to the electricity grid must have a valid Electrical Installation Certificate as this confirms that the relevant standards have been met and the connection is safe. If the Electrical Installation Certificate is invalidated, you will need to apply for re-testing by Connect to obtain a new Electrical Installation Certificate.

Please feel free to contact our Administration Office via telephone number 22255 or e-mail enquiries@connect.co.sh. Alternatively, you could arrange to visit us during working hours between 08:30 to 16:00 at our Administration Office at Seales Corner in Jamestown.

5 July 2022



ST HELENA NEWS

It Matters How We Choose To Remember”

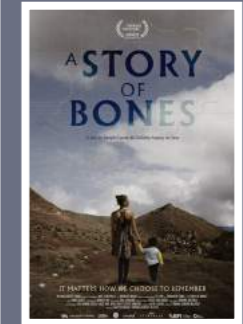
A Story of Bones is a film directed by Joseph Curran and Dominic Aubrey De Vere, and follows the story of Annina van Neel and Peggy King Jorde as they fight for the respectful reburial of the 325 human remains discovered during the early stages of the St Helena Airport Project, as well as the acknowledgement and memorialisation of the African Burial Ground - in Rupert's Valley that is described as the single largest remaining trace of the transatlantic slave trade. Since it's World Premiere at the

Tribeca Film Festival in New York, the documentary has caused quite a stir with mixed reviews being given about the way St Helena is portrayed throughout the feature.

Many people who have both seen the film, and others who have seen the promotional material and reviews online, have recently expressed their views on Social Media.

The following are two separate reviews of the film - one from Beth Taylor in the United Kingdom, and the other from Tracey Williams on St Helena.

The reviews cover pages 29-33



and preservation of an immensely sacred site - the single largest remaining trace of the transatlantic slave trade on earth. - goodpitch.org

A STORY OF BONES shows two women from opposite sides of the Atlantic uniting to mount a global campaign for change. Finding strength and courage in one another, they battle for the dignity

A Story of Bones Review

- Beth Taylor

On Friday, 24 June 2022, at Curzon cinema in Sheffield, UK, the beautiful island of St Helena came to life on screen to a sold-out audience. The documentary film, A Story of Bones, held its UK premier as part of DocFest, the prestigious UK platform for aspiring filmmakers, with the film hot off the heels of its world premiere at the famous New York City Tribeca festival.

The film crew's Joseph Curran and Dominic De Vere were available for questions following the screening and shared that the film had been finished the day before its world premiere in New York. Therefore, whilst their intentions had been to travel to St Helena to premier the film to the Island community first, the combination of the completion of the film at the 11th hour, and the mandatory quarantine measures in place on-Island, meant that this was simply impossible. Instead, they now hope to travel to St Helena after August 2022 (once quarantine measures end), combining district screenings with open community Q&A sessions.

With an audience comprised of a diverse mix of people, including Saints and individuals with St Helenian heritage, and many who had lived on or visited St Helena, it was a scene that would not look out of place on-Island, where similar community themed events often attract a wide range of interested individuals from all walks of life. The opening scenes filled with aged maps and antiquated narration provided the audience with a brief history of St Helena as it was 'before days' with much of the old-fashioned footage rooted in the colonial language of an island 'belonging' to England. The scene then cuts to an impressive shot of the vast South Atlantic Ocean surrounding the Island, and with this, a change in narrator to the story's protagonist, Annina Van Neel.

Over the course of the next 90 minutes the audience are presented with moments

of raw emotion, where Annina shares a journey of discovery, hope and at times true sorrow from the moment she became aware that the initial phases of construction of the Haul Road in Ruperts Valley in 2008 were in fact the site of a burial ground.

What is clear throughout the film, is that Annina does not ever claim this story to belong to her alone, but to the descendants of the formerly enslaved people, the wider St Helenian community, Britain, West Africa and far beyond. She reminds us that this is, "not a witch hunt, this is everybody's responsibility". She is joined in this sentiment by a huge number of St Helenian faces and voices that feature throughout the film - in part through the wonderful medium of traditional music provided by Ralph and Hazel Peters, to the actions of the then newly elected, Eddy Duff and Cruyff Buckley, and many vocal participants of community meetings and similar scenes. For example, Helena Bennett, Phil Mercury and Kylie Hercules, all share articulate, memorable comments and calls to action at community and Government meetings in support of a respectful commemoration for the formerly enslaved Africans.

Credit must also be given to Tammy Williams, who brilliantly takes on her own lead narrator role through the inclusion of footage and recordings from a uniquely St Helenian perspective - live on Saint FM. Tammy asks the difficult questions and ensures the community are continuously consulted and informed of the work of Annina and all those alongside her in LAAC (Liberated African Advisory Committee), The Trust, Tourism, and the Museum, every step of the way.

Also pivotal, were Darrin and Sharon Henry of What the Saints Did Next who we glimpse interviewing archaeologists at the burial site at Ruperts, as well as alongside their memorable, truly thought-provoking project, showcased at an open invite community event in the Museum, in which burial scenes were recreated through pow-

erful photography, using volunteers and long-standing supporters of this project, such as Denny Leo.

Briany Leo's honest depiction of how he witnessed unknown quantities of bones that came to be buried on the periphery of St Paul's Cathedral in a mass grave, was indeed a harrowing moment. We see Colin Benjamin's skilled process of hand crafting coffins for the reburial - an honour now bestowed upon students and teachers of Prince Andrew School.

In another memorable yet emotional scene, Annina and visiting cultural consultant Peggy K Jorde, are shown beaded necklaces and a braid of human hair buried alongside the formerly enslaved Africans, by Museum of St Helena's Director, Adam Sizeland. Adam poignantly shares that these historically significant items had never been displayed to the very community they had been discovered in.

Of course, there are those that present differing perspectives throughout the film. One community meeting depicts the clear disconnect felt between a member of the community and the history of the people that were resident on the Island long before them.

However, any points of criticism made in the film, are clearly and solely directed towards the continued, long-term procrastination and historic inaction of not only St Helena Government, but the Department for International Development and the UK government. All are collectively referred to (almost exclusively throughout the film) as the 'these people', 'their' and 'them', that Annina, colleagues, and members of the St Helenian community are pitched against in their long battle for justice.

Nowhere is the length of this battle better depicted than in a scene where Annina listens to an archives recording from over 30 years ago. In this the individual being recorded confirms that upon the uncovering of human remains during construction for the Power Station at Ruperts, the then Governor gives direct permission for construction to 'simply continue'. This is

ST HELENA NEWS

a moment that Annina reflects upon again in the film, when she is asked why Saints don't appear to be speaking up about the remains of the 325 – to which Annina responds (in reference to the remains found at the power station over 30 years ago): “..Saints demanded that the Government, number one, carry out a dignified reburial of all the remains that were exhumed, that they build a memorial and they ensure this doesn't happen again.. so, we talk about the community 'not being connected to the story', but when they did speak up, they were ignored.”

Of course, the film would not be truly St Helenian without an opportunity for laughter despite its emotive subject matter. This was provided in the form of young St Helenian, Noah Hayes. Noah grows up on screen and joyfully elicits laughter from all with his unique comments to his 'momma', during numerous visits to both Ruperts and the temporary memorial at the Prison, established by Annina, Adam Sizeland and Jeremy Harris.

The emotion in the audience was palpable and if there were times when Annina's hope for positive progress raised a sense of

optimism, it was with sense of doom and inevitability that the frustrating structures referred to earlier in the film by Eddie Duff as unjust but sadly 'the way it is', failed to take forward opportunities for progress. Another significant moment in the film was the stark contrast between the funding and continued memorialisation of Napoleon when compared with the formerly enslaved Africans, and mention is indeed made of the initial £90,000 ring fenced for reburial and memorialisation that was either lost or retracted.

The film ends by bringing the audience to current day St Helena, confirming that there are now plans to rebury the 325 individual remains that have laid disturbed in the prison for over 14 years before a flurry of activity from SHG (potentially in the wake of the film's release), saw them being 'moved to Ruperts' – a move that Annina and others directly assisted with. However, even though Annina, and many of the faces we see speaking up in the film, created and completed the master plans for the reburial and memorialisation process, they were not consulted on the significant changes now made to these plans – changes such

as the location, budget and time frame. As described in the film by Financial Secretary, Dax Richards, for now the Island continues to be characterised by its 'culture of reliance' on the UK, a country whose reputation for facing up to difficult truths and telling the stories of marginalised groups leaves much to be desired. It is true that the film is sad and uncomfortable in places, but the film is only the beginning of the story, intended as a catalyst for the action so desperately needed in paying respect to those who came before us and acknowledging our history, bad and good. This story is one that could only have been told with the utmost respect and sensitivity to the community it belongs to. The film achieved this and more but would have been unable to do so without a dedicated film crew – Dom, Olly, Joe (and at times even local videographer, James Fantom) – that invested so many years building relationships with the Saint community. To all those involved in the making of the film for the past 8 years, from St Helena and beyond, thank you for telling this story – after all, it matters how we choose to remember.

team. Community engagement and awareness raising took place throughout the excavation.

- Initial agreement with International Slavery Museum in Liverpool for loan of artefacts.

- (End 2008). Airport Project 'paused'.
- 'Project Outline and Estimate' Report prepared by Ben Jeffs and Dr Andrew Pearson, followed by outline ossuary design.

2009

- (Early 2009). Advice sought on how to meet the requirements of the Environmental Statement in light of the 'Pause'.
- Osteological Analysis of excavated remains commences, led by Dr Andrew Pearson.

- Reinterment Options Paper prepared by Dr Andrew Pearson and Ben Jeffs.

- Following discussions with Executive Council, the Acting Governor advises preference for an Ossuary in Rupert's December 2009.

2010

- (March 2010). Outline design proposal for an Ossuary endorsed by Executive Council.

2011

- Specifications for an Ossuary prepared by Dr Andrew Pearson and Ben Jeffs.

- Planning application submitted for an Ossuary in November. Planning application approved.

- Design, Build and Operate Contract signed for the Airport.

- Excavation monograph Infernal Traffic by Dr Andrew Pearson published.

2012

- Civil, Society, Tourism and Leisure Committee recommends reverting to original plans for reburial in Rupert's,

housing construction and weather.

1985

- Construction of St Helena Island's Power Station and Mid-Valley Fuel Farm disturbs large numbers of graves.

- A Committee of Enquiry recommends that the remains be reinterred in Rupert's Valley, and that the opening of the power station be accompanied by a multi-faith ceremony of blessing. Instead, the remains are reburied in land adjacent to St Paul's Cathedral in the centre of the island 10 years later. St Helena Government subsequently apologises for its actions.

2006

- Human remains are revealed in geo-technical test pits dug in Rupert's Valley for the Airport Project (Atkins).

2007

- Archaeological evaluation in Rupert's Valley reveals skeletons in the lower and upper graveyards.

- Environmental Statement for the Airport Project published. Cultural Heritage, particularly around Rupert's and the Liberated Africans, is a key part of the Environmental Statement. It was this research that led to the subsequent publications by Dr Andrew Pearson (Infernal Traffic 2011 A. Pearson, B. Jeffs, A. Witkin, H. MacQuarrie)

2008

- Airport Project planning documentation, including Environmental Statement, approved by Executive Council.

- Archaeological excavation is carried out in a part of the upper graveyard, to facilitate construction of the Airport Haul Road. 325 human skeletons are exhumed and placed in archival storage boxes in the Pipe Building, Jamestown. This work was led by Dr Andrew Pearson and his

A Story of Bones Review

- Tracey Williams

The Film "A Story of Bones" and the subsequent media articles had me questioning everything, from my identity to my sanity.

I understood that the basis of the story line would be that the Liberated African remains removed from Rupert's Upper Burial Ground during planned excavations in 2008 were still being stored in the Pipe store some 14 years later after a promise of reburial. I accept that. It is not a fact that I am proud of, but it is a fact. This part of our history is certainly something that we need to talk more about.

The film implies that nothing has been done over the 14 Years. It asks 'so why has it taken so long? Is it colonialism? Is it racism? Is it unnecessary bureaucracy?' However, disappointingly at no point does the film ask the question 'is it the desire to do what is right as more information becomes available?'

If you looked no further than the film and the associated media you might not be aware that anything is being done at all. Yet there is a Liberated African Advisory Committee (the LAAC) that has worked in the background for some time to try to do what they believe is right...

The LAAC produced a Master Plan for reburial of the Liberated African Remains, setting out some of the recent history. From this we derive a timeline: **1950s – 1970s**

- Human remains were periodically disturbed in Rupert's Valley, through

ST HELENA NEWS

following lifting of the 'Pause' and approval of the Airport Project.

- Air Access designated lead on Liberated African Remains (primarily due to having oversight of on-site environmental mitigation process).

- Haul road construction commences in Rupert's Valley.

- Airport Project works in upper Rupert's Valley, away from the haul road, disturbed the graves. These are inspected by the Museum of St Helena before being re-covered. Spoil excavated in the upper valley, within the construction corridor for the new fuel farm, is also found to contain much comminute human bone: this material was up-cast derived from Power Station construction deposited there in 1985.

- Samples from the human remains in the Pipe Building are taken, to facilitate stable isotope and DNA analyses (Euro-TAST project).

2013

- Draft Rupert's Development Plan recognises heritage considerations, including the African graveyards, as being of 'material significance' to planning decisions.

2014

- Stakeholder Group established, chaired by Director St Helena National Trust.

- Dr Andrew Pearson contracted to advise on potential for relocation of the Liberated African Remains.

- Liberty Bound exhibition opens at International Slavery Museum, Liverpool.
- Haul Road construction completed. No human remains were encountered during its construction.

- (August 2014). Possible relocation of human remains from the Pipe Building considered and rejected.

- Rupert's Valley Development Plan in the process of revision.

- Human bone disinterred during Air Access works, on ground immediately above the 2008 excavation area (December).

2015

- Survey carried out on-island and amongst key stakeholders in the scientific community to consider options for reinterment of Liberated African Remains. Response largely in favour of reburial in Rupert's.

2015/16

- Proposal for use of site near St Michael's Church/Temporary Fuel Farm Area.

- Call for ideas/designs for reburial/monumental site.

- Extensive discussion with Executive Council around timing of reburial. Strong preference for this to take place following demobilisation of the Airport Project. Large construction works and heavy plant operations near to the proposed site in Rupert's not deemed 'quiet and restful' but it was noted that these construction works would be temporary.

2016

- Proposed site designated a burial ground – approval granted by Executive Council.

2017

- Executive Council mandate for LAAC.
- Artefacts loaned to International Slavery Museum returned to St Helena.

2018

- LAAC Report on Reinterment Options endorsed by Executive Council.

- Reburial continued to be preferred option – options for an Ossuary ruled out.

- Executive Council directed that the materials returned from the international Slavery Museum are displayed at the St Helena Museum until near the date for reburial to allow the local community to engage on this topic. Executive Council further directed that the grave goods are then reburied with the human remains they were unearthed with.

2019

- 2019/2020 LEMP team responsible for clearance of invasive species and completion of minor landscaping at both burial grounds, in advance of further funding for large-scale landscaping
- £20,000 Funding received from FCO for Project support to progress Reburial, Interpretation and Memorialisation.

- Dec 2019 Project Co-ordinator and Archaeologist contracted to deliver on 8 specific work components, namely:

1. Determine the process for NCA designation and draft a Cultural Heritage Management Plan.

2. Produce proposal and EoI for Geophysical survey in Rupert's Valley, commission work.

3. Produce business case and costed concept for interpretive signage, commission work.

4. Produce business case and costed concept for coffins.

5. Produce business case and costed concepts for artefact replicas.

6. Produce plan for Landscaping and Protection for known and newly identified burial grounds.

7. Produce Memorialisation and Reburial Plan.

8. Compile Terms of Reference for Design Consultant for Interpretive Centre, Memorial and Reburial sites.

2020

- Public information sessions held by LAAC in Rupert's and Jamestown to inform local community on 7 work deliverables conducted by Project Co-ordinator.
- Project deliverables completed in end March 2020.

- (March 2020). Limited travel opportunities due to COVID-19. Shipping and procurement delays.

The above timeline tells the modern history of the Liberated African graveyards in Rupert's Valley. Not much of this appears in A Story of Bones. But it is important that you know this. The story of the Liberated African Remains deserves to be much more.

Most worrying is that A Story of Bones is classified as a documentary. I expected the film to also tell the significance of the story behind the bones and how they got there. To tell the whole story from the Vice Admiralty court set up here in June 1840. As an aside, Charles Hodson the Judge for the Court was the former owner of my 4 x Great Grandparents – James and Susannah (Susan) Lawrence and Charles and Mary Riley before they were emancipated in 1827. There are direct links from the Liberated African story with the wider story of slavery on St Helena that resonate today.

The original Depot receiving the captured vessels was in Lemon Valley where it was operational from 1840 –1844 after which it was moved to Ruperts. At Lemon Valley bodies were buried at Sea and near the buildings due to the narrowness of the valley (Infernal traffic). At Rupert's there are two known graveyards, not one as suggested in the film. It makes me question why is only one shown? Why is one more significant than the others? If it matters how we chose to remember then surely we should remember them all?

I felt that only the part of the story that could be sensationalised has been told in the film with lots of subliminal messaging to push the colonial and colour element. The film says the Pipe Store is a wing of the prison. The Master Plan says it was a store for pipes and plumbing materialsthat was turned to a flax museum. The film says the burial at St Pauls is on the outskirts of the cemetery. If you live on St Helena you can visit St Paul's cemetery and see that the burial took place in the area designated for non-Anglican faiths, a quiet, shady, restful spot. The scene with the gun, the scene chosen from a local drama Dottie Comes Home, the scene at the public meeting, even the scene showing the royal wedding being watched by a local household were all chosen to paint a picture of St Helena. This picture does not put these images into the context of the St Helena I know: no wonder the impression it gives is skewed. Even more disappointing, it bears no resemblance to the 2017 screening of the first cut of the film on-island. What changed?

Perhaps more so than the actual film are the inaccuracies in the media that surrounds it all that troubles me. In particular this quote from one of the filmmakers accusing the Government of gaslighting...

"We did have some problems with not being allowed access to certain places and people of influence. The island is 77% run by the British Government so if they want to shut something down than that's how it intends to work. The issues we found were more geared

ST HELENA NEWS

to closed doors and less with lack of communication. The government was very persistent on letting us know that there was nothing to worry about and that everything was just fine. So, it was definitely a lot of gaslighting going on. We do anticipate that this will get worse as this documentary starts to get more momentum at different film festivals and on the BBC Network, however it is a story that needs to be told and we intend to tell it," said Curran.

Source: <https://thehollywoodtimes.today/first-time-film-makers-make-stand-tribeca-2022/?fbclid=IwAR1AgsUoQnGQC-ib5zMzXtrLgf-Z96pvjUKKc9JP1-FEAYqKa9zmejiRo>

Gaslighting? A pretty serious accusation when much of the historical footage was taken from the records produced by the St Helena Government and there is much in the public domain... Similarly, there seems to be a theme along the lines:

Eager to stay on schedule, the Government ordered the excavation of 325 individuals and stored them in a wing of the island's prison, where they have been boxed, in desperate conditions, since 2009. But as the contractors pushed on and bones kept surfacing, the responsibility was placed in Annina's charge, as the project's Environmental Officer. She poignantly confessed that 'every time

we find another piece of human remains, I can't sleep that night.' The repeated delays in reburial and memorializing these victims of slavery is compounded by Annina's discovery of tapes revealing that the UK Government knowingly disturbed the burial grounds for decades. Outraged, Annina resigns and sets out to hold the Government accountable. Feeling increasingly isolated on the island, Annina looked to the outside world for help. There she found an ally in Peggy King Jorde, a renowned African American preservationist whose work – thirty years earlier – was born of a similar struggle, and produced New York's African Burial Ground National Monument.

Source: <https://goodpitch.org/project/a-story-of-bones/>

Annina van Neel arrives from Namibia to help with the construction and is present when the remains of thousands of "freed slaves" are uncovered. Heading her increasing discomfort with how the bones are handled, Nina campaigns tirelessly to honor their legacy and integrate them into the history of the island – their fate is, after all, intertwined with that of Napoleon's.

Source: <https://tribecafilm.com/films/a-story-of-bones-2022>

As the Environmental Officer for Saint Helena's doomed airport, Annina witnessed the unearthing of a terrible secret – a mass burial ground of 8,000 formerly

enslaved Africans. Haunted by this injustice – and echoes of her childhood in Apartheid Namibia – she now fights for memorialisation of these forgotten victims.

Source: <http://film-directory.british-council.org/a-story-of-bones>

It's disappointing that these sources do not mention that the history of the Liberated African Remains has been known on-island and carried through our local stories since the original burials in the 1800s. The recent work through the Airport Environmental Statement and beyond has helped us to document this. Having done my research my sanity is restored. As most of you will know I worked on the Airport Project. I wasn't directly involved in this element of the project but I did witness some of the work being done. It is documented, both on-island and via scientific texts, in documents such as the Environmental Statement, the Reinterment Options Paper, Infernal Traffic, the Eurotast study, the LAAC Options for Reburial, the LAAC Master Plan and others. I know I didn't imagine it all.

Yes, it has been challenging. But very quietly, over a number of years, the local community has been making progress to reach the outcome it wants. The LAAC has co-ordinated with stakeholders to reach agreement on the burial site in Ruperts. Prince Andrew School and

ST HELENA NEWS

Team St Helena Arrives Safely to Cheltenham



— Donna Crowie, SAMS —

After departing St Helena on Saturday, St Helena's Commonwealth Games team arrived in Cheltenham on Monday morning.

On Monday afternoon, Team St Helena was invited to a welcome event organised by Linda Buckley Shrouder and Kirk Stevens.

The team was welcomed by many Saints, some of which travelled many miles to welcome our young athletes and team officials. Cynthia Roberts gave a speech at the ceremony where she

said how honoured she felt to have the team in Cheltenham to train ahead of Birmingham 2022. She also told the team that by representing our Island, they have already achieved a lot, before thanking them and wishing all the athletes the best of luck for the Games.

Team St Helena have now commenced training at the pre-Games training camp in Cheltenham, as they prepare to represent our Island at the upcoming Commonwealth Games in Birmingham.

Let's go Team St Helena!

Greetings from the Jamestown Rifle club



— Pat Henry, Contributed —

It was an interesting training session on Saturday, 2 July, with Jordana Peters on Scatt training given by Simon Henry. Jordana's ongoing keen performances allows her to develop to the next level, Simon who has a wasp knowledge and skills in this training tool can help her to develop her shooting skills to the next stage. Jordana is willing to learn and absorb as much technique's, skills and information as she can and enjoy every moment of her shooting.

Members friendly pairs competition attracted twelve entries on Tuesday night, 5 July 22, these kinds of activities helps to bring people together and help each other with their shooting to advance and more importantly enjoy

it. Teams were grouped as evenly as possible rather than unevenly matched, we find this method creates more fun and excitement and provide that sense of balance nature. Team positions in reverse order, in 7th place was Colin Knipe and Brandon with 126.1, in 6th place Wendy and Shanna with 353.4, in 5th place was Pat Henry and Dave with 355.2, in 4th place was Jordana & Arthur with 375.3, in 3rd place Debbie and Sam Collins with 376.3, in 2nd place was Deirdre and John Holman with 377.7 points and sitting on top of the leader board was Patrick Young and Helen Bryan with 378.6 taking first place by 0.1, well done and congratulation everyone for making the night enjoyable, and thank you for your patients helping our beginners, will look forward seeing you next week.

Until then, enjoy your Blessed weekend.

Golf Report for Sunday 3 July

— SHGC, Contributed —

Fifteen players teed off to take part in the first competition of the month. The medalford competition. In this format the first 9 holes are played in stroke play and the second 9 played in stableford. The difference of the net score is the result with the lowest number being the best score. Two players both playing off 5 handicap took first and second position. The lowest score of 14, to win the 1st prize was Mr Leon Crowie followed in second place by Mr Larry Legg with 17. The two players had a similar second 9 both returning 19 points. Only three strokes in the 1st nine separated them. Mr Leroy Caswell won all the balls in the two-ball pool after scoring a birdie on the 7th.

The second competition of the month will be played on 10th July 2022, and it will be Tombstone stroke play competition. Tee off 12noon. Registration closes on Saturday 9th at 3pm.

Happy swinging!



St Helena
Government

VACANCY

Human Resources Assistant

(Central Human Resources & Organisational Development, Central Support Service)

We are looking for an HR Assistant to undertake a variety of HR administrative duties which involves a wide range of support activities, from coordinating meetings to maintaining our employee database to posting job adverts. A good HR Assistant needs to have strong communication skills, including good listening and speaking skills, must be reliable and should accurately follow instructions with the ability to multitask and acclimatize to a fast-paced environment.

Applicants should have the following:

- A Level 2 or above qualification in a relevant subject – such as English, ICT, Business Administration etc. or equivalent level of demonstrable attainment or experience
- Proven and effective administrative skills/experience
- Experience in using ICT systems including Management Information Systems and MS Office

We offer the following:

Salary: £6,722 per annum
Leave: 25 days per annum
Paid Sickness Absence
Flexible working hours scheme
Training opportunities

Further information about the duties of the post, interested persons should contact:

Mrs Delma Stevens, Assistant HR Business Partner on telephone number 22470 or email: delma.stevens@sainthelena.gov.sh

To access the Job Profile and Application forms click [here](#) or alternatively, both are available from: Central Human Resources. Applications should be submitted through Directors, where applicable, to Karen Thomas, Senior Human Resources Assistant, The Castle or e-mail recruitment@sainthelena.gov.sh by no later than 4pm on Friday 15 July 2022. To be considered for this role, you must complete our application form. Failure to do so will mean that your application will not be considered. Please do not submit your CV.

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview. All appointments are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified.

Benefits are subject to change and may only apply to certain roles.

NOTICE BOARD



St Helena Government

VACANCY

4 x Sea Rescue Service Auxiliary Crew (Safety, Security & Home Affairs Portfolio)

The St Helena Sea Rescue Service is seeking to recruit Auxiliary Crew to join their team in protecting and saving lives at sea.

If you are physically fit and a confident swimmer, and have the ability to remain calm under extreme physical and mental pressure, then we want to hear from you.

Applicants should have the following qualifications or equivalent and/or demonstrable experience:

We offer the following:

- GCSE Maths at Grade C or above or equivalent level of demonstrable attainment or experience
- Valid and clean driving licence with access to private vehicle to respond to call outs
- Experience working in a Maritime environment

Salary: £5.00 per hour (Retainer Allowance- £70 per month)
Training opportunities
Uniform

Further information about the duties of the post and a copy of the job profile, interested persons should contact: **Leeroy Caswell or Mark Caswell (Sea Recue Deputy Managers)** on telephone number 25215 or email: leeroy.caswell@helanta.co.sh mark.caswell@helanta.co.sh

Application forms and Job Profile are available from: Central Human Resources or the SHG website at: www.sainthelena.gov.sh/vacancies. Applications should be submitted through Directors, where applicable, to Anya Richards, Human Resources Officer, The Castle or e-mail recruitment@sainthelena.gov.sh by no later than 4pm on Tuesday, 12th July 2022. You will be expected to pass a swim endurance test. To be considered for this role, you must complete our application form. Failure to do so will mean that your application will not be considered. Please do not submit your CV.

SHG positively accepts applications from all members of the community regardless of race, gender, disability, age, sexual orientation, religion or belief, and will consider all applications on the basis of merit, in accordance with the person specification. All disabled applicants meeting the minimum criteria listed in the job profile will be guaranteed an interview. All appointments are subject to the successful candidate providing satisfactory clearances, including a medical check and vetting/DBS clearance. SHG reserves the right to have information provided on the application form independently verified. Benefits are subject to change and may only apply to certain roles.

One nil Harts. Sam was at it again for the second goal - just this time for the wrong side. On this occasion it was a Wirebirds corner that was delivered well and attacked by Benjamin who, despite not getting the best contact, did enough to see the ball deflect of Sam and into his own net. All square, and game on. Harts didn't take long to regain their lead though with another own goal - from another corner - coming just four minutes later. It was Wirebirds Dylan Stevens this time that saw the ball end up in his own net after the Wirebirds defence failed to clear a dangerous delivery which seemed to pinball in the box before eventually ending up crossing the line. As the game passed the half-hour mark, Harts had a golden opportunity to double their lead. As they applied the pressure, veteran midfielder Greg Phillips picked up the ball and crossed early into the box. Frontman, Tyler Brady, attacked and was caught with a wild swing from Stevens, bringing Brady down and forcing the referee to point to the spot. After staying down for a few minutes following the knock, Brady was up again and poised to strike from 12 yards. As the Harts and Wirebirds



loyal supporters held their breath, Brady ran up and struck. But his effort was weak, and Thomas made the save diving to his left before getting back up to get a hand to the rebound - keeping his team in the game. The last big chance of the half came the way of another well-hit strike from Benjamin from just outside of the box. This time his effort seemed destined for the top-left corner, but for a brilliant goal-saving header from Captain Marvel, Mike-e Wil-

liams, who put in another first-class defensive display - as has been the usual from Williams since his transition from young pacey left-back, to experienced leader in the centre of the backline. Both sides made changes during the interval with Mark "Hicks" Williams replacing Cruyff Buckley for Harts and Weston Clingham coming in for Cody Harris for the 'Birds. Wirebirds were out of the blocks strong in the second forty-five,

NOTICE BOARD

FOOTBALL RESULTS

Saturday 2 July 2022
Wirebirds 2 vs **Harts 3**
Sam (OG), S Stroud (Pen) vs Sam, D Stevens (OG), M Young
MoM: Sam

Sunday 29 June 2014
Lakers 7 vs **Axis 0**
L Yon (Pen), S Stroud (2), S Thomas (2), R Backhouse, K Yon vs YPoM: Travis Yon
MoM: Selwyn Stroud

Ballez 0 vs **Rovers 22**
Player vs R Benjamin (10) B Isaac (4)
YPoM: Shaquille Benjamin vs J Thomas (4) R Legg (2)
D Wade (2)
MoM: Rico Benjamin

FOOTBALL FIXTURES

Saturday 9 July 2022
1.30pm **Ballez** vs **Axis** ref: Lakers
3.30pm **Harts** vs **Rovers** ref: Ballez
Sunday 10 July 2022
2pm **Wirebirds** vs **Lakers** ref: Axis

More shots from the weekend's action CKW Photography



with Benjamin breaking through the Hart's backline and striking past young Christo Crowie in goal, only for his effort to ping back off the crossbar. Last year's hotshot Shane Stroud picked up the rebound and wriggled the space for a shot, but it was blocked by Harts centreback Simon Scipio, almost creeping in at the near post. S Clingham had the next chance of the match, putting his trusty left foot through the ball which was curling goalwards. Williams was there again though to head over and keep his side in the lead. Epitomising the threat of Wirebirds in the second half was the fact that Harts only registered their first shot of the second period near the hour mark - Young's long-range strike going well-wide of the target. 24minutes after the restart and it was Wirebirds who was, this time, awarded a penalty after an infringement was spotted by the referee in the Harts 18-yard box. Stroud stepped up and made no mistake in rolling the ball coolly to the keepers right to level the scores once again - much to the delight of the Wirebirds faithful watching on from the 'stands'. But, as was the case in the first half, Wirebirds joy was short-lived as just six minutes later, Young produced the moment of the match. After being awarded a free kick around 25yds out - instead of getting set for a strike - Young was switched on and played the free kick quick to Brady, who was on the same wavelength as his strike partner to take advantage of a disrupted 'Birds backline. He slid the ball back through to Young who finished with a sweetly-struck left-footed effort that found the top corner making the score 3-2

to the Blues with just 15minutes left to play. Wirebirds will have felt a little hard done by as they were busy questioning the ref's decision when Young's smart decision was made to take the quick free kick - but nevertheless, it was still a brilliant move from the ex-Bellboys man.. Once again, Wirebirds were on the hunt of an equaliser. They pushed hard, and did have the Harts on the back-foot in the games closing moments. They came close when a long-range strike caused Crowie in goal to fumble, but despite the challenge from Stroud, the young keeper managed to grab hold of the loose ball, laying over it and hanging on as if his life depended on it. Wirebirds pressed to level the score right to the end, but a poor corner from their best player of the match, Benjamin, at the very end was greeted with the final whistle - the reigning champs losing out on the points in their first game back. Despite notable performances from a number of players, including Young and Williams for Harts, and Benjamin for the 'Birds, it was new Harts hero, Sam, who was awarded Man of the Match honours after a tireless performance which saw him cover almost every blade of grass and put in a solid shift at both ends of the pitch. While Wirebirds will no doubt dust themselves off and be back strong again in the next match, Harts will be thrilled with their start to the season, especially with their new boys shining in their first game out. While there is a long, long way to go - it already feels like this is going to be an exciting season of football here on St Helena!

SPORTS ARENA

CHAMPS SUFFER HART ATTACK

Harts edge Wirebirds in thrilling season opener on Saturday



— Liam Yon, SAMS —

A quick free kick and tidy finish from new blue, Matthias Young, saw Harts edge the win and snatch the three points from reigning champions Wirebirds in an entertaining match that ended 3-2 to kick off the 2022 football season on Saturday.

The crowds turned up in their numbers to witness the start of this year's football league, with a box office start between last year's champions Wirebirds and a rejuvenated, new-look, Harts side making for an exciting and highly-anticipated match-up.

Wirebirds fielded a team not different to last year with the only real notable difference being the exclusion of Greg Coleman who scored 'that' memorable header to win the title last season. Harts on the other hand looked very different, still keeping their core, they have brought in ex-Bellboys attackers Young and Kyle Shoemith, while also integrating Sam and Rob into the line-up, as they look to put the blues back into title contention this season.

The weather was perfect, the teams were ready to battle, and the crowds were in position – let the 2022 season get underway!

Right from the kick-off Harts were on the front foot, putting the Wirebirds' backline under some early pressure and winning the first corner of the match – though the cross was gathered comfortably by 'Birds number one Rick Thomas.

Wirebirds then showed their danger, with Alex Langham showing his grit to steal the ball and find Sanjay "Lips" Clingham with an early ball from right to left, with Clingham then striking early across the goal with his effort always sailing wide – but a good sign for last year's in-form left winger.

Not long after, Wirebirds were at it again with the first proper passing play of the match resulting in Tyler Benjamin picking up the ball in midfield. With no pressure from any blue, Benjamin had time to unleash a venomous long-range effort that just missed the target.

Nearing the 10minute mark of the match and Harts delivered the first blow. It was Young, whipping in an in-swinging corner with his left that found the head of Sam who directed it into the back of the net for an early lead.