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POTPOURRI

November

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Potpourri Magazine Seychelles



Potpourri Seychelles is published by Paradise Promotions Ltd
 Box 1539, Room 14, Docklands Building, Victoria, Seychelles
Tel: + (248) 4325215 | **Fax:** + (248) 4325216 | **www.potpourrimagazine.com**
 Printed by: ATLAS Printing Press LLC.



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From the EDITOR

Dear Folks,

The month of November starts off with a three-day weekend. The 1st is the All Saint's Day holiday where many of us head to the cemetery to pay our respects to our loved ones who have left us. As solemn as the occasion might sound, it is a time of year when the cemetery is a pretty sight with all the flowers on the graves. If our dear beloveds do in fact look down on us from above, they would be pleased.

In this issue, a Seychellois woman who lives in the UK, shares with us the story of her husband's deployment to Afghanistan. Since the end of World War 2 in 1945, Seychelles has been disconnected to the concept of war and so, it is at once fascinating as it is gut-wrenching when we hear that one of our own lives this life – the life of an army wife. Her story is a beautiful one; one of love, promise and courage. (Read it on page 8).

In the last week of November we will celebrate the Festival of The Sea (SUBIOS). At the risk of stating the obvious, I must remind everyone that the sea forms a huge part of our environment and it must also be treated with respect. It is such a disappointment to look out at our pristine ocean and to find a take-away box floating around. A healthy sea is of course much more than a clean sea, but a clean sea is something that you and I can make sure we have by throwing our trash away properly.

The white elephant in the room during November is going to be the to-do list for Christmas. Christmas is a lovely thought in November until the December bell rings and panic mode sets in. Start your list this month and start browsing around for presents and things you will need for your entertainment plan.

For those of you visiting our beautiful islands this month, may you have a memorable holiday and are blown away by the Seychellois hospitality.

Until next time, stay happy and healthy.

Marie-France
Chief Editor



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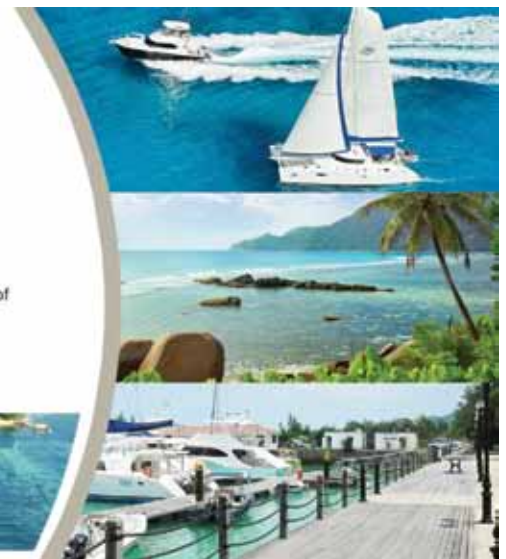


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Cover Model

Model: Emilie Laura Chetty

Age: 20

Profession: Student

Hobbies: I love to sing, cook, play with my pets, spend time with my friends, make smoothies, read, make videos or watch some series with a nice cup of Chinese tea.

My motto's: 1) Be the change you want to see in the world.

2) Live in the now.

3) Your power is in your thoughts.



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Musings of an Island Girl

by Tina Houareau



Photo Credit - Joel Zamzow

Wisdom Outside the Box

In my last column, I talked at length about my desire to go back to my roots and to disconnect from social networking sites and other electronic distractions. Now this does not mean that I am now living a completely unrealistic lifestyle. I have not abandoned my home and stuck out to living deep in the Bitterroot Forest in Montana, Idaho. I have not stripped my life down to the absolute minimum so I could start over from scratch in a remote area of huge trees and a variety of furry creatures large and small.

"I RECOGNIZE THAT SOLITUDE MAKES SOME UNEASY AND EVEN SCARED. I AM NOT ONE OF THOSE PEOPLE. I HAVE ALWAYS BEEN HAPPY TO BE AWAY FROM THE HUM OF HUMANITY".

I am still living with electricity, a telephone, a car, and my source of running water is city water - not the mountain creek that flows past a human tent being mauled by the coyotes.

What I do feel is happening though is the beginning of a self-discovery quest unlike any I have had before. While I continue to trust the relevancy of my education, I have always longed to tap into that vast source of wisdom that exists outside the proverbial box. I have always desired to be a graduate student in the school of life in hopes of discovering my true and unique place in this marvelous universe.

I recognize that solitude makes some uneasy and even scared. I am not one of those people. I have always been happy to be away from the hum of humanity. And quite frankly, it is the only way to get in touch with the core self. One of the first things I realized after I deactivated my Facebook account was that solitude can be such an eye opener. We take so much for granted. We grow up

thinking that food comes from the refrigerator, water comes from the faucet, electricity comes from those outlets in the wall, and that the TV and internet should always be working or we will surely die. It is really easy to take these conveniences for granted when we have always had them. We seldom consider what is truly involved in sustaining them. This realization is forcing me to think more profoundly about other areas of life that have not received the appreciation they deserve. And it continues to be a humbling experience.

Studies show that in the man-made world, we rely heavily on analytical wisdom. But in the natural world analytical wisdom is nonexistent. There is only genetic wisdom - what we like to call "instinct." This is the wisdom that lives within our genetic blueprint. Fascinatingly, in the absence of analytical wisdom, there are no imbalances. Everything in the natural world is in perfect balance. There is nothing to figure out. There is only harmony. Every creature of the Bitterroot Forest knows its place in creation. They do not go searching to find themselves. They do not wonder how they fit into the world around them. They are not disappointed because they want to be something else. They are instinctively at peace with their place in creation, so they are free to live their lives fully immersed in the moment. For me, seeing this truth manifest itself has been life-changing. The whole arrangement is perfect, peaceful, and beautiful. It is wisdom outside the box.

An advertisement for 'La Cave à Vins'. The top half features the name 'La Cave à Vins' in a cursive font, with a small illustration of a wine glass and grapes. Below the name is a decorative vine border. The text 'For all your favourite WINES & SPIRITS under one roof!' is prominently displayed. The bottom half of the ad shows a row of various wine and spirit bottles, including brands like Jack Daniel's, Baron de Valac, and others. At the very bottom, contact information is provided: 'Unity House Tel: 432 1221 | Premier Building Tel: 432 4610', 'Victoria, Mahe, Seychelles', 'Email: cavavins@seychelles.net', and 'www.caveavins.sc for our extensive catalogue'.



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SEYCHELLES

Veggie Victory!

by Emilie Chetty

I was brought up my whole life eating meat. I loved meat so much. To me, a meal without meat wasn't really a meal at all. About a year ago I made a life changing choice, to become a vegetarian. At the beginning I tried to become a vegan, meaning omitting all animal products from my diet including milk and eggs. This was really tough, I was constantly feeling starved for the first month as I couldn't find the right replacements for all the food I had eliminated from my diet. This was because the variety of vegetarian food here in Seychelles is quite limited.

“ I CONTINUED TO DO WHAT I FELT WAS RIGHT, AND EVENTUALLY THINGS BECAME A LOT SMOOTHER AS PEOPLE SIMPLY GOT BORED OF MAKING MY LIFE DIFFICULT AND FORTUNATELY FOR ME I WAS STRIVING WITH MY NEW DIET.

So eventually I realized that the only way I can do this is by eating small amounts of fish sometimes too but I do hope to also stop eating fish completely one day in the near future. A vegetarian who also eats fish is known as a pescatarian. Which I guess is what I am.

Being someone who doesn't eat meat is very strenuous especially in today's society. It has definitely taken a toll on my social life. It has become a bit difficult compared to when I did eat meat. At first it started with people teasing, which made things even harder for me, when people saw me the first thing that they would do is criticize or make fun of my recent diet change, but I didn't let that get me down. I continued to do what I felt was right, and eventually things became a lot smoother as people simply got bored of making my life difficult and fortunately for me I was striving with my new diet. I felt empowered and saw life with a whole different light. I felt more in touch with myself than I ever had and it was wonderful. One of the biggest obstacles I came across was not being able to become a chef anymore. This was something I had long dreamed of, but it was pretty much out the window when I stopped eating meat. I still cook passionately at home, but I try not to cook my veggies much as doing so rids of some of the best nutrients. This lifestyle has definitely opened my eyes to a range of new and exciting dishes. Instead of ordering the usual sweet and sour chicken I'd try every other dish on the menu that didn't involve meat. Although, I do think most restaurants of Seychelles lack some

vegetarianism on their menus. Having only veggies for a meal in foreign countries is not a problem at all whereas here most restaurants have meat in all their dishes.

What spurred this change in my life was the barbaric practices used to farm and kill living, breathing, feeling beings which is justified as necessary to keep up with our insatiable demand for their flesh. I felt I could no longer be part of such a thing. So I hopped on to a new adventure of trying to become a vegetarian and it has brought me nothing but health and happiness. All my life I had a problem with little spots on my upper thighs, it made me feel insecure and none of the medicinal creams I applied to it would make it disappear. Now 11 months after eradicating meat from my diet, they have just simply vanished! I can wear my bikinis

feeling confident and proud! I don't know whether it was because of my diet change or not but all I can say is they are gone!

All fruits and vegetables are still alive after they have been harvested, that means they continue to respire, breathing in oxygen and breathing out carbon dioxide just as we do. They also transpire, that is they lose water which usually causes shrinkage. Since the produce is now removed from its normal sources of water and nutrients, water losses and respiration changes cannot be prevented. In other words the produce is perishable and has a limited life before it deteriorates to a point where it becomes inedible. Therefore when we are eating them we are taking in fresh life with every bite. I don't always like to eat fruits and veggies as it does take a considerable amount of effort to eat the amount necessary to keep your body feeling alive and pumped, so what I do is pop them all in my juicer and have a lovely veggie fruit smoothie instead! My favourite one is a tomato, carrot, banana, apple and celery smoothie! Hmm fresh goodness!

So I have decided to take vegetarian life further and inspire people to change their diet up a bit, even if it means just incorporating a lot more fruits and veggies in their everyday lives. I guarantee your life will change for the better. You will feel brighter and perkier than ever! You'll ward off disease, keep your weight down, live longer, build strong bones, reduce your risk of food-borne illnesses, ease the symptoms of menopause, have more energy, be more 'regular', help reduce pollution and help reduce famine. You'll spare the lives of animals, save money and your dinner plate will be full of colour! I'm very joyful to have you all embark on my journey and see for yourselves just how wonderful this kind of lifestyle can be.



Photo Credits: Suzanne Verlaque



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Inspired by Passion

ARMY WIFE

by RS

"We met at a party," she smiled. A pretty smile that made the corners of her eyes crinkle in a mischievous way.

"It was a party hosted by a Seychellois in the UK and there were quite a few soldiers there. Alain and I were introduced but I didn't think too much of it at the time – you know what it's like – You meet a guy, you swap digits and that was it pretty much," said Louisiana as she leaned towards the pc camera to adjust it.

I wasn't sure if it was nervousness or reminiscing but she had a wistful look to her.

Skype was acting up again and the picture was grainy, but Louisiana Salomon (Hoyte) had an interesting story to tell and I was not about to let something as trivial as crappy internet connection get the upper hand. Her story is one that tugs at the heart strings. Family, love – and above all – loyalty.

"In the beginning, there was a lot of to and fro," she said.

"I came back to Seychelles after that first encounter and we Skyped often. I decided to go and visit him eventually (in the UK) but sadly my mum took ill and I had to leave again." Louisiana tells of the emotional roller coaster she had to endure during the painful months to follow.

"We found out my mother had a brain tumour and I left

I REMEMBER WATCHING HIM GO IN AND OUT OF IMMIGRATION – SAYING GOODBYE FOR WHAT FELT LIKE THE MILLIONTH TIME – MY HEART BREAKING WHEN HE FINALLY DID LEAVE.

She flashed the mischievous smile I had come to associate with good news. "It had only been two months since Alain and I met, but we knew we wanted to be together and had already decided we were going to get married". And of course, that's where most people would sigh – perhaps dish out a 'how romantic' – but little did I – or Louisiana at the time – know how challenging her life was about to get.

Alain Hoyte, from St Vincent's and the Grenadines – the father of Louisiana's baby and her soon-to-be husband, was Lance Corporal (Infantry) in the British Army. "During our relationship, Alain was deployed twice to serve six-month tours in Afghanistan," she said, her face more shadowed now. "Aiden – that's our son – was only three months old when he left and I was devastated. I wasn't sure how I would cope and even though I had my family and friends' support, I knew I still needed Alain."

"You know what's funny? You've heard it before. Fellow army wives tell you what it's like and you're like 'yeh sure, we'll deal with it when the time comes' – but you're never prepared.

He was in Seychelles with me the week before he was deployed and on



the day he was set to leave for the UK I remember watching him go in and out of immigration – saying goodbye for what felt like the millionth time – my heart breaking when he finally did leave. I felt overwhelmed – what if this was the last time...you know?"

She looked at me.

I wasn't sure what to say to her and

anything would have come out sounding like a squeak at that point.

Louisiana rolled her eyes up towards the ceiling for a brief moment.

Perhaps gathering her thoughts – Perhaps re-living that painful day – I would never know which.

"I was on edge," She continued. "It was like sitting on a land mine (no pun intended) – I kept staring at my phone and would have an inner mini break down whenever it rang. The comfort was I did hear from him from time to time – usually via Skype – but the communication was a struggle at best because the internet wasn't exactly the great.

At times I wouldn't hear from him for days on end when he'd go on missions where he wasn't allowed to get in touch with me. Those were some pretty sleepless nights," she said, lips now drawn in a thin line.

"I'd watch the news every night for clues on where he might have been sent. All I'd get from that was the rising death toll in Afghanistan. My family would turn off the TV and tell me to stop doing that to myself.

But you can't, you know?"

Louisiana shifted in her seat.

"Anyway, when Alain came back – Aiden was already about 9 months old. It was like watching two strangers trying to get to know each other," she said. "They bonded fast though".

She smiled at me through the webcam.

"You know – it was definitely hard – and will continue to be as long as Alain continues to be deployed".

She paused, and in Louisiana style – looked up towards the ceiling.

"But I love him. We do have our ups and downs like every couple," she smiled.

"But loyalty and understanding keeps us strong.

I know I have a loving husband fighting for a cause somewhere in the world and he knows he has a wife back home who loves him with all her heart and supports him in whatever he does."

Louisiana and Alain Hoyte live in Catterick, UK with their son Aiden.





*No place like home...
thanks to Barclays*

The story of Anisa and Dominique's home started many years back when Anisa was still in her teens. A student at the Seychelles Tourism Academy, her path crossed those of a handsome beau, Dominique who later would become her life partner, closest friend and the father of her son. Dominique was then a student at the School of Art and all he remembers is that 'I had found my alter ego, my better half; I just knew I would spend the rest of my life with Anisa'

As much as the love was strong, the two lovebirds happen to be two grounded individuals who wanted to settle down in a comfortable nest, from the onset. They had every intention to have a place they could call home. So they applied for a plot of state land and 6 years ago, their dream came true. They received the confirmation that a plot of land was secured for them. And a few years later, they decided that it was high time to start building their dream home.

Barclays as a facilitator

That is where the problem started. Both Anisa and Dominique did not expect the challenges of securing a loan to start construction. They recall "We experienced so much difficulty and many a time, we wanted to abandon the whole project. Some banks could not give us the amount of money we needed whilst others just tested our patience.' However the arrival of their son, Pablo turned out to be a blessing in so many ways ; they saw the light in the tunnel. Anisa read about Barclays Home Loan offer in Pot Pourri magazine where it was mentioned that they could pay a loan

over 25 years. The couple talked about it and headed to the bank. "I know it can sound cliché but we had a very warm welcome by Marie-May L'esperance, Relationship Manager - Home Finance where we got all the necessary information and the requirements for the loan we requested. We met all the requirements and started the process and everything went smoothly. We were accompanied closely by Barclays and now after some time paying the loan, we were told that we can apply for an additional loan to furnish our house and later also buy a car. Really we never thought that would be possible. It is a dream come true"

Nothing comes easy

To be able to achieve such a major milestone in their lives, both Anisa and Dominic made lots of sacrifices. "We had to start saving and in the process I sold my car to add to the savings. Every one has his own priorities; I believe a house is more important than a car", confesses Dominique. "Without a loan, nowadays you will not be able to achieve anything", adds Anisa. "Still we need to work hard to cater for our son, Pablo and also to furnish the house...but in the end we feel happy and proud to have our own haven", says Anisa and Dominic.

"Life is not only about today. We are so thankful to Barclays for trusting us and giving us the opportunity to make our dream come true", said Anisa.

"This house is the accomplishment of our ambitions. Finally we have a place that we can call HOME", said the couple.

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A Fresh Start - London to Mahé

by Daniel Balkwill



"These include the Dutch doctor I met when honeymooning in Egypt on a cruise along the River Nile who liked to read outside on his balcony whilst stark naked".

Some of the most memorable and enjoyable moments of my life so far have been spent travelling abroad. A well-known adage states that variety is the spice of the life and I wouldn't disagree in this particular respect. Transplanting oneself away from the regular life/work environment and into a foreign country, immersed in a completely different culture even for a short time is an exhilarating and rewarding experience.

Hailing from the UK, I've travelled extensively around nearby fellow European countries such as France, Italy and Spain but have also occasionally ventured further afield. I've many recollections of various foreign excursions where I encountered some extraordinary sights and numerous interesting and sometimes unconventional characters. These include the Dutch doctor I met when honeymooning in Egypt on a cruise along the River Nile who liked to read outside on his balcony whilst stark naked. I only know this because I had the misfortune to be in the adjoining cabin and the dividing screen was perforated.

You can make some valuable and lasting observations too. I once saw a Thai boy running up and down the beach with an empty plastic bottle tied to his ankle with a blissful smile on his face, clearly having a wonderful time. It was definitely a message to all of the over-privileged children worldwide who throw a tantrum if their parents don't buy them the latest Xbox game.

It's always worth making the effort to learn a few words of the local language. During an archaeological trip to Bulgaria when I was a student, my friend and I had to make a leap of faith when ordering pizza at a restaurant in Plovdiv and managed to end up with a tuna and anchovy one which represented the unlikely combination of both of our least favourite possible toppings. We certainly paid a heavy price for our ignorance that day.

An unforgettable trip involved a visit to Morocco. My wife and I decided to travel from Marrakesh to the Sahara Desert via the Atlas Mountains. Our designated driver introduced himself as 'Michael Schumacher' and proceeded to drive like a madman along the picturesque but hazardous alpine roads even though there frequently wasn't enough space for two cars to safely pass each other with no roadside barriers and a terrifying sheer drop of hundreds of feet. After this lengthy journey from hell we then faced a further two hour camel ride to the camp in the desert. To describe this as an uncomfortable mode of transport would be an understatement of colossal proportions. To add insult to painful injury we witnessed all the other visitors arriving in Land Rovers. It transpired that the camp lavatory had a giant scorpion living in it, waving its outsize pincers in intimidating fashion from within its makeshift home of the toilet bowl. This was definitely not what I envisaged by the term 'creature comforts'.

Dan works for Kreol Wines - a new wine shop located at Eden Plaza on Eden Island, specialising in Argentinian, Australian, French and South African products.

Opening hours are 9-6.30 Mon-Fri, 10-6 Sat & 10-4 Sun.



Mimosa

campfires and eating good food. After a long working week, it sounded very appealing and rather wholesome!

Turning off the freeway onto a gravel country lane I immediately began to relax as I passed horse paddocks and orchards along my way. Behind the old town chapel I found the entrance to Jen's little bit of heaven, a picturesque 3 bedroom cottage with a wrap-around veranda and an acre of surrounding woodland.

Jen, Sam, Jo and Vanessa helped me unload our supplies then we wandered down to the village tavern, immediately doubling the number of patrons inside! We conversed with the locals and enjoyed a hearty meal of Beef and Guinness Pie. Back at the cottage, Sam built a bonfire for us to warm ourselves whilst we toasted marshmallows and drank hot chocolate, sharing stories late into the night. Jen's dog, Scruffy amused us by "singing" along as she played the accordion!

The next morning I woke to the sound and smell of bacon and eggs sizzling so I whipped up some Mimosas to accompany breakfast, which we ate outside on the porch so that we could make the most of

I had been burning the candle at both ends in order to meet work deadlines. The weather all week was unusually wet and miserable. What then to do on a dreary weekend in Perth? Relief came via Jen who suggested we stay at her cottage in the Jarrahdale Forest, located in the Darling Range. The aim was to drive down on the Saturday morning and spend the weekend hiking nature trails, sitting around

BACK AT THE COTTAGE, SAM BUILT A BONFIRE FOR US TO WARM OURSELVES WHILST WE TOASTED MARSHMALLOWS AND DRANK HOT CHOCOLATE, SHARING STORIES LATE INTO THE NIGHT.

the spectacular view. Determined to overcome the drizzle, we rugged up and started exploring this National Trust Heritage town famous for its timber industry, then hiked through the surrounding jarrah forest from which the town takes its name. We stopped for lunch at Millbrook winery and sampled their viogniers and sauvignons with some scrumptious local cheeses. All too soon it was time to head home and prepare for another busy week. At least I felt replenished with lungs full of fresh country air! Until next time - if you can't be good, be good at it.



Mimosa

You will need...

- 1 tsp Grand Marnier (or triple sec)
- 50ml chilled Brut Champagne (or other dry sparkling white wine)
- 1 dash Angostura Bitters
- 50ml chilled fresh orange juice
- Orange slice, for garnish

Build the ingredients in the order given in a Champagne flute. Garnish with the orange slice.



Brigitte Monchouguay is a Seychelloise legal professional with a passion for social journalism. She is happiest when travelling, with interests in music, art, theatre and architecture. She also dabbles in mixology and will be sharing cocktail recipes along with her monthly escapades.



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Let's Keep Seychelles Clean



"We are threatening to undo efforts that took 400 million years to deliver us a beautiful and bountiful land Seychelles deserves better and so do we".

The story of Seychelles begins more than 400 million years ago on the minor super continent of Gondwana. Gondwana started tearing apart to make what we know today as South America, Africa, Antarctica, Australia, Parts of Arabia and parts of India. During this phenomenal shifting of our planet, Gondwana tore apart leaving small fragments of land scattered across the Indian Ocean.

A land uninhabited with the most exotic flora and fauna, emerald green forests that sank deep roots and pristine marine life-our wondrous islands of the Seychelles. Nature was untouched and mythical.

This all means that we are today the inheritors and the beneficiaries of this small legacy. It is our duty to keep such a beautiful and wondrous land in a good state of care and preservation.

Yet... We litter Seychelles!

We pollute her river systems and our ocean. We litter and sully her unique coastline and beaches. I've recently witnessed countless acts of people throwing plastic bottles and all sorts of trash out of their cars and just generally on the streets. Litter is unsightly, smelly and dirty. Why do we treat Seychelles in such a way?

Litter can trap, suffocate, strangle or poison wildlife
It affects local communities
In the long run, litter has a detrimental effect on the local economy and on tourism
It can be dangerous and unhealthy
It persists in the environment for a very long time.

Littering is a personal choice and shows a lack of responsibility for one's actions and surroundings. We are threatening to undo efforts that took 400 million years to deliver us a beautiful and bountiful land Seychelles deserves better and so do we.

Don't be a litter bug! Let's keep Seychelles clean and beautiful. It's our island and therefore our duty.

Alexandria Faure has a degree in Drama and Theatre Arts. She graduated in 2013.

Seychelles last Minute

NOVEMBER 2013

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Seychelles Last Minute

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BASIC FACTS

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- Damage to other people's cars and property
- Windscreen repair or replacement
- Your car stereo and loss or damage to personal effects

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This covers liability for:

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- Damage to other people's property
- Accidents caused by passengers in the car

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CABLE & WIRELESS

"Reduce your bill: Water Heaters"

This month, we will talk about the water heaters.

Nowadays, a lot of people are talking about solar panels but what it is actually? First of all, solar water heater and photovoltaic panels are two completely different things and technologies. Solar water heaters are using the greenhouse effect to heat water. Photovoltaic panels are using complex processes to transform sun energy into electricity. You cannot produce electricity with your solar water heater! (And cannot produce hot water with your photovoltaic panels).

Getting back to our theme, water heating can represent a large share of your electricity bill. For example if you don't have Air Conditioning Systems (most of the household here in Seychelles), water heating can represent up to 40-50% of your monthly bills. One may say "That's not possible, I'm not using hot water for shower" but in the same time, his/her washing machine will run at 60-90°C all the time. Indeed, we are using hot water for shower, but also for the washing machine and the dish washer if you have one. Now you understand that producing hot water is not only a matter of 'showering' and it can have pretty big consequences on your bill. Why not doing this in a sustainable and economic way?

Currently, you have 3 main water heaters technologies:

Electric water heater

Gas water heater

Solar water heater

In order to have some good comparisons, we need to take into account the upfront cost, the operational cost and the lifetime.

For the Electric Water Heater, the upfront cost is cheap (around 3500 to 6000 SCR) and every year, you will use for

a 3-4 persons family needs around 1500 kWh (Electricity units), meaning 2300 SCR (1.50 SCR/units). After 10 years (its lifetime), you will have paid on average 28,000 SCR for this system. After 20 years (and buying a new one), the total cost is 56,000 SCR.

For the Gas Water Heater, the upfront cost is higher (around 8,000 to 10,000 SCR). For the same needs, you will need around 10 liters of gas per month, meaning 2,000 to 3,500 SCR per year. After 10 years (its lifetime is usually more than 10 years, between 10 to 20 years depending on the quality), you will have paid on average 36,500 SCR. If the maintenance is properly done, you will not need to replace it before 20 years, meaning the total cost after 20 years is 64,000 SCR.

For the Solar Water Heater, the upfront cost is the highest (around 26,000 SCR for a good one (300L) - for the same family needs). Here in Seychelles, most of the time you will have enough sun to provide hot water for everyone. So the operational cost is ... FREE! The lifetime of this kind of appliances is more than 20 years. The total cost after 20 years will be 26,000 SCR.

These figures shows how economically viable is the solar water heater. Even within a 10 years period, it is cheaper to have a solar water heater than everything else. After 20 years, costs for electric and gas water heater represent two times the cost for a solar water heater!

Maybe the last barrier to solar water heater could be:

"Will we have hot water if we don't have enough sunlight during a day or some consecutive days?". The answer is YES! No matter how much sun you have, you will always have a back-up system within your solar water heater. It's an electrical water heater in the water tank itself. You

have to switch it on and off manually. Use it only when you don't have enough hot water. This will not happen in a cloudy day (you will have enough hot water stored from previous days) but after a couple of cloudy days.

A last word of advice: we cannot be sure and confident about the oil prices, nor electricity prices. We can assume these energies will continuously cost more and more. What can be assured is the availability of the 'Sun-energy' and moreover, its price: FREE. Investing in a solar water heater is a 100% reliable investment in the future. Your call!

Contributed by The Seychelles Energy Commission



ABHAYE's Music Shop

TRUMPETS (SR10,000+)



It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everyone loves music.

Billy Joel

Billy Joel got that right. While there are hundreds of ways to define the power of music, the opinion is more or less the same; music is a great thing. The sounds that come to life when a musical instrument is played form a universal language understood by all and along the way, they break down all sorts of barriers.

Learning to play an instrument is on many people's list of things to do before hitting milestone ages. The reason is simple; we have all heard that playing a musical instrument not only immensely enriches our lives, but also has countless benefits for our physical and mental health. But what exactly are those benefits?

MEMORY EXPANDED

According to an article from The Telegraph online magazine, "New research suggests that regularly playing an instrument changes the shape and power of the brain and may be used in therapy to improve cognitive skills." If you learn how to play an instrument, the parts of your brain that control motor skills (ex: using your hands, running, swimming, balancing, etc.), hearing, storing audio information, and memory actually grow and become more active. (Source: <http://www.telegraph.co.uk/science/science-news/6447588/Playing-a-musical-instrument-makes-you-brainier.html>)



CLARINETS (SR12,000+)

A BETTER TEAM PLAYER

Being a good team player can determine whether you will be successful in life. Playing an instrument requires you to work with others to make music. In band and orchestra settings you must learn how to cooperate with the people around you.

GOOD OLD COORDINATION

The art of playing an instrument requires a lot of hand-eye coordination. By reading musical notes on a page, your brain subconsciously must convert that note into specific motor patterns while also adding breathing and rhythm to the mix.

MATHEMATICS MADE EASY

Reading music requires counting notes and rhythms and can help your math skills. Also, learning music theory includes many mathematical aspects. Studies have shown that students who play instruments or study the arts are often better in math and achieve higher grades in school than students who don't.



KEYBOARDS (SR2,700+)

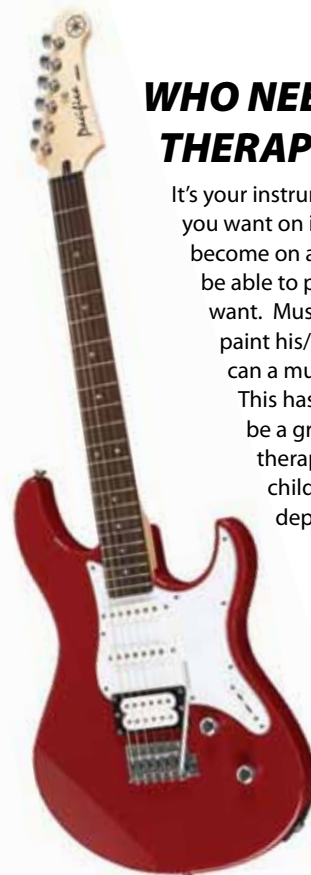


BETTER CONCENTRATION

Playing music by yourself requires you to concentrate on things like pitch, rhythm, tempo, note duration, and quality of sound. Playing music in a group involves even more concentration because you must learn to not only hear yourself, but you must listen to all the other sections and play in harmony with the rest of the group.

WHO NEEDS A THERAPIST?

It's your instrument, so you can play whatever you want on it! The more advanced you become on an instrument, the greater you'll be able to play what you want and how you want. Music is an art—just like an artist can paint his/her emotions onto a canvas, so can a musician play a piece with emotion. This has proven to relieve stress and can be a great form of therapy. In fact, music therapy has been useful in treating children and teens with autism, depression, and other disorders.



ELECTRIC GUITARS (SR2000+)

I CAN!

Overcoming musical challenges that you thought you'd never quite master can give you a great sense of pride about yourself. When you first start learning how to play an instrument, it seems like just holding out a note for a couple beats or hitting a high pitch is an amazing accomplishment.



PROMOTES HAPPINESS

Playing a musical instrument can be very fun and exciting. Not only is it fun to play music that you enjoy, but it feels wonderful to hear an audience (even if it's just family) applaud you. There is also great satisfaction in being able to take part in community activities (such as mass) and help bring music to the event.

Now that you are convinced that playing a musical instrument is a must, there's more good news for you. Abhaye Valabji is expanding its music shop, located in OJ Mall, Market Street with more YAMAHA products. Abhaye's music shop is in fact Seychelles' only shop solely dedicated to musical instruments and they do not compromise on quality. Whether you want to upgrade your current instrument or you're thinking of starting up with one (you are never too old to learn to make music!!), you will find what you need in the shop.

Aiming to be a one-stop shop for all your musical needs, the shop also offers accessories to give you the ultimate musical experience. With a new year fast approaching, make music part of your 2014 (and the rest of your life).



SAXOPHONES (SR25,000+)



ACOUSTIC GUITARS (SR1500+)

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Hidden in Victoria

Pink Salt



Photo credits: Pink Salt

Buy the fruit juice!

They sat me down and handed me the drinks menu. Now, I love fruit juice and to be more precise I love local fruit juices even more! I consider myself a connoisseur of fruit juice; a fruit bat has nothing on me! I am the master of fruit juice. When I tell you that I had THE BEST passion fruit juice I have EVER had, I mean go to Kaz Zanana Café and experience it for yourself, go ahead, try to prove me wrong. Go! I dare you!

Set apart

I was already in a good mood when I placed my order. Pink Salt offers their clients a more European café experience with plenty of sandwiches, wraps, salads and other easy to eat foods so I was sceptical about their ability to sate our appetites, especially her royal greediness (me). Then a cloud loomed over my horizon as my stomach growled and I thought, "And now I shall perish waiting for the food to arrive" because I am very familiar with Seychelles time. My partner-in-crime and I batted down our hatches for the long wait. While we chatted, we were impressed with how

By Mawess Mea Wirtz

When your day begins with being stuck in a long queue of traffic and no amount of Pure FM blaring over the radio can lift your spirits you know that the heavens are conspiring against you. It does not help when you are almost the victim of a hit and run when you try to exit your car... in a parking spot. I went superstitious so fast, it was like, this is a bad omen! It was with much gloom and doom feelings that drove to Pink Salt at Kaz Zanana to sample their cuisine. Believe me when I say that I had never driven with such care!

A pinch of (pink) salt

The owners of Pink Salt Catering, Mrs Elizabeth and Glen Kinder, have branched into leasing the Kaz Zanana café. They are a totally different company but they have successfully merged their concept with that of Kaz Zanana. Kaz Zanana itself is one BEAUTIFUL building, it has amazing wooden infrastructure and the carvings are indescribable. It is quite the feat to even attempt to compete with the building but after conferring with Mrs Samantha Mason of Fern Designs, Mrs Kinder came up with a quaint "shabby chic" concept that just fits into the old world design of the building. Walking in is like walking into a fairytale cottage complete with sparkly little helpers! The waitresses (we asked, it's not sexism, the girls were genuinely better when they were looking for workers, hence the all-female staff) were so nice and friendly, they made me happy, I felt like skipping.

tranquil the place was despite the fact that it was really busy. The tables are arranged in a fashion to optimise privacy and even with people seated at other tables we felt like we were on our own. This is an excellent place for people to carry out a business lunch or for a couple to escape for some canoodling (just don't embarrass the staff with too much canoodling). As we chatted we agreed that it was amazing to find such a place so close to town. We had some fun thinking of which event would be most ideal for the venue, we went through baby shower, civil wedding ceremony, lady's luncheon meeting, friend hang-out etc.. I personally have already decided that should I ever get into trouble with the Dad, this where I am going to meet him. The atmosphere will mellow him out and no one will see me get my dressing down.



Members of Staff

From pink salt with speed

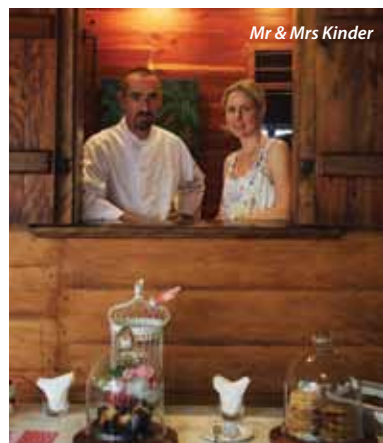
I was pleasantly surprised when the waitress cut into our musings bearing food. Imagine that we were so used to having to wait forever at restaurants that we were actually shocked to get food after a decent waiting period! When I talked to Mrs Kinder later she confessed that there had been only two people in the kitchen and they still got the food to us that quickly! (take note).

However, thou shalt not look a gift horse in the mouth so we attacked our plates. Now I had chosen a Caesar salad (so that I could tell myself that I

WHEN I TELL YOU THAT I HAD THE BEST PASSION FRUIT JUICE I HAVE EVER HAD, I MEAN GO TO KAZ ZANANA CAFÉ AND EXPERIENCE IT FOR YOURSELF, GO AHEAD, TRY TO PROVE ME WRONG. GO! I DARE YOU! WHEN I LOOKED UP, MY FRIEND HAD ALREADY DEMOLISHED HIS CRUNCHY CHICKEN WRAP IN RECORD TIME, HIS PLATE WAS SO BARE IT DIDN'T EVEN LOOK LIKE IT HAD EVER BEEN USED. I DIDN'T EVEN HAVE TO ASK HIM WHAT HE THOUGHT OF THE FOOD!

even finish the salad. The waitress laid down a big bowl and I ate and ate and even though I was loving every morsel that passed through my lips, it seemed like I was delving into a bowl that was self-replenishing, I never saw the bottom. When I looked up, my friend had already demolished his crunchy chicken wrap in record time, his plate was so bare it didn't even look like it had ever been used. I didn't even have to ask him what he thought of the food!

Words cannot describe the dessert section! Manna from heaven! I was spoiled for choice so I went for the chocolate cheesecake because you can never go wrong with chocolate. I DIED and went to heaven. Then I tried my level best to find something wrong so that this article would reflect the authenticity of the place rather than resemble a sales pitch but there wasn't. I looked to my partner for help but he was busy eating...in record time again.



The couple to beat

In retrospect I should not have been surprised by the quality of the food, it was being prepared by quite a chef! Mr Glen Kinder has been in charge of kitchens in two continents and at 5 different restaurants. I don't know the international ones but I know Denis Island and that is impressive in my book. I did my due diligence (TripAdvisor) and read reviews about Denis Island and the guests were raving about this man. I think it's safe to assume that if someone can afford a trip to Denis Island then said someone must have an extensive repertoire of chefs to compare Mr Kinder to. While I was there the samples of his cooking that was going past me was making me regret my choice, I wanted to sample all of them (I still want to sample all of them!) thus forgetting that I had already had a perfectly good Caesar salad that I couldn't even finish. Mrs Kinder is not too shabby either. She has all sorts of qualifications, up to a degree in Restaurant Business, with the Mrs at the helm and the Mr in the kitchen they make a killer team (it works for them! Halleluia!).

If you haven't heard of the place yet, the reason is simple, they only opened in February. Take my word for it though; you will not regret the money spent. The biggest compliment I could give them was to go back and eat there again. Which I did. It was STILL lovely! I remembered Mrs Kinder telling me that their aim was to ensure that they always maintained their quality of food, they are successful!

Go there and don't forget, order a fruit juice or just call them and ask them to come to your home and cater every night forever and ever...(I can always dream!).



Some of the mouth watering selection



Terrence Sauzier

P: Tell us about you

We are the Sauzier and Barbier family. My mum is Jacqueline Sauzier/Barbier and my dad is Denis Sauzier. I am the eldest followed by my brother Micheal and sister Jessica. My mum worked for the Ministry of Administration and Manpower at the National House as a Director and my dad worked most of his life as a head barman at the Reef Golf Club Hotel. In 1996, my dad and his older brother started a mobile fast food business, well known as BIMPY. My cousins, my brother and myself used to help out with the day and night tasks involved in running BIMPY, since it was a very demanding family business.

P: And which part of Mahe are you from?

I am from Foret Noire which is part of Mont Fleuri. I lived there for the entire 23 years I lived in Seychelles. I attended primary school at Mont Fleuri and then moved on to Plaisance for the secondary years. (I attended NYS, then Polytechnic for O-levels and finally AAT, Chisholm Tafe in Australia for Advance Diploma of Accounting and Financial Services)

P: Why did you leave Seychelles?

I left Seychelles in July 2003, and I came to Australia for further studies in accounting. But, the other main reason was for me to be with my family who had immigrated to Australia 6 months prior. Then there are the other reasons such as it was part of my dreams since I was a kid, to go and experience living in another part of this world. After all, we live only once right? so I thought why not be an Australian for a while. Maybe that will change someday, I might move elsewhere, but for now Melbourne is amazing.

I must add the reason why I chose to study accounting is because I worked for Indian Ocean Tuna for 5 years before I left Seychelles. I joined IOT in 1998, fresh out of polytechnic. I started in the Administration Department, then progressed into accounting and did a few more courses

including AAT. I have held lots of different positions at IOT and my most recent title was Assistant Management Accountant. That was a promotion I got shortly before I had to leave Seychelles. So at the time, accounting was the only thing I knew as a profession, so I thought I'd stick with it.

P: Tell us about Australia

Australia was an eye opener for me at 23 years of age. It was my first time in a big country. My first shock was the weather. I am a tropical boy, and when I felt 6 degrees wind on my bare skin, it felt like I was out of place. I couldn't understand why people would choose to live in such cold climates. But as we all do, I eventually got used to it. I was also impressed with development in Melbourne. The size of the buildings, the size and looks of cars, colours around me where ever I go, shopping centres etc... all of it made me feel like I was in a movie. I even said it to my brother, the first time I entered a mall, I said "bro, it feels like a movie." And today it still does, because development here never stops.

The next thing I had to get use to was driving around on my own to go to work and school in Melbourne. It was hard at first to find my way, I had to learn how to read the maps, then it was all good, I have never used public transport on a daily basis in Melbourne, I have always used a car.

My work was casual labour since I was a full time student. I did work for an agency and they would send me to various places for work on different occasions. My course was an Advanced Diploma in Accounting, which took me two years to complete, at a college called Chisholm Tafe.

P: What made it easy to adjust?

It was easy for me to adapt since I had the support of my family who was already there 6 months prior. I also have other relatives which were in Melbourne for at least 20 years before us. So I must say, family support made my life very easy. The other thing that made it easy and fun was that I had fallen in love with Melbourne. I was happy to be living a different life in a different place. I had made new friends and they showed me around, to night clubs and stuff. It was also easy since I was surrounded by lots of great people; I was impressed with their lifestyles and stuff. And they were just normal people living normal lives. I could see myself becoming like them someday, I started dreaming big straight away. I was being influenced by my surroundings. I could see great things happening for me, and that made my life a lot easier. Each day was a step closer to my dreams. Having said that, my dreams kept changing and got bigger. I will touch a bit more about dreams later.

P: What made it hard?

What was hard for me was my casual work. It was sometimes 12hr shifts in a milk factory from 4pm to 4am the next day, with school on top of that it was a bit stressful. And the other thing was I missed my friends from Seychelles. Otherwise it was ok.

P: So, what do you do now?

My current job is Q.A./Project Manager for a construction company. I am now in the construction industry. The company I work for today is Euro Precast. We are involved in manufacturing and building structures out of steel and concrete. We specialize in high rises up to 30 or more stories, apartments, car parks, etc... We manufacture big buildings by bits and pieces from our factories, and



we later move them on site using cranes and things, where they get assembled to form the building. These projects are classified as domestic projects, and our technique is called concrete precast.

I previously worked for a bigger company called VSL Australia, where I had a similar role, and we were doing mainly civil projects, such as bridges, retaining walls, roads, dams, water treatment plants, ground anchors, etc..

My job is basically coordinating the projects and ensuring that we are meeting the quality standard required by governing bodies such as Australian Standards and Vic Specifications. Internally, we also have policies and procedures, quality and safety management plans which I have to ensure we comply with. Additional to my office work where I keep paper trail and maintain records of what we do, I also spend time on production floor or construction sites. I do inspections and document my findings, ensuring the structures are being made as per design and specifications.

My job now sounds more like engineering than accounting, but that is a longer story which I might leave for next time.

Additional to my job I am also an investor. Together with my wife, Marion, we invest in the real estate sector. We buy houses and rent them out. We believe in establishing solid investments to secure a nice and enjoyable retirement someday. For now we are enjoying the journey called life

P: And this life, it's very different from Seychelles?

Yes, lifestyle is very different here. It is very much influenced by the change in climate. In Melbourne we have four seasons, so our activities and habits will change accordingly. People also have different priorities and things happen at a faster pace. There is always urgency for actions to be taken and create results. I feel more focused and hungry for me to achieve my goals. Seychelles I must

“SEYCHELLES I MUST SAY IS A BIT MORE LAID BACK AND RELAXED. PEOPLE TEND TO TAKE A DAY AT A TIME. THEY GO TO WORK THEN ENJOY LIFE, AND HOPE FOR THE BETTER. IN MELBOURNE WE ARE ALWAYS SETTING NEW GOALS, ALWAYS PERFORMING AND WORKING HARD, ALWAYS BUSY, AND IN BETWEEN WE WILL TRY TO SQUEEZE IN A BIT OF FUN.”

say is a bit more laid back and relax. People tend to take a day at a time. They go to work then enjoy life, and hope for the better. In Melbourne we are always setting new goals, always performing and working hard, always busy, and in between we will try to squeeze a bit of fun. We tend to maximize the use of our time a lot more than we do in Seychelles. I believe that happens because a lot of things are more achievable in a developed country, and the sky is the limit. Results are predictable and so we adopt the required habits, stick with a course of action and we make things happen a lot quicker and should I say bigger. Having said that, we also have a bunch of lazy people who relies on the pension system year after year.

On the other hand, Melbourne is also very multi-cultural; we have people from various parts of this world living in Melbourne. For instance if I was going to take you out for dinner, there would be a very long list of restaurants with different types of cuisines for you to choose from.

P: It doesn't sound like you miss Seychelles...

I do. I do miss my home, I miss the Seychelles weather, I miss the beaches, I miss my friends, I miss the creole way of saying and doing things. I miss a walk in town without any plans, just wondering where the fun is. I miss going to the market and buying freshly made black pudding, I miss stopping by at Codevard and just observing Seychellois moving around, laughing, drive past, shopping etc..., I miss the night clubs in Seychelles, I miss the picnics, I miss my motorbike rides in Seychelles, I miss seating down behind a shop and sculling a cold beer, I miss giving a lift to a stranger and just having a chat, and most of all I miss my barber. These are small things but they are fun parts of a day in Seychelles.

P: How do you keep in touch with family and friends from Seychelles?

Occasional phone calls, emails and most of all Facebook.

P: And you visit often?

I have been back on holiday. I have plans to come back very soon and wish I keep coming back for longer holidays at home

P: Any holiday memories you can share?

I stayed at The Villa Franboiyan on Praslin and it was the best part of my holiday. I was accompanied by my fiancée, now wife, Marion. Together we experienced the nature on Praslin and it felt like paradise. During our holiday we fell in love with each other all over again and we also fell in love with Praslin and La Digue. We enjoyed the looks and sounds of just nature, without the interference of music, cars etc., just the sound of waves, birds, and the breeze. After sunbathing on the beach, at around 6pm, we would head to a nice restaurant or pizzeria for dinner, leading to a night of amazing fun at the Tante Mimi then to the Oxygen Night Club. So far in my lifetime, Praslin and La Digue are the most beautiful places I have been.

P: What could you pass on to other Seychellois?

I would teach people financial intelligence, how to be financially literate, how to dream big and how to set goals and be hungry to achieve them. Be hungry to make their own dreams come true. I think I will be a motivational speaker and a life coach.

P: Would you want to come back and settle here?

When I achieve my biggest dream, which is financial freedom, my next big dream is to have a home in Seychelles. So the answer is yes.



CLEANLINESS IS INDEED NEXT TO ✧ GODLINESS ✧

By Elaine Lafortune

It's like when you do your hair. You can't just use any products you see on the shelves. You have to choose which ones go best with your type of hair. Well, housekeeping is the same.

"Without my daughter by my side, none of this would have been possible. She's my rock and I know I can count on her for anything!"

Keeping our homes clean and tidy can be a never-ending chore that consumes much of our free time. If your life seems to revolve around mopping floors, vacuuming, dusting and changing bed linens, hiring a cleaning service may be the solution.

Elite Cleaning Agency is a friendly-trusted domestic and light commercial cleaning business providing a range of high quality cleaning services on a daily, weekly, fortnightly or monthly basis throughout Mahe. In this edition, we introduce you to Lindy Genevieve Tranquille who lived most of her life in Plaisance. Being the eldest in her small family, Lindy says that she's always seen herself as being the one at the helm.

What were you into, previously to starting your own business?

"Since I finished Hotel school in 1996, I flew to Praslin where I had been living and working for the past 12 years."

Lindy, who's worked in the tourism industry, in several hotels like; Paradise Sun Resort, Round Island Praslin and Ocean Villa, just to name a few, confesses to having moved around quite a number of times, both for personal reasons and job opportunities. While we learn of the hardships she had to go through to get where she currently is today, it is indeed understandable why she is a woman who portrays self-confidence and determination in everything she does.

In 2004, when she was given the opportunity to work in a newly constructed small hotel, Round Island Praslin, she took charge of the housekeeping department. She later moved to work at Ocean Villa, where again, she was involved in taking care of the housekeeping department, as well as the restaurant and reservation section. Shortly after that, there came an end to her chapter on Praslin and that is when she started working with Albizia Lodge on Mahe, at Au cap in January 2010.

"Adjusting to the new life on Mahe was very challenging. It was hard to get used to everything and at one point, I even wanted to just pack everything up and go back to Praslin."

While her journey seemed hazy at many points in her life, Lindy says that she was determined to make things work and start a new chapter in her life.

So, after working for many years in the tourism industry, we questioned her idea of starting a cleaning business.

"To be honest, the idea started as a joke. I was looking for a place to stay and when I found somewhere, it was rather dirty. I had my friend there with me, and I jokingly said to her, 'why don't you pay me to clean this house?' and she flippantly agreed and said that she would bring her truck along and we'd put our cleaning materials in the back and go around cleaning other people's homes as well. I actually had this idea, way back when Eden Island was being put together... I wanted to go there and clean people's houses. So one day, I just sat down and gave it a lot of thought and then decided that I would quit my job at Lazare Lodge, and start my own little business."

Her little expedition, which seemed unsettled at first, gave Lindy the willpower she needed as she emptied her last savings to follow her dreams. As she moved back home to live with her parents and her only daughter, Miguel, Lindy knew this would be a turning point in her life.

So how did you go about it all?

"I registered for the business, bought a lot of chemicals and then I put an advert in the Nation and waited...and waited...and nobody called me."

Did you ever start second guessing yourself?

"I didn't think much of it, I knew someone would call, and somebody did the week after. She called me on October 8th last year (that's a day to

Lindy and her team



Photo credit; Suzanne Verlaque



Lindy Tranquille

"WITHOUT MY DAUGHTER BY MY SIDE, NONE OF THIS WOULD HAVE BEEN POSSIBLE. SHE'S MY ROCK AND I KNOW I CAN COUNT ON HER FOR ANYTHING!"

remember), and asked me to drop by on a Thursday. That Thursday was actually my 35th Birthday, and I was happy to have had my first client on my birthday. So, I went there with a friend, and it was a 6 bedroom house. I told her what I wanted and needed to get the job done to her satisfaction."

Lindy reminds us that contrary to what many people think; housekeeping is not an easy job, irrespective of whether you have education or not. There are things that you need to know when working with certain products and that does not require a college degree.

"I may not have big diplomas but I'm very good at what I do, and I have plenty of experience in what I'm doing. It's like when you do your hair. You can't just use any products you see on the shelves. You have to choose which ones go best with your type of hair. Well, housekeeping is the same. You can't use every product you see. You need to know which ones are best suited for each job. Some products you need to wash out, some products you don't need to dilute with water. You are working with a lot of chemicals, so knowing their use is vital", Lindy says.

Did things eventually pick up after that first call?

"Oh yes! The lady actually called me back and told me how pleased she was with my work and asked if I could come twice a week. I was thrilled that my first attempt had turned out to be successful."

Is that when you made things official?

"Yes! I drafted a contract between her and myself, and did a character certificate to assure her that she was in perfectly safe hands. And after that, the calls kept coming, one after the other."

Are you now settled in your business?

"It has been a year now and I have had many ups and downs, especially in terms of human resource. It has not been easy, but the fulfillment I get and the many thank you calls that I receive, I am guaranteed that I'm definitely on the right track. I am still burgeoning but I'm sure that in a few months from now, everything will fall into place and I will be further than where I am now."

How do you get potential clients?

"It's basically by word of mouth. I haven't done much advertising, but I just keep getting calls from random people, asking me to come clean their house. I have small one-off clients, and I also do cleaning jobs for some offices and other big businesses. Most of my small clients are single men who don't have time to do the laundry or do a proper spring cleaning around the house. We even help with ironing too, especially for our male clients."

What other kind of services do you offer, other than the usual cleaning jobs?

"We offer housekeeping services to people moving in and out of houses too. If you're moving into your new home and the place is not clean, we can come and clean it for you. If you have a house that you want to put on sale and you need people to clean and buff it out before you do so, we can do that too. I actually had one client who hardly stayed in his house and wanted us to clean it, and when we finally finished, he put it up for sale."

"Our cleaning service is not restricted! We clean everything! From your windows, your bathrooms, your kitchen, your floors, your furniture...every part of the house has to be clean when we leave."

What's a typical day on the job like?

"When a client calls me, the first visit to the house is a general one. This is where we clean everything! I usually go with a team of 4, and each person is assigned to a specific part of the house. Every hole, every inch of the house has to be spotless. I make sure that we leave it, 'spick-and-span'. After the client is satisfied, the cleanliness has to be maintained and this is where we start coming on a weekly basis just to keep up the cleanness."

Lindy's schedule is now really hefty and she finds herself dedicating all of her time to her business. She says that flexibility in such a job is a must, and so is commitment. Though she continually faces trials along the way, she says that her daughter Miguel has been a tremendous support and comfort all through this rocky journey.

"Without my daughter by my side, none of this would have been possible. She's my rock and I know I can count on her for anything!"

We at POTPOURRI, continue to wish Lindy all the best in her new chapter in life and in her business. Remember: "A clean home is a happy and healthy home!"

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TALK BIRTH

with Gylan Mein

By Elaine La Fortune

If your idea of a midwife is a quirky old lady who's stuck in the '60s, then you definitely need to meet Gylan Mein. Gylan is a Certified Nurse Midwife, with several years of clinical experience. She is also a mother of four, a keen carrot cake baker, and a part time teacher (in her field) with a jovial character.

So Gylan, what led you to midwifery?

"At the time when I was doing my nursing studies, it was compulsory to also do a course in midwifery. Midwifery is an ancient profession, but it's also very much part of modern medical practice. Even with having done a course in midwifery here, you still feel unprepared in terms of practical. So there's a lot that you need to do before you can become fully qualified in the area."

What education or training prepared you for your job?

"I did most of my studies here in the nursing school, and in 2000, I embarked on a BSc in Nursing with the Indira Gandhi University, together with the Seychelles Institute of Management (SIM), through an online course. After this, I was called to head the maternal health programmes for 4 years. But after a retirement in the Midwifery department from the previous midwife, I was asked to come back into Midwifery. I also just recently graduated from Lancashire University with my Maters' degree. Now I'm a qualified Nurse Manager for the whole Maternity Unit (which includes the prenatal ward, post natal ward, the labour room, and the antenatal ward)." While Ms Mein told us about her daily tasks from the moment she enters the ward in the morning, until she leaves, we were amazed to learn of the number of things that she needed to get done on a daily basis, to make sure that everything runs smoothly at the maternity ward.

Are there any obstacles?

"Our biggest obstacle is the shortage in midwives. The midwives who are still with us are all in their 40's and we find ourselves lacking in new recruits. It's rather worrying if I'm to think of the future of midwifery if we're to carry on at this rate."

Nurse Midwife Career Path

Gylan started down the path of becoming a certified nurse midwife after already working as a more typical nurse.

"I had worked as a labour and delivery nurse, and wanted to have more involvement in the development of family life," she explains.

Gylan has numerous experiences that help her in her work, experiences as both a labour and delivery nurse, and as a nurse midwife.

"I'm also an executive committee member

"THE TIME SCALE ON THE LABOUR WARD IS A LITTLE UNPREDICTABLE, AND OFTEN WE HAVE SEVERAL LABOUR AND DELIVERIES ONGOING AT THE SAME TIME, WHICH CAN BE A CHALLENGE".

of the nurses' association. For years I've worked in the hospital labour and delivery unit," says Gylan.

Nurse Midwife Job Description

"I practice 'full scope' midwifery, which means I provide all the services that I am trained, and allowed to do. That includes prenatal care, birth, family planning, and almost anything else a pregnant woman would expect to have taken care of in a hospital."

"Though I'm now working with the management, I'm on call to attend a good number of the normal births."



Photo credit: Suzanne Verlaque

Nurse Midwife: Steps to Success

"It helps to be a non-judgmental people person. Reproductive health care involves putting yourself into the most intimate details of women's lives. Good intuitive skills, and trustworthiness are also important."

Favorite Part About a Midwifery Career

"I feel privileged to assist women as they make the transition to become confident mothers. And of course, I love babies!"

Describe a typical day?

"I generally have an early start at 7.30am. At the beginning of a shift we are told by the night team in a debriefing, what is happening on the ward at this time, for example: What women are on the ward, at what stage of pregnancy, or labour they are at, and any problems the women are experiencing.

We try to have one midwife per woman when they are in labour so we can support them, and monitor their own and their baby's wellbeing. This gives us a good opportunity to get to know the woman, and allows you to work well in labour with them.

Midwives perform all of the care for women in low risk normal uncomplicated labour, and assist the medical staff with the women who have pregnancy complications. As well as the women in labour, we have some women who are having Caesarean section to have their babies. We also attend these deliveries, and assist the mothers and fathers with the immediate care of the new born.

The time scale on the labour ward is a little unpredictable, and often we have several labour and deliveries ongoing at the same time, which can be a challenge. Like any job there are pressures, but working with a team of people, midwives, doctors, and families who are all focused on getting a good outcome, makes the job very rewarding."

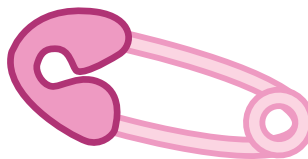
"I FEEL PRIVILEGED TO ASSIST WOMEN AS THEY MAKE THE TRANSITION TO BECOME CONFIDENT MOTHERS. AND OF COURSE, I LOVE BABIES!"

Though midwives are common in hospitals, not everyone is clear about what they do. So tell us a bit more:

"Keep in mind there are many kinds of midwives, but certified nurse-midwives are the ones you hear most about. We deliver babies and provide prenatal care, but we also care for women throughout the life span. We don't do surgery, which an obstetrician does. They go to med school, and they focus a lot on the pathology that can occur during pregnancy. We focus on normal, and those are the women whom we take care of.

But we always have a consulting physician with whom we work in case of emergency, or if someone develops problems with their pregnancy. That's actually required by our professional organization, and by state guidelines."

"IT'S SO REWARDING TO KNOW THAT YOU'VE PLAYED A ROLE IN BRINGING SOMEONE INTO THE WORLD."

**Do you prefer natural birth?**

"I do actually! But I also feel that having the other option of having epidurals, especially for mothers who their threshold for pain is really low, or for those with hypertension/high blood pressure, and even for the much younger women; would help considerably. Having choices is a good thing, but with that we would need to be consistent in the procedures. In terms of consistency, I reckon this will only be added pressure on the hospital though, if we are to find ourselves not being able to cater for everyone's needs. Nonetheless, I'd suggest natural birth to any mothers any day...it's healthier."

What are your biggest challenges?

"Personally, it's trying to find that balance between work, studies, and family, and also trying to find time for myself. For the profession in general, I think that one of the biggest challenges is that a lot of people really don't understand what it is we do. They don't know that midwives care for women throughout their lives, and that we work primarily in hospitals."

What's the best part of your job?

"There's really nothing quite as wonderful as seeing that happy, healthy baby and that happy, healthy mom. I feel like I've done something good with my time and my life, when that new mom looks up, and says, 'That's the hardest thing I've ever done. And I did it. And now I can do anything'. It's so rewarding to know that you've played a role in bringing someone into the world. I feel privileged to assist women as they make the transition to become confident mothers."

What have been the most rewarding events in your career so far?

"The aspects of my career to date that I am most proud of, is my success in achieving my current role as the Manager of a Maternity Ward in the Seychelles Hospital, and the experience this job has provided. I have several memories of women and their families, and my role in their care. I feel that I have contributed positively towards them, and their outcomes. Women often remember the midwife with them in labour, and I have had women coming to me, and thanking me for my support. This is what I like to be remembered for by the women I've looked after."



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SHERA



Throw that perfect dinner party you've always dreamed of (or CHEAT your way through it!)

Women like Bree Vanderkamp from the TV show *The Desperate Housewives*, have always left me in awe and when I was asked to write this article I was stumped! Putting together a perfect dinner party on the spot is a skill that I just did not have. Luckily, even though Bree doesn't exist, I knew someone with Bree's skills, which was how I found myself begging Mrs Natasha Thorrrington for help. What followed was a learning session that not only made me quite the budding little housewife but also quite in awe of the woman. The lady sets a sophisticated table in 10 minutes; I can only aspire to be that good! It came as a shock to find that even I (the previously lost cause!) could easily pull one of...without bankrupting myself. Indeed everyone can, from the overworked mother with little time on her hands to the newly graduated ex-student who has yet to invite people to her new place...even men can do it too!

Fear not ladies and gents, I am here to save you! So here's what you have to do: (allow me to be smug with my new found knowledge).

Step one: Classify your guests

Are they friends, business associates, people you haven't met yet? The best option with people you haven't met yet and business associates would be a restaurant but with friends then you can throw them a dinner party extraordinaire.

Step two: Identify your guests' tastes

The whole point of a dinner party is for people to eat, you can't serve food that your guests are either allergic to, can't eat due to religious beliefs or simply does not like. It is best to find these out beforehand and with friends you should already know that. Please note, serving fries to people who are trying to lose weight makes you inconsiderate and serving alcohol to people on antibiotics makes you mean. What is the purpose of your dinner party? To show off your culinary skills? To ask for a favour? Whatever your reason may be then your menu needs to reflect that. It can be a three course simple dinner that just feeds the friends quickly or a seven course dinner to wow your friends into acknowledging your Mrs Bucket-someness (just invented this word, consider it as writer's license!)

Step three: Organise the day before the dinner party

Don't wait for the day of the dinner party to find out that you do not have all the ingredients required to complete your menu. It is best to think of a theme for the dinner party and organise all decorations and food around said theme then go buy everything you need. PARENTS please make sure that the children are aware that they should not be touching these and if your friends are familiar with your fridge, keep them away for the day. There is nothing worse than thinking you have something and finding out at the point where you are about to use it that it's gone. Also as you will be serving the courses throughout the night, you should have finished all the cooking beforehand and the only heating the courses on the night. A good idea is cook in the morning, set the table then get dressed before the guests arrive. It's a whole day event if you have seven courses and you need your hair done!

Step four: Set the mood!

Take a look at your space, where do you want your dining table? Outside is lovely but careful of bugs and the weather! Inside is safer but have you cleaned? The best thing to do is make sure the immediate area around your

By Mawess Wirtz



table matches to the décor you are going for on the table. The easiest way to go? Work with what you have and go for the island style décor which ends up costing you nothing. Uproot wild flowers by the road, collect seashells from the beach, birds lose feathers all the time, pebbles are free and all you need is an artistic arrangement of these things.

Step five: Formal setting

Your table needs matching cutlery, napkins and a centrepiece but putting these together is easy when you know how. Keep in mind though that the setting of the table depends on the number of courses. As each course is completed the plates are removed and the plates for the other course is laid down.

Utensils. Forks are to the left and knives are to the right. Spoons are also to the right after the knives. They are arranged according to course, with the first course on the outside and the last course on the inside.

1. Dinner fork/spoon/knife: Usually the biggest on the table.
2. Fish forks: Fish requires small forks.
3. Soup spoon: Has a round ladle.

Glasses are from left to right: water, white wine, red wine in that order. For celebrations, there can be a last champagne glass. And if you are going to serve something else, you can add a fifth multipurpose glass.

China.

1. Dinner plate: Obviously!
2. Salad plate: Should there be a salad course.
3. Cup/Saucer: Should you be serving a hot drink.
4. Bread-and-butter plate: Bread and butter plates are set above the forks when organizing dining table sets. Rest the bread and butter knife across the edge of the plate.
5. Charger: This is a large plate that is not used for food, it is rather an added decoration and the other plates are placed on it (makes the dinner table look elegant)
6. Dessert plate/bowl/cup: Depends on your type of dessert. Dessert cutlery is in front of the plate.
7. Soup bowl: Should there be a soup course. Your soup bowl should rest on a base plate.

On the side. When a side dish is served, set it to the left of the forks and napkins. If it's meant to be eaten with the meal, it can be served on the main plate in a proper table setting. Keep an eye on detail for that finished look. Make sure you evenly space the plates, cutlery and glasses in your table setting. It's the little touches and precise table setting ideas that make a table look truly elegant.

Step six: Food and Drinks

Each course should have its own wine. Always make sure that there are water jugs on the table. Make sure that there is a non-alcoholic option for non-drinkers.

Match your food to particular cuisine to avoid serving food that just doesn't go together.

WHAT IS THE PURPOSE OF YOUR DINNER PARTY? TO SHOW OFF YOUR CULINARY SKILLS? TO ASK FOR A FAVOUR? WHATEVER YOUR REASON MAY BE THEN YOUR MENU NEEDS TO REFLECT THAT. THE WHOLE POINT OF A DINNER PARTY IS FOR PEOPLE TO EAT, YOU CAN'T SERVE FOOD THAT YOUR GUESTS ARE EITHER ALLERGIC TO, CAN'T EAT DUE TO RELIGIOUS BELIEFS OR SIMPLY DOES NOT LIKE.

And if you are a guest at a dinner party...here's how to be a proper guest... and avoid the embarrassment of a faux pas!

1. Keep those elbows and forearms off the table
2. Do not slurp and make noises as you eat.
3. Should you feel like you are choking on food, eat a small piece of bread to help you swallow the food.
4. Do not cut all the meat at once, cut a piece and eat, cutting it all would be like playing with your food!
5. Remember this simple rule for using the different spoons and forks start from the outside and work inwards.
6. When you finish eating, place the cutlery over the plate in a parallel way and the knife with the edge inward (so that your host is not stabbed as the table is cleared).
7. Since you have used your napkin, fold it over so that your host doesn't have to touch your mess.

Portuguese night with La Senora Thorrington

My graduation was to attend a dinner at Thorrington residence to see the maestro in action. The table she set was nothing like what she had shown me before (obviously I still need a lot of training). The food was a portugese menu and the décor was based on what she had in her garden. It was obvious that a successful dinner party is not really based on a pretty table and good food, rather it is the people that attend and how they interact with each other. Mrs Thorrington and her friends were endlessly talking and laughing which set a relaxed atmosphere. The transition between courses went smoothly because there was no awkward waiting period, it was barely noticeable as the wine from each course was kept flowing and the music in the background was mellow. She served sardines fried in rice flour for the first course, the second course was a to-die-for clam soup in white wine and dinner was lentil and chorizo salad, octopus in red wine and red snapper with potato. I was immediately stuffed! Dessert was this beautiful concoction containing passion fruit jelly, mango ice-cream, nougat and cake. All in all it seemed like a hotel experience and a most enjoyable evening.

And when you are done reading this article go out there and give it a try, POTPOURRI would love to hear how you it so go on our Facebook and tell us all about it!



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BALLET PUMPS

It can be argued that ballet pumps are one of the most popular styles of women's shoes (thanks to Kate Moss who wore hers with skinny jeans and caused the heart of the fashion world to stop beating for a minute). Over the years, designers have gone to town with the pumps. We have seen its evolution from basic (seamless vamp, without laces, buckles, straps or ties), to an array of elaborate styles. It would be fair to assume every woman and girl has at least a pair of ballet pumps. They are after all, rather fantastic and they tick adequate boxes; i.e. comfort, quick to slip on and off, versatile (i.e. can be worn to run errands at the local supermarket to dropping the kids at school to dinner at La Scala). In our November issue we look at ballet pumps and what is available on the market locally.

Note:

As you are breaking into your new pumps, make sure you have some plasters with you in case blisters pop up!

BEST BUYS.....



Rain has been unpredictable lately. There's nothing worse than getting wet on your way to work and walking into an air-con office. Since you cannot stop the rain, rejoice in it with your show stopping umbrella! This great buy is available at Glitter, Orion Mall, setting you back **SR100 only**.



Pair this dress up with simple slippers and you'll be the coolest woman doing her shopping in town! Perfect for our hot and humid weather. It's a **SR250** investment you won't regret. Available at Mimi's in Orion Mall.



Glamorous is written all over these earrings. Make sure your hair is up when you wear them. Leave your neck bare so that the earrings can really do the talking!

A River Island buy from Lipsy, Praslin. **Price: SR275**



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Shana Beau, 31, Busy Mom!

YOUR Fashion TAKE

Your number one fashion rule?

Less is more.

Which celebrity would top your 'best dressed' list?

Heidi Klum – she looks great on and off the red carpet.

What's your favourite item in your wardrobe?

My naughty underwear!

Your favourite place to shop?

PROMOD – good quality clothes that compliment my chilled-out personality very well.

Are you a high heels/flats or sneakers girl?

All of the above depending on the occasion.

Favourite designer?

I do not have a favourite; I could fall in love with anything from H&M to Gucci. I have to say I am also a big fan of Karine Dupouy's KANKAN collection; her dresses are amazing and elegant!

A good fashion sense means...

choosing comfort above all. Keep it simple!

MAKE-OVER

Martin Hoarau's Hairdressing

Lindy Tranquille



If you have read our Behind the Business feature in this issue, you will not be needing an introduction into Lindy Tranquille. The 36-year old mother-of-one is the owner of Elite Cleaning Agency and is therefore always on the move going to people's homes for housekeeping services.

Hair (with Martin)

Despite her hair being already short, Martin noted that there was a lot of weight everywhere. He wanted to give her a manageable do which also added softness to her face. The process started with 'STRAIGHT' – a 'relaxer' from Germany which does the same job as the typical relaxer but without the breakage. Wax was added after her hair was dried and Martin cut into the edges for the softening effect he wanted.

Martin taught Lindy to play with her to create different looks. He also noted the importance of how our clothes (colour/ texture and style) affect how our hair looks.

For booking, call Martin Hoarau Hairdressing on 4325186

Make up (with Virginie)

Lindy usually keeps her make-up to bare minimum but for the make-over she was willing to dabble into some colour. Given the scars on her face, Virginie had to ensure foundation was evenly spread all over. She added a hint of green to the eyes for colour.

For booking, call Virginie Quatre on 2733020



for AFTER photo go to page 35



The Team

1. Hair: Martin Hoarau | 2. Make Up: Virginie Quatre | 3. Photography: Maria Morel

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Are hair salon visits really necessary?

By Jennifer Baldwin

Most women want to look stylish and confident and one of the best ways of achieving this is to have incredible hair. So can fabulous, healthy looking hair be achieved with a consistent hair care regime at home only or should we be making regular visits to our hair salon?

A "once in a blue moon" visit to the hair salon alone will not result in long lasting perfect hair! For most of us who are not in the enviable position of weekly visits to the salon, healthy hair has to be nurtured primarily by adopting simple but effective hair care habits at home.

One of the first steps is identifying your hair type correctly and using the appropriate shampoo, conditioner and styling products. Use shampoo sparingly so as not to strip hair completely of its natural oils and always use a conditioner to help soften and detangle hair. Use a wide tooth comb only on wet hair to prevent breakages. A nourishing hair mask once a week is also good practice especially if you have dry hair.

Hair can sustain heat damage from hairdryers and styling tools such as straighteners and curling tongs. If you must blow dry your hair, do so on the lowest heat setting possible and keep the use of damaging styling tools as well as hair accessories such as elastic bands, to an absolute minimum.

A healthy diet rich in lean protein [fish, chicken or eggs], essential fatty acids especially omega-3 [mackerel, tuna], wholegrains, nuts, fruit and vegetables will help ensure healthy, shiny hair. Removing any physical or mental stress which can lead to hair loss from your life will also help your hair realise its full potential.

If we can follow good hair care practice advice at home it will be reflected in the overall health and condition of our hair but in order to achieve perfect looking hair, these good habits must be supplemented by regular visits to a professional hair stylist.

A visit to the hair salon is often seen as an indulgence where we get pampered rather than a necessity and whilst we can agree that it can be a relaxing, "me time" experience, there are several other good reasons why you should see your stylist regularly.

At the very least, a regular haircut by a trained stylist is important to maintain good hairstyle shape and to eliminate weight. Split ends also need to be cut off to prevent damage further down the hair shaft, especially important if you are growing your hair.

Regular professional hairstyling allows your stylist to develop a relationship with you where he or she will have a better understanding of your hair type and needs. He or she is trained to meet the requirements of each client and will take your lifestyle and time restraints as well as your hair type into consideration before suggesting a new hairstyle.

A visit to the hair salon will also enable you to try out a new style or colour without worrying about distressing results which can often happen when we decide to have a go ourselves or enlist the help of untrained family members or friends.

A good salon will use high quality professional products and a stylist will be able to advise you on your hair maintenance routine at home and suggest the best products, tools and tips to help you recreate that "just out of the salon look" on a daily basis.

If you don't have someone to take care of your hair yet, start looking for a salon that meets your standards and make an appointment for a consultation with one of their stylists. This will be your opportunity to discuss your hair type, problems, style issues and any goals you have in mind.

New clients during the month of November get a 10% discount at Martin Hoarau's Hairdressing. Book an appointment on 4325186



Jennifer Baldwin has worked in the fashion and beauty industry in several countries

...healthy hair has to be nurtured primarily by adopting simple but effective hair care habits at home.



Photo Credit: Steve Nibourette

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Yves St Laurent Mascara

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FACEBOOK Beauties

The faces that turned our heads on FACEBOOK in October 2013...



Name: Natasha *Stay-at-home mum*

Never leaves the house without: my lipgloss.

A beauty expense you can't say no to?a good facial.

Beauty is ... the sparkle in the eyes of my children and the smiles of my loved ones.



Name: Stephanie Delcy

Flight Attendant with Qatar Airways

Never leaves the house without: a moisturizer.

A beauty expense I can't say no to is...the Estee Lauder Advanced Night Repair . It's an expensive product but I always have to have it.

Beauty is...not only about make-up. It's about the way you take care of your skin and using the right product.

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Lindy says:

"This is soooo nice. Short and sweet!"

AFTER



VIEW FROM THE STATION

by Jenny Gilbert

Part 11 of 12 – A lighter, more conscious you in 2013

COMMUNICATION OF THE ANCIENTS

for living a symbolic life

Many years ago, while on holiday in Malawi, I met a truly amazing woman. Francesca, or Fran as she was known, was a seasoned polo player and horse owner in Zimbabwe, going through a horrible divorce. In response to her great sadness, Fran was searching for answers, throwing herself into any adventure that might illuminate a new way of her being in the world, an adjusted identity. When I suggested she would be better off with us than alone on her first New Year without her husband, Fran responded by courageously taking a bus from Zimbabwe, surprising us with her call from a phone-box on her arrival in South Africa. And so it was that Francesca came to have a great influence on my life. I recognized in her a willingness to go out on a limb, to embrace the unknown with gusto, to transfer her anger and despair into a positive, vibrantly energetic state of being.

Fran was unstoppable. At nearly 70, she would run over the Sans Souci pass from The Station to Port Launay and back. Every day she would monitor my stress levels, insisting that I was over-working and not taking care of myself and I would teach Fran about Homeopathy, attempting to keep her mind off her horses. It was a beautiful exchange.

And then, just like that, Fran announced that she had to return to Zimbabwe because her horses were not being properly cared for and she was unable to sleep worrying about them. Despite our protests, Francesca returned home. A week later I received the saddest news that Fran had been brutally murdered on her farm just as the Healer/Clairvoyant had predicted.

For months on end I searched for reasons why Fran chose me to be with in those last few weeks of her life. Symbolically, Fran represented many things for me, one of which was a gift she jotted down on a piece of paper given to her by her Clairvoyant. It was a symbol which she insisted that we should replicate to paste on all our plug points, computers and electrical equipment. I never questioned its use – expecting only that it came from a good place and that it could only help, not harm. You will find this symbol dotted around my home and office. It is this that tweaked my interest in symbols and how they show up in my life.

You may wear a symbol that you have always taken for granted, not fully understanding its real meaning. Perhaps it is a cross, your star sign or even an all-seeing eye or yin-yang symbol. Symbols do have a significant place in our lives. It is widely believed that symbols are the most ancient use of 'communication', becoming more complex with the passing of time. Symbols came to mean many different things in different cultures but now we know that even cultures separated by both time and distance often came to use similar symbols to represent the same subjects.

Symbols can be thought of as universal communicators and they are as interesting as they are powerful. Just as a wealth of meaning can be found in celestial circles, the cosmos, and the structure of life itself as seen by humanity looking at the universe, symbols can help to guide and comfort us in our quest to become more universally conscious.

You can choose to wander through the interesting maze of symbolism relating to the Ancients by studying signs and symbols from the Celtic, Chinese, Christian, Egyptian, Greek, Japanese, Mayan, Native American or Roman cultures. Or turn your attention to Sacred symbols founded in religious ideology. If you dig deep enough, you will find crossroads and interconnections in the meaning of all symbols. All of these

Twelve years later I received a phone call out of the heart of Africa into which she'd disappeared. It was Fran seeking refuge with me in Seychelles, announcing that she had been told by her dear friend, an esteemed Healer and Clairvoyant in Zimbabwe, that her life was in

danger and she should urgently leave to avoid tragedy. There were signs, according to this lady, that Francesca would be murdered were she to stay in Zimbabwe.

SYMBOLS CAN
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CHART FOR SACRED SYMBOLS

symbols have survived, passed down from time immemorial, from one generation to another. They are alive with light and energy.

Symbols are everywhere - in your church and temple, in your family's crest of arms, in your home décor and in a thousand places not mentioned here. Think about them, look out for them and, if you're interested in enhancing your intuition to become more conscious, start considering these symbols not merely as random objects but as communicators. Think about what the creator of the sign - the artist or designer - was trying to share with you. Symbols give us gems of wisdom and guide our intuition. Like a pebble on a beach, perfectly placed in an ideal moment, symbols are guides. They will come into our lives without effort and with perfect intent. We can choose to acknowledge them or not. By awakening to their subtle messages we put ourselves in a higher place where we are more open to universal insights.

Which brings me back to Fran. Together Fran, my son and I went searching for a cat, Francesca I. This was significant enough for many reasons. Francesca II and III followed over the years - all as unique and special as Fran from Zimbabwe. All have passed. Inviting myself to write about symbols, I am aware that there is reason to examine the symbolism presented by Fran being in my life at various, quite critical times. Conceivably, if I dare to feel more deeply about this, Fran exchanged her life for mine. You see, it was while she was here that I suffered a second stroke. Had she not been around to react to what was happening exactly when it did, following my garbled monosyllabic instructions of what homeopathic remedies to administer from our dispensary, devotedly watching and waiting for signs of what to do, massaging my feet, neck and hands while my vital healing system adjusted to homeopathy's vibrational magic and her healing hands, I am sure I might not be writing this article.

I remember her with love and gratitude. Finally acknowledging the true symbolism in her visit, I can now release the energy that bound her to me in times of trouble and strife to connect a-new to a fresh, lighter energy of peace, harmony and long life. Tonight I will light a candle to you, Francesca from Zimbabwe. Thank you.

To my readers, why not join me in lighting a candle to those who have crossed your path and brought you symbolic gifts.



Om
infinite love and infinite
creation



The Spiral
Growth and evolution



The Lotus
Harmony, spiritual
illumination and
unlimited potentia



Seed of Life
Acceptance for all beings,
all cultures,
all beliefs



Tomoe (Toh-moh-ay)
Balance and abundant
support for all endeavors.



The Triade
Radiates the potential
of complete experience
and wisdom for all.

Check out Francesca from Zimbabwe's symbol at abundantlyseychelles.com



Jenny Gilbert is the founder and owner of Everglow Ltd, the island's premier natural health manufactures and service providers. She is also Director of Wellness at Resonate Wellness at The Station. Homoeopathy is a well recognised system of 'natural' medical treatments for most diseases and conditions. Please visit resonatowell.wordpress.com or email reson8.well@gmail.com.

"I ALSO KNEW THAT I COULD HAVE BEEN THERE MYSELF THAT DAY AS I REMEMBER THAT MALL USED TO BE MY SATURDAY LUNCH DATE WITH FRIENDS".

This month I would like to dedicate this article to the recent terroristic attack that took place in Kenya at the Westgate Mall in the country's capital Nairobi.

One week after the tragedy, on Sunday 29th September I organized a candle light evening in memorial of those who lost their lives. The event was a moment of peace and of solidarity gathering over 85 people mainly of Kenyan nationality.

I would like to share with you readers the horrific happenings of the 21st of September and why I was there that evening amongst all those who were grieving.

Before coming to the Seychelles I spent some time living in Kenya. The short time I spent there was enough for me to forever leave a piece of my heart in this beautiful country with all these beautiful people. The thing that struck me the most about Kenya was the warmth, strength and welcoming nature of its people. The children...they never get tired of smiling. NEVER.

Being so far away, I felt helpless, I was driven to do something. I also knew that I could have been there myself that day as I remember that mall used to be my Saturday lunch date with friends.

However Kenyans and many other citizens living in the Kenyan capital, Nairobi woke up like any other morning. It was a Saturday, a day to spend with family and friends instead this day turned into the

beginning of a series of tragic events.

It all started at noon by eyewitnesses seeing armed men dressed in black entering the Westgate shopping mall. The attackers came in from all corners firing weapons, throwing grenades and in an instant silencing those who were happily shopping and roaming around the mall.

Initially this brutal attack could not be explained and for a moment it was considered a violent robbery. However soon when people were taken in as hostages and more weapons were fired and more people were brutally killed it was well clear that this was an act of terrorism. The latest update states that 67 people have been killed, 170 injured and 61 people remain unaccounted for.

These are the direct victims but let us not forget those who are still living, those who have lost husbands, wives, children, friends, colleagues, those who are still searching, those who have managed to escape alive, those who have been heroes and saved lives and those far away like all of you which in one way or another may have been affected by this tragic event.

For sure Saturday 21st September 2013 and the following days will never be forgotten. The candle light evening was for Kenya and for all of all those who have been affected by this act of terror in one way or another.

From Seychelles I could not do much but to bring people together who wanted to show their support as when dealing with tragedy it is always important to find people to dwell with.



Célia is passionate to inspire happier and healthier lives by sharing holistic tips to her public. Her background is in medical anthropology and public health. She is currently working in the nutrition unit at the ministry of health.





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Dear Annalisa

Candy Overload

Q: Dear Annalisa,
My daughter often goes next door to play with her cousin (my brother's daughter). Most of the time when she comes back she either has evidence of candy having been eaten (blue/green tongue) or she has some new revelation about monsters (something I have told her does not exist). At first I shrugged it all off but when I noted that candy was eaten at 8 in the morning I feel I need to tell them (my brother and his wife) something. How do I do that without causing any tension?
Vivienne L.

A: Dear Vivienne,
Different parents or adults for that matter manage children (their own or others') in different manners. Outside influence will always be present in our children's lives. The influences can be present as early as in their first months, with a new nanny, day care, grandparents, extended family members and the list continues as they become more exposed to different groups within their environment, i.e. school, our friends, church groups, neighbours, eventually their own peers and many others along the way. Given that we don't live in a bubble, there's no way they won't be exposed to an array of things along the way. So what to do in general to protect our children from the influences that we do not particular approve of?

Now I see you as having two options:

Discuss the matter. Arrange a time free of distraction from the children to have the discussion. Structure the discussion in an assertive manner reflecting what you think and how you feel about the current situation

"GIVEN THAT WE DON'T LIVE IN A BUBBLE, THERE'S NO WAY THEY WON'T BE EXPOSED TO AN ARRAY OF THINGS ALONG THE WAY".

and what you want to see change. Express your concerns and what may be its impact to your relationship and be conciliatory in manner, indicating that you want what's fair for everyone involved. These are generally effective communication habits which should assist you in delivering your message.

Empower our children to make the right decision all the time. I swear by something I once heard Dr Phil say a long time ago, we have to "remain the biggest influence in our children's lives" because as you as can imagine some situations can be a bit trickier to deal with than others. So discuss expected behaviours (depending on child's age) with your children, teach and reinforce the need to maintain those behaviours even in situations where you may not be present with appropriate consequences thereafter. E.g., teach your child that she is not allowed candy before breakfast, and that she should say no thank you, if she has it anyway, she is not allowed play time with her cousin the next day. This is meant to be effective in the long haul, in ensuring that our child learns to make the right decision all the time.

Given you are the expert of your "familial relationship" you know what will best suit your situation.

Broken Promise

Q: Dear Annalisa,
Since he was 12, I had been promising my son a car when he turns 18. He was and has been an A-student and incredibly sweet son. The milestone birthday is coming up in 6 months and he has started asking me about it. The problem is I have changed my mind. The amount of accidents scares me and I now feel that 18 is too young for him to be behind the wheels of a vehicle. How do I break this promise without him hating me?
Concerned Mother

"AS PARENTS WE NEED TO BE MINDFUL OF THE PROMISES WE MAKE TO OUR CHILDREN".

A: Dear Concerned Mother,
As any 18 year old boy eager to drive, let alone have his own car, he's sure to be disappointed, hurt and maybe even angry, but "hating" you, I personally think, you might be judging too strongly. After all it seems to date he has been a reasonable as much as he has been an "incredibly sweet son".

I don't think there any easy way to address this one, it's back to the old "honesty is the best policy". I think the best thing is not to wait until his 18th birthday to reveal your decision. Instead inform him about your change of mind and the real and genuine reasons behind it. Remember your son may not understand your rationales for the new decision. He's processing the situation from the knowledge and experience of an 18 year old, and you are processing the same situation from the experience of an older individual and a concerned mother.

So you may not see eye to eye on that one, there might be a lot of convincing on both part and lots of back and forth. Given the matter at hand that should be fine (ensuring that all the debates remain respectful). With your decision made and sealed, gently guide him into negotiating his new 18th birthday present (of course within your limits). Moral of the story: "as parents we need to be mindful of the promises we make to our children".



Annalisa Labiche is a practicing Clinical Psychologist with over 5 years experience. She completed her Bachelor of Art (Psychology) degree and Master in Psychology in Australia. She is exposed to a multitude of complaints such as relationship, parenting, family issues, psychological disorders, substance misuse amongst many others.



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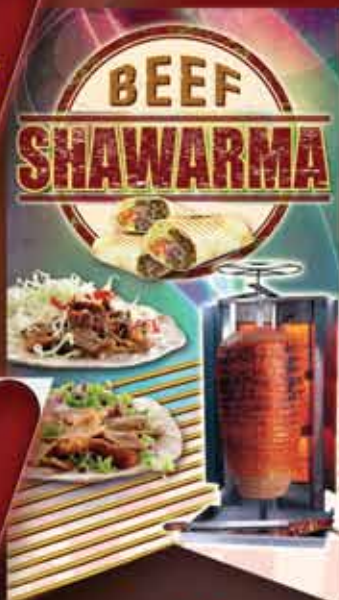
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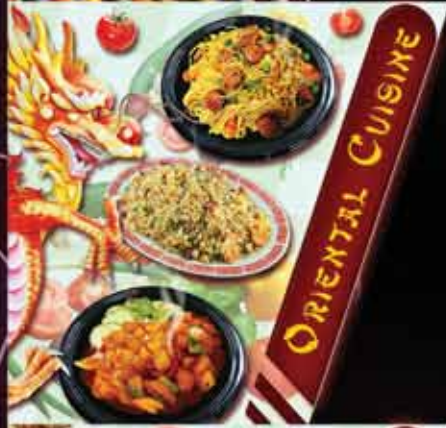


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All diseases begin in the gut!

(Hippocrates, (460–370 BC))

All diseases begin in the gut! The more we discover with our modern scientific tools, the more we learn about human health, the more we realise just how correct Hippocrates was! Our digestive system holds the roots of our health. If we are to prevent or reverse modern degenerative diseases, we must take care of our digestive health and especially the health for your children! In order to do that we must take care of our gut flora.

What is gut flora?

We acquire our bodily flora, including our gut flora, at birth and mainly from the mother. At the time of birth, as the baby goes through the birth canal, she swallows her first mouthfuls of bacteria. They settle in the baby's sterile digestive system and become her gut flora. At the same time microbes also populate the baby's skin and mucous membranes. The microbial flora in the birth canal comes from the mother's and father's groin flora, which in turn comes from their gut flora. So whatever lives in the parents' digestive systems will populate the baby's digestive system. Babies who get healthy gut flora from their parents at birth are generally healthy babies. Unless antibiotics and other influences change their gut flora composition, they would grow up to become adults with good strong constitutions.

What does gut flora do for us and why do we need it?

Probiotic bacteria are the housekeepers of our digestive system. Without them your gut cannot be healthy. These bacteria coat the whole surface of the gut wall (from your mouth to the very end) providing a physical barrier to anything harmful. They produce antibiotics, antifungal and antiviral substances, which destroy any invader and control opportunists. At the same time, these bacteria convert food into nourishing substances for the gut lining, feeding it and keeping it healthy. If you have solid healthy gut flora, you will never develop cancer in your digestive tract. When the beneficial bacteria get damaged, the gut wall deteriorates and becomes porous and leaky. Substances, which normally should not get through the gut wall, start getting through into the bloodstream and can cause hundreds of problems in the body. Undigested foods trigger autoimmunity and allergies, toxins cause headaches and block up your liver and kidneys, various microbes and parasites get from the gut into your blood. Once in the blood, any of those harmful things can start degenerative disease in your body.

Nature provided us with our own factory for a healthy system - our healthy gut flora. And when this gut flora is damaged, despite adequate nutrition, we develop vitamin deficiencies. Why? Because many vitamins have a fairly short life in the body. So, unless one is taking these vitamins every hour (providing that they can be absorbed at all without healthy gut flora), there will be periods during the day when the body is deficient in these vitamins. People with damaged gut flora, are unable to provide a constant steady stream of vitamins for the body to use. Restoring the beneficial bacteria in the gut is the best way to deal with deficiencies.

Gut flora is the right hand of our immune system. Almost 85% of all our immunity is located in the gut wall and the bacteria that live there play a crucial role in the proper functioning of our immune system. There are many ways in which the gut flora influences our immunity. However, the first thing that happens to any person who loses beneficial bacteria in the gut is development of allergies. Why? Because our gut flora keeps two major arms of the immune system in the right balance. We live in the world of unfolding epidemics of degenerative disease. Physical and mental problems have become very common, and with every new generation the statistics are getting worse. Due to the absence or greatly reduced

numbers of beneficial bacteria in the gut flora, the person's digestive system instead of being a source of nourishment becomes a major source of toxicity in the body.

What Can You Do?

An obvious thing to do is to avoid inflicting damage to your gut flora. That means avoiding antibiotics and other drugs, particularly those prescribed for long periods of time. This goes for everyone in the family. Obviously, there are situations when medication is absolutely necessary, but unfortunately a large percentage of prescriptions are not in that category. No one questions the

Continued on page 43



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Sexualité et grossesse.

Pourquoi parler de sexualité pendant la grossesse ? Car cela est un sujet difficilement abordé par les couples.

La majorité des couples décrivent une modification de leur activité sexuelle pendant la grossesse, ce qui n'est pas sans conséquences sur leur vie de couple. Les modifications hormonales de la femme influencent sa libido. Certaines femmes n'auront aucune envie, mais cela ne veut pas dire que ce sera le cas toute la grossesse. D'autres au contraire, auront une libido amplifiée.

En général, la libido est réduite au premier trimestre.

Cela s'explique en partie par la fatigue, les nausées et les vomissements. Souvent au deuxième trimestre, le couple

retrouve une sexualité semblable à celle avant la grossesse. Les femmes décrivent également une augmentation des sensations au niveau vaginal (cela s'expliquant par une augmentation de la vascularisation au niveau du bassin). Durant le troisième trimestre, l'inconfort physique devient important et explique parfois la diminution des rapports sexuels. Les hommes décrivent également fréquemment des difficultés à voir le corps de leur compagne changer. Les conjoints admettent souvent avoir peur de faire du mal à leur enfant. Messieurs vous pouvez être rassurés, votre enfant est à l'intérieur de l'utérus, séparé du vagin en autres par la poche des eaux, le col et le bouchon muqueux. Vous ne pouvez en aucun cas, le toucher ou lui nuire.

Certains couples avouent avoir peur de déclencher le travail lors de rapports sexuels. Il est effectivement vrai que le sperme contient des hormones utilisées en pratique courante pour déclencher le travail en milieu hospitalier. Cependant, la concentration de ces hormones est très faible dans le sperme et donc insuffisante pour déclencher le travail. Il est en revanche souvent conseillé à des couples d'avoir des rapports sexuels, une fois la date d'accouchement prévue dépassée, histoire de donner un petit coup de pouce.

Lors d'un rapport sexuel ou après celui-ci, il est possible qu'il y ait des saignements vaginaux plus ou moins abondants. Il ne s'agit parfois que d'une irritation vaginale ou d'un ectropion cervical, mais cela peut être plus sérieux. Dans tous les cas, il est toujours nécessaire d'avoir un avis médical. Contactez alors le plus rapidement possible un professionnel de santé.

Pour raisons médicales, certains couples sont contraints à ne plus avoir de rapports sexuels (ou du moins durant une période limitée). C'est le cas de patientes ayant un placenta prævia (placenta recouvrant le col de l'utérus) par exemple.

L'absence de rapports n'est pas un échec ! Il est possible de faire l'amour autrement : par des caresses, des baisers ou des jeux (la pénétration n'est pas obligatoire).

Pendant le post-partum, seul le couple est apte à décider du moment de la reprise des rapports. Les femmes sont alors souvent fatiguées et ont peu de désir. Cela est encore plus fréquent chez les femmes qui allaitent, ces dernières sont en effet souvent confrontées à une sécheresse vaginale importante. L'utilisation de lubrifiant (de préférence à base d'eau) est alors souvent nécessaire. Les rapports sont différents après l'accouchement mais cela ne veut pas dire moins bien. Garder à l'esprit que vous êtes certes parents, mais vous restez toujours un couple.

Une dernière chose, mesdames, vous venez d'accoucher et n'êtes pas encore sous contraception, pensez alors à vous protéger localement si vous ne voulez pas être enceinte à nouveau.



JadeTurns

Name: Jade Figaro

Birthday: 9th November

From: Astride Camille (Aunt)

Astride says:

"I want to wish this little princess a happy birthday! May she grows up to be a good girl, blowing many many candles along the way and I hope her special day is filled with laughter and joy!"

(In collaboration with Chanterelle Bookshop)

Continued from page 42

doctors however most of the time you can avoid taking antibiotics with children. It will be a longer recovery time but your children's long term health will benefit. If you have to take antibiotics, and then make sure that you take a good-quality therapeutic-strength probiotic. Your body functions as a whole. Everything in it is connected, interacting with each other and influencing each other. A well-functioning gut with healthy gut flora holds the roots of our health. And, just as a tree with sick roots will not thrive, the body cannot thrive without a well-functioning digestive system.

For more information why not listen to the formulator Dr Natasha Campbell-McBride on YouTube.



Nathalie Hodgson, is a writer, mother, PR & Marketing consultant and yoga instructor, juggling this whilst raising two kids and enjoying the most of life, she can be contacted on natsavy@hotmail.com.

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My father is my only living parent and I was wondering what would happen if he was to pass away and had unpaid loans. Would I inherit them?

Yes. But, yes but. An heir inherits all the estate – the property – owned by his or her parents. This includes all benefits, but also all liabilities. In fact, succession – the transmission of the estate from a dead person to living heirs – is not always automatic upon the death of the parent. It involves a process of inventory, permissions, bookkeeping and even court authorisations. So, there is no fear that one can wake up one morning and have to deal not only with the pain of having lost one's last parent, but also have to fend off creditors who are beating a path to the door. Here's why.

First off, the rules are different depending on whether it is only movables (car, boat, furniture, money) which are being inherited, or both movables and immovables (land, house etc). In the first case, inheritance is automatic and the heir takes these movable items directly upon the death of the parent. In the second case, the estate must be transmitted to the heirs through an executor. Succession is not direct. The law protects heirs in both cases from the actions of their parents.

When the estate includes only movable property, because succession is direct and automatic, the heir is given an option to accept or reject the succession. This is to prevent the heir being unfairly landed with debts which he or she would have to pay off. Nobody is bound to accept the succession of movables. The procedure in law is for the heir – the person asking the question in this case – to state clearly whether the succession is accepted or not. But what if the heir does not know what the succession comprises of? How does he or she decide? The law allows conditional acceptance subject to an inventory. So, the heir is protected. Once the inventory of the estate is done, the heir will have a good idea of what the net worth of the estate is before deciding whether or not to accept. If there are several heirs and one or more do not accept, but others do, the share of the ones who have repudiated attaches to the ones accepting. In this way nobody is forced to take on the debts of a parent.

WHEN THE ESTATE INCLUDES ONLY MOVABLE PROPERTY, BECAUSE SUCCESSION IS DIRECT AND AUTOMATIC, THE HEIR IS GIVEN AN OPTION TO ACCEPT OR REJECT THE SUCCESSION.

In the case of an estate which includes immovable property, succession is not automatic. The estate vests in an executor who has to be appointed by the court, or whose appointment (if made in a Will, say) has to be confirmed by the court, after all the heirs have given their consent. The first task of an executor is to make an inventory of the estate. Here again, the assets and liabilities will be known. The executor is bound to pay off the debts and only distribute the net estate to the heirs, so no debts can possibly attach to heirs.

In these ways, thus, heirs are protected from having to deal with the debts of their parents. The creditors will go against the movable assets if the heirs have decided not to accept the succession of movables, and will be paid by the executor in any other case. And everyone will hopefully live happily ever after...



Educated at Seychelles College and Cambridge University, Bernard has two Masters Degrees – in law of divorce and in canon law, the law of the church. He is best known as a lawyer, having been in private practice for over 30 years.

Lâcher-Prise (par Georges Gravé)

■ LÂCHER PRISE, C'EST SAVOIR ACCEPTER QUE L'AUTRE SOIT DIFFÉRENT ET L'AIMER ET LE RESPECTER TEL QU'IL EST.



Il y a plusieurs décennies quand j'ai commencé mes études supérieures de la vie, j'ai tout de suite été confronté à la notion de « Lâcher-prise ». Le jeune disciple que j'étais avait trouvé ce concept fort intéressant et facile à mettre en place. Aujourd'hui, en relisant le texte ci-dessous, le vieux disciple que je suis devenu trouve toujours le concept fort intéressant mais en toute humilité

je me rends bien compte que la route est encore bien longue avant de pouvoir vraiment..... lâcher prise.
A vous de juger !

« Lâcher Prise !!!
C'est ne plus s'agripper au passé. Mais s'ouvrir à l'instant présent. Ce n'est ni craindre, ni espérer en l'avenir, mais construire celui-ci au présent.

Lâcher prise c'est dénouer le fil de la peur, c'est dénouer le fil de toutes les peurs.
C'est accepter de faire confiance, faire confiance à la vie, et se faire confiance.
Lâcher prise, c'est apprendre à agir et non à réagir.
C'est apprendre à aimer, sans rien attendre en retour et s'ouvrir à ce qu'il y a de meilleur en l'autre.
Lâcher prise, c'est savoir accepter que l'autre soit différent et l'aimer et le respecter tel qu'il est.
Lâcher prise, c'est apprendre à pardonner et à se pardonner.
C'est aller au delà des apparences et s'ouvrir à ce qu'il y a de meilleur en soi-même.
Lâcher prise c'est naître et renaitre à chaque inspiration, c'est apprivoiser le détachement à chaque expiration.
C'est porter un regard sans cesse renouvelé sur tout ce qui nous entoure.
Lâcher prise, c'est savoir écouter sans se croire obligé de conseiller ou de diriger.
C'est respecter l'autre et se respecter.

Lâcher prise c'est savoir se taire pour vivre le silence. C'est apprivoiser le silence, pour que naisse la paix. »

Lâcher prise, c'est pouvoir lire ce texte en toute humilité et se dire que c'est génial car il reste beaucoup de travail à faire..... Bon courage !



Georges Gravé is the Personal Development & Training Manager at the Maia Luxury Resort and Spa



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CLIMATE CHANGE

What the scientists are saying

THE LAST THREE DECADES ARE RANKED THE 1ST, 2ND AND 3RD HOTTEST DECADES IN RECORDED HISTORY – IN OTHER WORDS, THE PLANET IS STEADILY HEATING UP AND NEW CLIMATE RECORDS ARE BEING BROKEN EVERY DAY.

Anyone who was watching the news in October might have heard about the latest report released by the Intergovernmental Panel on Climate Change (IPCC) at a meeting held toward the end of September. The IPCC was set up by the World Meteorological Organisation and UNEP in 1988 order to compile all available scientific information and prepare a report on all aspects of climate change and its impacts, to help the international community decide how best to respond. This report is the fifth one that has been released by the IPCC since they started monitoring the evidence for climate change in 1988.

SO WHAT DOES THE REPORT SAY?

Scientists are 95-99% certain that it is humans that are causing the world to heat up. By the way, this is very, very certain – it is the same level of certainty scientists have that cigarettes cause cancer. Climate change can be natural but this time it's us.

The last three decades are ranked the 1st, 2nd and 3rd hottest decades in recorded history – in other words, the planet is steadily heating up and new climate records are being broken every day.

We have a global "carbon budget" of about 1 trillion (1,000,000,000,000) metric tons. That's how much CO₂ we can release into the atmosphere while keeping global warming under 2 degrees Celsius (beyond this could be dangerous for the planet and us). We have already used up half of this – so we need to act fast!

It's so easy to go about our daily lives living as usual: buying stuff, driving our cars, working, cooking, dropping kids at school, going on holidays overseas, getting together with friends. It's so easy to forget about climate change. It's only when we have episodes of extreme weather (like the flooding and rains we experienced in early 2013, or the road falling into the sea at Mare Anglaise in 2012) that people start talking and worrying about climate change.

While we don't want to spend all our time worrying, don't we want to make sure that we leave the planet in good shape for our children and grandchildren? After all, as the saying goes, we have not inherited the earth from our ancestors, we are borrowing it from our children – so we need to take care of it.

The best thing for us to do is to try and integrate climate friendly ways of living into our everyday lives, so that making the right choices for the planet become second nature to us. Here are a few ideas on how to shift in this direction:

Try alternative modes of transport – car emissions produce greenhouse gases and other pollutants. Try walking short distances, or better yet take up cycling (and lobby for safer roads and bike lanes!). If you are feeling adventurous, and have cash to burn, you could try a hybrid or solar charged electric car. Or if your car runs on diesel you could try making biodiesel out of used vegetable oil from take-aways (like a few \$4S members do!).

Take holidays close to home – this is a tough one for many people, but airplane flights are a major source of carbon emissions so if you can cut back on unnecessary trips overseas, and try to do business via skype and other technologies it could make a big difference.

Eat local, buy local – try to choose fresh, local fish, poultry, fruits and veg when you go shopping. Try growing your own food, some veggies and fruit trees grow with very little effort required. If you are not originally from Seychelles, learn more about local cuisine from your friends and neighbours so you can learn how to use the foods available here. Avoid buying imported foods – many are full of preservatives and other chemicals, which are not good for your health, and they have travelled a long way to get to Seychelles.

Find leisure activities that are low-carbon: You and your kids can take up hiking, sailing, kayaking, windsurfing, surfing, cycling, football, tennis, and other non-motorized sports. Try to do them close to home so you don't have to drive long distances to your starting point.

Only buy what you need! Avoid compulsive shopping – all of the imported products we buy are produced and transported to Seychelles at great cost to our atmosphere so the simpler we keep our lives and our homes, the better.

There are many other things we can do to help the planet. The most important thing is to try and live simply and healthily, back to basics! Try these websites for more information about climate change and what you can do:

www.350.org - global climate change activist group who coordinate international events and petitions to fight climate change
www.ipcc.ch - IPCC website
www.grist.org - global environmental news service



Contributed by Sustainability for Seychelles (\$4S), a local NGO whose mission is to promote sustainable living in Seychelles. For more info about our work contact us.

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This article was supported by the GEF Small Grants Programme.

Why men love to fish

A lady's point of view

Hooked On Conservation

by Henry Riggs-Miller

I recently read a CBS News article that caught my attention, and thought Potpourri readers might enjoy the slant on the story. The article, written by Faith Salie, tried to answer the age old question – why do men love to fish?

She begins her diatribe on men and fishing by stating that not every summer time activity involves activity and that there's one male pastime that has baffled women since the beginning of time – fishing! She then goes on to recount her only fishing experience. She writes, "True story: I've gone fishing only once. It was on the Amazon, and I was trying to catch piranha. I didn't catch any, and I didn't get hooked on fishing."

She continues her story, "Maybe it's because I'm a woman. Sure, there are ladies who like to fish, but it's mostly men wading in rivers, leaning over bridges and going out in boats to sea, angling for the nibble that delivers every fisherman's desire: 'tight lines.'"

Why do dudes love to fish, she asks? And then she goes fishing for answers...

Many guys tell me that fishing satisfies a primal hunting urge. It's man vs. nature, armed with only a fishing rod, beer and maybe sunscreen. They think, "I just caught my own dinner (if my wife will de-bone it for me)."

// **STANDING
THERE WITH
JUST A ROD AND A
WISH IS SOMETHING
AT WHICH MEN CAN
REALLY EXCEL!**

And if you consider fishing a sport - and some do - then it's a very democratic kind of activity. You don't need to be tall or strong or agile. You just need to be patient or drunk. As avid fisher U.S. President Herbert Hoover put it, "All men are equal before fish."

She takes another jab at us when she writes, "Scientific studies have proven that women multitask better than men, so fishing is a great way for men to flex their strength at mono-tasking. Standing there with just a rod and a wish is something at which men can really excel!"

One man explained fishing as extended periods of boredom punctuated with brief bouts of excitement, which according to the author describes dating.

You put your bait out there; you see what bites; you catch and release, and trust there are OTHER fish in the sea.

Other guys think of fishing as meaningful bonding time with fathers, grandfathers and sons. She says a friend of hers described his time with his dad as a childhood adventure. The "adventure" was baloney sandwiches in the hot, humid sun, in a tiny boat, and very little fish-catching. Conversation rarely got deep, but it was intimate time shared, and was revered by all of us. She says, "Now there's a reason to fish that I'll buy hook, line and sinker."

She ends her piece by stating that, "Most men probably don't analyze why they love fishing. Why think too hard about a simple pleasure? But it's kind of a metaphor for a good life: Try your best, hope for the best, have days when you catch something and days when you don't, but always, always be thankful for the sound of the water and the sun in the sky and the chance to wet another line."

As for me, I couldn't agree more.



Henry is one of a handful of anglers that has caught IGFA's coveted 'Billfish Royal Slam' (all 9 billfish species) twice. A passionate angler and conservationist, he is also The Billfish Foundation (TBF)'s ambassador in the Indian Ocean. Together with his wife, Allison, Henry co-owns FINS Tackle, a big-game fishing and pro-tackle store opening soon at Providence, Mahe.

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BLACK BART





Photo credit – Alvin Abel

Samia (Toussaint) & Rupert Payet



Bride and Groom: Samia (Toussaint) and Rupert Payet | **Wedding Date:** 5th October | **Church:** Assembly of God (Mont-Fleuri)
Reception: Golden Plate | **Theme:** Red and White with décor and flowers by Luther and Vanessa (2746465) | **Cake:** Sweet Occasions
Rings: Regis Mein, Victoria | **Dresses and tux** from the UK (Dresses ASOS)



Terrence & Marion Sauzier



P: Marion, how did you meet Terrence?

The first time I saw Terrence was in a Seychelles club staring at me thinking how beautiful I was (hahaha). I was wondering who this was guy since I had never seen him before in that club. It was couple days after when I was online and I saw this person chatting to me and realized it was him! So we just chatted and got to know each other better - and it so happened that he was my cousin's friend. We organized to meet to have dinner and watch a movie. Long story short; from then on we started going out.



P: Your first impression when you met him?

When I first met Terrence he had very strong accent and it was kind of funny but cute to listen to someone who had come from Seychelles for the first time and was trying to adapt to such a big country. Terrence always knew how to make me laugh and smile, that's what made me fall in love with him.

P: Over the years how has Terrence evolved as a person?

Over the years Terrence as a person has changed. I guess as you grow up your thinking does change. Terrence always knew what he wanted and would work hard in order to achieve a goal or dream and it made me change as well as a person.



P: Talk about your wedding:

The planning of the wedding was a happy experience but stressful as well. I just wanted everything to be perfect and nothing to go wrong. Sometimes I use to say to Terrence let's elope but he would be like is that what you really want? The answer was always no. When I walked down the church aisle and seeing Terrence, all the stress went away because that was the day I was going to marry my best friend .Our wedding day was perfect and having our family sharing our special day was a great feeling.

Date of Wedding: 14/09/13

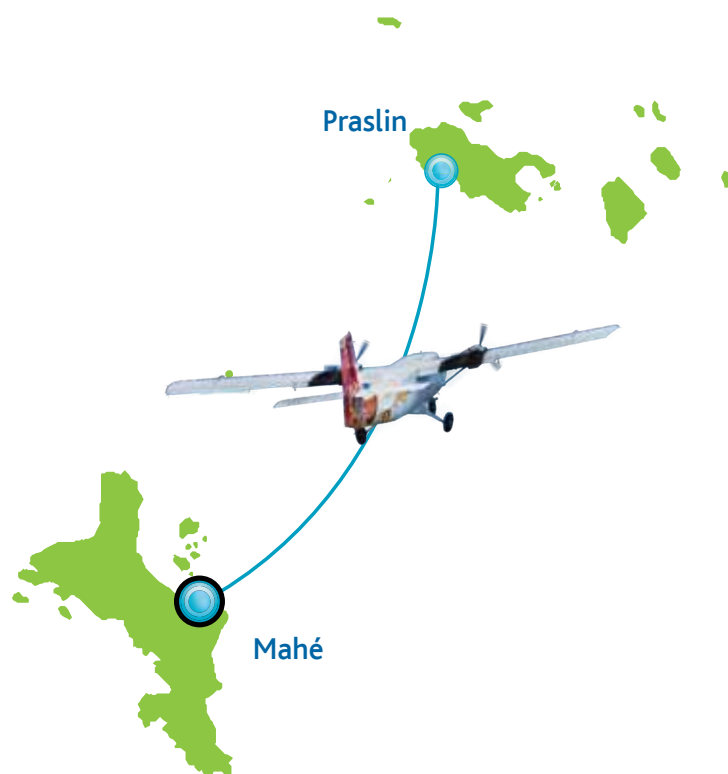
Wedding venue: Linley Estate in Kilsyth, Victoria

Colour theme: Yellow



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Agata & Michael



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From: Dubai
Wedding venue: Four Seasons Resort, Seychelles
Date: 10th September 2013



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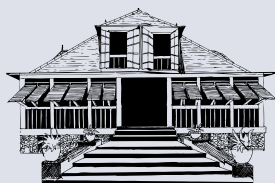
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Octopus Popcorn

For the run-up to Christmas, La Plaine St. André would like to present a beach-side special of our chef's creation, Octopus Popcorn! This crunchy number would be best enjoyed with a real eye-pleaser from Takamaka Bay, the Coco Léo! Otherwise, sit back and sip a glass of Sancerre from Domaine Vacheron in France, available from Archipelago Wine & Spirits.



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Serves 4

INGREDIENTS

THE OCTOPUS

200g Octopus
Boiled & sliced into ½ cm slices
1 dl Milk
2 tbs Crushed garlic
1.5 dl Flour
2 Eggs
2 tbs Olive oil
5 cl Vodka (Really helps to make a fabulously crispy batter)
½ dl of ice cold soda water
1 tsp Salt

PLANTATION ROSÉ DIP

1 dl Mayonnaise
3 cl Takamaka Bay spiced rum
1 tbs Tomato paste
½ tsp Finley chopped chili
Salt, to taste

Prepare your octopus and its sauce.

The Octopus: Peel a green papaya and cut into large pieces. Put your octopus into a deep pot along with the papaya and boil for about 1 hour, until the octopus has turned pink in colour and has acquired a tender texture. Set aside to strain and cool. Slice the tentacles into ½ cm slices ready for frying.

Octopus marinade: Mix the milk, garlic & salt in a bowl and add in the octopus. Leave to marinate overnight in the fridge. Dipping Sauce: Mix all the ingredients for the sauce in a bowl. Leave overnight in the fridge.

Chef's tip: To make a chilled sauce 'à la minute', place your mixing bowl in a bigger container of ice throughout the mixing process.

Crispy batter: Whisk both eggs with the vodka and olive oil. Add your flour while stirring with a wooden spoon. Leave to chill in the fridge for about an hour.

Time to fry up and serve!

When your guests have arrived, make sure your octopus is at the ready. Whisk your soda into the batter and add in the octopus pieces so they are well coated in the batter.

Heat up your oil to 180°C (or until a drop of batter sizzles immediately as it hits the oil)

Into the oil, drop in a couple of table spoons of octopus pieces to deep fry in batches. You don't want to fry too much at once, otherwise your 'popcorn' pieces will clump together! There should be space in between each octopus morsel.

Remove your popcorn octopus using a metal perforated spoon.

Serve with a lemon wedge and a side bowl of your refreshing sauce.



The Wine



Sancerre, Domaine Vacheron, France

From a family estate run in a biodynamic way, this ripe and mineral sauvignon blanc with some texture and a nice freshness, has a lovely fruity nose with notes of lemon and grapefruit.

The Cocktail Coco Léo



INGREDIENTS

25ml Takamaka Bay White Rum
25ml Takamaka Bay Coco Rum
15ml Cointreau
Coconut Water
Coconut Cream
Orange & Mango Juice
Dash of Angostura Bitters
(Blend)



Recommended Garnish

Coconut slices and a
(non-poisonous/edible) flower



Recommended Glass

Served in a red coconut



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Top 5 rental releases

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Killing Season starring Robert De Niro and John Travolta



Peebles starring Craig Robinson and Kerry Washington



Empire State starring Dwayne 'The Rock' Johnson and Liam Hemsworth



The Great Gatsby starring Leonardo DiCaprio and Carey Mulligan

Usually not one for films adapted from books (particularly when Baz Luhrmann is at the helm), I admit I was sceptical about seeing *The Great Gatsby*. F. Scott Fitzgerald's book is written so gracefully that I struggled to imagine any justice being done in transferring his words to the screen, especially as it's been unsuccessfully attempted already. I now know that I was wrong. Watch this film if you want something new and thought-provoking because almost everything about Luhrmann's version of the classic novel is spot-on, even Jay-Z's contemporary 1920's soundtrack. You won't be disappointed.



Teen Beach Movie starring Ross Lynch and Maia Mitchell



Film of the month

Gravity – Starring George Clooney, Sandra Bullock Dir. Alfonso Cuarón

I'm fully aware that Science Fiction is a bit like Marmite – either you love it or you hate it. I don't know many people who can sit through a 3 hour long Sci-Fi epic and come out at the end saying anything along the lines of 'It was ok, I suppose' (unless they secretly mean 'I hated it' but don't want to hurt your feelings). On top of that, we've seen the release and subsequent over-promotion of so many big Sci-Fi movies this year already (*Elysium*, *Oblivion* etc...), so no one could blame you for not wanting to spend the money on tickets for yet another one.

However, before you form an opinion of this film based solely on the genre into which it fits, you should be made aware of one thing – *Gravity* is almost certainly the most realistic portrayal of human beings in space ever created. Big call to make, I know, but I mean it. It's not as much a tale of what happens when something goes wrong out of the Earth's atmosphere as it is a character study and an illustration of how human emotions warp and distort in the most extreme circumstances.

For those of you who are enthralled by visually enticing cinema, there is no other film that I would recommend. Paying homage to Stanley Kubrick's '2001: A Space Odyssey', cinematographer Emanuel Lubezki captured the sprawling atmosphere of space with beautiful colours and seemingly endless shots of the star-peppered abyss which surrounds the film's leading actors.

Sandra Bullock and George Clooney play their respective roles as stranded astronauts Ryan Stone and Matt Kowalski tremendously well, carrying the suspense and connection with the audience on a tightrope for the duration of the film. This might sound like something you'd expect from two world class actors but what I haven't mentioned yet is that Stone and Kowalski are pretty much the only 2 characters in the entire movie. If that isn't enough, the film was shot entirely in 3D and for the first time (in my experience, at least) it feel like it's an artistic step forward on the director's part. If you're anything like me, watching a 3D film usually results in a slight headache and a vow that you'll never wear those stupid glasses again. If you didn't really mean that, give the third dimension one more chance and watch *Gravity* as soon as you can.

If that's not your thing: Look out for the oscar-tipped thriller 'Prisoners', starring Hugh Jackman.



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Album of the month



Drake Nothing Was The Same

Available on iTunes

Aubrey 'Drake' Graham, the teenage star of a hit Canadian high-school TV drama called *Degrassi*, took the world (outside Toronto and its immediate surroundings) by storm in 2009 when he was signed to Young Money Records and taken under the wing of infamous rapper/dread-lock enthusiast Lil' Wayne. It wasn't that Drake was so well established in the entertainment industry that cemented his rise to musical super-stardom (*Degrassi* may have been mistaken for a type herb if you mentioned it outside of Canada), or even the suggestion that he's the best rapper to hold a microphone since Jay-Z traded artistic merit for stock market money (more on that later).

No, the simple factor that transformed Drake from a Z-list actor into a multi-platinum recording artist is the fact that he makes music that both men and women can relate to and more importantly, sing along to in the club without feeling like they're losing face. He did this with his first album, *Thank Me Later*, by creating the perfect hybrid of Hip-Hop and R'n'B, leading his listeners to question whether they preferred Drake the singer, or Drake the rapper. By the time his second full release dropped in 2011, most fans were quite content with not having a preference and as a result, *Take Care* went multi-platinum and the world started getting used to the idea of 'Drake featuring Drake'.

His latest offering, *Nothing Was The Same*, exhibits Drake's maturation both as an artist and as a young man. Sure, he still sings about having stacks of money, driving fancy cars and living in plush compounds but underneath all the bravado lies a sense of awareness that although someone can procure all of the things he has, it all means nothing unless you understand and love yourself.

The title track 'Tuscan Leather' showcases Drake flowing seamlessly through 3 different moods, using each one to communicate a different set of emotions and in doing so, highlighting the theme of the album, which is that nothing was the same after he made the transition from a quiet life in Toronto to sold-out arenas across the globe. From this point, we're readied for what's to come; a flurry of introspective, minimal compositions that underlie some of the most introspective verses the music world has ever known.

Whether or not you think you could listen to this album all the way through, I urge you to try because there's definitely something on here for everyone.

If you don't hear it the first time, try and try again until your life starts to change for the better.

If that's not your thing: Take a sonic nibble of 'Mechanical Bull', the latest album from Kings Of Leon.

This time, 10 years ago...



Jay Z – The Black Album

Supposedly his last contribution to music, *The Black Album* marked Jay-Z's retirement from Hip-Hop and his rebirth as an international business mogul. With its top-notch production credits, very few features and some of Mr Carter's best lyrics to date, we were torn between wanting this album to be his last goodbye and wanting another one of these masterpieces every year for the next decade.

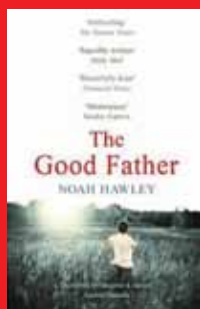
I heard once that you know a piece of art is a classic if it makes you change the way you think about anything. With this in mind, I bet I could guess what most people who've heard this album would think if I said I've got 99 problems.

Fortunately for the fans, Jay couldn't leave rap alone and ended up making his comeback a meagre 2 years later with another great album, *Kingdom Come*. Unfortunately, since then it seems he's had his eye on the money ball, so to speak, rather than the 'writing conscious lyrics that get people thinking about their lives' ball. Who can blame him though? He's married to a fairly successful lady and spends his mornings deciding whether to be chauffeured in a limo or take one of his many Maybachs to the office.

Some might say that thanks to *The Black Album*, Jay-Z never has to write another rap again. I would agree.

MUSTBUYS! From the Shelf

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The Good Father

An ordinary boy with an ordinary life stands accused of killing the next president of the United States. What happened? Dr Paul Allen is a well-respected man. He lives a happy, comfortable life with his second wife and their family. Until the night when a knock at the door blows his world apart: a hugely popular presidential candidate has been shot, and they say the young man who pulled the trigger is Paul's son. Daniel, the only child from his first, failed marriage, was always a good kid and Paul is convinced his quiet boy is not capable of murder. Overwhelmed by a vortex of feelings, Paul embarks on a mission to understand what happened and why. Following the trail of his son's journey across America, he is forced to re-examine his life as a husband and a parent, and every decision he ever made. What follows is a powerfully emotional and suspense-filled quest that keeps you guessing to the very end. Monsters don't just become monsters, after all. **Price SR155**



Jasmine Nights

1942 and the world is at war. It is a war that has already shattered families and devastated countries. But for some, it will also mean the greatest of adventures. In a burns hospital in Sussex, a beautiful young singer performs to a ward full of injured soldiers. Saba is captivating and one pilot, Dom, shudders as her gaze turns his way. He can't bear her to see his scars but resolves to write to her once they have healed. The world is on the brink of enormous change. Saba's journey as a singer with ENSA takes her to the fading glamour of Alexandria and the heat and decadence of Turkey. On the glamorous Middle Eastern social circuit, Saba rubs shoulders with double agents and diplomats, movie stars and smugglers. Some want her voice, some her friendship, and some the secrets she is perfectly placed to discover...**Price SR175**

All books are available from Chanterelle Bookshop, Quincy St. Email: chanterelle@seychelles.net



November Review by Thyra Faure

Lessons in heartbreak

Having never read a book by Cathy Kelly, I was a bit skeptical about what to expect in the book. However, I was relatively surprised to find that I liked it and it made for an interesting if not emotional read. Set in two different continents, across three different countries and two times in history, this novel recounts the journey of three women. Izzie left her homeland of Ireland to pursue a career in New York where she met and fall in love with a married man. The latter broke her heart because he never leaves his wife and she has to move on. Her story echoes that of the matriarch of the family, Lily. She is taken ill and while laying in hospital her diary appears where she stories about her past appears; how she had love and lost and come home to create the family she now has. On her part, Izzie's aunt Annelise, know the heartache and heartbreak of being betrayed by the ones she loved. She struggles to move on but she finally finds the strength to do so. Overall, this novel touches the heart and shows the strength of three women separated by age but facing similar issues at one time or another. It's a story of love, courage, deception, lessons learned and finding the ability and reasons to let go in order to move forward. It is a recommended read.

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