

LADDER HILL, ST HELENA
SOUTH ATLANTIC OCEAN



20
OF OCTOBER
2022

All the news
without the
'blurb'!

A light-hearted review of current island affairs
and relevant government information.

SAINT HELENA INTERNET TITLE FIGHT! THE BIG FIGHT OF THE YEAR!

OLD

sure.

sponsored
by



NEW
MAESTRO

JAMESTOWN

VS

SAINT HELENA CRICKET...READY TO TOUR?

LET'S SELL OUR DIAMOND JAMESTOWN BECAUSE NAPOLEON'S DEAD!

PREMIER LEAGUE FOOTIES LATEST

#22

THE SIREN FROM THE EDITOR

Email your letters and opinions to
thesaint@helanta.co.sh

As Christmas marches nearer, I was quite surprised and pleased, to see that no Xmas decorations have been put up yet. I do think that globally, Xmas has been squeezed and pushed further and further back in the year, so that retailers can maximise profits. I've seen shops overseas get Christmassified as early as August before, so please, let's keep Xmas to somewhere from mid-November onwards...then, let's get festive!

The Cricket season is almost upon us, in this week's rag, we talk to head coach Nadeem Ahmed, and announce the touring squad. Good luck guys.

Us keeping an eye on the progress of Side path Road, Go Johnny Go and also Jacob's ladder, Go Collie Go!! As I stare up the Ladder, I see a bit of shuttering going up, but I have concerns that this might be taking a bit longer than planned.

International news becomes more and more frightening, when will something be done to end the pain and suffering of so many because of the greed of so few?



COMING UP...

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The buzz of trimmers and lawn mowers is getting louder as the weather warms up a little, the rain, warmer weather and a bit of sunshine means that 'weeds' be growing fast & furious. So, get strimming or planting...! LOL

Stay safe, watch out for each other, don't be spreading nonsense yarns and fly the Saint Helena flag high.

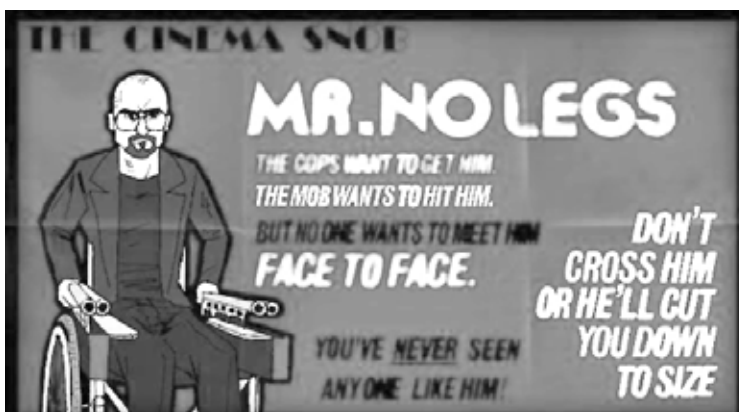
THE LEGLESS MECHANIC



Us been following and chatting with our ol friend 'Shorty', the Legless mechanic. We followed his journey, for some time now, from Government car mechanics, to making assumptions, he even tell us how he get both legs bitten off. Now, he was a bit peed off this last week, number of things getting' on his nerves. He tell us he getting so tired of other folk pointin' blame in other directions. I mean, let's face it like, us all ain't perfect and us will make mistakes. Even dem top duurgs and fat cats is human...us think, even tho sometimes us wonder! For example, was only other day that, he needed to speak with MI6 about one of the cars he was sortin' for them. Whilst he was on that topic, he wanted to ask about some financial help too. Now, since he mentions money, it gone dead quiet! Not a whisper, you can hear a pin drop! He ask me why... "as soon as you ask something which them big fish can't or don't want to answer, they disappear in puff of smoke, kinda like a magician make 'em vanish?!" All, it does, he says, is make us frustrated and bloody angry. Makes us say & do daft stuff, next thing is, us in trouble again!

Shorty in Full Flow

Why dey all push us buttons like that. Us wouldn't mind if they said they don't know what the answer is, but total silence and bullshite is not right! Same ting happen with his 'telephone, TV, Internet company'. The info bar on da TV says 'No Content'. The Nat Geo channel done disappear. Email not answered. Boss people too busy doin' nuttin' to talk on da phone. They sell you a cell phone, but ain't got no covers for i!. Let's face it, them phone people all over the world is no better than each other. Seems quite ironic that a telecommunication company don't have a clue on how to communicate much anything.





PEAKS Enterprises

are pleased to announce the following upcoming new services to their business.

Joining their team soon will be:



Providing the following services:
Cuts for Ladies, Gents, Kids,
Highlights: any colour, Wash & Blow-Dry,
Curls, Flat Iron,
Treatments and Styling.

Marisca will be here to make your
hair look good and healthy,
and also to make you feel pretty
for the Festive Season!

*Don't delay...
Book your appointment today!!*

Meet Marisca....

she is a Qualified Hair Stylist
from Western Cape Town in
South Africa.



GENTS WET CUT	£12.00
GENTS WET CUT & BLOW DRY	£15.00
BOYS/GIRLS CUTS (1-10 Yrs)	£8.00
BOYS/GIRLS CUTS (10 Yrs +)	£10.00
LADIES:	
WASH, CUT, BLOW-DRY - (short hair)	£10.00
WASH, CUT, BLOW-DRY - (med hair)	£12.00
WASH, CUT, BLOW-DRY - (long hair)	£15.00
WASH, CUT, BLOW-DRY & STRAIGHTEN/CURL - (short hair)	£15.00
WASH, CUT, BLOW-DRY & STRAIGHTEN/CURL - (med hair)	£20.00
WASH, CUT, BLOW-DRY & STRAIGHTEN/CURL - (long hair)	£25.00
FULL HEAD HIGHLIGHTS - (short hair)	£45.00
FULL HEAD HIGHLIGHTS - (med hair)	£55.00
FULL HEAD HIGHLIGHTS - (long hair)	£65.00
HALF HEAD HIGHLIGHTS - (short hair)	£40.00
HALF HEAD HIGHLIGHTS - (med hair)	£50.00
HALF HEAD HIGHLIGHTS - (long hair)	£60.00
(blow dry, straighten/curl and toner included with all highlights)	
PERMANENT COLOUR - (short hair)	£40.00
PERMANENT COLOUR - (med hair)	£50.00
PERMANENT COLOUR - (long hair)	£60.00
REGROWTH ROOTS COLOUR (includes cut and Blow Dry)	£45.00
REGROWTH ROOTS COLOUR	£30.00
BLEACH - FULL HEAD	£40.00
PERSONS 70 years+ Receive a 10% Discount	

A FEW EXAMPLES OF MARISCAS' WORK



Hair Dressing Services will be available
from **Tuesday 1st November 2022**
through to **Friday 27th January 2023**.

Tattoo Designs will be available
from **Monday 6th February 2023** through
to **Friday 24th March 2023**.

Both service providers will be located at Terrace Knoll Estate in St. Paul's

To book your appointment for either of the above contact:

Shanna - 24555

Email: shanna.john@helanta.co.sh

Or message on FaceBook

Please leave your name, contact number, service/date required and I will get back to you.



Meet Alex

she is a Qualified Swiss/South African Tattoo Artist.
Together with her business partner Jon they own an
established business in the heart of Cape Town.

Alex is well experienced in a diverse
amount of styles ranging from
American Traditional Black,
Black and Grey Realism and
ornamental geometric tattooing.
She has worked not only in South Africa
but also across Europe and
United States.



Don't delay...

Book your appointment today!!

Send us a design of your tattoo,
and we will work on a quote for you.

A FEW EXAMPLES OF ALEXS' WORK





At Home with Bella Lasagne

The Story of Everybody, Somebody, Anybody and Nobody!



Dear Friends,

Warmer days are upon us, I can't wait for our tropical Christmas and I am more than happy to give Rudolph his shiny, cold nose back.

There was an important job to be done and everybody was sure that somebody would do it. Anybody could have done it, but nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought anybody could do it, but nobody realized that everybody wouldn't do it.

An old story but one that is more relevant than ever before especially when it comes to making a decision, on this matter St Helena struggles and I am not referring to political decisions here (yes that's right, politicians can breathe easy). I refer to the paralyzing inability of so many in positions of leadership that will not take a decision unless they have been wooed and soothed like a baby with promises that everything will be alright. Indecision and passing the buck has been described as cowardly with one startling trait, a lack of accountability. If people don't make a decision, they will not be accountable and therefore not responsible for the outcome. And so, the Pendulum swings from side to side much to the frustration of the customer where nothing desired is ever achieved.

Have you ever sat in a meeting and watched a person struggle with making a decision? They squirm, they change tactics, they look to extend to another meeting, the hour passes they almost pass out. Sad to say many people in leadership positions lack the determination and strength of mind to actually make a decision especially if it may tip over into other people's boundaries, 'He or she may not like me meddling or interfering' Treading around people is like treading around eggs, one wrong move could crack a shell and maybe inherit a foe.

The thing you fear most
has no power. Your fear of it is
what has the power.
Facing the truth really
will set you free.
Oprah Winfrey



Retired Colonel Larry M. Keeton said *"The leader establishes the climate. Poor leaders' equal turbulent times, often ending in shipwrecks"*

Raising the next generation of managers, directors and leaders to embrace decision making is vital to our survival, the danger being that someone else will make the decisions for us and that will be to our loss. Culturally, on St Helena making a decision is akin to 'crash and burn' but if we encourage self-confidence from an early age we will reap a harvest of men and women who are assertive and sure of themselves, not cocky or arrogant but secure in the knowledge that an opinion or indeed a firm decision is welcomed and valued.

There is the flip side to the coin of 'micro-management' where people are managed by dogmatic, rigid bosses who do not encourage free expression or give people a berth wide enough to take on the role of being a decision maker, they put a ceiling on any type of new ideas and make every effort to hamper progress. Companies around the world spend millions each year on coaching; they bring in the Guru's to encourage a celebration of self. We cannot be too grown-up to learn how to be better at our jobs.

Until next week, be gentle, be kind.

Bella

THE ST HELENA RECORDS

(Contributed Stedson Stroud)

1679 An Awful Yarn From A Day Gone By!

27th October. 1679. Swine running loose up and downe Chappel valley besides them coming into and annoying the Fort an frequently going up the Batterys doe alsoe root up along the Water Caurse that runs to the spouts where the shipp take in their fresh water – ordered that the Inhabitants upon alarm of any shipp coming in doe drive their swine up into the valley and keep them at some good distance from the burying place above the spring house under a penalty of half a dollar.

3rd. Nov. 1679 – John Boston complains that Sattoe his black did attempt to kill him, and wounded him with a knife in his right arm and legge.

Sattoe being examined confesseth that upon his master beating him and threatening to do it a second time he took his knife and wounded him in the arm and legge, That he recived the knife from Rowland Mr Swallows Black about ten days before who said when your master beat or strike you then do you beat him again and kill with this knife.

Further that Rowland did about three weeks since proffer him some red and white poison in two papers which he said came from Bantam and that he should give some of it to his Mr and Mistresse when they did next beat him.

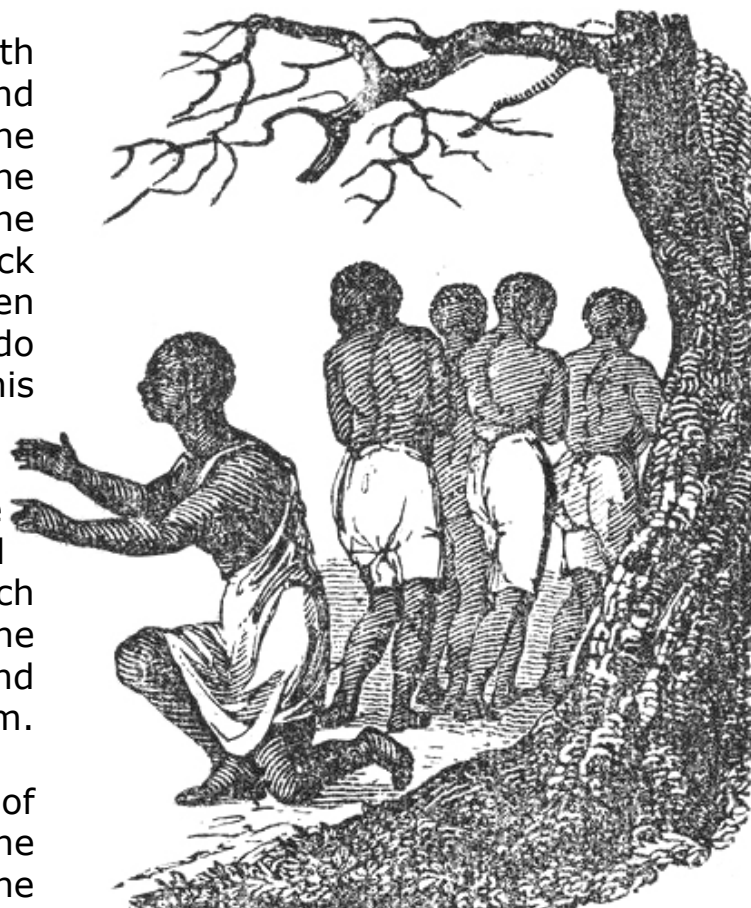
Alsoe he said that he had a pipe of Tobacco from Rowland the same day he wounded his Mr. which afterwards he

found it very hot in his head and belly and thincks and did the more enrage him against his master.

Ordered that Sattoe be hanged- that the hand with which he wounded his master bee first cut off. His head to be severed from his body and placed upon the Market house.

That Rowland be imprisoned and be brought to the place of Execution with a rope about his neck -and then have forty stripes save one on his naked body and have an Iron pair of Pot hooks rivetted about his neck.

To Be Continued...



CAPE to St Helena 2022

29 Dec 2022

Time Limit: 15 days
Entries Close: 24 Nov 2022
Email: sail@capetosthelena.co.za
Website: www.capetosthelena.co.za



Item	Product	Size/Format	Price
Recycled Material Products			
1	Recycled Paper (Bundles of 10)	A4	£ 2.00
2	Recycled Paper (Bundles of 10)	A3	£ 4.00
3	Recycled Book	Notepad	£ 5.00
4	Recycled Book	Small	£ 7.50
5	Recycled Book	Medium	£ 10.00
6	Recycled Photo Frame	6x4inch	£ 4.50
7	Recycled Photo Frame	A4	£ 7.50
8	Recycled Envelopes (pack of 5)		£ 3.00
9	Pulp Letters Small (Plain)	A5	£ 1.00
10	Pulp Letters Small (Decor)	A5	£ 1.50
11	Pulp Letters Large (Plain)	A4	£ 2.00
12	Pulp Letters Large (Decor)	A4	£ 2.50
13	Recycled material Fire Bricks	2Kg	£ 3.00
14	Recycled Greeting Cards		£ 0.30
15	Newspaper Bags with Handles	Small	£ 0.25
16	Newspaper Bags with Handles	Medium	£ 0.28
17	Newspaper Bags with Handles	Large	£ 0.32
18	Newspaper Bags without Handles	Small	£ 0.23
19	Newspaper Bags without Handles	Medium	£ 0.26
20	Newspaper Bags without Handles	Large	£ 0.30
21	Paper Bead Necklace Small	20inch	£ 4.00
22	Paper Bead Necklace Medium	24inch	£ 5.50
23	Paper Bead Necklace Large	30inch	£ 7.00
24	Pulp Toy Box (Regular)	11"x13"x10"	£ 15.00
25	Pulp Toy Box (Large)	21"x13"x10"	£ 20.00
26	Recycled Material Pinata	<100cm	£ 8.00
27	Recycled Material Pinata	>100cm	£ 16.00
28	Paper Pulp Keepsake Box	Regular	£ 6.50
29	Paper Pulp Keepsake Box	Large	£ 10.00

Crafts (Fibre) Products

30	Local Spun Wool		£ 5.00
31	Wool Beanie	Adult	£ 5.00
32	Wool Beanie	Child	£ 3.50
33	Wool Scarf	One Size	£ 7.00
34	Knitted Quilt/Blanket	<100cmx100cm	£ 15.00
35	Knitted Quilt/Blanket	>100cmx100cm	£ 30.00
36	Knitted Cowl	One Size	£ 8.00
37	Knitted Ear Warmer (various styles)	One Size	£ 5.00
38	Knitted Socks/Slip-in's	One Size Fits All	£ 3.00
39	Handmade Cushions	<30cmx30cm	£ 5.00
40	Handmade Cushions	<50cmx50cm	£ 6.50
41	Handmade Cushions	<70cmx70cm	£ 8.50
42	Aloe Tortoise Keyring		£ 3.00

Item	Product	Size/Format	Price
43	Aloe Bowl	Large	£ 7.00
44	Aloe Coasters	Set of 4	£ 6.00
45	Aloe Coasters	Set of 6	£ 9.00
46	Aloe Place Mats	Set of 4	£ 20.00
47	Aloe Place Mats	Set of 6	£ 30.00
48	Aloe Bowl	Small	£ 4.00
49	Aloe Bowl	Medium	£ 5.50

Crafts (Creative) Products

50	Organic Soap	8cmx2cm	£ 2.50
51	Organic Soap (Promo Size)	4cmx2cm	£ 1.25
52	Organic Soap (Promo Size)	8cmx1cm	£ 0.62
53	Handwash	500ml	£ 1.50
54	Handwash	1Ltr	£ 3.00
55	Handwash	2Ltr	£ 6.00
56	Handwash	3Ltr	£ 9.00
57	Handwash	5Ltr	£ 15.00
58	Gel Candle (Recycled Mason Jar)	Various Sizes	£ 6.00
59	Gel Candle (Mini Mason Jar)	3cmx4cm	£ 2.00
60	Gel Candle (Metal tin/Regular)	7.5cmx10.5cm	£ 6.50
61	Gel Candle (metal tin/Large)	10cmx11.5cm	£ 7.50
62	Wax Candle (Regular)	7.5cmx10.5cm	£ 5.00
63	Wax Candle (Large)	10cmx11.5cm	£ 6.00
64	Wax Candle in tin (Regular)	7.5cmx10.5cm	£ 5.50
65	Wax Candle in tin (Large)	10cmx11.5cm	£ 6.50
66	Wax Candle Personalised (Regular)	7.5cmx10.5cm	£ 7.00
67	Wax Candle Personalised (Large)	10cmx11.5cm	£ 8.00

Contact: 00290 24690 SHAPE@helanta.co.sh

CARNIVAL 2022

29 October 2022

Theme: Caring, Sharing and Feeling the love through costumes in a cancer colour of your choice

REGISTERED CHARITY NO 00024

WHAT DOES SAINT HELENA HAVE TO SELL?

Ever since the decision was made to plough an absurd amount of money into our own airport, tourism as we might have imagined, just isn't happening! A figure of 30,000 tourists per year was suggested! Whaaat??? That's over 570 people per week. A plane full, almost daily!!! We have to ask the question..."

Why don't we attract tourism?"

For me, I have travelled to a number of countries the world over, New York, Paris...yes, I was very lucky to grow up in North West London, I worked hard and afforded travel before I got married and had children. What I did see on my travels was that every country's **Capital City** is probably its main attraction. Most countries had sunshine, golden beaches, lavish entertainment and hundreds of top restaurants offering 5-star local cuisine and accommodation. Cape Town is one of those cities which simply... "Has It All!"

So, let's ask ourselves the question... What do we have? Hang on, let's firstly look at what we don't have. We certainly don't have the endless golden beaches with stunning surf. We don't have numerous 5-star restaurants or accommodation. We don't have a dozen or more venues offering international shows or music. We don't even have satisfactory internet...yet! Think about it...on the surface, we don't have much! Well, that's what we might think!

What do we have? Well, the powers that be have tried selling Napoleon for the last 100 years as one of our main tourist attractions, the other one is also over a hundred years old...Jonathan! Can we really expect people from other countries to come flocking to Saint Helena for Napoleonic history and a tortoise? I don't think so. Napoleon wasn't even a nice guy!



Cape Town Has It All



French Tyrant, Miserable & Lonely!

What we do have are a number of very special assets which have been totally neglected & haven't been marketed properly until recently. These assets are right under our noses and I don't think **we know their worth**. I mentioned at the beginning of this article that Capital cities are the gems, the jewel in each countries crown. First world countries spend considerable amounts of monies in maintaining their Capital cities. **It's about pride**. Don't we all want to 'show off' that special diamond. Picture in your mind for a moment... **Jamestown, beautifully restored**, freshly painted, colourful buildings, pristine walls, paved walkways with wheelchair access. Happy smiles and bustling shops and restaurants. Some of the best and most affordable diving and fishing money can buy, just a few hundred meters from the shore line. An island community which can seriously boast a **crime free society**. Visiting people just can't believe that cars are left with keys in the ignition, front doors unlocked, misplaced wallets & cell phones find their way to the local radio station, usually to be returned, the trust and honesty of Saints, a culture that's been beautifully trapped in an era gone by. All of that is **priceless**, there's almost nowhere else in the world like Saint Helena. All we got to do...

IS SELL IT!



Darker Benjamin...Fishing Guru!

Look around you, instead... what do you see? Buildings with cracks and peeling wooden window frames, decaying archways, missing gates all looking very weathered and tired. Even the painted lines in the roads must be done with watercolours...they fade within weeks of touching up! Walls looking like the next breath of wind could knock them down in a heartbeat. We have a decrepit broken old Town Clock. It's not worked for more than a year! If tourists come at all, they will be paying premium prices for travel and will be staying in a four-star, premium priced, styled hotel... **in a 'run down town'!** They will find numerous facilities closed or inoperable. These tourists are going to leave and tell their friends and families of a special place... but it's tired and weathered, a lot of things don't work! What sort of advertising is that. They will all talk about the potential!



"Out With The Old & In With The New." Fresh Ideas, A New Way Of Thinking!

I believe we need to stop and check where we are at. In the next budget, adequate finances really need to be allocated for a total revamp on Jamestown. It is the Island Diamond... Peaceful Harmony! In pristine condition, Jamestown will proudly boast its classical history preserved in time, yes... you, the amazing

people that you all are, resilient, friendly and extremely charming & helpful... incredible fishing and diving experiences, some of the best in the world and tuna curry... 'to die for', couldn't be fresher! People will leave this little island and go back to their hometowns and say to friends and families... that was the most stunning place I've ever been to... that's how I remember it from a time gone by. Their **friends and families in turn will follow.**

The Freshest, Tastiest, Tuna Curry.

I keep asking the question why is it like this? Personally, the priorities are sometimes wrong. To prioritise huge amounts of funding on new prisons, new roads and the inability to save money in obvious arenas such as media advertising, is why! The whole aim after all, is to make Saint Helena as self-sustainable as possible. No one can state that Saint Helena will one day, not require funding... we probably always will, but hopefully not nearly as much. To introduce Saint Helena as a tax haven & legalise cannabis are just a couple of other avenues to boost revenue, these would probably attract more visitors and tourists too. We need to adopt a slightly more first world way of thinking...

The Cleanest Ocean...The Finest Diving.





...for 20th October!

On Saturday, **The Mantis Hotel** officially opened its doors for the first time in a while. The Covid pandemic certainly delayed the Hotel 'getting off the ground', but we sincerely hope that Andre Van Niekerk and his newly recruited team can dress to impress. Weekly flights are now scheduled and we shall see if SHG and its **tourism** department can sell the island to the rest of the world. Bring on the tourists.

Alistair Beak was on island last week to reassure us all that **SURE** is the 'way to go' going forward with our new 5G internet service provider. I have my doubts! Companies who have controlled services through a monopoly on island for a number of years get complacent when it comes to customer service. Maybe it's another time for.. "Out with the old & in with the new?"

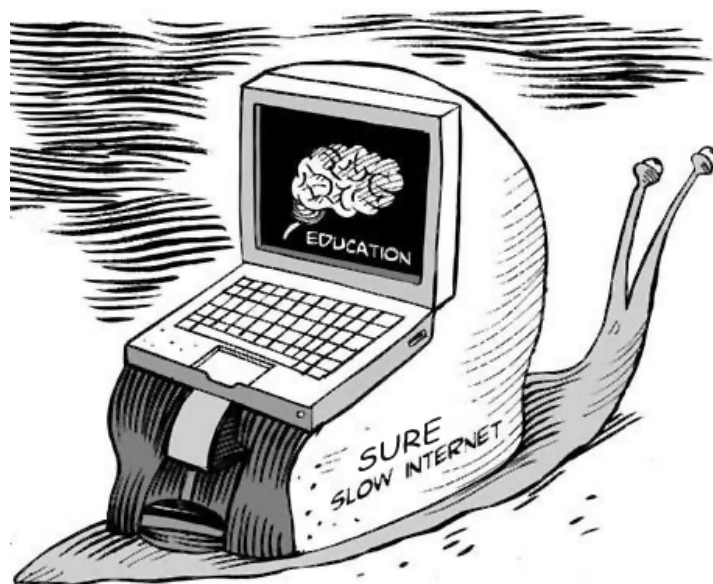
The Saint Helena Cricket squad has been selected for their tour to Rwanda to compete in the qualifying stages for the ICC T 20. 14 players have been selected and intense training is now underway. Good luck boys...bring it home!

There's a fancy raffle in circulation to raise funds for **Saint Helena's footballers** to travel overseas next year. First prize is a very fancy scooter and tickets are only £5.00 Please support the local sports people by buying a couple of tickets and we'll see you scootering soon!

Stunning new ambulance on island to assist the **Health Portfolio** in saving lives. It was a generous donation from the NHS in UK, if it's going to save lives, give it a thumbs up if you see it flying past with lights blazing.

A number of **Orthopaedic** patients who were scheduled for surgery here on island have been whisked away for offshore treatment. Good job SHG, great to see a solution to a problem. Not much info was given out, but the **orthopaedic** surgeon on island fell seriously ill and won't be returning. I have been advised that my minor operation will be attended to by a locum surgeon in the not-too-distant future. Thank gawd for dat!

If you have any news in brief which you feel requires a mention, drop us a line at **thesaint@helanta.co.sh**



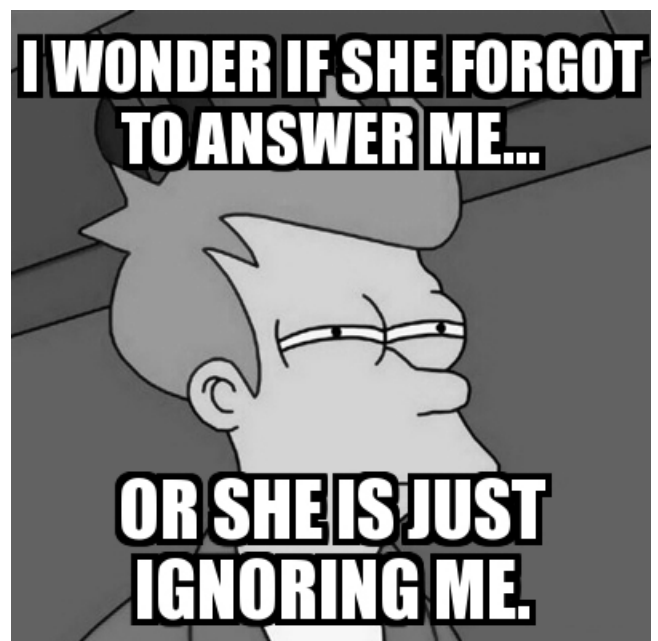
SURE CLAIM £50.00 PER MONTH FAST & UNLIMITED

It doesn't surprise me that whilst SURE have had a monopoly for telecommunications on Saint Helena for the last several years, as soon as a new tender process is launched for the provision of a service utilising the new 5G Equinox Cable, they send a top CEO to come to Saint Helena and promote the company. SHG has named "Maestro" as the preferred bidder for the installation of an island-wide fibre network so this has clearly got the fat cats at SURE hopping up and down! Alistair Beak spent time talking on Saint FM last week and the tone and context of this discussion had my eye brows going up and down like a fiddler's elbow!! Mr Beak claims that SURE will be paying the 100's of thousands of pounds for having access to the new cable and maintenance of it. He implied that the money-making engine would be income from companies such as "OneWeb". I'm no expert on telecommunications, I don't worry too much about the big wigs making their money, what's important to us is how all of this effects the Saints on the Street? Will we get 'Unlimited 5G internet with good download speeds on a consistent basis, at a suggested price of £50.00 per month?' Let's assume for a moment that there are 2000 subscribers. Remember that 4 people in one household will only have one connection. 2000 connections at £50.00 is only £1,200,000 income per year. With over 20 employees, a fleet of maintenance vehicles, constant costs of maintenance, plus licence costs, it is quite clear that without some additional

income, SHG might well be first on the list as the cap gets passed around for financial help.

Now, all that said, the tone of Mr. Beak on radio was, in my opinion, a desperate call for support. He continually spoke about how, "terribly disappointed" SURE were at not being selected as the 'preferred bidder', but seriously... closing the stable door after the horse has bolted isn't helpful! Perhaps Mr. Beak should have been here to assess, reassure and promote before the tender was put out!

I expressed my own frustrations in last week's edition of The Saint. I'm still waiting for a reply to an email I sent on the 8th October and the CEO is obviously still too busy to talk to me on the phone. I now discover that my favourite channel 'National Geographic' is offline until further notice...Humph...I give up!



Quality Window Blinds



ORDERS can be made for
Vertical , Venetian , Roller , Roman ,and Bamboo
blinds from 200 colour
samples and to suit your Measurements.
Standard Patio slide doors
1.5 , 1.8 , 2.0 , 2.1 , 2.4 , 2.7 , 3.0 metres
10mm thick steel sheet
Non standard Patio slide doors
4 6 8 and 12 light size Aluminium windows
Aluminium Windows
Side and Top hung Sashes or Vertical and

Horizontal slide.
Double glaze Top hung Aluminium
Windows.

FOR SALE CONTACT CHRIS BARGO TEL 23163

230 mm Diamond Masonary cutting discs.
Kids Double swing and gliders.
White aluminium Windows - 1750 x 1270,
1800 x 900, 1800 x 1200, 1525 x 1225,
740 x 1220
1525 x 970 Sidelights . ETC .140 ltr
electric mixer
450 mm Sewage Inspection chambers
,Covers and Risers.
Bosch washing machine ,
1800 watt Vacuum cleaners.

For Sale

Property in Hutt's Gate .

For Sale

For further information Contact
23163.



The Rock Christian Fellowship
invites you to a special:

Harvest Thanksgiving Service

11am | Sunday 23rd October
Unit 3 | Longwood Enterprise
Park

Psalm 118:1 Give thanks to the Lord,
for he is good; his love endures forever.

THE ROCK
CHRISTIAN FELLOWSHIP



INTERNATIONAL HEADLINES

Ukraine: Russia has hit Ukraine with a wave of attacks, including Iranian-made “kamikaze” drones on the capital, Kyiv. The strikes hit critical infrastructure in three regions, cutting off electricity in hundreds of villages across the country, according to Prime Minister Denys Shmygal. At least seven people have died so far - four in Sumy and three in Kyiv. A week ago, the capital was hit by Russian missiles at rush hour, part of nationwide attacks which left 19 dead. Mr Shmygal said the new strikes had hit regions of Kyiv, Dnipro and Sumy. Russia said it had hit “all designated targets”, confirming that Ukraine’s “military command facilities and energy system” had been targets. Four people were killed when an energy-generating facility was hit in Sumy, according to Ukraine’s Deputy Interior Minister, Yevhan Yenin.

“Russia is hunting for all energy-related facilities,” Mr Yenin warned. “They want to cause chaos in the energy industry.” “It shows their desperation,” said Andriy Yermak, head of Ukrainian President Volodymyr Zelensky’s staff. In the port city of Mykolaiv, sunflower oil tanks were set on fire by the suicide drones, said the city’s mayor, Oleksandr Senkevich. Mr Senkevich said three drones ignited the tanks at Mykolaiv late on Sunday evening, hours before the attack in

Kyiv. A Ukrainian air force official said since last night, 37 drones had been destroyed, which had all flown into the country from the south.



Kamikaze Drones. Russia’s Latest Murder Tool

United Kingdom: The Truss programme for government is dead. This is a hand-to-mouth government, living hour by hour. If you pick up the hint of panic in the air, you’re not the only one. Make that a stench. Anything apparently solid quickly becomes air.



Looking Stressed... Liz Truss This Week

Now, nearly every element of her prospectus has just been shredded by her new chancellor.

with three other leading democracy activists, including Cantopop star Denise Ho.

The statement that has just been delivered is the second yanking forward of an important economic moment for the country. Originally it was in the diary for November. Then Halloween. Now we've had it today.

"We will reverse almost all the tax measures" from the mini-budget, Jeremy Hunt said. What an extraordinary thing to hear.

Diaries are going out of fashion at Westminster but to be clear, there still will be a statement in a fortnight's time, alongside those numbers about the state of the economy from the Office for Budget Responsibility.

Hong Kong: Unrest in Hong Kong is growing after protesters fight for their independence. China is adamant that Chinese rule will prevail, but the once independent state says it won't bow down to Chinese rule. A 90-year-old religious Cardinal, minors, teachers have all been arrested for protesting in some form or another. Cardinal Joseph Zen, a 90-year-old former bishop of Hong Kong and outspoken critic of China's ruling Communist Party, went on trial Monday over his role in a relief fund for the city's pro-democracy protests in 2019. The high-profile case has brought renewed focus on the warming ties between Beijing and the Vatican, which has seen the latter appear to avoid remarks that could risk upsetting China.

Zen, one of Asia's most senior Catholic clerics, was arrested by Hong Kong's national security police in May along



Cardinal Joseph Zen



YOUR COUNTRY HOUSEWIFE

Hello Saint Readers.

This week I have selected for you two recipes for their ease of preparation and use of familiar and accessible ingredients. There's nothing like an old-fashioned family Sunday afternoon tea. My memories take me way back to those days and the taste I still enjoy today.

Give these quick and easy recipes a try. You will not be disappointed.
Your Country Housewife.

ROCK CAKES

Ingredients.

8 oz. Self-Raising Flour.
4 oz. Margarine.
2 oz. granulated Sugar.
4 oz. Dried Fruit.
1 Egg.
1 Tablespoon Milk.
1/2 Level Teaspoon Mixed Spice.
1 oz. Sugar for topping.

Method.

Heat the Oven to 200 C.
Well Grease 2 baking sheets.
Put the Flour and Mixed Spice in a large bowl.
Add the Margarine and rub in with finger tips until the mixture resembles fine breadcrumbs.
Toss together the Sugar and Dried Fruit. Add to the flour mix.
Beat together the Egg and Milk.
Add the Egg and Milk to the Flour mixture and blend together. (If too dry and stiff, add little more milk).
Shape the mixture into 12 rough mounds, place space apart on the baking sheets.
Sprinkle with the sugar for topping.
Bake for 15 minutes or until pale golden brown.
Life off and leave to cool on a wire rack.

TEA BREAD

Ingredients.

8 oz. Mixed Dried Fruit.
6 oz Hot Tea.
8 oz. Self-Raising Flour.
4 oz Soft Dark Brown Sugar (or Granulated Sugar will do).
1 Egg. (beaten).

Method.

Soak the Fruit in the Hot Tea in a large bowl.

Cover with a plate and leave until cold and the fruit soaks up most of the liquid.

Heat the oven to 160 C.

Well grease and lightly flour a 1 lb. loaf tin.
Add the remaining ingredients to the fruit and tea mix and beat well.

The mixture will have a slightly wet consistency.

Pour into the loaf tin and bake for 1 hour.

Test to see if it is done by putting a skewer in the centre, if the bread is ready the skewer should come out clean.

Leave to cool in the tin and then turn out and leave to cool completely on a wire rack.
Serve sliced, spread with butter. Enjoy.



FOOTBALL PREMIER LEAGUE

Liverpool steered their season back on track by sensationally beating **Manchester City** on Sunday. Jurgen Klopp's side are now back in form having also smashed Rangers 7-1 in the Champions League last week, and will expect a positive result against **West Ham** on Wednesday. In **Liverpool's** latest major injury setback, forward Diogo Jota will have a scan on the injury that saw him withdrawn on a stretcher in serious discomfort against **Man City**. The Portugal star appeared to suffer the problem under minimal contact, and Klopp was concerned by the incident.

The German told journalists after the game: "Diogo, I wish I didn't have to talk about it. I saw it on the side-line on the screen, I saw that he went down and there wasn't a lot of contact. "You can see a little bit that someone kicks his foot and maybe the muscle got a little bit overstretched. After 96 minutes, that's not good for a muscle and he felt it immediately and now we have to wait to find out how bad it is." Jota was replaced against **City** by Darwin Nunez, who is the strong contender to take the striker's place on Wednesday.

Manchester United and Arsenal have both been backed to suffer Premier League slumps over the coming months. Football fans do not have faith that the **Gunners** can continue their incredible start to the season by winning the title. **Liverpool** fans also remain pessimistic about their chances of qualifying for next season's Champions League come May. That is despite Jurgen Klopp's side beating **Manchester City** on Sunday in a thrilling contest at Anfield.

City's defeat means **Arsenal** lead the Premier League after nine wins from 10 matches. The north **Londoners** overcame **Leeds** on Sunday to continue their impressive start - but fans do not believe they can maintain their form.

In a poll of 7,381 fans, an overwhelming 81.7 per-cent do not have faith in **Arsenal's** title hopes. Mikel Arteta's side have shown no sign of slowing down as they continue their excellent start, but a huge majority of fans believe they will suffer a dip in form. There is also bad news for **Man Utd**, with 68.1 per-cent of respondents saying the Red Devils can finish in the top four. Erik ten Hag steered his team's form back on track after a disastrous start, but a few disappointing results have since slowed down their season. **United** are fifth and are

just three points off fourth-place **Chelsea**. However, the club still seem some way off their top-four rivals in terms of personnel.

Meanwhile, **Liverpool** supporters remain unconvinced that their side can finish in the top four despite Sunday's excellent win over the Premier League champions. Mohamed Salah struck the winner midway through the second half for a Reds side who had been desperate for a slice of luck in the top-flight. It was just the third win **Liverpool** had managed in the league this season, and lifted them into eighth place. Klopp's side are still six points off fourth and are a staggering 14 points behind leaders **Arsenal** - although the latter have played a game more.

Arteta will hope supporters are wrong and that his side can mount a first serious Premier League title challenge in two decades. The **Arsenal** boss said his side had 'resilience, fight, character and courage' during their narrow 1-0 win over **Leeds** on Sunday, and will believe those characteristics can help challenge favourites **City**.

"From the first whistle in the second half we started with no rhythm, not making the right decisions time after time and we put ourselves in big trouble," the Spaniard said. "But when you get in those moments I love the resilience, the fight, the character and the courage that the team showed to win the game.

"Credit to **Leeds**. In the second half they were really good, incredible atmosphere and they deserve credit for that."

FIXTURES

Thursday 20 October 2022

Fulham  18:30  Aston Villa Craven Cottage, London

Leicester  19:15  Leeds King Power Stadium, Leicester

Saturday 22 October 2022

Nott'm Forest  11:30  Liverpool The City Ground, Nottingham

Everton  14:00  Crystal Palace Goodison Park, Liverpool

Man City  14:00  Brighton Etihad Stadium, Manchester

Chelsea  16:30  Man Utd Stamford Bridge, London

Sunday 23 October 2022

Aston Villa  13:00  Brentford Villa Park, Birmingham

Leeds  13:00  Fulham Elland Road, Leeds

Southampton  13:00  Arsenal St. Mary's Stadium, Southampton

Wolves  13:00  Leicester Molineux Stadium, Wolverhampton

Spurs  15:30  Newcastle Tottenham Hotspur Stadium, London

West Ham  19:00  Bournemouth London Stadium, London

THE ROAD TO T20!

WE DON'T LIKE CRICKET...WE LOVE IT!!



The local Cricket squad have been hard at training for the 'T20 World Cup Qualifiers' in Rwanda next month. Personally, I am a huge cricket fan and consider it an honour and privilege to be asked to correspond on the local team updates and general comings and goings.

On Saturday 15th October I was at the selector's announcement of the squad who will be travelling to Rwanda for the qualifying stages of this year's T20 World Cup Qualifier. The weather was kind and Derek Richards hosted the private event in great style as usual. In attendance was the entire squad with one apology for a hard working absent player. Also present was South African professional coach, Nadeem Ahmed, Bradley Peterson (team physio) and some family members.

Derek started the ball rolling with welcoming words and introduced Nadeem Ahmed, international coach, who proceeded to inspire and congratulate the squad on their recent training commitment and discipline. He told the squad that they must enter this international competition with the belief that they can qualify and go forward with pride, he reminded them that they represent over 4000 Saints living on Island and others internationally.

Nadeem is a highly respected professional coach and was involved with training Western Province (South Africa) Junior Squad, Level 3 Coach with the International Cricket Council and also, he was involved with the Gary Kirsten High Performance Cricket Academy. Clearly a committed and highly respected professional coach, he

Nadeem Ahmed (Coach)



will certainly whip our boys into shape. The excitement grew as Nadeem told those who were yet to be selected, that the hard work was going to get harder and he asked for leniency from the partners of those selected when giving time for training. At last, the moment arrived and the names of the Saint Helena ICC Cricket Squad 2022/23 were announced.

Anxiety Mounts



Saint Helena Cricket Squad Rwanda ICC T20 International Cricket

Alex Langham Scott Crowie (Cpt) Dax Richards

Andrew Yon Aiden Leo Brett Isaac

Brandon Leo Barry Stroud

Rhys Francis Gareth Johnson Jamie Ellick

Cliff Richards Jordi Henry Dane Leo

Fitness Awards were presented to Alex Langham, Jordi Henry, Wayne Crowie, Scott O'Bey and Cliff Richards for extra effort during the last training period.

I spoke with Nadeem after the announcements and I asked what he felt were our strengths and weaknesses. "Firstly", he said, "The main strength of the team is that just about all the players are 'all-rounders', but the main weakness is that each player needs to identify with a specific role within the team. We need to work hard on our fielding, we are fielding for all 20 overs, not just bowling for four overs or batting for a number of balls."

I also chatted with Dax, the most mature in years within the squad, 43 he claims, and I congratulated him on his new look, several pounds lighter. Dax told me that in 2018 the squad came so close to qualifying when they ended up 3rd on the log, only the top two teams go forward. I wished him and the entire team a successful trip and a positive result.

Other teams competing in Saint Helena Group:

Lesotho, Mali, Rwanda, Botswana, Seychelles, Kenya, Malawi.

FUNNIES & TINGS!

By having a clock ticking in your house, will help the beating of your heart.
You mustn't keep your worries to yourself. Come out and say what's on your mind.

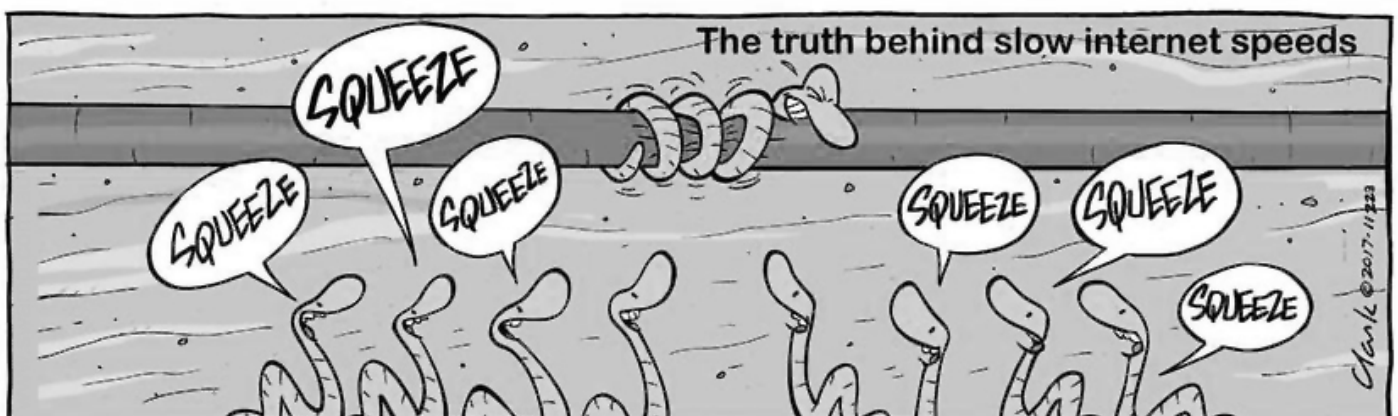
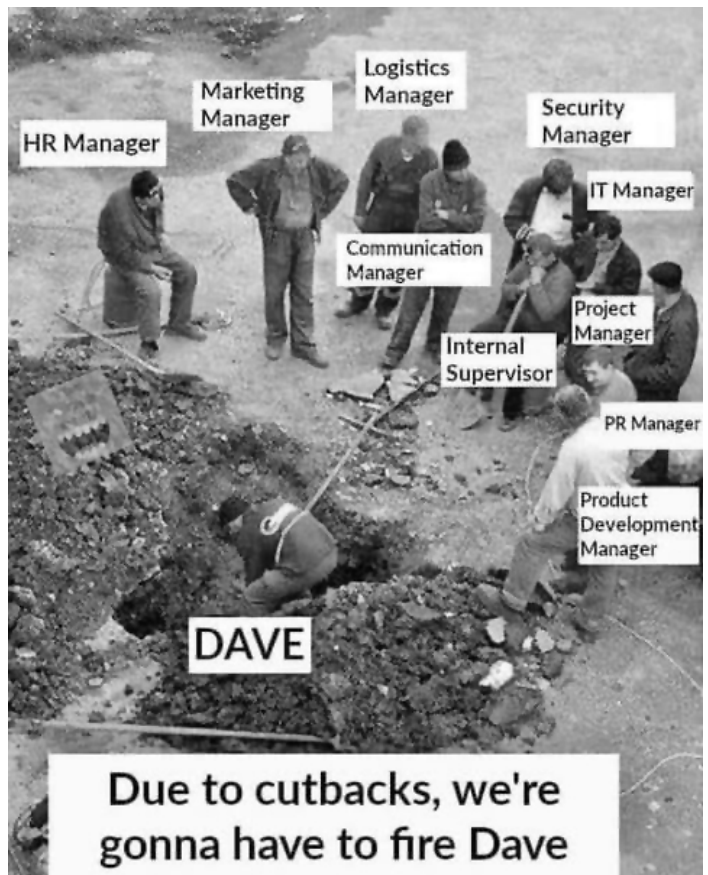
By being nosey and inquisitive helps to prevent chest burn.
Thank You Melody (The Book Of Love & Hope)

Useless information!

Road signs in Wales tend to be written in both Welsh and English, but some of the more complicated spellings might still flummox you when you're in Wales. Llanfairpwllgwyngyllgogerychwyrndrobwllllllandysiliogogogoch is one of the longest town names in the world – but don't worry – most people choose to shorten it to the more manageable Llanfairpwll.

We often think of the Pyramids of Giza as being one of the oldest monuments in the world. And it is, but there are even older constructions in the UK. Located in the south-west of England and one of the UK's most famous tourist attractions, Stonehenge was believed to be created in around 3000BC, meaning it's older than Egypt's pyramids.

You might have heard about people turning 100 getting a telegram from the British sovereign. In the modern day, it's actually a personalized card, and it's not just limited to your hundredth birthday. In fact, in the United Kingdom, you can apply for one for your 105th birthday too – and for each birthday year after you turn 105.



Royal Nonsense

Royals, such as King Charles, are not supposed to sign autographs. This is in case somebody tries to forge their signature.

According to reports from people who work in the palace King Charles has his workers squeeze one inch of toothpaste onto his toothbrush every morning.

The King is one of the only people in the world that requires no passport for international travel. When the King travels he must give his full name, age, address, nationality, gender and place of birth to officials at the border.

Members of the Royal Family aren't allowed to say they support a particular political party. Although they can technically vote in elections, they stay away from voting so that they aren't seen to have a certain view of the government.

The Queen's favourite dogs were Corgis and when one of her Corgis had a baby with a Dachshund she created a new species of dog called Dorgis!



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