



Girlguiding St Helena - Celebrating 100 years

Introduction

We welcome you to join us in celebrating 100 years of guiding in St Helena, and to learn a little about our tiny sub-tropical island at the same time.

St Helena?

St Helena is a little volcanic island (about 121km²) which is about a third of the size of the Isle of Wight) in the middle of the South Atlantic Ocean. Try to find us on google maps - you'll need to zoom in a long way to spot us! There are about 4500 people living in St Helena, and locals are referred to as 'Saints'. We are a British Overseas Territory so we are officially a sovereignty of the UK even though we are about 4500 miles away, and we are part of British Girlguiding Overseas. The island was discovered in May 1502 by João da Nova, a Spanish navigator in the service of Portugal. The exact date of the discovery traditionally has been given as May 21, which in the Eastern Orthodox Church is the feast day of St. Helena, Roman empress and mother of the emperor Constantine.

The Challenge

Aim to complete one activity from each of the five sections to below, to learn about our island and join in our 100th birthday celebrations.

Sections:

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Proceeds from any badge sales will go towards helping us keep Guiding alive and strong here in to the future.

Badge Order Form
Celebrating 100 Years - Girlguiding St Helena

Badges can be ordered by emailing this form to girlguidingsthelena@gmail.com

or by posting the completed form to:

Girlguiding St Helena, c/o H. Cowdry, 12 Manor Way, Lee-on-Solent, Hampshire, PO13 9JH

We would advise contacting us by email in advance to check availability and avoid disappointment.

Unit Name (if applicable): _____

Contact Name: _____

Postal Address: _____

Email Address: _____

Badges Cost £1.25 each

UK postage charges:
 1-10 badges £1.00
 11-35 badges £1.50
 36+ badges £2.00

European (non UK) postage charges:
 1-10 badges £1.70
 11-35 badges £3.25
 36+ badges £4.50

Rest of World postage charges:
 1-10 badges £1.70
 11-35 badges £4.50
 36+ badges £6.00

Your badges will be posted via Royal Mail 2nd Class, or standard international delivery.

Number of badges required	_____
Total cost of badges (£1.25 each)	£ _____
Cost of postage	£ _____
Total Cost	£ _____

Payment Details

Once you have completed the challenge, please arrange for a bank transfer to:

Unity Account
 Account Name: Girlguiding BGIFC
 Account number: 20378550
 Sort Code: 608301

*** Please put the reference as St Helbadge/unit name or personal name ***

Please also email your address details and confirm the reference given in your bank transfer to finance@british-girlguiding-overseas.org.uk and girlguidingsthelena@gmail.com when you pay, so we can then check that payment has been successfully made before badges are posted.

1. Girlguiding St Helena

- History in the 1920's

Girlguiding first started on St Helena in 1921. What else happened that decade?

Find out about life in the 1920's in St Helena and where you live.

For example, you could look at the vehicles, fashion, the music or popular games from the 20's. Was anything interesting invented in the 20's?

See the resources section for some information, and for ideas that may help you find out about this decade.

- Culture night

An important event in our local guiding calendar is our annual 'Culture Night'. Every October all members of Girlguiding St Helena gather together to learn about the culture of a different country. Often this will take the form of performances, crafts or other group activities, and will often include learning about guiding in the chosen countries.

Complete your own 'culture night' activities.

You could pick just one country, or several different ones, then spend some time learning about your chosen country/countries. You could do one or more of the following:

- Find out if they have guiding there
- Learn to speak some words in the language of your country
- Play a traditional game from that country
- Listen to some local music
- Have a go at a traditional craft
- Learn a dance from your chosen country
- Challenge yourself with an international themed quiz

See the resources section for some instructions on how to make some flax (or paper) crafts, which are popular on St Helena.

- St Helena within British Girlguiding Overseas

Originally Girlguiding St Helena was one division within ‘Girlguiding St Helena and Dependencies Branch Association’, along with our other local member the Ascension Island, but that is about 800 miles away from us! Today we are both part of British Girlguiding Overseas.

Find out about more about British Girlguiding Overseas (BGO).

Perhaps you could find out which countries make up BGO and plot their locations on a map? Can you find out when and why they were formed?

You may find it helpful to look at the BGO website if you want some help with this (www.british-girlguiding-overseas.org.uk)

- Day in the life of a Guide

There is only one high school on St Helena, called Prince Andrew School. There are free school buses; pick up would be around 8.30am, arriving to school in time for 9am, and lessons start at 9.10am. There are two 1 hour lessons, and at 10.30am everyone has a break to eat their sandwiches. There are two more lessons and then at 1pm everyone can eat their lunch and play on the football field, which overlooks the sea and High Knoll Fort. At 3pm the girls would get the bus home, where on a Monday, Tuesday or Thursday they would walk to their Girl Guide group. It’s usually warm and still light until 6pm. At home they will have dinner, which might be meat, potatoes (when available!) and vegetables, or could be a mild curry and rice or plo.

Tell us what your day in the life is, and how it could be different if you lived in St Helena?

- Districts

There are several districts where Rainbows, Brownies, Guides and Rangers are on St Helena.

Jamestown - the Island’s capital where there is the waterfront where people can swim in the sea, a swimming pool, shops, cafes, restaurants and hotels.

Half Tree Hollow - this is where lots of people on the Island have their homes. There is a petrol station, shops, a bakery, two gyms, restaurants and crèches, there are many cactus and aloe plants, and there are excellent views to the ocean.

St Pauls - this is where St Pauls Cathedral is, and nearby High Knoll Fort, with a primary school and close to the secondary school. The Governor lives in St Pauls in

Plantation House and Jonathan the Tortoise lives in the gardens of Plantation House.

Longwood - This is where Napoleon lived when he was on St Helena. Longwood is where most of the vegetables are grown as it is a green area with lots of rainfall. Longwood has a golf course and is near to the wind turbines which generate a lot of our electricity. It is the closest town to the airport.

Sandy Bay - This area has a tropical feel as bananas and coffee are grown here. In the bay there is a volcanic beach, with many walking opportunities.

Blue Hill and Levelwood do not have Guide units because they do not have large populations. Blue Hill is an agricultural area with rolling green hills and beautiful views where cows, sheep, and even donkeys live! Levelwood is a forested area with views to the airport.

Draw a map of St Helena and include pictures of things, landscapes and activities which define each of the areas.

See resources section for a map of St Helena, to show you where these districts are located.

2. Island Life

- Saint speak

Although Saints speak English it can sometimes be difficult for visitors to fully understand what we are saying because many locals have a very strong accent, speak quickly and tend to miss out or abbreviate particular words. Our dialect is often referred to as ‘Saint speak’. It can be especially tricky for school children because they learn to talk in ‘Saint’ but have to write all their homework and exams in ‘proper English’.

Have a go at holding a conversation using ‘Saint Speak’, or see if you can work out what is being said when you watch our video on Saint Speak or your leader reads some Saint Speak out to you.

The resources section lists some common ‘Saint Speak’ and will help you with this activity.

- Saint cooking

Saints LOVE to cook. Favourite St Helenian recipes include Bread & Dance, St Helena fishcakes, Pilau ('Plo'), and coconut fingers.

Have a go at one making one of our popular local dishes using the recipes in the resources section.

- Ready, Steady, Cook!

Almost all our food and supplies (except some of the fruit, vegetables, meat and bread) are imported - they arrive by ship roughly once a month. It is common for goods to be very expensive compared to the UK, and there are often food shortages and so doing the weekly food shop can be an interesting challenge. It's no good planning your meals for the week then going shopping for all of the ingredients you need - you will often find you can't get several of the key ingredients, so you have to constantly change your plans.

Often, cooking a meal is a bit like a 'ready steady cook' challenge, where you buy what you can find, then work out what you can make with the assortment of goods you've bought.

Have your own 'ready, steady, cook' challenge - see what you can make from an assortment of food items that your leader gives you.

- Music and Dance

Saints are fond of country music. No one is completely sure how this came about, but it's possible it is linked to the American influence on Ascension Island and the spread of country music from there. We also enjoy traditional afternoon tea dances.

Share our love of music and dance by doing one of the following:

- ❖ **Learn a traditional tea dance** (polka, Charleston, waltz etc - check out YouTube for tutorials if you need help)
- ❖ **Have a go at line dancing**
- ❖ **Sing a popular country song in St Helena** (see resources)
- ❖ **Sing (or listen to) our unofficial St Helena anthem** (see resources)

- Skittles

We don't have any ten-pin bowling here on St Helena, but we do have lots of skittles lanes. Skittles is very popular and there is fierce competition between the teams to come out top each year.

Play a game of skittles, or go ten-pin bowling.

You could make it even more fun by making your skittles out of empty drinks bottles and putting glow sticks inside, for a game of glow-in-the-dark skittles instead.

3. Historical St Helena

- Jonathan the tortoise

Jonathan is reported to be the oldest living land animal in the world. He is a giant tortoise, thought to have hatched around 1832. He lives with a few other giant tortoises in the gardens of Plantation House, the Governor's residence.



Make a paper mache tortoise. See the resources section.

This will need to be undertaken over the course of 2 meetings as a result of the drying time.

- Napoleon

If anyone knows where St Helena is it is usually because they know that the French Emperor Napoleon Bonaparte was exiled here after he escaped his previous ‘exile island’ of Elba, in 1815. Napoleon is most famous for his defeat at the battle of Waterloo.

Napoleon died in 1821 and was buried here, although his remains were later returned to France in 1840. His St Helena tomb, and his home at Longwood house are both ‘French soil’ within our island.

Make your own mini Napoleon craft, or have a go at ‘Napoleon at St Helena’ (a card game similar to solitaire but trickier) (see resources)

- Stargazing

In 1677 a (now-famous) astronomer, Edmund Halley, came to St Helena, to track the position of 341 stars, to include in the third volume of the "History of the Sky". Whilst he was in St Helena he mapped the stars in the Southern Hemisphere, and also estimated how to predict the distance to the sun, how stars moved and which star was the closest to Earth

Go stargazing. Find out which is the Plough and other popular constellations. Did you know that the stars seen in the Southern Hemisphere is “upside down” compared to the Northern Hemisphere?

See the resources section for some suggestions to help pick out the stars.

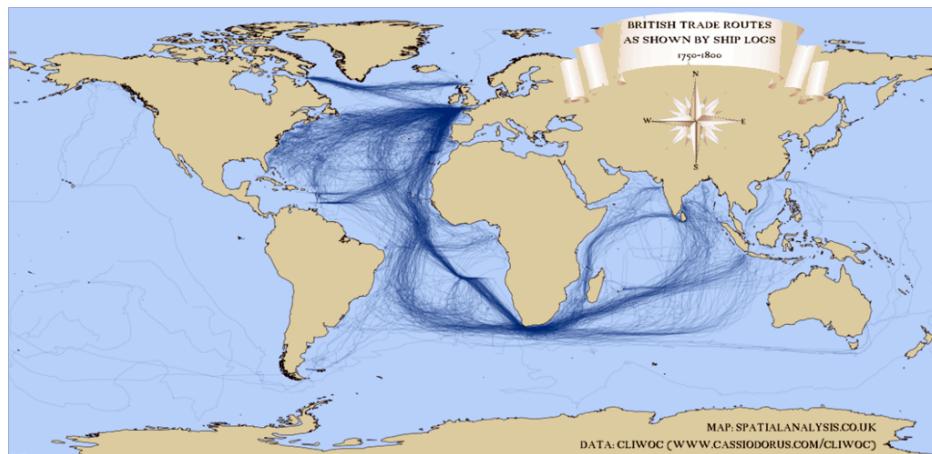
- Fortifications

The coastline around St Helena is dotted with fortifications, built over the years to help defend the island against invasion, and to act as a look-out during times of conflict. The largest fort is High Knoll Fort, which overlooks the main town of Jamestown, which sits in the valley below. Although none of the fortifications are in use now, they are still an important part of our history.

Use building blocks (or similar) to build your own fortifications, then see if you can knock it down using your own version of canons (Ping-Pong balls, mini slingshots or similar).

- Ship ahoy!

Much of St Helena's history is based on the sea and sailing boats. Before the opening of the Suez Canal in 1969, ships from Asia had to travel all the way around the bottom of Africa on their journey to Europe or America.



The Ships used to stop off at St Helena to resupply, and could see as many as 3 ships stopping each day. Nowadays we only get small numbers of visiting boats - usually smaller yachts, and a few small cruise ships that stop here each year, and our harbour is full of fishing boats and smaller vessels.

Before the airport was opened in 2017, travel to the Island was by sea; 5 days from Cape Town on the Royal Mail Ship St Helena. The RMS St Helena is now being used as the ship for E-Extreme car racing.

Make the RMS St Helena boat from recycled materials and see if it floats. Have a race with others if you have water to hand.



4. The Natural World

- Endemics

An endemic species is one which can only be found in that country. St Helena has about 1/3 of the entire UK's endemic species living there.

Our island has some interesting creatures and fauna from the spiky yellow woodlouse and the St Helena plover, commonly known as the wirebird due to their thin legs, to the black cabbage tree and the Commidendrum (gumwood) which is St Helena's national tree.

Why not find out more about these - see the resource section - perhaps you could draw a picture of them or make up a mini quiz for another six/patrol?

Alternatively, find out what's endemic to the country you live in? You could make a montage of pictures or natural objects from your country to show your leader. Remember not to pick any wildflowers or damage nature.

- Sea life

Our seas are full of beautiful and interesting sea creatures, from tiny colourful fish and sea slugs, to huge visiting humpback whales and whale sharks. The whale sharks are particularly special as it is thought that they may come to St Helena to breed each year in our summer (December to February).



Get creative and make your own whale shark, humpback or pretty sea creature (see resources for ideas)

- Volcano

St Helena is so rocky and hilly because it is the tip of an extinct volcano that is so tall it sticks up out of the ocean.

Try some science - make your own volcano out of paper mache, (or just use a bottle if it is easier) and see if you can replicate a volcanic eruption! You could vary the amounts of each ingredient used to see how it affects the results.

One example method is shown in the resources section.

- Post Box walks and geocaching

There are 21 post walks on the island where at the end of the walk there is a white cylinder and inside is a small notebook for you to note down when and who you completed the walk with. There is also a stamp with a design based on each individual walk which you can stamp in your guide book. There are also several geo-caches (some easier to find than others) similar to those found all over the world where the approximate location is marked online and a small box is hidden somewhere with a notebook to record.

Design a post-box walk stamp for a walk in your area, or go Geocaching in your local area.

- Grow and Sell Local

There are many crops which are local to St Helena, like coffee which has won many awards internationally, basic daily vegetables like carrots, cabbage and potatoes, and more exotic fruits like bananas, guava, avocado and rose apples. St Helena honey is free from disease and one of the purest in the world.

Watch [this small clip](#) about a banana grower in Sandy Bay and then set up competing shops where some of the girls are selling local fruit and vegetables in St Helena, and some of the girls want to buy the goods. The sellers should choose items to sell. Can the sellers make their shopfront attractive to entice more customers to their shop and away from the next shop? Which shop is more popular and makes more on their sales?

Here is the address for the video clip, if you are struggling to get the link to work:

<https://www.facebook.com/greenrenaissance/posts/raymond-is-an-organic-banana-farmer-on-st-helena-island-its-hard-work-but-he-bel/2913667441984354/>

5. Celebrate!

- Carnivals and Parades

Here on St Helena we love parades. Uniformed parades, carnival parades, long parades, short parades, we love all parades! Our favourite ones are the carnival in October where we all dress up to fit the theme and parade through town, and the Festival of Lights night time Christmas parade where we go crazy with fairy lights and glow sticks and slowly dance down the street to the sound of Christmas Music.

Several times a year, there are festivals, where people decorate cars and trucks and drive slowly for a mile from the Hospital to the Waterfront in Jamestown, blearing out music, with hundreds of people in fancy dress dancing along.

There are three regular festivals which are held:

1. St Helena Day on May 21st which celebrates the Island's discovery
2. Festival of Lights on the week before Christmas where at night time, people and vehicles are adorned with flashing lights and calypso dance style Christmas songs are played
3. Carnival every second year in October, where a carnival theme is set, and there is music and dancing. Past themes have included 'Free Spirit' and 'Spirit of the Sea'

Have your own mini festival or carnival parade

Choose a theme, for example featuring wings, free spirits, spirit of the sea/marine, or the commonwealth. You could make costumes, decorate masks, or make other decorations to carry with you, play some music, and enjoy a "bring and share" (Note: A 'Bring and Share 'in St Helena 'is where everyone brings some food with them to a party and it is shared as a big buffet). If you can't meet altogether, why not each dress up in the theme using only what you have around the house and join together online for your festival?

You could even make decorations that glow in the dark or light up, and have your own festival of lights at home.

See the resources section for some suggested soundtracks.

- Send us a postcard!

Until the Fibre Optic Cable arrives (hopefully in the next few years), the internet is expensive and not always reliable, so many Saints don't have very much access to email. As a result we still enjoy receiving traditional postcards and letters from friends overseas. Many people only have a vague address and only list the district

they live in rather than a specific house or street, and there is no postal delivery service on St Helena. All mail is gathered at the post office in Jamestown, but it doesn't take long for word to reach people when they have post waiting to be collected.

Send us a postcard or letter to wish us a happy 100th birthday.

Post to St Helena Island may go from the UK via Ascension Island, or via South Africa. Sometimes it comes in by air, sometimes by ship. There is often no way of knowing which route it will take to get here, and it can take several months to arrive on island so don't forget to date your letter and say where you are from, so we can track how long post takes to get here from different parts of the world. Don't forget to provide a return address!

Our address is:

Girlguiding St Helena, St Helena Island, South Atlantic Ocean, STHL 1ZZ

- Island Games

St Helena participates in the Island Games where it competes with other Islands at sport. Other competitors include the Isle of Man, Guernsey, Faroe Islands, Isle of Wight, Gibraltar, Jersey, Gotland, Shetland, Rhodes, Bermuda and Orkney.

Challenge yourselves as you compete in a mini Island Games. Why not choose an Island team and compete on their behalf? Activities could include fun activities such as:

- Seeing how fast you can move 100 sweets from one bowl to another by only picking one up at a time,
- Gymnastics Displays - get the children to come up with a gymnastic/dance routine (give them ten minutes or so and a piece of music) - get them to perform.
- Hoopla - you can purchase these quite cheap or you may already have them - see who can score the most points (award different points for the difficulty of rings)
- Obstacle Course - set your room up to be a mini obstacle course - such as having to crawl under chairs or a table, jump over the settee etc. (Play safe!)
- Paper Airplanes - Create and then throw your teams airplane (could be an individual knock out challenge or a team challenge)
- Dance offs - get the children to have a dance off against each other

- The Great Egg Drop - give teams lots of resources such as big plastic bottles, string, paper, tape, glue etc. and an all-important egg. They have to then design a carriage for the egg with a parachute - the egg has to survive being dropped from the stairs to the ground by an official.
- Badminton/Table Tennis/Tennis - Play the game like the pros - doubles, singles or even mixed doubles. Keep the scores and tally them up at the end to see the points for each team.
- Races - you can have lots of fun here. Three legged races are lots of fun, egg and spoon races, sack races or even relay races are great too. This could be a great way to round off the events.
- Silly Races - create an obstacle course which will get them to have fun - include dress up items, hula hoop tasks, ball throwing at the end and knocking down cups.
- Water games - throw and catch the water balloon in your team. See which team can keep it going the longest. Or using a squirting gun, squirt the team's boat across the pool and back again. If you have a paddling pool/pool you could fill it with balls that are multi-coloured - each team has to jump in and get their teams balls - first team with all their balls wins.
- Balloon Dodge - If you have brave children that don't mind water balloons you could play a game of water balloon dodge - standing on either side of a line the teams can only have a certain amount of balloons in a bucket behind them. They have to run from the line and get a single balloon each and then throw it at the other team. Any hit means you're out!
- Long jump - if you have some great jumpers in the group then the long jump could be a great idea. Use a tape measure to measure the distance and award points accordingly.
- Football - Penalty shoot outs - give each child a chance to score against an adult in the penalty shoot-out. Keep it going until one team wins or you could give each child 3 attempts and score them 10 points for each goal (keep a score chart).
- Bean Bag throwing - have a go at throwing a bean bag in to hoops or baskets to score points. The further away or the smaller the hoop/basket the more points they can get.
- Bowls - get the children to have a go at bowls by rolling a ball to try and get it the closest to the smaller ball. Give each team a certain amount of attempts and give them points such as 3 points for furthest away and then add points to it until you get to the closest ball.

- Sponsored 100

100 is a special number, so achieving 100 of something could be a great achievement.

Hold a ‘sponsored 100’ event. Could you stay silent for 100 minutes, skip 100 times, run 100m, swim 100 widths, or cycle 100 times around the school field? It is up to you what your 100 is!

- Party time

Birthday celebrations are often a big affair, with friends and family all getting together to celebrate the special event. Our 100th birthday is no different; we plan on celebrating all year long!

Hold a birthday party to help celebrate 100 years of Girlguiding on St Helena. You could sing us happy birthday, play traditional party games or have a disco perhaps?

Info and resources

Helpful website links

<https://www.saintcooks.com/st-helena-recipes/>

<http://sainthelenaisland.info/briefhistory.htm>

1920's life

1920's in St Helena:

St Helena started the decade well by escaping the global pandemic 'Spanish Flu', with no cases being reported in 1918 or 1919. NOTE: At the time of writing (February 2021) St Helena is also currently managing to escape the current COVID-19 pandemic - let's hope it stays this way - it must be something to do with how remote we are!

On 28th September 1920 the Norwegian ship SV Spangereid, a large steel-hulled sailing ship sank off the coast of Jamestown due to a fire in her cargo of coal. Much of her cargo and fittings were salvaged, including the Captain's boat, which was almost completely rebuilt and served as the harbour launch until recent years. Significant quantities of coal were deposited on the shore below the wharf and provided the island with a source of cheap fuel.

In 1921 motorised transport on St Helena was not allowed (this was changed in October 1927 and the first car arrived soon afterwards). The first car, an Austin 7, was imported into the island in 1929.

The first St Helenian islanders left the Island to work at our nearest neighbor, Ascension Island in 1921. Islanders continue to work on Ascension to this day.

During the 1920's there were lots of grazing animals, which destroyed many of the native plants. By the end of the decade a count showed a goat population of nearly 1,500, which is a lot for a very small island!

1920's life elsewhere

What was popular and in fashion during the roaring 20's? You could consider the UK, or your own country if you live outside of the UK. Perhaps there are differences? Some helpful hints are listed here:

- Popular games included checkers, dominoes and jacks. Do you know how to play these games?

- Music - Jazz music was invented in New Orleans. Perhaps you can listen to jazz and decide if you like it or if you are musical you could have a go at playing some.

- Fashion - Flapper girls had short hair and loose fitting dresses. They often wore pretty hats or headbands. Sheiks were men who carried a ukulele and wore a racoon coat with bell-bottom trousers. Can you find pictures of the fashion, or have a go at making a flapper girl headband? Can you find out what children's clothes were like in the 1920s?

<http://www.catwalkyourself.com/fashion-history/1920s-1930s/>

- Food - bubblegum and cheeseburgers were invented in the 1920's. What other foods were popular during this decade?
- Popular dances included the Charleston, the Lindy Hop and the Shimmy. You could watch these dances online, or have a go at learning one of these dances.

<http://www.1920-30.com/dance/>

- Inventions - refrigerators, talkies (non-silent movies) and automatic traffic lights. However, houses in St Helena didn't get refrigerators until much later than the 1920's, and we still don't have any traffic lights! What else was invented in the 1920's?

<https://interestingengineering.com/11-influential-inventions-from-the-1920s-that-you-should-definitely-know-about>

- Women's votes - women were first allowed to vote in the UK in the 1920's. If you are not in the UK, can you find out when women's voting was first allowed in your country? (St Helenian residents didn't get to vote until the 1960's).
- Other things - Mickey mouse first appeared, in a silent cartoon called Steamboat Willie. Can you find this on the internet? What do you think of this cartoon?

Saint Speak

Guess what the following means?

Ay Botty Boi, I goin up do bundocks first. Gotta go to da shop get some breed and teadors, wat u bin up to?

Shoo lovie, notin much, jus hangin.

Answer

Hey friend, I am going out in the country [far away] first. I need to get to the shop to get some bread and potatoes. What have you been doing?

Nothing much, just chilling.

You can watch our Guides saying this on YouTube by following this link:

<https://youtu.be/hn9BvS39tUU>

You can see more, and make up your own Saint Speak by using the resources at:

<http://sainthelenaisland.info/speaksaint.htm>

This site also has a few audio clips of islanders speaking Saint - can you understand what they are saying?

Some hints and tips on how to speak 'Saint English', taken from the above website:

PRONUNCIATION

- The letter 'o' is often elongated as if 'or', hence 'orff' ('off'), 'jorb' ('job') and 'porket' ('pocket').
- The letter 'a' is pronounced like 'ea', so 'bare' is pronounced 'beare' (more like 'beer').
- The 'h' is usually omitted from a 'th' word, thus 'ting' and 'tank you'.
- Words that in English are pronounced with a short 'e' are pronounced in Saint with an elongated 'e' and an 'a', so 'bread' is pronounced more like 'breead'. Similarly 'beead' for 'bed'.
- The word 'yes' is pronounced more like 'eeirce' - roughly as you would say 'pierce' but without the 'p'!
- The letter 'v' is often pronounced as a 'w', which can be werry confusing...😊
- The letter 't' is frequently omitted when it ends a word. Thus 'project' is pronounced as 'projec'.

WORD USAGE

- Where 'a couple' in English always means two, in Saint it can be two or more. Having 'a couple' of friends round can be a large party! However, a 'few' usually refers to two!
- Words can be shortened, so 'your' is often 'you' ('What you name?').
- Sometimes the Saint word is a substitution for the English one. Examples include 'we' which has been replaced by 'us', 'have' replaced with 'has' and 'are' replaced with 'is'. Examples include 'us has bin out' ('we have been out') and 'us is goin' home'. 'I had up late' translates as 'I got up late'.
- If your food has 'bite' it means it's spicy, as in full of chillies. Most Saint food has bite, especially soup and Fishcakes.
- A 'swing round' is a dance.
- Often the Saint is simply a shortening of the English, such as 'mussie' for 'must be', 'most' for 'almost', 'nuff' for 'enough' and 'bitta' for 'a bit of'. Children are 'Chirren'.
- The word 'see' can get added to almost any sentence, to confirm understanding. An example would be 'us has t'ree chirren, see?' (I have three children)
- Usually 'done' is added to a sentence in the past tense e.g. 'I done gorn fishing' ('I went fishing') or 'I done have one haircut yesterday' ('I had a haircut yesterday')

- ‘A’ (or ‘an’) is often replaced by ‘one’. For example ‘us has got one complaint’ (‘we have a complaint’) and ‘it’ll be one five minutes’.
- The standard greeting for a friend or relative (which is, after all, just about everybody) is ‘lurvie’ - probably just a local pronunciation of ‘luvvy’.
- If you don’t know somebody’s name you might ask ‘who’s you name, now?’ (What is your name?)

Saint Cooking/recipes

For these and more tasty St Helenian recipes and cooking tips visit this excellent website:
<https://www.saintcooks.com>

1. St Helena fishcakes

Almost always made using fresh tuna, but you can easily use tinned tuna instead.

This recipe makes about 18 fishcakes. They can be frozen once shaped in to patties, then fried later.

Ingredients

- 450g tuna
- 450g potatoes
- 1 large onion (chopped)
- 2 Rashers of Bacon (Finely Chopped)
- 1 Chilli
- 1 egg (beaten)
- Salt and Pepper to taste



Instructions

Wash fish (if fresh), then shred or mince the fish with a knife until very fine. Or, drain the tinned fish well.

Peel, dice and boil potatoes, then mash them.

Heat oil and fry onion, bacon and chilli until the onion starts to brown. Remove from heat.

Combine the onion, bacon and chilli with the mashed potatoes.

Add the fish to the mixture while potatoes are still hot and mix it together. Then mix in the beaten egg, and season with Salt and Pepper.

Form patties with your hands (about 5 cm in diameter), flatten slightly and dust with flour if necessary.

Fry patties in hot oil until both sides are golden brown.

Serve as a main meal with rice and vegetables, or as a snack in a roll.

2. Bread 'n' Dance

This is a sandwich (using bread or crackers) with a tomato paste filling. It used to be a favourite snack at tea dances, hence the name.

Ingredients

- 1 Tin Chopped tomatoes (or freshly chopped)
- 1 Onion (Diced)
- 2 Bacon Rashes (Chopped)
- Chilli (Chopped)
- Pinch of sugar
- 1 Egg (Optional)



Instructions

Fry the onion. Add the chilli (to taste) and bacon.

Once onion and bacon have cooked, add the chopped tomatoes.

Reduce heat to a simmer. Cook for about 20 minutes, until the tomatoes cook down into a paste. Be sure to stir occasionally.

Once cooked add in the sugar to taste, to balance the acidity.

Let the tomato paste cool completely. Store in an airtight container for up to a week.

Spread on fresh bread to make 'Bread 'n' Dance' sandwiches.

3. Pilau ('Plo')

A 'one pot' style curry with rice and potatoes, often made with tuna or local meat.

Ingredients

- 450 g meat (or meaty fish like fresh tuna)
- 225 g Rice
- 4 Potatoes (Chopped)
- 1 Onion (Chopped)
- ½ Cabbage (Chopped) Optional
- 2 Carrots (Chopped) Optional
- 2 Pumpkin (Small slices chopped) Optional
- 1 Tomato (Chopped) Optional
- 1 tbsp Medium Curry Powder (Heaped)
- 3 tbsp Cooking Oil
- 1 tsp Sugar
- Pinch of Salt
- Tomato Sauce (or Tomato Ketchup)
- Worcestershire Sauce



Instructions

Heat oil and fry Onion until starting to brown.
 Add curry powder, sugar, and a dash of tomato sauce. Cook for about a minute.
 Add your choice of Meat. Add enough water to cover the Meat. Simmer until Meat is half cooked and brown on all sides. If making a Fish Plo, it is added later (see below). If making a vegetable Plo, just ignore this step.
 Add chopped vegetables. Add sufficient water to cover all ingredients. Cook for about 10 minutes.
 Add the rice and season to taste with salt and a dash of Worcestershire sauce to taste.
 Cover and bring to the boil and simmer gently until the water has evaporated and the meat and vegetable are all cooked. Be sure to stir regularly to avoid sticking to bottom of the pot. Add more water if necessary.
 If make a Fish Plo, once Rice is about 5 mins from being cooked, stir in the chunks of Fish.
 Plo is done once the Rice is completely cooked. Enjoy while hot.

Notes

You can also make a **White Plo**. Follow the same step for a Meat/Fish/Vegetable Plo, but just make it without the curry power.

4. Coconut fingers

Bright pink cakes! This recipe makes about 30 ‘fingers’.

Ingredients

- 283 g Plain Flour
- 225 g Sugar
- 225 g Butter or Margarine
- 4 Eggs
- Vanilla Essence
- 2 tsp Baking Powder
- 750 g Icing Sugar
- 1 kg Desiccated Coconut
- Pink or Red Food Colouring



Instructions

Making the Cake Base

Cream the sugar and butter/margarine in a bowl until soft and fluffy.
 Mix in the eggs one at a time, and one tablespoon of sifted flour to the mixture.
 Add a few drops of the vanilla essence to the mixture. Mix well.
 Add the remaining sifted flour and the baking powder. Mix well.
 Line a baking tray with bakery parchment.
 Place mixture into a flat cake tin and bake in a moderate oven at 350F / 180c / Gas 4 for 18-20 minutes.

Making the Coconut Fingers

Make sure that the cake is completely cooled from baking.
 Cut the cake into fingers about 7-10 cm long by 2-3 cm wide.

Using a medium/large bowl, mix some of the icing sugar with water to make the icing mixture. Start with a few drops of water, adding more as you mix, until it has the consistency of Tomato sauce. (Note: Depending on the amount of cake fingers you have, it is best to make a small amount of icing and make more as required).

Add a few drops of the food colouring to the icing sugar mixture. Mix it well.

Add some of the Coconut to a medium/large bowl.

Using a fork or your fingers dip the fingers into the icing sugar bowl, making sure to cover all the sides of the cake with icing.

Then roll the fingers in the coconut bowl.

Leave to set on a plate.

Endemic species of St Helena

There are over 500 endemic species on St Helena! Some are easily spotted, others are very rare and close to extinction.

Here is some information about a few endemic species:

Spiky Yellow Woodlouse

In the 1990s the woodlouse was much more widespread than it is now - sometimes it could be so abundant that conservationists had to brush them off their clothes after walking through the site of a well-known colony. These days the Spikey Yellow Woodlouse is extremely rare, with only a few sites known to be home to the insects. It is thought that less than 100 of these woodlice exist now.

The spiky yellow woodlouse is unmistakeable - a tiny, bright yellow ball of prickles which clammers over ferns and other vegetation. Unusually for woodlice, the spiky yellow does not feed on dead organic matter, or forage among leaf litter on the ground, but lives off the ground in amongst the ferns.

Fun fact - In January 2017 it was discovered that the spiky yellow woodlouse fluoresces (glows) in ultraviolet light!

A baby spiky yellow woodlouse



St Helena Plover (Wire Bird)



The Saint Helena Plover is better known here as the ‘Wirebird’ due to its long, thin, wiry legs.

First recorded in 1638 (but, interestingly, not observed by Charles Darwin during his visit in July 1836 when he recorded as any species as he possibly could) it is featured on St Helena’s flag and coat of arms.

5 pence coins issued prior to 1998 have the Wirebird on the reverse; the more recent ones feature Jonathan the tortoise.

Early in the 21st Century it was officially classed as ‘critically endangered’, with only around 200 individuals reported, possibly due to predation of eggs and chicks by rats and feral cats. A lot of effort has gone in to managing the habitat over the past decade, and now the Wirebird is now classed only as ‘Vulnerable’ due to an increase in numbers.

Wirebirds nest on the ground and feed on ground-living insects, especially beetles and caterpillars.

They defend their nests by luring predators away, initially by running at speed as soon as the threat is detected, and then by doing a ‘broken wing display’ - the bird acts as if it is injured to gain the attention of the predator and draw it away from the nest.

Gumwood Trees

There are two species of gumwood tree: The Bastard Gumwood and the False Gumwood.

The Bastard Gumwood (*Commidendrum Rotundifolium*) used to be common in the dry areas of St Helena, often growing in the hill above 400m above sea level. It was used as a fuel for wood fires/stoves, and eventually died out by the need of the 19th century (as far as anyone knew) due to over-foresting and damage by browsing livestock.

A Saint, Stedson Stroud, rediscovered a single tree growing out from a cliff at the southern edge of Horse Pasture in 1982. Cuttings were taken and seedlings planted. After years of work there are now over 10,000 Bastard Gumwood trees on St Helena, and most have been artificially grown and planted by the National Trust conservation team, rather than being truly wild plants.

The False Gumwood (*Commidendrum Spurium*) is one of the rarest endemic trees on St Helena. There are only nine plants left in the wild - one near Coles Rock and eight others on the cliff below Mount Vesey. The leaves of the False Gumwood point towards the sky rather than drooping downwards like the other gumwood trees.

Unlike the Bastard Gumwood, the False Gumwood requires a moist environment and it reacts badly to dry conditions. This is one of the reasons it is so rare. The False Gumwood has a beetle that relies only on False Gumwoods to provide its home and its food. When the tree becomes extinct the beetle will too.



False Gumwood sapling in the nursery

Photo by D & S Henry of www.whatthesaintsdidnext.com

Cabbage Trees

There are three types of cabbages on St Helena, but unlike the cabbage you buy in the shops, these grow much like trees. They are the She Cabbage (*Lachanodes Arborea*), He Cabbage (*Pladaroxylon Leucadendron*) and Black Cabbage (*Melanodendron Integrifolium*).

The She Cabbage grows with a tall straight trunk and was formerly used as a roofing timber, and for tinder for fires. The She Cabbages are ancient relics, left over from a time long ago when Africa was wetter and different, and they thrived on St Helena, at least until people arrived here. There are now plantings of She Cabbage in a few places, including in the gardens around Napoleon's Tomb.

On High Peak, one of the highest hills on the island of St Helena, there is a tiny scrap of land known as the Dell. The Dell is the last fragment of black cabbage tree woodland that once covered the island's peaks. With its flat crowns of leathery leaves that form a dense, dark protective canopy, the black cabbage tree provides a warm, moist home for several local creatures, including the spiky yellow woodlouse. However, St Helena's rugged slopes were largely stripped of black cabbage trees, which were chopped down to make way for the large-scale planting of flax for the island's flax exporting and rope manufacturing companies (none of which exist anymore, although flax is still found covering large portions of the island).



Black cabbage tree in flower

Thanks to the SaintHelenaIsland.info website for the information above.

More information can be found on the website at the following address: <http://sainthelenaisland.info> then searching for 'endemics'.

Music and Dance

St Helena's Unofficial National Anthem

My St Helena Island

As a British Overseas Territory St Helena shares the same national anthem as the UK. However, we also have a local 'anthem' called 'My St Helena Island'. It is thought to have been written by an American who worked on our sister-island of Ascension, who wrote this song in the 1970's.

You can listen to it here: <http://sainthelenaisland.info/mysthenaisland.mp3>

Verse 1	Verse 2	Verse 3
<p>My heart is drifting southward To my home down in the sea To the isle of St Helena Where my loved ones wait for me Long since I left it But I'll soon be going home To my St Helena island And swear I'll never roam</p>	<p>Diamonds they are pretty So is your fancy cars But St Helena island Is much prettier by far All the wonders of this world I'm told they number seven But St Helena Island Is the nearest one to heaven</p>	<p>Diamonds they are pretty So is your fancy cars But St Helena island Is much prettier by far Someday if the Lord above Comes out of heaven's gate I'm sure He'll pick St Helena And use it as His place</p>

Country Music

Country music is very popular on both St Helena and Ascension islands. You can find out more here: <http://sainthelenaisland.info/countrymusic.htm>

Some favourite songs, often heard on the radio on St Helena are:

John Denver, Take me home

<https://www.youtube.com/watch?v=oTeUdJky9rY>

Johnny Cash, I walk the line

<https://www.youtube.com/watch?v=7blVWJ8GPVs>

Johnny Cash, Ring of Fire

<https://www.youtube.com/watch?v=ei-VpgPozgQ>

Tina Turner, Rolling on a River

<https://www.youtube.com/watch?v=RDw-32vyMwA>

St Helena Themed Crafts

Jonathan the Tortoise

See method at <http://aboutfamilycrafts.com/paper-mache-patchwork-turtle-craft/>

Flax Crafts

Flax was introduced to St Helena by early settlers and traders - it was used to weave baskets for transporting goods on ships. Flax is only used for crafts and to make pretty gifts now. You probably won't be able to get any flax but you could have a go at weaving with strips of paper instead (stick several strips end to end to make them long enough)

There are lots of flax weaving instructions online, including:

- Flax stars

<https://thissplendidshambles.com/2020/05/harakeke-whetu-flax-stars-diy/>

- Flax roses

https://www.youtube.com/watch?v=b0-56s2_BNw

- Flax fish

https://www.youtube.com/watch?v=Cop_PaofNw4



Sealife craft ideas



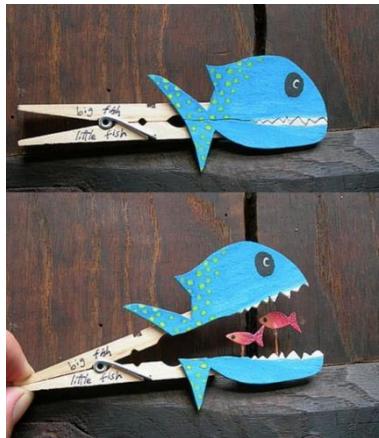
Whale shark on paper, stuck on to sea background (using wax crayons and water based paints for a 'wax resist' technique)

Paper plate fish or whales



Sock toy fish - make them as bright and colourful as you can!

Practice plaiting skills by making a wool octopus



Big fish....little fish peg craft

Salt dough or clay starfish or other sea creatures



Make a 'blood red crab 'using an egg carton or toilet roll tube for the body, pipe cleaner legs and googly eyes.

Volcano method

There are lots of variations of this experiment available online. The volcano itself could be made from sand or paper mache around a 500ml water bottle, or just use the bottle on its own if you don't have time to sculpt a volcano shape in advance.

Once you have your 'volcano' structure, one possible method for creating the eruption is listed here:

You will need:

- 2 spoonfuls of baking soda (bicarbonate of soda)
- 1 spoonful washing up liquid
- A few drops of red and yellow food colouring
- 30 ml vinegar

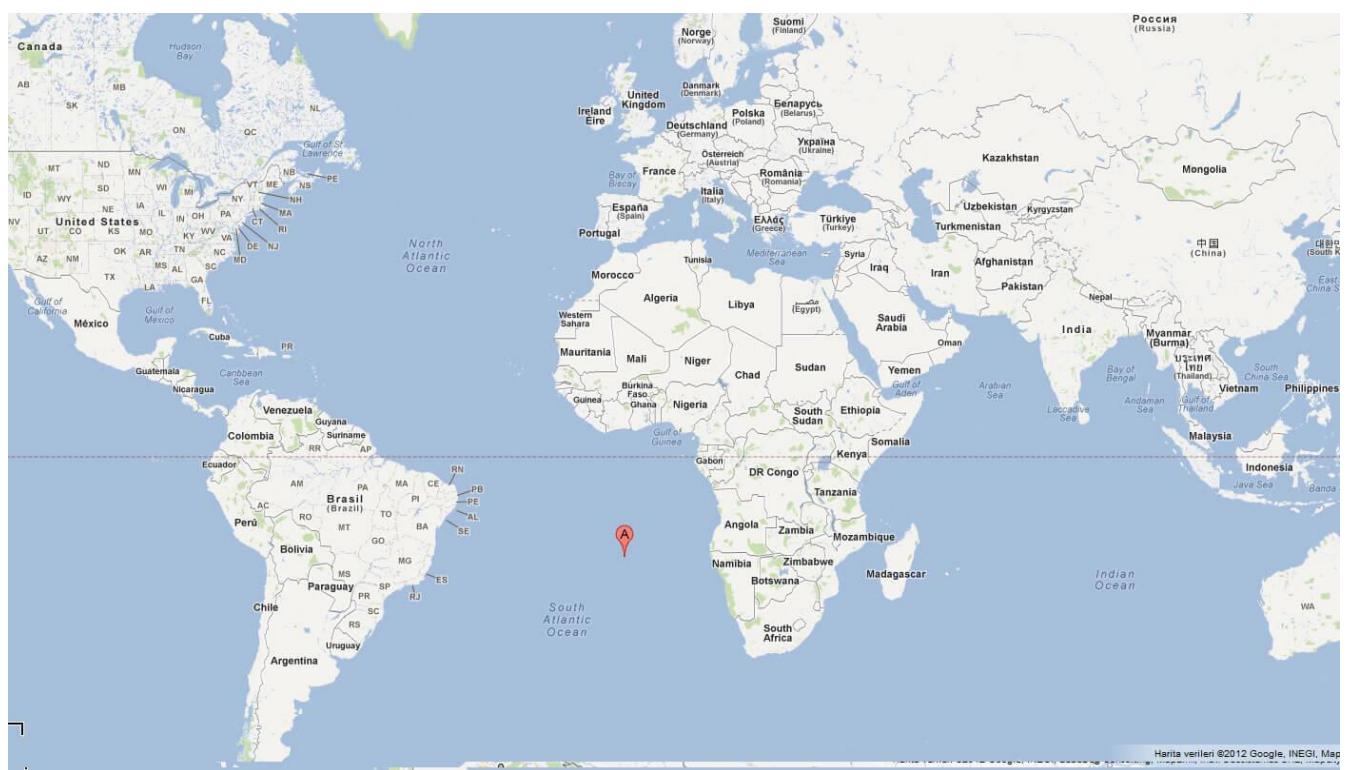
Instructions

1. Mould your volcano around the water bottle. If doing it in the kitchen maybe put it in a baking tray to catch the mess. You can make the volcano as simple or as fancy as you like!
2. Add everything except the vinegar to the water bottle.
3. Stand back, get ready.....add the vinegar and watch the eruption! If it doesn't work so well add a bit more washing up liquid and vinegar.

This method is from <https://www.science-sparks.com/how-to-make-a-volcano/>



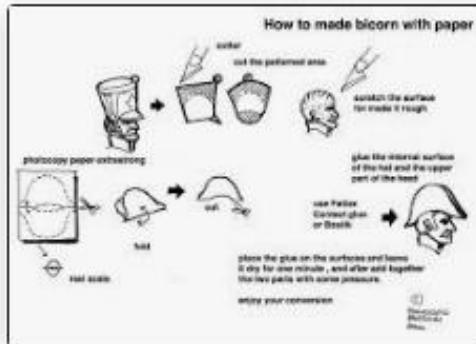
St Helena Maps



Napoleon

Making a Napoleon Hat (Bicorn Hat)

<https://www.pinterest.com/pin/395190936022538923/>



Bicorne hat pattern | Napoleon hat, Hat ...
pinterest.com

'Napoleon at St Helena' card game

Sources: <http://sainthelenaisland.info/napoleon.htm> and
https://en.wikipedia.org/wiki/Napoleon_at_St_Helena

Apparently Napoleon spent a lot of his time on St Helena playing cards and there is a specific game he liked to play: 'Napoleon at St Helena'

1. Two decks are used (104 cards).
2. Deal ten Tableau piles of four cards each, all face up and all visible.
3. Leave space for eight Foundation piles above the Tableau piles.
4. The object of the game is to move all the cards to the Foundations.
5. You may only move the top card from any Tableau. You may place any one card in an empty Tableau space.
6. The Tableaus are built down by suit.
7. The Foundations are built up by suit, from Ace to King.
8. You may take one card at a time from the stock and play to the Tableau, the Foundations, or to the Waste.
9. You may use the top card from the Waste.
10. You may only go through the stock once.



Links to additional resources

Ship Ahoy!

Ship ahoy - paper boat, sponge boat, other boat from recycled materials.

<https://www.pbs.org/parents/crafts-and-experiments/float-diy-water-bottle-boats>

Stargazing

You can download a stargazing app such as NASA App, SkyView Lite, Star Walk 2, Sky Map etc.

Also, the following is a non-digital set of prints which can help children and adults find constellations, written by a stargazer whilst he lived on St Helena.

<https://smile.amazon.co.uk/Stars-practical-guide-key-constellations/dp/0711256772/>

Post Box Walks

<https://www.bradtguides.com/best-postbox-walks-on-st-helena/>

<https://sthelena.island.info/walking/>

www.geocaching.org

Carnivals and parades

A YouTube video soundtrack featuring some of the St Helena Jamestown Rangers 'favourite carnival music can be found at bit.ly/StHelenaFestival or

<https://youtube.com/playlist?list=PLtWKhy2-wWF9YffAYUuERrTi8Uko9tMGb>