

IT'S GREEN TURTLE SEASON..... BOOK YOUR TOUR NOW!!!



SEE INSIDE.....



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DISCRETION**

Hiya Readers!

A rather slim Islander again this week.

**WE NEED YOUR CONTRIBUTIONS
PLEASE!!**

Enjoy the read!

HAPPY BIRTHDAY!

ALAN GREEN

HAVE A GREAT DAY!!



TRIBUTE TO MARTIN LUTHER KING...

"If I cannot do
great things, I
can do small
things in a
great way."

—Martin Luther King Jr.



"Our lives begin to end
the day we become silent
about things that matter."

Martin Luther King, Jr.



Informal meeting of the Ascension Island Council

1000 on Thursday 9 January 2020 at the Court House

MEETING SUMMARY

Present:	Steven Chandler, Administrator Gareth Morris, Director of Resources Rob Cheeseman, Crown Counsel	Councillor Katharyn Chadwick Councillor Andrew Ellick Councillor Alan Nicholls
In attendance:	Linda Hardiman, Head of Administrator's Office Jane Disley, Clerk of Council	Apologies: Councillor Andrew Hobson [off island] Councillor Kitty George [unwell]

The matters arising were addressed via the actions tracker and current topics discussed were as follows:

Hydroponics (SHG's ANRD officer who visited in December would compile a report which would be finalised during AIG's Policy Officer's visit to St Helena next week, after which this subject would be brought back onto the agenda. Dates needed to be arranged for a visit to the US hydroponics facility.) **Employment law reform away day** (Wed 22 Jan at 0900 had been proposed and would be confirmed once all councillors had advised their availability.) **Islander updates** (Councillors needed to determine the format and frequency of their regular Islander update.) **Firearms** (This would be discussed at the next informal meeting before the amended Ordinance could be proposed at the formal meeting on 6 Feb.) **Street lighting trial** (An update would be provided by email.) **CSSF update** (The CSSF Project Mgr would circulate a written update on ongoing projects, would offer councillors the opportunity to tour the Pier Refurbishment project, and would be invited to the next Council meeting.) **Residency of A-level students** (AIG would need to explore options for extending dependants' stay on Ascension in certain circumstances.)

The new draft **Island Council (Procedure) Rules, 2020** had been circulated together with a draft ordinance which corrects a minor anomaly in the Island Government (Ascension) Ordinance. Subject to minor amendments to the Rules, councillors present were content for the Rules and draft Ordinance to be proposed to the Governor at the next formal meeting.

A **Councillor Enquiry Form** that had been in use previously by elected councillors had been circulated ahead of the meeting for review by current Council members. It was proposed the form might be a useful vehicle for raising and dealing with routine questions or concerns raised by members of the community with a councillor(s). A standardised format would allow questions to be raised, tracked and answered speedily, efficiently and consistently without eating into valuable discussion time at Council meetings. Such written records would enhance AIG's and the Council's corporate memory and, where appropriate, answers could be made public. It was broadly supported as one useful method for councillors to use, alongside other methods of communication, between councillors and AIG. Further discussion was required with those councillors not present.

There were two significant items of other business: (i) a question was raised about the frequency of Council meetings which prompted some discussion about both Council and committee meetings. Discussion would continue; and (ii) some good news for local businesses was announced: PCA members had agreed to allow business to business purchases of certain fresh produce to be transported 'freight cost-free' and AIG was to waive the sea freight handling fees on retail stock for tax-paying retail outlets up until April 2022, to help island businesses.

The meeting closed at 1120.

J Disley

J Disley
Clerk of Council



Met Office Ascension Island Base

The Met Office Weather Report

Statistics for the week ending Monday 13 January 2020

	Max (Celsius)	Min (Celsius)	Rainfall (mm)
AIRHEAD	31.0	24.5	Trace
TRAVELLERS	N/A	19.6	Trace
RESIDENCY	N/A	19.1	0.2
GEORGETOWN	N/A	21.9	0.0
ST. HELENA	24.4	18.6	14.8
FALKLANDS	23.4	4.4	25.2
UK (Brize Norton)	13.6	-2.2	31.0

Tide Times & Georgetown Pierhead/English Bay Swell Outlook

For more detailed information, including swimming and swell warnings, please contact the Met Office on Ext: 3317

Day	Swell	High Tide		Low Tide		Sun Rise Set
Wednesday 22 Jan	1.4 m	04:24	17:40	10:44	22:52	06:53 19:24
Thursday 23 Jan	1.2 m	05:12	18:28	11:24	23:40	06:54 19:24
Friday 24 Jan	1.4 m	05:52	19:12	12:04		06:54 19:24
Saturday 25 Jan	1.3 m	06:36	19:52	00:24	12:48	06:55 19:24
Sunday 26 Jan	Around 1.0 m	07:20	20:32	01:12	13:28	06:55 19:24
Monday 27 Jan	Around 0.8 m	08:00	21:08	01:52	14:04	06:55 19:24
Tuesday 28 Jan	Around 0.8 m	08:36	21:36	02:32	14:40	06:56 19:24

Visit us on Facebook and Twitter – search “*Ascension Island Policing Detachment*”



POLICE NOTICE

PIER HEAD CRANE

Reports were received last week that unauthorised individuals have been walking and playing on the crane at the Pier Head.

We would like to take this opportunity to remind everybody about the importance of this piece of equipment. The crane plays a major part in resupply operations from the ships, as well as being vital to the launch of sea rescue operations. The crane is extremely expensive and would be very costly to repair should damage be caused.

More importantly, anybody unauthorised in the use of the crane could be putting their health at serious risk were they to fall from the equipment.

St. Helena Police would encourage everybody to think sensibly about their actions.





ASCENSION MAGISTRATES' COURT

The following case was heard in the Magistrates' Court on Thursday, 16th January 2020:-

Deborah Lillian Lawrence, aged 51, pleaded guilty to a charge of excess alcohol.

The Court heard that the charges arose from an incident which occurred on Sunday 05th January 2020.

Ms Lawrence, who was represented by Lay Advocate Miss Hillary Price, was convicted and ordered to pay fines and costs totalling £145. She was disqualified from holding or obtaining an Ascension Island driving license for a period of 15 months.

16th January 2020

Sara Thomas

Clerk of the Court

MAIL CLOSING TIMES

Destination	Closing Date	Closing Time
FALKLANDS Surface – MV Hartland Point	Thursday 23 rd January 2020	12 Noon
GREAT BRITAIN Airmail & SAL (Cheap rate)	Friday 24 th January 2020	12 Noon

All enquiries to telephones: 66260 or 66583.

Thank you

Kind regards

Sam

Samantha K Duncan

Post Office Team Leader

Ascension Island Government



GEORGETOWN POST OFFICE OPENING HOURS
wef Monday 27th January
MONDAY - THURSDAY

8.30AM - 3.00PM

FRIDAY

8.30AM - 12.30PM

1.30 - 3.00PM

All telephone enquiries should be made to **66260** or **66583**. Thank you all for your patience and understanding during the past month when the post office closed for a lunch break.

We appreciate you and apologise for any inconvenience this might have caused.



U.S. Air Force
45th Space Wing Public Affairs Office
1201 Edward H. White II Street, Patrick AFB FL 32925-3237
Office: (321) 494-5933 Fax: (321) 494-7302 E-mail: 45swpa@us.af.mil

Jan 21, 2020

MEDIA ADVISORY

RELEASE #01132020

Media statement for the Ascension Island “Islander” Newspaper

WIDEAWAKE AIRFIELD, ASCENSION ISLAND – The project to replace the runway at Ascension Auxiliary Airfield has, at long last, been awarded. The herculean effort was brought to pass by a partnership of the UK Ministry of Defence and the US Department of Defense, assisted by the Ascension Island Government (AIG). The contract was let by the US Air Force Civil Engineer Center (AFCEC) and the US Air Force Installation Contracting Center (AFICC) under the Air Force Contract Augmentation Program (AFCAP). AFCEC will provide overall project management for the duration of the contract.

While many details are still to be delivered in contract documents, the Island can expect to see the first slew of contractors and government representatives in mid-February for a pre-construction existing conditions survey. Part of their task will be to establish the framework for delivering hundreds of thousands of tons of material and equipment to the Island where coastal interactions can be tricky. The period of performance (the timeframe the contractor is not to exceed in completing the task) is 10 Jan 2020 – 10 May 2022. “This accounts for some unavoidable delays such as rough seas that may occur during construction,” says Major Vinnie Bongioanni, 45 MSG Det 2, Ascension Auxiliary Airfield Commander. USAF, MOD and AIG representatives on island intend to establish a planning group to scope and fully understand the likely local impacts of the project as it is delivered in order to inform discussions with the visiting survey team in February. Regular communications will be provided to the local community as the project progresses.

The project, despite the enormous logistical challenges will bring with it a host of benefits to the island, the prime one of course the return of the UK MOD’s South Atlantic Airbridge and all the positive impacts that will bring to the employing organizations and those who live and work here. The project is known as a “full-depth reconstruction” as not only the existing pavement will be removed and replaced but several feet of aggregate material below. “This will result in a far more robust operating platform for aircraft operations,” according to Major Bongioanni. Airfield lighting will also be replaced and water drainage will be improved. This will be the first major construction on the full length of the runway since the overlay project in 1993 and the first full-depth reconstruction project since the runway’s construction in 1942 to take on WWII aircraft. The runway shoulder width will be doubled to reduce the risk of foreign object debris generation during aircraft movements. The total length of the runway will be extended by 500 feet to enable limited aircraft use (the island’s only means of large-volume passenger transport) during construction and a continuation of civilian access to Ascension. In addition, roads between the pierhead in the port settlement of Georgetown and all around Ascension Auxiliary Airfield will be reconstructed and renewed due to the large construction vehicles that will use them.

-30-

For more information visit: www.patrick.af.mil; www.facebook.com/45SpaceWing; twitter.com/45thspacewing; or contact the office at (321) 494-5933.

Drinking Hot Water: 8 Ways It Can Help Your Health

Most individuals who drink hot water do it to improve their health holistically. They make it a point to drink hot water first thing in the morning and right before getting to bed. But does it really help?

Findings suggest that drinking hot water can boost digestion and relieve congestion. It can also lower stress levels. Just keep in mind the temperature, though. Hot water (or you may even call it warm water) is usually between 120o F and 140o F. Anything beyond that may scald your tongue and burn your throat.

There is more to drinking hot water than you might have known. Keep reading to know more!

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- How Can Drinking Hot Water Help You?
- Drinking Hot Water Vs. Cold Water
- What Are The Concerns With Hot Water?

How Can Drinking Hot Water Help You?

The most important benefit of drinking hot water is improved digestion. Hot water intake is also known to ease nasal congestion and the associated stress. It also promotes oesophageal health.

1. Improves Digestion

Drinking hot water can activate your digestive tract. This improves the digestion process. Hot water also helps dissipate particles in your system that you might have had trouble digesting.

Hot water also widens the blood vessels and directs blood flow towards your intestine – further enhancing digestion. When you take hot water after a meal, the temperature emulsifies fats and makes them more digestible (in case you suffer from gastric reflux avoid drinking excessive water before and after meals, as this can dilute gastric juices making digestion more difficult, which may cause reflux).

Studies also show that meal temperature can have an impact on the rate of gastric emptying. This may help relieve constipation as well.

2. Relieves Nasal Congestion

Hot water can loosen clogged sinuses and nasal passageways, clearing congestion. This way, it can also relieve a sinus headache.

You have mucus membranes throughout your neck and upper torso. Drinking hot water can help warm these areas and soothe a sore throat (often caused by a mucus build-up).

Studies show that hot liquids are superior to cold liquids in managing fluids in the upper respiratory tract and treating the related infections.

Hot drinks also work wonderfully well in relieving most symptoms of cold and flu.

3. Eases Stress

Drinking hot water can boost the functioning of your central nervous system, helping ease stress as well. As per a study, adding warm milk to hot water can further promote the stress-busting effects. However, it is important to remember that milk and dairy products promote mucus build-up. This might work for stress reduction, but it wouldn't work for relieving nasal congestion.

Though the study attributes the stress-busting effects of the liquid to caffeine (that was added to the milk), it also stresses the role of the warmth of the beverage.

4. Helps Treat Achalasia

Achalasia is a health condition in which the lower part of the oesophagus fails to relax. This prevents the food from passing into the stomach. Studies show that the intake of warm foods (water included) can assist in the relaxation of the lower part of the oesophagus (also called lower oesophageal sphincter, LES)

In another study, hot water swallows were found to improve symptoms in patients with achalasia. Hot water traversed the LES more rapidly than room temperature water or cold water.

Another study showed that 88% of the patients found relief from chest pain after drinking hot water.

In fact, cold water was found to aggravate symptoms in patients with achalasia

5. May Aid Weight Loss

A theory suggests that hot water stays in your stomach a little longer when compared to cold water. This means you feel fuller for a longer period, which might aid weight loss.

6. Improves Blood Circulation

Hot water expands your arteries and veins, allowing for better blood circulation throughout the body. This also can regulate your blood pressure levels.

7. Relieves Pain

We saw that hot water could boost circulation and improve blood flow. Though no research has directly linked hot water intake to pain relief, it might help.

People usually use heat packs to reduce pain. So, drinking hot water might ease the internal pain. But do note that heat can also aggravate swelling. Hence, you may consult your doctor in this regard.

8. Helps Flush Out Toxins

Drinking hot water increases your internal body temperature. Although temporary, this activates your body's endocrine system, and you begin to sweat. This can help rid your body of toxins.

Toxins in the body can also make you age faster. Clearing them may slow down signs of aging.

Drinking hot water helps. It might sound too simple, but it does have beneficial effects. But what about cold water? How is drinking it different from drinking hot water?

Drinking Hot Water Vs. Cold Water

Cold water does have some benefits, especially when your body temperature is on the rise. This can be when you are exercising or are involved in an intense activity. When you are traveling in the hot sun and face a risk of heat stroke, cold water works.

Drinking cold water brings your body temperature back to normal. It also helps you rehydrate more quickly. Drinking hot water in these instances could be a bad idea.

Excluding the above-mentioned instances excluded, hot water is always preferable. But then, there are a few things you need to keep in mind.

What Are The Concerns With Hot Water?

Please understand that when we say hot water, we don't mean water that is too hot. You don't want to damage your oesophagus or burn your taste buds. Neither would you want to scald your tongue!

You must avoid drinking hot water that is near boiling temperature. Testing a small sip before taking a gulp works best.

The temperature of hot water (or warm water) is between 120o F and 140o F. Of course, you won't always be able to measure the temperature. So, a test sip should help.

Conclusion

According to Ayurvedic medicine, drinking hot water regularly can help in healing your body. It boosts digestion and helps eliminate metabolic waste. Hot water is the way to go – except for when the environment around you is so hot that you feel dehydrated.



From The Archives

Our series of extracts from Mrs Gill's book *Six Months on Ascension* continues with a description of the reasons for a fight. The book is an account of her time with her husband's 1877 expedition to observe the Transit of Mars, from where Mars Bay gets its name.

We often puzzled over this sudden outburst of temper on the part of our two usually quiet, well-conducted servants, but some little time afterwards I discovered the secret from Hill. In a sudden burst of confidence, he told me that on the previous night their week's allowance of rum had arrived, and they had drank it all at once.

Such a misfortune as this could happen only under exceptional circumstances,, as it is now a rule in the Navy that the daily allowance of rum must be mixed with water when served, so as to prevent the men selling it to each other, or saving it up for the pleasure of getting drunk once a week. This wise law is by no means appreciated however, and even the poor women deplore what is for the good of their lords. One loyal wife was heard to say, "Ah! Ascension is not the fine place it used to be; once on a time my good-man could save his grog all the week, and make hisself quite comfortable of a Saturday night!"

With a view still further to guard against this "comfortable" state of things, no intoxicating spirits are allowed to be sold on the island; one bottle of beer a-day may be purchased by each man—that is all, and although it costs 1 s., few of the marines are able to deny themselves the luxury.

At Mars Bay a daily serving out of rum was, of course, impossible, so it was sent weekly in a pure state; hence our trouble. He is a thirsty animal, the British tar, and in Ascension, when you ask whether he will have a glass of ruin or half-a-crown, the invariable answer is, "Well! sir, money ain't no use to me on this island." Truly, gold and silver had lost their sovereignty here, and King Rum was all-powerful. For a

glass of grog what was there that Jack could not or would not do? This tempts people to pay the men in the coin they like best, and we must plead guilty to having done so many a time. Indeed, it would move a heart of stone to see a poor fellow, who has been toiling cheerily for you under a burning sun, come up and instead of asking for payment, meekly insinuate that he was very thirsty. My husband, I know, passed a very troublesome time with his conscience, during the erection and re-erection of the Observatory, and it was only when the evil came under our immediate notice, that we fully recognized the necessity of strictness in this matter of rum-giving. Then we strongly resolved, henceforth, to be "cruel only to be kind," and did what we could to prevent a repetition of the Sunday fight.

One great evil that we had to contend against in our efforts to keep the men happy and friendly with each other, was their having so little to do. However, I was pleased to find, when I tried the experiment of getting books from the Seamen's Library, that both Hill and Graydon enjoyed reading. This did much to lessen the monotony of the day for them; and David's happy thought of providing an unlimited supply of fishing tackle, and showing a keen interest in the basket, did still more for the peace and unity of our domestic circle.

The museum is open every Saturday from 10:00 to 12:00. We have an extensive stock of books, t-shirts and many other mementoes of the island.

Hash Trash: 1813

Hare: Levers it in

Hounds: James, Bella, Likes a hot flow, Toss my monkey, Top off, King Doughnut,
Gone off milk - man, Rock hard wood, Hen likes fish, Matt, Barney, Lucy, Ross, Caroline

Apres: Missing MacGonnegal, Saggy old sack

Arrival at the BBC Building on North East Bay road was met with the sound of holes being dug behind a large Mexican thorn tree. After realising this was the Volcanologists doing their thing, and not some disgruntled Islander covering up last night's murder, the briefing was given. In summary: zig-zag if you want to and don't make the same mistake as 'Levers It In' did while setting the route.

Initial hash hunting was hindered for the leaders by smatterings of white lichen imitating the paper piles that marked the route. Fortunately, enough people amassed around the confused leaders to form a scouring party and the correct path was resumed. A few up and overs, with a few inconsequential slips and trips, added to the interest of the views. The Volcanologists pointed out some small beads of ash that had formed with water during eruption (for a proper description shout "look at that eruption" and as if by magic you will summon your own Geologist to explain). A rat skeleton was found to keep the Conservationists amused – simple minds eh?

Another up and the rim of Perfect Crater was reached. Discussions of possible pagan rituals in the crater were made before the down came and we found ourselves in a valley that 'Toss My Monkey' had not been to. This pleased me greatly as *apparently* he'd been everywhere on the island. "Ooh what a big bum!" was exclaimed confusingly until it turned out that in fact a 'bomb' was meant. These big lava bombs were admired while the rest of the merry band caught up. Once regrouped it was a short walk along a gulley back to the BBC Building and the delightful sight of 'Missing MacGonnegal' with a delivery of drinks (just to be clear the drinks were the delightful part).

Apres was had and someone got off with her third hash without being initiated, leaving another week to think of even more names [insert evil laugh here].

Quote: "Two roads diverged on Ascension, and I – I took the one less travelled by, and that has made all the difference ... because I fell and broke my leg" – not Robert Frost

Next Weeks' Hash:

Hare: Robert Burns

Place: Garden Cottage

Time: 16:30

Bring a tent - There will be Haggis, Neeps, and Tatties and a wee dram o' Aqua Vitae tae toast the Great Chieftain o' the puddin race and the Bard.

Find us on Facebook @ Ascension Island Hash House Harriers



TURTLE TOURS 2020

Mondays & Thursdays

9pm at Conservation Centre

People living on island inc. military personnel: FREE

Visitors: £10 per adult, £5 per child (under 16)



It is important to minimise disturbance during nesting season and we advise the public to visit our beaches with an experienced guide from AIG Conservation Department.

Join us for an incredible opportunity to observe Green Turtles nesting whilst learning from our turtle experts!

Booking Essential

Come into the Conservation Centre

Call 66539 or email us at

conservationenquiries@ascension.gov.ac

How To Make The Best Detox Smoothie Recipe

Prep time: **5 minutes**

Yield: **2 servings**

I've created this Detox Dynamite Smoothie with the top detox foods. I've kept the base recipe very mild for children, but add more cayenne for added cleanse and kick!

Feel free to swap out, or add in, any other ingredients you like!

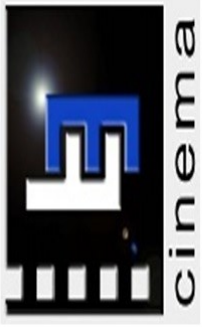
Ingredients

Suggested smoothie ingredients:

- 1 cup raw coconut water or filtered water, plus more as needed
- 1 medium green apple, skin on, cored and diced
- 1 small raw red beet, peeled and diced (grated for conventional blenders)
- 1 cup frozen strawberries
- 1 cup frozen pineapple
- 1/2 small avocado, pitted and peeled
- 1 cup baby spinach
- 1 tablespoon fresh lemon juice
- Pinch of cayenne pepper

Optional nutritional boosters:

- 1/4 cup frozen raw broccoli
- 1/8 teaspoon finely grated lemon zest

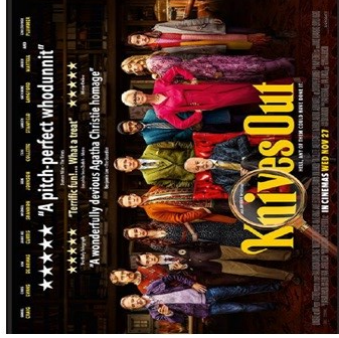
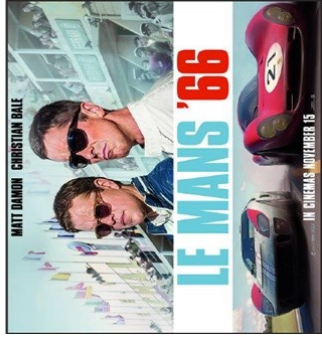
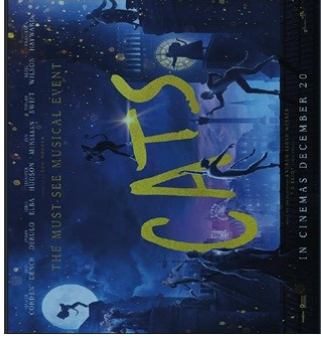
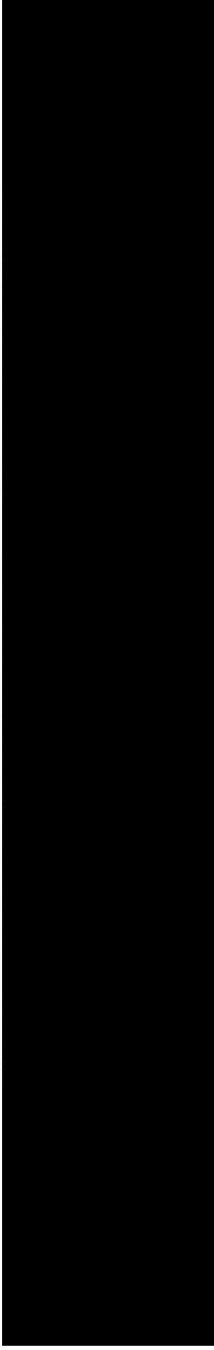


CINEMA

LOCATED IN THE NAAFI COMPLEX ON TRAVELLERS HILL



If you look younger than the film classification photographic ID will be required.



06-Feb-20	07-Feb-20	08-Feb-20	09-Feb-20
1400 hrs		Spies in Disguise (Premier) PG	
1900 hrs	Le Mans 12a	Knives Out 12a	Jumanji: The Next Level 12a
13-Feb-20	14-Feb-20	15-Feb-20	16-Feb-20
1400 hrs		Spies in Disguise PG	
1900 hrs	Star Wars: Rise of Skywalker 12a	Jolo Rabbit (Premier) 12a	Frozen U
20-Feb-20	21-Feb-20	22-Feb-20	23-Feb-20
1400 hrs		Frozen (Final Showing) U	
1900 hrs	Jumanji: The Next Level 12a	Star Wars: Rise of Skywalker 12a	Cats (Premier) U
27-Feb-20	28-Feb-20	29-Feb-20	01-Mar-20
1400 hrs		Cats (Premier) U	
1900 hrs	Le Mans (Final Showing) 12a	Knives Out 12a	Bad Boys For Life (Premier) 15



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