

FOREWORD

I am delighted to share this magazine with you and it is with joy that I welcome you to view the content of Unique Foundation's Inaugural magazine - *Free Wings*.

Since its official registration as a Non-Governmental organisation in December 2014, Unique Foundation has worked on motivational activities that promotes 'Positive Youth Development'. Its ongoing activities target school children from the age of 4 to 17, especially on the Island of Praslin where 'Unique' is based. All projects and programmes are aimed at educating young boys and girls to become good citizens of Seychelles, promote their talents, and empower them with skills for resilience so that they can cope with difficult situations and bounce back in moments of adversity.

We have worked in close partnership with CARE (The Campaign for Awareness, Resilience and Education against substance abuse) since 2016 on its resilience programme and collaborated with other organisations of the civil society including HASO (HIV AIDS Support Organisation). We have also worked closely with schools on Praslin Island and with other structures in place, that supports children and youth in their holistic development. By the end of 2019 over 100 students had benefitted directly from activities held and facilitated mainly by Unique Foundation's members who come from all sectors of the society.

In March 2020, just as Unique Foundation was about to proceed with its ongoing activities for the year and launch its new project to promote individual visual arts talent, Seychelles suffered the impact of covid-19 and all activities were disrupted. Members of the Foundation were concerned about the mental health of the children and how to provide psychosocial support in such moments that they were experiencing. It was decided that Unique Foundation's Positive Youth development programme targeting talents and artistic skills, could provide a catharsis for challenging emotions, a distraction from stressful thoughts and experiences and serve as a therapy, and that it should go virtual. A school psychologist was consulted for input on the initiative. Other partners, including CARE, were invited to support the activities. At the end of March the activities were launched on media at national level, encouraging all children and their home entourage to participate.

"Be inspired, develop your talents and creativity, connect with your environment at home, appreciate moments with family and take this time to develop resilience including spiritual resilience."

That was the message shared on media for the launching of Unique's activities which gave birth to '**Free Wings**' in which the works of children across the country done during the movement restrictions period (8th April to 4th May 2020) are compiled. The magazine mirrors how 'soulful expressions' were 'unlocked' in 'moments of adversity'. The title '**Free Wings**' go hand in hand with Unique Foundation's logo 'soar on wings like eagles' (Isaiah 40:31) designed by our young friend Donnie Monthy who suffers from hemophilia but is full of potentials.

Unique Foundation believes in the children of Seychelles, love and respect them and will continue to work so that each unique child can 'soar of wings like eagles'.

Enjoy and God Bless!



Ms. Farida Camille
Founder/Chairperson





Our sincere gratitude to our main partner CARE, other partners and sponsors who have contributed in the past and above all the participants whose valuable contributions are featured in this magazine.



Sun set

Photograph by: *Ellie Mancienne*



Free Wings

1st Edition - December, 2020



"Unlocking soulful expressions
in moments of adversity."

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GOSPEL VIDEOS

Zezi ou pli for ki Korona

An sa moman, kot lemon pe fer fas.
Ek sa move maladi.
Annou troun nou regar ver Sennyer.
Annou pran sa maladi koman en benediksyon.
Fer letan, annou troun ver Bondye, e vwar ki I importan.
Nou sant korona, nou met li dan lanmen Bondye.
Korona, nou met li dan lanmen Sennyer.
Korona, nou kriy ver nou Sennyer ki nou nou sover.
I a delivre nou, kont sa move maladi.
Lemonn ti pe viv dan zot prop limaz, sakenn ti bos son fason.
Sennyer ti ganny gete koman en deryer say.
Sa maladi naprose, nou'n war bokou pe retourver Sennyer.
Dousman, dousman sanzman I komans arrive,
Ki montre nou, nou Sennyer pe travay.
Korona, nou met li dan lanmen Bondye.
Korona, nou met li dan lanmen Sennyer.
Korona, nou kriy ver ou Sennyer se ou ki pou delivre nou,
kont sa move maladi.
Ou ou...lalalala oh oh oh ouou
Sennyer, ou menm larezireksyon ek lavi,
Sennyer se ou lerwa par lao tou lerwa,
Sennyer se ou, ou non I pa lao tou.
Osi I par lao korona.
Korona, nou met li dan lanmen Bondye.
Korona, nou met li dan lanmen Sennyer.
Korona, nou kriy ver ou nou sover.
Se ou ki pou delivre nou, kont sa move maladi.
Oh Sennyer, se ou ki pou delivre nou, ou ou.
Zezi, ou menm sa sel sover.
Oh Sennyer, nou met nou konfyans dan ou.
Oh oh Sennyer, se ou ki nou sover,
oh oh Sennyer nou kriy ver ou!

*Composed and sung by:
Amani, Emmanuel and Abia Sinon
5th May 2020*



GOSPEL AUDIOS

- Song Titles:
- 1. Responsabilite
- 2. Korona Sorti Ale

"Ar mon ser, Ar mon frer, pa neseler ki nou per,
ekoute ler lasante i koze, lo non Zezi Covid-19 i a sorti i a ale"

by Martine Souris, 16yrs and Shaul Baron, 12yrs

Lapriyer en zanfan



Chorus

Tan ki sa lemomn ankor pe vire
Tan ki soley ankor pe leve
Nou annan lesphar sesel annou viv ek lesphar
Tan ki bondye ankor pe beni
Si lontan ki nou ankor pe respire
Nou annan lesphar sesel pou annan laviktar

vers 1

Avan mon pran repo pou sa lannwit
Mon remersi bondye pou sa zour gratwit
Menm ki tou in sanz sitan vit
Pou li mon annan menm gratitid
Mon zis en zanfan ki pe obzerve
Mon konpran ki sa moman i tre diffisil
I pe anmenn soufrans pou en kantite
Sa viris pe anmenn destrikson
Mon dir bondye mersi
pou bann profestonnell ki in donn lentelizans
pou sov lavi
Zot sakrife zot lavi pou sov lavi
E donn nou tou lesphar
Sa i en lapriyer sorti dan leker en zanfan ki annan lesphar

vers 2

Reste kot lakour i sa nouvo mo
Gard ou zistans i nouvo term
menm pa ler mon ganny lafreyer
mon konnen ki nou ankor sanse
mon mank tou mon bann zanni lekol
tou mon bann routin mon ti abitye fer
me mon konnen sa i mon sakrifis
e i pou nou prop benefis
Dan tou son dezavantaz
i annan son lavantaz
Nou pe apresye sa ki nou ti pe neglize
Ankor mon tourn ver senyer
Monn donn li tou laglwar
Li menm ki donn nou lesphar
Sa i en lapriyer sorti dan leker en zanfan
pou anmenn lesphar

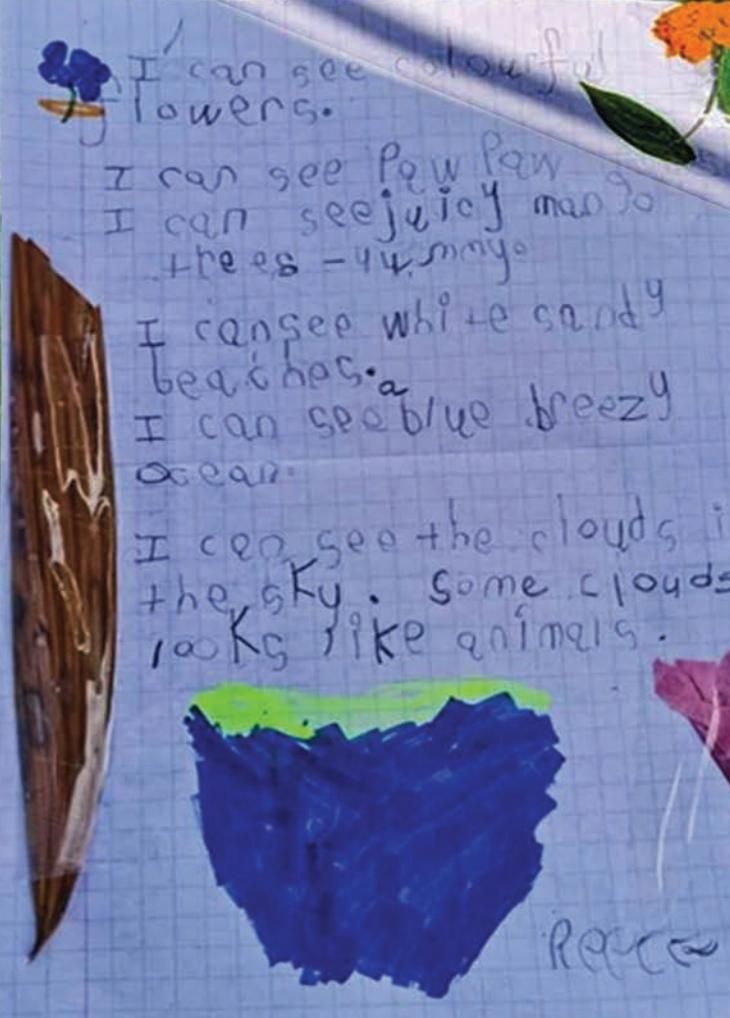
*Composed by Eddy Telemaque
and sung by Tyra Telemaque, 11yrs old
(Father & Daughter)*

Song title:
We Are Drops

"We are drops, from one ocean,
we are waves, from one sea,
come join us in our quest for Unity,
It's a way of life for you and me"
(words from the Baha'i writings)

sung by Amarah Jeannie, 9yrs |
Alistair Magnan, 8yrs | Vern Estico, 9yrs

POEMS



Reece Payet- 6yrs old

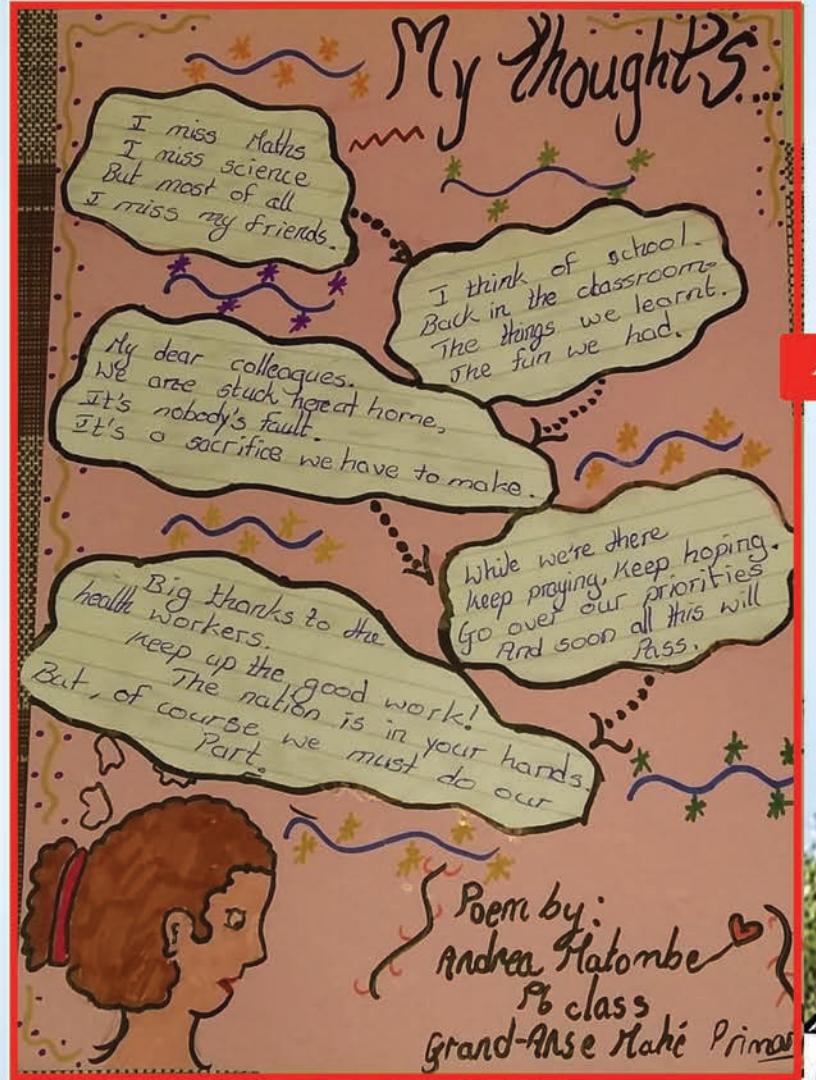
**Mon en pti koksinel
rouz ek nwanr.**

**Mon tou ron, gro parey en boul.
Mon anvol avole parmi bann zoli fler.
Mon tya byen kontan vin ou zanmi.**

Daniellah Omblime - 6yrs old



POEMS



Andrea



Poem To My Dad

DAD

To me you are my helper.
You bring much joy to my life.

Sometimes a bit of pain too.
You're always there to help when I feel down

Father, you are like my guardian angel.
You are always there.
You have no favourite so that makes you fair.
You are my role model so I look up to you.

Father, you are like a cardigan wrapped around me
and you give me hope.
So how safe can I be?
When I'm with you I feel free.
You comfort me when I feel sad.
You are my counsellor.

I love you and I will always love you
over and over again.

Alyssa Michel - 12yrs old



Ellie, 10yrs old
Feeding neighbour's rabbit

Amaya De Charmoy Lableche,
6yrs old
Training Athletics
with her dad Bertrand

Kaysie, Kaylie, Aurelie Athanase
Training Volleyball with father Sonny

VIDEOS

*Emily, 9yrs old
Practicing Ballet*



*Mathys Lesperance, 6yrs old
Playing Badminton
with Papa Jacques*

*Ishaan, 9yrs old
Teaching her siblings*



SHORT STORY

The beast of Wuhan.

Wuhan is a small village in China, where the people live in harmony. They enjoy helping one another in any way that they can. But little do they know, there was a monster living among them.

On the top of Mulan mountain, lived an immense, brown and furry beast. It has big scary eyes and enormous feet and fang. The beast has been living on the top of the mountain for quite a long time now without anybody knowing. But, the beast had a big problem. It was so lonely. It wanted somebody to mingle with. So, one day it decided to go down to the village to search for a friend to talk and play with.

On a dark curious night, the beast took path to the village. Upon arriving there, the beast was shocked to see the houses and other buildings everywhere. "Oh! What a nice place." It started touching everything that was around. Just before the crack of dawn, the beast raced back to the mountain.

The next morning, everyone in the village went back to their daily task. By the end of the day, so many people were getting sick. They were sneezing, coughing, complaining of headache and some were even having difficulty to breathe. The clinics and hospital were all of a sudden full. Doctors and nurses were working until late at night trying to figure out what was suddenly wrong with everybody. They tried every medicine possible but nothing seemed to work.

The illness was spreading extremely fast. The authorities decided to lockdown the village. The school got closed, every workplace closed and everybody was asked to stay at home. Nobody was in or out of the village. The villagers were scared because some of their families were dying as well. The younger children did not really understand what was going on. It was a very sad situation.

Back up the mountain, the beast was wondering what was happening down in the village. When it heard the devastating news, the beast knew that it might be its fault. It remembered that its mother once said that if they get in contact with a human being, a deadly virus would wonder the earth. The beast was scared that the soldiers of the village would discover its hiding place and kill him. So, it decided to escape and move to Italy.

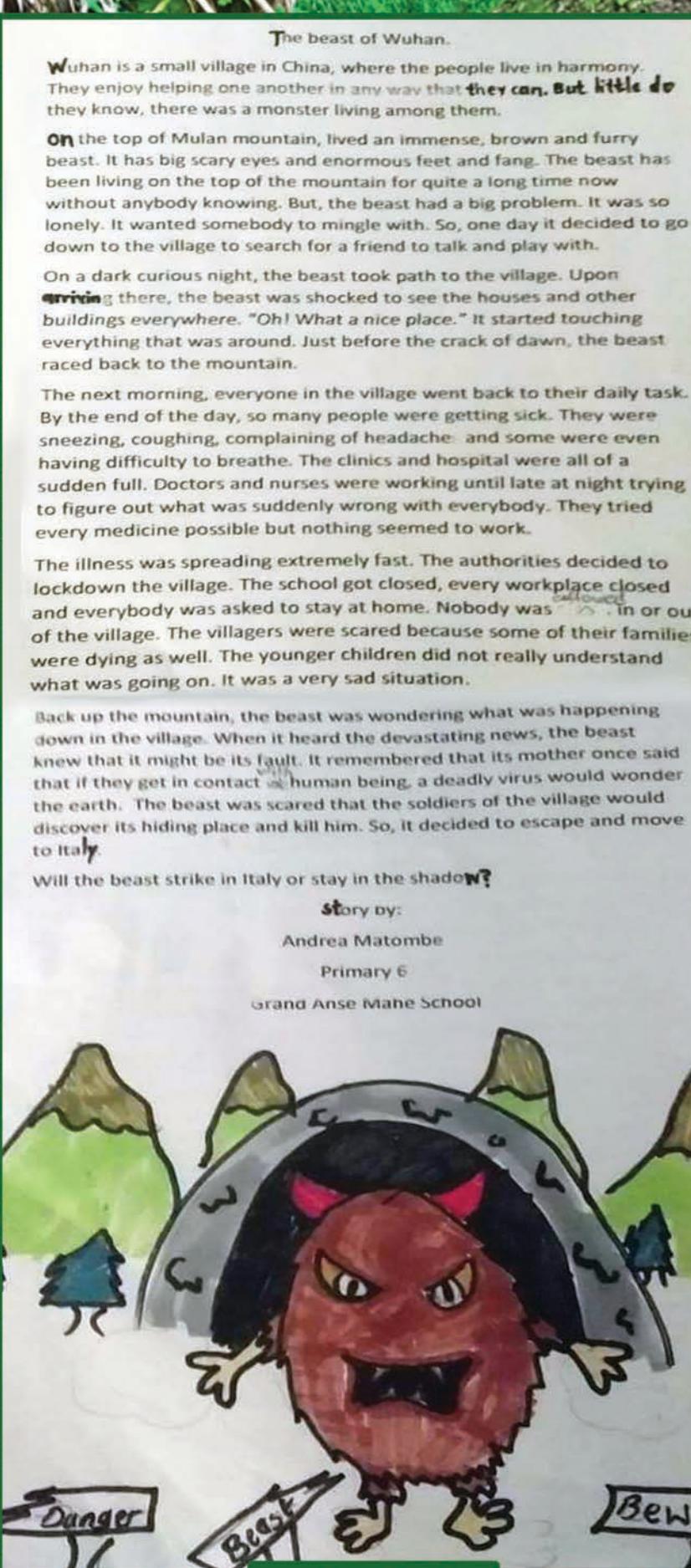
Will the beast strike in Italy or stay in the shadow?

Story by:

Andrea Matombe

Primary 6

Grand Anse Mane School



Andrea Matombe



Leksperyans Hailey Quatre

Pandan sa letan ki ti napa lekol, mon ti reste kot lakaz ek mon manman, mon frer ek mon ser. Sa lesperyans ti vreman enteresan apre osi tris. Nou ti bezwen reste dan lakaz apre zis zwe deor. Nou ti osi gonfle swimming pool deor lakaz pou nou naze apre zwe. Mon manman osi ti vin zwe ek nou dan delo.

Mon ti ganny lesion pou fer sorti kot mon mis lekol, ki mon manman ti kolekte en zour kot lekol. Mon ti sey mon mye pou kapab konplet mon bann lesion. Mon ti osi gany lesion sorti kot lekol franse ek angle extra laklas kot mon ti abitye ale apre ler lekol. Mon ti war li enpe difisil pou konsantre vi ki mon pti frere ek ser ti touzour kot lakaz osi pandan sa bann letan, me mon manman ti eseye pou aranze keler pou fer lesion apre lezot keksoz.

Pandan sa letan mon ti ed mon manman resikle bann boutey delo vid pou senm lagrenn parey zironmon, piman e papay. Nou ti osi esey senm kokonm. Toule de zour mon ti aroze avek delo pou ed mon bann plant pouse. Me ti annan letan ki mon pti frer ek ser ti kwar mon bann plant i zouzou e ti zete. Nou ti bezwen plant ankor. Plant piman ek zironmon ti konmans pouse, me kokonm pa ti le pouse.



PREPARASYON PLA MANZE

(1) Ti annan en zour ki mon ti kabab ed mon paran pou prepar GATO BANNANN.

Preparasyon:

- Bat senk dizef;
- Azout enpe lafarin;
- Azout enpe delo tanzantan apre bate;
- Azout disel, disik e kontinyen bate ziska i pa tro an lo.



Mon paran pa servi mezir me met zengredyen apepre ki finalman i bon pou met dan four oubyen fri, parey sa enn ki monn ede pou fer.

(2) Mon ti osi prepar PIZZA.

Preparasyon:

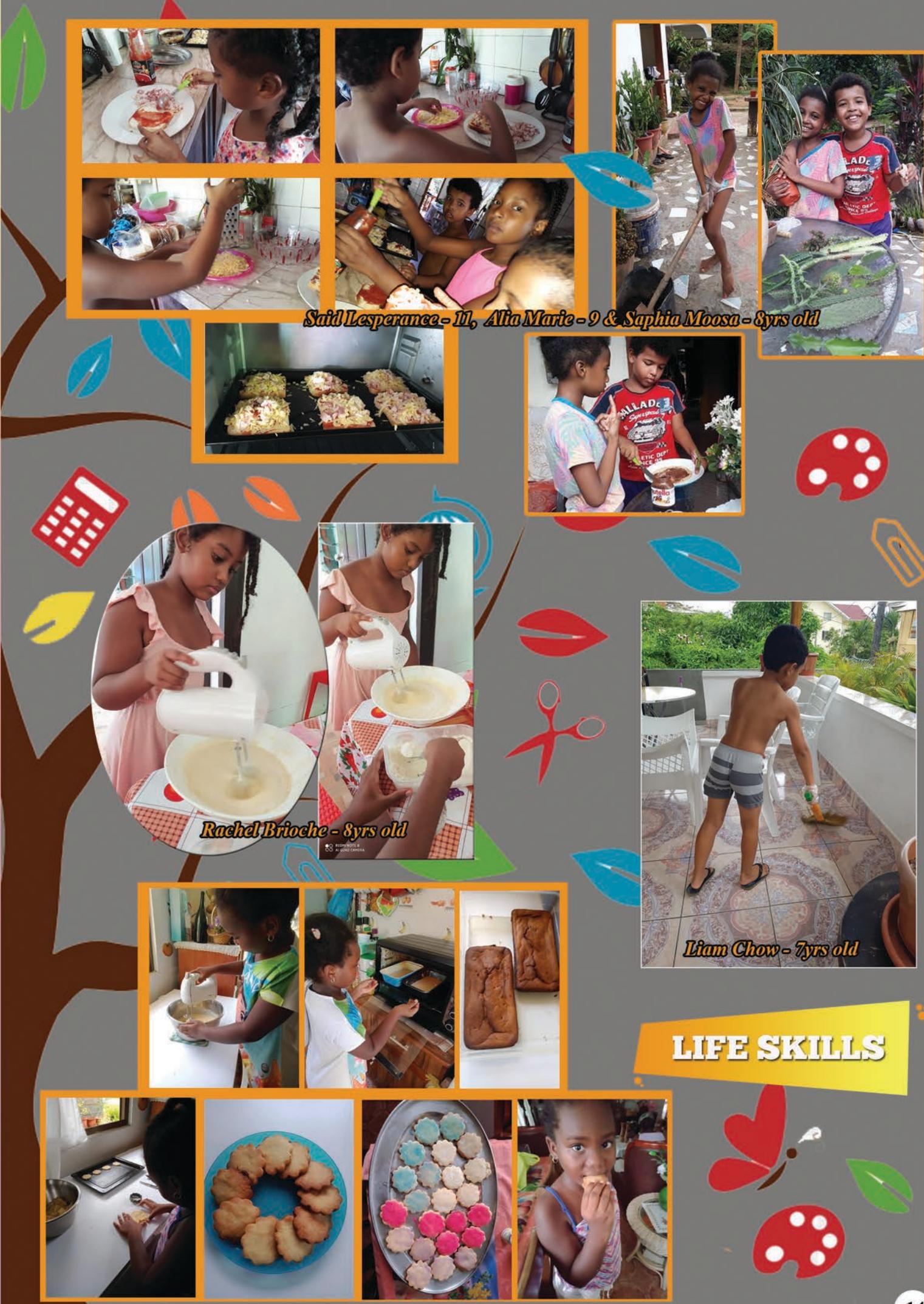
Mon paran ti deza aste lapat pizza, mon ti met bann toppings lo la, parey tomat dan bwat, ham, fromaz, meat balls, olives, sanpiyon avek sosis. Apre nou ti met dan four lo pti dife. Ler ti pare mon ti ede pou ouver papye foil e met fre ziska tin ler pou manze.

(3) Mon kontan manz SPAGHETTI BOLOGNAISE e mon ti ed mon manman ler i prepar son lasos:

Ler spaghetti ti pe bwi, mon ti rod lay, zenzanm apre zonyon pou mon manman koupe e met dan son lasos bolognais. Ler mon ti pe esper mince meat sek dan kastrol mon osi ti pe prepar e rap fromaz pou met lo lasos dan lasyet apre preparasyon. Mon kontan manz legitim, mon dir mon manman met legitim dan lasos pou nou manze. Mon ti get mon manman rousi mince meat, lay, zenzanm e zonyon ansanm apre mon ti azout lasos rouz ler i fini rousi. Nou ti osi azout disel ek enpe delo apre les li pou sek enpe. Mon ti fer sir mon ti senm mon fromaz rape lo la avan nou manze. Ti byen goute.

(4) Mon ti osi ede prepar LONMNET avek diferan legitim ladan.

- Mon ti kas dizef apre bate. Mon manman ti koup bann legitim pti pti parey karot, tomat, zonyon e zariko pou met dan mon bol pou mwan melanz ansanm. Ler tin fini prepare nou ti manz avek diri.

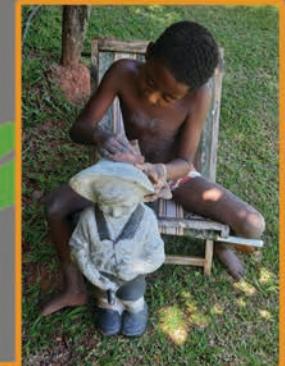


LIFE SKILLS

LIFE SKILLS



Illaan Beavogui - 9yrs old



Lisa Etheve - 8yrs old



Kenny Cafrine



Refleksyon Kurtisha Albert



Lobeisans i protez nou. Pa i ti pou gou si nou kapab fer sa ki nou anvi fer, ler nou anvi fer li. Ekoute, kwa ki pli bon pou mwan, eski i byen pour mwan fer sa ki mon anvi fer, ler mon anvi fer li? Fer mwan mazin parol mon paran, zot toulstan dir mwan, ki Bondye i dir mwan, ki mon devret ekoute e obeir dan tou keksoz. Akoz sa? I bezwen annan en rezon akoz Bondye i dir avek bann zanfan obeir zot paran e sa ki pki gran ki nou. Ki laz mon annan? 9an. Mon papa 46an, mon manman 42an, be zot in viv en kantite lannen plis ki mwan, zot in aprann e vwar bokou keksoz plis ki mwan. Alor ma kapab aprann en kantite keksoz avek zot, pa blyie zot menm kapab donn mwan bonn bon gidans e ed mwan evit en kantite danze. Be mwan si mon en pti pisar fek ne yer pou annan lodas fer sa ki mon anvi fer ler mon anvi fer li? E osi pa blyie ki Bondye i pli yye ki mon paran e pli yye ki tou dimoun lo later. Son lentelizans i pli gran ankor alors i dir bann zanfan obeir zot paran, asire ki i konnen ki i pe dir. Prezan ki i kler pou mwan, ki lobeisans i protez nou e i nou prop benefis. Bondye e nou paran ki sitan kontan nou pa anvi war nou soufer.

RECIPE

Moutay



Kaila Marimba - 12yrs old

By popular demand

Moutay Recipe

Ingredients

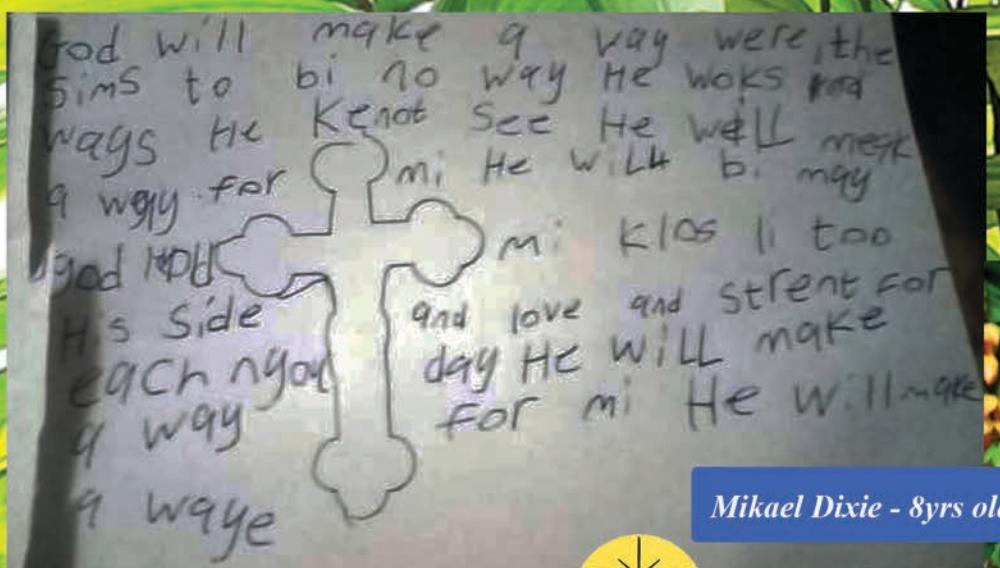
1 cup rice
2 cups plain flour
1 1/2 cups warm water (1 cup and a half)
1 tablespoon instant yeast

method

wash the rice, place in a sieve and allow to drain until dry...maybe overnight
process or blend the rice until fine
add the yeast to the warm water and allow to stand for few minutes
place, the blended rice and flour in a large bowl, pour the water/yeast mixture and mix to get a thick batter...that can still be poured
Allow the mixture to rest for about 10. Minutes
Then heat some oil in medium pot
place the batter in a piping tube or lanto nwar
Pour the batter making the shape of the moutay in hot oil
allow to float and turn over until golden brown
dip in cold sugar syrup.

Basic sugar syrup 2 cups water and 1 cup sugar. Place the sugar and water in a pan and stir over medium heat until the sugar dissolves completely. Cook the syrup for a few minutes more on medium heat while continuously stirring. Allow to cool completely before dipping the moutay in. You can flavour the syrup with some vanilla essence as well

GOSPEL/BIBLE ILLUSTRATIONS



Palm Sunday was just celebrated in Jerusalem. Palm Sunday is the beginning of the holy week. It's to celebrate when Jesus entered Jerusalem. The people of Jerusalem used Palm to celebrate his entry to Jerusalem as palm symbolises goodness and victory. Branches were placed in his path before his arrest and crucifixion. During the holy week people should do their maximum to do good to each other and praise the good Lord Almighty.

RECYCLING



Doll House

The extraordinary recycling project of Andrea Matombe, 9 years old, depicting a doll house she always wanted when she was smaller. She loves flip and design and has a passion for creative designs.



Eliana - 7yrs old & Elisha - 11yrs old



DRAWING/PAINTING



by Aleana Stravens - 9yrs old & her Dad

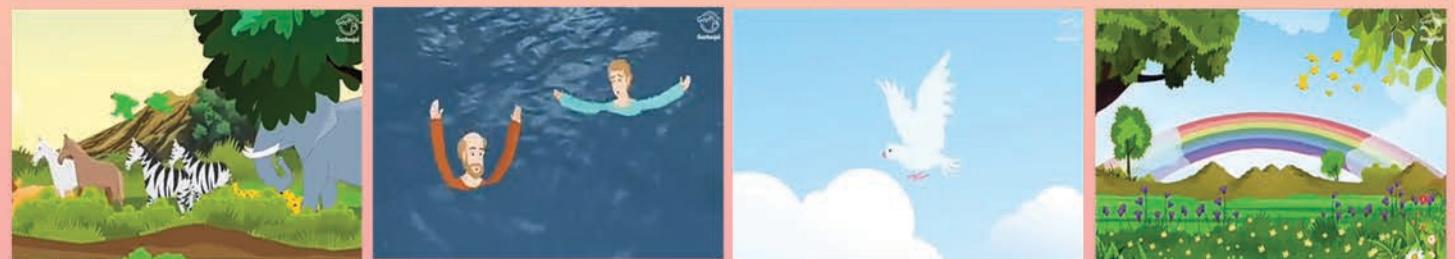


by Aleana Stravens - 9yrs old & her Dad

Zistwar Ark Noah rakonte par Daniellah Omblime



En zour Zezi ti koz ek Noah, i ti dir koumsa fer en bato- Ark pou Noah al ladan. Enm ti fiy ek enm ti garson ti dir Noah koumsa " ale ou mon pa pe al ek ou mwan", prezan lapli dan move tan ti noy zot. Ti annan bann zanmi Noah dan ark avek detwa fanmiy Noah. Ti annan zwazo,bef, sa zannimo ki blan ek nwanr,apre lelefan. Zot ti reste en ta zour dan bato, 40 zour. Bann dimoun ki pa ti al dan bato ti mor. Lapli ti tonbe ti fer zot mor. Zot ti reste en ta zour lo lanmer. Letan zot ti pe ale,zwazo ti ale. Si ou war zwazo pa tournen savedir in ganny en landwa pou apoze. Zwazo ti ganny en landwa pou apoze. Noah ti al ater. Ater ti annan bann zoli fler ek zwazo. Larkansyel ti aparet dan lesyel. Zezi ti koz avek Noah ler i ti ariv kot sa bann fler. I ti dir li koumsa kontinyen fer bann bon keksoz,viv en bon lavi. E nou osi fodre nou fer parey e ekout Zezi.



Thank You Lord

interpreted by the Gardette Family on video



I come before You today, And there's just one thing that I want to say, Thank You Lord, Thank You Lord

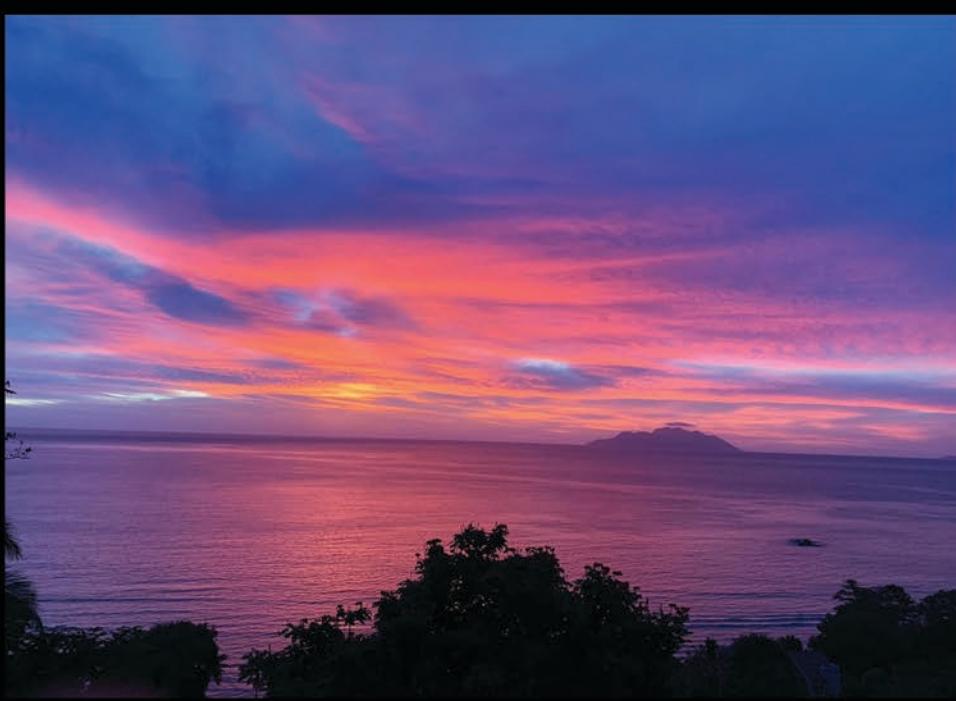
For all You've given to me, For all the blessings that I cannot see, Thank You Lord, Thank You Lord

With a greatful heart, With a song of praise
With an outstretched arm, I will bless Your name

Thank You Lord, I just wanna Thank You Lord
Thank You Lord, I just wanna Thank You Lord

GOSPEL/BIBLE ILLUSTRATION

PHOTOGRAPHY



Photos taken from their mobile phones