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Gallery is published eleven times a year as a fresh yet discerning guide to all that happens on the Island and beyond. With quality and style in mind, our tone is not too superior or too serious, written by the people of Jersey for people everywhere.

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This isn't a private party and there's no VIP srea (there is a hot tub though, of course...). Entertain us with jokes, ideas, YouTube clips, etc.

everyone a gallery.je

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#105 [JUDGEMENT]





COVER CREDITS White t-shirt by SET from Manna Black skirt & belt by Karen Millen from deGruchy

> PHOTOGRAPHY Danny Evans

> STYLING Danny Evans

> > MODEL **Toni**

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udgement. You've exercised the good kind in deciding to pick up this magazine. A good decision, but don't undo your positive efforts by exercising poor judgement from this point onward. Continuing to read whilst crossing the road, for example, could prove to be the wrong decision if the bus you're about to catch arrives early. You're only on page 5 and there are 167 to go. If, however, your bus is late then we'll keep you company.

In this issue Grant Runyon takes us on a tour of our least loved local landmarks on *page 16* whilst Horace Grantez explores the potential for an independent Jersey on *page 18*. New contributor Johnny Rebours puts the world to rights about volunteering ahead of a trip to Palestine he'll be undertaking later in the year on *page 24* and we present you with a few holiday options that'd require you to exercise a fair amount of caution if you're looking for something a little more *out there* than a luxury all-inclusive resort in Mexico on *page 34*.

A commentary about receiving bad reviews on **page 52** and a fashion shoot hinting at what your next door neighbours are probably getting down to behind closed curtains starting on **page 58** leads us into the first of two supplements this month; the Gallery *Bridal Bible*. Whether you're planning a wedding or just dreaming about one, turn to **page 75**.

Page 115 sees the first of three installments of *Agenda*, our new business supplement which takes a look at all things law related and our gadgets pages in the hardware section starting on **page 149** gives you the heads up on what not to be seen using. We've got your back.

If that wasn't enough for you why not point, assess, stare or even poke fun at the faces in our Paparazzi pages? Depending upon your beliefs you may end up spending eternity in hell, but then it's not our place to judge.

Russ

Illustrated Gallery logo above by Aoife Le Galle

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WATCH FEATURED SUBJECT TO STOCK AVAILABILITY

gallery #105

[JUDGEMENT]

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WANTE

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ARE YOU A LOCAL WRITER OR ARTIST? IF YOU'RE PASSIONATE ABOUT YOUR WORK (AND ALIVE, PREFERABLY) WE WANT TO SHOWCASE IT, SO GET IN TOUCH AND GET INVOLVED IN 2014: **CONTRIBUTE@GALLERY.JE**

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Rip it, scrap it, comment, critique, research, report. Opinions wanted on politics, business, news, home, property, music, gadgets, sports and culture. Something annoyed you and you want to tell the island? We're here for you baby. If you'd like to see your name in... er... print, get in touch.

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FEATURES@GALLERY.JE

If you are an artist with work to exhibit, an event or entertainment organiser with an event coming up or a business with some exciting news or a new product to feature, get in touch. We're keen to feature anything of interest that will entertain our readers.

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EVENTS

paparazzi

811100

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CHIT CHAT

811100

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LOCAL EVENTS WHAT'S HAPPENING IN MARCH 2014

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04&05.03.14 JASON MANFORD -

FIRST WORLD PROBLEMS JERSEY OPERA HOUSE

JERSEY OPERA HOUSE 8PM // 511115 //

BOXOFFICE@JERSEYOPERAHOUSE.CO.UK

Everybody's favourite northern comedian, Jason Manford, has announced a brand new tour for 2013. If you need a pick-meup or simply a great night out, this is the show for you. "First World Problems" promises to feature a wealth of comedy anecdotes, misunderstandings and audience banter delivered with Jason's likeable charm and teasingly intelligent wit. Pop out for dinner, invite your friends or family and make the best evening in March!

01,15,22,29.03.14 DODOLINGS DURRELL

£7 // 10.30AM-12.30PM // 860034 // EDUCATIONADMIN@DURRELL.ORG

Welcome in the Spring by taking your kids to learn about the world's wildlife through Dodolings workshops and activites at Durrell.

1st: Dodolings: Flamingoes 15th: Dodolings: Poison frogs 22nd: Dodolings: Gorillas 29th: Dodolings: Bears

An oppurtunity worth grabbing whilst you still can!

06.03.14 DINE AT THE GEORGIAN TOWN HOUSE THE GEORGIAN TOWN HOUSE

£125 // 7PM // 722301 // RESERVATIONS@ GRANDJERSEY.COM

Michelin Starred Georgian inspired food and hand-picked wines to be enjoyed in the company of renowned antiques experts, in the graceful rooms of this unique period building, with guest hosts John Bly (Antiques Roadshow) and Peter Le Rossignol.

O8.03.14 AY DUCANE JERSEY ARTS CENTRE £9.35-£17 // 8PM // 700444 // ENQUIRIES@ ARTSCENTRE.JE

Originating as an acoustic duo, Ay Ducane have now taken their London born distinctive folk music to a new expanse by forming a fully electric five-piece band. With the addition of the Richens brothers; Adam (guitar), and Ollie (drummer), as well as Edward Maltby (bass), a natural evolution has been coaxed from the duo's songs. Arrangements radiate Rock tradition, Pop's culture Blues, Psychedelia's ethereality; conjured by a relentless foot stomping.

07.03.14 INTERNATIONAL WOMEN'S DAY PURPLE BALL THE POMME D'OR

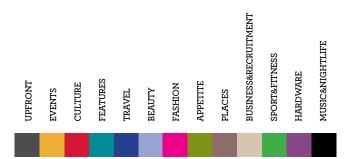


The Pomme D'Or Hotel will be raising awareness for International Women's Day, a day for women's rights and International Peace, with money raised in aid of Jersey Women's Refuge & After Breast Cancer Care. Tickets are available for tables of 10 - 12 people. There will be Champagne on arrival, ½ bottle of house wine per person, three course set-menu dinner, entertainment from Bob Baker, DJ and disco until 1am and a late bar until 2am. You could also treat yourself to bed and breakfast which is available at a special rate starting from just £69.00.

08.03.14 BABYHEAD THE WATERSPLASH

£10 // 10PM // 482885 // INFO@WATERSPLASHJERSEY.COM

Join us at the Watersplash to see Babyhead, who've been behind the scenes of the burgeoning UK Reggae Hip-Hop revolution for the last 20 years and are now ready to take it to the next level with the stage invasion project and tour. Born out of love for Jamacian sound clash, forged through a do it yourself punkrock ethic and delivered with a raw hip hop swagger, the unstoppable Babyhead sound is drawn from all quarters of the musical universe, in true Bristol fashion. They have been a live phenomenon in the clubs and on the festival circuit, for a decade plus, rocking stages from Glastonbury to Fabric and attracting onstage collaborations from Ozomatli, Rodney P and Alice Russell.



14-16.03.14 THE MOSCOW STATE CIRCUS FORT REGENT

£15-28 // 449827

The Moscow State Circus returns to Jersey with its latest production Park Gorkogo. Set in the mystical centre of Moscow's cultural and artistic quarter Park Gorkogo (Gorky Park) is the perfect back drop for what is undoubtedly the most famous circus on earth. Superstar Clowns invite the audience to this wondrous place, a place to see magnificent feats of human achievement and as our Loveable Buffoons reminisce about past times they are surrounded by a multitude of flying, back flipping, juggling and roller skating performers. As the park changed in accordance with the mood of the new century, its traditions were the basis of the new concept of Park Gorkogo, these changes are reflected in the new show, as like a pendulum, it swings from the earth to the sky in incredible breath-taking succession



13.03.14 HIGHER EDUCATION FAIR HAUTLIEU SCHOOL £FREE // 1.30PM-6.30PM

Sponsored by Capita Asset Services, the Higher Education Fair gives anyone interested in going to university the opportunity to find out more about degree courses and university life. There will be representatives from nearly 70 universities across the UK, as well as organisations that can offer advice on studying overseas and on-Island. Student Finance and a range of presentations ranging from teaching to engineering and volunteering abroad to portfolio preparation for creative courses.

21.03.14 JIMEOIN - YES, YES, WHATEVER! JERSEY OPERA HOUSE

£17.50 // 8PM // 511115 // BOXOFFICE@JERSEYOPERAHOUSE.CO.UK

Hilarious world-class stand-up from one of live comedy's internationally acclaimed masters! Jimeoin is bringing his everevolving live show to Jersey Opera House... A fluid mixture of his signature observations, with hawk eye dissection of more of the absurdities of life and how we live it. You've seen him on TV on 'Live at the Apollo', 'The Royal Variety Performance', 'Channel 4's O2 Comedy Gala, 'Best of Edinburgh Comedy Festival' '8 Out of 10 Cats', and 'Michael McIntyre's Comedy Roadshow'. But nothing beats seeing Jimeoin live – book early! **Suitable for 14 years +**



08.03.14 YOUNG MUSICIAN OF THE YEAR FINAL

£FREE-7.50 // 7PM // 511115 // BOXOFFICE@JERSEYOPERAHOUSE.CO.UK

The Final of this fiercely fought annual competition, sponsored once again by PwC and organised by the Jersey Music Service, returns this 2014, showcasing the very best of Jersey's musicians in string, woodwind, brass, percussion, piano and vocal categories. You'll will be astounded by the wealth of young musical talent that can be found in our small island community.

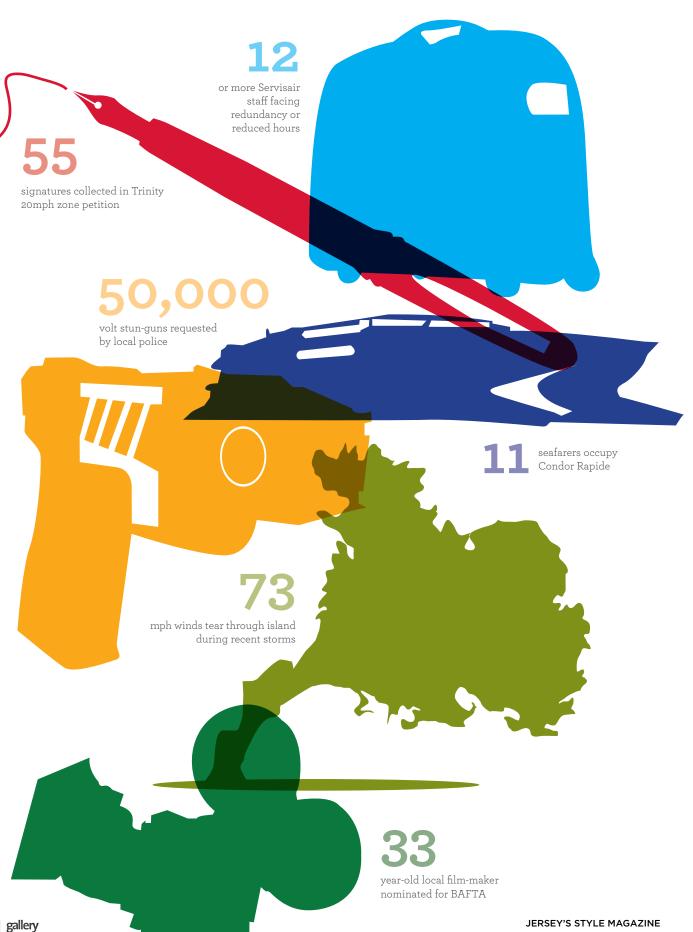
15.03.14 A NIGHT IN NEVERLAND RADISSON BLU HOTEL £69 // 7PM // 07797 773661 // FRIENDSOFSCBU@GMAILCOM

At this evening in aid of SCUBU (The Special care Baby Unit), you will be provided with a simply gorgeous three course menu, complimented by great entertainment, raffles and fundraising at this magical ball for all to enjoy. It will be a night not to miss!

27.03.14 WINE MASTER CLASS AND DINNER ATLANTIC HOTEL £145 // 7PM // 744101 // ANNA.ROBINS@ THEATLANTICHOTEL.COM

Head Sommelier Sergio dos Santos will be joined by Philip Tuck, Master of Wine and Wine Director at Hatch Mansfield Agencies, and together they will tell of the differences between Old and New World wines. The Master Class will be followed by a gourmet four-course dinner, designed specially by Sergio with Executive Head Chef Mark Jordan.

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THE RANDOMNESS OF



QUEEN B

Some people have a passion for music so extreme that they are willing to spend time and money studying it, and The Department of Women's and Gender Studies at Rutgers University is just the place for that. They have begun to offer a class called 'Politicising Beyoncé': the study of the talented Beyoncé. Tutor Kevin Allred said he was using the singer's career to explore American race, gender and sexual politics through video and lyric analysis and readings from black feminists. Mr Allred also said he wanted to help students at the university in New Jersey think more critically about media consumption. "This isn't a course about Beyoncé's political engagement or how many times she performed during President Obama's inauguration weekend," he said.



FOOD PORN

A South Korean woman known as The Diva has possibly the best job ever. She makes £5,600 a month by simply streaming herself online eating three hours a day. Park Seo-yeon has quit her day job at a consultancy firm to focus all her energy on her daily meals on camera. Tens of thousands watch her every day as she serves up huge meals in her Seoul flat and eats them, live, on a streaming site. "People enjoy the vicarious pleasure when they can't eat this much or find that food at night or are on a diet," Park told Reuters. "Loneliness is another crucial factor. The show is addictive as you can communicate with thousands of people at home." Well, I know I'm jealous.

WONDER-BRA

A Japanese lingerie company has created a bra which it says can only be unhooked when its wearer is in love. Ravijour says its bra monitors the "true love rate" aka heart rate of its wearer and sends the information to a smartphone app. It would then pop open automatically once it is satisfied that your heart rates says that you are in love. Ravijour claims its unusual product will protect women from unwanted advances but critics point out there are other situations in life - such as job interviews - which also make the heart race faster but which do not require a bra to suddenly pop open (well that would certainly be something!).



Check it out! Isaiah Webb, aka "Mr Incredibeard" knows how to work his beard, creating simply amazing structures and winning numerous competitions!

TOUJOURS TINGO

Our favourite book is back! And here are a few phrases to get you started this March...

S klidem Anglicana (Czech) As calm as an Englishman

Ubbriaco come un mariano inglese (Italian) As drunk as an English sailor

Filler a l'anglaise (French) To slip away like the English

Ah, to be British...



FUTURE MADE UP

A US teenager could be set for a Hollywood career thanks to her amazing self-taught make up skills. Stephanie Fernandez, 18, from Shreveport, Louisiana, has become a master in creating macabre make-up and has shared them with the world through a series of YouTube videos explaining her techniques. She said: "I have always been a fan of character transformation and I was about 14 years old when I first decided to experiment with makeup. What started out as a bored day at home experimenting with makeup, has become my career aspiration, reputation and ultimately the love of my life." The film student combined her make-up skills with photography to create a series of images which she calls 'Colours of My Mind'. It features themes ranging from nature-inspired hues for green to a frightening realistic representation of a bullet wound to the chest for red. She added: "My makeup has been getting more recognition than it ever has and that alone inspired and was the motivation for this visual art piece."

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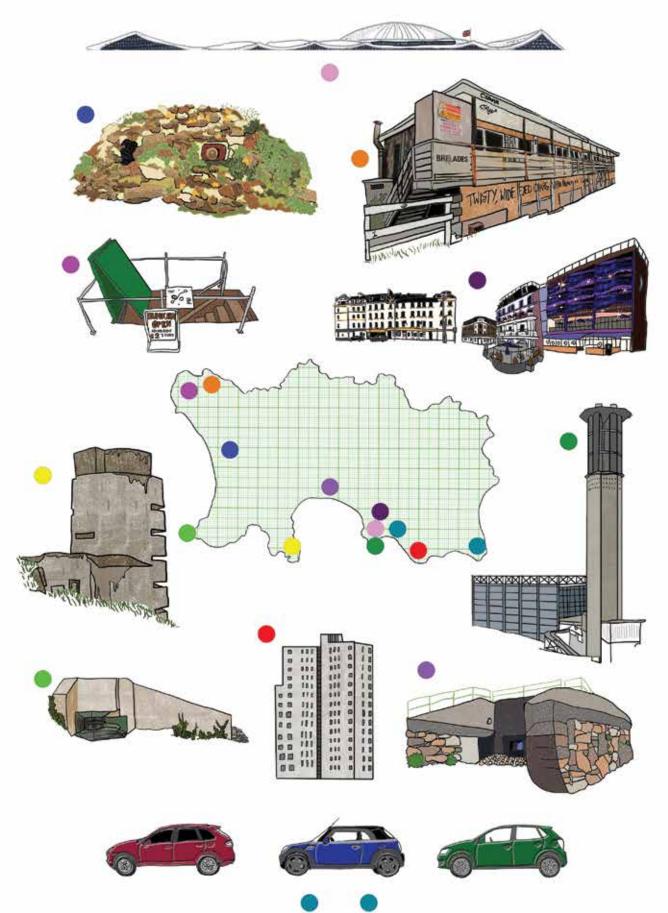
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WORDS Grant Runyon ILLUSTRATION Aoife Le Galle



Jersey people just love to complain about our built up environment. It's one of the few things that unites us, aside from thinking the traffic is too bad whilst being unwilling to personally do anything about it.

We're happy to moan about new buildings, old buildings, buildings that are too close and buildings that are too far away. We'll gripe about buildings that are too old and buildings that are too new, buildings that have just been built and ones that haven't been built yet. Lego sales are lower than anywhere else in the world because small children learn to worry about angry letters written in crayon from people who feel another Harry Potter Hogwarts model will put too much pressure on the local Lego primary school. The only thing that would make us happy would be to be surrounded by fields and woodland, yet close to a cheap supermarket, with room to play golf, park easily at the beach and buy a new house at a price more appropriate to sea-level Somerset than a wealthy international finance centre.

The only way to deliver this contradictory paradise is a planning policy straight out of a science fiction movie, but the global recession has put the development of Elysium-style future palaces and teleportation booths on hold for the time being. We're going to have to learn to make better use of what we've got, and some of this will involve learning to love the island as it is, or at least hate parts of it slightly less. I'm desperately trying to find new ways to look at some of Jersey's most-maligned locations, as there's only so many times I can avert my eyes from the underpass before they take my licence away for crushing people on scooters.

THE INCINERATOR

People love a good moan about the incinerator, but I've grown to love this strange, humid aircraft hangar and its endearing range of slightly farty smells. When your function is sorting, crushing and burning waste, I consider it very impressive that you smell only slightly of farts, as the alternative was the old Belozanne plant, which smelled like somebody had put dog hair and batteries in a toaster. I also think the building is charming - if it was a fraction of the size and manufactured by Apple, Jersey people would be queuing up to own one, but instead we hide this beautiful labyrinth of steel, glass and twisting pipes behind a silly artificial hill that fools

nobody. We should celebrate this wonderful, functional object, which is undoubtedly the prettiest thing at La Collette (not that there's much competition) and the only glass and steel building in St Helier that isn't full of men in pink shirts drinking americanos and shouting a lot.

THE WEIGHBRIDGE AFTER DARK

Not a million miles away from the incinerator lies a facility for processing a different kind of waste - the outpouring of merry drunkards that helped Saturday night St Helier sneak in just behind Basildon, Doncaster and Aberdeen in a poll of Britain's hottest places to go clubbing and then queue up for some chips. An area that can be pleasant, charming even, during daylight is transformed over the course of a few hours into a shrieky Serengeti where the wildebeest sport fake tans and the hyenas wear deck shoes. Like those theme parks where it's always Christmas, every Saturday at 1am the weighbridge area somehow manages to have all the charm of Marbella after a world cup qualifier. Well, it may not be a towering post-modern edifice like the incinerator, but the weighbridge area is every bit as cunningly-designed - to channel inebriated people from all across St Helier into one central, well-policed hub and spit them back out to their home parishes like the gristly bits from a battered sausage.

THE SOUTH EAST COAST

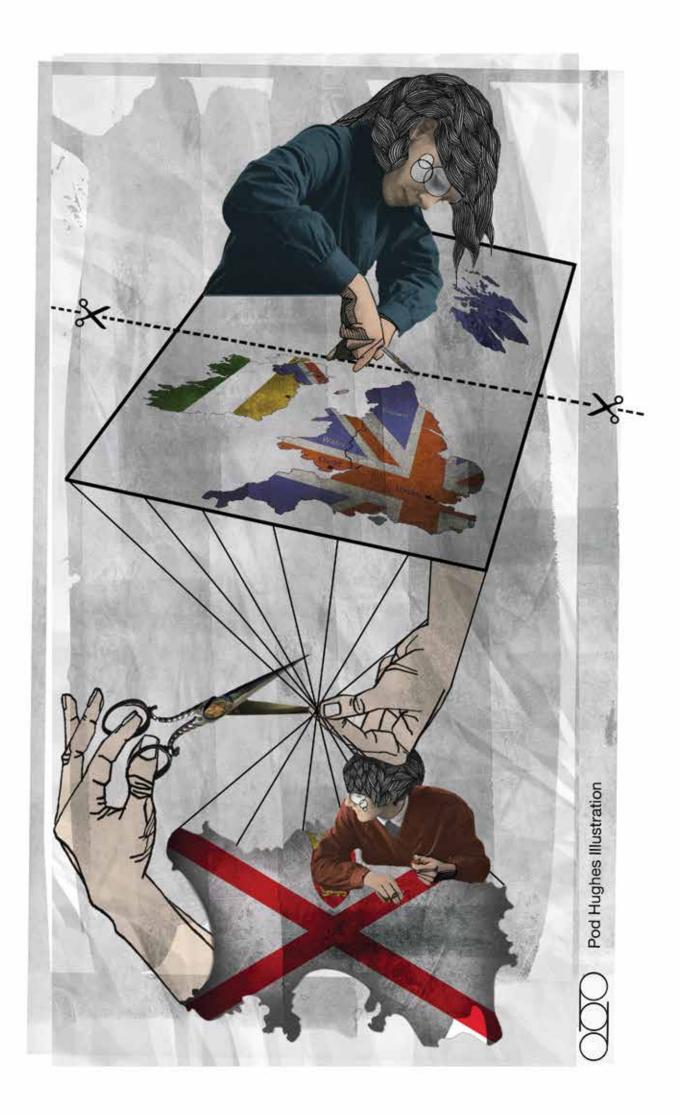
Unfairly mocked by westies as "town's armpit," "the B&B belt" and "little Guernsey", the coastline that runs from Have Des Pas to La Rocque should be honoured as a charming relic of the post-war period that brought tourism, cabaret and the dessert trolley to our sleepy little Island. It's true that the area is chock-a-block with pebble-dashed retirement hovels, and has some of the worst 3pm traffic in Europe, but it's impressive how little you think about that when you're sat on the soft golden sand at Green Island, staring straight out to sea. Just try not to think about The Krankies, who reported in their autobiography that this part of the Island was their red hot swinger's playground for most of the 1970s.

DERELICT TOURIST SITES

For a place where land is obscenely valuable, it's weird that abandoned buildings can live on to old age in crumbling, brambled limbo. The sound of families laughing, playing and complaining about the price of Cornettos is replaced by nettles and giant rats until eventually the bulldozers move in. Those bulldozers, I say, are burying my childhood memories. In reality, the longevity of the Plemont holiday village is far from mysterious. It's the result of a planning system sensibly designed to prevent a repeat of the 1960s construction boom that blighted parts of St Helier, but the romantic part of my brain prefers to imbue these asbestosriddled relics with a stately, monumental charm that they probably don't deserve. All apart from Fort Regent swimming pool, which will always evoke fond memories of running, bombing and petting, even as it steadily devolves into Jersey's most pigeoninfested health and safety nightmare.

BUNKERS AND CONCRETE

Estate agents like to waffle on about "traditional Jersey architecture," which as far as I can tell refers to dull magnolia semis and granite barn conversions if you've got a bit more cash. Boring, boring, boring. If you ask me, the finest Jersey architecture is made of concrete, pockmarked and rainslick in its rugged, obstinate glory. If you gave me a choice between saving the white house or Les Marais I'll take the high-rises every time, as at least they aren't clogging up Instagram every time the sun comes out. People just take a while to get used to bold, concrete architecture, which is why the fortifications on the west coast have taken 75 years to grow into some of Jersey's most beloved landmarks. I'll admit this also has something to do with the nazis being gone and the sea wall preventing St Ouen from being a foot under water this winter, but that's the multifunctional beauty of concrete for you. Magnolia semis may not have aided the oppression of Europe, but neither will they stop the ice cream van at La Porte from floating to Alderney. Concrete ONE, "traditional countryside properties" NIL.



JUDGEMENT 鼍 JUSTICE

IN AN INDEPENDENT JERSEY

WORDS Horace Grantez ILLUSTRATION Pod Hughes

If the rebellious Scottish fulfil their dream to break from the United Kingdom to set up a rogue state founded on Irn Bru and deep-fried Mars Bars, then surely an independent Jersey can only be just around the corner.

The crapaud will be free to follow his own customs, worship his own gods and devise his own laws, free from the meddling imposed by those softies over in the mainland. The so-called House of Lords wouldn't know an ormer from a lavoir, and for six hundred years have ignored the pleading of the Jerseyman to be free, perhaps because all 86 people who actually speak Jerriais were occupied organising Parish fetes or playing petanque. now Shadow Justice Minister for the Jersey Independence Movement, it will be my honour to come up with a system for settling our differences that will be closer to the true independent spirit of our Island home. Whether the question is the crucial matter of seaweed-gathering rights in the bay of Grouville or damage caused by a roaming heifer, our courts will dispense justice in the name of the people, and there will be no more travesties imposed by outsiders, like the time Didier Syvret overdid the calvados and was imprisoned for ramming his lobster boat into the French coastguard.

The Jersey Independence Movement is nothing if not democratic, and so we would like to canvass the views of any Jersey-born male, older than 50, who owns at least one vergee of land. At our last meeting at The Farmer's Inn, the following suggestions were tabled before a scuffle broke out as to whether refugees from Sark should be welcomed to an independent Jersey or quarantined on the mingiers until they learn to walk on two legs.

As a calabrese grower for seven decades and

TRIAL BY BATTLE

Now, a few of the lads have got a bit carried away watching this Game of Thrones business, but they promise that its popularity has nothing to do with all those feisty maidens with their crumpets out. This true historical tale could be based on Jersey itself, with its feuding Starks and Lannisters a whisker from our own Carrés and A'Courts, and that nice Miss Targaryen exiled to La Rocco Tower where apparently a working brassiere cannot be found. That's a discussion for when the wives are at bingo, but it has been noticed that in this world the men of honour (and the occasional scheming midget) are permitted to nominate a champion to sort out their legal grievances in single combat. In 2009 Mick Rondel tells me he paid enough in injury compensation to purchase a new glasshouse, and so there is a strong appetite amongst us to see a few of our overpaid advocates equipped with rusty swords and dropped into some sort of jousting arena off the Ronez loop road. The loser will have their head mounted on a spike attached to Terrence the Train.

THE LAW OF THE COUNTRYSIDE

Even within the society of true Jersey patriots, it is true to say that some divisions still exist, most obviously the historic schism between the liberal, modern folk of St Helier (plus outlying districts) and those who uphold the traditional ways of the countryside. In an independent Jersey, we must give thought to whether there should be different laws for different ways of life, and so a vocal faction in our organisation have proposed that countryside justice be delivered by those who live in it, at the point of a frouque if necessary. A fair hearing would be guaranteed by the ratepayers of the Parish, backed up by Afghan-style sharia law administered by the National Trust and Men of the Trees. I think few people would argue that our country parishes would not be improved by harsh punishments dealt out to those convicted of leaving dog mess, inappropriate barbecues and breaking the speed limit in green lanes. As for planning permission, I think I can speak for all of us and say we can sort this out amongst gentlemen without it needing to be discussed in the newspapers.

A CENTRAL COMMITTEE OF JERSEY WORKERS

Nothing ruins a good parish assembly like people who want to start talking about politics, but it's a sign of the times that even in St Lawrence there is an organised contingent of Marxist-Leninist labourers who regularly petition the Connetable to express solidarity with the noble workers of the Soviet Union. My wife tells me that Soviet Russia isn't even a place any more, but they say that about Rhodesia and my cousin Peter moved there and still sends me a Christmas card. Now I'm a fair man, and despite some of their wild ways I must say that these left-wing rebels of ours have some persuasive ideas, like replacing an elected assembly with a faceless council of potato diggers, nationalising the production of cauliflower and ruthlessly suppressing counter-revolutionary elements in the Parish of St Clement. I'm less persuaded by the idea of storing Chinese nuclear missiles in Val De La Mare, but I do quite like the notion of the honorary police being transformed into a Cuban-trained guerrilla army.

JUSTICE DONE IN PUBLIC

None of us wish to copy anything they do in the mainland, but those of us with a working knowledge of the place will see that they are saving themselves a lot of money in legal fees by allowing people to be tried by public opinion, helped by their courageous tabloid newspapers and angry users of this thing called Twitter. It seems like everybody who was on the wireless in the 1980s is in trouble for one thing or another, and if you take a close look you'll see that the people of England seem determined to redesign their legal system from the traditional way we dealt with witches and devil-worshippers in the olden days. In Jersey we may not be able to draw upon the legal expertise of judges Judy, Jerry, Jules, Jeremy Kyle and Dredd, but there's nothing stopping us putting a black hood on Oscar Puffin and judging our miscreants by means of a telephone vote (local numbers only). We could even return to putting our wrongdoers in the stocks in Royal Square, throwing them to Humphrey the lion or exiling them to the rocks at Corbiere. If anything is guaranteed to put an end to witchcraft in St John, it's either going to be trials in public or just sending my mother-in-law on an all-in cruise to the Algarve.



ALFIE LE CORNU

Breed: Staffy (but more like a human

Age. 2 years (numan age)

LIKES: Long walks, I make my mummy and daddy chase me round the beach as I run after ANY dog in sight.

Hates: The rain, the cold, loud noises, I'm a little sensitive like that.

If human/animal would be: A personal trainer or a model

Wants: Hugs from my mummy Elly. Interesting facts: My mummy once forgot something from the house and came back less than a minute later, to find me stood in the middle of the table.

Most impressive thing ever done: I used the Cat flap to get in the house all on my own.

RYAN HODGSON

co owner of Fit Body Jersey

ikog m

Valkies with Alfie and Elly.

Hates: Poor time keeping, late nights, lettuce (yes a personal trainer saying that), and bicep curls in the squat rack

If human/animal would be: Definitely a Staffy just like Alfie :)

Wants: My family to be happy and to keep helping people lead fitter healthier lives. Interesting facts: I'm going to be a dad in the next three months.

Most impressive thing ever done: Ran a marathon in 2 hours 59 minutes.

Owls

words | Dierdre Shirreffs



Owls are associated with wisdom and in children's books they are often depicted as teachers or judges. One of Walt Disney's earliest cartoons was based on the nursery rhyme 'Who Killed Cock Robin?' and in it Judge Owl presided over the trial. The call sounds like a question – 'Whoo' although they also make hissing sounds when angry. The collective name is a parliament of owls.

The link with wisdom dates back as far as the Ancient Greeks who believed the owl to be the bird of Athena, the goddess of wisdom. The Romans followed this by associating the owl with Minerva, their goddess of wisdom. Many cultures think the bird is a sign of ill-omen.

Owls are excellent hunters. Those large eyes are designed to see in the dark and as they face forward they give the owl binocular vision enabling it to judge the distance to its prey very accurately. Many people believe that owls have no ears or that they are found in the tufts on the heads of some owls. However the ears are on the side of the head and they are asymmetrically placed with one further forward than the other. This enables the bird to hear in 3D and locate the position of its prey by sound alone. The wings flap silently as the bird swoops down on the unsuspecting animal and there is often no escape from those talons. Usually the prey is eaten back at the nest.

Inedible parts of the prey animals are regurgitated as owl pellets and these can be examined to find the owl's diet – usually small rodents such as rats, mice and voles.

In Jersey the commonest owl is the barn owl, although you may see other species. Breeding starts early in February or March and they often use man-made nestboxes. On average, three to seven white eggs are laid. The young owlets fly at 8-10 weeks. In the UK barn owls have white breasts and in Europe the breasts are dark. Jersey barn owls can be either variant.



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COLLAS CRILL LAUNCHES **ISLAND WALK** WITH ROTARY DE LA MANCHE

Collas Crill is the new sponsor of Rotary's around the Island walk (formerly the Itex-Rotary Trust's Around the Island Walk). The Channel Islands law firm has signed up to sponsor the 48.1 mile challenge for three years.

What will now be known as the Collas Crill Island Walk, in conjunction with Rotary Club de la Manche, will take place on 21st June 2014. The Island Walk is one of the largest fund raising events in Jersey. Now in its 23rd year, the walk has raised over £1,866,195 for local charities and a massive 18,229 walkers have taken part in the event since 1991.

C5 Alliance Group, who acquired Itex holdings in 2013, will continue to have an involvement and are working on digitally enabling the walk going forward.

The Island Walk regularly raises more than £100,000 for Jersey charities, which have included Jersey Hospice, Age Concern, RNLI, GOSH, the Women's Refuge and Headway, as well as many smaller distributions benefitting a wide range of local organisations. To date, the Island Walk has supported 124 individual local charities.

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MACMILLAN JERSEY AND JERSEY POST WORK TOGETHER TO RAISE **£20,000** FOR THE CHARITY

Macmillan Cancer Support (Jersey) has been nominated as Jersey Post's charity of the year for 2014 with a fundraising target of £20,000, enough to fund the Macmillan Jersey Service for one month. Macmillan Jersey was chosen based on staff nominations and was endorsed by a Jersey Post employee who has used the Macmillan Jersey service during his cancer journey.

Lloyd Mourant, who works for Jersey Post, said: "I'm really pleased that Jersey Post has chosen to work with Macmillan Jersey in 2014. They provide such a fantastic service to patients, their families and even friends. I honestly don't know how I would have managed without them when I was diagnosed."

In order to raise funds, Jersey Post will be undertaking a wide array of fundraising activities throughout the year, including supporting Macmillan Jersey with core fundraising events by entering a team in the Macmillan indoor Rowathon on the 17th May and in the Macmillan Corporate Golf Day on the 10th October; and holding coffee mornings for Macmillan Jersey's Greatest Coffee Morning in September.

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THE VICTORIA COLLEGE FOUNDATION

This high-adrenalin evening took place in the Howard Davis Theatre at Victoria College. After a screening of the awardwinning documentary Senna, Derek Warwick, an ex-F1 driver, and James Walker, who currently races in the FIA World Endurance Championships, revealed a fascinating insight to the world of F1 and also Derek's personal relationship with Ayrton Senna.

Guests were able to peruse a display of racing memorabilia, participate in a Grand Prix raffle and a silent auction of signed photographs. With kind support from Quilter Cheviot Investment Management, the evening was a sell-out success and raised £6,000 for The Foundation Bursary with 10% of all raffle ticket sales going to Headway Jersey. CAREY OLSEN RAISE **OVER £31,500** FOR LOCAL CHARITIES IN 2013 Carey Olsen raised £31,565 in 2013 with the help of its Jersey and Guernsey charities committees in aid of Jersey Hospice Care, Jersey Alzheimer's Association, Channel Islands Air Search, the National Autistic Society (Guernsey branch), the Alzheimer's Society (Guernsey branch) and the Teenage Cancer Trust (Guernsey Appeal).

In Jersey the firm raised £15,921 and the Guernsey charities committee raised £15,684. The donations will be split equally between the charities.

Over the course of the year, the firm's charities committees, consisting of 21 employees, organised a range of fundraising activities including cake sales, raffles, fancy dress competitions, a sponsored fast, dress down days, a sleepover, an afternoon tea event and Christmas wrapping service. Sports sponsorships included a member of staff who ran the London marathon on behalf of the charities. Partners at the firm boosted the total raised by making a significant donation.





RUGBY, RECRUITMENT AND A LOCAL CHARITY **WORKING TOGETHER**

2014 is Jersey United Banks RFC 45th anniversary year. They have marked this significant landmark as the second oldest rugby club in the island by forming a partnership with Optimus Recruitment and a small local charity, the Grace Crocker Family Support Foundation, who's logo now appears on the front of the teams shirts. They hope to both raise funds and awareness of the charity that was set up in 2011 with the aim to help other families from Jersey who need to spend time in the UK whilst their child receives medical treatment in a hospital.

Over the first half of the rugby season Optimus United Banks have raised close to £1000 for charity by participating in many differing charity initiatives, from the Dragonboat, to the Relay Marathon. In the coming months the club are committed to entering the Jersey Swimarathon, hosting an annual Rugby 7s tournament in April and are ambitiously looking to crew a boat in the Gorey to Cartelet rowing race in the summer, all in aid of the Grace Crocker Foundation.

Along with the work the club have been doing on the charity side they have also looked to enhance rugby within their local community, by agreeing a link with Grainville Secondary school, who will benefit with access to specialised equipment and coaching. The club see this link as a great opportunity to promote rugby within the local community and continue to support their chosen charity. Find out more at www.gracecrocker.org



COASTAL MEMORIAL WALK REACHES £16,000 FUND RAISING TARGET

The Peter Ward Memorial Jersey Christmas walk, first established in 2002, saw over 200 people taking part, raised a total of £16,000 for charity and helped them to hit their fundraising target for the year. The walk took place on December 7th 2013 and consisted of three different courses of 44, 26 or 18 miles, plus an 18 mile relay option for teams of up to 4 walkers.

The proceeds of the event are to be split between Jersey Hospice Care, which will receive 75% of the total and the Motor Neurone Disease Association 25%.

The walk established by Laurent Thebault, is in memory of his friend and RBS International colleague Peter Ward who sadly passed away from skin cancer earlier that year. Taking place annually on or near the shortest day of the year, the walk covers Jersey's coastline and has to date raised over £180,000 for charity.

VOLUNTEERING WITHOUT AIM

WORDS JOHNNY REBOURS

'Trust me, it's paradise. This is where the hungry come to feed.' Whether it's from Alex Garlands novel or Leonardo di Caprio's portrayal in The Beach you hear these words, it's undoubted that the allure of South East Asia is irresistible for many.

Thailand, Vietnam, Cambodia, Laos and Nepal are treasure troves for backpackers, thrill seekers, wanderers and escapists. A place where we traverse natural wonders and sleep under the drunken haze of a deserted beach's twilight. For most, this is enough. For others, they wish to help the street sellers, the children peddling pineapples at the beach, the parents begging with missing limbs and the countless orphans born into a world of scorching hardship.

It is another, endless debate as to why it is this way and what can be done about it yet it should be clear what needs to be avoided.

People aspire to help people, it's a natural feeling that is admirable. But when your only skills are having the dollar in your pocket and good intentions, what use can you be to a struggling orphanage during your two week trip to a developing country except giving your money? When you have no knowledge of the language, no training in patient care, what good are you to an orphanage sucked of all its resources, staffed by overworked nurses who do not speak your language? You will get in the way, you will make mistakes. Something as sensitive as the care of a child shouldn't be taken as lightly as a good deed to be done whilst on your two weeks abroad.

When we were volunteering in an orphanage in Ho Chi Minh City, there'd be requests for people to bring their cameras <u>along to a visit. We didn't mind at first, as</u> we had no reason to question it, and it was of no bother to the Vietnamese nurses. But when people began showing up one week, taking some snaps, getting their 40 likes on Facebook for doing their bit for the unfortunate youth of Vietnam and never returning, that's when it became an issue. society. People like Christina Noble, who founded a foundation helping children all over Asia and beyond. The many volunteers who give, not one or two weeks, but six months off their own backs to be trained and work at one of her amazing orphanages or schools. They live at the school and get to know the staff and children. You can't achieve this in a couple of weeks.

COMMUNITY AND SC RESPONSIBILITY IN JE

Skills are needed in South East Asia. Time is a commodity we are lucky to have, but it's also something you must commit to giving

WHEN PEOPLE BEGAN SHOWING UP ONE WEEK, TAKING SOME SNAPS, GETTING THEIR 40 LIKES ON FACEBOOK FOR DOING THEIR BIT FOR THE UNFORTUNATE YOUTH OF VIETNAM AND NEVER RETURNING, THAT'S WHEN IT BECAME AN ISSUE

Because volunteering shouldn't be about you. It should be about those you help. Of course there are some strands of volunteering where you receive training, skills, vision on your life ahead whilst helping people in some way, but that takes time. Time that most people think they haven't got.

It's a dangerous paradigm when the world is looked at as 'Us and Them', and while obviously being from a developed nation we've grown accustomed to ways of doing things, simply having a white face shouldn't qualify you to stroll into an orphanage for a week and 'help out'.

There are people who make real change. People like Jan Peeters in Pleiku who built a school and orphanage for hill tribe people, the most marginalised in Vietnamese enough of. If you want to help, think about the sacrifices you can make, not about how it fits into your schedule. Adequate training and experience need to come into account.

I'm not against people looking to help, but I'd implore you to look inside first and see what you can really give, what qualities can help the community as a whole and not hinder those who you wish to help. Change doesn't happen overnight, or in a week, it doesn't happen with misplaced virtues.

Volunteer your time, money and energy, put your whole soul into it, keep an open mind, delve out of your depth and learn as you go but always, always make sure that what you're doing is in the right place. Then you will really start to make change.

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BPP Launch Party WHITELEY CHAMBERS FRIDAY 7TH FEBRUARY





BPP Professional Education hosted a launch party with food sponsored by Shaun Rankin to celebrate their new home in Whiteley Chambers, Don Street. The first two floors of the building have been completely refurbished as a unique Learning Centre and BPP hope that their students will drop





in to study as well as attending courses. Natalie Dimond, Managing Director, said 'I'm delighted with our new premises. We are now in a great position to offer local students the most innovative teaching facilities including a live webinar classroom, a CBE room and five classrooms.





Devents limited & Christie's ATLANTIC HOTEL THURSDAY 6TH FEBRUARY





Jersey's oldest charity supported by one of Japan's oldest art forms – the Japanese sword maker, Art and Tradition was organised by Catherine Howard of Devents Limited and Melissa Bonn from Christie's. A dinner and presentation was organised for a select group where eminent speaker Victor Harris, Emeritus Keeper of the Japanese Department at the British Museum and Mark Hinton, International Head of Japanese Art at Christie's came to





Jersey to speak with passion and authority on Samurai swords, the art and tradition from Japan.

His Excellency, the Lieutenant Governor General Sir John McColl and Lady McColl attended the evening and as Patron's of the Jersey Blind Society were delighted to draw the raffle on the night which raised £1000 for the charity.



CCA Galleries International showcases the very best of contemporary British art, including paintings, limited edition prints and sculptures.

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Find out more at www.ccagalleriesinternational.com



Silkscreen print with collage and hand-painting 'Tall Dutch Tulips' by Bruce McLean, 2013

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For more details about exhibited works and future events please call 739900 or email enquiries@ccagalleriesinternational.com

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Rubble & Bubble Party RADISSON BLU THURSDAY 6TH FEBRUARY





Sparks were flying at the Rubble & Bubble party at the Radisson Blu Hotel, to celebrate the launch of their approximately £1 million refurbishment. Set in the freshly prepared building site with stage lighting, live band and an introduction from the Design Engineer, guests donned hard-hats as they





sipped sparkling wine and toasted the start of a 9 week project to refurbish the lobby, bar, restaurant and terrace to provide an all new look and experience for guests and locals alike. See a sneak peek of the proposed refurbishment in our Interiors Section.





Sirocco & Zephyr Resturants Refurbishment Launch Party THE ROYAL YACHT HOTEL THURSDAY 30TH JANUARY





Sirocco and Zephyr are now open to the public after their fabulous makeovers. To celebrate, and show off a bit, the Royal Yacht hosted an opening party in Sirocco to showcase the all new Sirocco restaurant and menu as well as launching





the newest feather in theRoyal Yacht's hat... The Cellar. The Cellar offers a private space for guests to enjoy private dining and wine tastings, ideal for impressing important clients or as a treat for a loved one. To book a table call 720511.

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Sure Big Gig in the park Launch THE BLIND PIG WEDNESDAY 5TH FEBRUARY





A list of homegrown talent and international names will take to the stage this coming July, which means only one thing – 2014's Big Gig in the Park is set to go off with a bang! In fact, Howard Davis Park will play host to an additional evening





of entertainment - 'Legend in the Park' featuring none other than the illustrious musician Tom Jones, who will be joined by our very own Jersey Bounce Jazz Band. Tickets are now on sale: www.legendinthepark.com





Fine Food France Launch TIFFINS FRIDAY 7TH FEBRUARY





The launch of an exciting new company Fine Food France, set up by Warwick Fallowfield Cooper and Julie Shingles, took place at Tiffins,where their premium product of Caviar Perlita from Aquitaine was introduced together with Royal Vodka from La Mare Vineyards and champagne from Taittingers. The directors commented that "on numerous visits to France we





have been overwhelmed by the variety and quality of foods available which cannot be bought in the Islands despite their closeness to our French neighbours". The company will be sourcing and supplying a delicious range of foods from France, previously unavailable in the Channel Islands. For further information, please visit www.finefoodfrance.com

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Macmillan Jersey L'HORIZON BEACH HOTEL & SPA 25TH JANUARY





For the fourth year running L'Horizon Beach Hotel and Spa offered Macmillan Jersey exclusive use of their hotel for the weekend, raising £17,500 for the charity.

190 guests enjoyed an overnight stay in the hotel, use of the spa facilities, a gala dinner





and a full breakfast the next day. A great time was had by all. Lauren Perchard-Rees, Centre Manager and Cancer Specialist at Macmillan Jersey, thanked everybody for coming and for their continued support which is so necessary to help run our Centre at the Lido Medical Centre.





Durrell's Corporate Supporters Event DURRELL'S CAFÉ FIREFLY THURSDAY 6TH FEBRUARY





Despite the stormy weather, over 70 guests attended a Corporate Supporters 'Thank You' reception to acknowledge their valuable support in saving species from extinction.

Guests enjoyed a presentation from Durrell's Head of Conservation Programmes, Dr Andrew Terry, about the Durrell Index which measures the impact of Durrell's work in





saving species around the world, as well as a chance to mingle with other supporters.

Dr Lee Durrell and CEO Oliver Johnson updated those attending about new arrivals at the Wildlife Park, as well as the challenges facing Durrell globally. Guests enjoyed seeing Café Firefly used as a versatile events space and also sampling homemade canapés from Firefly.

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wish you where HERE?

Sometimes fun in the sun and weekends away simply won't do. For the extreme traveler, holidays are opportunities to engage in risky sports, explore the unusual and venture into dangerous locations, and although the term 'extreme tourism' may be relatively new, the notion is not.

For years, explorers and adventurers alike have journeyed to all corners of the globe, searching for new and exciting experiences in faraway lands. One of the reasons today's travel companies are geared towards extreme tourism. The effects of extreme tourism are far-reaching, and aside from offering adventure-seekers a huge variety of holiday options, the more daring trips are also proving to be an asset to local businesses and developing countries. From a trip to Chernobyl (home to over 180 tons of radioactive material) to a meander along Bolivia's Death Road (considered to be one of the most dangerous paths in the world), there has never been a better time to embark on an extreme adventure.

So you fancy pumping a little adrenaline into your usual travel excursion? Try these dangerous destinations for style!

CHERNOBYL'S GHOST TOWN



If hiking in Afghanistan doesn't quite tickle your fancy, fear not, tourism has a new frontier: Chernobyl – home to the world's largest civilian nuclear disaster, it's high on the extreme traveller's bucket list and an ideal option for those with an interest in Soviet history and post-apocalyptic vistas. A large proportion of Chernobyl remains heavily contaminated, yet despite this, a number of tourism routes are now in operation – all of which are said to cover the main spots whilst steering clear of the dangerous zones – wandering from your group is not recommended.

This particularly chilling experience tells the story of one of the 20th century's most dramatic events – May Day decorations can still be seen cluttering the streets, a fairground stands deserted, void of the usual celebratory buzz and schoolbooks lie open and abandoned on desks.

GETTING THERE

Blue Islands fly from Jersey to Kiev via Paris. You'll need to pick up another flight from Paris to continue on the remainder of your journey.

Jersey – Paris (1h 50m) Paris – Kiev Borispol (3h 5m)

The price to join a group tour starts at £275 (inclusive of all permits, insurance, transport, guides, meals, and a private apartment in Kiev, inclusive of airport transfers). Visit www.lupinetravel.co.uk

ADVICE FROM THE INSIDE

A minimum of 15 days is required to process permits for the zone

The zone is a government owned, restricted area and as a result, tours can be cancelled at the last minute

GETTING THERE

Blue Islands fly from Jersey to Paris, where you can catch a connecting flight to Gallivare via Stockholm.

Jersey – Paris (1h 20m) Paris – Stockholm Arlanda (2h 25m) Stockholm Arlanda – Gallivare (2h 40m)

Prices start from £2,938 (including tax) this will entitle you to an all-inclusive three-day, two-night excursion, including one full day on the track. Visit www.ultimate-gt.com

ADVICE FROM THE INSIDE

Lapland temperatures can drop to below -40. Leave the flip-flops at home and invest in some quality Eskimo attire prior to beginning your adventure.

SNOW DRIFT

We all know the Finns are the ones to watch when it comes to motorsport, but have you ever wondered why? For them, driving a Maserati across a lawless frozen lake racetrack is a breeze.

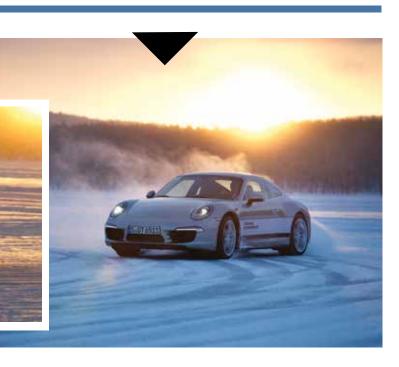
Most dream of visiting Lapland in the hope of catching a glimpse of the iconic Father Christmas, thrill seekers on the other hand are sent into a similar frenzy by the thought of fast cars on ice. Imagine cruising at a smooth 100kph across a forbidden lake – the extreme traveller has no qualms when it comes to swapping Santa Claus for a supercar.

For those tempting their inner speed demon with a sub-zero spin, it's important to remember that there are no rules or regulations. In fact, anyone can get behind the wheel. This is how you really push a car to its limit, even if a lot of your time is spent drifting. From the Porsche 911 to the Lamborghini Gallardo, powerful cars tend to slide at 100mph. However, for the adrenaline junkie, this is all part of the drive!

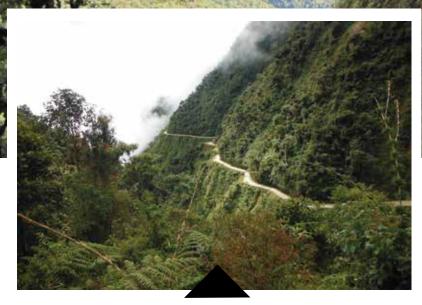
Once you've driven on the ice, where barriers and speed limits are non-existent, you're bound to find it difficult to go back to the rules and regulations of the motorway!

MOST DREAM OF VISITING LAPLAND IN THE HOPE OF CATCHING A GLIMPSE OF THE ICONIC FATHER CHRISTMAS, THRILL SEEKERS ON THE OTHER HAND ARE SENT INTO A SIMILAR FRENZY BY THE THOUGHT OF FAST CARS ON ICE





WITH ONLY 4 METRES TO WORK WITH, THERE'S NO ROOM FOR MISTAKES AND THE RULES OF THE ROAD STIPULATE THAT THE DOWNWARD DRIVER NEVER HAS THE RIGHT OF WAY. INSTEAD, THEY MUST SHIFT A FRACTION TO THE OUTER SIDE OF THE ROAD - ALL WHILST ADMIRING THE ASTOUNDING DROP BELOW



THE RULES OF THE ROAD

Said to be the most dangerous road in existence, this deadly 60km stretch runs from the city of La Paz to the town of Coroico. So deadly in fact, it claims the lives of 100 travellers every year.

For most, being made to walk along this road, never mind drive or bike it, would pose as a harrowing experience. For the adrenaline junkie, this is child's play.

The road navigates through the Bolivian mountains and is a vital route for local transport companies. Often consisting of a single-lane dirt track minus the barriers. But with the threat of a several thousand foot drop below, tourists are in for the ride of their lives.

The road winds into the clouds, reaching an impressive altitude of 4,700 meters, before dropping a dramatic 1,200 meters into the town of Coroico. As the road rises, it changes from dense rainforest to cool, dry dirt track.

With only 4 metres to work with, there's no room for mistakes and the rules of the road stipulate that the downward driver never has the right of way. Instead, they must shift a fraction to the outer side of the road – all whilst admiring the astounding drop below. If there's no room to allow the other vehicle past, all that's left to do is keep your fingers crossed whilst reversing up the mountain. Then there are the falling rocks and mudslides to contend with – if you're going to do this – do it on a dry day!



GETTING THERE

Blue Islands fly to Amsterdam, where you can take a connecting flight to Lima. From Lima, you can fly direct to La Paz Airport. From La Paz, you can take a taxi or bus to the base of the mountain.

Jersey – Amsterdam (1h 50m) Amsterdam – Lima (12h 45m) Lima – La Paz (1h 55m)

If you're going to drive, choose a slim line car. For a real adventure experience, opt to bike Bolivia's Death Road. Mountain bike tours cost between \$30 and \$100 and the route can last anything between 6 and 9 hours. Most tour operators will take you in a van to the summit (Cumbre) with the bikes strapped on top. Visit www.madness-bolivia.com

ADVICE FROM THE INSIDE

Remember between 100 and 300 people die on this road every year – it lives up to its name! Located around 4000 metres above sea level, it's imperative that you can withstand high altitudes. The safest season to travel is between June and August, as it's the driest season – however, it's also the coldest! Pick up some travel insurance Taxis, vans and buses operate daily from La Paz

London City Airport Get closer

Biggest bands, best comedians and top sporting events are just over an hour away from Jersey.

- Tickets for all the top acts
- Packages include hotel stay*
- Great choice of hotels
- 10 mins from London City Airport

Upcoming acts at The O2:

Jack Whitehall - 17 March The Wanted - 27 March Tinie Tempah - 30 March Four Tops and the Temptations - April 3 Elbow - 16 April Barry Manilow - 26 May Katy Perry - 27, 28, 30, 31 May For a full list of the latest events and to book ticket/hotel packages through our partner Superbreak, see **www.blueislands.com/O2**

From



GON'T JUST GOBIG... GOBIG...

WORDS GEOFF SPENCER-TUCKER





The Grand Massif is a large ski area just one hour from Geneva which comprises the villages of les Carroz, Morillon, Samoens, Sixt Fer a Cheval and Flaine and boasts over 265 km of pistes, with a great snow record, due to it's proximity to Mont Blanc, which keeps the whole area cool. Flaine is famous for its severe Bauhaus architecture and multi storey blocks, which are not to everyone's taste, however the resort has long been "on the map" for British skiers as a self-catered apartment ski destination with great skiing.

Les Carroz, on the way up to Flaine, is a complete contrast as it is a traditional small Savoyard village with chocolate box picture chalets built in rustic pine. I spent a few days there in February and found it a delightful base to explore the tremendous variation in ski terrain offered by the Grand Massif. Nearly all of Les Carroz's pistes are cut through tightly packed pine forests, which is beautiful and picturesque in itself, but also gives a welcome alternative to the wide open bowls of further-up Flaine if the weather or visibility is poor. On my first day it was snowing heavily which would have given a "jour Blanche" or white-day higher up, but the trees give definition so that you can ski more confidently when you can see where you are going!

When the snow stopped and the sun came out on the second day I was lucky enough to be shown around the whole area by some local Brits who have made the move and now live in Les Carroz year round. They were keen to demonstrate the diversity and variety of skiing to be had here and to play in the fresh powder snow and sunshine, and were true resort ambassadors. We stopped for lunch in the Auberge de Vernant which was described by my guides as " how



mountain restaurants used to be!" It has a large sun terrace and a smaller cosy inside restaurant with Savoyard specialities and table service.

Zig Zag is a specialist ski shop in Les Carroz which hires and sells a range of skis outside the norm for intermediate skiers and above who are looking for specific qualities in their equipment. Jack and Adrian are passionate in their commitment to supply you with skis that will complement your skiing or even take you to the next level. They supply Volkl, Line and the complete range of Scott skis in men's and ladies models. I had a pair of Scott Punisher All Mountain skis, which although they are wide and long, the rocker in the tips and tails made them turn easily and they performed as well on piste, with impressive edge grip, as in the powder!

Of special note in Les Carroz is the newly constructed beginner's area which even







THE NEW LIFT BASE STATION ALSO HAS LOCKERS TO LEAVE ALL YOUR EQUIPMENT AT THE END OF THE SKIING DAY, WHILE IN THE VILLAGE THERE ARE RESTAURANTS AND BARS, AN OUTDOOR ICE RINK AND A NEW AQUATIC CENTRE WITH AN OUTDOOR HEATED POOL AND INDOOR "ZEN" POOL.







has a "baby snow park" and is fenced off to prevent the more advanced and faster skiers from entering. There is a fantastic six kilometre green run down to Morillon called the Marvel, which truly was marvellous, and there is floodlit, nighttime skiing twice a week on the Timalets piste from 7-10 p.m. The new lift base station also has lockers to leave all your equipment at the end of the skiing day, while in the village there are restaurants and bars, an outdoor ice rink and a new Aquatic centre with an outdoor heated pool and indoor "Zen" pool.

Blue Islands flies four times a week to Geneva, on Monday, Wednesday, Friday and Sunday and JerseySki.com offers short break and seven nights stays on an any-day arrival basis to the Chalet Cyclamen and the Chalet Bry. The catered chalet concept is a quite a unique way of providing holidays for mixed groups in a communal chalet atmosphere and passing on the joint savings of splitting the cost of a large chalet between several different parties. The chalets have bedrooms that are sold on an individual basis, the quests in the chalet then share the communal facilities including lounge and shared areas. Everyone eats together at breakfast time and dinner time from a set menu with wine provided at dinner and it offers a great opportunity for people to get to know each other and form often lasting friendships based on a common love for snow sports.

The Chalet Cyclamen is quite central, is near to the aquatic centre and has its own sauna and Jacuzzi, while the Chalet Bry sits on a sunny knoll looking across to the slopes. Both chalets are very welcoming and are a firm favourite with Jersey and Guernsey skiers. I left Jersey for Geneva on Sunday, skied all day Monday and Tuesday and I even managed to get in a final couple of hours on the slopes on Wednesday with the owners of Les Carroz Chalets, Ian and Gill, before my transfer came at 11.15. Thanks Guys!

Les Carroz will be open until 22nd April, so there's still plenty of time to go Massif... Which is actually the name of the lovely transfer company we use !

To find out more about ski and snowboard adventures from Jersey or Guernsey and even tailor made options, contact Geoff Spencer-Tucker at geoff@jerseyski.com Tel. 07797 738 180



WORDS Viv Pallot

Judging what to pack is an eternal pre-trip dilemma! So many considerations: hand-luggage only or suitcase; weight and size allowances; type of clothing required; those pesky liquids, etc.

From experience, I've discovered a handful of items essential for any trip that could make the difference between arriving in comfort and, well, wishing you'd stayed at home. I'll even go so far as to recommend ONE item that is so multi-purpose I'd never travel without it again* (given to me by someone who found it in the back of a tuktuk!). Most of these tips I've discovered the hard way. Some are obvious; others quirky. So, using your judgement, decide which are relevant as well as some of your own!

TIPS BEFORE LEAVING:

Tell your bank you're going away to avoid potential cancellation of debit/credit cards due to suspicious activity. Consider a top-up currency card (Euro, Sterling, US\$) for your trip.

Check you've got your e-tickets, enough local currency to last several days, passports (with minimum of six months' validity) and visas - all readily accessible.

Make sure your electronics are backed-up (!) and fully charged before putting cables into hand-luggage (not suitcase). Consider taking a portable phone charger as an emergency supply.

Upload GPS maps so that you can read them offline.

TAKE A PHOTO OF YOUR LUGGAGE FOR IDENTIFICATION IF IT GETS LOST OR STOLEN. OR CONSIDER A TAGGING SERVICE SUCH AS WWW.CALLUMA.COM FOR ONLY £4.95 FOR A YEAR

If your luggage is black (which 70% is!), tie a brightly-coloured ribbon by the handle. If you don't, and a similar bag to yours is the last on the carousel; it's likely the owner took your bag by mistake.

Attach a sticker with your destination address(es), email address, home address and phone number with country code to the INSIDE of your bags.

Use a free web service like www.tripit.com for all your travel plans in one place.

Check out www.packwhiz.com for a complete packing list.

PHOTOCOPY YOUR PASSPORT ID PAGE AND VISAS, INSURANCE DOCUMENT, FLIGHT INFO/BOOKING REFERENCE NUMBERS AND MEDICAL/OPTICAL PRESCRIPTION AND EMAIL TO YOUR NEXT OF KIN AND A COPY TO YOURSELF

-• X

Leave spare keys for house and car with a friend whose contact numbers you have available.

Check www.gov.uk/foreign-travel-advice before - and during your trip - for last-minute information.

TIPS FOR PACKING HAND LUGGAGE:

First check up-to-date size/weight restrictions especially if you are travelling on multiple airlines (See Suitcase Tips below for more info).

AT JERSEY AIRPORT, GRAB SOME OF THOSE FREE PLASTIC BAGS FOR LIQUIDS. YOU'LL ALWAYS FIND A USE FOR THEM AND SOME AIRPORTS CHARGE A FEE

Place your 100 ml max. liquids, gels, creams and pastes in re-sealed plastic bag in an outer pocket of hand-luggage for speedy access. Use screw tops whenever possible, flip-tops tend to leak (unless secured with a layer of cling film beneath the lid).

Remember the following in your liquids bag: deodorant, sunscreen, moisturiser, insect repellent, lip salve/gloss, toothpaste. Shampoo can be bought after arrival – you can also wash your clothing in it. Packet of wet wipes, (handy for freshening up during long-haul travel, and for body hygiene in absence of washing facilities).

Lightweight brolly or pocket rain mac with hood – store in the gap beneath handle for quick access while disembarking in heavy rain.

Pack heavier items at the "wheel end" of the bag. Wheelie bags are easier for travel, unless on rough ground or on the back of a motorbike ... or camel!

Multi-socket adaptor plug – very useful to share at airport/cafés when everyone is clamoring to use a single outlet.

Charging cables neatly coiled and secured into bag(s). Also consider taking a car charger and USB charger (even some TVs have USB outlets you can charge from.) Medications plus prescriptions, painkillers and travel pills (check with local Ministries of Health to see what is permitted, particularly if entering or transiting Arabian countries).

Valuable jewellery – unless essential, it's generally a BAD idea to take this – a cheap watch tells the same time as a Rolex and you're less likely to get mugged. Even fake diamonds can resemble the real thing, so try to avoid unwanted interest.

Magazines and paperbacks can be swapped, donated or discarded when read.

A LENGTH OF CORD – HANDY FOR USE AS A WASHING LINE

A pack of playing cards is a good icebreaker and can relieve boredom during unexpected delays.

1

TIPS FOR PACKING A SUITCASE:

An expandable, light-weight suitcase with wheels is a good investment for ten years or more.

Check latest size/weight restrictions and number of bags allowed for each carrier ensuring you're within limits for the minimum allowance (especially important for us Islanders connecting to UK hubs or whenever using a budget airline!).

Invest in lightweight portable luggage scales to avoid a shock at bag drop desks, particularly on your return journeys.

Remember NO valuables, medication, nor should important documents be in here. You might be able to claim around £300 only for loss of contents depending on airline and your own insurance.

Either roll or fold items (depending on personal preference), heaviest at the bottom. Or use vacuum bags (NB: this can add surprising weight).

DON'T TAKE JEANS; THEY'RE UNSUITABLE IN HUMIDITY AS WELL AS IN SUB-ZERO TEMPERATURES

Take underwear in separate plastic bags with large plastic bag for dirty laundry.

Consider investing in non-iron, quick drying clothing such as the Rohan range.

Don't take any pure linen clothes; they're a nightmare for creasing.

For women: eschew one-piece dresses/ bodysuits and take separates instead. Pick three colours that go well together and stick to them – e.g. black, white, and tan – and you'll end up with dozens of combinations!

For men: Fold a jacket with lining outside vertically, then in half horizontally to help avoid creasing. Pack it on top of all other clothing.

DON'T FORGET TO LOCK YOUR SUITCASE AND, IF YOU'RE TRAVELLING TO THE USA, USE TSA-APPROVED LOCKS OR BELTS (WWW.TSA.GOV)

Most establishments lend irons or you can hang items by a steamy shower and reshape by pulling periodically.

Remember layers are practical for most climates; you can add or take off as necessary.

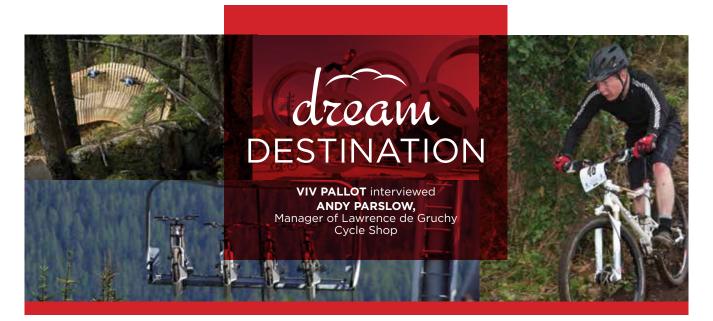
Pack light and clothing is much less likely to get crumpled.

If you're travelling with a partner, switch a couple of items of clothing in each case so that if one bag goes astray you'll have additional back-ups to those in your handluggage.

If you're taking a bottle of wine, use bubble wrap or inflatable armbands, sealed in a plastic bag in the middle of the suitcase for extra protection.

*THE ONE ITEM GIVEN TO ME THAT I'D NEVER, EVER TRAVEL WITHOUT? A SARONG!

Take a sarong (or an extra-large scarf) and wrap it around your neck for the journey. It can be used for various purposes: as a rug, pillow, curtain, shawl, skirt, dress, baby carrier, holdall, sunshade, beach mat, towel, sling, and many more as you'll discover.



Would your dream destination have anything to do with cycling, Andy? Yes! It's Whistler Mountain in Canada. But during the summer time because it's not for the snow; it's for the biking.

Whistler has a reputation as the "Mecca" for mountain biking, so it's a place a lot of mountain-bikers would dream of going to.

Have you been to Canada yet?

No, we've generally travelled around the eastern side of the world. It would be lovely to see the Canadian scenery though ...

Would you take your own bikes?

Lots of ski resorts have bike-orientated activities in the summer and they're equipped for it, so you can hire bikes there but it can be expensive.

Are there various levels of difficulty for biking routes?

Yes, the bike routes are generally graded in the same way as for skiing, with a blue or green route being easier than a red or black.

There are also cross-country routes for those who aren't so experienced or for those with families, for example.

And then there are the full-on downhill routes – with more of the serious stuff!

Which would you opt for?

Probably both! But I won't confess to being able to do what they'd class as "difficult" in Canada!

What else makes for a "difficult" classification?

Generally it will be steeper and when it gets to the black runs - I think they even have double black diamond runs - then the track will state that you've got to be prepared for a "gap".

A gap?

Yes - you've got to be confident enough to jump the gap otherwise you could get yourself pretty hurt!

Generally it will be steeper and when it gets to the black runs - I think they even have double black diamond runs – then the track will state that you've got to be prepared for a "gap"

Mind over matter or kamikaze?

Just experience ... and much more than I have! You must be completely confident for the terrain.

I've been riding mountain bikes for 15 to 20 years but only got into it more seriously in the past ten years, since I've been working in the shop.

Have you been on any overseas biking trips yet?

Yes, my partner Fi and I have been biking in Lefkada - one of the Greek islands - and also at Morzine in the Alps. And I went to Alpe d'Huez with mates in 2010 for the Megavalanche event. It's a well-known downhill enduro event that starts at the top of a ski black run on a glacier at 3,200 metres. A fun experience!

Last summer, Fi and I went to Wales. We stayed in a lovely self-catering cottage within minutes of the marked trails and bike centres.

The Forestry Commission receives grants to make proper marked routes, encouraging tourism. The village pub certainly benefits!

What about when it's lashing down with rain, Andy? Are you still gung ho about cycling?

Most of the time, yes! Over here, races usually go ahead whatever the weather. But sometimes they have to change the venue if it's too, too muddy.

How do you feel about wearing helmets?

I'm 100% for it! From experience! I came off my bike and fractured my neck and wearing a helmet definitely saved me. Another time last summer, I fell off the bike off-roading and I probably would have had a few other injuries to deal with if I hadn't had the helmet on.

It's good to wear gloves too, even for normal riding, so your skin is protected if you do have a fall. For mountain-biking you can also get knee and elbow pads - depending on the level of seriousness.

Do you get a real buzz from biking?

Yes, it's nice to be out in the fresh air and it's great exercise; it really makes you feel good. Sometimes at the end of a race, when you're absolutely ... how can I say it ... "kaput?" – there's a feeling you've really earned that big breakfast at the Watersplash. And that makes it all worthwhile!

CULTURE

My name is Matt Falle (. com)

Myjobis Artist - painter

When I was a kid I wanted to grow up to be a

cortoonist

My worst habit is ...

procrastinating

My biggest inspiration is..... name a people

The celebrity that would play me in the film of my life would be

Michael Caine (or Benedict amberback)

The song that best represents the soundtrack to my life is

life on Mars - David Bowie

In 3 words I am 40 this year

If I was a superhero I would be

Ice - cream Van man!

This is a self-portrait:



My motto / mantra is

talk less - paint more I couldn't live without He sea

The advice I would give my 12 year old self is

don't be an artist (I wouldn't have listened anymay)

Is honesty the best policy?....

yes. but life isn't that simple

mr Twirly Jesey S



FROM RUSSIA, WITH PHOTOS

Archisle: The Jersey Contemporary Photography Programme, hosted by the Société Jersiaise and sponsored by Le Masurier and the One Foundation, promotes contemporary photography through an ongoing programme of exhibitions, education and commissions.

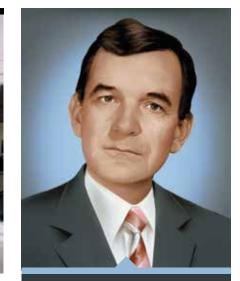
The search for Jersey's second International Photographer in Residence is over and has been awarded to Yury Toroptsov who will be working in Jersey for six months from April-September 2014. The residency awards a bursary of £10,000 for an exhibition of new work responding to the culture of the Island and a set of these works will enter the Société Jersiaise Photographic Archive, for future public enjoyment.



Born in 1974 in a rural community near Vladivostok, Yury Toroptsov left his native Russia in 1998 to study at the New School for Social Research in New York as a Muskie Fellow. Nourished by his Far-Eastern origins, American travels and the current residence in Europe, Yury Toroptsov keeps at the core of his work what constitutes a common denominator for those distant cultures: people and their identity and the permanence of myths. Memories, metamorphosis, profane and sacred are the recurring themes in his photographs. Toroptsov lives and works in Paris. His photographs have been featured in numerous solo and group shows including at the Maison Europeenne de la Photographie in Paris (2008), Moscow House of Photography (2013) and Le Bal, Paris (2011). His first book, Marilyn and I was published by Verlhac Editions in 2011. Yury Toroptsov is represented by Galerie Photo 12, Paris.

Yury's residency gives Jersey a great opportunity to benefit from his experience of international cultures and contemporary photography communities. Building upon the success of the community education programme delivered by the Archisle Photographer in Residence in year one, in 2014 Yury will lead a dynamic series of workshops and projects with partner organisations including: Jersey schools, Highlands College, Youth Arts Jersey, Jersey Arts Centre, Jersey Arts Trust, Guernsey Photography Festival and others.





MARTIN PARR: **LIBERATION** Martin Parr is one of the most famous British Photographers working today. His photographs deal with themes of consumerism, leisure, travel and communication in the context of the contemporary global mediascape. Parr's extensive series of work on these themes defy established categories of artistic and commercial photographic practice using an original visual language of humour, garish colours and surprising angles that continues to influence a younger generation of photographers.

Extending Parr's examination of national and regional characteristics, his exhibition, Liberation, sponsored by Le Masuriers' and the One Foundation, presents a specially commissioned series of photographs of Jersey's Liberation Day celebrations in 2013 alongside photographs made in Guernsey on 9th May 2012.

To coincide with the exhibition Martin Parr will present a lecture about his work and career, hosted by Archisle: The Jersey Contemporary Photography Programme in partnership with Guernsey Photography Festival, at Jersey Arts Centre on Friday 4th April at 7.30pm.

The exhibition will be available to view at the Jersey Museum from 4.04.14 – 11.05.14.



THE MONTHLY UPLOAD

WANT TO WIN £100? EMAIL YOUR PHOTOS (AROUND 4MB IS A GOOD SIZE) WITH THE SUBJECT 'UPLOAD' TO: UPLOAD@GALLERY.JE BEFORE THE DEADLINE OF 15TH APRIL AND YOU'LL BE IN WITH A CHANCE.

Photographer: NIgel Grieves









Photographer: Ali Lombardi

Photographer: Gavin Le Brun



Photographer: Angie Muir



Photographer: Mick Dodds

NEXT MONTH'S UPLOAD THEME IS 'GIVE' SO GET THOSE CAMERAS READY AND GET SNAPPING FOR YOUR CHANCE TO WIN £100! THE DEADLINE IS **APRIL 15TH.** IF YOU'RE THIS MONTH'S WINNER JUST GIVE GALLERY HQ A CALL ON 811100 TO CLAIM YOUR PRIZE.

Photographer: Bradley O'Connor









Photographer: Angie Muir



Photographer: NIgel Grieves

Photographer: Jenny Cochrane

Photographer: Dave



WAX-ING LYRICAL

Ahead of her appearance this month at the Jersey Opera House, we were lucky enough to grab 10 minutes with Ruby Wax, comedian, writer, mental health campaigner, to talk about her one-woman show Ruby Wax: Sane New World-The Tour. Ruby has based her new show on her No. 1 bestselling book Sane New World: Taming the Mind, which has enjoyed worldwide success since publication in 2013.

The evening promises to help you understand why we sabotage our own sanity and will also provide a manual on how to survive the 21st century, using Ruby's knowledge from her recent Masters Degree in mindfulness-based cognitive therapy at Oxford University and spiked with her usual unmissable comedy.

SO WHY DO YOU THINK WE NEED A 'MANUAL'...

We are not equipped for this century, it's too hard, too fast, and too full of fear; we just don't have the bandwidth. Our brains can't take so much information in a world where we're bombarded by bad news and force-fed information. I can just about take in the weather then I'm exhausted. You open a newspaper, everyone's dead. We're only supposed to know what our neighbour is up to; if the woman next door to you is having sex with the man next door to her we need to know; but four doors down and it's none of our business.

THAT'S A FAIR ASSESSMENT OF MODERN LIFE, SO CAN I EXPECT TO LEARN SOMETHING?

I will take you on a tour of the most important part of your life and how to tame it. We know so much about how the world works - but so little about our how our own minds work. It's like having a Ferrari on top of your head but no one gave you the keys. The show is very visual and high energy, you will definitely learn something about yourself. But of course it's also funny!

WHERE DID YOU GET THE INSPIRATION FOR YOUR NEW BOOK?

I'm really interested in what happens in the brain and the book was a result of my studies. I mainly stole the content from a series of great academics and then spun it in to comedy.

OUR THEME THIS MONTH IS JUDGEMENT, DO YOU HAVE ANY THOUGHTS ON THE WORD?

Yes, this is something that I cover off in my book. It's not a word I like, if you live your life judging other people then you'll live a very narrow life. We don't have the right to judge other people without the full story.

YOU'RE A RESPECTED CAMPAIGNER FOR MENTAL ILLNESS IN THE UK AND SET UP THE BLACKDOGTRIBE WEBSITE SOME YEARS AGO?

Yes I set up the site as a result of a another show. I held these sessions where people could come along and talk, but this wasn't easy to maintain so we set up the site so that people had a place they could go to meet other like minded people. SANE, the UK charity oversee the site now, I gave it over to them.

DO YOU THINK YOUR OPEN APPROACH TO MENTAL HEALTH HAS HELPED TO REMOVE SOME OF THE STIGMA?

Yes I do, I feel as though I've helped us move away from the dark ages.

"I'm hilarious, trust me," is the quote from her press release and having been fortunate enough to spend even a short amount of time in Ruby's company, we agree!

Catch Ruby's new show at 8pm on Friday 28th March at Jersey Opera House, tickets are £17.50. Call the box office on 511115. Ruby will also be selling and signing her book, Sane New World: Taming the Mind after the show.





IN CONJUNCTION WITH



THE GALLERY STUDENT ART AWARDS 2014

GALLERY.JE/ART

CULTURE NEWS



FINDING JOY, VAMOS THEATRE

5 & 6.03.14 8pm

Co-produced with The Courtyard Theatre, Hereford, Finding Joy, a full mask show, on at the Jersey Arts Centre for two nights, tells the story of Joy. Creative, funny and with a love of dance, Joy is losing her memory.

Her grandson Danny is rebellious, fearless, bright, and always getting into trouble. When, out of the blue, Danny decides to become Joy's carer, they discover a shared playfulness and a mutual affection. But is it enough to take on the challenges ahead? Finding Joy is about memory, ageing, love, and – of course – about Joy!

Tickets: £17 (£11 students) Box Office: 700 444

JERSEY CELEBRATES OPENING OF NEW WETLAND CENTRE

Jersey's first ever Wetland Centre opened its doors to the public last month on World Wetlands Day. The day marked the culmination of a four-year project to restore the wetland area, and create a visitor centre, around St Ouen's Pond. The work was undertaken by the National Trust for Jersey, and jointly funded by grants from the Tourism Development Fund and from Royal Bank of Canada's Blue Water Project.

In the past 12 months the Trust's rangers carefully captured and relocated animals to a purpose-built sanctuary near St Ouen's Pond, the project team turned a disused German occupation bunker into a classroom within the Centre, and volunteers from RBC Wealth Management helped conceal the entire Centre beneath a 'green roof'. The result is the new Jersey Wetland Centre which gives nature lovers unrivaled views of Jersey's prime wetland.

The Centre was opened by Alec Sueur and Aimee Le Sueur, son and grand-daughter of the late Frances and Dick Le Sueur, who were responsible for purchasing the area to secure its permanent protection through the National Trust for Jersey. The opening saw a host of activities for families and wildlife enthusiasts alike that included a series of 'Tweet Talks' about visiting birds; a photography workshop; Wild Nature Art and Craft sessions at the Frances Le Sueur Centre, and a Nature Scavenger Walk led by Stephen Le Quesne. The day, which attracted over 650 visitors, ended with a dusk walk and cup of hot chocolate.





ARTWORKS EXHIBITION AT LIBERTY WHARF

In an attempt to make Art more interesting after our dull winter a group of 14 well known local Artists and Craft workers have formed a collaboration called ArtWorks. They will be exhibiting at Liberty Wharf from 18th March - 29th March 2014, including the weekend, from 09.30am - 5.30pm. A wide variety of unique textiles, lamps, paintings, prints, pottery and jewellery will all be on sale, with 10% of all sales being donated to the Help a Jersey Child Charity.

THE FALLING SONG **20.03.14, 8pm**

Falling from grace, falling in and out of love, and falling from great heights, this production, by Ireland's awardwinning dance theatre company junk ensemble, is all about the nature of flying, and falling and the dangerous relationship between the two. Four professional male dancers and 20 children from the local Drama Lab choir will take to the stage at the Jersey Opera House to star in this 60 minute piece which is set to an ingenious backdrop of towering ladders, ropes and hundreds of apples. **Tickets: £14-£16 Box Office: 511 115**



JERSEY'S STYLE MAGAZINE



DRACULA 25.03.14 - 27.03.14, 8pm

Described by one critic as "bloody marvellous", Blackeyed Theatre's stage interpretation of Bram Stoker's Gothic tale is receiving rave reviews across the country. Promising to be a gripping and thought-provoking theatrical experience, performed live on the Jersey Opera House stage, this adaptation of the 116 year old masterpiece is true to the text and acted superbly by a cast of five who take on multiple roles. With specially commissioned live music, powerful ensemble performances and innovative design, this production will leave even vampire aficionados sleeping with the light on.

Tickets: £16.50-£18.50 Box Office: 511 115



MÉTIERS DU MONDE: HOW THE WORLD WORKS

17.03.14 - 5.04.14

Since 2010, the Alliance Française Foundation has organised an annual photo competition within its network around the world.

The theme of their third exhibition gave the photographers a task to show men and women in their daily occupation, depicting the extraordinary diversity of jobs around the world, be they beautiful or back-breaking. Admission to the exhibition is free and the Berni Gallery at the Jersey

Arts Centre is open from 10am - 10pm Monday to Saturday.

KEY:

Jersey Arts Centre 📕 Jersey Opera House 🧧 Somewhere else 📕



COMING UP THIS MONTH

JASON MANFORD: FIRST WORLD PROBLEMS

Tuesday 4th & Wednesday 5th March 8pm

Labelled a true master of observational comedy, everybody's favourite Northern comedian promises a wealth of comedy anecdotes, misunderstandings and audience banter all delivered with his cheeky chappie charm and



teasingly intelligent wit. You've seen him on TV now see him live at Jersey Opera House. Tickets: £22.50

JIMEOIN - YES, YES, WHATEVER ... ?!

Friday 21st March 8pm



No gimmicks, just a great craic! This hawk-eyed Irish comic will have you in stitches with his wicked wit and stories about the absurdities of life. Tickets: £17.50

THE FUREYS & DAVEY ARTHUR

Saturday 22nd March, 8pm Come here, there's more for St Patrick's Day. These legends of Irish music have recorded over 50 albums and have been performing for more than 35 years. One of their hits is Tony Blair's favourite peace song of all time! Tickets: £17.50-18.50



ELTON JOHN: THE MILLION DOLLAR PIANO Sunday 23rd March, 7pm



ENCORE SCREENING The legendary singer/ songwriter performs his critically acclaimed residency concert from The Colosseum at Caesar's Palace in Las Vegas, including all his greatest hits

from throughout his career. Tickets: £17.50

BOX OFFICE: (01534) 511 115 www.jerseyoperahouse.co.uk 🎦 🎐



JUDGMENT DAY: THE JOYS OF THE SCATHING REVIEW

Let's face it: we all love to read an absolute critical slaying, don't we? A five star review's all well and good, but it's not much fun to read. The worst of all is the three-star or the 6/10 review. Not awful, not great, just okay.

In other words stultifyingly mundane. But there's an undeniable thrill in seeing a master of the put-down take a sledgehammer to a record, a film, a book or a restaurant and we've been loving it for years. In 1876, essayist and mentor to Emily Dickinson Thomas Wentworth Higginson wrote in The Atlantic of Leaves of Grass, "It is no discredit to Walt Whitman that he wrote Leaves of Grass, only that he did not burn it afterwards" and in 1926 LP Hartley summed up The Great Gatsby thusly: "Mr. Scott Fitzgerald deserves a good shaking." Call it petty Schadenfreude, call it what you like – unless you're on the receiving end of it, a good tanning via the medium of a hatchet job is a ruddy treat. In fact, literary webzine The Omnivore has celebrated the art of the scathing review for the past three years with the annual Hatchet Job Awards, won by Times critic A.A. Gill for his dismantling of Morrissey's eponymous 2013 autobiography. In celebration of A.A Gill's award, and in keeping with Gallery's theme of 'Judgement', we take a look at five of the best worst reviews of recent times.



AA GILL vs. MORRISSEY

The Times literary critic A.A Gill beat off competition from the likes of Rachel Cooke's thrashing of Ann Widdecombe's autobiography and Frederic Raphael's slaying of John Le Carre's A Delicate Truth to become the latest recipient of the prestigious Hatchet Job of the Year award and boy, did he earn it. Former Smiths frontman Morrissey has a habit of cheesing people off, but he tipped Gill over the edge with his Penguin Classics-published memoir, which the review sums up as "a heavy tome, utterly devoid of insight, warmth, wisdom or likeability... a potential firelighter of vanity, self-pity and logorrhoeic dullness". It's hard to know where to stop when picking out the highlights: "Morrissey is plainly the most ornery, cantankerous, entitled, whingeing, self-martyred human being who ever drew breath. And those are just his good qualities" is one. "Laughably overwrought and overwritten, a litany of retrospective hurt and scoresettling that reads like a cross between Madonna and Catherine Cookson" is most certainly another. His reaction to Channel 4 news anchor Kristan Guru-Murphy's assertion that Mozza is one of the nation's greatest cultural icons? "He isn't even one of Manchester's greatest cultural icons." Expect Gill to be at the receiving end of some retaliatory ire on Morrissey's next record then.



EVERYONE vs. DAN BROWN

With 200 million book sales, Dan Brown is one of the highest selling authors of all time. You'd think that such popularity would suggest he's got the knack of this writing lark then wouldn't you? Well, not if you ask the likes of Stewart Lee, who says quite simply, "the world of publishing is in crisis." The writer of The Da Vinci Code has been accused of scientific, theological and historical inaccuracies, but it's the clumsiness of his narrative technique that has attracted the wrath of most critics. Janet Maslin wrote of his 2013 novel Inferno in The New York Times, "The early sections of Inferno come so close to self-parody that Mr. Brown seems to have lost his bearings", whilst The Telegraph's Jake Kerridge was kinder, stating, "As a stylist Brown gets better and better: where once he was abysmal he is now just very poor." Even Ron Howard's movie adaptation got a pasting with The Guardian's Peter Bradshaw describing The Da Vinci Code as "a bizarre succession of baffling travelogue escapades taking Hanks and Tautou, as two cardboard cutout characters, on the trail of the terrible secret." Poor old Dan Brown. Poor, poor old multi-millionaire Dan Brown.



MARK KERMODE vs. MICHAEL BAY

Celebrated film critic and Culture Show host Mark Kermode has earned himself a reputation for bashing the heck out of many a movie over the years – classic Kermodian rants from his BBC Radio 5 Live show feature in reviews of Terminator Salvation. The Hangover. Pirates of the Caribbean... The Da Vinci Code too, come to think of it. Oh, and Michael Bay. Any and all of Michael Bay's filmography. His verdict on Transformers: "It was the longest two-and-a-half hours of my life... it has to stop". He went one further following the release of Dark Side of the Moon: "in two years' time when the whole thing has gone down, when the ship has sunk, society has been reduced to a crying, weeping, wailing child, from this horrible vulgarisation of what is essentially a children's toy, I want a letter saying 'I'm sorry, you were right." Of Bay's heavy-handed and dumbed down remake of A Nightmare on Elm St, he complains, "it's just this horrible reductio ad absurdum of an idea, a film which was about an idea." Michael Bay's last effort, Pain & Gain, might be the straw that broke the camel's back though. It inspired this assessment of Michael Bay the man: "So Michael Bay makes his little art-house film to show us into his soul and we find ourselves looking into a void-like abyss of blackness, the depth and enormity of which is impossible to comprehend."



THE PEOPLE vs. HARIBO SUGARLESS GUMMY BEARS

You can say what you like about the ills of the digital age, but one thing you can't deny is that it's given a voice to the people. Blogging and social media have put journalism on the endangered species list, and likewise online customer reviews have sealed the fates of many a shoddy product. Amazon's customer reviews of Haribo's sugarless Gummy Bears, however, are a revelation - the sweets come with a warning of their laxative effect when consumed to excess, and Amazon's reviews of them go as far back as 2006 with Seattle's Luke Meyers claiming "after I ate a handful, a couple of hours later they made me sick". The reviews continued for years, and have become increasingly more colourful in their descriptions and more inventive with their linguistic flourishes. B. Williams says, "this kind of diarrhea made me think of a new invention.... seatbelts for the toilet. I had such diarrhea that I was producing thrust", while Pennsylvania's Christine E. Torok offers her cautionary story: "Heavens to Murgatroyd, the sounds, like trumpets calling the demons back to Hell...the stench, like 1,000 rotten corpses vomited. I couldn't stand to stay in one room for fear of succumbing to my own odors... what came out of me felt like someone tried to funnel Niagara Falls through a coffee straw." B.Johnson succinctly says, "It's not worth it. Just buy regular Gummy Bears." The scathing reviews are nowadays accumulating by the minute. Testing one's intestinal fortitude with the offending Gummy Bears and writing about it on Amazon seems to have caught on as a bit of craze. Try it at home at your peril.



NOEL GALLAGHER vs. THE MUSIC VIDEOS OF OASIS

Oasis frontman Noel Gallagher is an expert when it comes to the pithy putdown; one of his classic one-liners include describing Jack White as "a fat Zorro" and his assessment of Kaiser Chiefs was characteristically cruel: "The worst thing about them is that they're not very good. They play dress-up and sit on top of an apex of meaninglessness." For anyone who's been Noel's crosshairs, however, there is the consolation that he doesn't spare himself, his band or especially his band's music videos. A Youtube user recently uploaded an edited highlights reel of Noel's most damning statements on an Oasis DVD commentary. Here are some of the choice quotes:

"What am I dressed like there? I look like f***in' Columbo."

"I hate videos. I hate everything about them. I hate the fact that they cost a fortune. I hate the fact that you have to be there at eight in the morning. I hate the fact that you don't leave until eight the next morning. I don't like the fact that the people that are making them think they're making Apocalypse Now." "A guy actually said to me on this video shoot, 'Can we shoot that bit again but can we do it with a bit more energy in your eyes?' I still have no idea what he meant by that to this day. Do you want me to look at you like a serial killer?"

Can a critic win the Hatchet Job prize for taking the hatchet to himself? If so, give that man an award.



Being a grown-up is hard. Aside from the early mornings and 5pm traffic jams, my hair must've had a pretty severe argument with my forehead, because it doesn't want to be anywhere near it.

As if starting to look like my Dad wasn't bad enough (no offence old man), I seem to be inheriting my mother's terrible hearing (no offence mummy). I swear, people have had full conversations with me and I've just smiled and nodded the entire time. I sincerely hope none of them have been telling me woeful tales of tragic losses or anything like that, because a beaming smile and vigorous nods of agreement are completely the wrong reaction to bad news. (N.B. Beneficial side effects of bad hearing include pretending not to hear your girlfriend nagging you when really you're just not listening.)

I know I'm only 24, but I'm starting to feel like an actual contributing member of society, rather than a greasy student lout who's just managed to squeeze their way out of adolescence with nothing but a bad hangover and a mediocre degree. It isn't all bad – I mean a steady income is more than helpful and I own a toolkit now, so there's that... on the other hand, I got carried away at Tesco yesterday and bought three packets of Babybel (What!? They were reduced to £1! Don't look at me like that...) so I do worry that my life is just dampening into a steady flat line of adult monotony so that now even Babybel excites me.

Bear in mind, however, that my last issue was focussed on being happy and enjoying

the little things in life – but I can't help but wonder if I run the risk of getting overexcited about things that are too little. Furthermore, I can't work out whether or not it's something to be worried about. I'm still only just getting over the excitement of the taste of Jersey to the depths of West Sussex by making a Bean Crock, which, despite a few knife-related hand injuries, went down a storm! Perhaps in a month's time I'll be telling you all about my cooking ventures, and how my love of food combined with my hunger for adventure has led me to mastering the skill of divine cookery and luxury dining.

I'M STILL ONLY JUST GETTING OVER THE EXCITEMENT OF THE NEW FLAVOUR OF PRINGLES I TRIED YESTERDAY (WHICH WERE PRETTY RAD, BY THE WAY), BUT I'D LIKE TO THINK THAT THERE'S MORE I COULD BE DOING TO MAKE THE MOST OF THIS 'ENJOY LIFE' NONSENSE.

the new flavour of Pringles I tried yesterday (which were pretty rad, by the way), but I'd like to think that there's more I could be doing to make the most of this 'enjoy life' nonsense. I'm open to suggestions, and if someone were to pay for it I'd probably go skydiving or learn to fly a helicopter or something – I guess there's always the worry that I won't live life to its fullest.

I'll meet you halfway – since the boring things I'm getting excited about mainly consist of edible products, and I'm not about to go jumping out of a plane, I think I'll try my hand at the culinary arts, thus adding a bit of flavour (get it?) to my otherwise mundane enjoyments. I've already mentioned my pride in making a decent beef stew, and last night I brought Either that or I'll be angrily trying to note down my failures with stumps where my fingers used to be. I'm not very good at cutting stuff, which reminds me – if you've got a cut on your finger, don't dip it in hot salsa, because it really hurts. I don't know why I did it, I think I got overexcited whilst preparing a taco, but trust me - it really hurts.

Talking about food has made me hungry. I'd better go – these Babybel aren't going to eat themselves and with the Pringles gone I'm dangerously close to having a boring evening! Ooh, maybe I'll have a cup of tea as well. I could get used to this boring grown up thing. FASHION

BRAND NEWS



Spring wardrobe sorted deGruchy edits and selects the very best fashion from around the world. For Spring / Summer 14 the department store has updated its 1st floor fashion area and introduced a number of exciting new designer brands including GANT womenswear, Made in Heaven Jeans, Marc Aurel, Filippa K, and Project AJ117. So pay its newly refurbished 1st floor a visit and get a head start on the spring summer collections.

Oh Marc Cain you've **done it again...**

You've made us go gaga for your new spring wear! It is stunning. The whole collection opitimizes the trends of 2014 with eye-catching snake skin and flattering cream hues, beautiful feminine lines and up-to-the-minute luxurious textures. Pop in to the Marc Cain store on Hilgrove Street and fawn over it for yourself.



Cocoa Cool Cashmere

Well hello there beautiful new brand! Cocoa Cashmere has just landed at Manna and we have fallen in love with this gorgeous collection of easy-to-wear pieces that make this cold weather seem rather delightful!





The perfect SBs

The new men's Nike skateboarding trainers, or 'SBs', have just arrived at MadHatter. SBs have lo-profile cushioning and flex for maximum boardfeel. The Nike Project Shoe is made with a Lunarlon midsole and grippy traction for excellent impact protection and more control on your deck. Soft yet durable suede provides long-lasting comfort, while a perforated forefoot delivers optimal ventilation. The Nike Zoom shoe is designed by awesome professional skateboarder Stefan Janoski and is made with a premium leather upper for superior durability and a flexible midsole for all-day comfort also the special tacky gum rubber outsole delivers outstanding traction.

Nike Sbs are exclusive to Madhatter and whilst you're there getting yours make sure you check out their cool Penny Australia mini skateboards.

Exclusive invite for local business

Bradley and Jackie Phillips, Owners of Bradley CDG (HRD), have just returned from the Diamond Capital of the World, Antwerp, having received a personal letter of invite to the 5th Antwerp Diamond Trade Fair (ADTF). The ADTF is an exclusive invitation only event aimed at a distinguished group of retailers and distributors from around the world and where 94 of Antwerp's leading Diamond manufacturers and traders exhibited a dazzling selection of polished Diamonds.

80% of the world's rough diamonds are traded in Antwerp and only 1% of Diamonds, through their journey from mine to retail, will not pass through Antwerp. "This was a great opportunity to network and foster new business connections. It was certainly a memorable and very productive business trip." commented Bradley, a Certified HRD Antwerp Diamond Grader, whose aim is to provide his customers the finest quality at affordable prices and to explore new and different avenues for them, including the provision of investment Diamonds.

At the Trade Fair, Bradley and Jackie were lucky enough to get up close to the most expensive boots in the world, worth approximately £2m and featuring 38,883 coloured Diamonds. These boots, made in Antwerp, were being shown in Europe for the first time. Also pictured are Bradley and Jackie chatting to an exhibitor.



gallery

TREND NEWS



Talented Students Spotted at Falmouth University's Fashion Photography Master Class here in Jersey

Emma Hughes Head of Fashion Photography at Falmouth University held workshops at Hautlieu and Highlands with garments from the WeSC clothing brand, giving students exclusive insights into the spring collection before it is released to the shops. The Falmouth students used specialist camera and lighting equipment for location photoshoots as part of their BA (Hons) Fashion Photography course. During the master classes students ran their own fashion shoots and got to showcase their creative potential.

Falmouth are looking to recruit top quality students onto their BA(Hons) Fashion Photography course and other creative arts programmes, so if you think you'd like to give Mario Testino or Terry Richardson a run for their money then look up their courses online to find out more.

The new line of Roxy Outdoor Fitness Wear is now in store at the Quicksilver Shop. This brilliant range has something for everyone from yoga bunnies to SUP boarders and all the joggers and climbers in between. So if you are a bit of an actionpacked girl then pop in and see if there is something for you. Looking good whilst working out has never been so easy.



T.C.S.S

In a small beachside cottage on the East coast of Australia, The Critical Slide Society was started in late 2009 by Jim Mitchell & Sam Coombes. Working as a small team with a number of contributors from across the globe, the last few years have been all about building the brand from the sand up. Developing a society of people connected through surf, fashion, art and most importantly, a good sense of humour.

The label takes inspiration from Fauxwaii, the most northern island off the peninsular and the rowdy one-star Motel off its main strip. Famous for washed back vintage landscapes, local laid-back attitudes and cheap beer flowing like water, the brand take us on a journey through rum-coloured glasses and big waves to conjure up a range of super wearable, finely tuned surf-and-turf attire, awash with pastel tones, soft fabrics and gritty graphics for spring/ summer 2014.





Bold Colours

As we come out of the dark depths of winter it can be a good idea to inject a little colour into your wardrobe. This men's bright Element lightweight jacket is ideal for staying on trend and weather protected.



Baby it's cold outside

The cult brand Maison Scotch is perfect for this fickle weather; they are the masters of layering. Their gorgeous spring collection has slouchy tees, comfy jumpers and awesome jackets which, when worn all together, make you ready for whatever scenario the weather could throw at you! You one, weather nil.

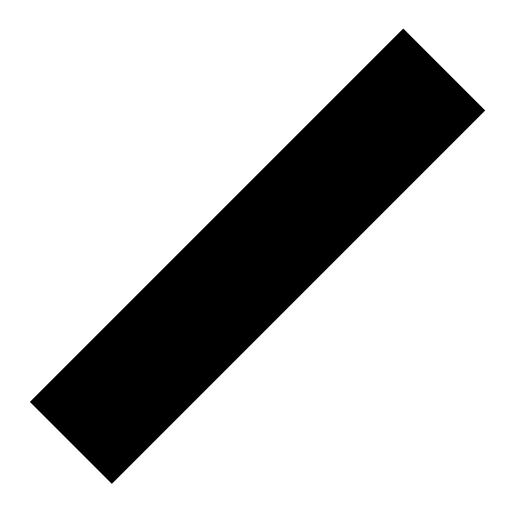
Maison Scotch is available from Manna



Kiddy Cool

We've just heard that there'll be a big selection of Children's wear arriving at Madhatter including the brands Element, Vans, Volcom, Globe and Ripcurl; ideal for kitting out your mini Kelly Slater or Tony Hawk.





PHOTOGRAPHY & STYLING **DANNY EVANS** MODEL **TONI** HAIR BY **JAY ROULSON** AT **ELMINA** KING STREET MAKEUP BY **CHANTAL** AT **ELMINA** KING STREET

















Local girl of 22 years Jasmin Ferguson returned to the island last July after 4 years away in London studying at the London college of Fashion, part of University of the Arts London.

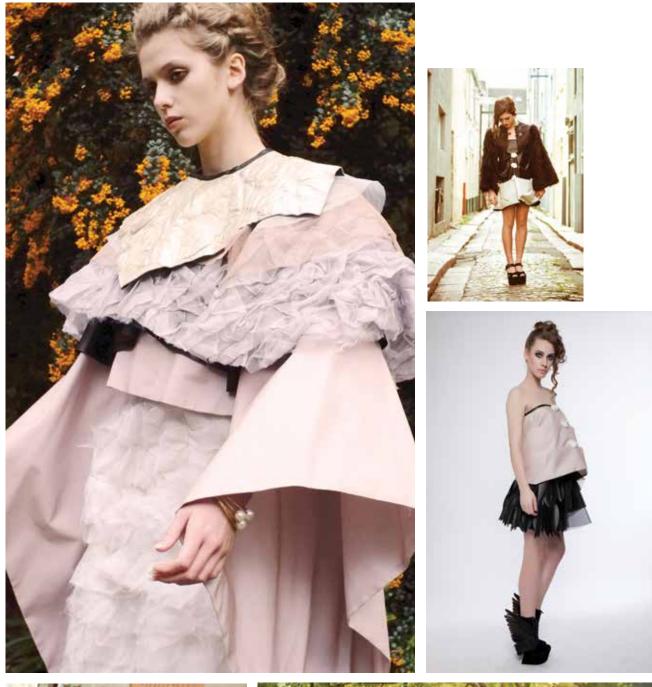
Having completed a foundation diploma in Art & Design there, she then moved on to a Foundation Degree in pattern cutting finishing up at LCF with a BA (Hons) degree in Fashion Design Technology Womenswear. This is where she made her graduate collection, which was a womenswear collection of 8 outfits, based on a yin yang theme of opposites working together in harmony, shown here.

"I have been really lucky since finishing my collection to have it featured as part of a few media opportunities, the first being an Ivy and Gold music video with the lead singer wearing one of my dresses and a few pieces of my collection were also used in the Clothes Show Live 2013 "bright young things" ad campaign." Jasmin told Gallery.

A selection of Jasmin's work has been available for sale at Pretty Vacant in St Helier 'thanks to wonder Louise Evans' and she's ecstatic that islanders have had the opportunity to own some of the collection. Currently working as a design and technology technician at Haute Vallee School, Jasmin is enjoying being able to teach GCSE textiles and is hoping to continue this as well as designing, making and selling her clothes here in Jersey.



FASHION





Alleyway photographs above courtesy of Daisy Barnard (facebook.Com/daisybarnardphotography) all others by Jasmin Ferguson



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WORDS LAURA COSTARD

We sent our Style Stalker out onto the streets of St Helier, camera in hand, to find some fashionable folk who are ahead of the trends and working their own style.



Alice, 18, Sales Advisor "It's freezing!"

Alice has gone big and bold with this statement coat and we're loving it here at Gallery! She's simply rocking 90's denim grunge to the max.



Wei-Li, 23, Receptionist "It's casual and warm and I love my hat!"

Wei-Li's look brings a splash of sunshine to March and her faux-fur hat is simply gorgeous - bang on trend; j'adore!



Hannah, 23, Trainee Fund Administrator "I haven't worn trousers for ages so fancied a change! Didn't realise it was going to rain..."

Though Hannah's outfit is a complete style win, her boots are just the icing on the cake. A little touch of cowgirl-luxe - seriously can we steal them please?!



Alice, 17, Student "I couldn't find any tights!"

Even though she didn't plan it, Alice's socks take her outfit to a whole new level by highlighting her metallic skirt. She's nailed preppy 90's grunge and we're simply loving it!



Glenda, 47, Civil Servant "It's smart, comfortable and warm"

Pretty pastels are all in this season, so Glenda's soft marshmallow-pink coat is simply lush! That fluffy hat is a definite fashion-win as well; keeping her outfit deliciously stylish.



Chelsea, 18, Trustt Company "I'm a bit cold and loving tartan"

Here at Gallery we love a bit of colour coordination and Chelsea's red palette is just doing it for us! Tartan is topping the trends atm, so by accessorizing with her scarf, Chelsea's on to a real winner!

BEAUTY & WELLBEING





For All Your BEAUTY MUST HAVES

SHOP IN-STORE OR ONLINE AT DEGRUCHYS.COM

BEAUTY NEWS



Healthhaus is an exclusive boutique styled private members health and fitness club opening in March 2014. Healthhaus was born of owners Glenda Rivoallan and Nathalie Le Mottée's determination to provide the discerning, health conscious individual, with a different offering which considered the major challenges facing current fitness providers.

"The key reasons why people leave gyms are because they find the environment and equipment intimidating; furthermore they often lack the support necessary to achieve their goals," says Nathalie. "We have worked tirelessly to provide a more personalised health and fitness offering in a non-intimidating environment. In partnership with our designers we have designed a luxurious club, with a comfortable home from home feel."

"Keeping healthy with today's busy fast paced lifestyles is a challenge for most," stresses Glenda. "The vision for Healthhaus is to provide a time efficient and effective fitness solution." Glenda and Nathalie feel they have found the answer with the award winning Milon circle which is exclusive to Healthhaus in Jersey. "Its cutting edge technology gives the user balanced, total body training that cannot be surpassed for simplicity, safety and effectiveness," enthuses Glenda. "You only need to commit to 2 sessions every 10 days for 35 minutes to be on track for guaranteed results."

"The belief that we can only achieve true wellness when we achieve a balance of work and relaxation in our lives underpins our 360° approach to your health," Glenda states. "With Milon being so time efficient it leaves our members with time to indulge in the other facilities Healthhaus offers. These include over 50 classes a week, (including MyRide® Jersey's only virtual indoor cycling studio), a sumptuous private members lounge and eatery, and the world class Ayush Wellness Spa. You will find the experience both memorable and enjoyable."

For information about membership please phone 614800. The team look forward to welcoming you – the Healthhaus way. www.healthhaus.co.uk



A delight in white

Ever since Kate Moss appeared on the cover of British Vogue last year with pale white nails the fashion world has been awash with this striking nail shade. From catwalks to cafes every fashionista worth their Louboutins is currently rocking this look. Book in to have yours done at Envy Beauty, Minden Place and make sure you grab a sunbed too, as white looks best offset with a golden glow. *Call 789789 to make an appointment.*



Get the upper-hand with Uppercut

This awesome brand, which is now available at Madhatter, is inspired by the timeless style of the 1950's barbershop Uppercut Deluxe is a modern yet traditional approach to men's grooming. Formulated, tried and tested by barbers, Uppercut Deluxe products are ideal for guys looking for a high quality product that really works.



A little bird told us...

Pennyfeathers, a local beauty salon run and owed by Penny Downes, has won the highly sort after Small Business Sunday (#SBS) accolade, on Twitter. Each Sunday, Dragon's Den star Theo Paphitis, rewards six of the best small business which have tweeted him with a re-tweet. As he has almost half a million followers this provides a massive boost to the winning businesses.



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Mother's Day Pampering

Treat your Mum to some well-deserved time-out with a Luxury Special Offer Package packed full of delights to ensure she feels well and truly spoilt! Each Package is based on our beautiful Organic Facial, using the finest ingredients to nourish and pamper her skin. A perfect combination of natural beauty and relaxation!

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Mother's Day Opulence

Allow: 2 hours 30 minutes

- · Full use of Spa facilities
- · Glass of pink bubbly
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- Express Organic Facial (30 mins)
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Allow: 3 hours 30 minutes

- Full use of Spa facilities
- Glass of pink bubbly PLUS strawberries dipped in melted chocolate
- 'Cocooning Capsule' Relaxation Session Organic 'Terre & Mer' Facial with opening mini
- back massage using organic lavender oil (75 mins)
- Choice of Le Remedi handcare treatment **OR** ZenSpa footcare ritual
- Thalgo products purchased on the day)

ONLY £89pp OR £172 for two SAVE up to £117!

SPA AND BEAUTY Jersey's Award Winning Day Spa

SPRING **STYLE** ASK THE **EXPERTS**

We met with some of the team at Elmina Hair & Beauty to find out what trends we can expect to see this spring and not only did they share their wisdom with us but they've given you gallery readers some fab offers to help beat the winter blues and propel you all into a very stylish spring!

Pictured left to right:

Kirsty Quinn

Aveda Stylist "People are starting to grow their hair ready for summer and I've been adding lots of lovely choppy layers. There is also starting to be a rise in vivid white and creamy blondes which is going to look brilliant this spring."

To celebrate the arrival of Kirsty to the Elmina Team they are offering an Aveda hair spa, half head of highlights with cut and finish for just £75.00.

Chantal Sabrina

Make Up Artist "Pastels are big this year, especially pale pinks and lilac lips; think My Little Pony, although it is more ethereal and dreamy rather than 80s psychedelic!"

Chantal is available for make up application and make up lessons. Receive a £30.00 Aveda product voucher with your appointment to spend in the salon.



Jean Pierre Roulson

Aveda Stylist "Ombre will be popular again as we go into summer as will Balayage which is a French freehand colouring technique where the hair colour is applied by hand sweeping for a more natural effect. Also I've been seeing a rise in people using pastel hair chalks to experiment with some of the

more wilder colours." For the month of march

receive 30% off freehand colouring with Jean Pierre.

Jess Bull

Beauty & Spa Therapist "I'm currently doing lots of body exfoliation boosting dull dried out Winter skin ready for the sun and the same with facials; prepping the skin and getting it back into tip top condition!" To celebrate Jess's arrival

Elmina are offering 20% off all beauty treatments with Jess.

All offers are valid until 31st March 2014.

BEAUTY **PRODUCTS**

Mother's Day is Sunday 30th March, why not forgo the usual flowers and get your mum a treat she'll really love? Here is a selection of products perfect for more mature skin!



Dermalogica Skinperfect Primer Smooths fine lines, brightens and preps skin ready for make up. Contains velvety silicones combined with Soy Protein to help even out skin texture.



Jo Malone White Jasmine & Mint Cologne exclusive to Voisins From their brand new London Rain Collection this fresh feminine scent would make an ideal pressie for your mum. Also because it's new, you'll know she won't have it yet and it comes all beautifully wrapped up already for you to simply hand over and receive some serious brownie points!



Creme de la Mer The Concentrate exclusive to deGruchy

This is a beauty cupboard essential; a saviour of skin, the Concentrate complements skin's natural renewal process with the restorative power of the sea, calming and soothing skin instantly. It's ideal for people who have chemical peels, microdermabrasion and laser treatments as well.

Aveda Line Minimiser *£56.70 from Elmina* Great for deeper lines and wrinkles this product contains organic cactus to help skin boost its natural collegan

organic cactus to help skin boost its natural collagen production.



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Before



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There's nothing quite like indulging in a luxury spa treatment when the weather is cold and dismal outside. Needless to say, I jumped at the chance when I was asked to review the latest Mother's Day pampering package at Les Roches Spa.

Surrounded by a picturesque summer spa garden and nestled at the end of a winding country road, this intimate spa certainly stands out from the crowd. From the hot tub, which offers unblemished views of the gardens outside, to the soothing sauna and the plush loungers that surround the spacious indoor heated pool, everything about Les Roches Spa radiates relaxation.

I arrive for my treatment at 10.15am and almost instantly find myself ensconced in a fluffy robe. Quite content, I lie by the waterside perusing the spa's ample collection of reading material. After a quick dip in the pool, I decide to try out the Jacuzzi and sauna. Feeling suitably relaxed, I'm ready for my first treatment to begin.

Moments later I'm cocooned in the blissful serenity of one of the idyllic treatment rooms, the hustle and bustle of the outside world seems a million miles away. And by cocooned, I mean literally. A typical spa journey usually begins with a massage; my treatment however, begins with a 'Cocooning Capsule' relaxation session.

Once encased inside the capsule, I'm greeted with a mixture of sweet scents, tranquil music and pleasant vibrations. Minutes later and I feel a little like I'm floating – and as if my magic – all my tensions are beginning to melt away.

Back in the comforting arms of the plush poolside lounger, I'm informed my next treatment is to be the Terre & Mer Organic Facial. This truly relaxing ritual combines marine ingredients with Mediterranean plants, and unlike the average facial, includes with a welcoming back massage. As the sweet smells of lavender oil fill the room, I'm instantly transported to another world. Organic concentrates, creams and serums (all of which are effective, sensorial and safe) are applied to my skin, shortly followed by a face, neck and shoulder massage. Although I wish I could prolong this spa experience forever, I know it must come to an end, but not before concluding with an equally relaxing Le Remedi handcare treatment.

After my treatment, I'm beckoned to the poolside, where a flute of bubbles and a bowl brimming with strawberries awaits my arrival – the perfect end to an already idyllic few hours.

My skin feels nourished and appears naturally radiant, and I can't say I'm surprised. With an impressive menu of restorative and organic ingredients, Les Roches Spa have definitely opted for the healing, nurturing and intuitive approach. I leave the spa a more luminous, polished version of my former self with the sweet smells of the ocean still lingering on my face.

The Mother's Day Excellence package boasts the perfect combination of natural beauty and relaxation and is an ideal gift for that special somebody.

£89 per person or £172 for two. Call 487856 to book. www.lesroches.co.uk









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COVER CREDITS Image by Andy Le Gresley

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Welcome to Gallery's 2014 Bridal Bible

If you are a new bride to be then congratulations! It is our mission to inspire you with new ideas and help with the practicalities of planning a wedding in Jersey.

This year we've been lucky enough to gain a wealth of wedding knowledge from lots of different experts in their field; from beauty basics to honeymoon inspiration we've tracked down the best people to help guide you through this wonderful time.

Our handy A-Z format means that everything is laid out in easy to absorb bite-size information. We've tried to make this useful for all ages, so if you are being swept off your feet at 16 or have only just met Mr Right at 81 there should be something to help your wedding go more smoothly within the next 24 pages.

Make sure you check out our fabulous Ring Shoot; think of your engagement ring as the beginning of a very wonderful collection! Jon Sproson from the Cosmetic Dental Clinic gives some sound advice on getting the perfect smile in time for the all important wedding photos and the very talented Vaishali Shah from Ananya talks us through stationary trends for this year.

Also make sure you swoon over the talented photographer, Andy Le Gresley's, beautiful wedding images of local couple Holly and James Milner.

Enjoy your planning and good luck.

A Awesome Fun!

A fantastic way to get some great photos is to add a Jersey Party Booth at your wedding to entertain your guests. Pictures are instantly printed so your guests can have a lovely keepsake reminding them of the fun they had at your wedding. Prints can also be customised with your name and the date of your wedding and they can even be emailed or uploaded straight to Facebook or Twitter using their clever 'social kiosk'.

Jersey Party Booth also have the latest green screen technology and an array of fun props for your guests to enjoy. They've got their brilliant converted London Taxi and new for 2014 is their Vintage Open Air Photo Booth Studio. The simple touch screen software means that it couldn't be easier for your guests to choose between black & white, colour prints or even leave a video message for you to treasure.

More information can be found at www.jerseypartybooth.com





Bespoke

The words tailor-made often go hand in hand with expense but that needn't be the case. In both engagement and wedding rings Rivoli Jewellers is able to offer a bespoke service to ensure that your engagement ring is the one that you have always dreamed of and that your wedding ring fits perfectly with your engagement ring.

Whether you have a particular design, coloured gemstone or diamonds in mind Rivoli is able to design your engagement ring for you in house, order specific gemstones and create the perfect piece. The software used at Rivoli represents the most advanced and intuitive method for designing jewellery ever developed, and has already become the hot new trend in custom jewellery across the UK and Europe. David Speed, Managing Director at Rivoli told us "More and more customers are looking to put their own mark on the jewellery that they are buying and are looking to create pieces which are unique to them. It may only involve a small tweak to a traditional design or a complete overhaul, whatever their taste customers will now be able to help create it in store."

Likewise Rivoli's bespoke ring fitting service means that however unusual your engagement ring, they will be able to hand craft a unique wedding ring which will complement it perfectly. What's more in the majority of cases there is no need for you to be parted from your engagement ring as they are able to take a mold of your ring as part of the fitting service.

Civil Ceremonies Words from Independent Celebrant David Lister

Over the ages we've had many exciting variations to how we got married, our ancestors have mingled blood, tied hands together, jumped the broomstick and run naked in the woods invoking the powers of the sun, moon, fire and water! In Jersey today, like everywhere else in the western world, you can choose a religious service or a civil ceremony but there does now seems to be a marked preference for the latter.

However, there is a big difference between performing a minimal "legal" marriage to one with cultural and personal content. An Independent Celebrant can help you to celebrate one of the most important events of your lives, with the style and content of your own choice. You are no longer limited to the somewhat short civil ceremony... yes, it must still be performed if you want to be legally married but afterwards you can have a ceremony in which you are able to choose your own music, poetry, prose, elements of your religion or spiritual beliefs. Also, the exchanging of rings can be saved and performed during your chosen celebration.

It can also be a nice gesture to invite friends or relatives to take an active part, by reciting or singing etc. Ceremonies can be performed on the beach, in your garden, in a boat, you name it... but not sure if wetsuits or parachutes are involved! Timing is no problem either and an evening ceremony can often be more convenient, for lots of reasons.

This treatment is also most suitable for those of you who have married abroad. On your return, you can have a re-enactment or celebration for all those friends and relations who could not be invited or were unable to travel. In effect it would be a renewal of vows.

All the ceremonies have slightly different connotations but they all mean the promising of two people to love, to cherish and live together for the rest of their lives. If you have children, then your celebration can be blended with the joy of a baby naming and the appointing of mentors or support parents. It can be fun, with the lighting of candles or the releasing of balloons.

Images by Gary Grimshaw





Drink

Top Wines to serve your guests on your Wedding Day by Chris Rogers owner of Love Wine

On arrival at the reception – Bortolotti Prosecco di Valdobiadenne Price £12.99 - S/O £8.49

Now don't get me wrong, it is always nice to serve your guests Champagne but often at this point in the day they are gasping for something light fruity and easy drinking. Prosecco hits all the right notes and is perfect for reception drinks in the sunshine.



Speeches – Duval -Leroy Rosé Premier Cru, N.V. Champagne – Price £44.65 – S/O £29.95

Speeches are a special part of the day and it's important you treat your guests to something fitting to toast with. Duval-Leroy is the largest family owned house in Champagne. Their rosé Champagne is exceptional quality, made in the traditional saignée method (colour derived from grape skin contact). Something to soften the blow when the best man puts his foot in it.. Again...

Main Course White – Cape Point Sauvignon Blanc, 2012 Cape Point, S.A. - £13.29

The wine you serve for main course is often very dependent on your food. At Love Wine we will assist you with this choice. Wine maker Duncan Savage is celebrated as one of the best producers of Sauvignon in South Africa. This wine is a crowd pleaser, closer to Sancerre or Pouilly Fume than Marlborough in style, great minerality and tropical fruit flavours. Excellent paired with seafood, asparagus, grilled vegetables or goat's cheese.





Main Course Red - A.A. Badenhorst 'Secateurs' Red, 2012, Swartland, S.A. - £10.95

A.A. Badenhorst is a real character and this is especially evident in this wine, a blend of 8 grapes; Syrah, Cinsault, Cabernet Sauvignon, Tinta Barocca, Pinotage, Mourvedre, Carignan & Grenache he packs a lot into it! Full of personality and full of flavour, lots of red fruit, fresh, with supple tannin. The Secateurs is sure to get your guests into the celebratory spirit.

For the Cheese – Dalva Colheita Port 1967 - £68.95

It goes without saying; this should be for the top table only! Dalva are famous for their exceptional Colheita ports. Dalva 1967 is tawny port that has been aged in oak barrel for 45 years and bottled in 2012. Intense nutty flavour on the palate and exceptional with hard and mature cheeses... A real treat!





Engineering an exquisite event

Weddings made wonderful! Large and lavish or intimate and informal – whatever you want from your wedding day Delta Production Services will make it happen. Working with you, the friendly and experienced team at Delta can help to plan your big day from start to finish; combining distinctive design, amazing attention to detail and seamless management to create a truly individual event. You may opt for elaborate and extravagant, or prefer an understated approach; simply talk through your wish list with the imaginative team and you'll find that your dreams will quickly become a reality, as they work their creative magic.

Plus their friendly approach will put you at ease immediately and their enthusiasm is infectious! A whole host of fantastic furniture, an armory of amazing décor ideas and inspired lighting techniques all help to set the scene and create ambiance in the most stunning fashion. Guests will be wowed, whilst you'll feel perfectly at ease having been completely in control of the planning process.

From a practical perspective you may feel that planning your wedding means that there are countless decisions to be made, and that the choices offered are confusing. Careful consideration needs to be given to your ideal venue, décor and entertainment, along with the personal touches that will make the day your own. But don't worry, many years experience in managing events of all sizes means you can be confident that Delta will offer pragmatic advice and work with you to make the very most of your budget.

An understanding of logistics is important too, the team will not only offer guidance on the niceties but also the necessities – such as a good PA system to ensure that the all important speeches can be clearly heard; along with top tips on table layout and toilet access! And if you're heading further afield to tie the knot then Delta work with some of the UK's finest wedding locations and can offer assistance here too, whether it be with simply putting you in touch or providing a complete management service.

No matter what your dream day entails Delta will ensure an exquisite event. If you'd like them to take the worry out of planning your wedding you can call them on 865885 or visit www.delta-av.com





Focus on you!

We met up with Make-Up Artist Sarah Langan (pictured left) and Beauty Therapist Bekki Kee (pictured right) from the Bridal Beauty Team to get their top tips on how to look great on your big day.

 Find your perfect lipstick colour. The camera washes out your lips so go for a colour that is at least two shades deeper than your natural lip colour.

2. Cut out sugar and alcohol two months before your wedding. You will look fresher, younger and be less inclined to have breakouts.

3. Eyebrows are so important for framing the face. Have them professionally shaped and be aware that it may take a few months to achieve your perfect brow.

4. Have a course of facials focusing on lymphatic drainage, skin tone and radiance.

5. Start a home skin care routine. Invest in quality moisturiser, serum or night oil suitable for your skin type.

6. Use the right primer to create the perfect base for your foundation. Matte, hydrating, pore reducing or colour correcting. There is a primer out there for everyone.

7. False lashes really make the eyes pop. If extensions aren't your thing, consider LVL lashes, a semi-permanent lash enhancement that gives your natural lashes Length, Volume and Lift.

8. Exfoliate. Super soft skin means your make-up will glide on and your body will be ready for the beach.

9. Have a nails trial to pick your nail colour and get your hands in picture perfect condition. Neutral colours will show off your rings and are timeless.

10. Most importantly...take time out to relax. Stress can cause breakouts and interrupt your beauty sleep.

To book your free beauty consultation, contact Sarah or Bekki at bbteamjersey@gmail.com



F

Flowers + Decor

Eden by Claire can take care of all aspects of your wedding decor and design. The two talented ladies, Claire Evans and Natasha Boner, will work closely with you to create the wedding look that you really want. If you've seen something stunning on Pinterest then these are the girls who'll make it happen. From flowers and centre pieces to prop hire, inspiration and all that's in between, they've got it covered.

Visit them at the beautiful Eden by Claire boutique on Halkett Street to find out more.



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G

A wedding gift for your wife to be, a present for the best Maid Of Honour ever, or a treasurable token to thank your mum for all the hard work she has put in to make your wedding perfect; in the classy Aurum showroom there is something for everybody.

From a beautiful Chanel watch to a stunning piece of handcrafted jewellery, here their dreams can become reality! Almost anything can be designed by Alexa Blampied and created by Richard and his talented team. Working from hand drawn designs or even your own ideas the skilled goldsmiths will create a piece of jewellery that the wearer will treasure forever. Aurum source the top of the range gems and the finest grade diamonds in the world but they also have some great fun and funky silver jewellery.

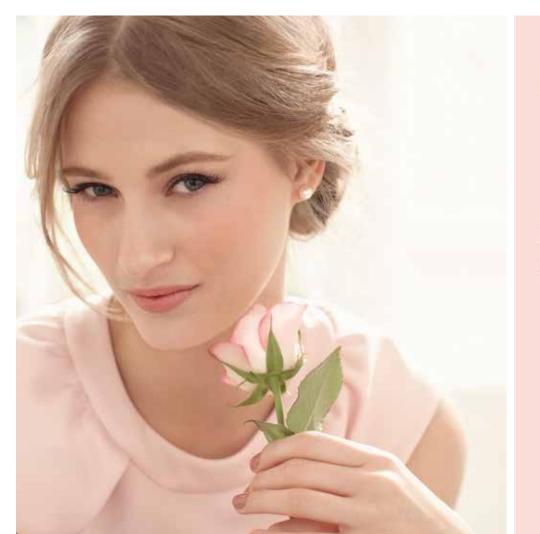
As you wander around the cabinets displaying dazzling diamonds, gleaming gold and platinum jewellery and unique objets d'art you will be welcomed by their friendly and knowledgeable sales staff who are there to help and advise.

Pictured: For your Jersey Bean on her wedding day, an 18carat yellow gold diamond pave set bean pendant £3,400. Or for an amazing Maid Of Honour or a brilliant new Mother In Law how about these sweet stackable rings made from 18carat white, yellow or rose gold with a choice of either yellow, pink, green or cognac diamonds, £550 each.



His'n'Hers

Rivoli Jewellers stocks a wide selection of wedding rings. Whether you are looking for a plain or diamond set ring, in platinum, 9ct or 18ct gold or palladium Rivoli will have the perfect ring for you. A shape to fit, bespoke fitting service is also available to ensure that your engagement ring fits perfectly against your wedding ring. All of the team at Rivoli are specially trained in helping you find the perfect wedding ring and each ring is handmade. All of their rings can be engraved inside with the date of your wedding so you never forget or anniversary or a special secret message!

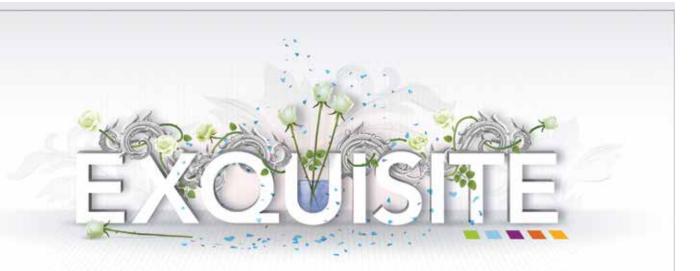






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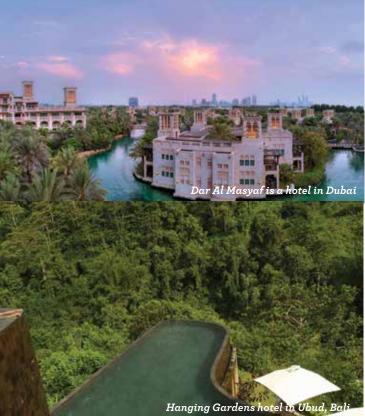
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Hanaumaa

Honeymoon

Words by Dani Jewell a Personal Travel Agent A Honeymoon is the most exciting holiday a couple will have together and although they will go on to enjoy many more wonderful holidays, this is the one that will provide the most magical memories.

Having worked in and managed travel businesses in Jersey in my earlier career, I noticed that without the right advice and help, too often the planning aspect becomes more of a stressful chore, rather than an exciting start to the honeymoon preparations.

To select the right person to consult with on your dream holiday, and to ensure it lives up to expectation, it is important to speak to someone that shares your passion and clearly has the knowledge and experience to structure it perfectly.

The most important aspect of my role is to understand what makes a perfect honeymoon for you. Whether your dream is an African safari or finding a romantic hidden beach in the Seychelles, you will get much more out of your honeymoon with the right planning and advice.

It is also not unusual for a honeymoon to be arranged as a surprise by the Groom and the responsibility of choosing a destination, resort and activities can be overwhelming. Researching these and delivering an exciting itinerary is what I do for all of my clients.

I find that many people do not have time to spend in a queue in a high street travel agent, nor do they wish to spend their time trawling the internet when there is little or no service to assist them.

This is why I offer a truly dedicated, professional and personal travel service that comes with seventeen years' experience in the travel industry. I offer my clients impartial advice and recommendations to assist them in choosing their perfect holiday.

My clients have access to me 7 days a week, whether it is for consultation visits to their home or office, by email or phone.

I started my business in 2009 and with the backing of the UK's largest independent travel agent, the Midcounties Co-operative, I am provided with ABTA and ATOL membership. This guarantees my clients finances are 100% secure and I have access to a wide choice of holiday's at the most competitive prices.

I specialise in luxury holidays and creating tailor-made itineraries and these cover all natures of holidays including sun, ski and cruises.

For more information on this travel service that I offer, please contact me at any time on telephone numbers 01534 618181 or 07797 751 656.





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Weddings.je helps couples organise their perfect wedding by providing them with all the information they need to get married in Jersey.



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to help couples design their wedding. Our supplier directory helps couples

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The Hi Ho Barn, La Rue de Bel Au Vent, St Lawrence, Jersey, JE3 1NE



>>>

find local businesses that operate in the wedding industry. Businesses can add their details to the directory free of charge.

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Three Perfect Venues - One Special Day

Choosing the right venue for your big day can prove to be one of the most time-consuming parts of wedding planning. That's why Seymour Hotels would like to propose three perfect venues, each with their own unique style to suit all budgets and occasions.

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Rural charm with beautiful, award winning gardens.

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The Merton Hotel

A family friendly venue with a pool, gardens and a variety of restaurants.

T. 01534 724231 E. events@mertonhotel.com www.mertonhotel.com



The Pomme d'Or Hotel

Superb, central town location, accommodating up to 300 guests.

T. 01534 751372 E. events@pommedorhotel.com www.pommedorhotel.com

POMME D'OR

BANDS OF BEAUTY

PHOTOGRAPHY Danny Evans MODEL Tamarin Marriott-Wilkinson White Lace Bra £30.60 from deGruchy

From left to right: Freshwater Pearl Ring set on silver, £255, JERSEY PEARL | Freshwater Pearl Ring set on silver, £163.50, JERSEY PEARL | South Sea Pearl Ring set on white gold with diamonds, £650, JERSEY PEARL | Bespoke Collection, fitted rose gold and diamond wedding ring, from £600, DIA-MONDOLOGY | Freshwater Pearl Ring set on 9ct gold with diamonds, £525, JERSEY PEARL | 2ct princess cut diamond full eternity ring from £2,700, DIAMONDOLOGY | Platinum and round brilliant diamond pave set ring £860 DIAMONDOLOGY



Top to bottom right page: Set of four coloured diamond stacking rings in yellow, white and rose 18ct gold at £550 each, AURUM | 18ct white gold pink sapphire and diamond cluster ring £1,320, AURUM | Brilliant cut diamond set in a diamond shaped cluster, 18ct white gold £2,795, AURUM | Princess cut diamond solitaire in 18ct white gold with diamond shoulders £5,800, and matching diamond set wedding ring £945, AURUM | 18ct white gold blue sapphire and diamond cluster £2,520, AURUM



£4590, BRADLEY JEWELLERS | Round Brilliant cut Diamond set in platinum with a pavé set shoulder and a matching reverse wedding band, 0.30ct centre F/VS1 0.40ct total and 0.12ct total on the wedding band. £2463 and £1432 BRADLEY JEWELLERS | Round Brilliant cut Diamond set in platinum D/VS1 £5140 BRADLEY JEWELLERS | Princess cut Diamond set in platinum 0.54ct E/VS1 £4522 BRADLEY JEWELLERS | 18ct White Gold Diamond Ring, Diamond Set Shoulders, £2850.00, RIVOLI | Platinum Solitaire 2.02ct, £9995.00, RIVOLI | 18ct White Gold Anniversary Ring, 3 Stone Princess Cut, Total Carat Weight 2.07ct, £9995.00 RIVOLI | 18ct White Gold Diamond Ring, Half Eternity, Princess Cut, Total Carat Weight 1.50ct, £2795.00, RIVOLI | Diamonfire Fancy Cocktail Ring, Sterling Silver, £154.00, RIVOLI | 18ct White Gold, Fancy Diamond Cluster Ring, Vintage Style, £1595.00, RIVOLI

Top to bottom: Diamond 3 set row half eternity ring featuring round brilliant cut diamonds 2.25ct F/G colour VS clarity with an 18ct white gold setting, £4,430, HETTICH | All pave diamond 2.18ct white gold ring with internal expanding shank, £4,765, HETTICH | Diamond half eternity ring featuring 12 graduated baguette diamonds 2.02ct G colour VVS clarity with round brilliant cut diamond edge 0.12ct G/VS with an 18ct white gold mill grain setting, £6,770, HETTICH | Diamond set half eternity ring featuring princess and baguette cut diamonds 1.20ct F/G colour VS clarity with an 18ct white gold setting, £2,440, HETTICH | Diamond full eternity featuring 26 round brilliant cut diamonds 1.61ct G Colour SI clarity with an 18ct white gold 4 claw setting, £2,070, HETTICH | Diamond set 2 row half eternity ring featuring round brilliant cut diamonds 0.75ct F/G colour VS clarity with an 18ct white gold setting, £1,800, HETTICH



Inspiration

Julia Williams Jersey Silver Duration with company: Since day one Top wedding purchase for 2014: Exclusive Jersey Granite and solid silver cow cufflinks £152 Famous crush: Russell Crowe Love is..... Hard work...but totally worth it!

Molly Velvet **Udoodle**

gift o

Duration with company: 12 months Top wedding purchase for 2014: udoodle bangle with apple charm £99 Famous crush: Iggle Piggle Love is...... Somersaults with Daddy

Deb Macklin **The Bench**

company: 9 years Top wedding Diamond set wedding rings, hand engraved with the bride and grooms fingerprints. Diamond set Wedding rings from £300 Mr Mitchel from Educating Yorkshire Love is..... a belly aching laugh

Tina North

udoodle Duration with company: 3 years Top wedding purchase for 2014: udoodle pendant £45 Famous crush: David Bowie Love is..... 6 ft 2 and very rugged(you know who you are!)

Ania *Jersey Pearl*

Duration with company: 4 years Top wedding purchase for 2014: Classic Freshwater Pearl stud earrings. Prices start from

£29. Also wearing, Multi Natural Freshwater Pearl Necklace with 9ct Yellow gold clasp, £1130.00.

Matthew

McConaughey Love is..... Breakfast in bed on a Sunday morning

Carol Madigan Time and Ocean

company: 6 years Top wedding purchase for 2014: Freshwater Pearl drop earrings on white gold with diamond, £338.50 & Freshwater Pearl

Rope Necklace, £169.95 Famous crush: Daniel Craig Love is..... when his happiness is more

important than your own

Jersey Pottery

Weddings by Jersey Pottery: Are you looking to throw a fantastic wedding party at home or at your chosen venue or host an intimate pre-wedding dinner party in one of Banjo's private events rooms? Jersey Pottery's dedicated Private Events team offer a range of options to entertain in style. They have over 25 years experience catering for formal dinners, casual lunches, parties, cocktail and canapé receptions for up to 800.

Banjo Private Events "at Home": As the successor to Jersey Pottery Outside, they are recognised as one of the leading events caterers in Jersey and provide restaurant quality food and service for receptions (from 35 people) at your chosen venue whether it's at your home, local heritage or other site.

Banjo, St Helier: Hidden away with their own dedicated floor, kitchen and pantry, our three beautifully appointed private rooms can accommodate private events and parties for between six and 120 people. The Beresford Room at Banjo is also an approved premise for civil marriages

Oyster Box and Crab Shack, St Brelade's Bay: Can accommodate parties for up to 25 people in a dedicated area of the restaurants and receptions on our Oyster Box beach terrace looking over St Brelade's Bay for up to 100. Oyster Box and Crab Shack are not generally available for exclusive private hire.

Crab Shack Gorey: Can accommodate lunches and dinners for up to 25 people in a dedicated area of the restaurant or on the terrace which has views of Mont Orgueil.

Jersey Pottery Wedding Lists: All their ceramics can be combined into a personalised on-line wedding list from which your friends and family can make gift purchases.

Each event is individually tailored to your requirements, so contact them on 850820 for more information or go to www. jerseypotteryrestaurants.com



Jersey Heritage

There's nothing like a ceremony or reception at an iconic historical site to wow your wedding guests and if two castles, a Victorian Merchant's House, a 17th century farmhouse and a medieval chapel weren't enough, Jersey Heritage has some new venues up its sleeve for 2014...

Fairy tales and castles, farmhouses and chapels

For a true fairy-tale wedding, Jersey Heritage offers the rare chance to hold your ceremony or reception in a castle. Both Mont Orgueil and Elizabeth Castle invite spectacular views across the sea, providing stunning backdrops for your wedding snaps.

For something a little more intimate, there's the charming gas-lit, Victorian drawing-room at No. 9 Pier Road, a restored 19th century Merchant's House. The adjacent Merchant House Brasserie is also available and in the summer the walled garden is adorned with lavender and vines, creating a beautiful refuge in the heart of St Helier.

If it's a countryside venue you prefer, you may be more at home at Hamptonne's traditional restored farmhouses where you will find open fires and original beams. Drinks can be taken in The Pressoir (the Cider Barn) served on the original cider press and receptions can be held inside Hamptonne House or in a marquee overlooking the meadow.

The ancient site of La Hougue Bie is truly unique. Hold your ceremony on the rose covered veranda in the grounds at the base of the hill or in the 12th century chapel of Notre Dame de la Clarté on the grassed topped hill.

New for 2014

This year, couples will also be able to tie the knot in the majestic Great Hall or the panelled De Quetteville Library at Victoria College. The main college building dates from 1852 and is a magnificent example of Gothic Revival architecture. After the ceremony, guests can enjoy a glass of champagne on the sweeping lawn whilst admiring the panoramic views over St Helier.

The Wedding Night

Couples in search of a romantic hideaway for their wedding night need look no further than the new Hamptonne apartments. Hamptonne is a beautifully restored farm with a collection of thatched granite houses, stables and meadows. It is an idyllic rural site, offering a traditional and memorable setting for a relaxing family break or romantic getaway. Two well-appointed, comfortable self-catering apartments have been created amongst the thatch and granite of Hamptonne's historic architecture. The Stable Apartment sleeps up to four guests in a double bedroom and twin bunk room and has a cosy open plan reception room and kitchen, along with a shower room.

Inspired yet?

For those needing a little more inspiration, full details of all the Jersey Heritage Venues can be found in Jersey Heritage's Ultimate Venue Hire Guide, which can be picked up from any of the sites or downloaded from www.jerseyheritage.org What's more the Jersey Heritage Wedding Team have a wealth of knowledge and are happy to help with all things wedding related.





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TOP TIP

Decome a Jersey Heritage member and receive 10% off wedding venue hire and 15% discount on Jersey Heritage Holiday Lets. Membership starts 'om just 90p a moord

Just WOW Dresses to die for by designers you might not have discovered yet.



Both dresses pictured are by Beirut-based Lebanese fashion designer Zuhair Murad



This showstopping dress is by Israeli designer Berta



Australian designer Anna Campbell is renowned for her stunning embroidery detailing



This jaw dropping backless creation is by Tel Aviv based designer Julie Vino

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K Keep calm they've got it covered

Boasting enviable views over the sun kissed Elizabeth Marina, Elizabeth Castle and St Aubin's Bay coupled with Yes I Can service, the Radisson Blu Waterfront Hotel, Jersey has something for you. Whether you wish to hold the entire ceremony at the fully wedding licensed hotel or simply a stunning reception, the sparkling marina provides the idyllic backdrop.

Exceeding expectations, the venue, views and staff combine to make the day as special as it should be. The exquisite Le Hocq Suite, residing on the top floor of the hotel, offers the wow factor with panoramic views over Elizabeth Castle. The perfect romantic setting for intimate ceremonies and receptions for up to 80 guests, Le Hocq is flanked by two luxury bedroom suites which can accommodate the bride and groom and other VIP guests.

In addition to this, the hotel's south facing Waterfront Terrace is ideal for chilled welcome drinks and a beautiful setting for stunning photos. Adjoining the restaurant, the modern glass-fronted Elizabeth Room accommodates up to 80 guests for private dining and benefits from a private terrace area with uninterrupted views of the marina. For larger ceremonies and receptions, Rocco Suite can cater for up to 250 friends and family who wish to celebrate the big day.

Their Executive Chef delivers a medley of indulgent menus in our suggested wedding packages. For couples with their own proposals the Chef can offer creative suggestions to suit your theme or tradition or simply something exclusively unexpected to impress your guests.

With 195 luxuriously appointed bedrooms and suites, a state of the art health suite, a first class restaurant and cocktail bar; guests can take advantage of the views, service and amenities on your big day.

For civil ceremonies and intimate dinners, chic receptions and sparkling parties; our sole aim is making the perfect day for you. All you have to do is arrive on time. Let us be your Something Blu... Call 01534 671172 to speak to their wedding coordinator.

Photography by Matt Porteous, Natalie Mayer, Tony Ogilvie.





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Lovely personal touch

We all know Jersey is a perfect place to have your wedding, and we are all proud to include a little piece of Jersey during our wedding day. That's why Jersey Silver's exclusive Jersey Granite cufflinks are the perfect finishing touch to any groom's attire and an ideal Jersey gift for your wedding party. Crafted in solid silver, each set with a real piece of Jersey Granite, their cufflinks start from under £50 and are presented beautifully packaged. We love them, especially the quirky Jersey cow design. You can find them at Jersey Silver in Jersey Pearl St. Ouen. Don't forget their special offer until the end of May, buy cufflinks for you wedding party of 4 or more and the groom's cufflinks are free! Just mention you saw them in Gallery's Bridal Bible!



If you are up for something that little bit different, something fun and something to provide you and your guests with entertainment throughout the day then Dr Media have just the perfect thing for you; Marryoke! This is where your guests all sing parts of a song and they'll put it all together to create a brilliant funny keepsake!

You chose the song, they storyboard your choice and film scenes throughout your wedding day, they then edit the footage and provide you with your very own music video that you and your guests will love.

Let your guests know what they're in for and, perhaps after a drink or two, they'll soon be throwing themselves into it. The Dr Media team are as discreet and unobtrusive as possible, no one will be forced to get involved, however, it is a case of the-more-the-merrier!

To see some examples take a look at www. drmedia.je/marryoke.

Top tip: They can also produce Hen & Stag do versions too; which are great for watching during the speeches!





The best thing you can wear on your wedding day is your smile. And let's face it a great smile will be there for your marriage not just your Big Day. So Gallery has asked Jon Sproson of The Cosmetic Dental Group based at 9 David Place for his top tips for ensuring you have a smile to be proud of – after all you will probably never have so

wedding day. 'My very first tip to get that picture perfect smile, is to add a dental consultation to your to do list as soon as you have a date for you wedding. Many of our adult patients tell us after having their teeth straightened, that they wish they had done this before their wedding – I even treated one patient who had all her wedding photos of herself taken again!' Jon explains.

many photos taken of yourself than on your

'Secondly, know your budget. When I see a bride or groom, of course I will let them know everything that I can possibly achieve, but sometimes, time or funds are not always available. For instance in the before and after images here, as an alternative to braces, we devised a plan to firstly undergo a course of Professional Zoom whitening, which I then followed by bonding a highly aesthetic composite material to close the gap between her two front teeth. I matched, shaped and contoured this so that it was indistinguishable from her other teeth. This took no longer than three hours, did not damage the existing teeth, was very cost effective and painless but most importantly the patient was delighted with the results,' Jon says.

'My third top tip is visit your hygienist. Our hygienists will ensure you are confident that you not only look good by completing a deep stain removal programme, you will also have the confidence that comes with knowing your breathe smells fresh too! And with a Zoom Professional whitening, Victoria, Tammy and Katie can achieve a sparkling white smile for you. This is one of the quickest and safest ways to improve your smile.' Jon adds.

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Curious to know more? The Cosmetic Dental Group is offering Gallery readers a FREE wedding smile analysis consultation. This is a non clinical consultation with no obligation. If you decide to take the next step and bride and groom book appointments - either the bride or the groom will get their clinical consultation and their first new patient hygienist appointment at HALF PRICE, PLUS you will both receive a £50 voucher each against Zoom Professional Whitening! **Simply call 731680 and quote Gallery. (Full terms apply)**



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Open-countryside feel Les Charrieres

If planning a wedding seems like a nightmare to you the best option is to opt for something that incorporates all the elements with the least level of stress.

Les Charrieres Hotel and Leisure Club St Peter is licensed for civil weddings and partnerships, so if avoiding a church is high on your agenda then this is a great place to start. Being a hotel it means there are rooms available for getting ready in the morning before the ceremony, and it also means that if you have any guests coming from further afield, they have somewhere to stay (also useful if you are just having your wedding out west of the island!)

As well as being able to get married at Les Charrieres, you can then go on to have your photographs taken in the stunning St Peter countryside, or in one of the nearby bays, followed by a reception or ceremony in one of their three function suites. It saves on transport aand also means you can enjoy your champagne and dance the evening away without having to worry about getting everyone from A-B.

Another bonus is their free wedding consultation and planning service. If you can't choose what colour balloons you want, they will do it all for you!



Photographer

DR Media

"We aim to capture your wedding day in a unique and authentic way - providing you with a set of images that will last a lifetime. Our reportage style captures real-life, candid moments that convey the true story of your day, including all the laughs, tears and cheers along the way. We pay close attention to details, the things you've spent hours deliberating over... if they are important to you then they are important to us. For group shots, we adopt a modern, relaxed approach, ensuring that everyone is involved and enjoying themselves. If you have a special place that you would like to have some photos taken - away from the hustle and bustle of your big day - we would love to make the most of Jersey's iconic landmarks/landscape and capture tt classic album cover shot." Danny Richardson.



TOP THREE FAVOURITE WEDDING PHOTOS

hoto 1: Kayleigh & Shane Goggin, 2013. Shot at their reception at La Mare Vineyards, this photo encapsulates the cool, rock'n'roll style of Kayleigh and Shane's big day. Sun, shades, shoes, view... and a stunning couple too. Photo 2: Sarah & Andy Dewhurst, 2013. A great spareof-the-moment capture as Sarah briefly broke into song "Going to the chapel and we're going to get married"... upon arrival at the St Clement's Church. Photo 3: Lorraine & Chris Khan, 2013. There's a saying, "A man's home is his Castle - until the Queen arrives". This image manages to evoke a similar feeling with Lorraine the centre of attention as she stands on the top of the exquisite wooden staircase at St Brelade's Bay Hotel as her lucky groom looks on.

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"WE HAD THE MOST PERFECT DAY"

MONT ORGUEIL CASTLE



Built in the 13th century to protect the Island, this dramatic castle towers over the beautiful harbour of Gorey. With spectacular views of the Island's east coast and across the sea to France, it makes the perfect backdrop for a wedding ceremony or reception.

Civil wedding and partnership ceremonies are held in the candlelit Medieval Great Hall at the very top of the castle with amazing views across to France. Religious ceremonies can take place inside the Chapel of St George or at an outside altar at the heart of the castle that creates the most stunning and unique venue for a ceremony.

Typical capacity ranges from 20 - 130 guests.

MERCHANT'S HOUSE JERSEY MUSEUM



No 9 Pier Road adjoins the Jersey Museum and is one of the finest examples of a 19th century town house in Jersey. The beautiful gas-lit Victorian drawing room has been fully restored to how it would have looked in 1861 when it was home to a prosperous family in Victorian St Helier; making a unique setting for a beautiful civil wedding or partnership ceremony. Drinks can be served in the museum courtyard and gardens whilst the drawing room is transformed into an intimate reception space where dinners can be held for up to 30 guests.

The Merchant House Brasserie is also an ideal location for wedding receptions. In the summer the walled courtyard, adorned with lavender and vines, is a beautiful and peaceful refuge in the heart of St Helier.

Typical capacity ranges from 20 - 60 guests.

ELIZABETH CASTLE



Elizabeth Castle sits in St Aubin's Bay, built to defend the Island from attack for 300 years. Civil wedding and partnership ceremonies are held in the Governor's House, which was built in the 1590s. Sir Walter Raleigh was its first resident and it was where Charles II lived during his short stay in the 1640s.

This beautiful building has a large terrace, perfect for drinks after your ceremony, and is located near the top of the castle where the views are fantastic. The Castle Ferry will take you and your guests to and from the castle and members of the 1781 Jersey Militia can mark your marriage with a musket salute or cannon firing.

Typical capacity ranges from 20 -100 guests.

YOUR HISTORY STARTS HERE: TELEPHONE 01534 633312 EMAIL weddings@jerseyheritage.org

Create your own history in a beautiful and captivating Jersey Heritage Wedding Venue.

Whether you're planning a simple, intimate ceremony or a lavish banquet, your wedding will be made even more memorable set against the backdrop of one of these historic sites. From imposing castles to a Victorian merchant's house, from a 17th century farmhouse to a picturesque medieval chapel on a hill, we have the perfect venue for you. For more information about hosting your special day at a Jersey Heritage Wedding Venue, please contact a member of the Jersey Heritage Wedding Team. They can show you around the venue, advise on plans and arrangements and be on site throughout your special day to ensure everything runs smoothly.





HAMPTONNE COUNTRY LIFE MUSEUM



Hamptonne Country Life Museum is a collection of fine traditional Jersey farmhouses dating back to the 17th century, which have been restored to their original beauty. Located in the heart of the Island's countryside, it is an idyllic site and a perfect venue for a civil wedding or partnership ceremony.

After your ceremony, drinks can be held in one of the courtyards, the orchard or Le Pressoir where your drinks can be served on the original cider press. Wedding receptions can be held in a marquee overlooking the meadow or an intimate dinner for up to 20 can be held in Hamptonne House.

Typical capacity ranges from 25 - 130 guests.

LA HOUGUE BIE



This ancient site has beautiful and peaceful grounds that are dominated by a grassed hill topped by the picturesque 12th Century chapel of Notre Dame de la Clarté, where small religious ceremonies can take place. Civil wedding or partnership ceremonies can be held on the beautiful rose covered veranda and wedding receptions can be held in a marquee in the shade of mature trees in the grounds. This is a unique venue which will make your wedding day really special.

Typical capacity ranges from 25 - 130 guests.

VICTORIA COLLEGE



Dating from 1852, the main college building is a fine example of Gothic Revival architecture and is an iconic St Helier landmark. Civil wedding and partnership ceremonies for up to 250 guests can be held in the majestic Great Hall or more intimate ceremonies for up to 60 in the panelled De Quetteville Library. After your ceremony, drinks receptions can be held on the sweeping lawn in front of the college with panoramic views over St Helier, whilst the hall is transformed into an impressive and elegant reception venue for up to 250 guests.

Typical capacity ranges from 60 - 250 guests.

VISIT www.jerseyheritage.org

A PERSONAL WEDDING STORY CAPTURED

ANDY LE GRESLEY PHOTOGRAPHY

It is a great honour to be asked to photograph someone's wedding day - it gives me the opportunity to capture a very personal and special event for a couple and their close family and friends. A wedding is such an exciting environment to be working in, I'm able to be myself, be creative and quietly capture the whole story of the day as it unfolds.

There is so much detail to document throughout the day; the close-up pictures of the flowers and the wedding dress; the final touches of hair and make-up in the mirror as you, the bride, rush out through the door; your arrival at the ceremony; the exchanging of vows; the sparkling champagne toasts and dancing at the reception as the party continues late into the evening.

But what really gets me excited about my work? Capturing the moment that your bridesmaids see you for the first time in your wedding dress, as you burst with excitement and all dive in to hug each other. Capturing the moment you first see each other at the end of the aisle, as your proud father looks on, trying to contain his emotions. Capturing the two of you at the end of the night when you've just had the best day of your life and you are looking into each other's eyes, sharing that moment when life just simply couldn't be better!

To help keep all of these precious moments firmly locked in your mind, I think it is very



important to have the day captured through a series of real storytelling images that you can hold onto for many years to come. As you look back through the images with each other or with your friends and family, you'll laugh, you'll cry and you'll be drawn back to the moments that you shared.

On the day, I will get close to the action but in a discreet and respectful way, photographing the day as it happens. I will listen and observe what's happening around me without intervening or directing. I aim to create images which are real and atmospheric, which have an intimacy that make a viewer feel as if they were there, even if they weren't.

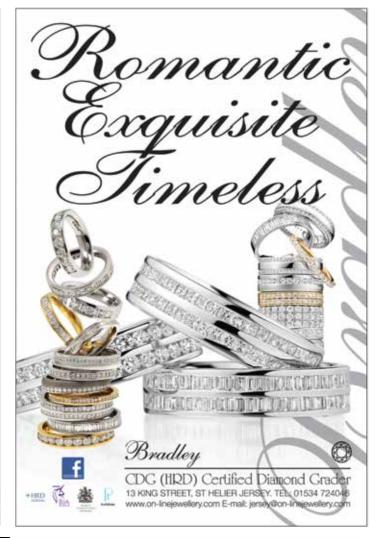
If you're interested in making a booking or would like to see more of my work, please visit www.andylegresley.com

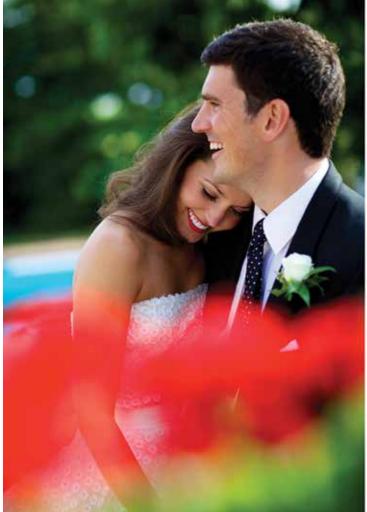




The award-winning collection includes save the dates - wedding invitations menus - place cards - seating plans order of service booklets thank you cards - monograms personal stationery - event invitations -









Documenting weddings in a creative and beautiful way to capture real moments that will bring your memories flooding back year after year.

www.andylegresley.com

P Photographer cont.

Chris Elward Photography:

"I'm passionate about shooting weddings. Many people have described my method of working as relaxed and natural. I love to capture those special moments which become the true essence of your day. The best photographs are often those unique and unexpected moments which will be remembered forever, telling the story of your wedding day and the people involved." Chris Elward

TOP THREE FAVOURITE WEDDING PHOTOS Image 1:

I love the natural beauty captured in this image. Whilst framed by the window, light flowing through radiates the Bride.

Image 2:

The "look of love" between David & Paula shines through in this image, despite the freezing cold on a wintry New Year's Eve.

Image 3:

I love shooting at Mont Orgueil Castle, it has so many unique hidden gems like this one, which frames the couple beautifully.









Justin Curran Photography

"Capturing the moment of your lifetime is the reason I became a photographer. I'm a great believer in natural, unforced images in which people are relaxed and at ease, I have a knack for taking away any sense of apprehension or self-consciousness. For this reason I don't require lengthy preparation or elaborate staging, but see the possibilities with the trained eye of an experienced professional, capturing the moment as it happens and conveying the emotion. For me the perfect wedding album captures above all those special moments that live on." Justin Curran

TOP THREE FAVOURITE WEDDING PHOTOS

1) Hotel Sunset Beach, Benalmadena - Spain. I love this shot. It was such a stormy day and the couple really wanted a few pics down by the sea.

2) Santo Domingo Church, Nerja, Spain. One of the best ways to relax the groom & party before the ceremony is to simply have a laugh with them. My photography is about providing that fun element.

3) Carrickfergus, Northern Ireland. Capturing the bride and groom having a quick chat, in between formal photos; shows a moment of true love.

Small enough to care Big enough to cope!





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Quite spectacular!

Shine bright like a diamond. Did you know some diamonds sparkle more than others? It's all in the cut, and no-one knows it better than the Royal Asscher Diamond Company who have developed their own signature Royal Asscher cut, considered to be one of the most beautiful ever created. Celebrating 160 years this year, Royal Asscher has a glittering reputation as master diamond cutters - they were the experts chosen to cut the largest diamond ever found, the Cullinan diamond, now part of the Crown Jewels. Their unique technique, using stones chosen from the top 5% of rough diamonds, gives each Royal Asscher diamond many more facets, enabling it to reflect and refract light with even more brilliance and fire than an ordinary diamond. Cut for their dazzling beauty, you can see these gems for yourself at Hettich, the only jewellers in the Channel Islands to stock Royal Asscher diamonds. After all, if diamonds are forever, it pays to follow your heart.





Ask the expert: Decia De Jesus, Director of Kiss & Make-up, gives you gorgeous gallery brides-to-be her top three tips for looking great on your big day.

SKIN CARE - Nothing matters more than taking care of your skin in the run up to your wedding. I always recommend Dermalogica products, which are the leading dermatologist-formulated skincare system in the country. A great one to boost your skin care regime is their Daily Microfoliant which will leave your skin smoother and brighter.

EYELASH EXTENSIONS - Semi-permanent lashes will give you longer, thicker and very natural looking eyelashes that can be combined for different looks from subtle and natural to trendy and glamorous. They are also perfect for everyday wear but they are ideal for your wedding day and honeymoon and they look stunning in pictures!

AIR BRUSH MAKE-UP - If you are after a truly flawless and radiant look then Airbrush makeup is for you! It is formulated with colour-correcting pigments to diffuse the look of imperfections. I love that it is transfer, sweat-resistant and will last all day. Its SILKsphere technology provides maximum coverage with a feather-light feel. Also its oil-free, non-comedogenic and hypoallergenic formula means it's great for all skin types.

All these services are available from Kiss & Make Up so for more information give Decia a call on 07797 832851



Stationery Stationery Trends to Spice up Your Wedding in 2014.

You'll want to be sure your wedding stationery leaves a lasting impression on your guests and sets the right tone. So we met up with Vaishali Shah, Managing Director of the award winning Ananya Cards, to find out what some of the main stationary trends will be this year:

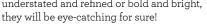
Radiant Orchid

Pantone's 2014 colour of the year looks set to dazzle the wedding scene this year. This charming and captivating shade of purple is perfect for romantic weddings. With flushes of vibrant, saturated pinks, purples and blues, expect to see Radiant Orchid glamming your stationery.



Back to Nature

This theme will blossom into bigger and bolder floral designs. The classic floral and rustic wedding stationery will take centre stage, from romantic florals to country garden and everything in between. Whether understated and refined or bold and bright,



Vintage Luxury

Inspired by the Art Deco era and the Great Gatsby, many couples are choosing the opulence and sumptuousness of the vintage style for their wedding. Rich in delicate detailing, ornate in design or covered in exquisite lace, it personifies romance and

The second of th

femininity. Adding a sprinkling of embellishments – pearls for a soft romantic glow, or diamanté for that eye catching sparkle, transforms the stationery into a statement piece.

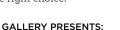
Delightful Damask

Damask's traditional, intricate designs remain classic and chic. Their timeless quality appears fresh and contemporary when given a modern interpretation. Combining patterns is also very 'now' and gives a rich flourish to the stationery when done with flair.

Making it Personal

Increasingly popular, the traditional initialled monogram can also incorporate symbols, flowers and animals. Embellished with crystals, they add that special exotic sparkle and shimmer. After the wedding, it can be adapted for personal stationery or almost anything you want! Your stationery is a fashion statement of your wedding; make the right choice!







J The whole shebang

Three perfect venues for your big day Choosing the right venue for your big day can prove to be one of the most time-consuming parts of wedding planning. That's why Seymour Hotels would like to propose three perfect venues, all with their own unique style to suit all budgets and occasions.

With its superb, central town location, the Pomme d'Or Hotel is able to cater for small, intimate weddings or large, elaborate celebrations and has recently been licensed to host civil ceremonies.

For more information on planning your wedding at the Pomme d'Or Hotel call Andreea on 01534 751 372 or email on events@pommedorhotel.com

The Greenhills Country Hotel is a four star country house, oozing with rural charm. Licensed for civil ceremonies and with beautiful, award winning gardens, The Greenhills would make the perfect setting for your wedding.

For more information on planning your wedding at the Greenhills Hotel call Carmelita or Joe on 01534 481 042 or email on reserve@greenhillshotel.com

The Merton Hotel, just 10 minutes' walk from central St Helier offers a convenient location for your wedding guests. We have a selection of function rooms to choose from and we even have our own private nightclub!

For more information on planning your wedding at The Merton Hotel call one of our team today on 01534 724 231 or send your request to events@mertonhotel.com

For 2014 The Seymour Group has created a unique package whereby a civil ceremony is held in the beautiful surroundings of the Greenhills Hotel followed by a larger evening celebration within the elegant surroundings of the centrally located Pomme d'Or Hotel. To discuss this package further please contact either one of the teams at the Greenhills or Pomme d'Or Hotel who will be happy to discuss your requirements.

Unique location

If you would prefer a truly unique wedding venue then a marquee wedding is the ideal solution. The team at Marquee Solutions can help you to create your dream wedding. With careful planning, attention to the last detail and in close consultation with you, they will provide the essential elements for a relaxed mood and magical atmosphere for your ideal wedding day memory. Visit their website for some wonderful inspiration and make sure you read the fantastic testimonials people have happily supplied them. These are the guys who go that extra mile when you need it most.

Visit www.marqueesolutions.je or call 861005 for more information.





Videography:

The DR Media videography packages provide a modern approach to wedding videography; capturing the key highlights of your day and edited together in a beautifully crafted way. Ensuring that you can relive the fun of your wedding time and time again.

The style of video is unobtrusive and relaxed, focussing on the natural events of your day as it unfolds and incorporating all of the little details that make your day unique.

They offer a variety of packages to suit; ceremony only, ceremony to evening, full day highlights or full day with extended footage of the ceremony, speeches and guests messages - if you have a special request then they can also tailor our packages to suit your needs.

You can also opt for fun extras such as an engagement photo-shoot at a location of your choice, then images from this can then be used to create a guest book or we love the sound of their Polaroid camera and fancy dress box to entertain your guests and give them a great keepsake!



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Wax Seals

The kiss A super quick

peck looks just

as awkward as a

full on snog. It

may sound silly

best to practice

Top Tip: make sure

you have a lipstick

that doesn't come

but it really is

beforehand!

off on him!

The secret to dream wedding stationary is a bespoke wax seal; it is the perfect final touch to your beautiful invitations. When your guests receive their invites and have to gently break through a wax seal, the excitement will mount; it's not everyday that you get something so special in the post. Also having your own personalise wax seal is just so cool! visit www. customwaxnseals.net and let the lovely team there help you create yours. *Top Tip:* ask them about their fab peel n stick wax stickers which are super easy to use.

Vac Diascal

Yes Please!

You may have seen their stunning set-up at the wedding fayres this year, we have total white leather sofa envy! Diamondology are creating some beautiful wedding rings this season, from plain bands, engraved detailing to bands with a sprinkling of diamonds. In their elegant and private Viewing Office in St. Helier you will be assured of the highest level of service, where no detail is too small. Using their sample library you can try on a myriad of designs to be sure you have the perfect wedding rings. *Not only that, commission your wedding rings before the 30th April and enter a draw to WIN your wedding rings for FREE, give them a call to find out more.*

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Get in the Zone Simply focus and follow our list below for hassle free wedding strategising.

"Marriage is more than sharing a life together; it's building a life together."

Your wedding time line tick chart

12 months+ before your wedding

Plan you engagement party. Discuss your budget with your parents or look up tips on saving for a wedding. Think about themes and colours for your wedding. Start your guest list. Choose wedding rings. Meet with and book your wedding officiant or clergyman. Select a date and reserve your ceremony and reception site. Check availability of places to stay for guests. Hire a wedding consultant if you're using one. Choose bridesmaids, groomsmen and ushers. Meet photographers, florists, caterers and entertainment.

10 months to go

Order your wedding dress and accessories. Get a Pinterest account and search for lots of inspiration. Plan your honeymoon (book any jabs you need and check passport dates!) Arrange wedding transport. If you're planning on making anything start doing it now. Order your invitations and plan your order of service. Buy bridesmaid dresses. Book wedding night. Arrange venue decor.

6 months to go

Organise a hen party / stag do. Finalise all details with your photographers, florists, caterers and entertainment. Send out your invites. Purchase any presents for your parents and attendees. Select groom's tuxedo and hire or buy attire for groomsmen. Write your vows. Order wedding favours for your guests. Choose outfits for Mother of the Bride and Mother of the Groom. Check marriage licence requirements. Start thinking about your favourite music for the party. Purchase wedding lingerie.

1 month to go

Meet with your hairdresser and make up artist for consultation. Book manicure, pedicure and spa treatment to relax. Break in your shoes. Buy a guest book.

1 week to go

Give final guest count to reception venue and caterer. Start packing for your honeymoon. Make sure everything fits! Send you wedding announcement to the JEP. Write any cheques required for the wedding day. Arrange for wedding gifts to be transported to your home.

1 day to go

As Frankie says... RELAX. Have fun with your friends and family who have come over early. Start getting snap happy. Ensure your overnight bag is packed and delivered to your hotel. Speak to your attendants - check everyone knows what they need to do and when.

After the wedding

Make a gift list and send out your thank you notes. Make sure everything is sorted out for your name change. Send wedding cake to anyone who couldn't make the wedding.

GALLERY BRIDAL BIBLE THE DIRECTORY

ERSEY



Quints of Jersey -Wedding stationery design & print We want your wedding stationery to be a personal choice and not just bought-off-the-shelf which is why we offer a bespoke design & print service where we can bring all your ideas together and create beautiful wedding stationery designs that

are inspired by you and designed by us!

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Anything is possible.



Kiss & Make-up Make-up shouldn't be a mask to hide behind but rather a tool to enhance your best features, revealing your natural beauty. This is especially true for brides and this is the philosophy that makeup Artist Decia swears by.

eye for detail as she works with you to create that signature look for your big day.

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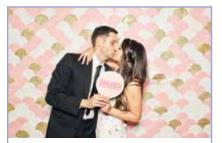
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WITH A VISTA TO MATCH

THOSE LUCKY ENOUGH TO BE INVITED INTO THE REALMS OF SIROCCO – THE ROYAL YACHT'S RECENTLY REFURBISHED SECOND FLOOR EATERY – WILL QUICKLY DISCOVER A TASTE FOR THE FINER THINGS IN LIFE.

From the impeccably prepared dishes to the upbeat, nauticalthemed décor, Sirocco boasts a chic and sophisticated dining hub – perfect for any occasion and most importantly, guaranteed to delight even the most discerning of diners.

Asides from the exceptional décor, which conjures up a quirky, upbeat oceanic melody, Sirocco offers a menu to match – encompassing a number of taste-tantalising, sophisticated Jersey favourites, with an edgy twist. The lists of options, which are impressive to say the least, show little sign of tiptoeing around anything likely to alarm a conservative clientele. In fact, on the chef's recommendations, one half of our starter entailed the breast and leg of an Anjou pigeon, smothered in a rich chocolate and cherry sauce, served with none other than an immaculately cooked tongue – which of course, perfectly counterbalanced the former ingredients – allowing the entire dish to take on a deliciously, contemporary spin.



Even the bread offerings showed real thought, with a choice of warming raison, hearty wholegrain or melt-inthe-mouth truffle rolls – the latter our preferred preference. And as if this wasn't enough, our immaculately dressed waiter then presents us with a small shot glass, brimming with a creamy concoction of cauliflower puree, adorned with lashing's of truffle oil – the perfect start to an already flawless dinner date.

The lighter, yet by no means less impressive starter (and another chef recommendation) is the Ballontine of Foie Gras, suffused with a delightfully graceful pear pannacotta and gingerbread infusion. The elegant, sweet flavours danced on the tongue – magnified by the intensely fragrant and fruity nose of the waiter's tipple of choice – La Fleur Mallet Sauternes.

Being a seafood enthusiast, for my main, I choose to opt for the pan fried Jersey bass, which comes complete with a colourful palette of flavours, comprising sweet potato, parmesan gnocchi and langoustine.

These ingredients, when paired together, quickly add up to a remarkably, flamboyant whole, especially when teamed with the light, fresh and elegant summer fruit flavours of the Sancerre Rosé.

In order to experience a little of everything the menu has to offer, our alternative main comprised a fillet of Irish beef, paired with roast parsnips, lentils and a scrumptiously succulent steak pie. We were then presented with a glass of Marque de Cáceres Rioja, further ascertaining the waiter's clued up intelligence regarding the solicitous pairing of fine foods and equally comparable wines.

The accompanying aperitifs are every bit as exhilarating as the desserts: a rare 1969 cognac, which arrives at the table on a spirit-laden trolley, complete with a flame to warm the glass – a truly unique, and mesmerising experience. It's easy to see why Sirocco's diners are wooed by the wit and charm of the sleekly dressed servers.

Dessert – a must for those who have the room to fit in a little extra indulgence, and why not? Simply entitled 'Chocolate' my next dish showcased a palatable yet perfectly formed stack of white, milk and dark chocolate ganache, oozing with a silky, aromatic chocolaty orange sauce. Whilst the banana parfait with peanut ice cream quite simply popped in the mouth, creating a heavenly medley – the effect – a gradual, snowballing and intensely enjoyable sating.

And for those who wish to prolong this dreamy dessert experience - tempting your tastebuds with one, or even two of the delectable chocolate lollypops (delivered to the table without question) is a must – the perfect climax to an evening well spent. to each gobstopping mouthful as it's devoured in all of its simple complexity – this is feedback at its best. APPETITE

Although the many diverse dishes represent works of art, it's not all tiny portions and large outlays; it's exceptional flavour at an affordable price, transforming local, seasonal produce into fresh and innovative gastronomy. The icing on the cake – Steve's creative flair and style.

Even the staff are uniformly lovely, upping the culinary game with fine dining notions and fitting recommendations. Whether you choose to opt for the succulent fillet of Irish beef with oxtail, pickled tongue, lentils and artichoke or a sweet, seductive seafood dish, you're guaranteed a melt-inthe-mouth moment.

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Sirocco's relaxed ambience and ambitious cooking certainly pays off - these guys know how to cook! It's a dining destination suited to all. It's trendy without being pretentious, it's fine dining without the gasp worthy price tag, and the added touch, a list of ever changing, contemporary plates that keep the menu fresh. On a return visit, you may not succumb to the exact same dishes, yet what you will find, is the same infallible quality.

This recently transformed restaurant certainly boasts a buzz. From the raising decibels of diner's chatter to the inhouse dicing, the smoking, the steaming and the slicing – the appropriate and veracious noises flow freely – a benefit to both the guests and the chef. Whilst the diner's watch their meal being lovingly prepared, the chef observes his guest's reactions to the food, or rather, the response First impressions clearly matter to head chef and foodie connoisseur Steve Walker, and the man behind the many wonderfully exquisite concoctions presented to our table. With an ability to fine tune suave ingredients, transforming them into a series of dramatic dishes – crafting each of the delicate yet full-bodied flavours to perfection – the end result is a sensuous dining experience.

Tangy and zesty flavours burst in the mouth, whilst complementing wines dance elegantly on the tongue. I'll certainly be going again - and just as the local buzz suggests, Sirocco has a definite place on the culinary map – as does the resident chef – who is often auctioned off by the Royal Yacht to cook up a storm for a series of charity events.

For reservations, contact 01534 720511

www.theroyalyacht.com/ restaurants/sirocco/

APPETITE NEWS



CRAVING CAVIAR?

New company Fine Food France, set up by Warwick Fallowfield Cooper and Julie Shingles, will be sourcing and supplying a delicious range of foods from France. The directors said that on numerous visits to France they have been overwhelmed by the variety and quality of foods available. Yet despite being so close to our French neighbours, these particular delicacies are unobtainable in the Channel Islands. One of the stars of their product range is Caviar Perlita from Aquitaine . Warwick commented "We are delighted to have been appointed the sole Channel Islands distributor for this caviar, which is not only quite delicious, but is also very reasonably priced and highly sustainable. The sturgeon are housed in an innovative geothermal estate, unique to Europe. The caviar comes from a very rigorous selection of females of seven to 12 years old and can be traced not only to the female who produced it, but also to the grandparents of the individual fish! The fish evolve in a natural environment with a high flowing volume of water for several weeks before harvesting - this ensures a perfect product. The result is extremely fresh, with subtle flavours reflecting the richness of the species with colours from light to dark grey and brown to black. The flavours are exceptional and can be enjoyed 'au naturel' or in a variety of recipes and with a variety of accompaniments." For further information, please visit their website finefoodfrance.com

BRIGHT, BOLD AND **FUNCTIONAL**

Shake off those winter blues with a bright Kenwood KMix Blender, it's perfect for making healthy smoothies or warming soups. Its powerful 800W motor and steel blades will easily whizz up ice, making margaritas a doddle. Choose from a variety of colours, guaranteed to brighten up even the dreariest of kitchen worktops. This isn't just any blender and it is sure to be admired for its looks and performance alike.

Available at de Gruchy





EAT JERSEY

As part of the Jersev Student Business Challenge two year seven students from JCG, Lucy Howarth and Harriet Rothwell. have created these delicious Jersey shaped cookies. So far they have been selling well and with 10% of profits going to Jersey Hospice they will not only satisfy your sugar craving, but your conscious too. If you would like to order some cookies you can email the girls at eatjerseycookies@ gmail.com or they are currently being sold at Ransoms and Holme Grown.



Chardonnay: To oak or not to oak?

Chardonnay - the all-rounder, the chap who plays the Violin and the Electric Guitar... in other words the most diverse and widely planted of white grapes in the World. It is used to make a multitude of different wine-styles from a rich and buttery oak aged Californian Chardonnay to a fine, zesty Blanc de Blanc Champagne of great finesse. When it comes to Chardonnay there really is something for everyone.

Basically there are two styles of Chardonnay, oaked and un-oaked. If you like your wine light in body have a crack at un-oaked. If you prefer something rich and buttery go for something oaked.

So if you'd like to immerse yourself in the diverse world of Chardonnay here are a few suggestions of where to start:

UN-OAKED

Domaine Du Columbier Chablis, Burgundy France

Chablis, a picturesque town South of Champagne, known for producing Chardonnay of steely purity... these wines leave the mouth-watering and you reaching for another glass on a sunny day.

Yalumba 'Y Series' Un-Wooded, South Australia

Yalumba, Australia's oldest family owned winery produces this stylish 'new world' depiction of Chablis. Tropical in character due to the warm climate, this wine delivers aromas of white peach and grapefruit whilst aged on lees adding complexity and body.

OAKED

Spier Signature, Stellenbosch South Africa

Rich and lush, this Chardonnay is an easy drinking example of value for money wine. A creamy, smooth and well-balanced wine with soft acidity.

Clonale Kooyong, Mornington Peninsula Australia

The Peninsula is a cool maritime climate producing Chardonnay capable of matching the best in the world. Elegant, savoury and restrained, with subtle oak influence. Slightly pricier than its colleagues above but worth every penny!



lovewine.je Wines available online or in store at Longueville Road

11-11



WORDS CHARLIE SMITH



AWESOME ALE PAUL HURLEY,

THE LIBERATION GROUP Liberation Ale's conception 6 years ago, and the islanders appetite for it, has made it The Liberation Group's best selling locally produced beer. In this Golden beers first full year it won the Champion Beer at the CAMRA Jersey Beer Festival 2009 and followed this up in 2011 with the Gold medal at the International Brewery Industry Awards in the Cask Ale category at it's first attempt. These are the "Brewing Oscars" and so was a phenomenal achievement at these bi-annual awards. Liberation Ale then entered for a second time in 2013 and once more took the Gold medal in an unprecedented scenario for this fiercely contested event.

Many other awards, including a Gold medal in the Great Taste Awards 2012 and inclusion in The Independent's 50 Best British Beers have followed. Paul Hurley, Head Brewer "There are six of us in the Brewing Team with a combined experience of 150 years. Their passion, attention to detail and hard work, plus using the finest malt and hops, has borne great fruit and these various accolades are the icing on the cake of producing fantastic beers for the Channel Islands, and in recent years large exports to the UK. We are extremely proud of what we have achieved but won't rest on our laurels as we strive to produce even more diverse beers. Liberation Ale has been the foundation on which we have built the means to innovate and promote our craft - we simply love what we do!". www.liberationgroup.com



BEAUTIFUL BLACK BUTTER TIM CROWLEY, LA MARE WINE ESTATE Jersey Black Butter has a strong provenance with the island and is made using a traditional recipe, without any additives, using apples, cider, lemons, sugar, liquorice, mixed spice and cinnamon.

The jammy conserve is a perfect breakfast/ snack accompaniment in its own right, as well as a condiment and also can used as an ingredient in a wide range of recipes, for both sweet and savoury dishes

La Mare Jersey Black Butter was awarded 3 gold stars at the Great Taste Awards and 2 gold stars for its Jersey Black Butter Chocolates, an exquisite combination of the finest dark chocolate and La Mare's award winning Black Butter.

The Estate also produces Black Butter Fudge, Black Butter Biscuits and has just launched Jersey Tomato and Black Butter Relish and will be launching Jersey Apple and Black Butter Chutney soon.

But it doesn't stop there, other Great Taste Award winners are La Mare's Jersey Apple Brandy Cream Liqueur 1 gold star, Jersey Cider Mustard 1 gold star, Cider & Chilli Jam 1 gold star, Apple Brandy Jelly 1 gold star, Cranberry Sauce with Pinot Noir 1 gold star, Branchage Cider 1 gold star! The Great Taste Awards judging standards, devised by the Guild of Fine Food, are the most rigorous in the UK. Every entry is blind tasted by teams of experts. By the time it earns gold, it will have been assessed by at least three different teams.

All the judges' comments are made available to producers. La Mare's range is available from Maison

La Mare, King Street, St. Helier, airport duty free shop as well as various outlets. www.lamarewineestate.com



ROCKIN' RELISH

LESLEY GARTON, THE CHILLI KITCHEN Fresh and seasonal ingredients are at the heart of an island business that makes a range of modern and traditional chutneys, relishes, jellies, jams, chilli sauces, and oils and cordial.

Genuine Jersey member Lesley Garton of The Chilli Kitchen makes all her products by hand in the kitchen of her farmhouse home in rural St Helier, where the urban sprawl gives way to open fields.

If the ingredients cannot be found in her garden or foraged around her home and farther afield, they come from fellow members such as award-winning tomatoes direct from Peter Le Cuirot, strawberries, rhubarb and raspberries come from Joe Freire and chillies from Trevor Le Brun, David Blake and Charles Gallichan. She uses four different types of chilli from mild Finger through to extra hot Naga so many of her preserves come in different heats.

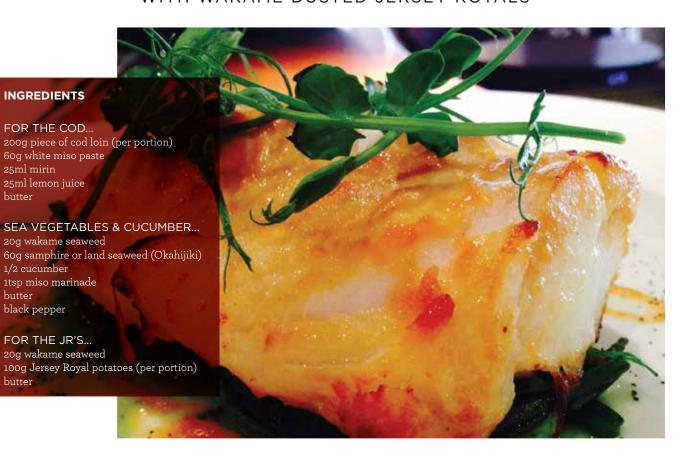
Lesley's most popular product is Twisted Sister Hot Tomato Relish - the first taste is of fresh tomatoes, you then get a double kick from the chillies to end on a smokey flavour! Last August it won Lesley a national accolade when the Guild of Fine Food awarded Twisted Sister One-Star Gold at the Great Taste Gold Awards 2013. Lesley also enjoys trading fruit from trees in customer's' and friends' gardens for a jar or two of their favourite preserves. She has been known to barter her famous chili sauces for damsons and pears!

The Chilli Kitchen products can be bought direct or from: Holme-Grown & Classic Herd Farm Shops, The Fresh Fish Company, The Spice House, Meyer & Son, Plemont Cafe, La Belle Gourmande and www.valleyfoods.com.



WORDS MARTYN HARVEY BLUSH

MISO COD, CUCUMBER & SEA VEGETABLES WITH WAKAME DUSTED JERSEY ROYALS



FOR THE COD...

Mix the white miso, lemon juice & mirin into a smooth paste, spread on top of each cod portion about 2mm thick, place on a non-stick tray and into the fridge for 2 hrs. (or as long as you have, even if it's just 20 mins)

To cook place in a pre-heated oven at 185°C with a knob of butter on each of cod pieces for around 8-10 minutes.

FOR THE SEA VEGETABLES & CUCUMBER

Cover the dried wakame with warm water to re-hydrate, remove and discard any thicker, tough stems from the wakame, once rehydrated strain off the water keeping about 100ml of it to mix with the 1 tsp of miso marinade to make a stock and set aside, with the cucumber peel off the skin and discard, continue peeling the paler flesh to create delicate ribbons, stop when you start to see the seedy centre. Now picking samphire, like when trimming the stalks off asparagus to leave only the tender tips, you need to pick through the samphire in a similar way to remove the most tender parts (it can be a little woody at the base) once ready set aside with the cucumber ribbons, wakame, miso stock and butter.

FOR THE POTATOES...

Blitz the dried wakame to a powder (removing any stalks if you see any), pass through a fine sieve and set aside for dusting over your buttered potatoes. Steam the washed Jersey Royals until tender and toss in butter.

BRING IT TOGETHER...

With only 2 minutes to go until your cod loin and potatoes are ready prepare your warm salad, in a medium hot sauté pan place the samphire and half the miso stock to steam it, add more if required (you do not want the samphire to dry out but also you do not want too much liquid either) sauté for about a minute until tender then add a good knob of butter, the wakame and cucumber ribbons and a few turns of black pepper, bring together until the butter has created an emulsion with the pan juice and the seaweed and cucumber have warmed through.

You are ready to plate up and enjoy!



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BARN FIND

This months sees us peek through the keyhole of Blanche Pierre Farm

BRAND NEW PLACES.JE NOW LIVE!

We've completely relaunched the places.je website for 2014 and it's online right now

Jersey's most comprehansive property platform for home buyers and sellers. Use one of these brands and get your property advertised in the right Places, in print and online









CLOSE THE DOOR ON THE WORLD

With oodles of space and higher ceilings than the average farm development, Blanche Pierre Farm is anything but a traditional barn conversion, it's a rare find.

Everything about this property seems to fall into place and click together. From the exposed stone walls, travertine tiles and original beams, to the under floor heating, state-of-the-art sound system and timeless décor, Blanche Pierre boasts both bags of charm and a contemporary edge. As a result, this family home is a combination of traditional, modern classic and shabby chic.

Although close to the airport and just a short distance from the hustle and bustle of St Helier, this characterful conversion leads you to believe that you're in the heart of the countryside. Surrounded by an incredible two acres of lush green space, comprising perfectly manicured lawns, tree-lined gardens and striking views of the valley and beyond, it's here that you'll stumble upon a truly unique, hidden gem – You would never find it if you didn't know exactly where to look and this undoubtedly adds to its intrigue. Once a shell of a house, this now beautiful family-orientated home offers potential buyers the opportunity to shut the door on the world.

Nestled at the end of its own private driveway, and tucked away behind a set of suave, automated gates – few are aware of Blanche Pierre's existence. In fact, before being wowed by this five-bedroomed converted farmhouse, you'll need to drive some 120 metres down a narrow path to reach your destination.

Once inside, you'll discover a truly secret sanctuary set over three floors. Since its redevelopment in 2010, no expense has been spared.

The kitchen – unquestionably the hub of the home – is one of Blanche Pierre's most impressive rooms. Despite its grand size, the Paul Haslam bespoke, custom made units, country-style sink, iconic AGA and peninsula island conjure up images of warm wintry evenings, cosy dinner parties and family breakfasts. This is the perfect place in which to entertain guests. Furthering this notion is the spacious and sublime country-style conservatory, which borders the kitchen.

The living room – an unexpected mix of old and contemporary enchants with an incredible efficient log burning stove and stone feature wall – the ruined remnants of the old farmhouse, dressed with beams and painted a chalky, white hue.

This is a home that reveals itself to you slowly and from the living room, guests are welcomed through to the main entrance hall. An additional inner hallway invites you up the open stairwell, showcasing a separate platform, positioned between the second and third floor. Ample sized windows drench the hallway in shafts of light, creating a spectacular vision, whilst also bringing a little of the outdoors in.









The master bedroom presents a sumptuous dressing room complete with an idyllic ensuite offering views over the valley, all of which can be enjoyed from the luxurious, freestanding bath.

A further two attic-style bedrooms can be found on the top floor, alongside a family bathroom complete with an enviable vista of the rolling hills. Both of these rooms boast a unique storage system in the shape of easily accessible walk-in wardrobes.

Each of the three main bathrooms, including the 'Jack and Jill' en suite, boast bathtubs, showers and under floor heating, whilst the many bedrooms feature Juliette-style balconies, which certainly take advantage of the surrounding, striking scenery. The south-facing Mediterranean-style garden is reminiscent of sun-drenched Spanish courtyards and is a vision of wisteria, olive trees, thyme, lavender and sweet scented roses – a haven of relaxation come summertime.

The garden's upper deck reveals an equally attractive vegetables orchard, which poses as the perfect plot for those with green fingers – hoping to grow anything from Jersey Royals to delicious raspberries and wild strawberries. To the left is a picture-perfect pasture and an endless stretch of gated lawn. Keen tennis players will be pleased to learn that plans have been passed to build a court upon this bounteous space.

Within the thick stone walls of this 100-year-old-property lies a tranquil and private family home, brimming with the perfect mix of original and contemporary features. Yet it's not merely the privacy afforded by Blanche Pierre Farm that will appeal to potential buyers; it's the quality of the establishment itself.





BLANCHE PIERRE FARM ST LAWRENCE

Guide price: **£2,495,000**

Splendid granite barn conversion 5 Bedrooms/3 Bathrooms Entrance Hall Large eat-in kitchen Family room Conservatory Dining room Drawing room Cloakroom and utility room Ample storage space Mediterranean-style garden & balconies Vegetable plot plus 2 acres of land Internal Garage & Ample Parking

Savills 01534 722 227 www.savills.co.uk

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INTERIOR NEWS

TAKE SPRING CLEANING TO THE NEXT LEVEL; DO A SPRING HOME MAKEOVER!

Why not treat yourself to some new crisp bed linen or invest in some statement furniture for an easy room change? That dream interior that you've seen on Pinterest or in Homes & Gardens, is achievable. You just need to de-clutter and then focus on the elements which most appeal to you. M&S Home in Liberty Wharf is the perfect place to start this process. They believe "that what's in your home should look beautiful, last well and of course be good value". And we've found, that time and time again, this is true of their homeware products.

They have a vast team of experts checking out the best trends across the globe and then they bring the very best of those trends back to HQ where they translate them into affordable products. All you need to do is pop in store and be inspired.

We've just seen their latest dining collection (pictured) which would provide an instant update in any kitchen or dining room. They also have some gorgeous new soft furnishings and decorative accessories for rooms which need just a little tlc. Or for a quick room update you could check out their made to order curtains, as changing your curtains can instantly transform the whole look and feel of a room.

What's great is that you're also not just limited to what is in store, because if you see something in their catalogue which you would like then they will simply order it in and have it built and deliver direct to your home. Your spring home make over is a lot easier than you think, just go for it.



ROMERILS OUTDOOR LIVING SHOW 13TH - 15TH MARCH

This great event brings you leading brands of outdoor furniture, barbecues, patio heaters, spas, swim spas, indoor and outdoor bean bags, children's play equipment, huts, decking, water features and just about everything you need to create your dream garden.

We met up with Sean and Paul, who run the Outdoor Living Department at Romerils, ahead of the show to find out their tips on what products are going to be big this year:

1) SPAS: For those who want to relax and enjoy all the health and recovery benefits of hydrotherapy there is a large range of spas and hot tubs by the world renowned manufacturer Master Spas including Clarity Spas, Healthy Living Hot Tubs and the Twilight Series all of which can be viewed in the 500sqft Department.

2) HEATERS: Patio heaters allow you to spend more time enjoying your garden. The

fab Chillchaser patio heaters, as seen on Dragons' Den will impress you with their low running costs and their magic ability to heat you from top to toe and not the air around you. They look great and the guys in the know predict they'll be very popular this year.

3) COMFY SEATING:

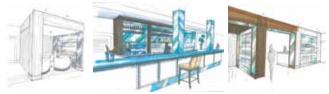
Beanbagcrazy bean bags are perfect for garden fun. Whether you're chilling out with friends or lying back with your favourite book enjoying the sunshine they are the perfect portable seating solution. The range includes funky and colourful models such as Big Hug and Beach Bum, lounging has never been such fun.

Romerils Outdoor Living in Dumaresq Street is open Monday – Saturday from 8:00am -5:30pm each day and welcome all who want to enjoy outdoor living. They are committed to serving customers with quality and affordable products, with many new and exciting ranges for 2014.



SNEAK PEAK...

Have you been wondering what's going on at The Radisson Blu? They are currently investing £1 million in a huge refurbishment with a whole new food and drink concept at their waterfront location. The design work is being managed by Trevillion Interiors who are specialists in design for the hotel and leisure sectors and a leader in their field.



As these pictures hint, the new design will be comfortable and cosy with a club-feel complimented by understated nautical references. Muted washed pastels will be splashed with accents of colour offset by rich, studded-leather upholstery and large plush cushions in a contemporary club feel. With subdued lighting being used this could be the perfect place for a nighttime cocktail stop looking out over the harbour; apparently the drinks service will be interesting and an experience it itself! Also their new menu is predominantly driven from local produce wherever possible, rich in seafood and focusing on the season with quirky specials - we can't wait to find out more.

gallery

FEATURED SELECTION



Detached house Three bedrooms Two reception rooms Stable block and paddock Open countryside location No onward chain





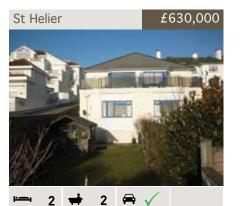
Large lounge / diner Fully fitted kitchen South facing garden Sought after location Immaculately presented

01534 730341 🥂 Gaudin & co



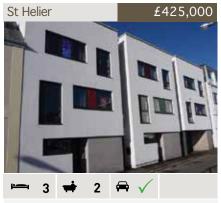
Fantastic 1930's Art Deco house Sought after address Incredible views of St Brelade's bay Flexible accommodation Good sized gardens

01534 710710 📷 🔂



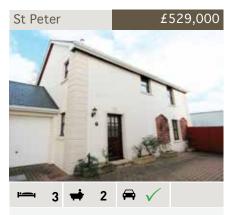
Open plan lounge/diner Separate kitchen plus utility Study/large storage cupboard South facing lawned garden & balcony Immaculately presented

01534 730341



Brand new, trendy town house Incredibly spacious Stunning roof terrace One secure parking space Central St Helier location

01534 710710



Garage linked Three beds/two baths Chain free Pristine presentation Select development Garden, garage & ample parking

01534 639955

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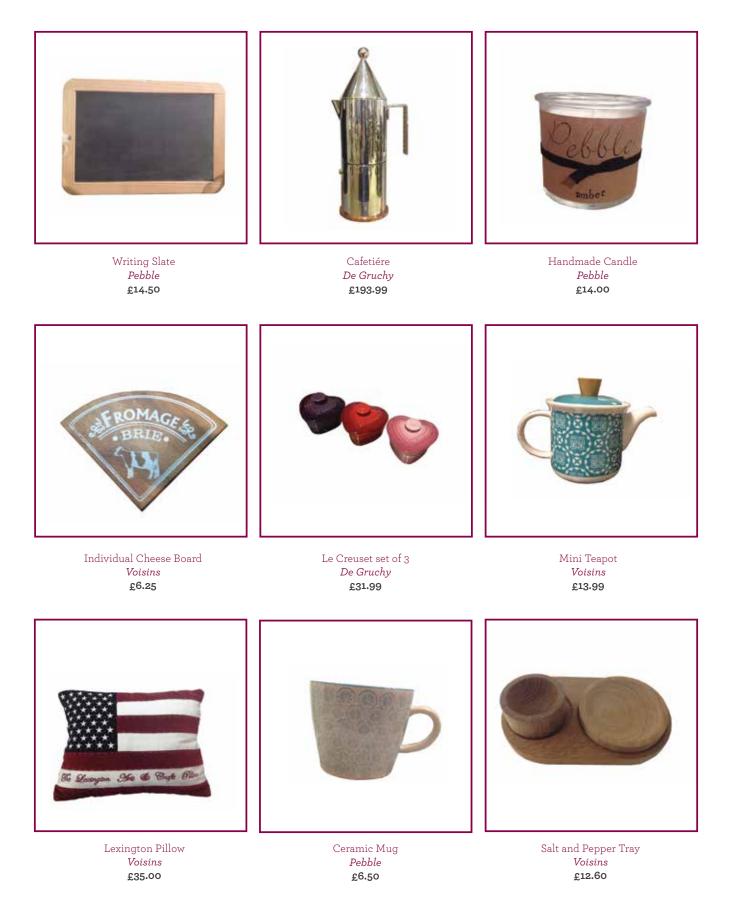


Moving in the right direction

Gaudin & co



The little things that make a big difference in making your house a home selected by us for you each month. Everything you see here is available locally!



agenda

ON THE AGENDA THIS EDITION: LAW

We speak to key figures in the legal profession locally, find out what they pack into their suitcases for business trips and help explain legal jargon

Plus all of the movers, shakers and business news brought to you in Gallery every month...

the LAW issue

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WELCOME

I'd like to welcome you to the first edition of Agenda, the feature led business supplement from Gallery magazine. Inline with the magazines theme of Judgement, or in this case Judgment, the 24 page supplement focuses on the islands legal profession, alongside covering the vast array of island business news and movers and shakers.

As the Chief Executive of Jersey Business I am often asked if the entrepreneurial spirit is alive and kicking in Jersey. The simple answer is an overwhelming yes! And there are examples of entrepreneurial success all around us in every commercial sector, and in particular from within Jersey's legal sector.

It is worth noting a comment on Entrepreneurship, from the gospel of Wikipedia; "Entrepreneurship may result in new organisations or revitalised mature organisations in response to a perceived business opportunity". Not a message that has been lost on the island's legal sector. This is an industry that has faced more challenges than most over its relatively brief off-shore history, yet continues to successfully adapt to the ever changing needs of not just clients, but to tackle head on and satisfy the global influences put on it.

However, there is no stopping the need to adapt and evolve; to respond to a perceived business opportunity. Jersey's ability to deliver services that meet the highest international standards, from a commercially favourable jurisdiction, will always be just one moment in time - a lesson seen regularly in recent times. There is a need for a continual commitment from industry to improve, adapt and to reinvent its offer; embracing technology as the likely way to build in productivity improvements. Of course, this must be support by Government to ensure that the appropriate changes in infrastructure are made to facilitate growth. So far, recent developments make a clear statement that both are happening in harmony.

There is a definite wave of optimism within the Jersey commercial environment that promises to make the next few years very exciting. At Jersey Business we work with organisations at every stage of their commercial journey to help them to achieve their goals faster. Our services are free, independent and confidential.

Enjoy,

Andy Cook

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BRITISH VIRGIN ISLANDS CAYMAN



EVENTS



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BNP Paribas Party THE ROYAL YACHT FRIDAY 24TH JANUARY





The staff of BNP Paribas celebrated the start of 2014 with a glamorous party.The evening was a great success with 150 guests, who enjoyed a delightful meal and danced the night away to a high-energy, edgy and unique performance by party band "Mad Hen" who flew in from the UK especially for the celebration.





On the night, BNP Paribas' Country Head, David Myatt, presented Jersey Hospice and The Teenage Cancer Trust with cheques totalling over £10,000 which was raised through staff initiatives during 2013.





Benest & Syvret Annual House Party

HILL STREET FRIDAY 31ST JANUARY





Benest& Syvret once again held its annual House Party at their elegant offices in Hill Street. Over a hundred clients and professionals joined the partners and staff for a cocktail party which encouraged all guests to break their New Year's resolutions!





Once again a themed cocktail, matchingBenest& Syvret's corporate colours, made sure that the evening was greatly enjoyed by all!

LAW FOCUS

WORDS DONNA WITHERS

We believe the BBC 1's Heir Hunters is the guilty pleasure of many, if you haven't watched it you're missing out on learning about the intriguing world of unclaimed estates as a result of people passing away and not making a will, if you're in need of some daytime viewing anytime in the future check it out. Until then Donna Withers the Head of Wills and Probate at Hawksford Law talks us through an area that is steeped in taboos throughout the world - death and the issues that surround it:

In our western society these taboos lead to a reluctance to focus on estate planning: measures to be put in place regarding your money and property on death.

It is estimated that approximately 50 to 70% of adults in the UK have no Will. This creates uncertainty on death and may lead to hardship for those left behind. Of those adults who do make the effort to face the difficult issues surrounding the inevitable, they may be disheartened to find out that Wills often contain errors. Mistakes in Wills will cause delay and some additional cost at best. At worse, they may lead to lengthy litigation, family feuds and the dissipation of the estate on the consequent legal fees.

As a probate practitioner, I have seen many Wills with mistakes which have caused additional cost to the estate of the deceased person. The first example I encountered was of a deceased gentleman who had a home-made Will, using an off the shelf "Will Pack" from a stationary retailer. Unfortunately, he had not realised that the Probate Court are particular about the appearance of Wills. He had used a part-typed form and had handwritten other parts. The Probate Court required his executors obtain affidavit evidence from the people who witnessed the Will (to confirm that the handwritten parts of the Will were already on the document at the time it was executed).

We were able to find the witnesses in that case and obtain the evidence to satisfy the Probate Court. The Will was able to stand as the gentleman had intended and so it all worked out in the end. However, this exercise cost the estate a two month delay in getting wound up and approximately £3,000 in additional legal fees, which reduced the inheritance of the beneficiaries. What if the witnesses could not have been found, or if they had died first? There was a risk that the beneficiaries in the Will may have missed

out altogether.

My final tale of woe relating to Will planning gone wrong proved a much more expensive mistake. In addition to the Will of which my company was executor, our client had a Will in Belgium (where she lived) for her assets there. Despite our warnings, and without our knowledge, she re-made her Belgian Will without the assistance of Belgian lawyer. This Belgian Will started with the immortal words (in French) "I hereby revoke all former Wills", rendering her Jersey Will useless and her intentions regarding her Jersey assets thwarted.

Fortunately, the disinherited beneficiaries of the Jersey Will were household-name charities with large legal spend budgets that they were able to take legal advice and embark on risky court proceedings to prove that her unintended revocation was ineffective. Three years later, this complex task was successfully completed, having engaged lawyers and tax advisers in Jersey, Belgium, England and the Isle of Man. A rough calculation of the additional costs to the estate (which was worth £1.5M at the start) is nearly £500,000 to the Belgian tax man and about £200,000 in additional legal and tax advice. Nearly half of the value of the estate was wiped out due to the client's error in failing to heed our warnings and instruct a lawyer in Belgium to prepare her Will correctly. I bet, if she's watching, she's kicking herself right now.

I wonder how that case would have played out if the beneficiaries were not household named charities with deep pockets to fund risky court proceedings. Would an ordinary beneficiary have the ability or inclination to risk £200,000 in legal fees to have the Will upheld? Bad enough facing the last taboo, but to face the bereavement with that potential liability and uncertainty would be extremely difficult.

In the light of these examples, it seems preposterous that anyone who has assets of any significant value would not invest a few hundred pounds to obtain a properly drawn Will, but would risk making it themselves. After all, there's no taboo in spending hundreds, perhaps thousands, of pounds each year insuring our possessions and homes. Yet a similar investment in a Will, the one document to insure all of your possessions, property and money after your death (when you will not be around to correct any mistakes) is not worth it?



CASE CLOSED

Approaching business travel in a slightly different way we decided that to really get in to the mind of a frequent business traveller we needed to have a look inside their suitcase. We were lucky enough to meet Simon Young, the lead partner in the Litigation and Dispute Resolution team at BoisBois, who not only travels as part of his role but he just so happens to be a pilot too.

BoisBois provides services to both its local Jersey clientele and international overseas clients having business or other interests in Jersey. Inevitably the litigation side of the business requires travel, often to London andless frequently to Europe and further afield, for example the Middle East, USA and Africa.

Simon's first career in Jersey was at the Pathology Laboratory and he learned to fly as a hobby in 1984. Since then he has gone on to obtain advanced licences and ratings which allow him to fly in any weather and proves incredibly useful for flying to London and Europe as he is simply not bound by the strictures of scheduled flights. "In fact on one occasion we were successful in winning business because I could fly out to Lausanne in Switzerland, having a rather short downhill runway,tomeet with the potential clients and return to Jersey all in one day as opposed to the client having to pay for a two or three day excursion! I usually try and fly myself if the destination is Europe. I do not have to worry about when a meeting finishes and if the weather in Jersey is rubbish I can divert for a pleasant stay in France!"

If the travelling is to places further afield then he grabs his passport and takes a commercial flight, packing everything he needs into a carry on bag, even to Australia,"so I can avoid, if travelling on my own, theinterminable wait at the baggage carousel."

Over 30 years of flying he has managed to develop an essential equipment list which has, as technology has evolved, "thankfully become even more minimal".

iPhone for on the move wifi for dealing with e-mails. I avoid3G roamingwhen possible. Battery life is a misery when used seriously;

Nokia C3 with JT traveller sim - 2p a minute phone calls makes this a no brainer and battery life meaning I don't have to charge the phone every 8 hours;

A travel wallet with limited number of cards but usually when I am outand about I travel with only small amounts of cash and one card - saves you being stuck ifyou manage to lose your wallet, or worse!

iPad definitely something I could never afford to lose, thisgives me all the connectivity I could ever want and now contains all of my approach platesmaps and charts for flying. **Portable lightweight Bluetooth keyboard** this is essential for using my iPad on the go.

Noise cancelling headphones these are fairly self explanatory and essential for long haul flights.

Mu charger this is a neat collapsible charger, taking up little room in your bag and can be carried in your pocket for that all too frequent emergencyiPhone battery top up.

Apple Airport express so I canuse wifi at hotels with a pesky ethernet only connection.

Ethernet cable as they never seem to be provided at hotels.

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RELATIVE VALUES

Nina Benest and Philip Syvret are the partners in the Law firm Benest & Syvret. Whilst Philip is a second generation lawyer, Nina is the fourth generation of the Benest Family to become a lawyer and they became business partners after the legal practices of their respective fathers merged in 1997 making it a true family firm.



Nina Benest My new set of Le Creuset tri-ply pans and my fabulous knife collection from Flint and Flame; together they make cooking a joy My daughter keeps asking me this and I can't answer as I don't have a "favourite". Probably electric blue or emerald green My kittens Vesper and Cosmo. Pomegranate Noir by Jo Malone In the summer it has to be spending the weekend on the beach at St Ouen surfing and barbecuing. Otherwise baking bread and experimenting with new dishes at home, then eating them en famille accompanied by my sister and her fiancé Pistachio As per how I most enjoy spending a weekend, although I do enjoy playing viola in the Jersey Symphony Orchestra and having the opportunity to be part of making fantastic music and learning from some very talented musicians. I am not really a film buff, but I have very strong memories of going to see Walt Disney's Fantasia at the Odeon as a young child. I was absolutely mesmerised by it. The Time Traveller's Wife by Audrey Niffenegger or Anger Management for Beginners by Giles Coren which is laugh out loud funny I'm more of classical music girl, but I do

like Muse and so would probably plump for "Sunburn" or "Unintended"

My husband and children are an obvious given, but after them my sister Amy to whom I am very close

I'm a sucker for Hugh Fearnley Wittingstall, Valentine Warner and Colin Firth

A big splurge would be a spa trip with the girls. A more modest splurge would be shoes or a handbag

This is tricky. However watching my son play as part of the National Children's Orchestras at the Birmingham Symphony Hall and at the Royal Academy of Music in London last year are very special memories indeed; let's just say I was a very proud mummy

Favourite possession Favourite colour **Favourite animal** Favourite smell Favourite way to spend a weekend **Favourite food** Favourite ice cream flavour **Favourite pastime Favourite film Favourite book Favourite song Favourite person Favourite celebrity** Favourite things to splurge on

Favourite memory

Philip Syvret

My home in St John! It is where all my favourite people are, a place to gather friends and family and occasionally a sanctuary from everything that life throws at me.

Has to be green, the colour of Braithwaite. Those in the know will understand...!

Not too fussed about animals really. We have two dogs at home but they are not my favourite residents!

Tricky one this. The smell of the sea always reminds me of Jersey no matter where I am in the world. The smell of a motor racing circuit just after the race start would have to be on the list as well.

It would have to be a combination of tootling around in a classic car, watching my beloved Tottenham Hotspur (preferably beating Arsenal)! and having as long as I like to digest all of the Sunday papers.

Vanilla - I am a man of simple tastes!

Touring in a classic car or watching the footie, or better still a combination of both. If not burying my head in a book, probably a historical biography.

Probably Forrest Gump because I remember watching that with its message about unconditional love on the evening my wife told me that we were expecting our second daughter. It still brings a tear to the eye!

I couldn't pick out a favourite but the one that probably has had the most influence in my professional life is Steven Covey's Seven Habits of Highly Effective People.

Impossible to choose. I love all types of music from opera to The Clash. The best song to sing has to be the Victoria College Carmen.

There are far too many fabulous people in my life to possibly narrow it down to one!

I have been mistaken for James Nesbitt a few times in my life which has occasionally got me a good table in a restaurant!

There is nothing better than the feel of a well fitted new suit. I am easily encouraged by a tailor to splurge!

Apart from distant memories of an idyllic childhood playing on the beaches in St Ouen, myhappiest memories are of summer holidays with my wife and our three children. In a busy workinglife time out with the family is precious

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FREE LUNCH

We all know there's no such thing as a free lunch, particularly in the business world. So last month we booked at table at Ormer, invited along a guest and had lunch, simple... The guest: Chris Austin, an Associate Lawyer in the Litigation Department of Parslows. The subject: Litigation. Chris has practiced at Parslows since the firm was formed by Advocate Carl Parslow in June 2011.

I guess the best place to start would be, can you explain what litigation is?

Well litigation is the term used to describe any contentious proceedings which are brought before the Courts for determination. In more general usage the term is often used to describe the process for resolution of any contentious issue between two or more parties.

What do you enjoy about working in litigation?

I have always enjoyed the challenge of a good argument! Seriously though, the interest for me lies in the analysing the interplay of the law, procedure, and evidence in each particular case, and then formulating a strategy based on that which best achieves my client's goals. That process is not always as straightforward as one might imagine, particularly when weighing the evidence which is to be given by witnesses, which is definitely an art rather than a science, with experience counting for a great deal. Moreover, in recent years it has become increasingly common to consider alternative means by which a dispute can

be resolved: although the classic litigation model where the case proceeds to trial and there is a winning and losing side is still alive and well, more often than not cases will settle before that stage is reached, frequently as a consequence of what is termed alternative dispute resolution - ADR.

Can you tell me more about ADR?

Both the Petty Debts Court and the Royal Court have the power to stay a case before them in order that the parties can attempt to settle the dispute though ADR. This can take a number of forms, but the most common are mediation and arbitration. The distinction between the two is that in mediation a third party, the mediator, will attempt to find common ground and facilitate the parties to reach agreement on terms to settle the action. My colleague at Parslows, Advocate Rebecca Morley-Kirk, who heads up the litigation department, is an accredited mediator, and the experience which she can accordingly bring to bear is frequently instrumental in allowing parties to successfully resolve issues without the

need to proceed to trial, with a commensurate saving in time and costs for the clients. By contrast, in arbitration a third party arbitrator makes a binding determination of the issues in dispute rather than the parties agreeing on how it will be resolved. Arbitration can nevertheless offer a number of advantages over the Court process, the principle ones being greater speed and lower cost, as well as the ability for an arbitrator with specialist knowledge of the area in dispute to be appointed.

What areas of litigation do you predominantly practice in?

I am fortunate to have a very broad litigation practice, which encompasses trust litigation, injunctive relief, planning and building litigation, partnership and shareholder disputes, regulatory work, insolvency advice and cross-jurisdictional asset tracing and recovery. I also defend clients in criminal proceedings and advise on contractual disputes and negligence claims. The latter can include everything from the archetypal personal injury claim arising from a traffic accident, to claims for professional negligence.

What do you enjoy about working in litigation? I have always enjoyed the challenge of a good argument!

Has the current climate had an effect on your practice, perhaps changed the type of cases you're seeing?

I have noticed an increase in the number of instructions which Parslows have received to advise on the various insolvency procedures which are available in Jersey, for example, désastre (bankruptcy) applications, both by creditors and the debtors themselves. We are also seeing an increased interest in the historic insolvency remedies such as dégrèvement, whereby a creditor can take title to immovable property free from other charges registered over it, and also in the creditors winding up provisions under the Companies (Jersey) Law 1991, which is not, as its name might suggest, an application made by creditors, but rather an application by the company itself in circumstances where the directors cannot sign the statement of solvency which would be required to permit a summary winding up of the company.

So is being a litigation lawyer a 9 to 5 job?

No, I could never describe it as that! The nature of litigation means that a case may evolve very rapidly, such as where, for example, new evidence comes to light or an urgent application is made by one of the parties, which can suddenly require completion of a great deal of work within a short time. A classic example of this that we deal with at Parslows is the mareva injunction, which is a freezing order which can be imposed by the Court to prevent assets being removed from the jurisdiction or otherwise dissipated. In circumstances where this danger is present it is obviously vital to act quickly to apply for the order before the assets are lost.





ollas Crill's Colette Hunt explains...

Electronic cigarettes look like the real thing but contain a rechargeable battery and a liquid that contains nicotine. Vaping is when you inhale the vapour produced when the battery heats up.

With a rise in sales, and public and medical opinion very divided, e-cigarettes have the potential to become a smoking gun in the workplace!

Should employers allow vaping at work?

There is currently no law covering the use of e-cigarettes, although if it is introduced in the UK or Europe the States of Jersey may do likewise.

In the absence of legislation, it is for each employer to determine their own policy.

Employers may decide that vaping does not fit with their corporate image and ban it. If so, this needs to be communicated clearly to staff (who need to appreciate that a breach could mean that disciplinary action may follow), but also to clients or suppliers attending the workplace.

If the work involves any contact with children, an outright ban is advisable.

If a work colleague lights up an e-cigarette in the office, what can you do?

You could politely ask the vaper to stop at work because you find it unpleasant or distracting.

If they continue, you could consult others working close by, or the vaper's manager, to see how they feel. If there is a consensus that it is offensive, the vaper should be informed, and told that if they ignore this informal request, the matter will be taken to the next level.

If the vaping continues, a grievance procedure will need to be implemented, forcing your employer to take action and make a decision.

What about at social events?

Employers may be able to adopt a more flexible approach, and be seen to support vapers who are genuinely trying to give up cigarettes.

If there are others vaping at the same venue it would seem unreasonable to insist that your staff refrain.

Prior to booking next year's Christmas bash, you may wish to ask whether the venue permits vaping, so that it does not become an argument on the night.

If the public view becomes that vaping is as socially unacceptable as smoking, we may well see vaping bans and areas specifically designated for vapers.

Colette Hunt is a Senior Associate in the Collas Crill Employment Team.



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CLEARING A PATH TO **PROGRESS**

As part of our focus on the islands legal profession in this edition of Agenda we wanted to profile an individual to find our not only about their career path but also their life outside of the office. Chris Philpott stepped up to be the first to face our questioning, he qualified as an advocate of the Royal Court in 2001, has been a partner of Carey Olsen since 2007 and is head of the firm's property law group in Jersey. Read on to find out about an interesting past and a secret interest in a well known American criminal drama.

Chris did you always know you wanted to be a lawyer?

Not at all. I really wasn't sure what I wanted to do as a career. I chose to study a degree in law because I thought it would keep my options open. During my studies I realised I enjoyed the subject and it was only then that I decided to apply to law school with the intention of becoming a solicitor.

Tell us about a particular case that stands out in your career.

One of the most challenging and interesting transactions I have advised on from a property perspective was Sandpiper's original acquisition CI Traders Estate in 2007. This was a landmark deal locally which required us to undertake full due diligence and report on over 110 commercial properties across the Channel Islands. This remains the single largest property transaction undertaken in the Channel Islands. We subsequently advised on the disposal of the 68 pubs and restaurants within the portfolio to The Liberation Group and the disposal of various retail premises to Waitrose.

What do you enjoy most about your job?

I have a great team who I enjoy working with. I am instructed to act for clients on some of the most interesting and challenging property transactions undertaken in Jersey. Every day is different and I never know what the next instruction will be. No two property transactions (or disputes) are the same, so there are always new challenges. As a partner, I enjoy being involved with the running of the firm and to contributing to the growth and development of our business.

Is there a phrase you live your life by?

I should live by the phrase "everything in moderation" – but unfortunately that doesn't always happen.

The phrase is probably "work hard, play hard". Whatever you decide to do, if you want to be successful there is simply no substitute for hard work...and when you get the rewards, make sure you enjoy them.

What do you do for fun?

I enjoy relaxing with family and friends. I enjoy travelling. I spend too much money on good food and wine. I try to keep fit (not really fun but necessary) and enjoy playing hockey, tennis and golf. I am a fair weather cyclist and, between April and October, try to cycle into the office each day from St Brelade.

Tell us a few things about you no-one else knows...

I previously worked as a dustman for the Public Services Department. It was hard work with early starts and I am not a morning person. I earned good money which paid for law school. I also received my first promotion, as road-sweeper responsible for cleaning the promenade at St Brelade's Bay. There are too many stories to tell! I strongly believe that whilst you are young you should try as many different jobs as possible – in as many different industries. The experiences – good or bad – will be invaluable in later life.

I secretly enjoy the TV show The Good Wife (but I don't let on).

What's your favourite city?

Melbourne, Australia. A superb city, where everyone you speak to seems to be passionate about food and sport. I am probably biased because I have family and friends who live there and I visit regularly, but I would recommend anyone heading to Australia to visit Melbourne. You won't regret it – and I am always happy to provide restaurant recommendations!

What is your favourite holiday destination?

On a boat sailing around the islands of Croatia.

What would your advice be to young people who may be considering a career in law?

I would tell them to go for it. It's a rewarding profession and I think it gives you options – whether that is specialising in specific areas of law (and there are many) or working for other businesses or industries.

MOVERS & SHAKERS



A First for a Jersey Law Firm?

Hanson Renouf, a Jersey based law firm, has recruited a Queen's Counsel to its ranks, and is understood to be the first Jersey law firm ever to do so.

Their Dispute Litigation team has been bolstered by the arrival of leading commercial silk Richard Jones QC. Richard joins Hanson Renouf in order to build upon the firm's existing litigation expertise and proceeds of crime work; he brings with him a level of experience and expertise, they believe, will be difficult to find elsewhere in the Island.

Richard shares Barristers' Chambers in the UK with Advocates Timothy Hanson and Mark Renouf, known as No5 Chambers, and currently heads up the following teams there: Banking, Finance & Finance Regulation; Commercial Litigation; International Arbitration & Trade; as well as Technology and Construction. All three lawyers will retain rights of audience to practise in England and Wales.

Hanson Renouf is organising a seminar on 13 March for Directors and employees of trust companies and banks. Richard will be addressing aspects of risk (both at a corporate and a personal level), including risks for executive and non-executive directors. Timothy will be speaking on recent legal developments in respect of proceeds of crime and Jersey Trusts.

For more information please email lucy.fosse@hansonrenouf.comor telephone 767764.



Style Group Gets Set for a New Era

As the Channel Islands' construction sector feels the positive effects of a recovering economy, Style Group has made two executive appointments that will ensure the firm is well-placed to grow as economic confidence returns.

Leading Style Group into this new era as Chief Executive will be Edward Poynton, who will maintain his role as Managing Director of Style Windows. James Joseph has taken a new role as Managing Director of AC Mauger Construction, having previously worked as Contracts Director.

Edward is the son of John Poynton, who founded Style Group in the 1970s. Whilst stepping down from his executive position, John will remain as non-executive Chairman of the group, ensuring that his decades of experience in Jersey's construction industry are always available to the executive team.



Moore Stephens appoint Business Development professional

Moore Stephens Jersey has strengthened the Business Development team with the appointment of Robert Luetkehaus, who has been promoted to the new role having previously worked in the Fund Administration department.

Before joining the team at Moore Stephens, Mr Luetkehaus acted as a director of a private equity company with offices in Zurich, Singapore and Mumbai. Mr Luetkehaus studied law and graduated with a degree in Real Estate Management in Germany before joining one of the largest global real estate companies.

Nicholas Solt, director of Fund Administration at Moore Stephens Jersey, said: "Robert has a wealth of knowledge across a variety of jurisdictions which has been extremely beneficial in developing our Fund Administration team in Jersey and I'm sure he will continue to thrive in his new role."

Amanda Gray joins Bracken Rothwell

Bracken Rothwell has strengthened its fund accounting division with a new senior appointment. Amanda Gray has joined the firm as a Senior Accountant and brings to the role over seven years of fund accounting experience.

Prior to joining Bracken Rothwell, Amanda worked for UBS AG as a fund accountant. In her new position, she will be dealing with private equity and property funds and will be responsible for the auditing, accounting and preparation of financial statements for both local clients and government quangos. James Pledger, director and head of intermediary business said: "Amanda's appointment is a fantastic coup. Amanda's pragmatic approach and personable nature fits perfectly with Bracken Rothwell's ethos. "

MOVERS & SHAKERS

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Moore Stephens Financial Management promotes Tina Bee to Director

Moore Stephens Financial Management (MSFM) has strengthened their senior management team with the promotion of Tina Bee to the position of director.

Tina, who joined Moore Stephens in May 2012 and previously held the position of senior consultant, was appointed to the new role at the beginning of 2014.

As director, Tina will take a more active role in the management of MSFM, advising clients on investments, protection and all aspects of retirement planning. She will also have greater involvement in business development for the firm.

Prior to working at Moore Stephens Tina worked as business development manager at the Royal Bank of Scotland International where she was responsible for managing a portfolio of international clients and building relationships with third party introducers.



Senior Risk Management Appointment by State Street

State Street in Jersey has appointed Paul Mundy as Head of AIS (Alternative Investment Services) Risk Management for Europe, Middle East and Africa (EMEA).

Based in the Jersey office, he is responsible for enterprise risk management and supporting the private equity and real estate fund administration and corporate services groups in EMEA. His responsibilities will also extend to State Street AIS operations in London, Guernsey, Luxembourg and Dublin.

Prior to his move to State Street, Paul Mundy had been in a senior management role in risk management at the Royal Bank of Scotland International (RBS International) in Jersey for more than 13 years, most recently as Director of Risk, Service and Operations in Corporate Banking, a post he held since 2007.



Bedell's BVI team strengthened following further growth

Erica Mandryko, an experienced corporate and commercial specialist in BVI law, has been appointed to strengthen the BVI team.

Based in its office in Tortola, Erica has extensive experience advising on mergers and acquisitions, joint ventures and capital markets activity. Erica joined Bedell from Harneys in the BVI where she was a senior associate for more than five years. Prior to that she was in house corporate counsel with the BGC/Cantor Fitzgerald group of companies and spent several years in the London office of Eversheds LLP. To further bolster the depth of experience available to clients, Nancy Chieng, a senior associate in the Jersey office and member of the trust and private client team, has qualified as a BVI lawyer. Nancy, a native Mandarin speaker, who was previously a senior associate at Ashurst in London, has wide ranging experience in advising on trust related structures. She was credited as one of the 'Top 35 Under 35' by Private Client Practitioner magazine in 2013 and recognised in the Citywealth 2013 Jersey Future Leaders List.



'Yes I Can', at the Radisson Blu

Helen Taylor has been appointed as Human Resources and Training Manager at the Radisson Blu Waterfront Hotel. With over 20 years of experience, she has worked in manufacturing and higher education and has spent the last 5 years working within the hospitality/cruise industry.

Helen has joined the Jersey team at an exciting time with major refurbishments of the Reception, Restaurant and Bar areas. She knows the hospitality industry can bring many challenges but is looking forward to supporting, training and developing the staff here at Radisson Blu and to champion hospitality as a stimulating career option for locals.

Adventure loving recruitment for BWCI

BWCI – the Channel Islands' largest group of actuaries and consultants – has appointed Mike Freer as Business Development Manager.

BWCI provides a broad range of employee benefits, investment and insurance services to clients internationally. Mr Freer, who is based in BWCI's Jersey office, will be working with Mark Colton, the group's business development partner, on new business acquisition, marketing strategy and client relationship management in the Channel Islands, as well as supporting international growth.

Mr Freer is married with a daughter and lives in St Helier. In his spare time he enjoys playing, refereeing, and coaching in the local touch rugby and basketball leagues. He also has a love of ski and adventure holidays.

Not your usual accountant for QI

Sol Thacker has been appointed Managing Director of new business entity Qi Business Solutions, which will be joining Quidsin and Qi Finance to offer a full support system for local enterprises. He has significant commercial accountancy experience having worked in large organisations across Jersey, Isle of Man and Australia. Previous employers include Warner Bros, Play.com and the Hilton Hotels Group.

Mr Thacker joins the Qi portfolio of businesses to offer an accountancy service with a difference. He will be helping small to medium businesses such as high street shops, beauticians, tradesman and online retailers by offering fixed fee and low cost solutions. The business philosophy is to take away the burden of business administration whilst providing informed and practical advice on how to increase profits through his Virtual FD service.

In his spare time, Mr Thacker enjoys a number of aquatic pursuits. He is a member of the Royal Channel Islands Yacht Club and founded the Jersey Cruising Club for motorboats.





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JARGON BUSTER

For many people a brush with the law can present them with terminology and phrases often used by lawyers that can leave people bewildered. Below is as an A to Z guide, put together by Andrew Morris, Senior Family Lawyer at Viberts, of some terms that for lawyers, like him, are second nature but may be unfamiliar to most.





Action

An action comes into being when one person brings a claim against another person by applying to the Court.



Bailiff

The Bailiff is, among other things, the President of the Royal Court (Chief Justice).



Conveyance

This is the name for carrying out the actions needed to transfer the ownership of a piece of land.



Decree

An order of the Court in proceedings commenced by petition (see below). For example a Decree Absolute dissolves a marriage.



Executor

The name given to a person who has been appointed to administer the provisions of a persons will.

F

Filing

The process of delivering or presenting forms and other documents to a Court.



Greffier

A person appointed by the Bailiff to help administer the legal system and to hear cases that may not require the assistance of the Royal Court. For example a majority of private family cases, such as divorce and children contact issues are heard by the Registrar and Deputy Registrar in the Family division of the Royal Court. Greffier is a French term often translated into English as Registrar.



Hypothec

A mortgage or security held by a person against a person's immovable property.



Injunction

A Court Order that stops a person carrying out a course of action, such as selling property.

J

Joint Tenancy

A type of ownership where two or more people equally share ownership of a property. Upon the death of any owner, the survivor takes ownership of their interest in the property.



Knock for Knock

an agreement made between two insurance companies to avoid legal action. They will pay for their own policy holders' losses regardless of who was to blame.



Litigation

The process of a dispute being resolved through Court.



Matrimonial Causes

The court proceedings used to divorce a married couple and deal with their finances.



Non-Molestation

An order to prevent one person abusing another.

0

Ouster

An order to force a person to leave a property.



Petition

A method of commencing proceedings, usually seen in relation to divorce, whereby the order required by the person applying (the petitioner) to the Court is expressed as a prayer, e.g. the petitioner therefore prays that the marriage be dissolved.



Quantum

In a claim for damages the amount to be determined by the Court.



Remedy

Using the law (legal remedy) to get compensation or other relief for damage done or rights infringed.



Striking Out

The Court can strike out a case, preventing all further proceedings, if a party fails to comply with Court directions.

T

Tort Tort is a civil wrong (as opposed to a criminal act) committed against a person for which compensation may be sought through the Court.



Undertaking

A promise to the Court to do something. A Court can imprison you if you fail to comply with your promise.



Viscount's Department

The department that carries out orders on behalf of the Court, such as serving legal documents on members of the public as well as other general Court decision enforcement duties.



Will

This is a declaration of a person's intentions as to the distribution of his/her estate and assets upon their death.

X

Ex-parte

Okay this doesn't start with X but there are not many legal terms that do. This is where only one party makes an application to the Court and an interim order is made without the other party to the proceedings being present.



Young Offender

A person who commits a criminal act who is between the ages of 10 and 21. The age of criminal responsibility in Jersey is 10 or over.



Zzz

I'm afraid I can't think of any legal terms that begin with the letter Z, but it's probably what you will be doing after having waded through all the legal terms that you might come across as you are led through the legal process by your Lawyer. I hope at least this gives you a little flavour of some of the terms people may come across.

LEGAL MINDS

We asked a those working within the legal profession to answer a single question and gave them up to 60 words to complete their answer. Here are selection of the wide variety of responses we received to the question "If you could pass/introduce any law, what would it be?"



Alexandra Baker Associate, Hanson Renouf

The M&S food hall law:between the hours of 1 and 2 pm only people on their lunch hour from work can use the M&S food hall, and not people who have all day to do their shop but cause huge queues with their trolley loads of shopping! NB: Some exclusions and exceptions would apply.



Stephen Wauchope Associate, Hatstone Lawyers

"Zero Hours contracts" are lawful. They help employers to employ people, as required, for seasonal or irregular work and they give employees a choice of when to work. However, there is growing evidence they are being abused to circumvent the Employment Law. I would legislate to restrict their use; and also make Tennerfest a tenner again, on pain of catapult!



Andrew Morris Senior Family Lawyer, Viberts Jersey Lawyers

I would introduce a Matrimonial Homes Right law. This gives a married person a right not to be evicted or excluded from the family home except with the leave of the Court. At present in Jersey this is not the case and non-owning spouses can effectively be evicted from the family home by the other spouse on a relationship breakdown.



Michelle Leverington Head of Wills and Probate, Hanson Renouf Frequently clients find Jersey's rules on who they should include in their Movable Estate Wills do not fit with their wishes. The current law requires parents to make provision for their offspring on the presumption that they are married with 2.4 children. I would change the Wills and Succession's Law to reflect changes in today's family units.



Mark Boothman Advocate, Voisin Law

A law giving greater protection to Jersey's marine life. As a committed shark conservationist, better protection for sharks in our waters is very important, but we also have other incredible marine species. Sadly some of their numbers are dwindling, so my law would aim to secure their future, whilst ensuring local fishermen can continue providing us with delicious and sustainable seafood.



Shaun O'Connor Conveyancing Manager, Collas Crill "OMG, ur totes #amazeballs" Sound familiar? I would ban the use of abbreviations and hash-tags in everyday spoken conversation. Social Media has made this new trend increasingly fashionable but quite frankly it's just lazy and annoying. However, as much as I object it doesn't seem to be going any where, so I guess my only option is to #getonboard!

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BUSINESS NEWS



Management Buy-Out of Ogier Fiduciary Services

The Ogier Group have announced that the partners of Ogier Fiduciary Services have agreed terms to complete a management buy-out of the Ogier Fiduciary Services business from the Ogier Group. The deal closed last month with final completion being subject to the usual regulatory approvals.

The management buy-out of Ogier Fiduciary Services is being backed by Electra Partners, an independent private equity fund manager with over 25 years' experience of supporting businesses, including those in the financial services industry. On behalf of its major client, Electra Partners has agreed to invest £83 million of equity in the £180 million transaction. Completion is subject to certain conditions including regulatory approvals.

Ogier Fiduciary Services will continue to be led by Paul Willing as Chief Executive Officer, supported by the current Executive team. There will also be no change to clients' existing relationship management teams.

RBC Wealth Management Named Channel Islands Private Bank of the Year

RBC Wealth Management was recognised as the 'Channel Islands Private Bank of the Year' at the Citywealth International Financial Centre Awards, held in London last week.

RBC Wealth Managementalso came runner-up in the 'Jersey Trust Company of the Year', 'Guernsey Trust Company of the Year', 'Caribbean Trust Company of the Year' and 'Hong Kong Trust Company of the Year' categories.

The awards seek to highlight the excellence of professionals in the wealth sector in major international financial centres. Clients, advisers and peers of all shortlisted firms were invited to vote for the firms they believed should win, and a panel of international practitioners from the industry judged the awards.

Bedell makes 'Most Admired' list for fourth consecutive time

Bedell Trust has been included in the coveted list of 'Most Admired UK Companies' for the fourth consecutive year. The accolade is awarded by Private Client Practitioner (PCP), the leading industry magazine in the private wealth sector, to only 25 firms who they judge to be 'the most admired companies in the UK and UK offshore market.'

The firm, which had already been chosen as one of the 'Top 25 Most Admired Trust Companies' by PCP, was selected for inclusion in PCP's overall list, having been considered with other trust companies, accountancy practices, law firms and independent financial advisers.

Bedell Trust's inclusion follows a year in which it expanded its private wealth offering in the family office market, introduced a depositary service to meet regulatory changes in the funds sector, and made further significant hires to strengthen teams in key markets. It continued to enjoy low staff turnover and in 2013 promoted a further ten people across business lines.



Jon Culshaw to make an impression at Jersey Funds Association annual event

Funds professionals in Jersey will be entertained by top British impressionist Jon Culshaw at the Jersey Funds Association (JFA) annual dinner in April.

Jon, who boasts over 350 different voices covering politicians, commentators and celebrities, will be guest speaker at the dinner, whose lead sponsor is bespoke fund administration and custody services specialist Kleinwort Benson.

Kindly sponsored by JTC Group, Jon has hosted three of his own series on the BBC, as well as holding regular guest spots on various shows. He made international headlines in 1998 when his William Hague impression fooled the telephone operators at Downing Street, who put him through to Prime Minister at the time, Tony Blair.

Taking place on Friday 4th April at the Royal Jersey Showground, the event will also feature musical entertainment both during and after dinner. The black tie event, which regularly attracts over 400 people, will begin at 6.45pm with a champagne reception, sponsored by IPES while silver sponsors include BNP Paribas, JP Morgan, Moore, and Mourant Ozannes.

Tickets for the event are £75.00 per person and tables can be booked by emailing Caroline Harrington at enquiries@jerseyfunds.org

Two top 25 hits for Seymour Hotels

Two Seymour Hotels have been awarded top rankings based on TripAdvisor feedback, The Greenhills Country Hotel and The Merton Hotel are both delighted to have been recognised by the top travel website.

The Greenhills Country Hotel has been voted into the Top 25 Hotels in the United Kingdom

Award-winners were determined based on votes for the most highly rated hotels by past guests.

Unlike any other honours, TripAdvisor Travellers' Choice winners are based on millions of valuable reviews and opinions from

travellers around the world.

Whilst The Merton Hotel has been voted into the Top Ten of the Top 25 Hotels for Families in the United Kingdom

Award-winners were determined based on the most highly rated hotels by those who travelled with family. Unlike any other honours, Tripadvisor Travellers' Choice winners are based on millions of valuable reviews and opinions from travellers around the world.



A New Customer Service Outsourcing Service is launched in the Channel Islands

Claire Boscq-Scott 4 Star Services is adding a 5th "Star" Service to her already four established services. Customer Service Catalyst, Claire Boscq-Scott set up her business in 2009 providing four Pillars of Excellence in Customer Centric Businesses, including The Customer Journey, Customer Service Training, Mystery Shopping and Market Research.

Customer service outsourcing has gained immense importance in recent times. Performance pressures due to economic uncertainty are leading companies to concentrate on their core competencies. Today, she launches her new Customer Service Outsource Service, delivering cutting edge Customer Service solutions to help businesses to transform their way to provide consistency in their Customer Service, improve efficiency and customer satisfaction, while being cost effective.

For any enquiry please contact Claire Boscq-Scott on 07797 828950 or email: contact@cbs4starservices.com



Jersey voted International Finance Centre of the Year

Jersey has for the second consecutive year been judged the International Financial Centre (IFC) of the Year in the Citywealth IFC Awards 2014 in London.

Now in its third year, the Citywealth IFC Awards were established to highlight the expertise and service excellence in major IFCs. This is the second year the 'IFC of the Year' category has been included in the Awards, with Jersey having now won both years.

The awards were hosted by Citywealth, a leading events and publishing group, and were judged by an international panel of highly respected practitioners from all sectors.

Gary Hales, Jersey Finance's Head of Business Development in Europe and Russia, received the award on January 24th at the ceremony at the Grange City Hotel in London.

In the last 12 months, Jersey has been judged: 'Best offshore Centre' at the Global Investor/ISF Awards 2013, 'Best in Class for Fund Services' at the International Fund & Product Awards 2013, 'International Financial Centre of the Year' at the inaugural Wealthbriefing European Awards 2013, 'International Financial Centre of the Year' at the Citywealth International Financial Centre Awards 2013 and 'Best Fund Service Centre' at Investment Week's Fund Services Awards 2013.



Start-ups often end up off-the-beaten track, miles away from town and up ten flights of stairs. This is far from the case with Honeycomb, the brainchild of Spencer Bourne and a fantastic alternative to small businesses, and one of the reasons whereur.je chose 5-6 Esplanade as a base for their headquarters.

Who Are whereUR.je?

Whether you're at home, on your iPad, at the airport, or meandering through town with a smartphone in hand, more and more of us are choosing to make a series of business and buying decisions on the go. From booking a reservation at a topnotch restaurant, to signing up to latest gym class at your local health club, today's consumers are all for making digital purchases and enquiries online.

Of course, we all own a phonebook, yet carrying some 879 pages around in our back pockets is near impossible, and what happens when we need to make a spur of the moment decision? From an emergency beauty fix to sourcing the closest car breakdown service, there are times when we all need numbers fast, which is when an online directory such as whereur.je comes in handy.

The Business Side of Things

With only'three clicks to call'. whereUR. je offers an online advertising platform to all Jersey-based businesses. From art galleries to art dealers, to wedding photographers and media teams, it's the island's largest business directory to date.

Designed to be used alongside today's ever-changing and innovative smart tech, whereUR.je allows those looking to locate an abundance of business contacts to do so in three easy steps. Gone are the days of spending several minutes trying to copy and paste finicky digits into your call screen, simply scroll down the list of available business categories, select the one that tick's your consumer needs, and 'click to call'.

- Three great locations
 - Offices from £395
- Sign now for two months rent free

ANOTHER REASON JEFF CHOSE 5-6 ESPLANADE AS HIS BUSINESS BASE IS BECAUSE HE BELIEVES THE ENTIRE TEAM AT HONEYCOMB TO BE EXTREMELY APPROACHABLE. THEN THERE'S THE FANTASTIC LOCATION TO CONSIDER, AND THE FACT HE'S ABLE TO USE THE FACILITIES AT WHARF STREET (ANOTHER OF HONEYCOMB'S ENDEAVOURS) FOR MEETINGS

Why Honeycomb?

Whether you're a tourist, part of a state department, a local, or a charity – having a virtual phonebook at hand is a godsend for both those searching for numbers and also, those wishing to be found.

However, the person that creates this godsend must have an easily accessible hub in which to work from. 5-6 Esplanade is just that for Jeff. Offering contemporary offices in the heart of St Helier complete with no hidden costs, ample space, a modern and tidy décor, as well as great quality desks (in fact, the only thing Jeff had to acquire was a phone) these offices are an ideal option for for budding start-ups.

Another reason Jeff chose 5-6 Esplanade as his business base is because he believes the entire team at Honeycomb to be extremely approachable. Then there's the fantastic location to consider, and the fact he's able to use the facilities at Wharf Street (Another of Honeycomb's endeavours) for meetings.

Additional advantages include a flexible lease – if needed, Jeff can upgrade to a larger office without breaking his contract. A kitchen, free online access, individual mailboxes and no service charges to worry about – an asset to new businesses wishing to put an accurate budget plan in place.

Not Just The Four Walls

These offices are anything but four walls; they're a community for like-minded individuals. Being surrounded by other businesses poses great marketing opportunities and as soon as Jeff moved in, Honeycomb made sure the other offices were aware of his arrival.

Born Out of Frustration

Born out of Jeff McGarry's frustration when trying to find contacts for places in Jersey (the business brain behind this venture) whereUR.je has already gained a huge following, despite being live for just over 4 months, they are already experiencing over 1000 hits to their site each week from local people looking for local businesses.

And as more begin to use it, it becomes a more valuable place to advertise. With ads from £200 per year with an introductory offer of 15 months for the price of 12, and with free reign to change the artwork up to a total of four times, those who choose to promote their businesses here will in effect receive a stand alone website and one that is extremely cost-effective. Aside from active links to all contact details, businesses can also display links to their various social media platforms and even Trip Advisor.

Jeff has certainly found a new way to answer the question 'Where r u?' whilst also finding a great place to promote this new and exciting venture from.

5-6 ESPLANADE BUSINESS SUITES

Contemporary office suites in the heart of town boasting both a neighbourly yet private office arrangement – all with affordable leasing terms that include utilities.

Three great locations in St Helier

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UKTOOLCE N 2 - - N N

MICHAEL GIBAUT

Age: 18

Sport: Motorsport

What do you do: Formula Ford Racing.

Also currently studying for a degree in Motorsport Management & Logistics at University of Central Lancashire/ Myerscough.

School attended: De La Salle College

Favourite ice cream flavour: Cookie Dough

Favourite Animal: Dogs

Favourite food: Fish and Chips

What would you wear to a fancy dress party? The Stig

Favourite song? Best Day of My Life -American Authors Favourite motor racing expression? If everything seems under control, you're just not going fast enough -Mario Andretti

When did you start motor racing? I started racing karts at the age of 11 with the Jersey Kart and Motor Club and I am now moving into my second year racing Formula Fords with Emax Motorsport

What is your worst motor racing accident? My worst accident would have to be when I was racing karts in Jersey and got thrown out of my kart after being hit from behind by another competitor, luckily I walked away with only a sprained wrist.

Where do you think is the best place

to motor race in the world? I would have to say Spa-Francorchamps would be my top choice. The track is steeped in history and to go through one of the most famous corners around the world 'Eau Rouge' has always been a dream of mine

Where and when was your favourite motor racing moment?

My favourite racing moment would have to be when I was racing at Castle Combe Circuit last year. Going over Avon Rise I overtook another competitor round the outside at 125mph whilst going into the heaviest braking point on the circuit. I didnt see it but apparently the team boss Glen was so excited in the pits when I did that overtake.

How can people get into motor racing in

Jersey? I got into motorsport by racing with The Jersey Kart and Motor Club. The club usually runs every two weeks on a Sunday and have recently just begun a scheme which allows you to try out the



ROMANILLOS CO

karts we race in and to see if you would like to join the club and race properly

What was your most recent competition and how did you do? The most recent

competition I have been in was the Walter Haves Trophy at Silverstone in November last year. The Walter Hayes Trophy is the final event of the season for most Formula Ford racers meaning it attracts a large amount of people. This year there was well over 100 cars entered and I managed to get to the last qualifying session but just missed out on a place in the final. Even though I didn't make it to the final I was still pleased with my results having been up against much more experienced racers and will use the experience I gained last year to hopefully make to the final this year.

My 2014 season starts on the 21st April at Castle Combe but I have some pre-season testing to carry out as well.

EXTREMIST EXERCISE THE CROSSFIT CRAZE WORDS Tamarin Marriott-Wilkinson

WORKOUT TRENDS ARE CONSTANTLY EVOLVING. FROM NEW INSTRUCTORS TO NEW EQUIPMENT, THERE'S A WORKOUT NICHE TO SUIT ALL.

So it comes as little surprise to discover that what began life as an online sensation is now the talk of the tabloids, the town, and even the fashionista circuit. But is the sudden CrossFit craze a passing fad? Or could our bodies—and minds—be gearing towards a more realistic ideal?

By realistic I mean hard work. An average workout consists of 20 burpees, 15 press-ups, 15 sit-ups, 15 squats, 12 sit-ups, 12 squats, 12 press-ups, 9 sit-ups, 9 press-ups...I think you get the picture. Needless to say, it's going to be a sweaty year.

SO WHAT'S THE DEAL?

With a promise to change your body in less than 15 minutes, it's no wonder this extremist exercise is now a fully-fledged fitness craze. But what exactly is it? CrossFit is not just one workout; it's a combination of several. From gymnastics to weightlifting, to sprinting to squatting – workouts are varied, functional and executed at a higher intensity. It's less about the time you spend in the gym and more about the effort you put in. I should know – I'm now living with a man that rises at 5am to make his class on time – and returns looking like he's just run a marathon.

However, in just two weeks, his leaner physique shows me this is no fitness fad, it's the real deal. And from what I gather, a far more social experience than a solitary gym practice. And asides from a killer body, you'll become accustomed to the motivation and comradeship of your fellow CrossFitters.

WHAT CROSSFIT CAN DO FOR YOU?

If you live for yoga, or prefer to dance your way to better physique, then I can guarantee CrossFit isn't for you. However, if you want to achieve a leaner shape fast, then now is the time to lose your CrossFit virginity. From ramping up your heart rate to enduring a mix of resistance training, you'll quickly begin to strip fat and build muscle; you'll also undergo an aerobic workout at the same time!

LET'S GO PALEO

Aside from a mean workout, CrossFit fans are intent on following a leaner diet. The Paleo Diet (also known as the caveman diet) comprises a mixture of nuts and seeds, meats and vegetables, a little starch, some fruit and no sugar. Basically, ditch the processed food, workout hard and you'll look like a fitness guru in no time!

HOWEVER, IN JUST TWO WEEKS, HIS LEANER PHYSIQUE SHOWS ME THIS IS NO FITNESS FAD, IT'S THE REAL DEAL. AND FROM WHAT I GATH-ER, A FAR MORE SOCIAL EXPERIENCE THAN A SOLITARY GYM PRACTICE.

TIME TO LOSE THE SCALES

As muscle weighs more than fat, die-hard CrossFitters have swapped the scales for a more radical measuring device and one that keeps tabs on their fat percentage. Yet despite this, many women (me being one of them) live in fear of this exercise regime – I mean surely lifting all those weights will have me looking like a body builder in no time?

Several 'discussions' later with CrossFit's newest fan (my partner) -we reach the conclusion that men are built differently to women, for one, they have more testosterone, which means bulking up will be much harder for me than it is for him. Satisfied that I'll still fit into my skinny jeans after a few sessions, I may actually give this extreme fitness regime a go – of course, setting my alarm for 5.45 is another matter – thankfully there are evening classes too!

For more information on CrossFit in Jersey, visit www.crossfit.je



EXPERIMENTING ON THE HUMAN BODY IS A FAMILIAR THING. FOR MOST OF US, OUR DAILY ROUTINES INCLUDE THE INGESTION OF CAFFEINE, TOBACCO AND VARIOUS FOODSTUFFS THAT WE KNOW ARE BAD FOR US.

Cue identical twins, Christopher & Xand Van Tulleken, who have been investigating the effects of diet, medicine and exposure to nasty things for some time. They travel constantly; have filmed a string of successful television shows and experiment whenever possible in a bid to examine different aspects of global health and treatment.

WHAT MAKES THEM THE IDEAL CANDIDATES?

They sport an identical genetic make-up making them the perfect walking petri dish.Dr Chris took time out of his busy schedule to talk to Gallery Magazine and discuss the great sugar debate and of course, judgement...

NAME?

SPORT

Dr Christopher Van Tulleken

OCCUPATION?

Registrar in Infectious Diseases and Medical Research Council Research Fellow at UCL (for HIV studies)

WHERE DID YOU RECEIVE YOUR EDUCATION?

I did my medical degree in Oxford (as did my twin brother) and I trained as a Doctor in London – I've been a Doctor now for 11 years.

WHO'S THE OLDEST? YOU OR YOUR TWIN BROTHER XAND?

Xand is 7 minutes older than me.

WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME?

I get to go on lots of expeditions and research tropical medicines. I also go to places like the arctic a lot – and because I do the TV work it soaks up all of my hobby time. It can involve mountaineering, going to the rainforests – I get to see wildlife too. There isn't really any time to do normal hobby things like...jigsaw puzzles? Do people still do them

YOU'VE BEEN INVOLVED IN NUMEROUS BBC SCIENCE DOCUMENTARIES – WHICH ONE HAS BEEN YOUR FAVOURITE AND WHY? I couldn't possibly decide on a favourite. The children's work for CBBC is really fun to make because it's such clean television. We always say that the show (Operation Ouch!) can be watched by any Doctor in the country and they will learn at least one thing. But there's something special about being sent all over the world so it's all pretty good fun. I really enjoy being able to work for the BBC too – it's an absolute pleasure. I'm a big fan of the old license fee and generally keeping the old BBC up and running.

HAVE YOU EVER BEEN IN A SITUATION WHERE YOU HAD TO MAKE A JUDGEMENT CALL?

Yes many times. That's the hardest thing about being a Doctor on television because your pride means you don't want to say "I don't know". But of course in a hospital staff and other Doctors provide a support network. You have this enormous structure of specialists who all get together and discuss complicated problems or medical issues. And so to be on your own with just your twin brother in a jungle...the biggest decisions were always "do something or do nothing." That's not a thing we allow in the Western World – but people do have perfectly good immune systems and people recover in ways that we never allow to happen in a modern hospital.

RECENTLY YOU FILMED A DOCUMENTARY FOR THE BBC FLAGSHIP SCIENCE PROGRAMME - HORIZON. WHAT MADE YOU EMBARK ON THE FAT VS SUGAR EXPERIMENT?

I'd been to the arctic in 2008 with Bruce Parry and lost more than four stone and returned to the UK weighing little more than nine stone. During the expedition, Xand (my twin brother) went to America and put on approximately five stone. He was almost double my weight! We both experienced enormous fluctuations. So we started researching nutrition, which we've always done to an extent as Doctor's with patients, but we realised that we just don't know the answers to some very basic questions. Our programme investigated a simple question and it appealed to us because we could use ourselves to answer it. That always makes good television. The absolute Zeitgeist at the moment is the "great sugar debate" – that it's the new toxin or that it's worse for you than crack cocaine and it's terribly addictive. So it was a way for us to address something that seemed to be misrepresented in the media.

WHAT WAS THE BIGGEST CHALLENGE YOU FACED WHEN CONDUCTIN<u>G THE EXPERIMENT?</u>

Being on a diet, no matter how benign it is, can be very difficult. I find it very difficult to have restrictions put on my lifestyle externally – and so to have a diet that removes the flavour and joy of eating, like a low fat diet, is a real task. I have great sympathy now for people who are dieting. It can be psychologically dreadful. Food for most of us is a very certain point of joy in all of our lives. Whatever is going on in our relationships, whatever is going on in our jobs, we can eat a nice meal and immediately get some pleasure out of it.

The hardest thing about doing the programme was trying to find something responsible and factual in an area of science and medicine that is so confused and involved, intricately, with an 'industrial argument'.

WHAT DO YOU MEAN BY 'INDUSTRIAL ARGUMENT'?

There a lot of people with immensely vested interests on both sides of this debate – in the manufacturing, health and fitness trade. It's incredibly difficult to sort it all out. So finding a solution was key and the BBC drafted in the best and most qualified researchers in the world to work with us to ensure we got a clear message. It's a very important health message that we didn't want to get wrong.

OUR PROGRAMME WASN'T A WEIGHT LOSS DOCUMENTARY. IT WAS ABOUT FAT AND SUGAR. OUR MODERATE CONCLUSION WAS THAT WHEN YOU COMBINE THE TWO, FOOD IS SO DELICIOUS THAT YOU CAN'T STOP EATING IT

WEREN'T YOUR FINDINGS PREDICTABLE? MORE SUGAR RESULTS IN A HIGHER RISK OF DIABETES? MORE FAT IN THE DIET RESULTS IN WEIGHT GAIN?

In reality what happened was something very different. Xand, on his very low sugar diet, started to produce less insulin and be less sensitive to it - which is the opposite of what you'd expect on a low carbohydrate diet, whereas the tests of my insulin function were much better. It was very unexpected. Xand appeared to become closer to becoming a diabetic than I did on a high sugar diet. At the moment in the press, there is a tendency to say "sugar is the new fat" and "avoid at all costs".

I generally agree that lots of sugar, especially refined sugar, is bad for you, but to simply believe that you will solve the obesity problem by restricting carbohydrate intake is a bit misguided. I need to stress the relevance of this – we are only two people. Not exactly a broad research spectrum. But what it did backup, from the evidence we gathered, which is that the modern thinking, that sugar is very toxic, is not exactly right. It is the mixture of fat and carbs that makes

food so troublesome.

Take-away food is the perfect example of this. You can eat your bodyweight in Chinese food. You keep eating long after you are full. You can eat almost to the point of vomiting! That's because the food 'tastes' so good. It's that mixture of fat and sugar. The same reaction-areas in your brain light up in exactly the same way as when you introduce certain narcotics to the body.

WHAT IS THE BEST ADVICE FOR PEOPLE WHO ARE DIETING OR ATTEMPTING TO LIVE A HEALTHIER LIFESTYLE?

Do your best to select a diet where you restrict your intake of processed food. If you buy fish from your local fishmonger, meat from the butchers, fruit and veg from the grocers and you assemble it at home using oil and spices and salt and pepper, you will find that you will regulate your calorie intake. By eating a normal diet of stuff that your Grandmother recognised as food - that will help you lose weight.

Our programme wasn't a weight loss documentary. It was about fat and sugar. Our moderate conclusion was that when you combine the two, food is so delicious that you can't stop eating it. That's essentially the sole message – it's not fat and it's not sugar but when you mix the little devils, that's when you start seeing problems.

WHAT ADVICE WOULD YOU GIVE TO PEOPLE TRYING TO LOSE WEIGHT?

If you are someone that wants or needs to lose weight you HAVE to do several different things at once.

You have to increase your activity, which means making sure that you're not injured. Changing the structure of your life and creating more time is essential. You have to eliminate processed foods which means asking friends or colleagues not to include you in cake runs and allow for more time to cook for yourself; eat out less and drink less alcohol, which means socialising in a different way. You have to attack the problem from all angles and accept that it is a multi faceted solution.

GALLERY WOULD LIKE TO THANK THE BBC AND DR CHRISTOPHER VAN TULLEKEN FOR THEIR TIME.



I became very disenchanted with the whole gym thing many years ago. One, because of the cost and two, although my road to a perfect body begins paved with good intentions, I sometimes become sidetracked. Squeezing in a trip to the gym after working all day? No, thank you!

So when Gallery asked me to become a Gym Club guinea pig for the month – an alternative to the usual gym regime – I was eager to swap my towering stilettos for my trusty trainers. And off I went to meet Lyndon Farnham, the man behind this unique fitness venture.

SO HOW DOES IT DIFFER FROM THE USUAL GYM MEMBERSHIP?

Aside from the weights, regimens and equipment – expensive memberships have transformed the average gym package into an exercise in economics. However, it's not all bad news. For the elite (those with the time to work out on a daily basis) these costs equate to a reasonable £4 a day. It's when you don't use the gym that it becomes expensive.

Today's gyms offer a plethora of facilities and programmes, yet despite this, few offer the best of both worlds. You must therefore choose between an active establishment - where dancing, spinning and sculpting your way to the perfect body is the norm, or a luxury health club - where the most strenuous activity you'll embark on is whiling away the hours in a luxury spa. Apart from proving more cost effective, my Gym Club membership allows me full reign when it comes to choosing when and where I'd like to work out. And the best part, I don't need to sign up to a handful of gyms.

HOW DOES IT WORK?

Unlike the majority of gyms, the Gym Club allows easy access to a variety of venues, including a number of Jersey's finest spas and health clubs, and all this, for just £10 a month. You can spend one day sampling the season's hottest fitness trends and the next, taking some well-deserved time out in an aromatherapy steam room. Sound too good to be true? My thoughts exactly when I first began this mission...

WAS IT EASY?

In less than two minutes, I was signed up. One of the Gym Club's many advantages – being able to sign up online – there's no hard sell encouraging you to commit for the year. £10 entitles you to a 30-day membership, and once I'd created an account, I was able to log on as and when I pleased. Now a fully-fledged member, a quick look around the site informs me there are a total of 12 venues to choose from. A number of the gyms featured offer a surplus of facilities in the shape of body sculpt, circuits, muscle pump and spinning, whilst others comprise luxury spas complete with heated vitality pools, salt steam rooms and Swedish saunas.

NOW TO CHOOSE WHICH GYMS TO TRY OUT...

My first port of call – Carrefour Metro. Bang in the centre of town, I was able to check out a spinning class on my lunch break. 35 minutes later, and I'd burned enough calories to enjoy a larger lunch than usual. Working out during the day is one of the best ways to incorporate exercise into a busy lifestyle, and with my virtual gym pass in hand, I didn't waste any time getting to the gym. After signing into my account on my phone (the Gym Club works with all medias) I was able to download a class pass. A few seconds later and my phone pings, notifying me of the arrival of my unique code. Instead of flashing a pass at the desk, I flash my phone and I'm granted



instant access – this method certainly beats remembering your membership card.

Next up - Spa Sirene. Although an entirely different set-up to that of your everyday fitness centre, my Gym Club membership allows me to enjoy the best of both worlds. Set within the realms of the Royal Yacht, this luxury spa boasts a fully equipped gym with the added advantage of an indoor swimming pool. I had a few errands to run in town and after some serious shopping, I decided a trip to Spa Sirene would prove the perfect end to a busy day. I used my Gym Club account to purchase a day pass and took a slight detour before returning to my car. Needless to say, I didn't actually spend any time working out, my weekend was to comprise of indulgences only, and after devoting a few hours to the luxury jacuzzi and salt steam therapy room, my healthy selfishness was fulfilled.

Last but by no means least - The Grand Jersey Hotel & Spa. I'd heard quite a lot about this gym, so was eager to try it out. Once I'd purchased a day pass, I showed this on arrival and was welcomed into what is said to be one of the most sought after private health clubs in Jersey. Cocooned in tranquillity and neighbouring the spa, it's easy to see why. The gym features an impressive weights room, as well as a number of cardiovascular machines. After an intense workout, I make a date with the Grand's luxurious swimming pool, sauna, jacuzzi and steam room – a necessary treat.

SHOULD I JOIN?

Convinced you're the next Mo Farah? Then this isn't for you! However, if you're looking for instant, commitment-free access to a variety of luxury gyms and spas in Jersey, this is an ideal option.

Rather than tying yourself into a lengthy contract that will deduct a chunk of your hard earned cash each and every month, you can sign up to a hassle-free, commitment-free membership programme, allowing for instant access to an assortment of luxury establishments on the island.



THE SMALL PRINT

With plans in the pipeline to take the Gym Club to Guernsey and the UK, those travelling overseas for both business and leisure will be granted access to even more establishments.

There's no chance of losing your gym card – an online membership means you can access your account from anywhere, without the added hassle of having to carry around paperwork or club cards.

It's ideal for those looking for variety when it comes to a work out – regardless of whether you wish to indulge in a relaxing swim or a high intensity weights session – there's a gym to suit all.

It's a good option for those wishing to try out a number of island-based gyms without having to sign up to a lengthy contract.

With no contract, you can cancel your membership at any time.

One-day passes to fitness classes, spas and luxury health clubs fit in perfectly with a hectic lifestyle and if you change your mind at the last minute, you can always use the same pass over the remainder of the month.

You can download anything between one and five day passes in a go.

A great option for those visiting the island, regardless of whether you're in Jersey for business or pleasure.

Some venues also have exclusive Special Offers for Gym Club members from half price treatments to luxury overnight stays – gym passes included of course:

www.gymclub.com



Roller Derby is like roller skating but on steroids. It's fast-paced, it's unique and in recent years, it's evolved into one of world's fastest growing sports! To play, you'll need agility, speed, stamina and technical ability. It all comes down to point scoring, body checking, blood, sweat and tears.

SO WHERE DID IT COME FROM?

It first found fame in the USA in the 1930s, but it's Roller Derby's revival that has inspired 1000's of woman to lace up their skates today. With over 1000 leagues (including international teams) it's a rapidlygrowing craze. In fact, it's causing so much hype, it's being highly considered for the 2020 Olympics.

WHY GET INVOLVED?

Aside from the fact it's a completely new and exciting all woman's full contact sport, it's also completely new to the Channel Islands. Roller Derby requires a great deal of skill and fitness to play. Not only do you need to learn how to play the game, you'll need to master the various skating drills and techniques to perfection. The beauty of Roller Derby is it can be played by anyone over 18 – providing you have the tenacity to train hard. However, it's not all about winning, it's about being part of a team – playing alongside a truly unique group of individuals who will quickly become your second family.

WHERE TO PLAY?

The Jersey Royal Rollers play every Sunday from 13:00 to 16:00 at the Fort Regent Queens Hall (Rotunda). They're also in the process of establishing a weekly evening session. Spectators are welcome, and watching the team in action is a great way to see what the sport entails.

WHAT'S THE BEST THING ABOUT BEING IN A ROLLER DERBY TEAM?

First and foremost it's the people you will meet and the friendships you'll make, Roller Derby participants are a very diverse group of people, always endeavouring to empower woman by promoting athleticism, good sportsmanship, teamwork, independence and a positive self-image. Regardless of size, age, race, religion, sexual orientation or nationality, individuals from all backgrounds are welcome to participate.

Additionally, there's always something new to learn, whether it's a new drill, a new technique or a new game element, this keeps the sport interesting, fun and progressive. All derby players earn the right to give themselves a "derby" name which is a further form of individual expression and alter-ego, something that is only found in Roller Derby.

BIGGEST ACHIEVEMENTS TO DATE?

The island's Roller Derby team is very much a DIY initiative and wouldn't be possible without its passionate participants. The Jersey Royal Rollers have brought an entirely new concept to the Channel Islands – one of their biggest achievements to date. They've acquired members and they're continuing to do so, they've set up the entire team & its infrastructure,

they've gained sponsorship both

locally and internationally and they've raised funds for charity – all whilst keeping in contact with their Guernsey counterparts who have just begun their own team. Although they've only been running for less than a year, they've already had a fantastic response, and look forward to continuing their successes long into the future.

IS IT AN ALL-FEMALE TEAM?

Despite being an all-female team, there's no reason to say men can't get involved, The Jersey Royal Rollers currently have six male members, who work alongside their female counterparts assisting in the likes of derby and skate coaching, as well as referees and non-skating official roles. Male and co-ed teams are being established around the world and this is something the Jersey Royal Rollers may look into in the future.

THINGS TO CONSIDER WHEN JOINING THE TEAM

If you are looking for a new challenge, wish

to learn an entirely new sport and have a little tenacity, then Roller Derby could be just the ticket. It's hard work, but it pays off by being extremely enjoyable and rewarding at the same time. Newbies don't need to have any previous skating experience, as they will be taught everything they need to know in training. Before making your decision do a little research, the web boasts a wealth of knowledge when it comes to roller derby, especially the official woman's flat track derby association website www.wftda.com. You may even be surprised to learn of the sport's popularity.

IS THE TEAM WORK ORIENTATED?

It's impossible to play Roller Derby unless you play as a team. Due to the rapid nature of the sport, all players must be focused 100% and must be able to transition from offence to defence in seconds. Players can collide with opposing team members using their hips and shoulders, which makes space for the Jammers (scoring players) to enter and exit the pack as quickly as possible. To win the bout, you must be aware of the opposing players' positions, as well as the positions of your own teammates, whilst also implementing your own strategies.

Roller Derby is a controlled aggressive sport but never dangerous. Some people have never heard of the sport, and those who have, describe it as comical Rugby on skates. The Jersey Royal Rollers wouldn't necessarily agree with this assessment, as Roller Derby is very much a sport in its own right. Not only must you master the game and its skating elements, you'll also be assessed on your skills...achieving these elements takes time and dedication.

HOW CAN I GET INVOLVED?

All contact details can be found on the Jersey Royal Roller's website www. jerseyroyalrollers.com, so why not get in touch today and try a free taster session with the team? There's an abundance of derby skates and protective equipment available to new comers. And by trying out the game for yourself, you'll really get to grips with the ins and outs of this fascinating sport.

STANDIZILINE

SPORT



We popped up to Back 2 Balance at The Lido Medical Centre to meet Acupuncturist Lorna Jackson and Chiropractor Marie-Christine Dix to find out more about their different treatments.

WHAT IS CHIROPRACTIC?

MCD: Chiropractic is a primary health care profession specialising in the diagnosis, treatment, management and prevention of neuro-musculoskeletal conditions that occurs secondary to the mechanical dysfunction of joints and muscles. This profession is based on the fact that the nervous system controls the function of virtually every tissue, cell, organ and system in your body. In the majority of cases treatment is aimed at removing nerve compression and irritation, brought about by the abnormal alignment or dysfunction of joints.

WHAT IS ACUPUNCTURE?

LJ: Traditional acupuncture is a healthcare system that has continually evolved and advance over 2000 years. Acupuncture is suited to modern life as physical, emotional and psychological areas are seen as interdependent and are reflected as such within treatment.

Traditional theory involves 12 channels or meridians that travel both superficially and internally throughout the body. Qi the body's vital energy flows throughout these channels, however if this flow is impeded or blocked illness and pain follow. The most common causes of this are physical or emotional stress, poor nutrition, infection or injury. By inserting ultra-fine, single use sterile needles into specific acupuncture points along these channels a traditional acupuncturist seeks to re-establish the free flow of Qi, to restore balance and trigger the body's natural healing response.

IS IT SAFE?

MCD: Yes Chiropractic care has been proven to be remarkably safe, with far fewer risks than most orthodox medical treatments, such as taking pain killers for example; and serious side effects are extremely uncommon. LJ: Yes acupuncture is an extremely safe medical treatment. Independent surveys published in the British Medical Journal (2001) concluded that the risk of an adverse reaction to acupuncture is less than 1 in 10,000. This is far less than many orthodox medical treatments. Ultra-fine, single use sterile needles are used. In fact, they are so fine, they are about the width of a human hair and are not painful like injection needles. Most people tend to fall asleep during treatment.

WHAT DO YOU TREAT?

BOTH: We treat Lower back pain, Whiplash, Shoulder pain, Neck pain, Arm pain, Frozen shoulder, Tennis elbow, Osteo Arthritis "Wear and Tear" (Hip and Knee), Migraines, Headaches, Dizziness, Hip/ Knee/Foot Pain, Sciatica (trapped nerves), Colic, Irritable Infants, Pregnancy Discomfort, Nausea and vomiting, TMJ (jaw pain), Pelvic Girdle Pain, Symphysis Pubis Discomfort (SPD) And many more which are covered by most health insurances.

If you feel you might benefit from one or both of these treatments give the Back 2 Balance team a call on 789367 to find out more or to book in for an appointment.

HARDWARE

🗄 belkin

The Ultimate Keyboard Case for style and productivity Belkin QODE Ultimate Keyboard Case for iPad Air



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MERCEDES HAVE CATERED FOR IT

THE NEW MERCEDES BENZ A250 AMG SPORT IS A CHEEKY LITTLE MONSTER. IT'S NEAT AND REFINED WITH A STREAK OF MISCHIEVOUSNESS RUNNING THROUGH ITS VEINS. THE BIG METAL BADGE ON THE REDESIGNED GRILL, THE MENACING ALLOY WHEELS AND THE SPORTS TUNED 1991CC TURBOCHARGED ENGINE MAKE THE NEW MERCEDES AN OBJECT OF IMMEDIATE DESIRE.

Understandably, the Benz owner sits in a certain bracket. Owning one is not the same as owning the newest Volkswagen; a well engineered, reliable and perfectly respectable car. But driving a Mercedes into the school car park at home time is bound to coax that inferiority complex from the other jodhpur wearing Mummy's on the block.

It gives the family chauffeur that naughty indulgence. The bucket seats with hand

stitched trim and the racing steering wheel that you'll never push past 36mph aches to be stretched to its limits.

13

S_®MA 4500

I had considered flexing the AMG engine but the poorly timed decision to test-drive it around the Jersey coast road only hours after the ocean had decided to reclaim half of the south coast was not the best idea. Not only did the chosen route resemble scenes from Apocalypse Now, but also all manner of debris hindered the test drive.

It did promote the suspension and steering elements of the Mercedes and an overwhelming sense of safety was achieved due to its responsiveness, comfortable ride height and suspension. Carting the little ones to and from their sports days and packing the generous boot space with gluten free groceries will never be more satisfying or reassuring. Acceleration is impressive and reaching 0-62mph in 6.3 seconds with the seven speed, dual-clutch automatic gearbox is effortless. Inclusion of gear paddles is confusing. As fun as they are, Mummy is unlikely to use them to incorporate epic gear changes at just the desired engine revolution. More likely, the focus will be on fuel consumption and getting the children to school on time both of which will not be a concern in the Mercedes. With a top speed of 150mph at 208bhp there is every need to rush or find an excuse to be late.

There were short breaks in the weaving and winding between dead ormers and seaweed which allowed me to fiddle with all of the internal gadgets that come as standard with the Mercedes A250 AMG S. There are heated seats and a comprehensive cabin control system, adjustable steering column and a range of internal design packages to choose from. The most basic includes hand stitched black leather upholstery, body-moulded seats, a media entertainment system with Mp3 capabilities, USB and Bluetooth connectivity.

The beauty isn't just skin deep with the A250 AMG S. There has been some wellplaced carbon fibre botox injections, a nip and tuck to the undercarriage and sculpting to the side paneling. The Mercedes has attended numerous liposuction sessions too, stripping out the previous internal setup and replacing with lighter, more durable materials. There are also high power Xenon headlights to compliment its 'new' face and a twin exhaust system at the rear. But the power upgrade, handling and transmission improvements have strengthened the core of this well-groomed rascal. Cruising into the PTA meeting has never been sexier.

This sporty 5 door family wagon includes all the modern luxuries one would expect from a vehicle whose marketing is geared towards the edgier Saturday morning activity gang. It's the moody organic-market mobile. It sits somewhere comfortably on the fence between the school run A-Class and the feisty A45 AMG which is a more powerful kiddy carriage but at a price.

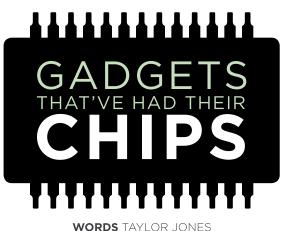
The AMG 250 S is quickly becoming a major force in the fierce Quattro war raging between the Mercedes and Audi camps. It also features an all-wheel drive system (we used to refer to it as 4 wheel drive), which now positions itself as a serious contender in the upper A-Class range. It is a vehicle that fuses performance with premium branding without breaking the bank.

The price tag?An absolute steal at just over £25,000.Now everyone's going to want one.

INCLUSION OF GEAR PADDLES IS CONFUSING. AS FUN AS THEY ARE, MUMMY IS UNLIKELY TO USE THEM TO INCORPORATE EPIC GEAR CHANGES AT JUST THE DESIRED ENGINE REVOLUTION. MORE LIKELY, THE FOCUS WILL BE ON FUEL CONSUMPTION AND GETTING THE CHILDREN TO SCHOOL ON TIME – BOTH OF WHICH WILL NOT BE A CONCERN IN THE MERCEDES







WORDS TAYLOR JONES

Judgement is something that we must deal with constantly. Whether it be the condescending glances we catch from passers-by in the street or the subtly insulting comments we receive from supposed friends and family. For most, it shapes the way we dress, the way we speak and the way we act, and personally, I'm ok with that.

There's nothing wrong with conformity when it comes to certain aspects of everyday life (of course I'm not advocating anything 1984-esque), however, there will always be those, whether they are "indie" companies or trend-setting individuals, that take it upon themselves to, in the immortal words of Jack Black, "stick it to the man".

In attempting to break the mould, these people sometimes miss the mark by quite some distance. It's when this happens on a large scale, with creations like the Samsung Galaxy Gear, the Blackberry Playbook or the Microsoft Zune, that things start to go awry for companies. Their new, indie gadgets become a laughing stock, and the poor, delusional people that buy them in order to stop themselves becoming one of the enslaved masses (I have genuinely heard this argument used as justification for owning a Zune) get judged by the common people simply for sporting their new wares.

So this month is a celebration of the gadgets that went a bit wrong, the ones that time simply forgot, and the ones that will inevitably lead to your own mother questioning whether you "must be seen outside with that?", in fear of almost complete alienation.

BLACKBERRY PLAYBOOK

Many people disregard Blackberry, whether it be for their inferior smartphone technology, their overcomplicated software or their intriguingly strange logo. However, in 2010, the company earned my respect. Whilst the tablet market was being thoroughly dominated by the giant that still is Apple, Blackberry decided that it was time to throw David headlong into a bareknuckle fight with Goliath. The brightest brains at the company came together, prototypes went through rigorous testing and millions of dollars were spent, and finally was born...the iPad? Or at least that's what most thought had happened.

In fact, the underdogs had finally stumbled across the age-old rule that if you can't beat them, you have to join them. Thus came about the Blackberry Playbook, an almost perfect replica of the iPad, only smaller and with a much, much more faulty and slow operating system. Any logical thinking person would have merely laughed at the Playbook in a shop, until they realized the price difference between it and its leader competitors. The incredibly low price (roughly £60) of the Playbook meant that a new, extremely shortlived generation of children received these as unwanted Christmas and Birthday presents, and subsequently had to show them in public in order to maintain the love of the parent that had bought it for them. There has rarely in history been an era of such extreme judgment amongst teens, and I can only admire those that bravely carried Playbooks into areas populated predominantly by their smug, iPadwielding peers.

THE INCREDIBLY LOW PRICE (ROUGHLY £60) OF THE PLAYBOOK MEANT THAT A NEW, EXTREMELY SHORT-LIVED GENERATION OF CHILDREN RECEIVED THESE AS UNWANTED CHRISTMAS AND BIRTHDAY PRESENTS

HARDWARE



GALAXY GEAR

In a time when absolutely everyone is permanently attached to their phones, I find it hard to comprehend that anyone at Samsung actually believes they have latched onto a hole in the market with the Galaxy Gear. Usually, I would try to find some way of subtly mocking this product by finding the small imperfections and focusing on them, but I feel it would be a humongous insult to the readers of this magazine to assume that you cannot instantly see the utter pointlessness of this invention.

The number of blindingly obvious flaws is staggering. Perhaps the most obvious of these is not even directly linked with the product, and that is the way it has been advertised. For anybody that has seen the advert with "Jack and the pretty lady" in the mountains you'll know what I mean. For those who haven't, imagine the emotional diversity of Kristen Stewart, multiply it by five and put it in snow. If that's not enough to instantly put you off the watch (and yes, the timekeeping is probably the most impressive feature), then all you need to know can be described in one sentence: it performs the very basic functions of your phone, costs a fortune and comes with the added bonus of making you look like a true arse when having a phone conversation with your own wrist. Also, as a kind gesture from Samsung, the watch will only sync with Samsung smartphones, and even then, only a limited number will actually work according to online reviews.

Consider yourself very, very harshly judged if you are caught wearing one of these.

MICROSOFT ZUNE

The story of Microsoft vs. Apple is one that has existed for what seems like a lifetime. Microsoft, the original, the giants of the computing world, coming up against Apple, already well established in the MP3 player world with the iPod, it was a battle that many thought would create conflict, controversy and above all, slashed prices on both devices. However, in a story not unlike the fall of Rome, Microsoft's newest addition to the market, the Zune, took an almighty flop. That's right, Microsoft's answer to Apple's monopoly was to, in many senses, create their own iPod. The Zune had practically all of the same features as the iPod, however it lacked in one vital component, the look. It wasn't, and still isn't, a good looking machine, and without iTunes compatibility and with a smaller choice in its music store, it seems obvious that if you're after style, storage, compatibility, practicality, display and longevity then Apple once again comes out on top.

It's a harsh fate to be judged for owning a Zune, however there is no denying that, in a society where fitting in is an empirical part of life, one who carries a Zune is destined to be looked down upon as one of the inferior.

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SEGWAY

Unless you're 10, or 300 lbs, I feel like I don't have to describe why this gadget is entirely ridiculous. It's a sorry reminder of what our lives have become when we see grown men and women actually using Segways as transport, alluding to a world filled with helmeted obese individuals who, through a horrible mistake in evolution, voluntarily use what looks like an electric Zimmer frame to move, rather than their feet. Thankfully for the health of the nation, the Segway never really took off in a major way and they have remained pretty much exclusively in the hands of tour groups and the filthy rich, being the fun toy for children's parties rather than an actual mode of transport.

I don't personally have a problem with the Segway when it is used in the right way, however the moment one is seen being used as a way to get from A to B, the person on board faces judgment that almost verges on pity.

This chap here's get-up says it all, really. Nice slacks, man.

PHONE HOME

Ever heard the saying 'everything comes in threes'? This month, we learnt that this applies to mobile handsets too as not one, or two, but three suppliers all decided to feature exactly the same handset in our hallowed Phone Home pages.

Three out of four ain't bad, and it seems that the majority of local suppliers would think that Sony's Xperia Z1 Compact is the handset to go for this month (although don't forget to swot up on JT's Smart 2 page right if you're currently in the market for a new phone) so if you think that it might be the one for you then only one question remains: which provider do you choose?

Well readers, in the spirit of this month's theme we say... Judge for yourselves.



SMALL AND POWERFUL

With an incredibly sharp camera, super speedy processor and a waterproof design, Sony has proven that great things come in small packages with the Sony Xperia Z1 Compact.

This handset presents everything that made the Xperia Z1 great, only this time it's in a compact version that is perfect for your pocket and easily fits in the palm of your hand. The 4.3-inch, 342 pixels per inch display delivers stunning images for your photos or video playback.

If you lack confidence when it comes to photography the great thing about the Z1 Compact is that it does the work for you. The Superior Auto feature on the 20.7 megapixel camera recognises up to 36 scene types and automatically adjusts to help you get the best out of your photos, any time and any place – even underwater! With the Z1 Compact, you'll never have to worry about losing your contact list, music or photos because this remarkable phone comes with Xperia Transfer, a fantastic, ultra-easy app which allows you to move messages, apps, bookmarks and more from your old Android or iOS device to your new Xperia Z1 Compact. No need for computers anymore, this app transfers directly from phone to phone!

If you think these incredible features will drain your battery life fast, think again. With a 2,300mAh battery, the Sony Xperia Z1 Compact will happily run all day. You can get up to 600 hours of standby time and 18 hours of talk time. The Compact is powered by a 2.2GHz quad core Qualcomm processor and Android 4.3 Jelly Bean, meaning it is exceptionally fast, as well as lasting around the clock.

Hurry and get down to the Sure store to get your hands on the Sony Xperia Z1 Compact, a decision you definitely won't regret! Free on the £46/m Sure smartplan.



Jersey's own superstar DJ - and Airtel-Vodafone Brand Ambassador - Hannah Jacques reviews the Sony Xperia Z1 Compact.

What's the difference between a mini and a compact? Well, according to Sony, in the world of the mobile there's quite a big difference.

Minis are normally the smaller alternative to the massive handset. For example, the mega HTC and Samsung phones have mini alternatives - smaller versions that can fit in a normal pocket and cost less. I've always liked them but, as Sony point out, the 'mini' versions are also the 'juniors'. They don't have all the features of their bigger siblings.

The Compact, on the other hand, is the Xperia Z1 in a smaller package. There's the same fantastic camera, water-resistant body, memory, power, and and the price tag is similar. The Z1 Compact's just smaller, but by that I mean it's about the same size as an iPhone 5s.

So is smaller better? Well, you get what you pay for, and the Compact comes with a lot. I like it, and it's certainly easier to carry around than the Xperia Z1. I guess it's down to what you prefer.

FREE SMARTPHONE WHEN YOU TOP UP ON JT PAY AS YOU GO

NEW JT Smart 2 - FREE when you top up just £50

The brand new JT Smart 2 is the follow up to the hugely successful JT Smart. This great value Smartphone offers a sharper screen resolution at 480 x 320 pixels and runs on the 'Jelly Bean' Android operating system.

The JT Smart 2 comes packed with a range of features including Wi-Fi, Bluetooth, an LED flash camera and video capability. You can store your photos and videos on the 4GB of internal memory or if you run out of space there's a built in Micro SD slot which can handle up to 32GB! What makes this Smartphone really stand out from the crowd is its Dual SIM capability, which means it can hold TWO SIM cards – perfect if you're at university in the UK, or when you're travelling as you can have your JT SIM and either your UK, or JT Travel SIM operating at the same time. That means you'll never have to worry about which one you're using, or fiddle around and swap them over thanks to JT's design innovation.

So if you're looking for a fantastic new Smartphone that won't break the bank, visit the JT store this March.



Beyond Computers Gadget of the month



Sony Xperia Z1 Compact

The Xperia Z1 Compact is everything you expect in a premium smartphone, beautifully crafted to fit perfectly in the palm of your hand. Capture stunningly beautiful photos and videos using the same technology as featured in our compact digital cameras. Easily move all your valuable content from your smartphone to your new Xperia Z1 Compact with Xperia™ Transfer. Best of all, the Xperia Z1 Compact is waterproof.

The Sony Xperia Z1 Compact has been carefully crafted using only premium materials and clean lines. Its IP55/IP58 rating means that this slim and sleek camera phone is both waterproof and dust resistant. This 4.3" beauty fits perfectly in the palm of your hand. Featuring richer, truer colours, and super sharp images, the Xperia Z1 Compact is built with the latest Sony BRAVIA® technologies optimized for mobile and offers an amazing viewing experience every time.

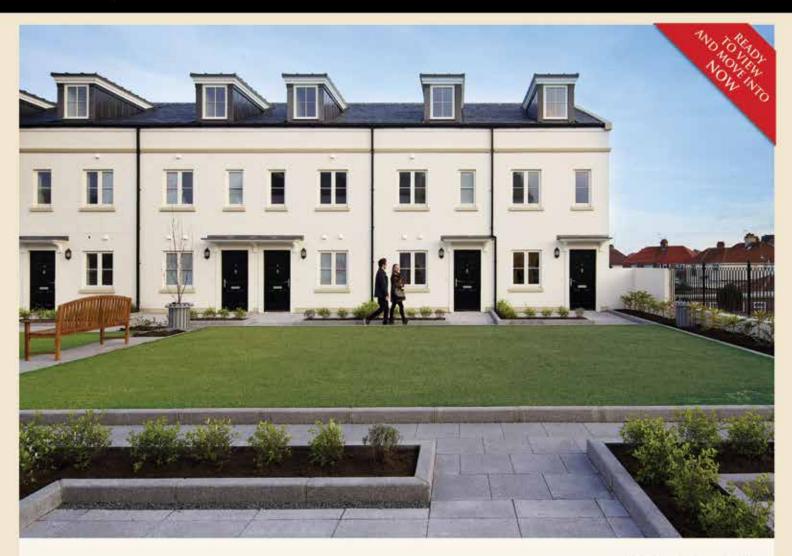
Sony Xperia Z1 Compact £419.99

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St Helier

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£850,000

- Magnificent floor to ceiling windows overlooking marina
- High specification and secure parking



11 Langtry Gardens £410,000

St Saviour's Hill

- 2 Bedroom cottage
- · Fully fitted kitchen with integrated appliances
- Spacious ground floor wet room
- Private garden
- 1 Parking space plus visitor bays



8 Belvedere

£500,000

- St Saviour
- 3 bedroom 3 bathroom townhouse with versatile living accommodation set over three floors
- Parking and integrated garage
- · Balcony from lounge overlooking garden

dandara.com



5 The Dunlin

.....

- Portelet Bay
- Ground floor 1374 sq ft apartment
- Spacious open plan living area & 2 bedroom suites
 Large south facing terrace & 2 parking spaces

£595,000

£395,000

£495,000

38 Langtry Gardens

St Saviour

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- Sunroom to rear of property
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- Private south facing garden
- 2 Parking spaces plus visitor bays



B613 Millais House £

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£540,000

£1,825,000

£705,000

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7 Langtry Gardens

St Saviour's Hill

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- · Master bedroom with en-suite bathroom



7 The Fulmar

Portelet Bay

- · Four bedroom duplex apartment over 2300 sq ft.
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- Large terrace with incredible views of Portelet Bay
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61 Belvedere

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36 Langtry Gardens £470,000

St Saviour's Hill

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- Over 55s community
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- Sun room and private garden
- · 1 Parking space plus visitor bays

dandara



Indie pop with a longing edge? Piano driven guitar pop with hooks the size of an air hanger? Frivolous melodies that slip into your unconscious without causing much of a fuss in the process? It's hard to gauge where The New Union sit amongst the stream of new bands trying to grab your attention out there. There's little edge on display, but sometimes you're not looking for something to test your powers of endurance, instead a fun and easy tune to soundtrack those moments of awesomeness during the day. It's ever so summer-y in places, like The View and The Zutons (sans horn) with the anthemic bombast of Bruce Springsteen via The Maccabees at their most positive. The guitar solo would make Albert Hammond Jr. proud whilst that quivering falsetto makes a beeline straight to your heart...

The Brighton four-piece have already shared stages with the likes of Bastille and The 1975, the band are looking to follow in their footsteps with the epic heights of 'NOW', released 17th March 2014. The band have recorded with Grammy award winning producer Dan Grech (Tom Odell, The Vaccines, Scissor Sisters) in London's legendary RAK Studios.

Sample their tracks online now!

MEANWHILE

Brash, bombastic and bold pop that feels just as relevant as it is retro...

Meanwhile has already gathered the sort of back story that makes artist Biogs scream out to the major publications, but his singular vision of his musical future is what excites us the most. 'Luvletta', his debut release, makes one hell of an entrance. It has the sort of production that would make even the eighties blush; brash, bombastic and bold throughout with no real subtlety.

The prodigiously talented singer, producer and film composer has recently premiered his debut track, 'Luvletta' (Fiction Records/ Universal). The music is a heady mix of the escapist and the everyday, injected with a familiarity and originality that we welcome with open arms. Vice Magazine music just likened him to Prince and the Guardian described him as an "industrial mix of machine funk fused with Bowie." Not bad then.

First offering 'Luvletta' contrasts lyrics of infatuation and conflict with futuristic funk, juddering synths and big beats. It's an immediate and immersive introduction. Meanwhile sings "I'm on my way" at its climax, and you feel it too. His entry into songwriting came via cinema, when the sweeping sounds of Danny Elfman, Tim Burton's long-time collaborator, instilled an early love of film scores. He took up the piano, classically trained and fuelled by hip-hop, funk and soul, began composing ambitious pieces. This habit emerged late last year, when Meanwhile quietly uploaded a selection of movie re-interpretations to Youtube ('Luvletta' was hinted at when combined with the explosive fight-scene from Korean revenge thriller 'Oldboy'). As he moved from soundtrack pieces to the ambitious bedroom productions of his solo material, so too came the controlled, worldbuilding possibilities of character, akin to Gorillaz or Janelle Monae - through which every frustration and ounce of creativity could finally be brought to vivid, colourful life. Part alter-ego, part self-realization and a total breath of fresh air, Meanwhile is set to be the most exciting new talent of 2014.

There's no hiding from it's hooks and ultimately it will turn more heads than the usual root-to-pop stardom which frequently aims for that 'middle of the road' sound. Sample the track via the Meanwhile website and see for yourself.



FRANCOBOLLO

This Swedish 5-piece based in London are steadily marching their way up the listener charts. XFM's John Kennedy has gone on the record stating that these guys are the most exciting live band at the moment. That's a fairly weighty statement judging by the amount of gigs this chap attends; so we'll have to take his recommendation seriously.

Quirky, catchy and energetic, it's hard not to nod along to the punky, grungepop fusion this band are managing to create. With each track usually culminating in a frenzy of guitar riffs, bass lines, heavy drumbeats and crashing symbols, Francobollo are certainly ones to watch in 2014. Think Weezer mixed with Pavement spliced with Blur and the electric stage presence and organised chaos of The Hives.

Early creation 'Try' is the perfect starter and will send you in all sorts of musical directions. Not one part of the sound is predictable but contagiously rhythmical. Other standout tracks include 'You noticed', a whimsical acoustic ditty with silly harmonies and some killer time signatures, 'I Hope Not', 'Basketball' and the YouTube hit, 'I found a bike today' featuring celebrity fan, Adeel Akhtar (Four Lions, The Dictator, Utopia).

It's fun, bold and unashamedly silly. Check out their material online now!



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MARCH MUSIC & NIGHTLIFE: SIX OF THE BEST

Pure's closing down, Rhumba's returning - Music & Nightlife doesn't know whether it's coming or going...



ALL MOD CONS

Indie DJ Stephen Orr's All Mod Cons night is back with for two events in March, which means you've got at least two opportunities to go bonkers on the dancefloors of St Helier nightclubs to The Libertines, Arctic Monkeys, Kasabian, The Kinks et al. If good old rock n' roll is your thing (and frankly, it should be, at least twice a month), you won't go far wrong at All Mod Cons. Keep up with future gigs at Facebook.com/ AllModConsJersey, and get yourself along to All Mod Cons at the Chili Bar on the first Saturday of every month. Chili Bar, Havana, Saturday 1st March, 10.30pm – 2am / Rojo Bond Street, Friday 21st March, 7 – 11pm / Free Entry

RHUMBA RETURNS!

Enjoying something of a legendary status amongst Jersey's clubbers, Rhumba rocked the island to the core back in the day with many a shindig in St Helier's clubs and some of the liveliest events seen at Fort Regent since Humphrey the Lion's stag party in '89. They're back for a reunion party at the new Rojo nightclub in Beresford Street with Rhumba DJs Justin De Gruchy, Chris Sokrati and Jean-Pierre. Expect house bangers aplenty and nostalgia galore. Are they back for good? Who knows? It may well be one night only - best get yourself along just to be sure. Rojo Beresford St, Saturday 1st March, 10pm – 2am / Tickets TBA

ROCKSTEADY'S PURE CLOSING PARTY... PANGAEA

As one door reopens, another is closed: Saturday 1st March is the last hurrah of Pure, a bastion of the local clubbing scene for over a decade and a venue that has seen some of the world's biggest mainstream names and most respected underground DJs take their place behind the decks. Not to mention providing a platform for a generation of local DJs and promoters who have learned their trade and wowed audiences there for years. Well, ladies and gents, all good things have to come to and end and so it is that Pure close their doors for good this month. On the bright side, however, local house and techno promoters Rocksteady are on hand and have come up with the goods in a big way, with a colossal headliner in the form of Pangaea. Could this be the most forward thinking booking Rocksteady have yet come up with? Quite possibly. Treading the lines between 2-step, dubstep, garage and jungle, the Hessle Audio co-founder is one of the most highly regarded young producers in the country right now, and he's coming to Jersey. Gallery doffs its cap at anyone willing and able to present cutting-edge and progressive music to the good folks of Jersey and thusly, our cap is well and truly doffed.

Pure, Saturday 1st March, 10pm – 2.30am / £5 OTD

ROCKSTEADY PRESENTS... FINGERMAN

Not content with presenting just the one DJ marvel to Jersey's clubbers this month, Rocksteady also host a banger of a night at Rojo Beresford St this month headlined by disco, soul and deep house marvel Gregg Holmes aka Fingerman. Known for his electrifying edits and funk-laden sets, the Brighton-based DJ is quite the party starter. And we all love a party, don't we? **Rojo Beresford St, Friday 7th March, 10pm – 2am / Free Entry**



TRIPLESTOKED PRESENTS... BABYHEAD 'STAGE INVASION' TOUR

Jersey's premiere roots rock, reggae and folk promoters Stoked return to the Splash after a series of cracking events in 2013 headlined by the likes of By The Rivers and Backbeat Soundsystem, and it's fair to say they're opening their 2014 account with a bang. Babyhead have been behind the scenes of the burgeoning UK reggae hip hop revolution for the last twenty years, born out of love for Jamaican sound clash, forged through a DIY ethic and delivered with a raw hip hop swagger, rocking stages from Glastonbury to Fabric and attracting onstage collaborations from Ozomatli, Rodney P and Alice Russell. Not to mention scores of children, transvestites and a three legged oneeyed dog! Not necessarily at the same time, mind. Keith Allen called them the "bastard child of Ian Dury and Iggy Pop." And Keith Allen knows his apples from his onions. Support comes from local funk rockers Any Given Sunday and The <u>Smooth Hounds. Enjoy!</u>

The Watersplash, Saturday 8th March, 10pm – 2am / Tickets £10 from Eventbrite.com



ECLIPSE THE WALL: PINK FLOYD TRIBUTE

Prog-rock progenitors Pink Floyd may well have hung up their guitars (at least collectively), but there's thankfully many a willing, able and faithful Floyd covers band to fill the pink void nowadays. For a nine-by-five mile island we're mightily lucky that one such band is right here, and they go by the name of Eclipse. If you haven't seen them, you're absolutely missing a trick, but never fear, as you have the opportunity to see them live in action at the Opera House, performing hits from the classic 1982 album The Wall. They'll be joined by other local musicians to perform classics such as 'Comfortably Numb' and 'Another Brick in the Wall', and all proceeds go to MacMillan Cancer Support (Jersey) and Jersey Kidney Patients Assocation. Why wouldn't you? Jersey Opera House, Saturday 29th March, 8pm / Tickets £20 from jerseyoperahouse.co.uk

paparazzi



WHY STOP JUST BECAUSE THE NEIGHBOURS SAY SO? DEFINE YOUR OWN LIMITS

SILENT DISCO HEADPHONE RENTAL FROM £1.75 PER PAIR (BASED ON 400 PAIRS) SEE GALLERY.JE FOR DETAILS OR CALL 811100 TO MAKE A RESERVATION

























JERSEY'S STYLE MAGAZINE





















SILENT |sīlənt| *adjective* • not making or accompanied by any sound

DISCO |diskō| noun (pl. discos) • a club or party at which people dance to pop music















BECAUSE QUALITY MATTERS













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paparazzi



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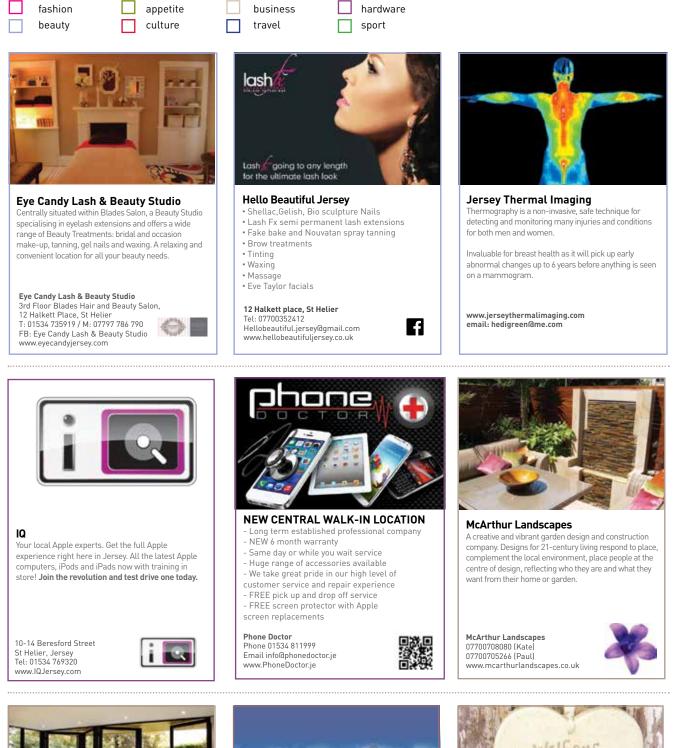


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