







Samsung Galaxy S5



Apple iPhone 5s

These fantastic phones deserve the best plan around!

Free on Sure's £46/month SmartUltimate plan

All include UNLIMITED data and UNLIMITED texts!



HTC One M8



Sony Xperia Z2







A NEW NAME IN COMPANY, FUND AND TRUST ADMINISTRATION SERVICES. A NEW SYMBOL IN EXCELLENCE

When we conducted our management buyout of Ogier Fiduciary Services, our vision was clear: raise industry standards by challenging standard practice.

No more same again. A lot more value with the highest levels of client service in Corporate Services, Fund Services and Private Wealth.

Welcome to the new name in the relentless pursuit of excellence. Welcome to Elian.

ELIAN.COM

Regulatory information is detailed on elian.com/legalnotice





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.

WHO WE ARE

PUBLISHER Ben Davies DD: 870185 ben@gallery.je

SALES / ACCOUNT DIRECTOR Ceri Baker DD: 870082

> M: 07700 811102 ceri@gallery.je

DESIGN DIRECTOR Russ Atkinson DD: 870268 russ@gallery.je

DISTRIBUTION 07700 870185 distribution@gallery.je

> OFFICIAL MASCOT Beryl Felton

ACCOUNTS DD: 870237 accounts@gallery.je

Other contacts are on the contributors page

Entertain us with jokes, ideas, YouTube clips, etc. everyone@gallery.je



Disclaimer. All rights reserved. Any form of reproduction of Gallery Magazine, in part or whole is strictly prohibited without the written consent of the publisher. Any views expressed by advertisers or contributors may not be those of the publisher. Unsolicited artwork, manuscripts and copy are accepted by Gallery Magazine, but the publisher cannot be held responsible for any loss or damage. All material, copy and artwork supplied is assumed to be copyright free unless erial, copy and artwo ise advised. Contrib Solar was a divised. Communitors for Gauley should be manuel to end agaleryzg. Names have been changed to protect the innocent and no pen were harmed in the manufacture of this magazine, you can't prove nuffing. e you still reading the small prim? How about researching what really ma sest paper aeroplane? Test them with your friends or colleagues, add a pict our Facebook and we'll send you some doughnuts...

factory

AD SPACE INTENTIONALLY LEFT BLANK



CALL 811100 TO FILL IT

#112



COVER CREDITS EMILY Jumper by Olive Jeans by Diesel Boots by Michael Kors

ADAM Jacket by Ashworth & Bird Shirt by Ralph Lauren Tie by Paul Smith Jeans By Hugo Boss Orange Shoes by Hugo Boss

> PHOTOGRAPHY & STYLING Danny Evans MODELS Adam & Emily

Social networking shizzle

Be our friend and we'll tell you secrets



WWW.FACEBOOK.COM/ GALLERYMAGAZINE





ARE YOU IN? You can also view

paparazzi photos on our facebook page.

Learn more > www.gallery.je

edito

pathy, by its nature, is such an easy option. Not doing something is way easier than doing it. I'm not talking about reluctance to lace up your shoes and train for an ultra marathon; I mean taking time to cook something nutritious, going to make use of the £100 a month that direct debits to a gym, getting up from the sofa to change the channel.. or going to put an X in a box for people you want to control your island...

Voting is a funny thing. In my mind an interest in politics is akin to holding religious beliefs. As a sometime agnostic atheist I do get the decision to opt out of things. However, people in Jersey love nothing better than to bitch about politics, politicians, expenses. It seems everyone has an interest, but not enough on an interest to actually want to get up, get out and influence the decision of who the 26% of your wages (and 6% on top from your employer) helps to employ.

If you didn't watch or listen to the election nominations you'll not know that one third of Jersey politicians were elected unopposed. You may think it's the strong groundswell of support they had or the success of their previous term in the assembly that frightened others off but in some instances they'd never stood before. Or had any opponents. That's right. It was like winning a race that only they entered. Why? Because no one else wanted the job.

There are politicians that work tremendously hard and undertake a role that presents challenging tasks. There are others that would rather do little and shout from the back. Some just like using 'deputy' in their Twitter handle. In any case we have no reason to moan if we're not engaged in the democratic process.

You may be on the side of the fence that believes in trying to maintain and grow Jersey's economy, encumbered with our position as a world class finance centre, as it is. You may be on the side that thinks we should feed all trust directors to Attac and live like it's 1600 again. You may be, like most people, somewhere in between. If you're not voting though, you're lost in the void. Take an interest, read the manifestos. Bitch if you like but apathy will get you nowhere.

В

7

CONTENTS

PICKS





20 The Vodka Confidential

THE REST

UPFRONT

Listings	12
Misc	14
News in Numbers	16
Feature: Fitness for Real Tough Manly Men	18
The Vodka Confidential	20
Feature: Voting	22
Alex Farnham's Soapbox	26
Feature: It's A Man's World	28
Profile: Ash Lewis, Tattoo Artist	30
Relative Values: Park	32
Animal Corner	34

GIVE

EVENTS

West Collections Launch	
Aurum Cocktail Hour Jewellery Launch	
Radisson Blue Waterfront Bar Re-Launch	
The Halkett Hoedown	
SDS Rejuvenate Launch	
Mind Jersey Short Film Screenings	

TRAVEL

ing i

Staycations	50
Stag Trips	54

CULTURE

My Name Is Chantelle Mundy & Casey Laurent	58
69 Halkett Street Competition	59
The Monthly Upload	60
Culture News	62
Exhibitions	64

BEAUTY & WELLBEING

Beauty News	
Beauty Products	
Gallery Guinea Pig	

FASHION

Brand News	72
Trend News	74
Shoot: Elian x Ashworth & Bird	
Shoot: de Gruchy	
Style Stalker	





150 Nissan Juke

APPETITE	
Steak Out!	
Appetite News	
Hail The Ale!	
The Genuine Articles	
My Dish	

PLACES

Property Profile	
Featured Properties	
Interior News	
Finishing Touches	110

AGENDA

Welcome from Jason Laity, KPMG	114
Relative Values: Jordan Love & Richard Rolfe	118
Focus on: Tech	120
Gigabit Beaulieu	122
Coders of the Future	125
Tech Travel: Andrew Mitchell	126
Free Lunch: Robbie Andrews talks Bitcoin	128
Tech Profile	130
Deskspace: Mantra	132
Business News	134
Movers & Shakers	138
Check Your Posture	142

SPORT

Sportsperson Of The Month: Harvey Biljon Sport News	
HARDWARE	
Motor Review: Nissan Juke	
XY Gadget Guide	152
Phone Home	154
NIGHTLIFE	
Dimitri From Paris	
Dimitri From Paris	
Dimitri From Paris Nightlife Listings	158
Dimitri From Paris Nightlife Listings Paparazzi	158 160
Dimitri From Paris Nightlife Listings Paparazzi	158 160
Dimitri From Paris Nightlife Listings	

gallery #112

CONTRIBUTORS

EDITORIAL CONTRIBUTORS Tamarin Marriott-Wilkinson Sara Felton Taylor Jones Grant Runyon **Dierdre Shirreffs** Naomi Grace Briggs

Russ Atkinson Lucy Sanderson

PHOTOGRAPHERS Danny Evans Emily Stead

ILLUSTRATION / DESIGN Russ Atkinson Pod Hughes Luke Moss

FEATURED CONTRIBUTORS



MORE NEW CONTRIBUTORS

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 AND BEYOND: **CONTRIBUTE@GALLERY.JE**

CONTRIBUTE CONTRIBUTE@GALLERY.JE

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.

.....

ADVERTISE

AD@GALLERY.JE

We understand that the medium is the message. The quality of a magazine reflects on the businesses that advertise within it. Gallery is Jersey's highest quality magazine and premium print media option for stylish and progressive brands. If you have a business or strategy to promote to Jersey's forward thinking consumer, get in touch. Call us on 811100 or drop us an email...

FEATURE

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.

WOULD YOU LIKE TO INTERN AT

GALLERY, EMAIL INTERN@GALLERY.JE

CONTACT



832072

delivery@gallery.je

paparazzi 811100

shot@paparazzi.je

EVENTS



811100

hi@gallery.je



ACCOUNTS or all accounts enquires please call

832072

accounts@factory.je



Disclaimer.

Discutimer. All rights reserved. Any form of reproduction of Gallery Magazine, in part or whole is strictly prohibited without the written consent of the publisher. Any views expressed by advertisers or contributors may not be those of the publisher. Uncolicited artwork, manuscripts and copy are accepted by Gallery Magazine, but the publisher cannot be held responsible for any loss or damage. All material, copy and artwork supplied is assumed to be copyright free unless otherwise advised. Contributions for Gallery should be emailed to editorial@ galleryje. Names have been changed to protect the innocent and no penguins were harmed in the manufacture of this magazine, you can't prove nuffing. Why are you still reading the small print? How about researching what really makes the best paper aeroplane? Test them with your friends or colleagues, add a picture to our Facebook and we'll send you some doughnuts...



Recycle

Recycle. Gallery recycles all its storage and packing materials, boxes and any old magazines that are returned. We don't get that many fortunately We love to know our readers hang on to previous copies but when you move or find that they're taking up too much space, drop them down to the recycling bins in the car park off the Esplanade. If you want to find out more about recycling, call OL554 A48566. We put this on the green strip to look eco innit... That's **smart!**

gallery 1()



1954 60 YEARS OF CONTINUOUS INSPIRATION IN THE PURSUIT OF TECHNICAL PERFECTION Heritage Black Bay is the direct descendant of Tudor's technical success in Greenland on the wrists of Royal Navy sailors. 60 years later, the Black Bay is ready to stand as its own legend.

TUDOR HERITAGE BLACK BAY Self-winding mechanical movement, waterproof to 200 m, steel case 41 mm. Visit tudorwatch.com and explore more.



1 KING STREET, ST HELIER, JERSEY WWW.HETTICH.CO.UK

WATCH FEATURED SUBJECT TO STOCK AVAILABILITY



@GALLERYMAG

LOCAL EVENTS WHAT'S HAPPENING IN OCTOBER 2014 WWW.GALLERY.JE WWW.FACEBOOK.COM/GALLERYMAGAZINE

02-05.10.14 MONSTER TRUCK SHOW THE WATERFRONT EFREE //9AM TO 5PM

With appearances from legendary monster trucks such as Big Pete and The Grim Reaper, the show is said to be 'Non-stop action from start to finish!'

The event is the perfect chance to watch the trucks jumping over cars and crushing caravans. Seeing vehicles of this size jump 15ft in the air is an impressive sight at any event and with appearances from the UK's top ranked motocross riders, this event is set to leave a lasting impression.



04.10.14 VINTAGE FAIR ST BRELADES PARISH HALL

£FREE //9AM TO 5PM

Vintage has certainly became a modern trend. What better chance to 'update' your wardrobe or home than at the vintage fair in St Aubin. With items on sale from the 1900's to the 1980's, there' plenty to choose from. Not only is there vintage jewelrey and clothing available, but also vintage furniture, books, artwork and glassware. What better opportunity to delve into the treasure trove of the past and pick up something new.

04-05.10.14 MOTO X SOREL POINT £FREE // WWW.JERSEYMOTORSPORT. COM//10AM TO 5PM

With spectacular views from the North Coast of France as well as the spectacular views of the moto-x riders this event will be scenic in every way possible. With competitors as young as six, there will be something for everyone. Whether you're into the smaller skills sections or the overall race across the demanding course, it's certainly not something you should miss.



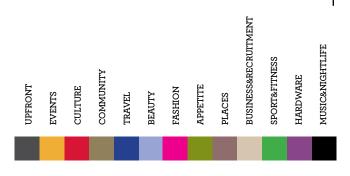
09-11.10.14 LA MARE WINE ESTATE EXPERIENCE GREENHILLS COUNTRY HOTEL E120+//TICKETS AVAILABLE FROM SEYMOURHOTELS.COM/GREENHILLS-HOTEL If you thought a wine tasting class sounded good, be prepared for the revelation that awaits. La Mare Wine Estate and Greenhills

Country Hotel have teamed up to offer a wine tasting WEEKEND! With tours of the private vineyards, tasting sessions, wine aroma activities and a 4 course meal (with wine!) at the end of the event, this shouldn't take much persuading.

10-11.10.14 JERSEY PAPERCLIX RALLY ISLAND WIDE EFREE // WWW.JERSEYRALLY. COM//12:00PM

The public roads and lanes of Jersey are transformed into a rally track for the two day event which brings together local and international drivers and navigators. This year marks the 32nd Jersey Rally, with local and international competitors entering there's every possibility we could stumble across the next Colin McRae. Let's hope the 'If in doubt, flat out' motto is one they agree with.





17-18.10.14 OKTOBERFEST THE MERTON HOTEL £27.50PP//7:30PM

Oktoberfest allows everyone the opportunity to immerse themselves in traditional German beer and food. Not only that, it gives you the perfect excuse to dress up in your Dirndl or Lederhosen and dance around to the traditional 'Oompah' band that will be there on the night. With a three course meal and as much beer as you can drink, there will be no reason to worry about getting home either as the whole event is conveniently located in a hotel. They've thought of everything.



18-19.10.14 LA FAÎS'SIE D'CIDRE HAMPTONNE £7.90//10:00AM - 5PM

La Faîs'sie d'Cidre, otherwise known as the Cider Festival, is the perfect place to learn about and celebrate Jersey's fantastic Cider and the heritage of apple growing in the island. The family event has a lot to offer, from children's games, craft markets, Jersey beekeepers, bread making and even demonstrations on using horsepower to crush apples (this has nothing to do with the monster trucks).

19.10.14 DURRELL DASH TRINITY/ST MARTIN

The ever-popular Durrell Dash takes place in and around the lanes of Trinity and St. Martin, which will start and finish in the grounds of the Wildlife Park. Choose from either the 6k or 13k route. Last year, around 450 participants raised over £8,000 towards Durrell's mission to save species from extinction. This year, they're hoping to do even better!

25.10.14 P!NK & JESSIE J TRIBUTE THE MERTON HOTEL £29.50//9:30PM - 12:00AM

Vicky Jackson, a.k.a. P!nk/Jessie J, is performing her tribute act to the American rock chick and the British pop star here in Jersey! Bringing together two artists from two very different areas of music. When Vicky is P!nk she brings the vocals, performance and attitude to match and when Vicky is Jessie J she brings the incredible vocal imitation of the urban pop star. Confusing, right?

26.10.14 FORT FOR ALL DAY FORT REGENT EFREE

The annual Fort For All Day is a fitness and sport event up at Fort Regent. It brings together local stalls, exhibitions and entertainment as well as fitness classes, racket sports and martial arts demonstrations. Why not go along and see how long it will take you to get your black belt? It will be a fun packed day for the whole family!



26.10.14 SUNDAY NIGHT SLAM: WRESTLING THE MERTON HOTEL £29.50//6PM - 12:00AM

What better way to spend your Sunday night then sat down, with a drink, watching adult men fight each other in a ring? No this isn't another odd, new TV programme, it's Sunday Night Slam at The Merton. Bringing together some of the best faces in Channel Island Wrestling, this family fun event will hopefully get everyone 'ready to rumble'!

31.10.14 HEADWAY MAD HATTER HALLOWEEN BALL RADISSON BLU

£47.50//WWW.RADISSONBLUE.COM//7PM

Feel like you're getting too old for trick-ortreating? Well Headway Jersey are running a more grown-up Halloween event. The Mad Hatter Halloween Ball offers arrival drinks, a 3 course dinner and music from DJ Hannah Jaques. With competitions to win a two night stay at the Radisson in France there's a great reason to go and support Headway Jersey. For those of you who think you'll never be too old for trick-or-treating, there's a prize for the best fancy dress too!

THE RANDOMNESS OF

SOCHI RULES IN THE BATHROOMS

Canadian snowboarder Sebastien Toutant arrived in Russia ahead of this years Sochi Winter Olympics, and while looking around the accommodation stumbled across a bizarre chart showing what he said were the "Sochi rules in the bathrooms". We're not sure if these were aimed just at the male competitors, but who doesn't want to drop a fishing line in the toilet bowl?!





10 WORDS STARTING WITH THE LETTERS XY

It's true everyday is a school day, although we're not promising that this information will be worth retaining for much longer than it takes you to read through the top 10 words starting with XY, but here they are nonetheless...

Xylan

 n. - A gummy substance of the pentosan class, present in woody tissue, and yielding xylose on hydrolysis; wood gum.

Xylem

n. - That portion of a fibrovascular bundle which has developed, or will develop, into wood cells; -- distinguished from phloem.

Xylograph

n. - An engraving on wood, or the impression from such an engraving; a print by xylography.

Xyloid

a. - Resembling wood; having the nature of wood.

Xylograph

n. - An engraving on wood, or the impression from such an engraving; a print by xylography.

Xylose

n. - An unfermentable sugar of the pentose class, C5H10O5, formed by the hydrolysis of xylan; wood sugar.

Xylotomy

n. - Art of preparing sections (transverse, tangential, or radial) of wood, esp. by means of a microtome, for microscopic examination.

Xylophone

n. - An instrument consisting of a series of strips of wood or glass graduated in length to the musical scale, resting on belts of straw, and struck with two small hammers.

Xyster

n. - An instrument for scraping bones.

Xystus

n. - A long and open portico, for athletic exercises, as wrestling, running, etc., for use in winter or in stormy weather.





ISLAND FACTS: MAN ISSUE SPECIAL

Being as this is our XY issue and given the unique nature of the island this seemed like the perfect opportunity to provide you with some interesting facts about the Isle of **MAN(N)**...

The Isle of Man exists. OK, most of us are well aware of the Isle of Man, but did you know the island is smaller than Singapore and slightly larger than Guam with a population of about 80,000 people. It is also locally referred to simply as Mann with 2 n's.

They have their very own Gallery

magazine. But it's worth noting that they are unlikely to hand out a birthday party invite to our friend Micheal the dwarf, we suggested they did after he hosted our party last year, but they're a bit touchy about dwarves up there.

Like our fair island Mann is a Crown dependancy and therefore is NOT part of the United Kingdom.

The original language on Mann was called Manx. Manx is a Gaelic language similar to some types of Irish Gaelic. The last native speaker of Manx, Ned Maddrell, died in 1974.

The symbol on the Isle of Man flag is the triskelion. While it looks like something someone with a bunch of spare doll parts might have put together, the triskelion is actually an ancient symbol. On Mann it is known as the Three Legs of Mann or Tree Cassyn Vannin in Manx.

Manx cats have no tail. The Manx cat is a breed of cat which comes from the Isle of Man which is known for being tailless. The breed also exhibits very large hind legs and a rounded head. It feels like this is in some way symbolic

Mann is the motorcycle racing capital of the world. The International Isle of Man TT (Tourist Trophy) Race has been conducted on the island since 1907.

Saving the best until last... The Bee Gees are from the Isle of Mann. Thought they were Australian did you? Nope. They are Manx. Maurice, Robin and Barry were all born on the Isle of Man. www.lyndonfarnham.je

Please Vote Lyndon Farnham for Senator

Sense and Ability

Balance checked. Be app-y!

Our Mobile app keeps you up to date by letting you check your balance whenever you need to

Want us to show you how? We're app-y to help Helpful banking

🔒 Call in to any branch

- 🗖 natwestinternational.com/helpfulbanking
- 🚹 Like NatWest CI on Facebook
- 💆 Follow us on Twitter @NatWestJsy

🖧 NatWest

The Rayal Bank of Scotland International Limited trading as NatWest (NatWest), Registered Office: P.O. Bax 64, Rayal Bank House, 71 Bath Street, St. Helier, Jersey JE4 8PJ, Regulated by the Jersey Financial Services Commission. Calls may be recorded. Network charges may apply.

NEWS IN NUMBERS

metre pool called for, but neglected, in Fort Regent rejuvenation plans

States Assembly candidates elected completely unopposed

120

seat restaurant on Gorey pier approved despite opposing campaigners

2,000

cost for two Jerseymen whose boat needed rescuing by Guernsey lifeboat twice in just 72 hours

> posts to be lost as Co-op close Bellozanne warehouse facilty

firefighters respond to Boat House fire

DO NOTHING. Expect Nothing.

We all have an opinion on what we like and don't like about our Island.

There are candidates standing for election with opinions that are similar to yours. If you don't vote for those candidates, don't expect them to get elected.

With or without your vote, candidates will be elected on 15 October. Don't let others choose them on your behalf.

Election day is Wednesday 15 October.

You can pre-poll vote before election day - see vote.je for details.



DO SOMETHING - VOTE 🗙

Move money without moving

Our Mobile app lets you transfer money instantly between your accounts wherever you happen to be

Want us to show you how? We're app-y to help



🔒 Call in to any branch

- 🖵 natwestinternational.com/helpfulbanking
- 👫 Like NatWest Cl on Facebook
- 🗾 Follow us on Twitter @NatWestJsy



The Royal Bank of Scotland International Limited trading as NatWest (NatWest). Registered Office: P.O. Bax 64, Royal Bank House, 71 Bath Street, St. Helier, Jersey JE4 8PJ. Regulated by the Jersey Financial Services Commission. Calls may be recorded. Network charges may apply.

FITNESSFOR Real tough Manly Men

WORDS Grant Runyon ILLUSTRATION Luke Moss



Back in the era of communal showers and professional sportsmen who smoked on the pitch, the relationship between fitness and masculinity was quite straightforward. Real man's men spent an hour or two fighting over a ball and swearing at each other, and then another three hours in the bar drinking approved manly drinks and eating Big D peanuts. Everybody involved was hairy, wore Old Spice and modelled themselves on either George Best or Charlton Heston in Planet of the Apes. They looked great, charmed the ladies and usually dropped dead at 52 from a heart attack.

These were the days when darts was considered exercise because it was technically a sport. Runners and cyclists did exist (mostly in Africa or France), but if you'd asked a man what yoga was he would have guessed it was a side dish that came with poppadoms. Pre Bruce Lee, the western world's experience of martial arts

involved being punched in the head by an off-duty bouncer in gym shorts, and the only concept of extreme fitness understood by most blokes was those massive bodybuilders who ate thirty raw eggs for breakfast and had competitions to see who could drag a truck across Newcastle using only their wedding tackle. Male identity is both more comfortable and more complicated than the dark ages of the 1960s, and so men's relationship to fitness has evolved. Traditional bastions of masculinity like rugby clubs and truck testicle dragging competitions still exist, but blokes who want to cultivate the appearance of being the manliest of manly man's men are going to need to work a little bit harder than that to stand out. If you want to project an aura of extreme masculinity you'll need to think of something unique, especially given that you live in a safe, comfortable island that is only marginally tougher than a chihuahua wearing a leotard. You could just do regular exercise, and let the results speak for themselves, or you could adopt a fitness lifestyle and try your hardest to get noticed. If you're leaning towards the latter, we've picked out some places for you to start.

MAN VERSUS NATURE

If you want to get one up on your triathlon mates, and possibly even the mud runners, make sure you tell everybody who'll listen that you only do these vanilla events as training for an extreme marathon held in a dangerous foreign location. You might look butch running around a muddy field in Essex, but it's even more manly to sign up to do a similar distance in the Amazon jungle, up a Peruvian mountain or in Death Valley (the clue's in the name). By surviving these races you can present yourself as some kind of grizzled post-apocalyptic survivor who eats rattlesnakes and sleeps in a pile of rocks, which is a look guaranteed to knock the ladies off their feet.

You might even think that just running is too easy, even if it does involve surviving jungles of poisonous plants, hostile natives and deadly snakes. In this case, you should consider challenging nature more directly by climbing up things (mountains, rocks, skyscrapers), ideally without ropes, oxygen or shoes. There's also "The Running of the Bulls" in Spain, which is less about actual fitness (or even running) but makes you look manly even if you risk proving Darwin's point by getting gored to death by a tonne of enraged chilli con carne.

Manliness rating: 8/10

(Bear Grylls has run out of toilet paper)

VIOLENT FITNESS

Have you seen Fight Club one too many times? Have you never recovered from discovering that WWF wrestling isn't real? Do you have a signed poster of Chuck Norris under your bed? If all of these are true and you aren't currently serving time at Her Majesty's Pleasure then perhaps you can become super-uber-mega-manly by joining a dojo, learning some real life Streetfighter combos and getting proper hench by savagely battering a sandbag for three hours a day. Even the softest of martial arts will build core strength and make you at least stand in a hard way, and anything involving sparring or arm bars will cause enough facial bruising to make Philip Schofield look like Tyler Durden after a matter of weeks. Stick at it and eventually you will be tough enough to adopt a daft nickname (Grant 'the chinchilla' Runyon) and step into the octagon to test yourself against a 16 stone psychopath who looks like a fairground mechanic and has tattoos on his face. The only downside to all of this is, that despite all the progress achieved under globalisation it has not become any cooler or even socially acceptable for a white man to own a pair of nunchuks.

Manliness rating: 9/10

(Giant Haystacks has got you in a sleeper hold)

EXTREME RUNNING

Triathlon (also known as swimming for a bit, then cycling, then running) has a long and noble history that allegedly stretches back to the ancient Greeks. However, it came into its own once cunning marketers worked out they could sell participants a special bike, special shoes and a special wetsuit in order to take part. Once you added in a special bracelet that connects to your iPhone and automatically brags about your transition times to your peer group, triathlon was ready to go big time in the world of workplace fitness oneupmanship. On the other hand, lots of women do it now, so if you want something more ostentatiously rugged you'll need to sign up for an extreme endurance race instead.

If you aren't familiar with the likes of Tough Mudder or Nuclear Races, try and imagine a school cross country organised by the drill instructor from Full Metal Jacket, populated by anxious white collar workers in their early 30s but carried out in an environment designed to slightly inconvenience a soldier. You'll run through mud, navigate treacherous (albeit insurance risk assessed) obstacle courses and occasionally carry heavy objects. If that doesn't sound enough like punishment, you can also do them in the winter, at night, with no underpants on. The reward is a profile photo of you covered in slime and looking like you're desperately holding in a rectal prolapse.

Manliness rating: 7/10

(Forrest Gump carrying Lieutenant Dan)

HASHTAG GYM CULTS

Prior to the 1990s, gyms were something most people simply used to lose weight or to get fit for other sports. The only people who visited more regularly were competitive bodybuilders, who were manly to the extent that waxing your chest and being so muscled you need help to use the toilet is manly. Today, chest waxing has spread to the general population, and it's no longer unusual to eat protein bars whilst commenting totally objectively on another straight guy's tight glutes and rippling, oily six pack. It's okay to take pictures of yourself flexing your muscles, as long as you put them on Facebook with a cheesy motivational caption about giving 110%. As a lazy vegetable those certainly motivate me every time I see a friend showing off his pecs I get one step closer to getting off the couch, putting down the Doritos and buying some steroids off the internet.

If you ever find your gym commitment wavering in favour of more interesting activities, then you might get better results by signing up for something like CrossFit, a.k.a. the fitness equivalent of Scientology. Yes, it works, but you lose manliness points for being obliged to constantly talk about CrossFit, tweet about CrossFit, get married to CrossFit and shun friends and family members who aren't quite as enthusiastic about CrossFit as you are.

Manliness rating: 6/10

(Dolph Lundgren in a mankini)



THE VODKA CONFIDENTIAL

WORDS Grey Goose Girl

'A crisis is both a danger and an opportunity'

(Old ancient Chinese Proverb)

'You know, Yolo?' he said. To which I replied with a rather confused stare. I clearly had no clue what the boy (yes he was a boy), was talking about, but didn't want to show myself up. I was attending the wedding of SO's (significant other) school friend and was horrified when we arrived to see that apart from the page boy and flower girl the only other guests under the age of 45 were myself and said boy at the bar. Just to clarify I'm the wrong side of 30 and the boy was probably about 20.

I had snuck away from the speeches to have a quick shot of vodka at the bar. A bid to try and make the conversation with the mainly strangers around my table a little more free flowing. There are only so many times you can ask 'And how do you know the Bride?' before it becomes a cross between the type of polite conversation you have at the hairdressers and the more painful attempts at chat you have during the dreaded dentist's visit.

I smiled politely as I downed the shot and nodded at the rather cute and more my age barman for a second, the boy who was now looking strangely amused asked me what the hurry was and the next minute he had half my life story. From the failed marriage in the UK, to two children here and SO's lack of work life balance.

Poor lad probably wished he had never caught my eye over a Grey Goose chaser. After joining me for my third, his first, he made what was to be the life changing 'Yolo' comment. He saw my confusion and in a rather loud whisper (i.e. are you thick or deaf?) sarcastically explained 'It means you only live once.' Now, whilst I have always preferred what I think to be the more sophisticated expression of Carpe Diem, I got his meaning immediately – get on with your life and stop moaning, if you're not happy do something about it, you're not a tree, you can move you know?

Now this was actually the second event to bring about the cataclysmic change of mind set.

The first had happened the weekend before after a particularly dusty adventure in the loft looking for a pair of neon orange leg warmers (another story), when I stumbled upon a scrap book made by my best friend before I skipped across the pond to live here in Jersey. Both events got me thinking. How could a stranger, a boy at that, be qualified to give me advice and why was I even considering it? Was it advice or was it really his observations of a slightly tipsy older woman having a bit of a crisis? Or actually is the difference between the sexes? Do men and women behave differently in a crisis?

It's no secret that the fairer sex like to share their tales, aspirations and desires with their dearest girlfriends over a bottle of wine or in my case a large shot of distilled Russian 'water'. Whilst the more, shall we say, gruff sex likes to keep their feelings and

I decided to ask a dear male colleague his view on the topic, I recounted my 'YOLO' moment and his reply was oh so simple. That men really don't have the need to overanalyse everything with their male counterparts like women do.

Full of photographs, which can never be seen by those outside of the circle of trust, to tickets from nightclubs and evidence of what had then been a risqué and rather scandalous coming of age. Who knew your boobs would fit perfectly into a pair of soup ladles? Did I really look delectable standing on a balcony with only a bed sheet protecting my modesty welcoming new quests to the hotel I was staving in? Remember this was Gran Canaria 1990s and not Magaluf, 2014! Thank God this was before camera phones and social media. If they existed then I probably wouldn't have the job I have now or maybe I was always meant to be an exotic dancer? ...I digress.

Strangely, as much as I don't want to see if said boobs will still fit into soup ladles or snog loads of blokes whilst pretending to work for MTV with a hand held video camera (remember it was the 1990s), I had started to crave a bit of fun but how his would fit into my very normal but incredibly predictable, boring life? How can a wife, mother, professional (sometimes) and generally rule abiding Jersey citizen inject a bit of fun without getting arrested, sacked, divorced or even worse, all three? fantasies hidden somewhere between their bottle of Bud and their phone. Does this mean that by sharing our thoughts women are seeking the 'permission' of their inner circle to be a little crazy, make changes or decisions about their future?'

I decided to ask a dear male colleague his view on the topic, I recounted my 'YOLO' moment and his reply was oh so simple. That men really don't have the need to overanalyse everything with their male counterparts like women do. They are more likely to be impulsive and probably won't try to find a reason for their behaviour, even after the event. Whilst us girls feel the need to share and over think everything!

So back to me, here I am on my journey to well, not sure really, rediscovery? I am sure it will be over analysed during the wee small hours and I will try to make it acceptable to everyone around me. Some would call it an early mid life crisis. I think I prefer the word 'Reinvention'. Just remember what the Chinese said, it could be dangerous, it could be an opportunity – or I think it could be both. So if you see me around, just remember to hide the soup ladles.

VOTE? X

With a staggering 62,000 islanders registered to vote, that's around 80% of those eligible, and an islandwide election set to take place on Wednesday 15 October, 2014, we felt it would be irresponsible if we didn't at least dip our toes in the water to find out a little more about the island's current political climate. As we don't profess to know it all we asked those currently representing the two most vocal sides, to share with us their opinions on why we should be making our way to the ballot boxes.

VIEW FROM THE LEFT OF CENTRE

Deputy Sam Mézec, Chairman of Reform Jersey

Last year the Jersey Annual Social Survey showed that 70% of the public did not have faith in the States of Jersey. Just recently a JEP poll showed that a similar number believe that the performance of the current Council of Ministers has been "terrible".

You would therefore think that there would be a clamour of candidates coming forward for election to call for change. But instead we find ourselves with over a third of States seats being uncontested.

It is clear that our democratic system is broken and in need of a complete overhaul.

Our system is unfair because; some voters have more votes than others, some States Members represent large numbers of people whilst others represent barely any, and the system is overly complicated and difficult for first-time voters to get to grips with.

But the single biggest reason that most ordinary islanders do not vote, is because they cannot see a link between how they vote and what government they get.

Time after time we hear voters say "what's the point? It won't change anything."

Currently, our government is formed from the dodgy dealings and negotiations that happen behind closed doors once the elections are over. The public have no direct say on who becomes a Minister. It is left to members to find their own allegiances.

We do not get the government we choose.

Whether it's on issues like GST, zero-hours contracts, over-development etc, the States is completely out of touch.

There is only one real solution to this – Party politics.

AFTER MY SUCCESS IN THE ST HELIER NO. 2 BY-ELECTION IN MARCH THIS YEAR, SEVERAL POLITICIANS AND MEMBERS OF THE PUBLIC WITH A SHARED POLITICAL OUTLOOK DECIDED TO FORM REFORM JERSEY AS A POLITICAL PARTY TO PROVIDE VOTERS WITH A STRAIGHT CHOICE AT THE GENERAL ELECTION THIS YEAR.

Reform Jersey have put up 8 candidates across the island, all of whom are standing on a joint platform with a common set of policies. Our outlook is based on a vision for a Jersey government focusing on social and economic justice.

Some critics will claim that Jersey is too small for party politics. Such criticism is dishonest because there are many jurisdictions around the world with smaller populations than Jersey with thriving party systems. Take Gibraltar for example. Gibraltar is like Jersey in many ways. It is a British territory, but with its own strong identity and culture. It has a small population and a large finance industry. At their last election they had a turnout of over 80% and they were able to completely change their government by throwing one party out and replacing them with another one. Democracy is alive and well in Gibraltar, but in Jersey we limp by with 40% turnouts and the same old business as usual politicians re-elected every time.

In politics it is impossible for any candidate to achieve anything unless they work as a team. But democracy must require that those teams are formed before the elections, not after, so that the public have an opportunity to cast a verdict on them and give them a mandate to pursue their agenda.

But one party is not enough. The development of Reform Jersey may be an important step towards establishing party politics, but the job will not be complete until there are at least three (hopefully more) political parties for the public to choose from.

If Reform Jersey is successful in this election, then other parties will form. Then the people will finally have a real choice and maybe the publics' faith in politics will be restored.

VIEW FROM THE RIGHT OF CENTRE Lucid.je

Lucid.je is a centre-right leaning blog site, written by five named amateur political commentators who want to create a voice in the run-up to the election. We want those who have concerns to be able to be heard and engage candidates in online debate where policy clarifications are needed.

JERSEY ELECTION – DOES IT REALLY AFFECT ME?

A recent Jersey Evening Post online survey revealed that 70% of those who responded considered the performance of the current Council of Ministers to have been "terrible". Surveys will, by definition, attract those who are least satisfied, but, even allowing for methodological flaws, this is clearly not an end of term report that the Council of Ministers can be proud of.

So why is satisfaction with our government apparently so low? Well, the bungled States reform referendum process won't have helped. Wherever you stood on the spectrum from Option A to Option C (never mind if your view was not an offered option), the spectacle of a referendum result rejected by a subsequent States chamber vote damaged the reputation of the States Assembly beyond measure.

The divisions sown in the community by the long-running story of the Plemont purchase might also be a factor. Rarely has a saga aroused such deep passions, dragged on quite so many years and so perverted normal political positions. The right voting against the developer's interests, and the left voting against the green lobby. And it still gets people animated, perhaps more so than the reform referendum!

Then there's the spat between the Chief Minister and his maverick Planning & Environment Minister, which went to the heart of the fudged rules for the composition and governance of the Council of Ministers. There will always be differences of opinion about a politician as mercurial as Deputy Rob Duhamel, but performance was not the issue. This was about the absence of powers for the Chief Minister to dispense with a Minister who is out of kilter with the rest of the team. What a humiliating spectacle for Jersey as a self-governing entity - a Chief Minister neutered and his nemesis restored.

The result of the recent equal marriage debate might have been a final straw. Jersey mustered a surprisingly and admirably liberal public display of support for a concept that should no longer be controversial. The response of the States Assembly in debate? "Um... we're not sure. We need to do a bit more research. Back soon."

The common thread in all of these stories? Progress. Or lack of progress, in actual fact.

THE PEOPLE OF JERSEY WANT TO SEE THEIR ELECTED REPRESENTATIVES LISTEN, DEBATE CONCISELY, MAKE DECISIONS, TAKE ACTION AND MOVE ON. HOW HARD CAN IT BE?

Apparently, on the evidence of the past three years, harder than it should be. With some honourable exceptions, we seem to be governed by people who enjoy the process of governing more than they enjoy creating the results of the process. This is not what we need in a small island of some 100,000 occupants with some very substantial challenges ahead.

SO, WHAT'S THE ANSWER?

In our view, it's all about the quality of candidates we elect, because the best candidates will drive for results and not be satisfied with process for its own sake.

It is not a matter for celebration that a third of our "elected" assembly have already been returned without having to gain a mandate at the ballot box. At the very least, a candidate with no opposition should still have to face the competition of a "None of the above" option on the ballot paper on election day. The good ones would have nothing to fear, but voters dissatisfied with weaker candidates could exercise the democratic right to disapprove. If the "None of the aboves" outnumbered the candidate's votes, a by-election would be triggered and the parish or district would have to look to its electorate to nominate a better candidate. There's an idea for the future.

For now, it's down to all of us to make sure that only the very best remaining candidates enter the States Assembly this October.

WHAT'S YOUR ROLE?

Firstly, pay attention. The good news is that it's easier than ever to consume and digest information about Jersey elections because social media has revolutionised political communication, even on this little rock. The best candidates are likely to be effective communicators, so take note of how they perform in seeking your vote.

Secondly, have a close look at manifestos. All the candidates are listed at <u>www.vote.je</u>, with mini-manifestos and links to their own websites and social media accounts. Jersey manifestos are traditionally thin and full of platitudes. Look for the ones with concrete, measurable ideas and proposals.

Thirdly, look for evidence of achievement. The field doesn't matter - charity, education, sport, business... what matters is the ability and determination to get things done. We need doers, not talkers.

Finally, don't be afraid to question and challenge. You don't have to ask a question at a hustings meeting (although that would be good.) It's so easy to engage with candidates online. A good Twitter or Facebook exchange can help you and others evaluate a candidate's ideas.

And perhaps visit Lucid.je. We will be sharing our opinions on the latest twists and turns and would love to hear your reactions. We want to work together for a greater understanding of the issues and what the candidates offer and stand for.

So, go and do your bit, and see you in three years! When we'll be looking back at a less fractious and more progress-filled era in Jersey history. Here's hoping...



MAKE A DIFFERENCE

ELECTION Day is Wednesday 15 October 2014. Voting in the elections will give you the power to decide who will represent you in the States Assembly.

If you don't vote, then other people will vote on your behalf. They will decide who should pass our laws and regulations and who should approve the way that tax payers' money is spent on public services.

When you think about it, at 16 you can legally:

Get married Change your name by deed poll Become a director of a company Join the armed forces Give full consent to medical treatment

If our society lets us do these things from the age of 16, then it makes sense that we should also have a say in who governs our society. In the UK you have to be over 18 to vote, but that isn't the case in Jersey. If you haven't registered to vote and you aren't on the electoral register, there is still time to get involved. Visit www. vote.je and download a voter registration form.

Find out about the candidates

Once you are registered, you can find out who is standing for election by visiting www.vote.je. The website includes candidates' photographs, contact details and manifestos, as well as information about how and where to cast your vote on Election Day.

Cast your vote

You can pre-poll vote in St Helier, St Brelade, or Trinity before Election Day. Pre-poll opening times are as follows:

Weekdays at St Paul's Centre in St Helier from Wednesday 1st October 2014 to Monday 10th October 2014, 8 am to 6 pm, and Monday 13th October from 8 am to 2 pm;

Saturday 4th October at Communicare, St Brelade, from 9 am to 2 pm; and Saturday 11th October at Trinity Youth Centre from 9 am to 2 pm.

You can also vote on Election Day on Wednesday 15th October 2014 at your district polling station between 8 am and 8 pm.

To find your polling station, please visit www.vote.je.

If you will be out of the Island on Election Day then you can either pre-poll vote, or you can apply for a postal vote. If you are ill or disabled and unable to attend the polling station, please contact the Parish Hall.

AN ECONOMIC PROPOSAL

One of the candidates currently standing for election. Senator Lyndon Farnham, spoke to us about his casons for seeking re-election, his policies and why he is provide his success on an economic proposal.

"If elected I shall be seeking the position of Economic Development Minister not least because I believe that we must now put economic prosperity firmly back on the agenda. From the rejuvenation of Fort Regent to sports and event led Tourism to FinTech and the digital economy to economic diversification and small business development. In real terms in 2012/13 Jersey's economy was at the lowest recorded level since at least 1998 – It's time to act, it's time to TURBO charge the economy."

The Senator has been frustrated at the lack of action by the government to return the economy to growth and is particularly concerned that tourism and other mainstays of the local economy have been allowed to decline.

"It's time to LOVE tourism again! We have so much to be proud of, we have so much to offer. Let's put our island firmly back on the tourism map. We must ensure that the new Visit Jersey board is fully established and properly resourced to ensure that this important pillar of our economy can once again prosper."

The Senator also feels that sports and events led tourism are essential in rejuvenating the economy.

"We can be in no doubt that, following the success (and legacies) of the London Olympics and Edinburgh Commonwealth Games, sport is a major contributor to a successful economy as well as being essential to the health and wellbeing of our society. If elected, I will propose the relocation of our Sport and Heritage portfolio from Education to Economic Development. I will also establish a new sports, conference and events body to develop Jersey as a leading venue for sports and event led tourism."

And finally ...

"My politics are about people. My politics are inclusive. My politics are not about left vs. right, my politics are about hope, health, vigour, vitality and opportunity for all. I do not favour party politics I favour TEAM politics."

Manufacturers of the finest hardwood Conservatories, Orangeries and Garden Rooms

David Salisburg

Supplied and installed in the Channel Islands by:



01534 744281 stylegroupjersey.com/windows davidsalisbury@stylegroupjersey.com

1 years

WINDOWS

ansiles

DOORS

CONSERVATORIES

6

FASCIA SOFFIT

FBALLUSTRADE



VOTE ALEX FARNHAM 'a vote for me, is definitely a vote for me'

With Jersey's elections imminent, I think it was about time I announced to you, my adoring public, that I shall be throwing my name into the hat. I shall outline my political agenda by way of a precise and very serious manifesto.

You may see me out and about, shaking babies and kissing hands, but don't worry - I'm still normal, just like you, only now I possess the cunning aptitude of a sharptoothed politician. I may not be able to promise economic growth and a 50 metre pool at Fort Regent, but I can tell you this without a shadow of a doubt: a vote for me, is definitely a vote for me.

If elected, I shall be campaigning to increase not just one thing, but another thing too! I promise to lower the price for the thing you don't like paying for, and by 2016 I will get rid of that thing you hate altogether! What else shall I do? This manifesto business is hard, and it's taking too long. I'm changing to bullet points...

• Make a new tourism advert, and whilst we're at it let's stick a poster up in the arrivals hall at the airport

- Decrease taxes whilst at the same time
- making the island a better place to live.
- Education is important.
- Crime is bad.
- Finance is also important.

• 40mph is too dangerous - from now on it's 20mph or jail forever.

• ...actually that's still too risky, from now on everybody has to walk.

It's easy to have a go at politicians, because generally they're easy targets. They don't give us exactly what we want all of the time and therefore they are jerks. I don't think I have any place in telling you how important it is to vote, because since emigrating to a slightly bigger island I have not yet voted. I'm registered to vote, and it is not out of apathy that I do it - it's more of a statement. No, I'm not the type to strut about in a Che Guevara t-shirt thinking that I'm going to spark a revolution, one burning post box at a time - I just feel like my vote would not make a difference. I know, I know 'if everyone was in that mindset then blah blah blah', but I like to think of it as using my right to vote, to not vote. I don't agree strongly enough with any single party at the moment to merit putting my faith strictly in it. Jersey, however, is a small place (you probably know that already), and I think that not voting there would be a waste of a vote. You're not just riding on large party promises or facing the threat of Scotland breaking up with you, you're investing in an individual and choosing them specifically to fight for what you want.

Individual based politics is a good thing to have. You are given an increased choice of candidates, more of a defined personality to complement political agendas, and also if you recognise your mate's dad's uncle's sister's dog's owner on a poster you can vote for them! Joking aside, voter numbers for the last elections were pretty laughable. There has been huge controversy this year with certain decisions The States has come to, and quite a lot of disdain for the people that we have supposedly voted in to represent us. I realise this is starting to get preachy, and I'm not having a go, I'm simply pointing out for my own amusement the incredible results that would arise if voter numbers increased, age demographic started to lean downwards a little more, and the States' body started to change shape into something more pleasing.

Politics is politics because people disagree, and views clash - in many ways that's what strengthens democracy. Where it suffers though is in the tirade of discontent at the decisions that are being made. I think Jersey has some fantastic politicians who are making the right decisions for the right reasons, but if the majority of the public are agreeing with the minority of their elected representatives, surely that's a sign that we should be voting for more likeminded candidates.

I think quite a lot of younger people are fairly clued up about politics in Jersey, and even if they are not they have the opportunity to be. To a certain extent it's the responsibility of The States to make sure people are voting, but on the other hand how hard is it to go online and read a manifesto? We've reached a strange point of generation torch-passing, and there are younger people who are sitting in The States' Chambers. It's pretty lucky we get the chance to feel like we're heard as an electorate, and it would be such a shame to waste it. If you can't be arsed to just read a few manifestos, then at the very least just head down to your Parish Hall come election day and when you get to the booth just close your eyes and tick a random box. Just kidding - that's a terrible idea. Please don't ever do that.

STUDENT PARCEIS

Why pay excess baggage when you can have door-to-door delivery?



Pack up your stuff securely



We'll deliver to the UK within 3 working days*



Send 30

of stuff for just

We will collect from you for an extra £13.00

For more information, please visit www.jerseypost.com/student or email us at customerservices@jerseypost.com



IT'S A MAN'S WORLD - MANLY MEN AROUND THE GLOBE

WORDS Grant Runyon ILLUSTRATION Pod Hughes

Godfather of Soul James Brown famously sang that "It's a Man's Man's Man's World," and who are we to disagree? I'm certainly not going to argue with a man in a cape who looks like a gargoyle and can scream loud enough to shatter a breezeblock. What JB says goes, whether it's down to his flagrant disregard for the importance of commas or a rather simplistic understanding of gender politics. The Hardest Working Man in Showbusiness did not deal in subtlety, and James Brown's world was so manly that he wrote it three times just to make sure you got the message.

Our ideas about gender have progressed from those expressed by shouting, sequinned soul singers of the seventies, but that's not to say that the world has become dramatically less a man's one overnight. If anything, the uncomplicated machismo of the real man's man has become even more symbolic as men around the world gradually understand that they don't really deserve to get paid more for doing the same job as a woman, or that the ability to reach the top shelves and take out the bin bag shouldn't confer any special social privileges. Gender inequality is a complicated thing, especially for men who achieve the terrifying realisation that women work harder, live longer and only need our input for a couple of minutes to get on with the baby making business. It keeps me up at night, which is why there's something reassuring about the cultural presence of completely exaggerated manly men. When I start worrying about having to compete with

women on equal terms, I just think about Batman or Ray Mears and everything is okay.

Whilst Batman is universal, every culture around the world has its own version of the manliest man. A man that we can all look up to, who doesn't fuss about pain or discomfort, doesn't talk about his feelings and is better than anybody else at taking the bin bag out. Join me in saluting them, because I fear they might be a dying breed.

#1: AUSTRALIAN OUTBACK MAN

It's fair to say that Australia is a nation of manly men. Some people say this is a result of accelerated natural selection due to all the poisonous animals, some argue it's the genetic legacy of British convicts, others will claim that the government adds special hormones to their terrible beer. What most people can agree on is that Aussie man generally doesn't struggle with complex notions of masculinity - being a man's man is about watching sports, drinking a lot and cooking meat outdoors. If you can survive a hostile environment and kill dingoes and kangaroos with your bare hands, all the better. Aussie expats often get annoyed with these narrow stereotypes about their nation, but it is an indisputable fact that, if the Queen ever comes off their banknotes, the Australian government has a secret contingency plan to issue currency with pictures of Crocodile Dundee, Alf from Home and Away and Mad Max.

#2: MEDITERRANEAN SEXY MAN

Europe doesn't have an outback, and the only dangerous animal in the region is Silvio Berlusconi. Therefore, regional images of alpha masculinity are less about mastering a hostile environment than they are about looking good, living well and pursuing the deadliest game of all: woman. This is why when we come to imagine the stereotypical man of the Mediterranean we think of the tanned, moustachioed casanova and the sexual magnetism he generates by sleeping during the day and consuming a seafood, olive oil and tomato-based diet. The countless artists, scientists and philosophers produced by this part of the world might bridle at being thought of as people who only drink vino and arrange 'bunga bunga' parties, but speaking as an Englishman I would say that you should stop complaining if women world-wide are happy to assume you are an amazing lover who cooks a mean lasagne.

#3: RUSSIAN RUGGED MAN

For once, the media can hardly be blamed for peddling exaggerated notions of Russian masculinity because so little exaggeration is required when you are talking about a country ruled by a man who hunts bears with his shirt off and does judo with Steven Seagal. Vladimir Putin is on a one-man crusade, both to expand his borders and to ensure that the world sees Russian man as a cross between Ivan Drago and Zangief from StreetFighter 2. It's true that the whole "human rights and honest government" thing tends to get sidelined in favour of another press shot of the President putting out forest fires with a helicopter, but nonetheless there is a part of me that wishes that David Cameron would appeal to the voters by stripping to his pants and going Rambo in Middlesex.

#4: SCANDINAVIAN WOODCUTTER MAN

Archaeologists have discovered the surprising fact that up to 50% of buried viking warriors were actually female. This certainly complicates our historical understanding of the swarthy, bearded pillagers of legend, but luckily the aura of manliness in the region is so intense that revelations about lady vikings just seem to confirm the Scandinavian belief that there is no contradiction between being both socially progressive and as hard as a frozen reindeer. Like his Russian cousin, Scandinavian man has been shaped by a challenging environment, although in this case it produces the unusual stereotype of a strapping, bearded lumberjack who can spend months alone in sub-arctic darkness without complaint, but nonetheless emerges at the start of summer to provide for his family by constructing a lovely sauna and some minimalist flatpack furniture.

#5: AMERICAN COWBOY MAN

America is a nation where ideas of manliness are strongly connected to taming the wilderness, with a firearm if necessary. Unlike Russia, this is hard for their leaders to pull off. George W Bush tried very hard to translate his natural lack of sophistication into a Reaganlike cowboy ruggedness, but America has a free media and so most people were well aware that his only connection to the land comes from the amount of it he inherited prior to ever doing a day's work. American manly men aren't born into power, but rather hard-bitten individuals who master the landscape and themselves on their own terms. Thanks to the US entertainment industry there's a great many professionally grizzled male role models to choose from, but I like to ignore Clint Eastwood and Vin Diesel in favour of John Wayne, if only because his real name was Marion.

#6: BRITISH SECRET AGENT SURVIVAL MAN

British men like to imagine that the world sees us as a nation of James Bonds (charming, sophisticated, womanising alcoholics), when the reality is that the more often foreign nations encounter British people on holiday the more they come to regard us simply as alcoholics with as much charm as a busload of football hooligans. Deep down we know this, which is why we keep electing hopeless posh blokes to lead us whilst gradually shifting our cultural icons from smooth-talking sophisticates of the Sean Connery persuasion to witless pint-sinking bantermeisters like Danny Dyer. If there's a ray of hope for the concept of a uniquely British manhood, it's Ray Mears, who combines the uncomplicated masculinity of a grumpy PE teacher with the ability to hand-carve camping equipment using a blunt spoon. He may not be the equal of Vladimir Putin wrestling a tiger, but if society ever collapses, British man will be the best equipped to reconstruct it, one garden shed at a time.



From office boy to tattoo artist

WORDS Sara Felton

Tattooing is no longer a back street business associated with dark dingy studios; full of intimidating folks who make you wonder why you've even stepped through the door. In fact walking through the front door of the Stained Nation Tattoo Lounge is a wholly enjoyable experience, not only was I offered the chance to help myself to a selection of sweets, (this was possibly a one off as they were left over from Ash's recent wedding to his wife Sarah, but I have suggested they make it a feature), but the place is bright and airy and the walls are adorned with beautiful artwork, mainly produced by the artists who work there.

But I'm not here to admire the scenery or to get a new tattoo, I'm here to meet the rather fabulous Ash Lewis and why? Because despite being a relative newcomer on the tattooing scene, he only became fully 'qualified' in November 2013, his exceptional talents have already been rewarded with a nomination from the UK's best selling tattoo magazine Skin Deep for their award for Best Newcomer 2014. "I know that everyone says it but I'm really not expecting to win, but it's amazing what it has already done for me as far as profile, especially in the UK and the others in the category are really good, I've been scoping them out and I think I know who'll get it...'

Having spent six years working as a Trust and Company administrator Ash realised that sitting behind a desk really wasn't for him so the frustrated artist took a massive leap of faith and with the support of his family and friends he pursued his dream. He explained, 'Tattooing is a notoriously difficult industry to break in to, securing an apprenticeship is the best way to start, but they are really hard to find here anywhere, but particularly here in Jersey. So I took a slightly less traditional route and opted for a tattooing course, which isn't something I'd immediately recommend, you can't learn all you need to learn about the business and the techniques in just two weeks and it's an expensive way to learn, the hard way.'

After the course he found it difficult to find a studio to work in as he was considered to be a 'scratcher' after his non-traditional route into the business. So, undeterred, in January 2012 he took a further leap of faith and set up on his own. Ash's Ink could be found on the top floor of Blades in Halkett Street. 'I knew this was something I really wanted to do, so although setting up on my own wasn't totally ideal, it meant that I was getting to do what I loved. The environment was tough as I was working on my own, which was difficult at times and totally different from working here, where I'm lucky enough to be surrounded by talented people.'

This takes us up to June 2012, when unfortunately Ash fell ill, this life changing five months saw him having to give up his own place, but once again thanks to the support of his friends and family and the arrival of Samael Cahill (his mentor) and Fliquet Renouf, co-owners of Stained Nation, he was able to continue along his pathway to becoming a professional tattoo artist, when he started working with them in April last year. Whilst undertaking his apprenticeship, under the watchful eye of Samael, who's invaluable guidance and support has helped Ash to really hone his love for black and grey tattooing 'Sam has really helped me to become the artist I am today. He and Flic have also helped me to learn the ins and outs of how the business works too.' Which does still included sweeping the floor!

the only industry where the customer isn't always right! Because despite, checking and rechecking mistakes do happen and if that's the case you can only apologise and try and rectify it, if possible. Thankfully mistakes don't happen often, but everyone is human!'

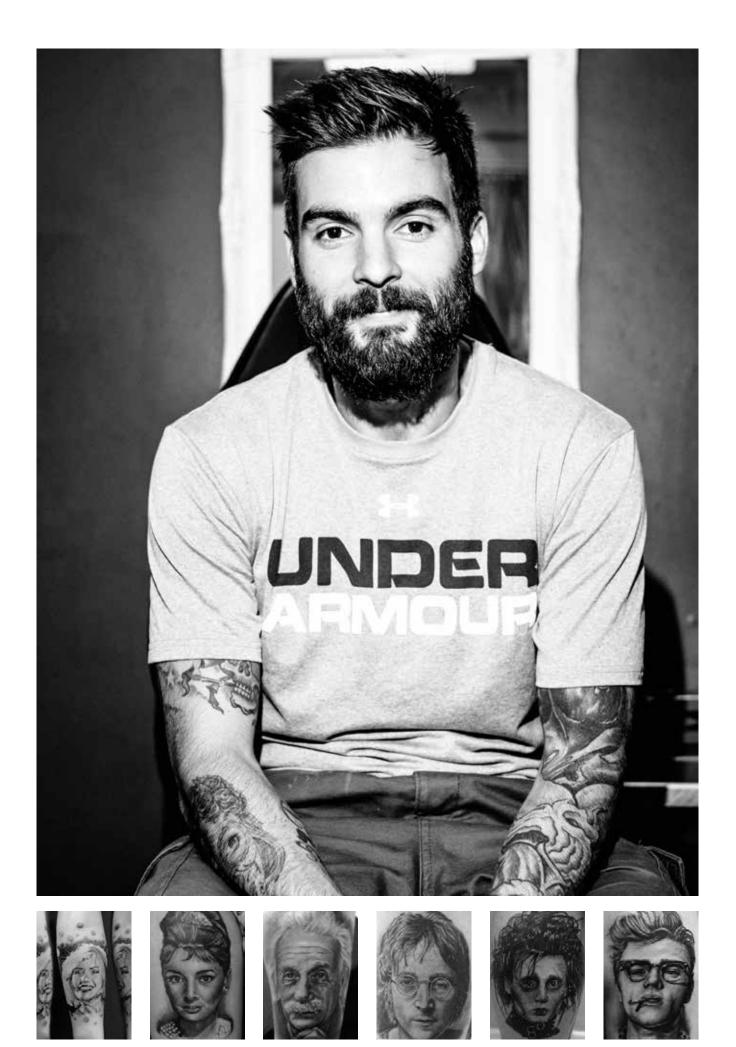
It sounds like Ash has got some interesting plans for the future too, 'I love what I'm doing now, people trusting me with their memorial portraits is a real honour, but I don't want to just be always doing portraits, so I have some plans for moving this forward over the next year...' He wouldn't fill us in on the whole picture as understandably he wants to work through the idea fully first, but he did mention a potential sponsorship deal that is on the cards, which will mean 'attending more shows to represent their brand and a fair amount of free stuff.'

'I love what I'm doing now, people trusting me with their memorial portraits is a real honour, but I don't want to just be always doing portraits, so I have some plans for moving this forward over the next year...'

Earlier this year he decided to venture on to the convention circuit in the UK, which is what ultimately led to his nomination. If you're unfamiliar with conventions, they are basically like conferences but for tattoo enthusiasts rather than bankers. You can book slots with artists, watch those you admire work, or just go and enjoy the music and entertainment. 'You have to send a portfolio of your work for the organisers to scrutinize and if they like it you get offered a chair. It's obviously a financial investment as you have to pay for flights and accommodation, but the experience and the exposure is amazing.'

Here at gallery we all wanted to know if he's ever made any mistakes 'If you ever do then it'll be spelling, which is why you get people to triple check the transfer before you start.' Ash laughs before saying 'this is about If you want to check out the other artists that have inspired Ash to focus on black and grey art, he suggests you check out the work of Rob Richardson, Dean Taylor, Niki Norberg, Sonny Mitchell, Teneile Napoli. Being fortunate enough to grab some of Ash's precious time was a real pleasure, he's obviously an incredibly talented, hardworking, humble guy, who is set to do big things, the award nomination is likely to be just the tip of the iceberg as far as his career is concerned, he's definitely not just a 'scratcher' now. Be sure to get in quick people; Ash's diary is already be booked up until the end of February next year, but it'll definitely be worth the wait!

Stained Nation are based at York Street, St Helier, Jersey JE2 3RQ www.stainednation.com



RELATIVE VALUES

Toni Bracken and Jo Le Couilliard are joint owners of leading local recruitment consultancy, Park. This year, Park is celebrating 35 years of helping to shape careers in Jersey, combining a passionate, friendly, honest and professional service to help find jobseekers their perfect new role.

TONI BRACKEN DIRECTOR, PARK

,

Favourite possession

My engagement, wedding and eternity ring

Favourite place in the world

Easter Island is an all time favourite

Favourite colour

Red

Favourite smell Hot buttered toast!

Favourite way to spend a weekend

Busy - full of family, friends, good food and plenty of sunshine. Saturday would start early with boot-camp, then I'd meet friends for coffee and make a new purchase. In the afternoon my husband and I would head off to the beach for a high tide dip. In the evening we'd enjoy a cocktail before meeting friends for fresh seafood and fizz in the sunshine; this would end at home with too many laughs, more fizz and hopefully dancing.

Sunday would be bright & fresh, a family cliff walk followed by Hungry Man burgers. The evening we'd watch a family movie and devour a hunk of beef with fat Yorkshire puddings and all the trimmings.

Favourite Jersey beach

Beauport Bay

Favourite food

Scallops, pea puree, crispy bacon, then beef wellington

Favourite ice cream flavour Vanilla

Favourite restaurant

As a true food lover this is a hard one for me. Jersey has such a high standard and I enjoy both our brilliant beach diners and the Michelin stars. However I recently went to a fabulous Spanish tavern in the hills near Alicante. There was no menu or any choice, you just got the wine from the hills around you and four courses of what the chef had made that day. Seasonal, relaxed and rustic – it was fantastic.

Favourite pastime

Beach time – swimming and sunbathing with a good book.

Favourite film

A Christmas Carol - all versions. It's an annual ritual - a glass of red, wrapping presents and enjoying the run up to Christmas.

Favourite book

I love to read and get through many every year in my Book Club. This year I have enjoyed The Goldfinch by Donna Tartt, but my favourite of all time is Great Expectations by Charles Dickens.

Favourite song

Wow, there are too many, but I'll go for Bob Marley's Exodus album and Turn your lights down low

Favourite person My best friend – my husband

Favourite things to splurge on

Holidays, but as I am typical girl, anything that sparkles!

Good candles, fresh flowers, champagne...

JO LE COUILLIARD DIRECTOR, PARK

Favourite possession

My beautiful, sparkly engagement ring. I've recently got engaged and I can't stop looking at it.

Favourite place in the world

I love going away, I love long holidays, seeing and experiencing new places, but I'm a Jersey girl who loves coming home too. I'd probably say St Ouens Bay. I have many fond childhood memories of spending long summer days on La Braye beach and I recently got engaged down there so it continues to be a very special place.

Favourite colour

Vintage pink.

Favourite smell

Tom Ford – Black Orchid.

Favourite way to spend a weekend

A long cliff path run followed by a day at the beach with friends. This would lead to dinner at El Tico or the Dicq Shack for Thai food. Then it's home to watch bake off with a bottle of fizz.

Favourite Dish

Crab linguine.

Favourite ice cream flavor

Green & Blacks Chocolate Orange.

Favourite restaurant

El Tico.

Favourite pastime

I have several. I love running and bikram yoga, but I also love cooking and eating. I'm a real foodie.

Favourite film

I love all Christmas movies. In fact, I'm a sucker for all things Christmas! Combine Christmas and a love story and I'm sold so I'd say it's probably Love Actually.

Favourite book

It changes each time I read a new book that I like. I don't have an all time favourite. Recent books I have read as part of our book club, which have stayed me with are; Blindness, Me Before You and The Help. I also love sports autobiographies, I have Seb Coe's & Jessica Ennis's packed for my holiday later this month.

Favourite person

That's really, really, really hard. Can I have five? Mum, Dad, my two sisters Sam, & Tia and my fiancé Andy.

Favourite things to splurge on

Dinners with family and friends involving stupid amounts of cocktails and champagne, holidays and Christmas. Basically it's the memory making things.



DO YOU HAVE AN INTERESTING PET? TELL US ABOUT YOURSELVES - FEATURES@GALLERY.JE

Daddy Long Legs

words | Deirdre Shirreffs

Now is the season when daddy long legs flutter into houses, attracted by the light. What is it about them that so many people dislike?

Is it their weak wobbly flight, blundering into windows and, worse, people or is it their disproportionately long legs which break off at the slightest touch? They were voted the world's second scariest creature – after spiders- in a poll a few years ago.

Another name for them is crane flies and there are about 300 species of them in Britain. The adults emerge in autumn and only live for a few days, their sole purpose being to find a mate and lay eggs for the next generation. It is thought that they don't even feed during their short adult lives.

AN URBAN MYTH IS THAT THEY ARE HIGHLY POISONOUS AND COULD KILL YOU IF THEIR JAWS WERE STRONG ENOUGH TO PENETRATE HUMAN SKIN. HOWEVER THEY ARE COMPLETELY HARMLESS AND DON'T BITE

The eggs hatch into legless maggot-like larvae known as leatherjackets and these live underground from autumn till the following autumn, feeding on plant roots and decaying plant material. They can be a serious problem if they feed on grass roots as they can

cause bare patches to appear on

lawns, golf courses and cricket pitches. Lord's Cricket Ground was badly affected in 1935 with bald patches on the wicket. Hot summers followed by rain often results in a bumper crop of adults hatching out as happened in 2006 and perhaps this year will be another plague year.

They are true flies with one pair of wings which can be up to nine centimetres wide in some species. Below the wings the dumbbell shaped halteres act as balancers. Although the long grey abdomen is pointed in females, it is for laying eggs and they don't sting.

An urban myth is that they are highly poisonous and could kill you if their jaws were strong enough to penetrate human skin. However they are completely harmless and don't bite and the myth actually applies to what Americans call daddy long legs and we call harvestmen – those long legged spider relatives. Even then it is untrue.

An Autumn Staycation in Jersey

Need a reviving short break without the travel problems? Try our great value overnight staycation at Ayush Wellness Spa and Hotel de France.

Package includes:

- Overnight accommodation
- Full English and continental breakfast
- 3 course table d'hote dinner in Café Aroma
- Use of our extensive award winning spa facilities
- Free parking and free wireless internet

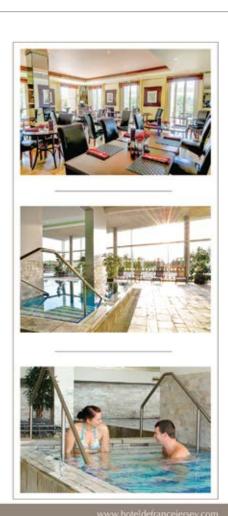
Just £119 per couple.

Call 01534 614100 quoting 'Jersey Short Break'

Want to extend your stay? Stay over for longer for only £70 B&B per couple per night. Upgrades to a Spa Room available. Please enquire at the time of booking.



Offer available from 1st October to 14th December 2014.







Butter's back, back again The National Trust for Jersey will once again be making Black Butter at The Elms, La Chève Rue, St. Mary.

On Thursday 23rd October, apple peeling will commence from 2pm to 5pm in the pressoir. The fire will be lit early on Friday 24th, when the apple peeling will start at 10am and the stirring will also commence, continuing until Saturday lunch time (25th) at which point we will need help filling jars.

During Friday evening there will be food and entertainment from The Ukoholix, a 15 piece Ukulele band from Swansea (please see below for further details) to encourage the peelers and stirrers. Breakfast will be provided for all those that stir into the small hours. This year there will be a Genuine Jersey Market all day Saturday (10am to 4pm), where you can buy the best local produce and there will be a National Trust stall selling sale items from our seasonal stock and of course our hot fresh Black Butter once it is ready! Entrance is free and everyone is welcome.

A jumping success for charity

Kathrin Hasenkampf has left two charities jumping for joy after she jumped out of a plane in aid of the Jersey Cancer Trust and Cancer Research UK. Kathrin, a bookkeeper at GoldMoney, decided to take the plunge after being inspired by her work mate's strength in dealing with a cancer diagnosis.

She had perfect weather conditions for the tandem skydive, 'It was an absolutely amazing experience. The best part was when I left the plane and went into the free fall, it only lasts around 30 seconds but was incredible. Then when I arrived at the Gunsite area my friends and colleagues were waiting for me and cheered as I landed.'

GoldMoney staff not only supported Kathrin for the actual jump, but she raised further funds with cake sales at the offices. CEO, Geoff Turk, also made sure the company donated, 'This was a great show of team support, the fact that Kathrin was inspired by one of her colleagues and then had many others turning out to cheer her on, goes to show how both as an individual and as a team we can make a difference for a very worthwhile cause.'

Kathrin has raised £677.45 for Cancer Research UK and £600 for Jersey Cancer Trust. She paid for the jump herself as she wanted all the donations to go straight to the charities.





Modern families

WORDS Advocate Claire Davies, Partner of Davies & Ingram

Men feel they get a raw deal when separating from their partners. Robin Williams said divorce is "from the Latin word meaning to rip out a man's genitals through his wallet". But what about your relationship with your children, is that doomed?

Modernfatherhood.org have collated information from fathers in the UK, 17% of whom reported having non-resident children. The vast majority of Dads (87%) continued to have contact and 81% reported a close relationship with their children. Regular overnight and holiday contact were common.

If you are in the process of separating find out what the law in Jersey is and how it can help you to maintain a strong relationship with your children. Get to grips with your responsibilities as a father and live up to them. Be prepared to resolve any disputes constructively with your partner even when things are tough; do not mess her around. This is about your child and what is best for them, no matter how hurt or upset the adults are.

Oscar Wilde was brave to say "Divorces are made in heaven"; but separation and divorce do not mean that your family life is over.

Jersey stamps focus on New Jersey

The US State of New Jersey celebrates the 350th anniversary of its founding in 2014 and Jersev Post will mark the occasion with a set of six stamps capturing the significant and historic link it has with the island of Jersey. According to Jersey Post's Senior Philatelic Manager, Melanie Gouzinis: "Being such a small island, we find that people often don't know about the direct association between Jersey and the State in America. In fact, New Jersey was named after the birthplace of Sir George Carteret, a former Bailiff of Jersey who held the office for eight years from 1643 to 1651." The six stamps have also been presented as a commemorative Souvenir Sheetlet where they come together to form a single illustration.

The stamps will be available to buy from all branches of Jersey Post from 15 September 2014 and can be ordered now at: www. jerseystamps.com or by phoning the Jersey Philatelic Bureau on: 00 44 (0)1534 616320.





Bears, Wolves, severe weather, a Dead man's toe, 9,000 kilometres of pain, mud, and unbelievably beautiful scenery...

Take one mid-life crisis, add a schoolboys dream, destination Arctic Ocean, Yukon and the famed Alaska Highway. (Dawson Creek to Fairbanks, 2,450 Kilometres built in 1942, completed in eight months at a staggering cost for the time of \$140 Million...)

The start was Calgary, Canada, up and over the Rockies, re-group at Fairbanks, heading True North on the "Ice Road Truckers" route, Dalton Highway. Arctic Circle 66° 33' and then head home for tea and medals, what's the big deal?

Armed with KTM's finest adventure motorcycle, tent, sleeping bag, stove, map and a Swiss Army knife with an attachment to fight off mosquitos the size of small planes! Then I was ready! Well, I thought I was.

To get 220 kilos of motorcycle and equipment to Calgary, Canada where the madness was to begin, was no mean feat, and thanks to DVS in Jersey and Direct Cargo Services, the new shipping and logistics guys in the Channel Islands and 4Hire, who made a lovely crate for the bike and equipment, this was made easy.

Thanks Guys and when the crate gets back it will be recycled to make a lovely garden table!

I now needed to do this.....

On a sunny Calgary morning at 5:30am, 1st August I met the guys at Canmore, Alberta – the enormity of the task ahead set in, 17 days to ride 9,000 Kilometres across some of the harshest terrain in the world and getting to the Arctic and home.

Five miles in and stopped by Police for the Jersey number plate and a little too much throttle, I mentioned how disappointed I was he wasn't on a horse, wearing a red tunic and hat, and something about miles and not foreign metric kilometres. The result? A \$100 fine! Winding up through the mountain passes of Jasper, Banff and Whitehorse is simply stunning, and probably the most spectacular scenery I have ever seen, then Lake Kluane crept over the horizon. The staggering beauty, remoteness and size left us speechless, Nature made us feel very insignificantwe stayed for hours just staring at the raw beauty, time ticking miles to ride, but we couldn't leave, it was a moment some people would call "life changing" I call it "re-wiring"

We should not live in the past, or focus on the future but what we can and should do is live the moment....







I MENTIONED HOW DISAPPOINTED I WAS HE WASN'T ON A HORSE, WEARING A RED TUNIC AND HAT, AND SOMETHING ABOUT MILES AND NOT FOREIGN METRIC KILOMETRES. THE RESULT? A \$100 FINE!

Our beautiful island Jersey, now embraced as my family home has many charities including Autism and Diabetes and need the recognition they deserve, this was the integral part of our trip, to raise awareness for theses wonderful charities, and for my brother Andrew's Hospice, St Davids in North Wales.

It was wonderful to meet so many fellow "Adventurer" people, all with their own reasons to be there but we all have a common goal, to make our world a better place.

I really can say I lived a dream, my love of all things motorcycles, the vast North American Continent the Arctic Circle and spell binding beauty, spending time with my dear brother.....

There are no excuses, Detox, buy a motorcycle.

PS. For the dead mans toe: dawsoncity.ca/ attraction/sourtoe-cocktail-club/



HOHDOWN!

If you took a drive though town on the 7th September you may have been forgiven for thinking you'd stumbled into the video for Cotton Eye Joe (look it up kids). Yep, hay bails abounded as 2,000 people attended the inaugural 'Halkett Hoedown'.

The show was opened by the festivals own band 'The Jersey Hoedowners' before The Constable of St Helier, Simon Crowcroft welcomed a huge receptive crowd to the party shortly after a dynamic live performance from Jerseys' Frankie Davies (her fourth in as many days) just before she headed off to the USA with BBC 2's Bob Harris as part of the BBC Introducing delegation showcasing UK talent at the The Americana Music Conference in Nashville. Frankie, performing with her all girl band, had the crowd jumping with her hour long performance of self penned original songs peppered with a light sprinkling of well known covers.

Halkett Place was closed to traffic as the flannel shirted team worked hard from 7AM to set the scene and town really met country as straw bales, barrels, cactus, cartwheels, carriages and Western themed decorations were placed all along the road to provide a fairly authentic Western feel to the day. All the local restaurants and traders joined in the fun and sold food and refreshments to an eager crowd and manned games and competition stalls.

No tickets were required, but the public was asked to make a donation to Headway Jersey on entry. The event ran from lunchtime until 10pm and was extremely well attended from the start. Wild West Fancy dress was the order of the day and (although no bad behavior was reported), the 'Halkett Jail' was a popular place to have your photograph taken.

Upbeat live music was performed all day and into the night. Jersey artists included a rare performance from the very talented Rick Jones & the previously mentioned Frankie Davies. The music continued in a Country, Blues & Folk vein with wellreceived sets from The Blind Drivers, Sula, Badlabeques & Roodmood.

Visiting artists also performed at the event. The Buffalo Huddlestone Band traveled from Guernsey to play the show and received a rapturous welcome & all the way



for









from Sark, currently one of the most popular bands in the Channel Islands, alternative five piece folk band The Recks closed the show with the street still full of eager music lovers who called for more until there simply could be none as the party had to end at 10PM. Jersey. It was announced that the target had been broken even before the night ended. A 50/50 raffle (proceeds collected are paid out half to winner – half to Headway) proved very popular with the winner receiving £2,500 after donating some of his winnings back to Headway Jersey.

A superb sound system was put in place by David Findlay with staging kindly donated by Stage 2 & Paul Davies freight. Lighting and production support was provided by Youth Arts Jersey (Formerly La Motte Street Youth Centre) with a number of young volunteers from the Youth Service providing support for the event. Many local people volunteered to man the event and helped to build sets and clear the street in time for normal service to resume by midnight. Other activities on the day line dancing, Western themed games,

face-painting, caricatures, prizes for best fancy dress (children & adult categories), food stalls, outdoor bar, Jersey cider, homemade cakes, toffee apples, candy floss and much, much more.

Maximum respect to Dave Stokes, the coffee kingpin and proprietor of Bean Around the World who, together with Niall MacFirbhisigh of Stoked Music and Louise Stirling of Headway Jersey, arranged an amazing street party. The aim was to raise the profile of Halkett Place & and raise £10,000 in aid of the brain injury charity Headway

Place & and raise £10,000 in aid of the brain injury charity Headway Jersey. It was announced that the target had been broken even before the night ended"

"The aim was to raise the profile of Halkett

After such a successful first event, The Halkett Hoedown organisers are already planning a return in 2015 with thoughts of a much bigger event being discussed, perhaps adding a Saturday evening show too. The organisers would like to thank the musicians, crew & everyone who gave freely of their time helping make the day such a huge success and the islanders & visitors who attended and donated so generously.







Turning Pink for Breast Cancer Awareness Month

October is Breast Cancer Awareness month, which means local charity After Breast Cancer (ABC) will have their busiest and most important month, not only to promote breast cancer awareness but also to promote what ABC can do to help local breast cancer sufferers. Aside from other activities ABC are asking all local companies and organisations to turn pink on Friday 24th October to help promote their cause.

ABC was founded in 1999 and has helped thousands of women through their fight against breast cancer. They are a totally self funded organisation, and it is run purely on a voluntary basis, by local women who have all received treatment for breast cancer, which helps them when helping others through their journey.

The money they raise every year goes towards funding flights to the UK for treatment and appointments, wig purchases, cleaning, ironing and childcare services whilst receiving treatment, lymphodema sleeves, post operative bras and tattooing if required after reconstructive surgery. This years project was to provide a small hospital bag with some luxury products which is soon to be given to all newly diagnosed patients.

77 women last year in Jersey where diagnosed with breast cancer. That figure continues to increase every year. However with advancement in medicine more and more sufferers are surviving. On Saturday 27 September they turned the Jersey Rugby Club pink, including the first team players who played their fixture against the Rotherham Titans in a specially commissioned kit, which was of course pink! The day was dedicated to raising funds and awareness for ABC. **More details on the charity can be found at www.afterbreastcancerjersey.org.je**



Radisson Blu Waterfront team get sickleing

A team of nine staff from the Radisson Blu Waterfront Hotel recently joined the Jersey Trees for Life charity team in St Clements to begin the physically demanding task of sickleing.

This activity formed part of the Hotel's continuing partnership with Jersey Trees for Life as part of their two-year pledge to the charity and ongoing commitment to local biodiversity. Working in private farmland in St Clements, the team worked tirelessly, sickleing back the nettles and excess growth in the hot sun, to give the tree shoots the best chance to grow and blossom. It is an important task to maintain these hedgerows, as it creates a wildlife corridor for the local tree-dwelling animals.

The Hotel was also delighted to present a cheque for £500 to Jersey Trees for Life in support of their chosen charity.

Conrad Evans, Arboriculture Officer of Jersey Trees for Life, thanking the Radisson Blu for their efforts commented "Sven and the team, as usual, put in a good shift. They were very meticulous in their work making sure none of the hedging plants and trees were missed out. The icing on the cake was the presentation of a cheque in the very generous sum of £500, which was most unexpected."

Taking responsibility for the environment and the local community is firmly rooted into the Radisson Blu Waterfront Hotel's Responsible Business Programme and the relationship with Jersey Trees for Life affords the opportunity for the protection, preservation and planting of trees to support the island and its wildlife.

Kilimanjaro Trek Brings In £63,000 For Autism Jersey



A total donation of £63,000 has been made to Autism Jersey by the 28 trekkers who took up the 'JT Kilimanjaro Climb' challenge at the beginning of 2014. Reaching the 5,895m (19,336 ft) summit of Mount Kilimanjaro over an eight day trek, 28 intrepid Islanders, completed the challenge after months of physical preparation and charity fundraising. Together they faced a number of gruelling physical challenges along the way, including the change in altitude and weather conditions ranging from snow and ice to rain and drizzle.

The team's efforts have resulted in a considerable donation to Autism Jersey which will be set towards the Charity's new purpose-built centre at St. Saviour, which will be designed to help those living with autism in Jersey. Autism Jersey will need to raise at least £1.5 million for the centre in a joint effort with the States of Jersey.

Sponsoring the Kilimanjaro Trek formed part of JT's three year support for Autism charities around the world. As well as sponsoring the challenge, JT also matched the funds raised by trekker Rosemary Parker who is the Customer Relationship Coordinator at JT.

The climb team took the Lemosho Route to the mountain's 5,895-metre peak. They ranged in age from the early 20s up to 70 and included a policeman, two accountants, some finance employees, a restaurateur and a member of the Jersey Criminal Justice team, as well as three trustees and three members of staff from Autism Jersey and one from JT.

JOBSFEST: Inspiring Jobseekers and Businesses

Businesses will be paid to hire eligible staff, and jobseekers will be inspired and trained, during JobsFest

Traditionally, there is a lull in the jobs market in October and November - but Back to Work is bucking the trend with JobsFest.

For eight weeks, Jersey businesses can employ locally-qualified jobseekers at no financial cost, and those islanders who are looking for work are given fresh skills and inspiration. Last year, the initiatives – which are the core of JobsFest – resulted in more than 100 jobs being created, and they are expected to do the same this year.

JobsFest Employer Incentive

Under the JobsFest Employer Incentive, businesses can claim almost £2,000 to cover wages and Social Security contributions when employing eligible jobseekers between 6 October and 30 November. Anyone who has been registered as actively seeking work since January 2014 can be hired, and trained and tested by the company during those eight weeks at no financial cost.

Last year, many firms kept their new employees after JobsFest showing that offering employers a short-term wage incentive gives them the confidence to hire someone that they might not otherwise have considered.

JobsFest events

JobsFest events are designed to help registered jobseekers gain new skills and fresh inspiration, and everyone who is actively seeking work will be encouraged to get involved.

Events include meeting employers; workshops in CV writing and interview skills; and confidence-building sessions. Last year's free events were so popular that additional events were added, and more than 1,400 places were booked on 98 JobsFest events.

There's more information about JobsFest on www.gov.je/backtowork

CASE STUDIES:



Vicki Birch

Receptionist at Hampshire Hotel "I worked as a PA until I became a full-time mum, and then I stopped work for four years. Although I helped at school when my daughter started there, I needed something a bit more concrete.

Back to Work put me forward for JobsFest and it was brilliant. I went to a two hour training session on how to sell yourself to employers, which really helped at the JobsFest Job Match. Employers sat at tables and I spoke to people from about 15 companies, including the man from the Hampshire Hotel, who's now my boss. I handed him my CV, we chatted, and he rang me two days later and asked me to come for an interview. I started the week after.

It was an eight week trial (under the JobsFest Employer Incentive) and at the end I was offered a contract. Reception is the first port of call when guests arrive. It's a people job, and I love it and am very happy here."



Murray Brookfield

Gardener at Samares Manor "After finishing school at Les Quennevais I became an apprentice carpenter and worked on building sites for several years before becoming a fisherman, but the work dried up.

When I went to the JobsFest Job Match event I had in mind that I would go into construction, and those were the employers that I planned to meet. I only really sat down to talk to Samares Manor so that I could get a bit of confidence talking to employers before meeting the construction representatives, but I was very lucky. I hadn't really thought about becoming a gardener, and I had never done gardening work before, but if I hadn't sat down and talked to them I wouldn't be here now.

I've been here since October 2013, and in that time I've done so much – we've worked on landscaping projects and planting. I love it here; the work is varied and I'm outside, working with nature." **"FOR EIGHT WEEKS. JERSEY BUSINESSES CAN EMPLOY LOCALLY-QUALIFIED JOBSEEKERS AT NO FINANCIAL COST. AND THOSE ISLANDERS** WHO ARE LOOKING FOR WORK ARE GIVEN **FRESH SKILLS AND INSPIRATION. LAST** YEAR, THE INITIATIVES - WHICH ARE THE **CORE OF JOBSFEST** - RESULTED IN MORE **THAN 100 JOBS BEING CREATED, AND THEY ARE EXPECTED TO DO** THE SAME THIS YEAR"



World Mental Health Day

Be sure to head down to Liberty Wharf on Friday 10 October 2014 as it is World Mental Health Day. This year the focus of the day locally is on 'Living with Schizophrenia'. However the day will also be used to highlight the various mental health problems or issues that islanders may face, as well as make us all aware of the services that are available to us for help and support.

The day has been organised by Mental Health Nurse and a Practice Education Facilitator for Jersey Health and Social Services Gillian Martin, who alongside her colleagues Sonya Hurley and Martina Conway, have been working with community based organisations to organise a campaign to promote Mental Health Awareness on the island. The event will be a collaborative effort from all the States of Jersey mental health departments as well as charitable community organisations such as MIND Jersey, Jersey Alzheimer's Association, Jersey BEAT (eating disorder group), Jersey Talking Therapies, Jersey Samaritans etc.



The Radisson take Responsible Action

Each year, the team at Radisson Blu take time out to give something back to the community during their Responsible Business Action Month. This year was no exception! The team had a varied programme of activity throughout September to raise money and awareness for local charities.

One initiative, supporting the World Childhood Foundation, was the sale of beaded bracelets handmade in Uganda, costing £10.00 each. The mission of World Childhood Foundation is to defend the rights of children and to promote better living conditions for vulnerable and exploited children at risk all over the world.

Radisson Blu's Executive Chef, Vincent Duffy, donated 50p from every sale of his dish 'Chef's Fry' to go to charity. An optional £1 donation was also added to guest bills, with all funds raised going towards the Autumn Walking Week challenge, in which seven members of the Radisson Team undertook a six hour walk to raise awareness for local charities! The energetic Radisson team didn't stop there either! 17 team members took part in this year's Dragon Boat race, raising money for Jersey Hospice Care. They caused quite a stir on their Terrace too, where their friendly dragon collected funds to support the charity each week! To top it all off, a group of five team members are due to run the Jersey Marathon as a relay team.

WILLS & HOUSING QUALIFICATIONS



Clare Nicolle Head of Wills and Estates

Collas Crill's wills expert Clare Nicolle considers why wills are essential if you buy a property with your partner's housing qualifications and you're not married.

Q: My boyfriend and I recently bought a house together. Because I don't have housing qualifications we had to buy in his sole name but we're both paying the mortgage. We signed an equity agreement saying that we both own half the house. When we bought it our lawyer told us we should also have wills to say who the property should go to on our deaths. Why is that?

A: Because you are not married you have no rights of inheritance at all should something happen to your boyfriend. If he died without leaving a will stating that you should inherit the house, it will pass to his heirs at law.

Q: Who are his heirs at law?

A: His heirs at law would be his children or, if no children, his siblings. If he has no siblings then the house would pass to his parents.

Q: And this is the case even though I pay half the mortgage and we have an equity agreement in place?

A: That's right. The equity agreement only comes into effect during your lifetimes, should your relationship break down.

If something happened to your boyfriend, then under Jersey law you have no right to the house even though it is your home and you have paid for half of it. You would have a right to make a claim against his personal (moveable) estate (i.e. his cash estate) for repayment of the money you have paid, but his heirs at law would take the house. You could be left in a really difficult situation if you were unable to reach an agreement with the heirs at law and could potentially be asked to leave your own home.

Q: And will my rights be protected if my boyfriend makes a will leaving the house to me?

A: Absolutely. Under Jersey law an individual can leave their real (immoveable) property to whoever they choose. The only person who would have a right to claim would be a spouse or civil partner, who is entitled to one third. If your boyfriend makes a will that leaves the house to you then you are able to inherit it if he were to die even though you don't have housing qualifications.



T: +44 (0)1534 601767 E: clare.nicolle@collascrill.com 40 Don Street, St Helier

EVENTS





West Collections Launch Party LES QUENNEVAIS PRECINCT THURSDAY 4TH SEPTEMBER





This lively launch party was for the beautiful new West Collections fashion boutique. The shop has always been a firm favourite with women of the island who like to look their best and the growth of the business has meant that they've been able to secure a fantastic new larger shop





just across the square. A handsome butler shared the bubbles around and guests enjoyed the first glimpse at the gorgeous new season collections. Owner Deirdre Bates commented "We were thrilled that so many of our loyal clients could come along and celebrate with us."





Cocktail Hour Jewellery Collection Launch AURUM FRIDAY 5TH SEPTEMBER



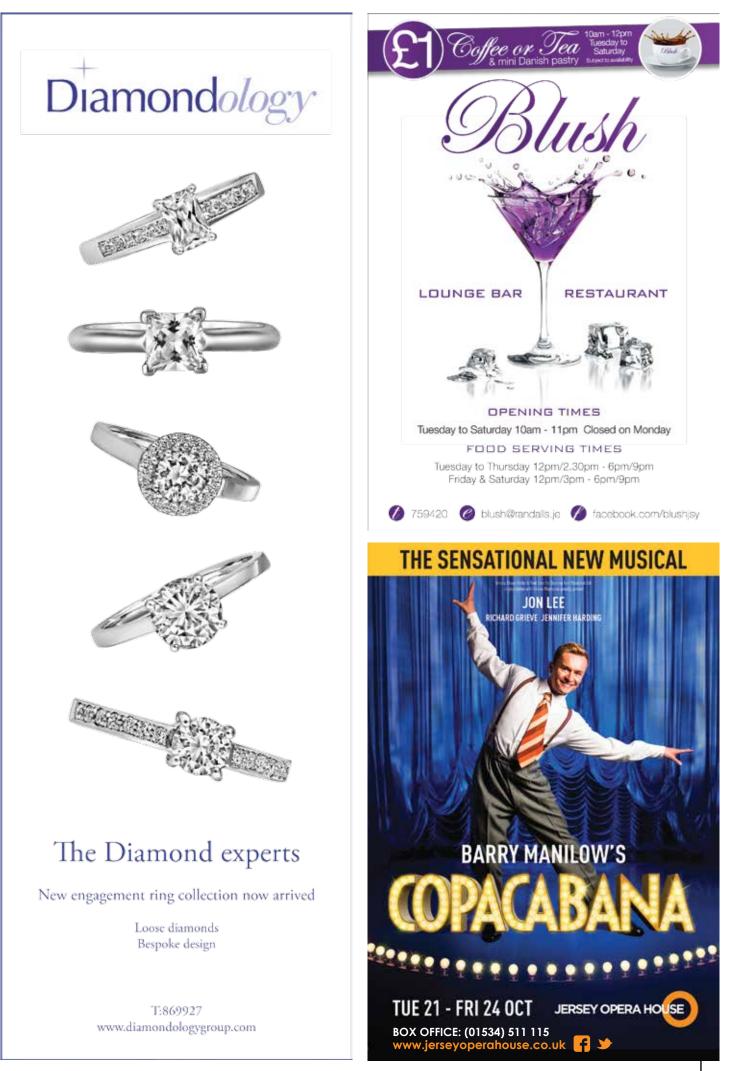


The Jersey fine jewellery brand Aurum Jewellers was proud to announce yet another new collection of exquisite design-led creations called "Cocktail Hour". Typically dripping with diamonds and precious gems, the new collection





designed by Alexa Blampied and created by Richard Blampied and his team of talented goldsmiths was unveiled at this year's fantastic Aurum show. Delighted guests got to try on the latest designs whilst being treated to cocktails and canapés.







Re-launch of the Waterfront Bar & Terrace RADISSON BLU THURSDAY 4TH SEPTEMBER





The weather could not have been better for the private terrace re-launch of the Waterfront Bar & Terrace, which took place on 4th September in the Radisson Blu Waterfront Hotel. With a delicious BBQ buffet, topped up with grilled fresh fruit and Jersey ice cream, the invited guests





celebrated the final refurbishment of the Waterfront Terrace area until late in the evening. Accompanied by live music from DJ Hannah Jacques and entertainment by Jersey Party Booth all guests enjoyed the view and the free cocktail tasters alike.





Halkett Hoedown HALKETT STREET SUNDAY 7TH SEPTEMBER





If you took a drive though town on the 7th September you may have been forgiven for thinking you'd stumbled into the video for Cotton Eye Joe (look it up kids). Yep, hay bales abounded as 2,000 people attended the inaugural 'Halkett Hoedown'.

The aim was to raise the profile of Halkett Place & and raise £10,000 in aid of the





brain injury charity Headway Jersey. It was announced that the target had been broken even before the night ended.

The organisers would like to thank the musicians, crew & everyone who gave freely their time helping make the day such a huge success and the Islanders & visitors who attended and donated so generously.



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

Discover works by famous established artists and printmakers including Sir Peter Blake, Damien Hirst, Barbara Rae CBE RA, Bruce McLean and Dan Baldwin as well as young emerging artists.

Our exhibition space also offers a unique experience for those seeking to promote corporate events in a dynamic environment dedicated to art and culture.

Find out more at www.ccagalleriesinternational.com



Mariyn (lenboslar)' by Marin Richardson

FUTURE EXHIBITIONS // Until 30 Oct 2014 // Nov 2014

// Until 30 Oct 2014 A brand new collection of work by the 'Godfather of British Pop Art' Sir Peter Blake.

Holographic artist, Martin Richardson showcases his iconic lenticulars of oelebrities including David Bowie and Marilyn Monroe.



Royal Court Chambers | 10 Hill Street | St Helier Opening Hours:

10am to 5pm Monday - Friday & 10am to 2pm Saturday

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

originaldynamiccollectablerenowned

PAUL MITCHELL dermalogica a skin care system researched and developed by The International Dermal Institute

SOME ARE BORN WITH GREAT HAIR, SOME ACHIEVE IT, OTHERS JUST KNOW A GREAT HAIRDRESSER



55 HALKETT PLACE

BEAUTY SHOPPING HAIRDRESSING





SDS Rejuvenate launch party LIDO WELLNESS CENTRE THURSDAY 18TH SEPTEMBER 2014





SDS Rejuvenate is the latest non-surgical aesthetics clinic to open in Jersey. The clinic is the brainchild of Drs Ian and Sally who have established similar clinics in the north of England and their love of Jersey has brought them to our shores. Based in the Lido Wellness Centre, offering Body Contouring, Anti-Wrinkle Injections, Dermal Fillers, Chemical Skin Peels and





various Cosmeceuticals. Doctor Sally commented 'We noticed the need for a dedicated clinic in Jersey, we welcome anybody to come in and talk to us about what they are looking for.' The party was attended by a VIP guest list who enjoyed a glass of bubbles whilst watching various demonstrations of the products SDS Rejuvenate offers.





Mind Jersey short film screenings CINEWORLD AND THE BAR TUESDAY 9TH SEPTEMBER





Over 180 people joined the charity Mind Jersey at Cineworld for the launch of two short films, commissioned by Mind Jersey and produced by The Observatory, featuring two local Mind ambassadors speaking candidly about their experiences with mental illness. The screening was followed by a reception at The Bar.





James Le Feuvre, Executive Director of Mind Jersey, said: "We are honoured to have such courageous young ambassadors and believe that their stories will bring encouragement to many others, increase understanding of mental health issues and help address the stigma that still is all too prevalent." The films can be viewed at www.mindjersey.org.

TRAVEL

Fly direct to Paris & Amsterdam

Don't waste time connecting through the UK - arrive in less than 2 hours with direct flights

EFREE





blue islands com A WELCOME DIFFERENCE

From

mplimentary lunch and Champagne

*Terms and conditions apply.

STAYCATION = UTTER RELAXATION

If you've never tried a staycation then now is the time; it really is the most relaxing treat. Seeing our beautiful island through the eyes of a visitor is fantastic. When you're not just on auto-pilot making your way between the office and home a whole new world is revealed to you, one that people come from all across the world to experience, and yet it is here on your doorstep.

Staycations make a wonderfully romantic escape with your partner in tow and are ideal for anniversaries, birthdays or simply just because you deserve a bit of time out. Over the next four pages you'll surely find something to suit you, from an unusual Jersey

QUAINT AND QUIRKY

If you're looking for a new adventure for your next holiday then why not check out what's on offer on your doorstep? Jersey Heritage Holiday Lets can be that exciting getaway or relaxing retreat you have been looking for.

With 13 historic properties located in picturesque locations throughout Jersey, there is something to suit everyone. All of their self-catering accommodation is fully furnished with all home comforts accommodating from four to 12 guests, whereas their coastal towers are rustic hideaways with stunning views of Jersey's coastline sleeping up to 30 people.

Their most recent self-catering addition is the iconic Kempt Tower. Sleeping up to 12 guests, this property is a jewel within the bay of St Ouen with a fully equipped kitchen, comfortable lounge area with flat screen TV with Freesat, spacious dining area and a fantastic roof terrace with 360 degree views across the whole of the bay and beyond. It's a perfect location for the ultimate staycation, with access to the beach and a stroll to fantastic cafés and restaurants. The tower is available to hire throughout the year and is even great for a cosy winter's evening with a wood burning stove.

Dotted around the Island, they have coastal towers which stand alongside beautiful bays including Archirondel and St Ouen's. If you're the type of family who are always on the look out for a new jaunt then their towers are great for discovering what Jersey's shoreline has to offer.

To find out more and book, go to: www.jerseyheritage.org/holiday







Grand Jersey is the islands' stylish, sophisticated hotel and spa. Their aim is to give their guests an exceptional experience. It is the perfect, cosy place to relax in the winter, offering all of its 5 star facilities under one roof.

Indulge in a restful night's sleep with luxurious mattresses, fine linen and soft feather pillows with their Love our Local's staycation package. Enjoy a three course meal in Victoria's restaurant which offers creative seasonal and local menu's in a relaxed, chic and informal setting. It provides the perfect brasserie experience serving quality comfort food with views over Elizabeth Castle.

Tassili at Grand Jersey is a fine dining, Michelin starred restaurant offering an exquisite modern British menu. Richard Allen's menus are the platform for the very best of Jersey's local and seasonal produce, showcased in an opulent setting within an intimate ambience. Tassili, Restaurant Manager Shaun and his team will ensure you have the very best service and an abundance of fine wine to choose from. This is why Tassili is classed as one of the best restaurant's in Jersey.

You can make the most of your stay by enjoying a fabulous ESPA massage with your other half in a couple's treatment room followed by a swim, Sauna and Jacuzzi in their award winning Spa. Or perhaps treat yourself to a sumptuous Champagne afternoon tea in the decadent Champagne Lounge overlooking St. Aubins bay.

Grand Jersey also have their very own private cinema which hotel residents can hire free of charge with a selection of DVD's to choose from, or why not bring your own to watch?

With a host of winter events including a Casino Night, Rocky Horror Murder Mystery and a Big Band Night why not book a staycation to tie in with these events and save the taxi ride home.

Call 722301 to find out more about their special staycation packages.



This beautiful building sits above the St Helier skyline, and is a great spot to watch the sunset with a gin and tonic. The four-star Hotel de France is a majestic spa hotel and boasts smooth green lawns, immaculate gardens and of course the superb Ayurvedic Ayush Spa.

There's simply no faulting the dining here, with a full range of options, including a cafe, a cocktail bar and the most incredible gourmet restaurant, Saffrons, that uses where possible local produce and Indian spices. If you get a chance, eating in Saffrons is a must. The incredibly presented dishes are as good as they look; it really is an experience not to be missed.

The 17,000 square foot spa is exceptional; with five 'bubbles' from the Good Spa Guide to prove it. As well as the wonderful range of tempting treatments such as the holistic 'Abhyanga' where you are expertly massaged by two therapists or the unusual 'Padaghata' treatment where the Therapist uses their feet to give you a deep tissue massage, there is also a choice of pools, a sauna and a steam room to enjoy during your stay.

Their breakfasts are also something to behold with what seems to be an amazingly endless option of pastries, cheeses, fruits, preserves and a traditional full English with all the trimmings. It is a proper feast that will set you up for the whole day.

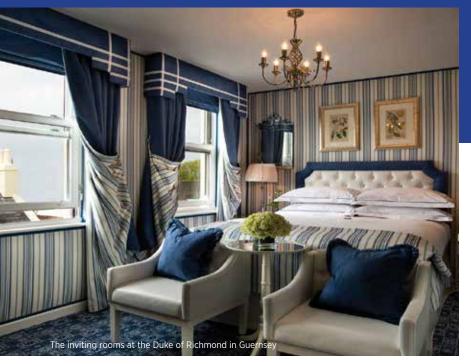
Their Staycation Package Includes:

Overnight accommodation Full English and continental breakfast 3 course table d'hote dinner in Cafe Aroma Use of their extensive award winning spa facilities Free parking and free wireless internet Just £119 per couple

If you'd like to extend your stay it is only £70 B&B per couple per night. You could also treat yourself with an upgrade to a Spa Room, simply enquire at time of booking. Offer available from 1st Oct to 14th December 2014.

Call 01534 614100 quoting 'Jersey Short Break'

Why not have a staycation that's a million miles away but can be reached in 15 minutes? A short hop across the water and you can experience luxury and island life but in a completely new context on our sister island!



STAYCATION... WITH A TWIST!

If you'd like to get just that bit further from home to attain that 'holiday feeling' then consider hopping across the water to Guernsey. With its cobbled streets and picturesque seafront marina, St Peter Port really is one of the prettiest harbour towns anywhere.

If you're looking for some peace and tranquillity then you can check into a five star spa at the Old Government House Hotel, or four star Duke of Richmond and wander through the beautiful Candie Gardens and leisurely move from restaurant to restaurant sampling their

THE DUKE OF RICHMOND HOTEL



Come in from the cold and enjoy the warm hospitality, comfortable rooms and personalised service.

Indulge in some of the finest foods the island of Guernsey has to offer in the unique Leopard Bar and Restaurant where the chefs serve an array of dishes with local seafood being one of the highlights. It's just a comfortable stroll to the quaint and charming town centre of the harbour capital, St Peter Port where you can indulge in festive shopping.

With stunning décor, splendidly luxurious facilities and exemplary personal service the Duke of Richmond is a real gem and every member of the team takes the principle that "No request is too large, no detail too small" truly to heart.

STAYCATION PACKAGES

Packages can be booked on 01481 726221 reservations@dukeofrichmond.com

www.dukeofrichmond.com

STAYCATION PACKAGE

from £90 per person per night

- Complimentary cup of hot chocolate with marshmallows on arrival
- 1 nights luxury accommodation in a beautifully appointed room or suite
- 3 course dinner from the Winter Warmer Menu in the Leopard Bar
- and RestaurantFull English breakfast in the morning
- Complimentary late check-out at 4pm

Valid from 1st January 2015 – 5th of April 2015. This package is available from £90.00 per person, based on two people sharing a Classic Double Room up to a maximum of two nights. Subject to availability. Terms and conditions. Black-out dates apply

TENNERFEST PACKAGE

from £90 per person per night

- 1 night in a beautifully appointed bedroom or suite
- A welcome glass of bubbly on arrival
- A 3 course Tennerfest meal in The
- Leopard Bar and Restaurant • Complimentary upgrade subject to availability

Valid from 1st October – 11th November 2014. This package is available from £90.00 per person, based on two people sharing a Classic Double Room and is subject to availability

THE DUKE OF RICHMOND HOTEL



tennerfest menus through October and into November. Or if you're up for a bit of an adventure then hire some bikes and head along the coast road, see if you can find the Millennium Stone and get to know the island from the sea with a kayaking trip!

Visit Guernsey's 'Tasty Walks' are also very tempting; a series of 15 self-guided walks that make the most of the very best the island has to offer - its stunning scenery and fabulous food. Whether it's the rugged south coast cliff paths, the long sweeping bays of the west or uncovering the historic past of the island's capital, the island has much to offer in just 25 square miles.

Or maybe you've got Christmas shopping on your mind? With plenty of boutiques it's the ideal place to get your family and friends unique presents; we love the beautiful interiors shop Table General Store in the Commercial Arcade or try Gwyneth & Grey at 51 Le Pollet for beautiful clothing and jewellery.

Whatever you're looking for you're guaranteed a lovely break in Guernsey. Check out Blue Islands, Aurigny or Condor for easy travel options by sea and air.

THE OLD GOVERNMENT HOUSE HOTEL & SPA



With the ever increasing stresses of everyday life, why not treat yourself and be truly cosy at The Old Government House Hotel & Spa this time of year. Sumptuous surroundings await you at this award winning 5* hotel.

Located at the heart of St Peter Port, the hotel is just up the hill from the main shopping street and barely five minutes' walk from the picturesque quayside.

Despite the central location the situation is extremely peaceful and tranquil. Once inside, you realise that the property is arranged around a gorgeous private garden, with terraces and a heated swimming pool. Facing to the South East it has stunning panoramic views over the harbour, castle and sea, and the islands of Herm and Sark too. Do as much or as little as you like, it's your break and you deserve to enjoy it.

STAYCATION PACKAGES

Packages can be booked on 01481 724921 reservations@theoghhotel.com www.theoghhotel.com

STAYCATION PACKAGE

from £105 per person per night

- 1 nights luxury accommodation in a beautifully appointed bedroom or suite
- Full English breakfast in the morning
- A 3 course Lunch for two in The Brasserie Restaurant or Champagne Afternoon Tea for two
- Enjoy a late check out at 4:30pm
- Unlimited hot chocolate during your stay
- 10% discount on all beauty treatments in the Hotel's own Spa
- Complimentary use of the Health facilities, including the gym, spa pool, sauna & steam room
- Friday and Saturday nights only 1 night stay

Valid from 1st November 2014 until 31st March 2015. This package is available from £ 105.00 per person per night, based on two people sharing a Classic Double Room. Friday & Saturday nights only. Subject to availability and Terms and Conditions. Black-out dates apply.



THE OLD GOVERNMENT HOUSE HOTEL & SPA

TENNERFEST PACKAGE

from £99 per person per night

- Tennerfest at the Old Government House Hotel & Spa
- 1 night in a beautifully appointed bedroom or suite
- A welcome glass of bubbly on arrival
- A 3 course Tennerfest meal in The Brasserie at the OGH
- 10% discount on all beauty treatments in the Hotel's own Spa
- Complimentary upgrade (subject to availability)
- Complimentary use of the Health facilities, including the gym, spa pool, sauna & steam room

Valid from 1 October 2014 – 11 November 2014. This package is available from £99.00 per person based on two people sharing a Classic Double Room.

HALON GOESTOUR

The stag do: done right it is the mother and father of all knees-up, but unfortunately you only get one chance to get it right. We know that organising the celebration to mark the end of your friends bachelorhood can be a stressful time, so we've put together this guide to help you negotiate the possible pitfalls. After all no one wants to be responsible for letting down the groom on his last weekend of freedom.



STAG DO CHECKLIST: DESTINATION

Obviously the priority for most stags will be leaving the island, the age old mantra of 'what goes on tour, stays on tour' loses its edge a little if you're popping across to Gorey for a nice lunch and a few beers at the Dolphin, although this option does provide the perfect second stag, for the b-list mates that didn't make the off island cut.

Therefore we'd recommend you consider first whether or not your going big and opting for a transatlantic flight, or playing it slightly safer and taking advantage of the islands ever improving transport links in to the UK and Europe. Which ever option you choose, don't forget your passport, if nothing else it'll provide solid proof of your identification, just in case...

WHO DO YOU INVITE

This is another tricky one. The rules on stags are slightly different to hen parties, mainly because most men will jump at the chance of a weekend away getting 'on it' with their friends, and not be worried they've not actually been invited to the wedding.

It's simple, just stick to this one golden rule: If they will make the stag do better, or if them not being there will make the stag feel bad, they're in. Otherwise, send 'em a postcard.

LOOKING FOR INSPIRATION? HERE (AND OVER THE PAGE) ARE JUST A FEW SUGGESTIONS WE'VE FOUND THAT BREAK FROM THE NORM:



FANCY DRESS OR NO FANCY DRESS?

Fancy dress might sound expensive, ridiculous and slightly humiliating, but that's the whole beauty of it, surely? It's an essential part of making sure your night is memorable, since garish costumes will stick in your memory even when you've had 16 drinks and tearfully chucked up in the corner of a club somewhere, they'll also make it easier to identify your lesser spotted fellow stags. If not everyone wants to get involved then be sure to find the stag a suitable outfit and dress him up, something that's going to both humiliate him and make him look as repulsive to the opposite sex as possible, is usually a good place to start.

Zorb Football

As crazy as its name suggests, this is as unique as it is hilarious. Five a side, cup games, league games, indoor, park, beach and street, the beautiful game like never before.

Strap yourselves into your own one man body zorb and split off into teams. Rather than tackle, use the more effective barge to win the ball off your opponents, sending them flying end over end in the process. When in control of the ball, if you can stop yourself howling with laughter for long enough, dribble it forward before smashing it home past the goalie, but beware, a barge could come from any direction!

Pros: It's likely to be an unforgettable 60 minutes of fun guaranteed to have the you belly laughing long after the final whistle blows.

Cons: We're not sure there are any, even if you don't love football it looks like epic fun.



EARLY BIRD SKI OFFERS BOOK NOW &

Bags & ski equipment FREE

from £99

- Easy access to best ski resorts
- Direct flights no need to fly via London
- Be in resort within 3 hours of leaving Jersey





MORZINE OO AVORIAZ

LES SAISIES

LES MENUIRES

MOUTIERS

MERIBEL O CLA TANIA NUIRES O O COURCHEVEL

VAL THORENS

ALBERTVILLE O

CHAMONIX O

C LA ROSIERE

LES ARCS

BOURG-SAINT-MAURICE

GENEVA AIRPORT

CHAMBERY

*Terms and conditions apply. Subject to availability, selected dates only.

Stuntman Training

Most Stag Dos generally involve somebody falling over, into or off something, but at a stuntman training course, trained staff will teach you and your mates how to do it with destructive style. Involving physical and mechanical activities, the British Action Academy www.britishactionacademy.com) teach courses with the best in the business at Pinewood Studios, where they shot the majority of the Bond movies and was most recently, Morgan Freeman's testing ground for the Batmobile in The Dark Knight.

Pros: Unique and reasonably dangerous, yet in safe hands.

Cons: Certainly no pre-match drinking.

Cost: Upwards of £100 depending on the activity.







Horror Camp Live

Horror Camp LIVE! (www.horrorcamplive.co.uk) is an overnight immersive experience, based in the fictional Campground Mass Acre in Lancashire. During your 13 hour stay you'll become part of an interactive living horror game, you'll be challenged to undertake a series of dare games, during which you'll be split up from the rest of the group. Every campers experience will be different, but all will include content which is intended to shock, scare and entertain. The campsite is available exclusively to groups of 30 or more. But they cannot admit campers under the age of 18. **Pros:** Great if you're looking for an alternative to traditional camping holidays and you're a massive horror movie fan.

Cons: Not for the feint hearted.

Cost: £89.99 per camper

IF YOU'RE STILL DOUBTING YOUR ABILITIES TO ORGANISE THE STAG DO TO END ALL STAG DOS, THEN FEAR NOT THERE IS PLENTY OF HELP ON HAND, IN THE FORM OF COUNTLESS WEBSITES AND COMPANIES DEDICATED TO PROVIDING YOU WITH EVERYTHING YOU'LL NEED TO STITCH YOUR MATE UP GOOD AN PROPER. CULTURE



The Jersey Arts Trust is now appealing for a new intake of Artists to benefit from the Bedell Creative Arts Programme.

This opportunity is open to Artists of all genres who, once selected, will form a company that will together go through a unique process of development and learn about the art of collaboration.

The deadline for all submissions is: Monday 24th November 2014

For further information regarding the submission process or to be sent an application form, contact Alice Bravery: alice@arts.je or call us on 617521







one



MY NAME IS...





Featuring Original Illustration, Street Art, Graphic Design, Sculpture Photography & Sewellery all by Sersey Artists NEXT TO BEAN AROUND

Prints. Apparel & Gifts available. Live Pointing & Events in store

1 1 1 1 1 1 SOPE-

win this Illustration as a signed A3 print!

FIND & CIRCLE THE LISTED OBJECTS. TAKE A PHOTO & UPLOAD TO INSTAGRAM @FRESHPRINTSJERSEY

- Evil mouse \sim
- M 69HP

- TOFU 57
- Fresh Prints T-shirt 53
- C Punch Bag

ALLING ZAS (PROVIDED ASSAULT/PS/2010)

ben@freshprintsjersey.com www.facebook.com/69/alkettplace

www.freshprintsjersey.com



THE WORLD

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 OCTOBER** AND YOU'LL BE IN WITH A CHANCE.





Jason Masterman



Cameron Cairney



Stephanie Pollock

Hannah Paton



Darren Maervoet

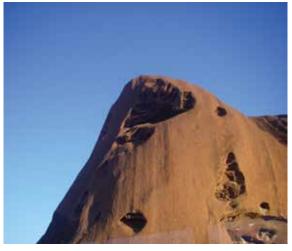
gallery



Alison Lombardi

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





Nigel Grieves

Phil Gordon



Kayla Bulstrode





Laurie Corbel

Sarah Mapplebeck

CULTURE NEWS

PERFORMANCE AND CREATIVITY AT JERSEY ARTS CENTRE

October is yet another busy month at Jersey Arts Centre with a myriad of performances and courses which promise to delight.

The Budapest Cafe Orchestra is a music-driven phenomenon, a specialist performance-entertainment outfit, certain to enthral audiences everywhere...and appearing at Jersey Arts Centre on Tuesday 14 October at 8pm. Their infectious energy will sweep you off your feet and stay in your heart forever, taking you on a journey from one emotional pole to another.

Inspired by the iconic David Lynch film and following a critically acclaimed launch at

the Edinburgh Festival Fringe, the tale of the Elephant Man returns in a stunning new stage adaptation from Fourth Monkey Ensemble. A "profoundly unforgettable", "uplifting" and "beautiful" production that takes to the stage on Tuesday 28 October at 8pm.

Enjoy an evening of creativity and design where you can learn how to make a bespoke piece of jewellery for that special outfit or great ideas for a gift, on Wednesday 15 October from 6.30pm -8.30pm.

For more information on other events, be sure to pick up one of their autumn brochures or visit: www.artscentre.je





BARRY MANILOW'S COPACABANA Tuesday 21st – Friday 24th October, 8pm. Thu Matinée 2:30pm

Her name was Lola...she was a showgirl. Yes, you know how the Grammy awardwinning tune goes and now Barry Manilow's musical by the same name is coming to Jersey Opera House. Starring Jon Lee from S Club 7 and Les Miserables and Richard Grieve of Priscilla Queen of the Desert and Emmerdale fame. this 20th anniversary tour promises to be full of dazzling costumes, fabulous choreography and all those sensational songs by Manilow, the master himself. Packed with glamour, drama, and musicality, this is one show that will have you doing the samba in your seat. Early booking highly recommended. Tickets: £17.50-£22.50



RAY QUINN AND THE JERSEY BOUNCE Join X Factor finalist and Dancing on Ice Champion Ray Quinn and members of his band who are regulars at Ronnie Scott's Jazz Club, plus support from local band The Jersey Bounce for one night only!

Ray has just returned from New York after recording his forthcoming album and, as he was this year's Mr Battle of Flowers and his manager is from Jersey, he decided to extend his UK tour to our local shores.

For fans of live music this night promises to be a must, plus a donation from the concert will be given to the Jersey charity for Parkinson's.



DIRTY DUSTING Thursday 16th & Friday 17th October, 8pm

This is one sex chat up line that really cleans up! Everyone and anyone will be amused by this laugh out loud comedy about three 'mature' cleaning ladies who, on the cusp of being "put out to pasture", find themselves having to 'diversify' into the phone sex business to boost their falling incomes. Written by Ed Waugh and Trevor Wood, Dirty Dusting is affectionately referred to as 'pure theatrical Viagra.' Get ready for one hell of a climax!

Tickets: £20

A NOVEMBER DAY

Saturday 11th October, 6pm & 8pm

Evocative puppet characters, live music and an ever-changing set tell the story of a First Word War veteran's unexpected encounter with a stray dog who knows no boundaries. In the centenary year of WW1, Thingumajig Theatre presents this "poetic & masterful" show for one night only in the Jersey Opera House Studio.

Tickets: £11



CALL FOR CREATIVE ARTISTS

The Bedell Creative Arts Programme is a year-long initiative that supports local creative artists in the development of their own craft and encourages people to collaborate with artists of different genres to produce exciting new work.

They are currently appealing for a new intake of artists to benefit from the programme. This opportunity is open to artists of all genres (composers, song-writers, filmmakers, multi-media artists, dancers, choreographers, performance artists, writers, designers, directors, visual artists) who, once selected, will form a company that will together go through a unique process of development and learn about the art of collaboration.

The process will be split between two stages: 'development' and 'production' where the artists will work with professional mentors on both their own craft and then collectively to create exciting new work, which will be showcased at the 'Original Works Concert' on 30th August, 2015 at the Jersey Opera House.

It is open to anyone over the age of 16 and will consider people at all levels of experience (from self-taught to fully trained; from emerging to fully professional).

To apply, simply fill out an application form (which can be collected from the JAT office or downloaded from their website) and submit it along with up to three examples of your work (this can be a recording, script, images, notes, website links – anything that gives them a flavour of what you do).

The deadline for all submissions is: Monday 24th November 2014 For further information regarding the submission process or to be sent an application form, contact Alice Bravery: alice@arts.je

DON'T BE A NO-SHOW THIS OCTOBER!



Talon – The Best Of Eagles Saturday 11th October: 8pm | £20

Always in high demand, Talon return to the island to give their local fan base another fix of all the Eagles' classic tracks. Nearly 20 years together, they are officially the UK's Number 1 Eagles' Tribute Show.



Met Opera Screenings: Macbeth Sunday 12th October, 6pm £17.50, Concessions: £15 Le Nozze di Figaro Sunday 19th October, 6pm £17.50, Concessions: £15 The new season of Met Opera screenings begins this month. Enjoy works from composers such as Verdi, Mozart, Bizet, Rossini and Wagner.



The Jungle Book Wednesday 29th & Thursday 30th October, 11am & 2pm Adults £10.50, Children: £8.50, Family Ticket: £33 Half-term fun for all the family, book your tickets for this adaptation of Rudyard Kipling's classic tale.



Hats Off to Led Zeppelin

Saturday 1st November, 8pm | £20 Love Led Zeppelin? Then you'll love these guys. Winners of the 2013 National Tribute Awards, you'll think you're listening to the real deal when these musicians recreate all the legendary Led Zeppelin hits.



EXHIBITIONS

Fox Open Art Exhibition Berni Gallery, Jersey Arts Centre

The Fox Open Art Competition was originally conceived in 1983 by the then managing director of JJ Fox International Limited, the late Jock Russell, as a competition to raise the profile of the newly constructed Jersey Arts Centre. It quickly caught the imagination of the island's community and when in 1990 St James' in Guernsey also agreed to take part it mushroomed into a full Channel Island event. Now 30 years on it has produced winners from Jersey and Guernsey as well as runners up and highly commended work from Alderney and Sark. Household names like Jason Butler, Rob Sweeney, Ian Rolls, Larry Ham and Molly Harris are all past winners of "the Fox". Every year the competition attracts over 200 entries with an age range between 12 and 80 years.

An exhibition of the work by Channel Island artists, entered in to the Fox Open Art competition, as selected by this year's Fox judge Liam Spencer can be seen at the Jersey Art Centre's Berni Gallery until 18th October.

The exhibition will also be shown at St. James Concert Hall in Guernsey from Tuesday 11 November – Saturday 29 November.





Lenticulars: A Unique Art Form

'One always thinks of the future as being out there, with little men in silver suites and holograms, when in fact it's already here.' Sir Peter Blake.

Artists have been exploring how to represent depth and 3-dimensionality for centuries. Lenticular printing is a technology in which lenses are used to produce images with an illusion of depth. This type of printing has a fascinating history, from seventeenth century Royal portraits, to early corporate advertising, and kitsch memorabilia. The way lenticular works is to mimic movement so our eye mistakes a flat, stationary image for a moving one.

Leading the way in lenticular printing is Martin Richardson, often regarded as an 'imaging pioneer'. He has made holograms of many famous people, including film directors Martin Scorsese and Alan Parker as well as the fine artist Sir Peter Blake and writer Will Self to name but a few.

Richardson's lenticulars are made using proprietary print software and a special lens material, otherwise known as a micro-lens. This combined with other optical components create a 3-D moving image called a lenticular. In the 1850's a marked step in solving the complicated problem of detailed representation of our three-dimensional world was made by photography, today in 2014 lenticular technology is advancing that science. Lenticular technology offers artists the opportunity to construct mini three-dimensional representations of the physical world, albeit an illusion.

Richardson's work with rock star David Bowie, for a project using 3-D promotional material for the album 'hours' is well known, all of which has been documented in his first published book 'Spacebomb: Holograms and Lenticular 1984 – 2004'. His most recent book, '2D3D4D' is currently available from CCA Galleries International.

Gallery opening times: 10am to 5pm (Monday - Friday), 10am to 2pm (Saturday)



BEAUTY & WELLBEING



SKIN CLINIC

Eau Thermale Avène * Vichy * La Roche-Posay

MEET SUZE...our qualified pharmacist & skin expert, here to help you with all your skin concerns including eczema, acne, rosacea, pigmentation & sensitive skin.

Pop in today for a complimentary 5 MINUTE skin health check.

feelunique. At au caprice

HB 1/3 OFF SPECIALIST SKINCARE

For this month only receive up to 1/3 off.

See in-store for more details."

"Terms & conditions apply.

25-27 King Street St Helier JE2 4WF • T 732380 • 🖪 facebook.com/feeluniquejersey

BEAUTY NEWS



First of all Aveda's new Smooth Infusion Naturally Straight £20.31 is brilliant and it is flying out of the shop. Clients have been having such great results. It progressively straightens curls with every use, with its plant-derived fibers helping hold hair straight and building up strength with use. This new product is a real big hitter, and causing quite a stir in the hair world.

Then the new 'it' beauty product Buriti Oil, which is an ingredient in the Dry Remedy Oil £19.37, moisturises, strengthens, and smooths the hair without the drying effect of the alcohol that has traditionally been used in other brand's styling products. It is also fab in the fight against frizz! Hair at this time of year is often very dried out from the summer sun and in need of a bit of TLC. This is one to try if you haven't already. Finally I have to include the Be Curly Curl Controller £17.95, I have so many clients with curly hair who use this to keep their locks tamed and frizz free. Curly hair can be a real hassle, but it doesn't have to be, it really is about getting the right products. Take charge and handle your hair with this clever product that will leave hair soft, supple and manageable.

All products are by Aveda and available from the Feelunique Salon is St Brelade.

RADICAL REJUVENATION

SDS Rejuvenate Jersey is a new Aesthetic Medicine Clinic run by two experienced doctors, who offer professional, affordable and effective cosmetic rejuvenation treatment, skin care treatment and body contouring. At your initial consultation proposed treatments are fully discussed including all known risks, side effects and expected outcomes. All injectable treatments are performed by one of the doctors and all clients are offered a follow up consultation to assess results and satisfaction.



theirCore business includes injections of Botulinum Toxin A (Botox) and Hyaluronic acid Dermal Fillers for cosmetic purposes. They also use Botox for medical indications such as treatment of migraine and scar reduction following facial trauma. They provide advice regarding all aspects of skin care including acne and rosacea and provide a range of chemical skin peels.

They offer body-contouring treatment using the latest 3D Lipo Med technology which performs ultrasound Cavitation and Cryolipolysis both of which permanently reduce fat cells, and radio frequency skin tightening and vacuum rolling for the treatment of cellulite. This is a non invasive equivalent to liposuction, which used in conjunction with lifestyle and dietary advice helps combat the ever increasing problem of obesity.

For a confidential consultation with Dr Sally-Ann Dolan or Dr Ian Jones call 630208



Tackling Anxiety: Why do we fear the unknown?

WORDS Christopher Journeaux

It's a normal human emotion which we've all experienced at some point or other and come out the other side but sometimes anxiety morphs into something much more overwhelming. How do we recognise when it's time to seek help and take on this 'burden' which might be controlling us? Anxiety disorders vary in their nature and severity. You might be familiar with anxiety-related conditions such as generalised anxiety, panic attacks, social anxiety, phobias, health anxiety and obsessive compulsive disorders. These all differ in many ways from each other but the one thing they all have in common is FEAR. Anxiety is about fearing the future – the future can be one second from now or 50 years from now but either way there is a fear of the unknown, of what could happen between now and then.

The future is, by its very nature, unknown (unless you believe in psychic powers) and therefore we cannot control it. We can plan for it and prepare the best we can, but we cannot predetermine it. When we feel anxious, our senses are heightened, as we revert to a very primal state, where we have the options of 'fight or flight'. Anxiety helps to keep us safe by making us more alert to danger, making us perform better at certain tasks and it can prompt us to move from a state of inaction to taking positive action.

Think about times when anxiety might have been useful to you – maybe you were nervous about an exam or a job interview, so you prepared yourself so as to minimise the chance of failure. In contrast, anxiety becomes unhelpful when we are reacting where there is no danger or threat. For example, we might think that a harmless house spider is going to jump out of the bath and land on us, when actually spiders don't do this. Anxiety can also be unhelpful when it is disproportionate to the level of threat. In such cases, anxiety does not serve to protect – it becomes an imprisonment and stops us from living. When something happens to challenge this belief, the ability to keep things in perspective is how we push through and carry on living.

Dealing with anxiety: It is very important to understand that you don't choose to have anxiety in your life. It is there for a reason, whether it is beneficial or not. Try to accept this and stop blaming yourself for feeling the way you do as it's counter productive to think otherwise. If you can stop this blame game, you are likely to feel better about yourself and therefore more likely to feel able to face your fears. Talk to others who won't judge you. It really can help.

Therapy Jersey is a partnership between psychology graduates Cliodhna Smith and Christopher Journeaux, Both nave been in private psychotherapy practice for three years, supporting clients in dealing with a wide range of issues. Building an alliance and a trusting relationship with clients is ut the centre of their psychotherapeutic work.



CDG (HRD) Certified Diamond Grader

We are holding an End of Lease Sale and offering:



With every change there is opportunity.

Our nine-year lease has come to an end and we have made the decision to move on from 13 King Street (next door to HSBC).

Our Facebook page will remain and we will let you know our plans on this page. We wish to remain loyal to our customers and continue our commitment to customer service.

For all your current and future jewellery requirements, you can still contact us on jersey@on-linejewellery.com or call us on 724046.

Watch this space.

www.on-linejewellery.com



٢

Seck to balance

n Association with the Britlish Chiropractic Association



For further information about Backcare Awareness Week visit: www.backcare.org.uk/blog/backcare-awareness-week-2014 OF www.backcare.org.uk/officeworkers

To book an appointment please call: 01534 789367



Situated at: The Lido Wellness Centre Suite 2.8, Lido Medical Centre, St Saviours Road, St Helier JE2 7LA E: info@backtobalancejsy.co.uk T: 01534 789367 W: backtobalancejsy.co.uk

Smile Design especially for you



Before

After

Why The Cosmetic Dental Group?

- We LISTEN to you
- Great Reputation for Great Results
- Hypnotherapy & Sedation for Nervous Patients
- Caring, Gentle & Professional Team
- Full Range of General and Cosmetic Services
- Full Time Gentle Hygienist Services
- Easy payment options & Interest Free Credit
- · Envision-a-Smile Digital image of your new smile before you buy
- And much, much more!

Call 731680 for your complimentary consultation *

* full terms apply

info@jerseysmiles.co.uk | www.jerseysmiles.co.uk Jeremy Willetts I Jonathan Wood I Jon Sproson









MEN'S SPECIAL

Guys, you've got to stop 'borrowing' our products and take the manly plunge into the ever growing world of men's cosmetics. Men's skin is very different from womens and therefore requires a whole different set of tools. Here is our round up of the latest and greatest.



Dermalogica Close Shave Oil **£21.90** For the ultimate close shave, this oil will create an instant cushion between your skin and razor, providing a smooth glide and sharp finish to your look.



Clarisonic Deep Pore Cleansing Brush £99-£155

Boys and their toys...what can we say? This brush is the sure fire way to say goodbye to dirt and hello to clean skin! If you're a guy who loves his gadgets, this is the accessory for you!



Guerlain Paris L'Homme Ideal eau de toilette £43.20 'Smart, handsome, strong', with woody

Smart, handsome, strong', with woody undertones and citrus notes, this fragrance is simply 'ideal'.





Kiehl's 24-Hour Anti-Shine Moisturizer for Men **£21.50** To develop this Kiehl's use Aerolite Technology which is traditionally used in space exploration. It is able to absorb 4 times its own weight in oil, providing efficient sebum absorption capabilities and it will also disperse and vaporize sweat away from the skin because it's super hydrophobic. This is essential for any man who does sport and still wants great skin.



Clinique Anti-Age Eye Cream £26.00 This product not only corrects fine lines around the eyes, but also diminishes dark circles and puffiness - the one stop wonder to turning back the clock!



Dermalogica Invigorating Shave Gel £15.95

If you're after a barber-close, pain-free shave, this cooling, lightweight gel is for you. Made without artificial colours or fragrances, your skin will thank you for this soothing product that is guaranteed to improve your skin's

natural protective barrier.



The Refinery Face Wash £18.00 With an invigorating formula bursting with citrus and spearmint, this face wash is sure to freshen and stimulate your skin. Impurities are washed away, leaving your skin revitalised and renewed.



Cucumber and chamomile infused, this product is applied immediately after cleansing, leaving your skin smooth, soft and soothed. From Dermalogica, the skin health experts, comes our new Shave system that will revolutionize men's skin care as you know it. Our exclusive three-step regimen is the first in the industry to take into account beard type, hair growth pattern and skin condition for a shave that delivers the healthiest skin possible. What else would you expect from the world's leader in skin health?

Get your hands on Shave today.

Available at:









....Rejuvenate yourself in an Oasis of calm... (First 'float SPA' in the Channel Islands & U.K.) Book now and receive 20% Off your first 'Float SPA' experience (1 hour)

www.the-wellness-centre.com



THE ART & SCIENCE OF BRINGING BALANCE TO YOUR LIFE...

From small beginnings in the early 90's the Jersey Chiropractic Centre has grown significantly and evolved in recent years into a much larger Wellness/Health Centre that offers a wide variety of integrated healthcare services.

Of course, a bigger and better vision requires an equally improved location, and Castle Quay is just that to owner's Adrian and Andrea Luckhurst.

'We knew straight away that this was the right space for us. A space that would allow us to both grow and evolve, whilst supporting others in healing themselves.'

The Wellness Centre has been designed to be a state-of-the-art facility, wrapped in a sumptuous, contemporary and relaxing environment. It's now the very modern home to several specialists in integrated healthcare, who together offer one of the widest varieties of natural care in the Channel Islands.

On speaking to Adrian and Andrea, I soon discover their ethos to be more than that of healing alone.

"We're about community, healthy lifestyle, finding balance and creating a unique experience for our clients and patients."

The centre's main goal is to provide a service that epitomises a unique experience, leaving individuals' better connected with their physical bodies and cognitive minds. So what does wellness actually mean? Effectively, it means different things to different people. Some see it as health and freedom from disease, whilst others define it as healthy balance of the mind, body and spirit. Regardless of the definition, it's an infallible way to maintain a sense of balance.

After several months of planning, designing and developing, The Wellness Centre is now ready to open its doors. Conceived with both nature and science in mind, the entire building, which takes pride of place in the now thriving Castle Quay, boasts a natural yet industrial form. The six treatment rooms have been designed specifically with each therapy in mind. The venue also hosts a state of the art Hydrotherapy suite, a Wellness/ Rehabilitation Studio and additional space, which could easily pose as scope for a likeminded professional. The studio, which is fitted with floor to ceiling mirrors, holds a number of beneficial services ranging from sports therapy/rehabilitation, yoga therapy, pilates, mindfulness tuition and guest lecturing. Whilst the reception area is a designer's industrial blend of glass, steel, natural hardwoods and a soothing water feature in the shape of a copper willow tree.

Services offered include chiropractic treatments (mainstream, mctimoney and animal care), hydrotherapy, massage (aromatherapy, hot stone, indian head, pregnancy, remedial and sports massage) and much more. Treatments such as individually prescribed Dermalogica skin care and Face Mapping will help to pinpoint areas of stress, sun damage and fatigue on the skin's surface, whilst acupuncture, craniosacral therapy and reflexology will help to rebalance the body from within, encouraging a sense of equilibrium. The Wellness Centre will also be offering nutritional guidance by one of most qualified nutritional therapists on the island.

Other notable features include the Float SPA Hydrotherapy Pod (pictured) – the first of its kind in the Channel Islands and indeed, the UK – a scientifically proven, time-efficient method of unwinding and regenerating from the daily grind, which invites clients to float effortlessly on the surface of warm water supersaturated with Epsom salts that are high in magnesium. It is a means of intense relaxation, for both body and mind, which derives from the perfect state experienced in our foetal existence. The advantageous effects of a floatation pod mimic those found in nature. This natural healing phenomenon has been combined with the



latest technology to create the ultimate environment for relaxation.

Those looking to achieve a more balanced, younger, stronger, faster, more flexible, relaxed and less tired mind and body have certainly come to the right place, as it's here you'll find not just one treatment, but many. From physical, mindful to spiritual...

Applying a comprehensive model of integrated healthcare, and enabling all to take advantage of the centres vast experience will guarantee to bring balance to your life.

www.the-wellness-centre.com Book an appointment today by phone on 633060 or by email the-wellness-centre@hotmail.com



gallery

FASHION

BRAND NEWS

NEW BRANDS Alert!

Eclectic prides itself on offering something for everyone and this season is no exception with some ace new and exciting brands on board; the lovely Irish brand Avoca offer dresses in feminine prints and fabrics. Brakeburn embraces the outdoor lifestyle with a touch of English seaside heritage. Unreal Fur promises to envelop you in the softest gilets, coats and accessories in ice-cream colours whereas Religion (dress pictured) offers something a little rock and roll. Pop instore to see beautiful jackets, cocoon coats, delicious knits, prints and pastels as well as luxurious accessories which all promise to take you from the ordinary to the extraordinary this season.



Success for

The Log Kabin Quilters Jersey's Fiona Ducker has just come first in her category at a major competition in America for her quilted piece (pictured) 'The Ony Ony Bird of Aphrodite 3".

Fiona is a qualified teacher and practices from her base, The Log Kabin in St Lawrence, where she also retails the fabrics and haberdashery necessary for quilting. So if you're interested in learning a new skill this Autumn give her a call on 732214.



Such a fitty

We've just seen the latest offering from Roxy's fitness range, which focuses on running, surfing, swimming and yoga, and we're excited! It's a great collection that allows you to be outside in all elements, running free, breathing in fresh air and enjoying your surroundings. Plus it's pretty gorgeous, with some great simple staples as well as fun brights.



Make your Marc

There's been one overwhelming winner for fashion trend of the season in celebrity's wardrobes - monochrome. Worn on and off the red carpet by everyone from Kate Beckinsale to Fearne Cotton, each star has their own take on the trend, but one thing is clear; matching monocrome looks chic. We've been marvelling at the Marc Cain winter collection which, as always, has hit the nail on the head, with bold geometric black and white patterns and sweet rock-chick leathers (in their wonderfully flattering cuts!). This latest line really is the greatest! Pop in to see them on Hilgrove Street to see the new range.

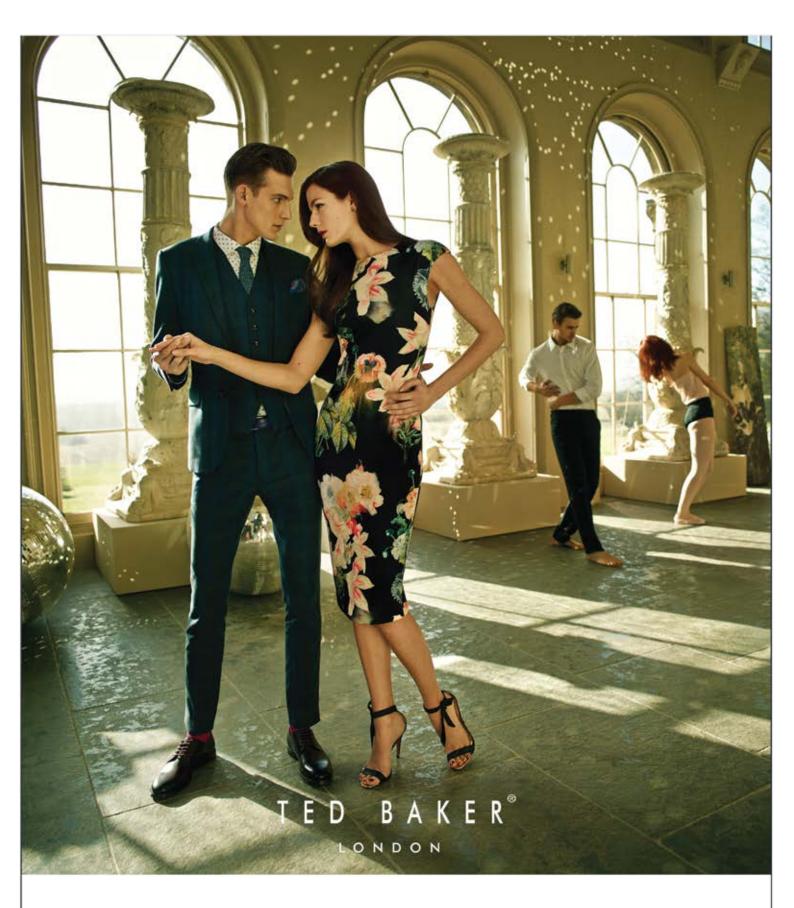


We're all-over oversized! There are some exceptional new winterwear pieces in at Renaissance at the moment. We've fallen head over high heels for the latest Fabiana Filippi collection which is full of the softest, most beautiful over-sized coats and jumpers. So effortless to wear; the pieces will take you from a winter walk to a lunch date at Bohemia no problem. We're in awe of this designer. Go marvel at it for yourself upstairs in Renaissance.



Star light, star bright The highly anticipated Stardust bracelet has landed at Swarovski Jersey making its debut in a variety of colours from vibrant fuchsia to the elegant rose gold. Whatever the season, whatever your style, Stardust can be adapted to virtually any look and be worn in a multitude of ways. Fun, feminine and vibrant, this must have design can be worn as a double wrap bracelet or choker. It features a nylon fishnet tube filled with tiny coloured crystals, creating a 3D silhouette. These bracelets can be stacked in a variety of colours for an on-trend look.

Single Stardust Bracelets £42.95. Double Stardust Bracelets £59.95. Available from Swarovski Jersey.





www.ashworthandbird.com

A&B Womenswear 1st Floor, Voisins 01534 837136 A&B Menswear de Gruchy 01534 818786

TREND NEWS: MEN'S STYLE SPECIAL

WRIST ACTION

Watches are so much more than just a means to tell the time. We've got phones for that. There's something about investing in a real watch that sets the men apart from the boys, and from leather-strapped chronos to sleek bezels, cutting-edge tech or a statement sports watch, here's our edit of the new watches to buy now and keep forever. Covetable, wearable and infinitely show-offable, these watches from Tudor suit any occasion when you might need a new watch. Which is most of the time...

Tudor watches from a selection at Hettich Jewellers, 1 King Street, St Helier. www.hettich.co.uk

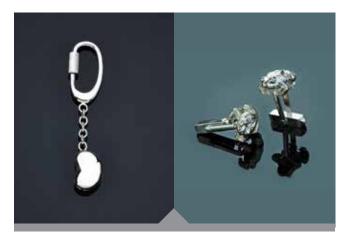


Clockwise from top left: Tudor Fastrider Black Shield with leather strap, £2,950 | Tudor Heritage Ranger on a leather strap, £1,700 | Tudor Pelagos £2,485 | Tudor Heritage Advisor with leather strap, £3,520 | Tudor Heritage Black Bay with steel bracelet, £2,040



FIX UP, LOOK SHARP

Having launched as a shirt specialist of some repute in Glasgow Ted Baker quickly became the place to buy some of the very best contemporary men's shirting around. From the beginning Ted has had a very clear, unswerving, focus on quality, attention to detail and a quirky sense of humour, so much so in fact that the first stores used to provide a laundry service for every shirt purchased – something that gained the quickly growing brand the title of 'No Ordinary Designer Label'. Everything produced under the Ted Baker name has his personality woven into its very heart and their latest menswear collection is no exception with its slim fit and sophisticated colour palette. Pop instore at deGruchy to view the new range. Ted Baker is available from Ashworth & Bird menswear in deGruchy



KEEP IT PERSONAL

Aurum Jewellers have some brilliant accessory ranges with a fun 'nod' to locals. Their silver 'Jersey Bean' Key ring is great for the man who has everything, and their cool crapaud cufflinks would make a fantastic present for a groom, best man or the patriotic Jerseyman in your life!

Pictured sterling silver Aurum Crapaud cufflinks £465 and sterling silver Aurum Bean keyring £135



LIFE HACKS

Get your autumn/winter wardrobe sorted in one fell swoop with the epic new collection from Hackett. Their impeccable tailoring, great range of sizes and bang-on-trend designs for their latest collection have got the fashion world all worked up! Looking good has never been so easy.

Hackett is available from Ashworth & Bird menswear in deGruchy



MARCCAIN

Marc Cain Collections

Fabulously feminine

26 Hilgrove Street, St. Helier 01534 873626



PHOTOGRAPHY DANNY EVANS

MODELS ADAM & EMILY

CLOTHING ASHWORTH & BIRD WOMENSWEAR FIRST FLOOR VOISINS AND ASHWORTH & BIRD MENSWEAR AT DEGRUCHY



 EMILY TOP BY WHISTLES £112, SKIRT BY WHISTLES £148, SHOES BY WHISTLES
 ADAM PEACOAT BY TOMMY HILFIGER £243, SCARF BY TOMMY HILFIGER £54, JEANS BY HUGO BOSS ORANGE £99, BOOTS BY HUGO BOSS £161

ADAM JACKET BY MATCHLESS £387, HAT BY TOMMY HILFIGER £40.50, JEANS BY HUGO BOSS ORANGE £99



ADAM JACKET BY BELSTAFF £1,237, SCARF BY ETON £85, JEANS BY HUGO BOSS ORANGE £99, BOOTS BY HUGO BOSS £161



EMILY GREEN DRESS BY FRENCH CONNECTION £85, BAG BY WHISTLES £238 ADAM SPORTS JACKET BY HACKETT £405, POLO SHIRT BY HACKETT £67, TIE BY HACKETT £67, CHINOS BY HACKETT £90, SHOES BY HUGO BOSS £179

EMILY JACKET BY MATCHLESS £715, SHIRT BY DIESEL £90, JEANS BY DIESEL £99



EMILY BLUE BY DRESS BY TED BAKER £25, BOOTS BY WHISTLES £139, BAG BY TED BAKER £206

Style will Reign this Autumn / Winter

This season trends are all about beating the cold, wet weather in the most chic way imaginable.

Introducing our new season fashion report at de Gruchy, we have a host of new inspiring ideas that will transform your wardrobe for the months ahead.

From chunky knits, lush leathers and decorative detail we will have you looking fabulous this season.



de Gruchy

Grey Jumper, Filippa K **£121.50** Blue Shirt, Filippa K **£85.49** Jeans, Filippa K **£112.50** Gold & Jewelled Necklace, Coast **£33** Leopard Heels, **£65.55** Clutch Bag, Skagan, **£215.10** Red Umbrella, Hunter, **£26**

White Shirt, MIH Jeans £171 Denim Skirt with Side Zip, MIH Jeans £157.50 Gold Belt, Dune £23.75 Silk Scarf, Bella Belou £62.10 Watch, David Wellington £161.10 Sunglasses, Ray Ban £129 Black Heels, Dune £75.05 Umbrella, Totes £14.40 Red Dress, Bitte Kai Rand **£206.10** Leather Jacket, B Young **£71.99** Gold Chain Necklace, Coast **£19** Backpack, Abro **£306** Ankle Boots **£235** Umbrella, Totes **£16.20**



Cream Turtle Neck, Gant **£85.50** Grey Scarf, Gant **£58.50** Tartan Trousers, Gant **£112.50** Gold and Clear Floral Necklace Coast, **£33** Red Heels, LK Bennett **£170** Umbrella, Lexon **£26.10** Bracelet, Coast **£17** Silk Patterned Top, Great Plains **£45** Leather Skirt, Great Plains **£58.50** Pink Coat, Great Plains **£117** Lace Up Boots, Roberto Vianni **£46.55** Gold and Jewelled Necklace, Coast **£33** Umbrella, Display Prop



Purple Jumper, Second Female **£70.20** Silk Patterned Dress, Second Female **£99.99** Coat, Second Female **£124.20** Black Boots, LK Bennett **£260** Jewelled Necklace, Coast **£33** Umbrella, Radley **£30.62**



Style**Stalker**

WORDS NAOMI GRACE BRIGGS



Adam Jeffries 41, CIO "Nice and formal for work"

While fashion trends come and go, there are very few items that have stood the test of time, one of them being: the suit. Timeless, extremely versatile and ever adaptable, the navy suit has long been seen by many as an essential component of any gentleman's wardrobe. Adam is looking effortlessly dapper!



Popa Cosmin Bar Staff at Mimosa "Drinks with a friend on a nice sunny day"

From bold block colour seperates to pieces with multi coloured detailing, segmented colour is a fantastic way to incorporate some excitement into any outfit so Popa's look of a mint blazer, teamed with yellow chinos, orange socks and a sky blue shirt is a perfect example of this! A definite fashion win Popa!!



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.

Steve Dowd 65, Works at a Charity "Coffee while waiting for a friend"

Hats in all forms are quickly becoming popular in menswear! Whether it be a Bowler, Panama, Trilby or Fedora, hats are a great addition to any warmweather outfit and combined with tailoring bring a touch of gentlemanly charm to traditional formal attire. The ultimate smart-casual SS '14 look! Bang on trend, Steve!



Paul Le Boustouler 24, Salesman "Lunch break!"

One of the biggest surprises this season was seeing a variety of designers famed for their love of all things colourful move to the opposite end of the spectrum. Black!

An all black ensemble oozes sophistication and class and teamed with a chocolate brown belt and silver watch to give his outfit some extra personality, Paul is looking ultra stylish! No colour will ever be "the new black"!



Jason 30, Finance "Running errands while the sun is still shining!"

Jason has anchored bold block-coloured garments and muted pieces by teaming yellow shorts with a navy top! By keeping the rest of his outfit restrained, it allows the statement piece to take centre stage! A perfect summer look Jason!

Jake Michel 21, Trust Administrator "A quick lunch before heading back to work"

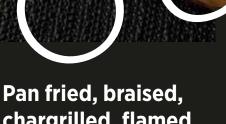
Jake proves that navy and grey can be worn together to excellent effect and the main reason for this is due to its versatility! It can transcend from the office to a night out seamlessly! Also, the muted tones of grey and navy always look classic and chic!!

Effortlessly cool!!

EDITION SIX OUT NOW!







chargrilled, flamed or baked – they say the best way to a man's heart is through his stomach. As this month's Gallery is the XY issue, we thought we'd kick it off by featuring a few of the top places for guys to grab a steak on the island!



Pedros

a good cut

If you're in search of the perfect steak, look no further than Pedros - a small, relaxed restaurant in the heart of St Aubin's brandishing two very talented French chefs. They buy none other than the finest quality meats - all cuts come complete with a side of vegetables and a handful of Pedros very own hand cut chunky chips and are chargrilled to perfection. Aside from the friendly service, the prices are equally enticing with sirloin priced at £16.95, the Prime Fillet at £22.95 and the Chateaubriand (for two) at just £44.95.

Pedros

www.pedrosjersey.com 01534 745567 Mont Les Vaux, St Aubin



Candlelight Restaurant *dinner and a show*

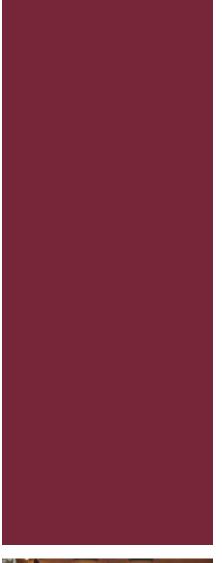
A locally renowned restaurant that offers an abundance of excellent traditional and modern French cuisine in the shape of speciality flamed steaks, chateaubriand and fresh lobster from the vivier.

Exposed oak beams and original Jersey granite fireplaces take pride of place in what was once a 17th century coach house, whereby a certain richness and indulgence go hand in hand.

Priced at just £23.50, a definite must for meat lovers on the island is the famous 'Drunken Bullock' - a slab of the finest prime rib eye steak, impaled on a saber and spectacularly flambéed in brandy at your table. Smothered in a taste-tantalising red wine, onion, bacon & mushroom sauce - this epic feast is not for the faint hearted!

Candlelight Restaurant

reservations@revere.co.uk 01534 611111 www.revere.co.uk Kensington Place, St Helier



MAX GRILL S



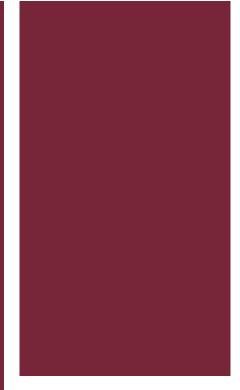


From steaks to surf and turf, The Grill boasts an abundance of perfectly cooked dishes, all of which are prepared and cooked in front guests on the grill. There's no need to book, simply turn up and make yourself at home in the restaurant's cosy and relaxing surroundings.

Both the accompaniments and versatile wine list have been designed with the dishes in mind, with something to cater to everyone's tastes (and pocket). Prices start from £16.50 for a 120z rump - which comes complete with grilled vine ripened tomatoes, mushrooms, baked onions and chips - to the succulent and very popular chateaubriand, priced at £45.00 (based on two sharing).

The Grill, The Royal Yacht

www.theroyalyacht.com 01534 720511 The Weighbridge, St Helier





Rio a meat eater's paradise!

Rio's unique Brazilian theme encompasses a mishmash of bright, vivid colours, exciting artwork and a friendly atmosphere.

At just £22.50 per head (and that's for 'all you can eat') or £17.95 before 7pm, Rio is proud to bring authentic Brazilian 'Rodizio' cuisine to the island. Once seated, you'll be presented with innovative traffic light serving cards (which entitle you to a breather every once in a while) and a number of moreish dishes comprising entire joints of meat carved at your table. Gaucho servers are on hand to cater to your every need and included in the set price is an extensive buffet brimming with cold and hot sides.

All in all, you'll be treated to a total of 15 different meats, prepared to perfection and marinated in age old recipes for at least 24 hours, before being cooked over the open flames of Rio's unique Rodizio grill.

From Sirloin to Rump to Beef Ribs, there's plenty to choose from. They even serve Brazil's most popular beer 'Brama' on draught.

Rio Bar and Rodizio Restaurant

01534 630303 bookings@riojersey.com 12 Sand Street, St Helier

Max grill

a Portuguese twist

Late servings and generous portions make Max Grill (a small, yet atmospheric eatery with friendly staff) a popular hangout for meat enthusiasts alike – especially those searching for a steak with a Portuguese twist. From the specialty beef skewer, packed with tender, juicy fillet, to the rib eye with gambas and the authentic classic 'picadinho' (beef stew) served with chips and milho; there are a number of hearty options to choose from. They also offer a special set menu for two, priced at just £28.95, which includes two courses and a bottle of house wine.

Max Grill

01534 724421 46 Bath Street, St Helier

APPETITE **NEWS**

Tennerfest - Make a meal of it! Oct 1st - Nov 11th 2014

Tennerfest guarantees you a slap up meal for a bargain price along with some fantastic, innovative menus drawing on the wealth of good food available in the island.

Tennerfest was originally exactly what it said: a festival of menus for just £10 but now in its 14th year in Jersey inflation has eaten into the £10 and the tenner of years ago has an actual value in the islands now in excess of £15. Which is why the event has menus starting at £10 but, with the addition of menus priced in £12.50, £15 £17.50 and £20 categories. All menus represent fantastic value for money and new this year is a Gourmet category which has no price restriction.

This year sees a brand new website and look for the event and the launch of their very own locally brewed, limited edition bottled "Tennerfest Craft Beer" which has been specifically created by Liberation Brewery to complement all types of food.

Ged Kelly, Director at Hamilton Brooke, the ad agency that created the promotion said: "We are looking forward to another great Tennerfest this year, we love our new branding and enhanced website and are particularly excited about launching our own limited edition bottled Tennerfest Craft Beer. Each year as the event continues to grow, it's hard to believe that from a modest start of just 34 restaurants in Guernsey and 28 in Jersey 17 years ago that the event has become such a major highlight in the calendar for both visitors and locals in the Channel Islands and once again this year will see almost 190 fantastic menus to tuck into!"





Candy Kittens!

If you're a fan of *MIC you'll know all about cheeky chappy Jamie Laing's cool confectionery brand Candy Kittens. Well, the great news is that they're now stocked on the shelves of Waitrose so you can easily get your fashionable sugar fix. We love the Sour Watermelon sweets, but the Apple and Elderflower are next on our list to try.

*Made In Chelsea - where have you been?



Calling all Chocoholics

We popped into the wonderful Hotel Chocolat in Liberty Wharf to check out their latest delicious offerings. If you're throwing a Halloween party then you can trick or treat in style this year with their Halloween collection. A devilishly delicious selection of chocolates ranging from their hair-raising Halloween Bites and Boo Boxes, to their cool twist on the classic pumpkin. The Boo Box is packed full of individually wrapped milk chocolate spooky shapes, including bats, skulls and witch's fingers. Perfect for Halloween party nibbling.

If you're looking for a gift for the foodie in your life then their cocoa cuisine collection could be perfect. With both sweet and savoury dishes – including dips, sauces, cookies, gin, cocoa pasta and more. We think it would make a great thoughtful gift (plus they might make you dinner!). Or a personalised hamper packed with life's essential luxuries, could make whole families say 'oooh'. They're also ideal for pampering friends or for colleagues and offices to share.

And finally, have you seen their beauty range? For girls who love chocolate they can now slather themselves in the Hotel Chocolat Cocoa Juvenate beauty products, rich in antioxidants, vitamins, minerals and feel-good happiness, cocoa is a natural wonder. These treatments help protect, renew, enliven and uplift, all with an invigorating scent. Whoever invented this range needs an award quickly! All hail Hotel Chocolat!

Visit Hotel Chocolat in Liberty Wharf



LIBERTY WHARF SHOPPING CENTRE

shop, dine, meet, relax



we like to be followed www.liberty-wharf.com

Curious?



You should be!

Now available on draft at The Boat House and by bottle at Tiffin, Suma's, Tiki Hut & Ormer.... fill ya boots!



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

HAIL THE ALE

WHETHER YOU'RE AN ALE CONNOISSEUR OR A BUDDING BEER DRINKER, JERSEY IS HOME TO A NUMBER OF TOP TAPS, WHICH MEANS YOU'RE GUARANTEED TO FIND THE PERFECT TIPPLE TO WHET YOUR WHISTLE! LISTED BELOW ARE A FEW OF OUR FAVOURITES!





Featured Real Ale Tenby Trawler (4.2% ABV)

The Tenby Trawler is a bespoke ale brewed especially for The Tenby Pub by the Skinner's Brewery in Truro. Described as a golden session ale infused with 100% Cornish pale malted barley and a total of three varieties of whole flower hops, comprising Northdown (UK, Spicy, Cedar, Pine), Celeia (Slovenia, Lemon, Lime, Floral) and Target (UK, Pine, Cedar, Liquorice), the Pineapple, Citrus & floral aromas lead to a refreshingly zesty, hoppy & bittersweet taste.

The recently refurbished Tenby sits in an enviable position, overlooking St Aubin's picturesque harbour. It's here you'll find a mixture of eclectic and traditional styles, as well as an alfresco garden terrace and decking area.



Featured Real Ale Late Red (4.5% ABV)

Brewed by Shepherd Neame, Late Red Autumn Splendour Ale has been triplehopped to create a full-flavoured treat for budding beer lovers.

Expert brewers have hand-crafted this complex and richly flavoured premium ale from the finest Kentish hops, barley and mineral water - forming the perfect balance between well-heeled, dark malt flavours and a strong, full-bodied hoppiness.

Plum, prunes, raisins, a touch of toffee and tropical fruit are just a few of the flavours flourishing beneath the crimson-copper coloured cloak of this eminently easydrinking ale, which is the perfect pairing to a roast.

Late Red can be found at The Lamplighter, which is not only an extremely popular town pub with a welcoming ambience; it's also home to the largest selection of real ales on the island.

The Tenby The Bullwarks, St Aubin 01534 741 224 www.randalls-jersey.co.uk/pub-guide/ rest-of-island/the-tenby/

The Lamplighter

Mulcaster Street, St Helier 01534 723 119 www.randalls-jersey.co.uk/pub-guide/sthelier/lamplighter/



Featured Beer Mary Ann Best (3.6% ABV)

Even though the Liberation Brewery has become renowned for its cask ales, Head Brewer Paul Hurley is particularly proud of the quality and consistency of its Mary Ann. 'Although I inherited the beer from my predecessors, as it's been brewed for over a 100 years, we have continually strived to make this craft beer a stand out product on its own. It has an amazing complexity for a sessionable beer with rich dark chocolate and coffee notes, which are further complimented by a superb blend of English and continental hops. The overall beer is smooth and as well balanced as any we have ever produced, and is one myself and my team, are justifiably proud of. It is a beer I would recommend to fellow brewers, my peers and customers alike - paradoxically it doesn't look like it tastes but the flavours are unrivalled for a beer of this strength.'

Can be found at The Post Horn, a great 'locals' pub with a large alfresco area, located bang in the centre of St Helier!



Featured Ale Liberation Ale (4% ABV)

Since its inception in 2009 Liberation Ale has gone from strength to strength and is now firmly established as a Genuine Jersey product sought by locals and visitors alike. This cask ale has become synonymous with quality in the Channel Islands and is a regular export to pub estates in the UK. It has won a host of major plaudits, primarily the Gold Medal at The Brewing Industry International Awards (held biannually and recognized as the Brewing Oscars) in both 2011 and 2013 – an extraordinary feat.

Paul Hurley, Head Brewer at the Liberation Brewery is very proud of this product too 'As a team we had a concept of an easy drinking, balanced beer and set about brewing Liberation Ale. Using only the finest Maris Otter malts and a unique blend of English and Continental hops we achieved a product that actually exceeded our expectations. That it has become so popular with its light, subtle hop, with hints of citrus and a superb maltiness, is a testament to the vision and attention to detail of our small team who take such a pride in this, and all our beers.'



Featured Beer Smuggler's Delight (4.2% ABV)

Smuggler's Delight is a pale ale born through the venue's customer penchants. It comprises plenty of hops and bags of flavour with a balanced and delicate finish. Brewed by Liberation Ale specifically for the establishment; you won't find Smuggler's Delight served anywhere else on the island! It's a firm favourite with both the locals and tourists and costs just £3.20 a pint. In order to get the flavours just right, there was several tasting sessions involved.

The Old Smuggler's Inn itself originated from two fisherman's cottages and has been part of the landscape since the 17th century. No matter what time of year you choose to acquaint it, it offers a warm and welcoming vibe. Recent refurbishments including the new stone work, beams and decor - all incorporate the old character and charm of the original property, ensuring The Old Smugglers Inn is in keeping with its historical authenticity.

Post Horn

Hue Street, St Helier 01534 872 853 www.liberationgroup.com/pubs/posthorn

Five Oaks

La Rue a la Dame, St Saviour 01534 726 278 www.liberationgroup.com/pubs/five-oaks Old Smugglers Inn La Mont Du Quaisne, St Brelades 01534 741 510 www.oldsmugglersinn.com



Maison Bonvin, a specialist wine shop, is set to officially open its doors on Saturday 18th October. No grand opening however would be complete without a launch event – and this one intends to run for the entire week – canapés and all!

On meeting business partners and coowners' Edyta and Aurelien Buard – a French and Polish duo – I'm instantly intrigued by their roles. Aurelien, who holds a WSET degree in alcohols and over 15 years' of experience in the industry, looks after the product development side of the company, whilst Edyta, an MBA graduate specialising in business development, focuses on the brand's online and offline marketing. Just like the products they stock, Edyta and Aurelien perfectly complement one and other.

So why did they decide to open Maison Bonvin?

Last year, we re-opened Trinity village store under the name of Le Shop – its success is one of the reasons we decided to open a more specialised outlet. We also launched the French wine website bonvin.co.uk two years ago. Maison Bonvin felt like a natural road to take.

You've chosen to open the new premises in Liberty Wharf Shopping Centre, what makes it such a great location?

Liberty Wharf is such an iconic Jersey landmark – we couldn't wish for a better place. We were lucky enough to find the right sized shop with the right 'micro climate' for the wine, and also, a space that is easily accessible.'

The shop itself will promote an in depth French culture – a life style that is greatly enjoyed by the Islanders. 'All products come from France and French territories and are produced, matured and bottled in France. Our winemakers are very often featured in the French Wine Guide 'Hachette', a publication that sets the standards in French wine making.

Maison Bonvin works with various vineyards and winemakers, many of which are lesser known to the British public, which is mainly down to the limited number of bottles they produce. In order to foster such products, Edyta and Aurelian have a number of promotions in the pipeline, including those from a growing group of French women-winemakers.

When I ask Edyta and Aurelian whether they themselves have any favourite products, they reply with a simple

yes. Some of the latest products to hit the shelves include German Breton champagne, Sibell crisps and Savoie wine. Another favourite of ours is Alsatian wine – unfortunately it's hard to get a hold of!

All wine offers different sensory characteristics, and in order to create the desirable effect; they should be matched to individual preferences, the occasion and the food. French wine accompanies everything from chocolate, to Asian food and even bangers and mash, which is when knowing a little about the product certainly comes in handy. Thankfully, at Maison Bonvin, recommendations on both the wine and flow freely.

What makes Maison Bonvin different?

We're a French wine house. Unlike our other outlet, food will play a less important role here; the main focus will fall on the wine. Our aim is to educate others on the exoticness of many of the French wine available. We will also deliver goods on request when customers' spend over £40 and organize wine tastings as a part of the shopping experience. Customers will even be able to book private tastings for the likes of corporate events. All information will be published on our website and Facebook page.

As for the style and feel of the shop, Maison Bonvin will be divided into three areas: the first will boast a more urban style, comprising products such as beers and French liquors, as well as a number current promotions. The second will resemble a local French winery with price tags ranging from £4.99 to £200 per bottle and the third will showcase wine tastings, as well as some of the more expensive vintages and champagnes.

From extremely affordable table wine to high end and special occasions' gifts, Maison Bonvin has something to suit all and the best bit, it's located bang in the centre of town!

> MAISON BONVIN, LIBERTY WHARF WWW.BONVIN.CO.UK

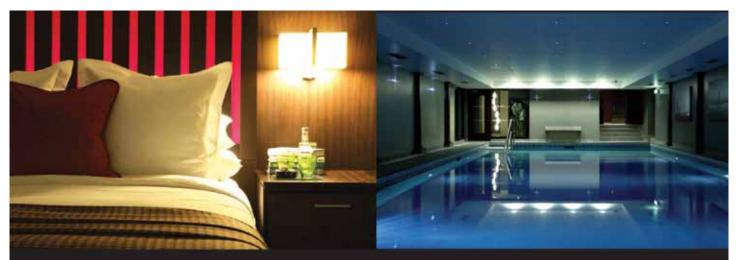
HUNGRY FOR SOMETHING? LET US HELP YOU CHOOSE...







JERSEY'S TASTIEST EATING GUIDE
OUT NOW!



Local Residents Staycation Offer

Why not treat yourself and a loved one to a staycation? Enjoy an overnight stay in a Classic Inland Room including breakfast and 2 course dinner in Victorias Brasserie all for two people From £99.00

* This offer is valid from 1st October 2013 until 23rd December 2013 Subject to availability and excludes special events

To book call 722301 or email reservations@grandjersey.com

GRANDJERSEY

. THE Genuine Genuine Articles

Sam Lempriere & Matt Ryan La Manche Smokehouse Smoked fish & meat

We've always enjoyed making and eating good food and smoked salmon has been a long-time favourite. After experimenting for a while, we felt we had a product that tasted much better than anything we could buy in the shops. We undertook some research (and a lot of planning!) and came out the other end as La Manche Smokehouse.

We really enjoy the flexibility of working for ourselves. We have the freedom to choose how we develop the business while keeping a tight control on our product quality. That means a lot of tasting which is fine by us!

The best part about our job is getting to produce the food we love to eat. Our passion is employing traditional artisan methods (and sometimes modern science) to transform high quality ingredients into a finished product that is second to none. The satisfaction of delighting our customers with a fantastic end product is hard to beat.

Outside of our own, we recently visited Arbroath on the east coast of Scotland and sampled the wonderful "smokies" they produce around the harbour-side from locally caught haddock. Well worth a stop if you're ever passing by!

The American BBQ scene has influenced our thinking recently and when time allows we have produced some fantastic slow cooked ribs and pulled pork on the BBQ – truly amazing! As our business develops we hope to bring this experience to the Jersey people in some way.

La Manche Smokehouse can be contacted at: www.lmsmokehouse.co.uk or contact@ lamanchesmokehouse.co.uk



Richard Howell Pain de Famille Locally baked sourdough bread

SMOKEHO

In the summer of 2010 I had the pleasure of hanging out with some amazing folks in Wales at the Do Lectures (www.thedolectures. com) where they advocate a simple principle - do one thing well. Here amongst other things I met Tom Herbert, a fifth generation baker, and baked bread on a camp fire. This really caught my imagination and I went on a further workshop at his bakery in the Cotswolds. Since then I've baked sourdough bread every day.

My bread making day starts at 530am when I bake loaves made the previous evening. I then feed my sourdough starter flour and water this is the yeasty engine of my bread baking. This is left for 11-12 hours to ferment whilst I go to my day job as a graphic designer. On my return home at 6pm I start the process of making the loaves - this involves mixing the sourdough starter with water, flour and salt the ingredients may be minimal but are the best I can find; stoneground organic flour and the finest organic sea salt. I don't knead the dough in a frenzy of activity but use an old world technique which involves folding the dough over a number of hours to help it develop in to a dough that's ready to use. This is then weighed out into loaf size pieces, shaped and left to proof overnight in a fridge until they're ready to bake. To make great bread you need time but most bread is fast, made in just a couple of hours, the day long process of making mine helps it to develop it's distinctive flavour and texture.

I love that bread is simple - just flour, water, yeast and salt - but that it's also complicated, no two loaves are ever the same. My favourite loaf of sourdough is always the next one due out of the oven as there's always something to improve on.

My pain au levain loaf is available in limited quantities on Thursday to Saturday at The Fresh Fish Company, La Collette and Saturdays at La Belle Gourmand, St Aubin. Pain de Famille bread is also used daily on the menu at Dandy coffee shop on Conway Street.

To find out more about my bread drop me a line at hello@paindefamille.com or visit www.paindefamille.com

THIS CHRISTMAS EVERY TENTH PERSON EATS FREE BOOK YOUR CHRISTMAS PARTY *TODAY

Book your Christmas party today and take advantage of our Large Party Offer, Every tenth person eats free Monday - Thursday

Offer available through December for bookings of ten or more people eating from the Christmas Party Menu

















Visit taste2day.com for more information on our pubs, bars & eateries



jence 🛛 💽 twitter.com/InndulgenceClub



HAND DIVED LOCAL SCALLOPS, BROAD BEAN, TOMATO, SAGE BEURRE BLANC, PANCETTA CRISPS

WORDS PATRICE BOUFFAUT SUMAS RESTAURANT



INGREDIENTS (SERVES 8)

14 Scallops 100g large leaf spinach 50g broad beans 1 large tomato from Three Oaks Vineries 2 tbsp chopped sage 50ml white wine 50ml white wine vinegar 75ml Classic Herd cream ½ a lemon juiced 2 tbsp olive oil 150g butter 5 slices Pancetta **METHOD** Pre heat oven to 200C. Slice pancetta in half and place on a baking tray. Place in the oven for 12-15 minutes.

On a medium heat in a pan reduce by half the vinegar and white wine. Add the cream and reduce by 1/3. Take off from the heat and whisk in little by little 100g of cold butter until the liquid is of double cream consistency. Season with salt and pepper to taste and leave off the heat. This is your beurre blanc.

Boil Water in a pan and put the tomato in for 20 seconds. Take out and place straight into iced water. Peel, Quarter and de seed the tomato and then dice.

Place your broad beans into the boiling water and cook for 4 minutes.

Add your diced tomato, broad beans and sage to the beurre blanc, and mix together.

Wilt the spinach with a little butter and salt & pepper. Drain off excess liquid as necessary. Keep warm to the side.

Place your scallops in olive oil and some seasoning. Sear in a hot pan for 1 minute either side or until golden colour. Add a little soft butter, cook for a further 30 seconds and then finish with lemon juice.

PLATING Dress a little spinach to go under each scallop. Put your scallops on top, and then drizzle your beurre blanc around the plate. Finish with the pancetta crisps.

Serve with a side of Jersey Royals and enjoy!



View properties from all quality agents 24/7 at

www.places.je

ARCHITECTURALLY AWARE

...And environmentally aware to boot, we take a look around The Palms, a breathtaking property with views across St Ouen's bay

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

















Born in Bermuda and raised in Jersey, Anna Powell – the brainchild of Vesta Architecture, a boutique practice that offers an incredibly personal service to its clients' – is a designer intent on giving each and every project she works on a sustainable twist. One of her more recent 'eco' endeavors being 'The Palms' a property boasting breathtaking views across the entirety of St Ouen's Bay.

Having dedicated over eight years of study to Environmental Architecture, self-sustainability is high on Anna's agenda. 'Ever since my Trident work placement, I've always wanted to be an architect.' Anna is certainly passionate about construction, regardless of whether it's her own work or creations from admired designers such as Alvar Aalto and Thomas Heatherwick. This is an architect who focuses on offering a complete service from start too finish, transforming existing properties into more efficient, completely self-sustainable visions of their former selves.

'I don't want people to become intimidated by 'environmental' terminology. My aim is to take the mystery out of this, showing clients how to create homes and projects that cost less to run and essentially, homes that are more 'green'.'

Anna's impressive CV includes working for architectural practice in Melbourne. 'It was an incredible experience and one that has given me a broad vision in modern build and heritage renovation. Australian architects are very forward minded, they're already pursuing a great deal of environmental construction – even normal projects boast an eco twist!' Anna's worldly experiences have taught her to never shy away from a challenge, in fact, she welcomes both complex and technically detailed projects – possibly one of the reason's she's been appointed a member of the AJA Council, an organiser of the bi-annual Architecture Week and a visiting lecturer in BSc Architectural Technology at Highlands College.

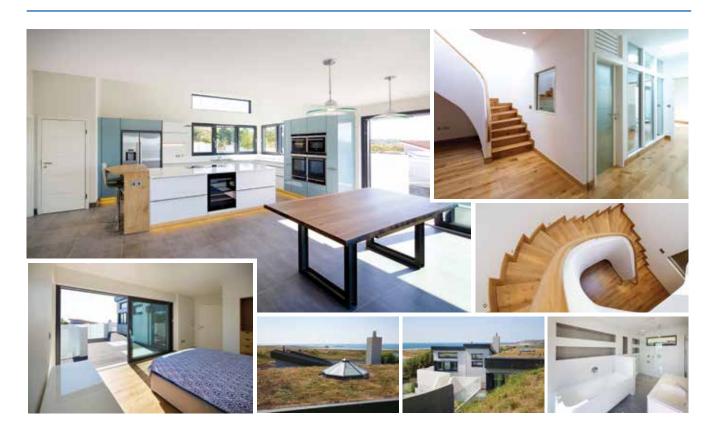
So what's her favourite part of the job? Asides from building budding relationships with clients and delivering the final project, Anna enjoys nothing more than being on site. 'I'm like a kid at Christmas, a computer visual is never as good as the real thing!'

THE PALMS

When Anna was asked to design a green roofed, twostory extension – aptly named The Palms – she took on this challenge with a vengeance. The entire building (both the interior and the exterior) incorporates a natural, yet contemporary feel, with panoramic views spanning from Corbiere lighthouse to L'Etacq, this project was all about the vista! From the floor to ceiling windows, to the composite timber cladding, every inch of The Palms has been planned with sustainability in mind. The Gullwing roof has even been dressed in the same zinc used to create the impressive entrance extension.

"The original lawn was a sea of protected orchids, a plant species only found in two parts of the world, which for Anna, meant enforcing 'a never tried before' experimental procedure. Designed by the Landscape Architect Bruce Labey with guidance from the Eric Young Orchid association and Kew Gardens, the turf and orchids were removed in thick sods and maintained by Bruce and his team. They were then carefully re-planted into the new green roofs"

Despite The Palms brandishing an aesthetically pleasing, user-friendly space, Anna tells me it wasn't all plain sailing. The original lawn was a sea of protected orchids, a plant species only found in two parts of the world, which for Anna, meant enforcing 'a never tried before' experimental procedure. Designed by the Landscape Architect Bruce Labey with guidance from the Eric Young Orchid association and Kew Gardens, the turf and orchids were removed in thick sods and maintained by Bruce and his team. They were then carefully re-planted into the new green roofs. Damaging any one of the orchids could have resulted in an exceptionally high fine. Safely embedded in their new home, they now lower the biodiversity impact of the building.



THE ENVIRONMENTAL ASPECTS

From rainwater recycling fixtures to cladding made from recycled plastic and wood, Anna's design is one of minimal maintenance. Other notable environmental aspects include future-proof glazed windows (sourced from German-based company WERU), reused stone excavated on site and the permeable paving in the driveway.

What started life as a double garage (then converted into a small two-bedroom property) now stands as an eco masterpiece, complete with ample living space, a Master suite, a study, a games room and an equally sizable garage. The entrance to the property has been transformed to reveal a grand entranceway and a fourth bedroom, whist the interior boasts a curved feature staircase, designed to appear like a sinuous ribbon – a perfect contrast to The Palm's angular build.

The property's interior appears drenched in natural sunlight. 'Walk on roof lights were included in the new terrace to ensure that even the underground rooms are flooded with light, whilst a lantern above the stairwell illuminates the underground hallway.' Asides from encouraging masses of picture-perfect light, the cowl on the lantern opens to allow for a stack effect – drawing the hot air up through the house creating a thermal flow. The original living room has been renovated to reveal a contemporary kitchen come dining area, with the focal point being a double-sided wood-burning stove.

A feeling of synergy runs throughout, whereby the pool terrace has been revamped to create a modern seating area, complete with outdoor fireplace and poolside shower – an ideal spot in which to enjoy a little al fresco entertainment.

All in all, The Palms poses as an exceptional, eco friendly property; a beautiful home that is inventively low impact on the environment.

www.vestaarchitecture.co.uk | 07797 764569 | anna@vestaarchitecture.co.uk

The Mortgage Shop Dream home? We'll help make it a reality.

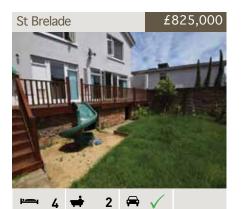
The Mortgage Shop, 31 Broad Street, St. Helier JE2 3RR T: 789830 E: info@mortgageshop.je Your home is at risk if you do not keep up repayments on a mortgage or other loan secured on it. Henley Othere Francial Services Ltd, trading as The Morgage Shop & Henley Francial, is regulated in the conduct of investment business by the Jensey Francial Services Commission. Contact one of our mortgage advisers and be one step closer to your dream home.

More Choice. One Appointment.

Why not pop in for a chat or call us on 789830.

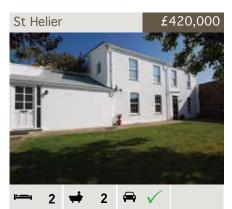
www.mortgageshop.je

FEATURED SELECTION



Detached family home Sunny position in heart of St Aubin Large open plan kitchen/living room Beautifully presented Good parking, sun terrace & garden

01534 877977 WILSONS



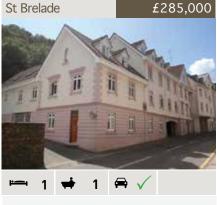
Large Garden Perfect Downsize Extremely Spacious Walk to work/Town Restrictions on children and pets

01534 766689



Rural Setting Detached Property Garage Plus Ample Parking Attractive Patio Garden Spacious Reception Space

01534 766689



E GALLAIS

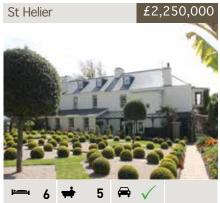
Superior second floor apartment Large south facing balcony overlooking woodland in good condition throughout Ideal investment opportunity, rarely available Allocated parking for 1 car





Delightful town cottage Just completely refurbished Brand new fully fitted kitchen Patio area and 3 block built storage sheds Fully double glazed and new carpets





Georgian period property Good condition throughout Garage and ample parking Landscaped grounds and swimming pool Seperate 2 bedroom coach house

01534 877977 WILSONS



Moving in the right direction

EGALLAIS



INTERIOR NEWS

FORTUNA EURONICS

2014 has been a great year for Fortuna, who have not only celebrated their 60th birthday, but also, the official launch of their new website, which went live on the 1st September!

The website has been carefully designed to create the feeling of an in store experience online, allowing customers to view a multitude of products from the comfort of their own homes. As well as a comprehensive webpage, Fortuna's Facebook page, which went live at the same time, already boasts a firm following of fans and an impressive 1000 likes!

From in-depth information to a section that allows customers to book engineers and a live chat tool, the website is home to a number of beneficial features, all of which help consumers to choose a product perfectly suited to their lifestyle, persona and requirements. Once they've found the perfect match, they can opt for either a 'click and collect' service or free delivery. So after many years of being a solely landbased brand, what made Fortuna finally take the virtual plunge? On speaking to General Manager Ben Stone, he tells me 'a face to face service is still very important but in order to stay ahead of the times, an online service is equally as important.'



It's extremely easy to use – even for those who are less technically minded! Products can simply be found by typing in a number or name. The website even reveals which items are available and in stock.

Ben tells me the site boasts a large online database, which is constantly growing – featuring a number of must-see products – all with detailed descriptions, including everything from white goods to state-of-theart speakers – such as the recently launched Bose Cinemate15. Whether you choose to order online or in store, you're guaranteed an impeccable service every time.

In fact, to promote this, they're offering all Gallery readers a discount of 5% for the month of October. Just enter the code 'Gallery' at checkout. www.fortunajersey.com | 01534 732 549

THE GENERAL STORE **REVIVAL**

There is a small global movement happening and Guernsey is playing its part. In places as far flung as San Francisco and New Zealand, the General Store is making a come back and reinventing itself for the 21st century.

In St Peter Port's Commercial Arcade, Ginny Morgan and Charlotte Barnes' shop, Table General Store, combines a sense of community with a thoughtfully edited collection of home wares. The shop nods to a time when life was simpler, friendlier and a little slower but at the same time it is a fresh, contemporary space full of cool and timeless things from all over the world. Whether old or new, the provenance of the products is crucial to the pair and many of the businesses they work with are families or friends, like them, who had an idea and made it happen. Pop in and say hi next time you're passing. We doubt you will leave empty handed!

To find out more, visit Facebook.com/ginandjoan or www.tablegeneralstore.co.uk



PICTURED: Artisan bag £79.99 | Jao brand Goe oil £32.00 & Jao brand Patio oil £24.50 | Enamel tumblers £5.50 each | Fig Candles from £4.50 | Dish brush £2.50, Bottle brush £3.90, Mangle & Wringer natural kitchen cleaner £3.50 & Mangle & Wringer natural bleach £3.50 | Dusters £21.50 | Variopinte enamelware from £8.50 |





THE **PERFECT** PRINT

Stephanie Auckland is the founder and designer at The Memory Mix; a new company specialising in personalised prints. Her passion for graphic design started at Beaulieu when her ICT teacher, Rory Steel, introduced her to the Adobe Creative Suite which she went on to learn through online tutorials. Since getting to grips with all aspects of design Stephanie put her creative flare to use and came up with these fantastic unique print designs that make brilliant gifts for any special occasion. We love the sweet personalised Tape Song print and cool Birth Year print; there are so many great designs to choose from. The prints range from £8 to £50, visit www.thememorymix.com to find out more.





JERSEY HERITAGE HOLIDAY LETS



DISCOVER A NEW ADVENTURE ON YOUR DOORSTEP



For more information please contact: Email: heritagelets@jerseyheritage.org Telephone: 01534 633304

www.jerseyheritage.org/holiday



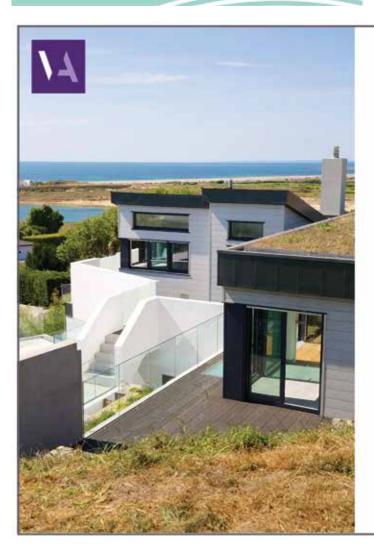
Spirit Estates Property handled properly

The choice to stay in control

We aim to provide a personal service focused on customer care, clear communication and a willingness to go the extra mile. Whether you're buying, selling, letting or renting in Jersey, our small and dynamic team work hard to deliver a service that's individually tailored for you.

8 Mobile: Website:

Telephone: +44(0)1534 719707 +44(0)7797736736 www.spiritestates.co.uk





We can help you 'Improve instead of Move', with creative designs that make the most of the space you have - or we can help create the perfect new home for you!

Our boutique practice offers exciting modern designs with an Eco twist. Vesta Architecture has a range of experience including listed property renovations, extensions and domestic conversions.We are modern, friendly and take the stress out of building projects.

Please call to arrange your FREE initial consultation and site visit.

t: 07797764569 e: anna@vestaarchitecture.co.uk www.vestaarchitecture.co.uk

New apartments and houses across the Island...



56 Belvedere

St Saviour

- Detached 4 bedroom 3 bathroom house with study and separate utility
- Master bedroom, dressing area, large en-suite

£895,000

£850,000

- Garage and 2 allocated parking spaces
- Garden to rear with uninterrupted meadow views
- · Easy access to town and Jersey's best schools

BELVEDERE



B626 Castle Quay

St Helier - Penthouse sea facing apartment

- · 2 bedroom 2 bathroom 1067 sq ft
- · Panoramic views of St Aubins Bay
- Secure parking for 2 cars
- Wrap around balcony



22 Langtry Gardens

St Saviour's Hill

- · Brand new 3 bedroom 2 bath show cottage
- · Ground floor wet room
- Fully fitted kitchen
- Enclosed garden
- · Two parking spaces plus visitors spaces



48 Belvedere

£895,000

St Saviour

£520,000

- 5 bedrooms with study
- Master bedroom, dressing room, en suite and balcony
- · Double garage and parking
- Garden to rear

We are flexible to accommodate a viewing of any of our properties. Please call **789900** to arrange a viewing on any day, **King Street Sales Centre** open weekly Monday – Friday 9.30am to 5.30pm Saturday 10am to 12.30pm **Castle Quay**

dandara.com



8 The Dunlin

£650,000

Portelet Bay

- 2 double bedroom apartment
- · Open plan living, kitchen and dining space
- South facing terrace
- 2 parking spaces



11 Georgetown Mews £490,000

St Clement

- · 3 bedroom with master bedroom en suite
- Separate kitchen
- Garage and secure under cover parking
- Separate utility



B621 Castle Quay £850,000

- St Helier Penthouse sea facing apartment
- Uninterrupted Castle views
- 2 bedroom 2 bathroom
- South west facing
- Secure parking for 2 cars
- Wrap around balcony



40 Langtry Gardens £475,000

St Saviour's Hill

- 2 bedroom 2 bathroom cottage
- · Located on a quiet courtyard
- West facing garden
- Available to buy off-plan



7 Sanderling

Portelet Bay

- · 4 Bedrooms and 3 bathrooms
- · Uninterrupted views of Portelet Bay
- · South facing balcony to master suite
- · 2 secure parking spaces plus visitor bays





Townhouse 9 1875

Town centre location

- 3 double bedroom 3 bathroom townhouse
- · Perfect for investment
- · Fully fitted kitchen and bathrooms
- · Balcony to master suite
- 1 secure parking space



B441 Millais House

St Helier

- Uninterrupted sea views
- Stylish 3 bedroom 3 bathroom apartment
- Large sunny balcony
- 2 secure parking spaces

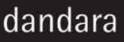
39 Langtry Gardens St Saviour's Hill

- · 2 double bedroom cottage
- Beautiful Sunroom
- · Ground floor wet room
- · Bedroom with direct access to the garden
- Parking

early evening and weekends.

Sales Suite open weekly Monday - Friday 9.30am to 5.30pm

£470,000



£495,000

· 3 bedroom family home

POA

£885,000

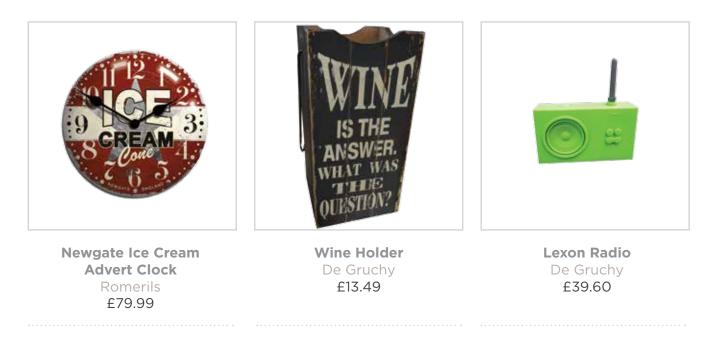
- Separate lounge
- · Kitchen diner
- West facing garden
- 2 parking spaces

71 Belvedere

£450,000

St Saviour

Finishing Touches





Slate Pebble £14.50



Plum and Ashby Candle Pebble £22.00



Copper Light Pebble £110.00



These are a few of our favourite things. Come and see us soon! Love, Gin & Joan x



23 Commercial Arcade St Peter Port, Guernsey Telephone 01481 727346 Facebook/ginandjoan tablegeneralstore.co.uk

agenda

#3 the TECHNOLOGY issue

ON THE AGENDA THIS EDITION: **TECHNOLOGY**

Agenda investigates gigabit schooling, tries to explain Bitcoin and meets locally based people pushing technology forward

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



Are you ready for the next step but frustrated with the lack of options in your current role? We have a range of opportunities that will help take your career to the next level. **Give us a call on 871666**

See the latest opportunities and register online at...





PICKS



128 Bitcoins & Bytes







118 Relative Values

CONTENTS

Welcome from Jason Laity, KPMG	
Relative Values: Jordan Love & Richard Rolfe	
Focus on: Tech	
Gigabit Beaulieu	122
Coders of the Future	
Tech Travel: Andrew Mitchell, Consultant Cardiologist	
Free Lunch: Robbie Andrews talks Bitcoin	
Tech Profile	
Deskspace: Mantra	
Business News	
Movers & Shakers	
Check Your Posture	





OVER £150,000 RAISED FOR CHARITY



COMING SUMMER 2014



GALLERYMAGAZINE.CO.UK

a

Welcome

Jason Laity is not only the managing director of KPMG Channel Islands, but he also has a very interesting perspective on the islands emerging digital and technology sector, which makes him the ideal person to introduce this issue of Agenda...

Don't panic! You've not mistakenly picked up a finance magazine - but you are entitled to ask why an accountant is providing an introduction to a digital and technology themed supplement. Well, this accountant thinks that there is isn't a more important industry sector nowadays than the digital & technology sector - maybe not even finance. Let me explain.

The evidence is clear that a thriving digital and technology sector is crucial to any economy that really wants to diversify and grow - and most will agree Jersey needs to do at least one of those, to a greater or lesser degree. But that doesn't mean we all need to learn how to build apps, chips or laptops. The sector increasingly underpins everything we do - communications, healthcare, government and yes even finance. And that's one of the reasons why I think it's so important – our critical finance sector needs to get to grips with both the risks and opportunities that it provides. And yes, potentially, this new sector could in my view provide the all

important "exportable" services, that a small Island such as ours needs. But we'll need to work very hard for it.

In this supplement you will read some great insights from local industry professionals and you will hopefully get a sense for the work that is already going on locally. We've got an industry body now really pushing ahead with some exciting initiatives, and hopefully a Government that will support them in doing so. There's a whole host of things we need to do, many of which are in progress - better connectivity, increasing local skills, more relevant education for our children (but in what? why teach a child how to use an application which may not even exist when they leave school) and we absolutely need to connect more with where the action is, e.g. Silicon Valley, Taiwan, London etc the to-do list goes on. And we need to do all of that guicker, much, much quicker - which means Jersey needs to invest.



But here's a thing we can all do now, and it's free. We need to collaborate more – both within the industry, with other industries (e.g. between finance and technology), and with other places – nobody can do this alone.

Enjoy the supplement.

Jason Laity Director, KPMG Channel Islands

AN ENGLISH CLASSIC, REINVENTED IN THE HEART OF WESTMINSTER



www.SciencesCourtHobel.an.id 54 Ruckingham Gate, London SW1E SAF

Bringing advertising campaigns to life

We are experts at creating and implementing advertising campaigns. It's the way we look at things from a different perspective that makes Oi a progressive marketing communications agency in the Channel Islands, and beyond.

To arrange a meeting call:

Peter Grange in Guernsey on 01481 750600 Heather Townsend in Jersey on 01534 888186 Ethan McClean in London on 07955 566 623



Relative Values

Codex DLD (www.codexdld.com) formed from a chance meeting between Richard Rolfe, the former headmaster of Jordan Love on King Street. The simple idea that started in a coffee shop has lead to over 100 people being trained with digital skills and confidence in just over 100 days!

Richard set himself a challenge last Christmas, 'Instead of watching Star Wars 1-6 and Lord of the Rings trilogy, I would invest the 27 hours learning to code!It then occurred to me that at the age of 51 I had learned a skill that I could pass on to those who had missed out on the coding revolution...

а

So after their initial chance encounter, when Jordan had left the island to go travelling he got a message 'it was Richard. He presented me with an idea that involved using my previous digital experience to help people to learn code, I raced back to Jersey, and at the age of 20, my Codex adventure had begun!' Other projects and events have emerged such as National Coding Week - a nationwide awareness event and Jordan becoming EU Code Week Ambassador for the UK. Not bad for an old man and a young kid - let the adventures continue!



Jordan Love		Richard Rolfe
MacBook Air	Favourite possession	HTC One
Sun, good company and adventure	Favourite place in the world	Home
Purple	Favourite colour	Codex Red
Penguin	Favourite animal	Meerkat
Lavender - reminds me of home!	Favourite smell	Petrichor - the scent you can smell after rain falling on dry ground
nywhere in the sun, where the weekend eeps rolling into one eventful adventure	Favourite way to spend a weekend	Sitting on the beach writing or going for a long walk with Catherine my wife.
Responsive Design	Favourite technical/digital term	Parallax scrolling
Sweet potato	Favourite food	Hand dived scallops
Vanilla	Favourite ice cream flavour	Chocolate
Lido in Latvia	Favourite restaurant	The Old Station Café
There's too many!	Favourite website	www.nationalcodingweek.com
Toy Story because of the nostalgia	Favourite film	Raiders of the Lost Ark It reminds me that life's an adventure
The Alchemist - Paulo Coelho	Favourite book	Birds of Prey - Wilbur Smith
At the moment: Never say Never - Basement Jaxx	Favourite song	New York, New York - Frank Sinatra
My mum, she's my inspiration.	Favourite person	My wife, of course!
My iPhone 5	Favourite gadget	Garmin Forerunner
MyFitnessPal	Favourite app	MyFitnessPal
FOOD -	Favourite things to splurge on	Two hour splurge at the gym lifting weights

Focus on: The Tech Revolution

With technology being the focus of this months Agenda, we wanted to get the opinion of someone currently working within the industry about Jersey's potential to join the digital revolution.

At work, Matt Chatterley is one of the directors of Mattched IT (http://www. mattchedit.com), a software developer and technology advocate (with a large collection of hats), who is keen to encourage the adoption of relevant technologies where appropriate to add value and increase efficiency.Away from the keyboard, Matt is a keen runner and cook. Originally born in Jersey, he lived and worked in Portsmouth for ten years before returning to Jersey in 2008. Here are his thoughts on the island's digital future:

When I was growing up in Jersey, tourism was still a big part of the economy – the beaches were busy and Harve des Pas was full of hotels. Of course, even then, the Finance industry was already well established and rapidly became the mainstay. But now, we are poised to witness the rise of another industry – Creative & Digital. Although it may never replace Finance, it offers significant potential.

The establishment of Digital Jersey and inauguration of 'The Hub' at Forum 3 on Grenville Street is just one milestone on the road to diversity, but an important one nonetheless. There are many companies in Jersey working in and around the technology sector, however the idea of bringing the industry together as a whole and growing an industry focussed on the world outside our shores is new.

Could it be that we are on the cusp of a 'tech revolution' here in Jersey, and if so, what challenges do we face in making it a reality?

In general, modern tech start-ups are a very lean affair and really don't have many needs or wants – a group of clever and motivated people with their laptops is more than enough – but as the business grows, so do the demands. Amongst the services required are excellent legal and financial advice, fast and affordable internet access, a supportive, fostering business environment and ultimately access to funding– all available in Jersey (even if we need to work harder on some of them!).

There is clearly a 'skills gap' – a shortage of skilled technology professionals - so a vital part of our strategy must focus on education and although there is good work already being done on this front, more will always be needed. As well as improving the standard and breadth of Information Technology curricula in schools and at 16+, we must consider if we can offer better alternatives to the traditional "University" path to school leavers. All at the same time as offering adult education and re-training to those who are seeking a new career (either from unemployment or as a change of direction).

And in the short term, we will inevitably have to accept that immigration is essential to support the development of a fledgling industry – we can't produce new experts overnight.

There are other elements working in our favour too – Jersey offers a good standard of education, excellent healthcare (easily criticised until you've lived somewhere without it for a period of time) – and that's without mentioning the high standard of living which we all enjoy (Sun! Surf! Sea! Sand!).

It's not a simple task, of course – and there is a mountain of work to be done (as a community) to demonstrate to the world that Jersey can punch above its weight when it comes to Tech as well as finance.

So how might our new Tech landscape look?

The obvious conclusion is that we are perfectly placed to dive into the rapidly expanding world of "FinTech" (Financial Technology – products and services aimed at the Financial Services market) either through traditional avenues (internet banking, payment processing and the like), or the myriad opportunities posed by emerging tech such as 'BitCoin' and other CryptoCurrencies (learn more at http:// bit.coin.je and in Robbie Andrews' article within Agenda on page 126). While it'd be foolish to dismiss the value inherent in using our island's undeniable expertise in the financial services realm,

it'd be equally naïve to take a blinkered approach to technology, which is undoubtedly the most pervasive industry of all - every business ultimately uses technology in its day to day operations – and some areas are ripe for disruption.

Indeed, the more controversial face of modern tech is just that – disruptive innovation – the process of using new technology to shake up an existing marketplace, like 'Uber' has with the taxi markets in many places around the world. Such innovation is not always popular with those in the marketplace which is being disrupted, but when applied in a socially responsible way, it can bring great benefits – we do a lot of things because we are used to doing them a certain way and all it takes is one good idea to change things forever.

It's not a simple task, of course – and there is a mountain of work to be done (as a community) to demonstrate to the world that Jersey can punch above its weight when it comes to Tech as well as finance.

Which leads to the thought I find most exciting - could Jersey become an incubator for start-ups and/or fledgling tech businesses looking to grow? We have a rich and vibrant creative heritage and culture, of which innovation is really just another aspect. With the right education and tools, I see no reason why within a few years we couldn't have a handful of successful start-ups operating from the Island.

If you think about it, almost everything you need is in place already – and as I said earlier – a couple of enthusiasts with a laptop really can change the world. So what's your great idea, and what are you going to do about it?

Matt is a keen and outspoken supporter of Jersey's digital and creative community and runs a community blog at www.collaborate.je

Twitter: @mattchedit

а



Gigabit Beaulieu

With the advances in our island's digital community it is essential that our educational system keeps up, in order that children are able to take best advantage of the opportunities that are opening up for them. Whilst things are moving forward one school in particular is carving a pathway to being the exception not the rule, they are not only streets ahead here in Jersey, but are also currently the fastest connected school in the UK, here Assistant Headmaster Rory Steel talks us through Gigabit Beaulieu. This decade you can't have escaped 'The Cloud', whether you truly understand it or not you have more than likely used it. Dropbox, iCloud, GoogleDrive, MegaCloud, SkyDrive and CloudDrive are just the top of a long list of free storage, but storage is just the tip of the Cloud-berg, it's so much more than that.

The vast majority of schools in the developed world, including our own, until recently, are set up in a similar way, modelled on an old business sector. Expensive internal servers and miles of cabling are usually linked to a suite of fixed computer rooms and desktop machines. This is not necessarily a bad thing and has helped most schools reach a targeted 1:4 machine to student ratio, improving digital literacy. However the model is now unfit for purpose in a modern teaching world. Being locked down to Microsoft Office, unable to easily transfer your work in and out of school with archaic filtering systems is a throwback to the 20th not the 21st century. The internet and technology in general develops exponentially in this "always on" world and the education system is being left behind. With the curriculum and 'boring' lessons being blamed.

The fix isn't simple, technology is cheaper than it has ever been but budgets are not increasing inline with the cost of living. Everyone wants our schools to have super fast connections with the best technology to catapult the UK back into the lead of digital innovation, but who's going to pay for it during the cutbacks in a global recession? The short answer is no one but The Cloud could be the salvation. Beaulieu doesn't have the big budget of a new UK Academy but we have, as importantly Cloud Servers and we can tell you first hand it's not as expensive as you think. So what does this Cloud School look like? Well not that much different to the current model just better and cheaper. Allowing students to switch on their own internet enabled devices, know as BYOD (bring your own device) from Smartphone to laptop and connecting it to your controlled network gets you to a conservative 1:2 device to student ratio with many schools achieving much more than that. In Beaulieu we hope to have raised this to the fabled 1:1 by next year. This slashes your computer replacement costs immediately and alongside with moving your expensive internal servers to Cloud Servers you save thousands by paying a much reduced monthly cost to a third party whose sole job is to update, improve, backup and maintain your virtual network.



The fix isn't simple, technology is cheaper than it has ever been but budgets are not increasing inline with the cost of living. Everyone wants our schools to have super fast connections with the best technology to catapult the UK back into the lead of digital innovation, but who's going to pay for it during the cutbacks in a global recession? The short answer is no one but The Cloud could be the salvation.

everyone does, an increased need for IT. Every subject wants the IT suite for research, typing up, presentations, course work or various tech related innovative learning but we have no more space and money to meet the need. We spend all our money on replacing the servers, computers and internal networking, and the technicians to support, it's not a cheap resource. Making our school into a "Cloud School" could plug the money pit.

All you need to spend your budget on is a great internet connection, WiFi network and most

So why is Beaulieu so far ahead of the UK? We had a unique opportunity to join Jersey Telecoms Gigabit Jersey scheme, which means we are the fastest connected school in the UK and as far as we can prove Europe. Still, why is this so important? To become a Cloud School 500-1000 students need to download, and more importantly upload, their learning materials instantly. You may have experienced trying to download a file if someone else is watching a film online, things grind to a halt. Imagine if you had 700 people doing the same, then you are imagining our schools needs.

The maths part of my brain is still comprehending the speed at Beaulieu. The standard home connection is 2Mbps at best, whilst ours is 1000Mbps! The staggering 500 x faster connection astounds me when students upload material and that's where the big differences come. A huge 1hr upload at Beaulieu could take you over a week at home!

We are at the forefront of change and should receive great feedback from as far away as Israel, a tech leader. The fear with this kind of cloud learning has always been filtering the content. We have very sophisticated filtering systems that dwarfs any kind of home filtering, if there is any at all. Our attitude to our pupils online education is one of care. We don't teach the theory and let them loose looking into the midday rain. Inviting professionals too far away, expensive or busy to come to your school directly but answering questions from interested students from their office taking only 10 minutes of their time. Classes creating albums on iTunes, Amazon & Spotify combined with a YouTube music video gaining over 40,000 hits in 3 months, reviewing positive comments from around the world. In this new "Flipped Classroom" how can you go back to "make a poster" lessons now?

There has to be drawbacks? You are trusting a third party with your data but the few bits we do have are kept internally. I can't see that many hackers interested in 9B's Geography Blog but never the less we are fully compliant with Data Protection

The advantages of cloud learning are staggering, the cost of hardware, technician time and network issues are significantly reduced while reliability, speed, and accessibility are increased

relatively unguided at home, we monitor their journey with a guiding hand. As Professor Stephen Heppell recently stated to the educators in Jersey "you wouldn't talk to your child about swimming then just throw them in the pool and see how they get on". Not to mention the statement "If you block YouTube you block learning", which we do not.

Again I feel our stance on eSafety is very progressive and we use an internal social media site for learning. We guide students through the etiquette of social media in a safe environment. The project has exceeded my expectations.

The investment of time into social media education has enabled us to use services like YouTube in a productive way. It can be considered a waste of time, but has recently become a primary and vital source of information. Students get enthused using the tools of their generation to help them learn. We are educating our girls for the future not just the present.

The advantages of cloud learning are staggering, the cost of hardware, technician time and network issues are significantly reduced while reliability, speed, and accessibility are increased. Staff no longer have to book rooms, students can create, access and share their work anywhere in the world. You can eliminate the need for printing and the hundreds of thousands of pages, ink and printer maintenance costs associated. Students turn into Martini learners accessing material "anytime anywhere", increasing engagement and learning opportunities.

So far, in our early flight to The Cloud we have seen the previously impossible now taken for granted. A student that's ill or abroad Skypes into a lesson, in an extreme example the disembodied head of a contagious Drama student was pushed around the stage on an iPad via Skype to take part in a rehearsal from home. Staff sharing ideas with colleagues half a world away, in real time, envious of 35 degree Australian heat at 11pm while they are laws and treat our students personal private data with extreme care. The biggest potential issue is getting to that 1:1 and making sure everyone's tech is compatible and charged but we can reclaim old laptops from industry to fill in the blanks. If a students charge runs out or they forget their device we can supply a temporary replacement machine as their work is stored on The Cloud, not the device.

Jersey is poised to take advantage of world envied internet speeds. As the first Jersey school to take advantage of super-fast campus wide WiFi, social media for learning, cloud based workflows, bring your own device, flipped learning and numerous other global digital innovations we can testify that it is all possible even on a schools limited budget.

The world has changed, the global IT race has already begun. We need to be creating digital natives that think logically, engaged, creative and are authentic authors. The Cloud doesn't do that for you but it helps you create the Cloud School that can. By costing less and giving you more, I've found my Holy Grail, I just had to look up to The Cloud.



Rory Steel, Assistant Headmaster at Beaulieu

Coders of the Future

Following on from the article on Gigabit Beaulieu we were lucky enough to meet just two of the schools most recent success stories. Nicolle Maltwood, a former student who has foregone higher education in pursuit of her chosen career with a local digital agency and Jadine Ingram who has just begun the first year of her A-Level studies, yet already boasts an incredibly impressive CV of achievements.

.....



Nicolle Maltwood

Whilst completing her A-levels at the school Nicolle also completed 12 months of work experience with the local digital marketing and technology agency Switch Digital, and last month she became their Digital Marketing Assistant at the age of 18.

The relationship started when, in November 2012, Switch Digital introduced Beaulieu to a nationwide digital initiative – BIMA's D-Day. The campaign was designed to celebrate pioneering teaching and learning techniques and to engage secondary school students by exploring how digital learning can help provide the key skill sets that are required in the workplace today.

It was after taking part in this initiative that Nicolle decided that the digital industry offered some great opportunities and equality not found in all sectors. After being mentored throughout the campaign by two of the Switch Digital directors, she requested the opportunity to gain more knowledge and a further insight into the industry by undertaking work experience with the innovative team.

Nicolle said, "University is not for everyone - many people think this is a comment made with regret after unexpected results, but it really is true, I was definitely one of these cases. I had struggled though my A Levels and whilst putting in as much work as I could to my studies I also explored the world of work. I found that University degrees are not all people look at, now people look to your experience within an industry first. - this was the advice I took and I stand by the choice I made.

I love the client interaction, meeting the many different Switch clients, learning about the challenges facing their individual businesses and helping to provide digital solutions to help them.'

Jadine Ingram

At just 16 Jadine already has a remarkable CV of achievements within the digital community. She has published and produced several websites, written and illustrated her first novel, an urban fantasy adventure entitled Sapphire and Shadow which, she tells us is available to buy in most ebook stores, and is currently planning out the sequel. She designed the artwork for the Jersey Women's Refuge 'How@StaySafe' app, whilst on her work placement. Yet this is just the tip of the iceberg.

It is perhaps important to mention that Jadine has albinism, which means she has a visual impairment. Allowed to use an iPad since Year 7 it has now become the number one tool of her trade since and has allowed her to access life in a whole new way. The use of her iPad initially helped her out in the classroom enabling her to enlarge text that was almost impossible to read, but she is also, in her own words 'very fond of making art', particularly making digital illustrations on her iPad. Her drawings vary from fan arts to her own unique characters. She showcases almost all of her works on her Deviant Art account and usually uploads speed art to her YouTube channel, which already has a significant number of followers, if you don't believe us, then be sure to check it out: Jayd Alex Ingram.

Jadine has attended numerous events in which she has shared her experiences with teachers and students in the hope she'll be able to show them how beneficial this technology is to any student. This young lady is definitely one to watch.





Andrew Mitchell

Cardiologist, researcher and digital entrepreneur

Dr Andrew Mitchell is Consultant Cardiologist in Jersey and at Oxford University Hospitals. Andrew has a strong academic background centred on medical devices and heart rhythm management. He has published over 150 papers, articles and abstracts on aspects of clinical cardiology including a leading series of practical guides for cardiac procedures.

Andrew has founded several digital health companies in Jersey and advises start-ups as well as investors in new health technology.

As a consequence, travel is a regular part of Andrew's work, not only within sites in the Channel Island and the UK but also when travelling abroad to present at international meetings.

"The equipment below is all portable with great connectivity to allow remote

assessment and diagnosis of heart patients. We have already started researching the use of these devices in the community in Jersey and last year completed a 1000 person study which has just been accepted for publication."

"These devices, coupled with personcentred health apps will also allow patients to start taking more control of their medical investigations, diagnosis and treatments."

"These devices, coupled with person-centred health apps will also allow patients to start taking more control of their medical investigations, diagnosis and treatments."

AliveCor: A hand held heart monitor that sits as a case around my iPhone 5. It allows me to record a quick heart ECG tracing to instantly diagnose a rhythm abnormality. Patients can share their traces with me from anywhere in the world. www.alivecor.com

Stethoscope: Invented two hundred years ago and still helpful every now and then. Supplements the more accurate information obtained with imaging devices. [and it looks pretty cool too! - Ed]

QardioArm: A wireless blood pressure device that transmits real-time data to my smartphone for recording and tracking blood pressure measurements. www. getqardio.com

iHealth Saturation monitor: A Bluetooth device that allows me to accurately measure and record blood oxygen levels non-invasively. Also transmits to my iPhone. www.ihealthlabs.com **iPhone 5 and iPad Mini:** neither of which I'd be without. They store the following apps:

Argus: A life-tracking application. Records distances walked, ran, locations visited, as well as a number of fields that you can enter to completely log your day. www. azumio.com

Medtronic Carelink: A secure website that allows me to remotely access the heart rhythm data and electrograms of patients across the Channel islands with implanted devices. Alerts are sent through to me if abnormal or dangerous heart rhythms are detected. www.medtronic.com

Babylon: A really exciting new video application that allows patients to consult with a general practitioner or specialist over the internet using their smartphone or tablet. www.babylonhealth.com

#BITCOINISLE



Jersey born Robbie Andrews is at the forefront of trying to build Jersey as the World's first #bitcoinisle. Having built his first website at the age of 14, he spent the following 16 years working in all areas of tech, covering hardware, network, security, strategy, creative & development. He's held the position of tech director at The Observatory since 2008, bridging the link between creative, digital & online.

Robbie co-founded Bit.Coin.Je with Jon Day, a site which aims to provide a focus point for education and adoption of the currencies locally as well as raise Jersey's profile globally. Here he tells us all you'll need to know to help you better understand Bitcoin & Cryptocurrencies:

Bitcoin: A Technology, not a Company

As with many new forms of technology, there is still a large amount of misunderstanding about Bitcoin. Hopefully this will allow you get a better understanding on the basics, as well as see the potential opportunities around this technology.

Launched in 2009 by an unknown developer named Satoshi Nakatmoto, this Open Source technology, known as a cryptocurrency, sought to reinvent the way we transact online.

Digital Cash or the Internet of Money?

Bitcoin can be viewed as several things; a decentralised network, a protocol & a unit of account. The easiest way to understand this is that Bitcoin (capital B) is the protocol, bitcoin/s (lowercase b) is the unit

of account (the currency) & the computers running the protocol are the network.

If you imagine bitcoin as a form of secure Digital Cash, the first question usually posed is if something is digital, what is stopping a user copy their currency and then spend it multiple times.

This problem is solved by what most consider the brilliance of Bitcoin - the Blockchain.

A Chain of Blocks

Each computer taking part on the Bitcoin network has a full copy of a ledger of all transactions on the network, which syncs in realtime across the network. So when someone 'sends' Bitcoin to another user, what is actually happening is that the ledger is updating the 'ownership' of that particular amount of bitcoin to another entry in the ledger. This allows the network to complete transactions so quickly (within seconds). This transaction propagates throughout the network and the independently run computers on the network confirm whether they've seen the transaction or not. So what now exists is a massively powerful worldwide network (roughly 256 times all the top supercomputers) that decides on the state of something via consensus; if the majority of the network agrees something happened, then it did.

As each transaction 'block' is timestamped and uses the previous block as a basis for its encryption, there is no chance that someone can appear and suddenly convince the network that they have ownership of an amount of bitcoin unless it was previously true.

What's the point?

Previously there was no way to send a digital amount of value without relying on a central trusted body. This is why we have banks, as we'd hope they are trustworthy enough that when you ask them to send some of your money to someone else they actually do so. But due to this middleman, there is a charge incurred as they obviously take a cut. And when you look in more detail, unless you & your recipient use the same bank, it's likely to go through multiple processors, each slowing the process and taking their own cut. This complicates further when you are dealing with different currencies.

What makes Bitcoin different is that there is no need for a middleman, because you are just transferring ownership of the amount and the recipient then has access to the amount within seconds, with tiny transaction fees.

Jersey: the #BitcoinIsle

Already there has been a movement to raise awareness of Bitcoin and to get bitcoin accepted by Jersey businesses (Tiffin, The Forum Pub & Tib Street being a few) which could drive tourism opportunities as well as improve the ability for Jersey merchants to accept payment for goods & services via digital means, without using ePOS and large online platforms. But for me, this focus on acceptance locally has a larger purpose. By getting people familiar with the technology, we can start looking at the further possibilities around Blockchain based systems.

If you have a system that everyone on it confirms when something happens, trust of a participant is not needed; it is a trustless system. Something either happened or it didn't, depending on the majority of that decision.

Take a moment to think of the bigger picture; if the agreement of a transaction happening isn't based on a trusted body saying it has then suddenly we have, in some lines of code, the power that currently we depend on Lawyers, Accountants, Fund Administrators, Politicians, Brokers, Payroll departments, Voting Officials etc. to provide.

Judging by the furious speed that this sector is moving at (this five year old currency now has a market cap of \$6 billion), these systems aren't too far away. Jersey has a rare opportunity, that by embracing this technology and becoming leaders in the field, we can be a leading part of the disruption that these systems will cause. By doing nothing the local service industry runs a real risk of being left behind. After all horse stable owners thought the motorcar would be a fad.

For further information on these systems, search for Smart Contracts, OpenTransactions & MultiSig Escrow

Nous acceptons bitcoin ici:

ALX Training Ltd www.alxtraining.com

Bearpig - Consultant

First Floor, 1-3 La Colomberie, St Helier Accepts Bitcoin as payment for their services. www.bearpig.co.uk

Carpe Diem Accountants Limited

Business Suite 26, 4 Wharf Street, St Helier -Accepts Bitcoin as payment for their services. www.carpediem.je

Coin Custody

Accepts Bitcoin as payment for their services.

El Toro Health & Fitness

Accepts Bitcoin as payment for their services. www.teameltoro.co.uk

Global Advisors Limited

Accepts Bitcoin as payment for their services. www.globaladvisors.co.uk

Matt Porteous Photography

First Floor Studios, 1-3 La Colomberie, St Helier Accepts Bitcoin as payment for their services. www.mattporteousphotos.co.uk

Ollie Jones

Personal trainer - Based at Fitness First Accepts bitcoin as payment for his services.

TAG Jersey Limited

Bespoke cloud based development company Accepts Bitcoin as payment for their services.

Tib Street

Bath Street, St Helier Accepts Bitcoin as payment for their services. www.facebook.com/TibStreet

Tiffin Teahouse

Castle Quay, St Helier Accepts Bitcoin via handset/app (ask the manager if in doubt). www.tiffinteahouse.je

The Forum Bar

13 Grenville Street, St Helier Accepts Bitcoin as payment for their services.

The Refinery

Peter St, St Helier Accepts Bitcoin as payment for their services. www.getrefined.com

Tech Profile

a

We couldn't let this issue of Agenda pass by without speaking to some of the islands digital professionals. We wanted to find out about their current projects, get their views on what digital is and why they love it and we also asked 'Why Jersey...'



Suzan Gray

My Job is ... I'm the Head of Digital Marketing at E-scape Interactive Limited. I manage a team of a dozen digital people who enable & optimise digital projects.

Current projects include... a bank, a telco, an established business branching out into new online opportunities, a fitness/lifestyle project, public sector projects. Digital learning projects. Very diverse. All interesting in some way.

Digital is... the people, processes and technologies that make things happen in an online, mobile or social web world. (It's way more than just technology).

Why Jersey... Lifestyle and health reasons. I walk to work. I could easily get work in London, but the stressful lifestyle would probably kill me. And I wouldn't be 10 or 15 minutes away from a beautiful beach walk, in any direction. There's also good "heart" here. People care about things. Sometimes too much.

What I love about digital is... How it's changing how we view & solve humanities challenges. How it connects people & ideas. How impactful it can be. The way it's only beginning to disrupt business and society and politics.

My favourite website/app is... There are almost too many to mention. Currently playing with Humin and Accompli on iPhone. Like Occulus Rift & would love to play with it when it goes commercial. I probably love Twitter & Apple apps the best, right now. I've been deleting apps off my phone lately. They take up screen and brain space.

Advice for those on the brink of making their career choices... Do what grabs your heart and attention. Protect your downside - Doing what you enjoy may or may not make you rich - but you'll be a happier healthier person.

Where can we find out more about what you're doing? My twitter account @sznq, mostly. We're redesigning our company website, I'll blog there when we do.



Rob Dudley

My Job is to... Build cool stuff on the web, talk about building cool stuff on the weband teach others how to build cool stuff on ... you get the picture.

Current projects include... I'm CTO & lead developer of a locally founded, web based startup called Race Nation which keeps me pretty busy. I'm also a member of Tech Tribes (a group of local techies) and a mentor both at Digital Jersey and of the Jersey Coders 11+ coding club.

Digital is... everything, everywhere, your future, my present, and completely &totally awesome!

Why Jersey... I came here after high school and have yet to find a reason to goanywhere else. Great people, wonderful scenery, award winning local beer and a quality of life most of my none-Jersey friends are very envious of.

What I love about digital is... the pace, the people and the network. It moves insanely fast, so there's no chance to get bored. Some of the coolest people I've ever met work and live there and I get to talk to, and collaborate with, industry leaders from around the world on a daily basis.

My favourite website/app is... changing daily. A current favourite is NoonPacific(www.noonpacific.com) for an amazing curated weekly playlist. A reliable old friend is Evernote which pretty much holds my life.

Advice for those on the brink of making their career choices... Your career isn't all you are. Nothing is forever. You get many more choices. Always try to do what makes you happy.

Where can we find out more about what you're doing? On Twitter (@robdudley), online (rcwd.me) or we could just meet up and we can talk about it ... bring coffee.



Simon Brown

My Job is to... I'm a "self-employed jet-setting software geek". People think this means I get paid to travel the world and speak at conferences. This is partly true. I do speak at software development conferences and I've visited over 20 countries including the US, UAE, China and almost half of Europe. I have trips to Iceland and Australia booked too. My mortgage is paid by the consulting and training work that I do in many of the same countries. I teach software developers about software design, communication and the technical leadership needed to oversee a successful delivery.

Current projects include... First is my book, "Software Architecture for Developers", which I've self-published as an ebook. It's as finished as any digital product ever is. There's also an online/video version ofmy training course and I'm coding a software product.

Digital is... the enabler for the futuristic world that we live in today, and it will underpin more of what we do over the coming years. Technology comes alive when you throw some creative thinking into the mix.

Why Jersey... it's beautiful and I was born here. I love the sea, and it's a brilliant place to live.

What I love about digital is... being able to create something that changes the way that people do stuff. All with just an idea and a laptop.

My favourite website/app is... Twitter. I love the way that I can throw out a tweet and, moments later, I can have a conversation with somebody on the other side of the world. Social media has made Jersey larger and the world smaller. That's cool.

Advice for those on the brink of making their career choices... Take a look at Tech Tribes (techtribes.je) and Digital Jersey (digital.je). Both organise a number of free to attend events that will allow you to learn more about, and meet people from, the local digital industry.

Where can we find out more about what you're doing? If you want to know where I am in the world I'm @simonbrown on Twitter. My website can be found at simonbrown.je if you'd like more than 140 characters at a time.



Stephanie Peat

My Job is to... advise the States of Jersey on strategy for the digital, telecommunications and broadcasting sectors.

Current projects include... a particular focus on the island's digital communications infrastructure. This is an important foundation for building a strong digital economy.

Digital is... no longer a distinct area or discipline. It now permeates nearly every part of our lives. Here in Jersey 82% of residents have access to the internet and many businesses and other organisations are embracing technology.

Why Jersey... Jersey is in a fantastic position to capitalise on new opportunities. Plus, it has great beaches.

What I love about digital is... that innovative new concepts and/ or devices can be created, distributed and adopted incredibly quickly. I also love that these ideas can come from anywhere – not just Silicon Valley. A good example of this is the growth of mobile connectivity in Africa which is allowing people to 'leapfrog' fixed technology to find solutions to development and economic problems.

My favourite website/app is... when I lived in London I was a great fan of Hailo. Overall, I think the BBC iPlayer is fantastic and has led the way in delivering content across platforms.

Advice for those on the brink of making their career choices... as Sheryl Sandberg says "What would you do if you weren't afraid?"

Where can we find out more about what you're doing? Information about the States' work can be found on www.gov.je



Developing a praiseworthy business plan takes both time and dedication, and when it comes to sourcing an equally commendable office space, it seems a similar level of devotion is required. With Honeycomb – the brainchild of Spencer Bourne – this is far from the case. It's here you'll find a fantastic office alternative – and one that is perfectly in tune with the needs, goals and objectives of various like-minded businesses across the island.

Who Are Mantra?

Mantra is a training procurement company, which works with local companies to help them better manage and buy their training. Once the customer has decided on a training programme, Mantra will buy it on their behalf. 'The customer is always in control and that's important to us.'

The business, which launched four years ago, is essentially an extension to a company's training function. Such a programme saves individuals both time and money, allowing them to concentrate on the more strategic elements of learning and development.

Mantra is also home to a cloud based Learning Management System, dubbed EMMA. Customers are able to use this particular system to track staff training, which includes overseeing the likes of dates, locations, attendees, costs, accreditations, evaluations and any returns on investment. 'It's very simple to use and is available in three simple monthly packages that provide all the information and features needed to track most learning and development needs.

Any challenges you've had to overcome along the way?

Gordon Porter, Mantra's Sales Director, is very well versed in dealing with most dayto-day challenges, but as a small business, time is always of the essence, in fact, it's one of the company's greatest challenges! 'There just aren't enough hours in the day, at least not if you want a life outside the office.'

What does the future hold for Mantra?

For Mantra, our plans are twofold. Firstly, we'd like to continue to expand the range of customers who use our training procurement service today, and secondly, we'd like fill what we see as a gap in the market for a simple cost-effective learning management system. Most solutions we see are large, unwieldy and too complex. Our solution was HONEYCOMB IS AT 3 GREAT LOCATIONS. TAKE ADVANTAGE OF A SPECIAL OFFER AVAILABLE UNTIL 31ST OCTOBER 2014 GAINING 2 MONTHS' FREE RENT WHEN YOU TAKE A YEARLY LEASE. SINGLE OFFICE SUITES AVAILABLE FROM £395.

"REGARDLESS OF WHETHER YOUR START-UP IS A WORLDLY INTERNET COMPANY OR A ONE-OFF BOUTIQUE SERVICE, HAVING A USER-FRIENDLY HUB IN WHICH TO WORK FROM IS A MUST"

deliberately planned to be simple, easy to use and effective, which is why we plan to sell and market EMMA in its own right.

Why Bourne House?

Regardless of whether your start-up is a worldly Internet company or a one-off boutique service, having a user-friendly hub in which to work from is a must.

Bourne House is a fantastic facility for us at Mantra and one which has met all of our criteria! Modern, spacious, airconditioned units with 24/7 access in the centre of town, all at a fixed monthly fee – what more could you want? It also has a nice relaxed feel to it, and every company based here feel the same way!

Is it important to have an office positioned in the centre of town?

Absolutely. It's where all our customers are based, which means I can be with clients within 10 minutes. Timing is hugely important to us as training is very much about relationships and people. Although everyone in the company has video and web conferencing capabilities, which allow them to demonstrate solutions like EMMA over the web, we much prefer to pop in and see the customer face-to-face.

Further advantages to renting one of Honeycomb's suites include the flexible lease – if needed, businesses can upgrade to a larger office without breaking their contract. There's also a kitchen, free online access, individual mailboxes and no service charges to contend with – an advantage to businesses wishing to stick to an accurate financial plan.

What does your desk say about you?

Today it is actually quite tidy but normally it's very much organised chaos. I invariably work on many projects simultaneously and the effect of that is clear to see from my desk. I'm not big on filing...

A day in the life of Gordon Porter...

HR and training is very much a people oriented business and Gordon has the good fortune to work with some wonderful individuals across all the islands. He kick starts his day with a lane swimming session at 6.30am and is usually at his desk by 7.30am, which makes unrestricted access to Bourne House essential! He then spends a total of 30 minutes practicing a musical instrument (although he won't tell us which one) – and is ready to commence the day at 8am. 'No two days are ever alike, however each is as rewarding as the other.'

And it's not all work, in between new business developments and account management, Mantra's work force of five always have time to play a few pranks on one another.

'I try to avoid working at weekends but invariably will pop into the office at some point over a weekend, so having 24/7 access is great.'

BOURNE HOUSE

Call us today on: (01534) 888554 or visit www.honeycombjersey.com

enquiries@palladiumgroup.co.uk

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

Minimum 3-month lease with 1-month notice, 6-month lease with 2-month notice and oneyear lease with 3-month notice, deposits would reflect notice period.

Single office suites from only £395 per month. Suite sizes range from one to eight people.

24 hour access. Flexible working hours.

Individual mailboxes assuring privacy of mail.

Phone system allowing for individual phone numbers.

Ideal for start-ups make the step from home to town and get closer to your clients.

No service charge heating, lighting and water are all included in the lease. Cleaning service supplied for common areas.

Meeting room available.

Kitchen servicing all suites.

WiFi access. Free online access.



BusinessNews

EMAIL YOUR NEWS TO BUSINESS@GALLERY.JE



Enhance Open London Office

Enhance, a leading provider of investment oversight services in the fiduciary sector, headquartered in Jersey, is delighted to announce the opening of their new office in London. The company has experienced considerable growth over the last year, which has prompted the decision to open in Mayfair.

This news follows soon after the announcement of a Cayman office opening earlier this year, and further expansion into other jurisdictions is planned imminently.

Enhance Head of Research Dr Ruzhen Li is heading up the London office, with a focus on Enhance's high value consultancy clients. Dr Li will also be driving the business development strategy in Asia.

James Painter, Managing Director of Enhance, commented, "We are extremely pleased to have opened two new offices this year, first in Cayman and now in London. Many of our clients are based in London, and this extension of our presence will allow us to work with them more closely and to expand our client base. We plan to open in several additional strategic locations soon."

Dr Ruzhen Li, Head of Research, added "I am delighted to have joined Enhance and be part of the launch of their London office at such an exciting time for the company. I will be working with the team to develop the company's investment consultancy proposition and support links between Jersey, London and Asia."



Bohemia recognised as one of the UK's Best Restaurants in the Waitrose Good Food Guide 2015

Dubbed 'St Helier's prime spot for special occasions', Bohemia within the Club Hotel & Spa in Jersey has received a glowing score of 6 in the newly launched Waitrose Good Food Guide 2015.

To qualify for a score of 6 in the guide, restaurants must demonstrate 'exemplary cooking skills, innovative ideas, impeccable ingredients and an element of excitement.' The Michelin Star restaurant's Head Chef Steve Smith was praised for his 'creative modern cooking' with 'great technical skill, good combinations and interesting ingredients'. Whilst one reporter claimed the restaurant was his 'best dining experience all year'.

Steve Smith said: 'We are absolutely thrilled to have again been awarded a score of 6 in the Waitrose Good Food Guide! We feel especially privileged as The Good Food Guide is one of the most valued in the business, and it makes the award that much more significant when you know it's come from customer feedback and opinions.'

To qualify for the awards, restaurants need to be independently run and offer regional or local produce. The awards are voted for by 30,000 members of the public who submit nominations for their favourite restaurants.

A chance for girls and young developers to join Jersey's only teenage coding club

Jersey Coders re-started last month after the summer break, with an increased membership of around 40. The Club, which is staffed by volunteers and sponsored by JT and Digital Jersey, is the only club in Jersey supporting teenagers with their computer coding and IT skills.

Founder and Chairman, Gwyn Garfield-Bennett said the club is expanding, 'Thanks to a fantastic team of mentors we've been able to increase our numbers and reduce the waiting list, but I'm still keen to see more girls come along. We already have around six girls regularly attending, but with our digital future so important and with computer coding impacting on all of our lives, there should be more females preparing to enter the industry. If girls want to pop along and try it out they are welcome to contact me. We're a very friendly, relaxed bunch.'

The club has three sub-groups, one is learning website development, another is working on games coding and a third electronics group will this term be learning to code with LilyPad development boards. Last term the website team developed the club's own website:www.jerseycoders.com Teenagers in school years 7 and above who are interested in joining and anyoneworking in the digital industry who would like to share their skills and become a mentor, can contact Gwyn by email:gwynjs@aol.com or visit the website: www.jerseycoders.com

The club meets on a Wednesday evening in term time. All mentors will be required to have a CRB check which will be arranged by Jersey Coders.



New Eatery & Food Emporium for Elizabeth Terminal

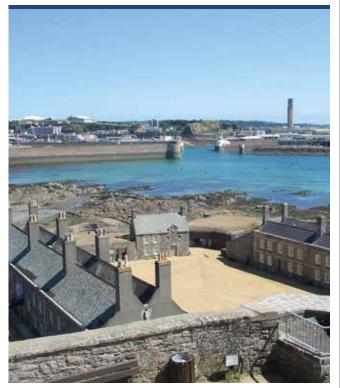
A new 250+ seat eatery and food emporium that promises to offer a casual family-friendly dining experience will be opened at the Elizabeth Harbour Terminal by spring 2015.

Managed by local foodie, Marcus Calvani who already co-owns La Cantina in St Helier and The Jersey Royal Distillery Company, it will be open year-round throughout the day from early morning until late evening. The facility, which will be called 'The Terminal GBJ' will offer an all-day dining experience from breakfast to late night dinner and drinks, as well as 'Grab and Go' options. A selection of exciting new food offerings will also be available that will include locally reared meat barbecue smokehouse, bakery and patisserie, wood fired stone oven pizzas, charcoal grilled local meats as well as important harbour favourites such as quality cooked local ingredient breakfasts and traditional family Sunday roasts.

The future décor is described as "contemporary dock style industrial" creating a lively atmosphere that will appeal to local residents and sea passengers alike. Families will be especially welcome and there are plans to create a dedicated indoor/ outdoor play area for children.

Work will start on the build and fitting out of the new facility once a contractor has been appointed. It is the intention that the new restaurant and bar will open to the public by spring 2015 in time for the start of the summer sailing season and before the arrival of Condor Ferries new Austal 102 high-speed vessel. While the works programme is undertaken, Mr Calvani plans to operate a temporary 'pop-up' facility in the terminal, offering fresh juices, smoothies, coffee, ice creams, snacks, sandwiches and soups.

The overall look of the new eatery and bar together with the costs for its build and fit out will be publicly disclosed once the tender process is complete and a contractor appointed.



You're right, this is indeed the Elizabeth Castle, not the terminal, but it was the best shot of the view we could find!



Careers that hinge on reputation

WORDS Mike Sunier Managing Director, Crystal Public Relations

Every organisation depends on its reputation to be successful, more so than ever in our online 24/7 world where information and opinion speed around the globe in seconds.

The way in which an organisation communicates with everyone naturally has an impact on its reputation and it's at the heart of what PR practitioners do. It is their role to contribute to an organisation's communications output so that it enhances or protects that reputation.

When you list the range of people that have to be reached successfully - employees, media, politicians, opinion formers, the wider general public - consider the methods by which the organisation can send the communication, and also take into account what will be included in the content, then you begin to appreciate the strategic and tactical role that PR practitioners play in ensuring that a communications plan is effective.

Opportunities for talented individuals who would like to tackle that type of work are available in the Channel Islands through the local PR industry. There is no need to stay in London or the UK. In fact there are currently around 60 members of the Chartered Institute of Public Relations (CIPR), the recognised industry body for the profession.

Joining a dedicated PR agency, such as Jersey-based Crystal PR, can provide an ideal entry point for a career in PR - Crystal has a strong track record in developing talented employees into successful PR practitioners. As an illustration of the progress possible, Adam Riddell, Senior Account Director at the firm, who joined Crystal in 2006, has directed award winning PR programmes and is today chairman of the Channel Islands group of the CIPR. Prior to that, he was responsible for helping to introduce the delivery of CIPR qualifications to the Channel Islands for the first time.

We've recruited more than a dozen graduates into entry roles at the agency since we were established and most have and have progressed to management roles.

PICTURED ABOVE: Adam Riddell PR Director and Mike Sunier Managing Director

BusinessNews

EMAIL YOUR NEWS TO BUSINESS@GALLERY.JE



RBC Wealth Management crowned 'Trust Company of the Year' at STEP Private Client Awards

RBC Wealth Management has been named Trust Company of the Year at the 2014/15 STEP Private Client Awards. The premier international awards for the private wealth sector took place at the Hilton on Park Lane Hotel in London last month.

RBC Wealth Management beat stiff competition from other finalists in this category: Appleby, Bedell Trust, Collas Crill Trust and HSBC Private Bank.

Through an independent and rigorous judging process the PCAs set the industry standard for excellence in private client practice. Winning a STEP PCA has proved to be a clear mark of quality in the private client sector, offering international recognition and credibility.

Chair of the Presiding Judges Paul Stibbard TEP said of RBC's win: 'This was perhaps the hardest award category to judge this year but RBC Wealth Management's nomination revealed a separation between decision-making and execution of duties, as well as a 'high risk business committee' to act as a sounding board for trustees; both of which impressed the Presiding Judges.'

'As a global business, the importance RBC Wealth Management place on the impacts of cultural conventions on client needs was also clear and show they are a proactive company looking to do the best possible job for their clients worldwide.'

700 private-client professionals attended the Awards Ceremony, which was hosted by Hugh Dennis of Mock the Week and Fast and Loose fame.

ABOVE: We weren't sent an image of the winners, so here is Hugh Dennis instead!



Mourant Ozannes team scoop top honours at The American Lawyer Global Legal Awards 2014

Offshore law firm Mourant Ozannes has been honoured at the prestigious 2014 American Lawyer Global Legal Awards, winning the Global Finance Deal of the Year Grand Prize for the role that the firm played in a major international restructuring and insolvency matter in 2013.

Originally recognised within the category of Global Finance Deal of the Year: Restructuring and Insolvency (Middle East), it was announced at the awards ceremony in New York on Monday night that the highest honour of Grand Prize had been awarded to the multi-disciplinary team of ten firms responsible for the restructuring of Arcapita Bank.

The matter attracted widespread global media attention when, in March 2012, requiring urgent protection from creditors, Arcapita Bank, a Bahraini corporation and leading Middle Eastern financial institution, simultaneously sought relief according to Chapter 11 of the USBankruptcy Code as well as ancillary relief in the Cayman Islands through the appointment of provisional liquidators of Arcapita Investment Holdings Limited, a principal holding vehicle and a Cayman Islands subsidiary of Arcapita Bank.Mourant Ozannes' corporate and litigation teams advised Arcapita throughout this process and on its subsequent, complex restructuring which finally completed in June 2013.

Mourant Ozannes' Global Managing Partner Jonathan Rigby commented: "We are delighted to have received this recognition for our part in such a complex and high profile international matter. The strength, expertise and reputation of our corporate and insolvency teams in the Cayman Islands meant that we were well placed to provide the multifaceted and technical advice required on such an exceptional deal."

The American Lawyer Global Legal Awards recognise teams that played a substantial role in the most distinguished cross-border work performed between 1 Jan 2013 and 14 April 2014 across a wide range of disciplines. For this, the second year of the awards, just four Grand Prizes were awarded from more than 270 nomination, which included over 170 transactions.

Airtel-Vodafone gives parents power to control child's website access

Airtel-Vodafone has become the Channel Islands' first telecoms operator to give parents the power to stop their children accessing adult sites on their mobile phone, tablet or laptop.

Airtel Protect is a free opt-in service which enables parents to stop adult sites being accessed on their child's device simply by changing a setting. The service is available to Airtel-Vodafone contract customers and works by switching the way in which the device accesses the internet so that a 'security gateway' is created.

Every webpage address is checked by Cisco Reputation Servers at the gateway before access is permitted and, if it is deemed unsuitable, a notification appears on the screen saying access was not possible. Airtel-Vodafone Head of Marketing Peter Zunino said: "With children getting smartphones and tablets from a younger and younger age, online safety is a particular worry to many parents. I am sure that a service which enables them to stop their child from accessing unsuitable sites will be welcome."



WORDS Jeff Williams

Executive Director, Branch & Premium Banking at NatWest Jersey

Saving £1 a day from the age of 13 will leave a 30 year-old with more than £6,000 of savings, without taking into account any interest earned, whilst even putting aside £5 each month until the age of 18 may well be enough to fund driving lessons or the first deposit on a rented home.

The benefits of putting aside a regular sum each month is apparent when you look at the cold statistics and anyone who is able to grasp the savings habit early on will inevitably find it helpful at times in their life when they are confronted with increasing expenditure.

Many will assume that the biggest expenditure will be the mortgage. However, research in the UK has shown that for a family with two children, childcare costs per annum are higher than average mortgage payments. The increasing cost of raising a child means that parents are now estimated to be spending on average 28% of their annual income on bringing up their child.*

It's easy for young people to fall into the trap of believing that there is no rush to manage their money with words like 'mortgage', 'pension' and 'childcare' seeming to belong to a far-off era. It's important to remember, though, that the longer these things are left, the more difficult they will become. NatWest acknowledges this and plays its part in Island schools by providing a free interactive financial education programme MoneySense which provides students with the skills to manage their money and to be prepared for independent living. Research has shown that those taking part in at least two MoneySense lessons have displayed

more positive attitudes and behaviours towards money.

Talk of stocks, shares, bonds and interest all might seem far beyond the grasp of a child but even a two year-old can be sense of 'future' – the time by which they will be able to enjoy the benefits of their saving. Once the basics are grasped, an account can be set up with as little as just £1. With an account in place, the foundation is laid for a future of sensible spending.

Having introduced to their children a solid "spend some, save some" attitude, parents can take comfort that the money they have put aside can make a difference later in life. Recognising the importance of helping children learn the

It's easy for young people to fall into the trap of believing that there is no rush to manage their money with words like 'mortgage', 'pension' and 'childcare' seeming to belong to a far-off era.

taught how to save! Research shows that children develop financial and economic understanding through personal economic experiences, which means that even the simple act of placing notes and coins into a piggybank helps them to learn the differences between the denominations, whilst also familiarising them with the concept of saving.

A little later on, parents can support children's financial learning by encouraging them to pursue a savings goal – a new toy, for example. This way, they will be able to physically see the accumulation of their savings efforts, in turn learning the virtues of delayed gratification and giving them a tangible value of money and how to manage and save their cash, NatWest have introduced the First Saver account to encourage children to save in a fun way. The First Saver sees the introduction of "Pigby & Friends" a set of cartoon pigs offering savings tips and tricks to young savers. These tips are further instilled within the complimentary Pigby Fair app and Pigbybank.

Establishing good financial habits at an early age will help prepare them for later years and hopefully ensure that those keen for a family in later life, are better prepared for the expenditure associated with bringing up a family.

*Family & Childcare Trust survey

Movers&Shakers

EMAIL YOUR NEWS TO BUSINESS@GALLERY.JE



Jersey Conference Bureau welcomes interim Commercial Development Manager

The Jersey Conference Bureau is pleased to welcome the delightful Lydia Smith as the interim Commercial Development Manager covering maternity leave.

Originally from Leeds, Lydia, has a strong record of delivering results in the hospitality industry across her 10 years in sales and marketing. Having previously worked at the Radisson Blu Waterfront Hotel, Jersey as their Director of Sales and Marketing Lydia has become a well known and respected face within the hospitatlity industry on the island . Lydia graduated from Sheffield University with a first class degree in Linguistics and Hispanic Studies. Her proactive approach has seen her gain diverse industry knowledge and experience across a variety of markets in England and Spain.

The Jersey Conference Bureau is a marketing body for the conference and incentive market attracting business enquiries to the island and offering impartial advice and event solutions.

Lydia's sales expertise and local knowledge will be maximised to launch the Jersey Event Buyers' Network; re-educating and exciting local business event buyers about the island's offering. She will work closely with them to champion the island's riches to their off-island colleagues and networks attracting new conferences and incentives to the island.

Hamish Reid, General Manager said "We're delighted to welcome Lydia to the team here at the Jersey Conference Bureau. With her wealth of knowledge and experience, as well as her passion for the island, Lydia is a valued addition to the team".



First Names Group makes key appointment in the UK First Names Group has appointed Tariq Husain as UK Managing Director and Global Head of Outsourced Business Services (OBS).

Tariq will be based in the Group's new London office in the heart of Covent Garden. His new appointment with First Names Group will see him take on two fundamental positions in the growing organisation. As UK Managing Director, he will be responsible for establishing, managing and growing the overall corporate and institutional services in the United Kingdom. Whilst his focus as the Global Head of Outsourced Business Services will involve building a global service delivery platform for multinational businesses needing critical compliance.

Tariq is an internationally respected finance professional whose extensive multi-jurisdictional expertise and experience spans across a wide variety of regulated sectors.

Following his appointment, Tariq commented: "I am delighted to be joining First Names Group, and I am looking forward to applying my skills in a way that I hope will directly contribute to business growth."

Armin Kirchner, Group Managing Director of Corporate and Institutional Services for First Names Group, added: "I am very pleased that Tariq has joined First Names Group. I am confident he will be a great asset to the team and I am sure that he will make an immediate, positive impact."



New Hospitality Manager at Jersey Airport for Autogrill Catering UK

John-Joseph Joyce has been promoted to the position of Hospitality Manager, for Autogrill Catering Uk, Part of HMS Host International, at Jersey Airport.With the recent departure of Chris Jones to head up Autogrill's Eurotunnel Operations, the company havepromoted JJ from assistant to take over.JJ has over 10 years of experience working within the hospitality sector in Jersey.

JJ's arrival story isn't disimilar to many others on the island, he moved over in 2005 for one season to manage Blue Fish2 in St Aubins, but like many he's still here. He has since worked for the Seymour Hotel Group, and various other restaurants and Bars, before joining Autogrill in January 2012. Before arriving in Jersey his career took him worldwide with positions in South Africa, Canada, Spain, Antigua and USA.A keen rugby player, with a love of travel, he still tours with various teams yearly.

On his appointment he said " initially I was looking to transfer within the company to somewhere in Europe, but the opportunity to take the next step up in my career, whilst remaining in Jersey, was to good an opportunity not to grasp."





Bedell has two lawyers featured in industry rising stars list

Bedell Cristin is the only offshore law firm to have two practitioners included in the lists of the 'Top 35 Under 35' published this week by the leading private wealth magazine, eprivateclient.com (Private Client Practitioner).

Nancy Chien and Kellyann Ozouf are both senior associates in Bedell's International Private Client group, which is ranked as a top tier practice group in the leading legal directories. It is Nancy's second consecutive appearance in the list and the third time that Kellyann has been selected.

Nancy, a native Mandarin speaker, was previously a senior associate at Ashurst in London, before joining Bedell in 2012. A pensions, employee benefits and private client specialist, she has been described as 'a proactive adviser who impresses with appropriate legal advice that comes with high service levels.' and someone who is 'a leading source of legal advice and guidance in the increasingly complex area of local, UK and international pension legislation'.

Kellyann joined Bedell in 2007 and qualified as a Jersey advocate in 2010. She advises

on all aspects of Jersey trust law (including, advising trustees on their obligations pursuant to tax information exchange agreements), foundations and wills and succession. Kellyann has contributed to leading publications on trust law matters and has also featured in a 2013 industry list of future leaders.

She has been acknowledged to be the 'first point of contact when legal assistance is required' and is someone who is 'highly regarded by clients and contributes to the profession, including acknowledgement in the firm for mentoring junior staff'. Kellyann has been described as possessing 'a great ability to explain her subject clearly to a mixed audience with a diversity of experience.'

The 'Top 35 Under 35' is designed to identify, recognise, promote and introduce the rising stars of the private client profession working at the major firms in London and elsewhere in the British Isles, including the offshore locations. It includes 10 practitioners based in the Channel Islands and two of those are from Bedell.

♦ Family ♦ Insurance ♦ Employment ♦ Personal Law ♦ Regulatory

WE'RE HIRING CLIENT ACCOUNT EXECUTIVE IN PR

So you're intelligent, articulate, you have an exceptional writing talent, fabulous inter-personal skills, and love meeting people, but do you have a career to match?

Orystal PR has been at the forefront of communication services locally and internationally for 20 years and we are recruiting.

We want top candidates who are willing to learn about the issues that impact on international financial services and Island commerce and use their talents to make a difference to our globally focused clients.

You may be a graduate considering your future or you may have started in a marketing or communications role and now look to further your career in a related field.

Either way, if you are interested in applying contact managing director Mike Sunier at mike@crystalpr.co.uk outlining in no more than 200 words why this role is for you.



Turning challenge into <mark>change.</mark>

> Providing an excellent, cost effective and responsive service to our clients.



Movers&Shakers

а

EMAIL YOUR NEWS TO BUSINESS@GALLERY.JE



Airtel-Vodafone appoints Chief Technical Officer

Airtel-Vodafone has appointed David Fowler as Chief Technical Officer with responsibility for introducing the Channel Islands' 4G network, as well as maintaining and developing the network in general.

During his 30 years in the industry, David has worked in Europe and the USA, and has been responsible for establishing country-wide 4G and other networks.

Airtel-Vodafone's CEO, Ian Campbell, said: "I am delighted that we have someone of David's calibre in this important role. It is vital to our customers that the network is reliable, and he has huge experience in establishing networks that do just that."

David has worked in the industry for many major firms including British Telecom, in Belgium for Proximus Belgacom and in Poland for Polkomtel. He spent 3 years at Huawei as European Chief Technical Officer. David also worked for Vodafone in Düsseldorf and California, and rose to become Director of Network Service Enablers.

In 2010 he joined Sure and was Chief Operating Officer with responsibility for operations in the Channel Islands and Isle of Man.

David said: "It is great to be working for a global organisation which has technology, experience and support that I can call on. I know the Channel Islands very well, and am looking forward to introducing something that will really transform the way that people access the internet.

David lives in Jersey with his wife, Trish. He has a daughter, Joanne who is currently in full time education in the UK. In his spare time he is a very keen cyclist.



Marc Cleeve promoted to director at Deloitte

Marc Cleeve has recently been promoted to become a director at Deloitte in Jersey.

Marc has been with Deloitte for over 12 years and he will focus on leading the organisation's banking and debt fund offering across the offshore group. In addition, Marc is responsible for the recruitment of experienced staff in the Jersey office.

Marc brings a wealth of experience in banking, debt funds and real estate funds to the role. He is a member of the Association of Chartered Accountants and the Institute of Directors and is also a member of the Technical Committee of the Jersey Society of Chartered and Certified Accountants. His promotion reflects the growth in the number of debt fund launches and future growth potential in this sector.

Following the completion of his degree in Business Economics, Marc joined Deloitte's Jersey office as a graduate trainee. During that time he completed a secondment as a financial controller in a bank in Jersey as well as a secondment to the Treasury at the States of Jersey.

Greg Branch, Managing Partner of Deloitte Offshore, comments: 'As a firm we are committed to investing in and developing our own talent as we believe it is a vital way to achieve sustainable success for both our clients and ourselves. Marc's promotion further strengthens our offshore practice and our ability to serve our clients as well as helping our team achieve their ambitions.'

Across the three offshore offices, Deloitte employs more than 160 professionals and over 14,000 in the UK.



Fluid movements over at Liquid Liquid has strengthened its team in Jersey with the appointment of an account manager with seven years' PR industry experience.

The communications consultancy, which has offices in Jersey and Guernsey and is headquartered in Birmingham, is celebrating its 10th anniversary this year. The appointment of Leah Dunford follows a series of new business wins for Liquid, as the company continues to expand.

Leah returns to Jersey after a year travelling and then working for Taurus PR in Sydney, Australia where she focused on professional services and technology start-up clients. A member of the Chartered Institute of Public Relations and a holder of the CIPR post-graduate diploma, Leah previously worked for Jersey-based Crystal Public Relations for six years specialising in international financial services and representing major clients such as RBS International, the Channel Islands Stock Exchange and various fund companies.

'Liquid continues to build its Channel Islands business and during our 10th year we anticipate further growth. We are delighted that Leah has returned to the Island to work with Liquid, she will play an important role across the Channel Islands and UK offices and her dedicated PR industry experience will be a major advantage to clients,' said Liquid PR Director Lisa Downes.

'Liquid has an enviable client-base, representing clients across a wide crosssection of industries. Lisa and the team have a strong reputation in the Channel Islands business community and I am delighted to join such a professional and respected team,' said Leah.



Employer Incentive

Employ new staff at no financial cost for up to eight weeks

Between 6 October and 30 November your business can receive up to £1,977 to cover the wages of each locally qualified jobseeker you recruit during JobsFest.

For more information Call 447411

Email backtowork@gov.je www.gov.je/backtowork

WORK

WORKING FOR YOU

BA	C	×т	0
WORK	ING FO	R JERSE	× •

States a

"Incomparably better than other banks"

AND IN THE TOP 10% OF UK BUSINESSES FOR CLIENT SATISFACTION*

Our holistic approach and range of banking, investment and fiduciary solutions are tailored to client needs, and we always put our clients first - which is why our clients say we're better than other banks. To find out how we can meet your wealth management needs, visit our website at www.nedbankprivatewealth.com or call us on 01534 887889.



UNITED ARAB EMIRATES

PRIVATE WEALTH

SOUTH AFRICA

. .

UNITED KINGDOM | ISLE OF MAN

Nedbank Private Wealth is a registered trade name of Nedbank Private Wealth Limited.

Nedbank Private Wealth Limited is licensed by the Isle of Man Financial Supervision Commission, Registered office: St Mary's Court 20 Hill Street. Douglas: Isle of Man. The Jersey branch of Nedbank Private Wealth Limited is regulated by the Jersey Financial Services Commission. The Jersey branch registered address is: 31 The Esplanade: St Helier: Jersey. Nedgroup: Trust (Jersey) Limited is regulated by the Jersey Financial Services Commission.

JERSEY

* Client quote and results from a client satisfaction survey undertaken in 2013 by The Leadership Factor, the UK's leading customer survey specialist.

Is your office posture **breaking your back?**

Back pain is the UK's leading cause of disability, affecting an estimated 1.1 million people in the UK and one of the main reasons for workrelated sickness absence.



About 7.6 million working days were lost due to work-related back pain and other musculoskeletal disorders from 2010 to 2011 according to an NHS study.

Many people will suffer from low back pain at some time in their lives. It can be caused by minor injuries such as muscle strains and sprains, pregnancy, stress, poor sleep or bad work postures. Reducing factors that cause the pain can help reduce your back pain.

7 tips to help you take back control of your posture within an office environment:

Computers

Ensure your chair fits you properly. Adjust it to your needs and that of your workstation. Most people find that adjusting their workstation reduces the discomfort or pain.

Desk posture

Place your feet flat on the floor when sitting at your chair with your legs horizontal or slightly sloping down.

The backrest should give sufficient support to the lower back but not pinch the shoulders.

Your desk height should be just below your elbows which should be at a ninetydegree angle. Your arms should not be reaching forward.

Armrests should still enable you to sit close to your desk.

The top of the computer screen should be at eye level, an arm's length away.

The keyboard and mouse should be within easy reach. When typing, your shoulders should be relaxed, elbows at ninety degrees and wrists straight. Connect a laptop to an external keyboard and monitor so that you aren't looking down at the screen for long periods.

Breaks

Get up regularly from your desk, move around and stretch. Make yourself a cup of tea, go over to talk to a colleague instead of emailing your message. These small breaks can make a big difference in your comfort.

Stress

As a result of stress, your muscles become tense, you are less likely to take a break and you pay less attention to your comfort. This can increase your risk for developing discomfort and back pain. Managing stress should, therefore, be part of any programme that is aimed at enhancing your health and well-being.

Working hours and duties

Long periods of repetitive work can be detrimental to your well-being. Controlling long working hours should be taken seriously when you experience back pain. Carefully planning your work and alternating various duties (e.g. break up your desk based work with doing some other duties) can make a big difference.

Physical activity

Increasingly, organisations offer employees the opportunity to take part in fitness or exercise classes. Take advantage of this when it is available or make your own arrangements. Not everyone may be able to go to the gym in their lunch breaks but a brisk walk is easy to include in your daily routine.

Ergonomic assessment

A comprehensive ergonomic assessment of your work place can be very useful when having to cope with back pain at work. Your HR department or occupational health department will be able to tell you how you can arrange an ergonomic assessment of your work place. If this is not available in your organisation, you could also seek the advice of a chiropractor or acupuncturist with knowledge of this area.

The good news for sufferers of back pain is that research by the National Institute for Health and Clinical Research (NICE) recommends acupuncture and chiropractic care for low back pain. Research in these areas has shown both of these treatments to be effective in treating lower back pain, neck pain, headaches and many more.

Back to Balance Chiropractic and Osteopathy and Health Point Acupuncture Clinic will be running discounted examinations during Backcare week 2014 (6-12th October). To book an appointment call 789367.



SPORTSPERSON OF THE MONTH HARVEY BILJON

Harvey Biljon joined Jersey RFC in January 2014, as the island sides Head Coach. He brought with him an impressive CV, as both a former player and a coach.

Born in Uitenhage, South Africa, Harvey started playing rugby at about the age of eight, as a scrum-half and after a successful junior career Harvey joined premiership side London Wasps in 2000, where he enjoyed considerable success for a number of years. After Wasps he went on to become the Director of Rugby at Blackheath, for whom he also played up until 2008. Then is 2009, until joining JRFC, Harvey was a key part of the coaching team for fellow Championship side Cornish Pirates. If one needed mentors, then Harvey has had some of the best, having been associated at Wasps with British Lions coaches Ian McGeechan, Warren Gatland, Shaun Edwards, Craig White and Rob Howley. Aside from all of this, he is also our sportsperson of the month, what more could we ask for...

Name: Harvey Biljon

Age: 37

Sport: Rugby

What do you do: I'm the Head Coach for Jersey Rugby Club's first team, currently playing in the IPA Greene King Championship.

School attended: Durban High School (South Africa).

Favourite ice cream flavour: Banoffee.

Favourite animal: Dog.

Favourite food: Steak.

What would you wear to a fancy dress party:

No Idea, it really depends on the theme, but if it's fancy dress, always go all out.

Favourite rugby expression:

This comes from my playing days, a player had left to join an opposing team at the end of the season, he had quite a reputation for being a tough guy in the gym, puffing out his chest and lifting heavy weights, but when he got on the pitch it was a different story. During a game one of our players turned around to him and said 'pretty standard performance, looks like you still train like Tarzan, but play like Jane.' This only served to further throw his game!

Favourite thing about Jersey:

Everything has been great so far, but the beaches are top of the list at the moment.

Favourite song:

Currently it'd have to be 'Waves' by Mr Probz.

When did you start playing/coaching:

Started playing rugby when I was about nine, I have always been into coaching even from when I left school I went back and coached the junior age groups.

Where has been your favourite place in the world to play/coach rugby:

Playing wise Kings Park, Durban, South Africa, with the Shed (Gloucester a very close second) and coaching well there is only one answer, Jersey.

Where and when was the favourite moment in your career:

I have coached in many Big games, B&I Cup finals, play off finals but at the moment the stand out game is Jersey against Bedford at Goldington Road for Championship survival at the end of last season.

You're about to embark on your first full season as Head Coach for JRFC, how are you feeling about the teams prospects:

I am excited, and very aware of the challenges but if it was going to be easy it would not be worth doing. Lets just say I believe we can really surprise a couple of teams and that the team can really develop in the years to come.

Have you set the team specific goals for this season, aside from winning as many games as possible, of course:

There is an obvious focus on the on field performance and at this early stage of the season we have set some key performance indicators, we have also made a conscious effort not to set season long goals but goals for blocks of games, after each block the squad and coaches will reevaluate and set new challenges for the next block of games.

Our challenge is to develop and understand what it means to be a professional athlete on and off the field. JRFC need to build a culture and environment that the players can be proud of and people want to be part of.

Does the island's support make a difference to the teams performance, particularly at home:

Very much so, it's great to hear the supporters banging on the advertising boards at our home games, thus far, in the short time I have been in Jersey, listening to how passionate the supporters are definitely motivates all of us.

Sports players, aside from a few, are notoriously transient – how do you bring new players into an existing side and give them a sense of pride to be playing for the club:

Rugby players want to go to a Club where they know they can improve and be challenged. One thing that stands-out for me is that JRFC really care and look after their players. We know you don't have to sell Jersey as a place, but playing for Jersey is unique in the Championship, as every time you represent the Club you represent the island too. I believe for a professional rugby player you have it all, high-class competition, an opportunity for individual development, supporters who get behind you and a Club that looks after you.

If you weren't coaching rugby, what would you be doing:

Running my own business, I'm not certain what it would do, but it would have to be something challenging and rewarding.

Do you have a top tip for aspiring sportspeople:

Be self-aware but don't doubt your ability, always remember there is no substitute for hard work and sacrifice!

How can people get involved in rugby in Jersey:

Just get up to the Club, the people are very welcoming and I guarantee you will have lots of fun. 66

He had quite a reputation for being a tough guy in the gym, puffing out his chest and lifting heavy weights, but when he got on the pitch it was a different story. During a game one of our players turned around to him and said 'pretty standard performance, looks like you still train like Tarzan, but play like Jane

.....





SPORT NEWS

Join Your Local Rugby Club Today!

Have you always wanted to play rugby, or perhaps you played whilst at school or university and would like to put your boots back on. Well then you're in luck, the island's local sides are joining forces to get behind a massive recruitment drive to boost their numbers.

Outside of the team playing in the Greene King IPA Championship there are further five senior men's sides that make up the Jersey Rugby Association (JRA) who all play in the local Channel Island League, these teams are joined by a further team from Guernsey making six teams who play throughout the season. There is also an option for women as the island boasts a strong ladies side too Here is a little summary of each of the teams:

Beeches RFC

Formed as the Beeches Old Boys for former pupils of De La Salle school in Jersey, Beeches now welcome players from all backgrounds. Training 1830hrs on Tuesday evenings at Grainville Rugby Club. www. facebook.com/beechesrugby

WE WANT Y

Buccaneers RFC

Jersey Athletic are the amateur section of Jersey RFC. They have one team competing in the Shield League in UK and the Buccaneers that compete in the JRA League. Any players are welcome to join. Training Tuesdays & Thursdays 1830hrs at Jersey Rugby Club. www.jrfc.je/athletic.aspx

Optimus United Banks RFC

Founded by bank workers in 1964, the social club are based in Grainville and welcome all abilities. The only club with a clubhouse/bar! Training 1830hrs on Wednesday evenings at Grainville Rugby Club. www.facebook.com/ OptimusBanks

Panthers RFC

Formed in 2009 by a bunch of prison officers who enjoyed the game of rugby! They now welcome anyone who wants to have fun around the game of rugby, on and off the pitch. Training 1830hrs on Wednesday evenings at Grainville Rugby Club. www. pitchero.com/clubs/thepanthersrufc

Les Quennevais RFC

LQRFC was formed in 1980 based at Les Quennevais in the parish of St Brelade. Training 1830hrs Wednesday evenings at Jersey Rugby Club. http://www.pitchero. com/clubs/lesquennevaisrfc/

Jersey Ladies RFC

Formed in 2006 the ladies side have gone from strength to strength, they play in a UK National league. Everyone welcome - new or old players or those simply looking for a new sport. Training Tuesdays & Thursdays 1830hrs at Jersey Rugby Club. www. facebook.com/JerseyLadiesRugby

If you're not sure which team to join then Dave Felton, the island's Rugby Development Officer is ready to help you decide.

Contact Dave Felton on:

T: 01534 449766 | E: d.felton@gov.je | Twitter @JerseyRugbyDev Facebook Jersey Rugby Development Committee

Yoga Box Studio is now open

There will be daily classes at different times to suit every schedule, regular workshops and courses, as well as private yoga sessions for corporate groups, events and one-to-one. There are many talented yoga teachers that will be running classes at the studio and all levels are welcome.

The studio is based at 6 West Centre in town visit www.yoga-box.co.uk for information on class times and costs.



Fort For All Day

Fort Regent's Fort For All Day is back on Sunday 26 October. Once again Fort Regent are set to host a special open day to celebrate the range of sports, activities and clubs that use the venue, and to offer islanders the opportunity to find a sport or activity that suits them.

The event is free and open to everyone, and be sure to take along your training gear, water and a towel so that you'll be able to take part in the wide variety of taster sessions that will be on offer, free of charge. Whether you've always wanted to try spinning, boxing, Tai Kwon Do or perhaps Jumping Fitness this will be your chance to find out more, take part or watch demonstrations.

Alongside the sporting activities there will also be a variety of stalls, entertainment and you'll also get the chance to meet Humfrey the Lion.





TURN EVERY DRIVE

Freelance

DRIVE AWAY A BRAND NEW FROM ONLY JUKE 1.6 Visia £10,995

16" alloy wheels - Body coloured door mirrors - Intelligent Start/Stop - Gear Shift Indicator - Trip computer - Air conditioning - High gloss door inserts

Freelance Jersey Longueville Road, St. Saviour www.freelance.je

Test drive one today CALL 703344



WATERFRONT HOTEL

ALL I WANT FOR CHRISTMAS IS BLU

AVE THE PERFECT FESTIVE SEASON WITH RADISSON BLU WATERFRONT HOTEL JERSE

PRIVATE CHRISTMAS PARTIES - FROM £31.50 JOINER CHRISTMAS PARTIES - FROM £16.95 CHRISTMAS DAY LUNCH - £75.00 NEW YEAR'S EVE DINNER - £65.00 ACCOMMODATION RATES - FROM £55.00

TO BOOK OR FOR MORE INFORMATION, CONTACT EVENTS.JERSEY@RADISSONBLU.COM 01534 671 172



BRINGING A LITTLE BIT OF BRAZIL TO JERSEY

20

William Ryan Partington (football fanatic) is the man responsible for bringing Brazilian Soccer to Jersey. As someone who's been playing the game since he stopped crawling and started walking – his Mum Mary Partington was often assigned as teammate – he certainly knows a thing or two about the sport.

'Brazil has, and always will be, a country that produces great football players' explains Will, who at the age of 37 has a number of his own achievements under his belt, including playing conventional football for Varginha in Rio (whereby the FIFA World Cup Winner 'Jairzinho' posed as his manager) and Beach Soccer for Flamengo and Botafogo. Will's other highlights include taking the title of the second Channel Islander to represent England (albeit at Beach Soccer). 'Representing England allowed me to play in FIFA approved competitions in Europe and Africa in front of anything upwards of 6,000 fans, that's quite a lot of people when you consider the pitch is just 40 by 30.'

So just what is Brazilian Soccer?

Brazilian Soccer initially focuses on the game futebol de salão, a loose term for 'court football'. Adopting a unique ball, (made exclusively for Brazilian Soccer Schools) and an enviable coaching syllabus, the game initiates a series of core skills, all of which help to build both confidence and ball mastery. So, does regular English FA football bare any resemblance to Futebol De Salao, or its methods? 'Brazil are more technical but I love British strength. BSS does not try to copy Brazil, we simply add their strengths to our own.'

Jersey's Brazilian Soccer team is governed by the International Confederation of Futebol De Salao (ICFDS) – which is currently owned by Football powerbroker and Ex-Southampton FC Chairman Rupert Lowe. 'Rupert is raising the profile of our methods globally and has requested my assistance in leading various coach education courses on demand. My first invitation comes all the way from Poland.'

So what made Will want to bring a little bit of Brazil to the island?

I'd previously never experienced such an elated way of teaching football, especially one with an equally enviable end product to match. Name any one Brazilian player and you'll find they're born out of futebol de salão.' Take The Falling Leaf' and 'Trivella' as fine examples of impeccable play - how could I not introduce that to the island?

Brazilian Soccer Schools surround the philosophy of giving island children the tools required to play a great game, many of which will inspire others to watch! 'Our members are very creative, which leads to countless smiles. Children now have the ability to be the very best given the right environment. Our aim is to inspire and improve our member's abilities. This is a constant marker for us at the school.'

Will hosts both Socatots and the Brazilian Soccer School, the former fashioning a 'baby' version of Brazilian Soccer Schools, whereby the keenest of players can start as young as six months! The latter involves children from roughly 4.5 years up to 17 years. 'Some BSS Members are with us four times a week.' The game involves technique, strength training, and finally, tactical awareness. The longer a Member is on the programme, the more we have influenced the athlete.

Will's end product is certainly proving to be a success, with the latest BSS count revealing in excess of 15 Members, all of whom have gone on to accomplish professional trials! 'This summer alone we saw two members represent Fulham in the Under 18's Premier League and a further two represent Dundee United at under 20's level.' "I'd previously never experienced such an elated way of teaching football, especially one with an equally enviable end product to match"

Where does your inspiration come from?

Our Members often laugh at how fascinated I am with how the body works. I'm often watching the body as apposed to the ball! I draw inspiration from Mohammad Ali's feet, Bruce Lee, the underground sensation 'Parkour' and ballet. One day – if my research takes me there – I may be forced to put on some ballet shoes, it would certainly give the children a good laugh!

Socatots and Brazilian Soccer Schools runs seven days a week at several venues Island wide. BSS's newest centre will be the SoccerDome at Les Ormes from January

2015. We are looking to launch development squads in 2015 which may see us tap into the contacts we have with Dundee United, Middlesborough, Fluminense and Flamengo.

When asked what it takes to become a player, Will simply replies 'those wishing to give the game a go need nothing more than an open mind and a sense of adventure. Be prepared to experience something new and more importantly, something that works.'

www.facebook.com/ brazilliansoccershoolsjersey T: 07797 799 111

HARDWARE



Easy to use. Right from the start. Discover iPad at iQ.

10-14 Beresford Street | 01534 769320 | www.iQJersey.com



Juke [jook]

and a series -

Cox to

4. 2. 4 75 - 54

JUKE

STED TO THRI

verb no 5 (used with object), juked, juking To make a move intended to deceive (an opponent)

noun fake or feint, usually intended to deceive a defensive player

They say that looks can be deceptive. Take the rear door handles on this Nissan Juke, for example, nestled cheekily into the c-pillar to fool your eyes into thinking there are only three doors on this five door crossover.

Whilst compact on the outside, the sense of space whilst sitting up front is impressive and the gap in between the front seats is apparent in a way that reminds me of the first Range Rovers. Spartan, utilitarian, but comfortable. I drove the base model, and whilst all manner of electrical gadgetry is available as you tick more boxes and progress up the Juke range but it was actually relief not to be inundated with things to press, turn, click and learn. In contrast with other new cars I've driven recently this kind of back to basics driving experience provides a purity that just allowed me to, well, drive. Isn't that what driving should be about?

Peering out over what looks like a giant mechanical frog's head (every child of sane mind has envisaged piloting a gigantic mechanical frog at some point, surely?) you find yourself sitting up nice and high as if you were in a large off-roader, just without the unnecessary exterior bulk, which is compounded by the chunky and tall gear shifter which falls nicely into reach from the bolstered seats. Nissan say that the way the lights are positioned atop of the bonnet aids with judging where Juke's corners lie whilst manoeuvring and the large mirrors that look over the muscular rear wheel arches, which are always a winner when it comes to vehicle styling cues, certainly help with seeing what's going on at the rear. Of course, the Nissan Safety Shield pack has got all of this covered for you straight from the centre console should you choose it as an option on the Acenta model and it comes as standard on the top level model, the Juke Tekna.

Staying inside, the organic shape of the shade that covers the main dials is almost like a the wing of a beetle (that's the insect kind) and floats over the rest of the dashboard, adding another pleasantly quirky little feature to the cabin. Interchangeable heater surrounds and dashboard trim pieces allow you to add your own touch by way of colour accents and the indicator stalks are shaped in a curious way that is really compelling. Stay with me here, I haven't gone completely mad yet. They're beautifully sculpted with recesses for where your fingers will fall when twisting and pushing, it's an organic shape that reminds me of the sort of form you'd mould from clay autonomously when your mind is drifting, although it seems entirely purposeful here in the Juke's interior. It sounds ridiculous, but instead of just using a thin, cylindrical stalk with a bulbous bit on it they've put some real thought into its design and I appreciate that level of ergonomical awareness. A lot.

"Overall, I'd say that the Nissan Juke is deceptively accomplished for what really isn't an expensive car. I had to double check that none of the figures had fallen from the price board that was on the back seat that I noticed shortly after leaving the forecourt at Freelance"

This model uses the outgoing 1.6 litre petrol engine but newer, 1.2 litre turbocharged petrol versions are now available that put out the same power with less emissions. Four wheel drive versions are available in Acenta Premium and Tekna models and for those of you who aren't fussed about being frugal there's a 190PS 1.6 turbocharged version that'll sprint to 60mph in under 8 seconds.

Overall, I'd say that the Nissan Juke is deceptively accomplished for what really isn't an expensive car. I had to double check that none of the figures had fallen from the price board that was on the back seat that I noticed shortly after leaving the forecourt at Freelance. £10,995. That's it, just under eleven grand for a compact crossover SUV. Will people judge you for having a vehicle that many would perceive is unnecessarily big, even though it really isn't? Will the neighbours think you've spent a fortune on a new car when you really haven't? Who cares what they think, it's got low emissions, it's more compact and costs less than it might appear. Looks can be deceptive after all.

FREELANCE NISSAN LONGUEVILLE, ST SAVIOUR 703300 www.freelance.je



MANGADGETS

WORDS Taylor Jones

The celebration of the Y chromosome is something that, I feel, doesn't happen enough. We've developed into a society of metrosexuals and house-husbands, ignoring our inherent desire to hunt and kill our every meal whilst maintaining a moustache that would bring Tom Selleck to his knees.

I weep (manly tears) every time I see the newest fashions, wondering what happened to the days when a man was judged not by the boldness and brightness of his new leather and polyester suit, but by how many bear husks he could carry whilst drinking a home-brewed beer. Our instincts tell us every day that we should be out in the open, lumberjack shirt just open enough to display the magnificent plumes of chest hair that you grew at the age of 12. So this month, I've taken it upon myself to provide you with a list of gadgets that will rekindle that love of everything retrosexual. It's time to forget about keeping the house spotless, forget that your wife/girlfriend/ child will not be safe in a vintage sports car and ignore the trappings of a society that encourages freedom of expression and emotional outbursts. Pint in hand, moustache comb at the ready, let's delve in and remember what it means to be "man".

FEATHER ARTIST CLUB DX STRAIGHT SHAVETTE

If there's one thing the man of the past had, as well as excessive physical strength, it was class, and nothing screams class like a gleaming wooden finish on a straight razor. There's something extremely masculine about using something that strongly resembles a hunting knife to cut hair on possibly the most deadly area on the body. The element of danger is elegantly mixed with the manly class of old in the Feather Artist Club DX Straight Shavette.

This product does however force the alpha male into a bit of a quandary. As the legendary band The Beards once said; "if your Dad doesn't have a beard, you've got two mums", so should a man really even own a 'Shavette'? Well, in this instance we must once again look to the most traditional laws of man. Although yes, facial hair is a must, maintenance of said hair is of paramount importance. It's also only right that every man should carry out this maintenance with tools that are not only practically fantastic, but ones that show to the world that he is not afraid of anything, even a deadly knife to the neck.

Style and danger, however, are not cheap. Looking online, the best price I could find for these was £295.95 on eBay. Nevertheless, if the need calls for such fine equipment, all men can call on their inherent aptitude for woodwork and make one of these themselves.





BANG! DESK LAMP

Lamps do not carry connotations of manliness, they are nothing more than a practical decoration. However, what would happen if you were to add the feeling of power that can only come from holding a gun? Well, the new BANG! Desk Lamp lets you find out, and it's honestly as thrilling as it sounds (according to reviews). It's as simple as it looks really. The gun itself acts as a wireless controller for the lamp, which you shoot to turn off. Just in case shooting your household items isn't enough to make you feel manly, the gun has an inbuilt noise similar to that of the ones used by one of the quintessential men of the silver screen, Clint Eastwood. At this point, it feels fitting to try and make a joke about the lamp feeling lucky, however I'll let you recreate the scene yourself when you inevitably buy one of these, just as an excuse to don the poncho and cowboy hat at the back of your closet that you bought "for a fancy dress party".

As with most things, the best place to get these is online, and after a look around it seems that www.red5.co.uk is the best place. Unfortunately, it's not cheap to become an old Western hero. This lamp, bulb not included, costs £199.99

NITESITE SPOTTER EXTREME The thrill of the hunt. It's no coincidence that all real men of old survived solely on a diet made up of freshly caught animals. A certain sense of achievement is lost when meat is bought in plastic packets, and yet that seems to be the norm in our society. With the ban on fox hunting, man's right to hunt was all but abolished, however some companies have refused to be crushed by the metrosexual wave. NiteSite are one of these companies, and they have continued to make gear for the Y-chromosomed beasts that are not concerned at all with falling animal population rates. The Spotter Express allows the huntsman to conquer one of the obstacles that has haunted man for centuries...darkness. With a range of 500m, the Spotter Extreme allows even the most untrained eye to seek out their prey in the pitch black. With the power of NiteSite, you can be safe in the knowledge that each trip into the woods will be a roaring success (apologies), and you can even get a good catch for breakfast.

Given the complete lack of hunting ground and/or large game on the island, it's highly unlikely you'll find many of these available, so I would advise heading to www.nitesite.com, where you can get one for just £56.00

BEER THROWING FRIDGE

Science. It's a wonderful thing. It's given us penicillin, the car and pretty much everything else we take for granted today. However, at certain points in history, scientists have created something that really pushes up the bar by astronomical levels. They make something that changes lives and revolutionises the world, changing the very fabric of our existence. Step up Mister John W. Cornwell, graduate of the Duke University Pratt School of Engineering, class of 2006. Somehow, not a recipient of the Nobel Prize. He's a man that had a dream, a dream to make the life of every man easier, and slightly more inebriated, without having to lift a finger. The clue is really in the name with this one, and whatever images your mind is conjuring right now, it's better. With a wireless remote to control where the beer is thrown, this gadget that will inevitably end many relationships through excessive alcohol consumption is the perfect man's toy. Unfortunately, the Beer Throwing Fridge is not available commercially, so it's time to start working on your engineering degree.

Forget dogs, John W. Cornwell is man's new best friend.

You can brok get aThe rechargeable lithium-ion battery delivers up to seven
hours of playtime. And at home, you can listen even longer—
the charging cradle lets you listen while it charges. An empty
battery usually fully recharges in three hours.Jor large game on
of these available, so
here you can get oneBluetooth* connectivity

The speaker has a range of about 9 m, so you can enjoy the sound you want without wires. It pairs easily with your smartphone, iPad or other Bluetooth®device. And it remembers the most recent six devices you've used, so reconnecting is even simpler.

Better sound in the

palm of your hand

Enjoy your music on the go, everywhere you go.

The SoundLink[®] Mini Bluetooth[®] speaker delivers

full, natural sound from an ultra-compact speaker

that fits in the palm of your hand. It connects

wirelessly to your smartphone, tablet or other

Bluetooth® device, so you can listen to your music,

videos or games anytime, anywhere. Just grab it

and go.

Plays where you play

The SoundLink® Mini speaker is small and light enough to

tuck into your bag. It weighs in at just 0.67 kg. Its low profile

lets you place it almost anywhere and provides a low centre of

gravity that makes it nearly impossible to tip over.

WORDS Dan Turner

Assistant Manager at Fortuna

Big performance, small size

You might not expect sound this rich from a speaker this small, but the SoundLink® Mini speaker is something new. You don't have to sacrifice performance for portability. Proprietary technologies and an innovative driver configuration combine to deliver full-range sound—including deep lows—in an ultracompact package. It lets you take your music to places it's never been before.

Easy operation, elegant design

The SoundLink® Mini speaker is designed for sleek simplicity. Its single-piece aluminium casing is both attractive and durable. The speaker features power and volume buttons—you control all other functions from your Bluetooth® device.



Fortuna Euronics 68-72 Halkett Place , St Helier, JE2 4WG www.fortunajersey.com 780095

PHONE HOME

PETITE BUT POWERFUL

The Samsung Galaxy S5 Mini is a phone that snubs the trend for 'ever so slightly bigger' smartphones, choosing instead to embrace the practicalities that come with a smaller handset.

Whilst its competitors clamour to tell you that their screen is the largest yet, the S5 Mini prefers to remind you that there's huge value in a phone which fits comfortably in the hand whilst you type a message.

If that's not practical enough, then the fact that the S5 Mini is water, sand and dust resistant, making it ideal for use in Jersey whether you're on the beach or walking in the rain, should make you take notice of this petite but powerful phone. Talking about power...power is another element of the S5 Mini that makes it stand out from the crowd. The Ultra Power Saving feature minimises battery use when it's running low by turning the screen to black & white and closing down unnecessary features, making sure you maximise the time you stay connected.

Small, powerful and tough is just the start of the S5 Mini story! It comes with one-touch fingerprint security, an 8 megapixel camera and a heartbeat monitor that syncs with the S Health app and Samsung's Gear and Gear Fit activity trackers so you can easily check your fitness data at any time of day.



The Samsung Galaxy S5 Mini runs on Android Kitkat 4.4 and is available for free in the Sure store when you subscribe to the Smart400 plan (£36 per month).

A SLIM, SMART **STUNNER**

Smartphones appear to be growing in size as well as in popularity! But a large phone isn't the ideal fit for everyone – Included in Sony's latest announcement of their new Xperia range is the all new Sony Xperia E3.

This slim and resilient phone sports a range of smartphone essentials, including a 5MP camera and a quick and responsive Quad-core processor as well as a stunning 4.5" display and an exceptional battery life of up to 49 hours!

The Xperia E3 weighs in at 145g and just 8.5mm thick, this handset truly is slim, resilient and ready for anything.

So if you're looking for a truly compact and great value smartphone, look no further than the Sony Xperia E3 for only £99 or on JT Pay Monthly from £11.99 per month.

Visit the JT Store today to take a look at our great value range of the latest Sony Xperia handsets, and find the Xperia fit for you!



HOW TO...STORE IMPORTANT STUFF SAFETY

Whatever you're storing – contacts, calendar information, documents, or pictures – make sure that they're as secure as possible.

You have to consider security with treasured family photos and important documents. The cloud is great for storage, but there are two things you should do to reduce the risk of losing your data:

Back up your private data on your home PC, rather than the cloud. Having your most important documents on a hard drive will mean that they are secure.

If you choose cloud services, change your password so that it's more advanced than 1234. A recent poll showed that 40% of mobile users still use 1234.



FROM A1 TO Z3 IN ONE QUICK MOVE Jersey's own superstar DJ and Airtel-Vodafone Brand Ambassador - Hannah Jacques looks at Sony's new Xperia Z3



The boys at Sony have been busy. I mean really busy. They've come up not only with the latest handset, but a whole range of new and wonderful other gadgets alongside. They arrived in Jersey at the start of the month, so getting to try them all out would even take too long.

The main item is the Xperia Z3, which has a big 5.2-inch display, a rounded aluminium frame, and tempered glass panels. All very nice looking. It's also slim, light, dust-proof, water-resistant (two things which are becoming the norm), and has a 20.7-megapixel camera with a 25mm wide-angle lens. It's also damn fast (a 2.5GHz quad-core Snapdragon 801 processor kind of fast).

For most companies that would be enough. But not Sony. Alongside their flagship, Sony have unveiled an updated SmartWatch; a Z3 Compact; an E3 smartphone; and a very very thin Xperia Z3 Tablet Compact.

The Sony SmartWatch is now in its third generation and competes well with the likes of LG and Moto, and it looks a bit like Samsung's Gear 2 Neo.

The 'Compact' version of the Z3 has a screen that's 4.7-inch, while the lower-cost Xperia E3 smartphone has a 1.2Ghz quadcore processor and 4.8-inch display. Finally, the Xperia Z3 Tablet Compact is an extremely thin 8-inch tablet.

Yes, of course they all work together and look great. From a gaming point of view, what I like about them all (the Z3, Compact and Tablet Compact) is that they can all stream and play PlayStation 4 games away from the console, using PS4 Remote Play. I've just got to decide which to use.



Jersey Electricity Powerhouse Gadget of the month



Hewlett Packard ENVY Recline23 Beats SE

Features:

Windows 8 Intel® Core™ i5-4570T processor (2.9 GHz) 8Gb RAM 1Tb hard drive 23 inch HD touch screen (1920x1080) Screen tilts 5 degrees forward to 145 degrees backward 802.11 b/g/n WiFi; Bluetooth 4.0 Video: NVIDIA GeForce GT 730A (1Gb dedicated) Beats Audio™ with 4 speakers Webcam Wireless keyboard and mouse 2x USB 2.0; 2x USB 3.0; HDMI; 3-in-1 card reader HP Envy Recline 23-m210ea touch screen AIO desktop PC

Hewlett Packard ENVY Recline 23-M210EL F6L45EA AIO, Hybrid Hard Drive Intel ® 2900 MHz 1008 GB H87 GeForce GT 730A Web Cam

£899.99

Code: 23-M210EA



Jersey Electricity Powerhouse : 505460 Don Street : 510010 www.powerhouse.je

A bonne soirée

The summer has come to an end. It's true. Despite some metrological optimism to the contrary, even Indian summers give up by October. After a few great nights over the summer and smashed it at JerseyLive and now it's time to batten down the hatches for Winter. Fear not, Firethorn have taken up their mantle of creating a hightlight night as the evenings got dark. Next month the now familiar transformation of a hotel to club with occur to honour Dimitri from Paris, the DJ, Producer and downright chic semi nocturnal Frenchman. As the French Ambassador of stylish club sounds, Dimitri from Paris is everything his nation could be proud of: a DJ, producer, and remixer of the highest standard, and a stylish snake-hipped pin-up with French reserve. In a nutshell, there are two distinct sides to Dimitri: undeniable elegance and, a devoted dance music fanatic. In February 2005 the French government awarded him the very official rank of Knight of the Arts and Letters. Along with Air and Cassius he was the first artist from the Electronica field to be given such a distinction.

His musical influences are deeply rooted in 70's Funk and Disco sounds that spawned today's House music but also original soundtracks from 50's and 60's cult movies. With such a large mix, Dimitri remains one of club lands most empathic and most unpredictable DJs. Playing across genres and tempos his first goal is to share his love for music while moving your mind, body and soul. Dimitri's DJing career started in the late 80's on the Parisian pirate radio scene. Moving to an official and nationwide radio he became the very first DJ to pioneer House music all over France. His mix show was the first of its kind and ran over 10 years until 1998 making him a cult figure with dance music connoisseurs.

Thanks to his radio exposure where he could showcase his personal edits he turned the heads of record labels. Dimitri remixed hundreds of artists as diverse as Björk, the Cardigans, James Brown, New Order and Quincy Jones. It wasn't until 1997 however, that he became world famous with the release of his first album "Sacrebleu" on Bob Sinclar's Yellow Productions label. A blend of diverse influences including original film soundtracks, jazzy samba and organic house. "Sacrebleu" sold several hundred thousand copies and was named one of the Ten Top Albums Of The Year by UKs influential Mixmag.

In the late 90's Dimitri followed the album's success with several compilations including the cult "Deluxe House of Funk" and the infamous "A Night At The Playboy Mansion" (Virgin) lately charted again in Mixmag's top 100 of best compilations ever.

A second artist album, "Cruising Attitude" was released in 2004 to be closely followed by his first outing on UK's premier dance music label Defected: "Dimitri from Paris In the House".

With such a large mix, Dimitri remains of one of club lands most empathic and most unpredictable DJs. Playing across genres and tempos his first goal is to share his love for music while moving your mind, body and soul

2005 saw Dimitri go back to his Funk and Disco roots, with fellow super collector Joey Negro for "Kings of Disco" (BBE).

In 2006 he offered his "In the House of Love" outing to Valentine Day's lovers. Later on he produced Los Amigos Invisibles "Super Pop Venezuela" album which grabbed a nomination for a Grammy Award!

2007 saw the release of the "Cocktail Disco" project with long time partner BBE, a handful of Disco classics remixes and other surprises down the line.

2008 marked the frenchman's "Return to the Playboy Mansion" (Defected) with a lush double CD of sex tinged grooves.

In 2009, Dimitri returned to his early DJ days with "NightDubbin" (BBE) a fresh collection of 80's dubbed out dance classics with help from old mates The Idjut Boys.

Over the course of his 30 year career our man from Paris has sold more than a million copies of his eclectic outings. Without any marketing budgets, and mostly on indie labels. Never ask Dimitri From Paris what his going to play prior to a set; he doesn't know, he 'always lets the crowd inspire the moment'...

DIMITRI FROM PARIS

Saturday 8th November 2014

Supported by Craig Alder (!CON!C) and Ben Newman (Rocksteady)

Pre-party / 6PM – 9PM / LITTLE DRIFT Griff (Full Flow) Tony Safe

RESIDENTS AFTER-PARTY FOR OVERNIGHT GUESTS ONLY 2am-6am

Steve Ferbrache (Kidnapped) Pete De Momme (Clique) Ashley Ford (Clique)

TICKETS £25

AVAILABLE FROM THE ROYAL YACHT / WHITE LABEL RECORDS / ROULETTE CLOTHING (MENS)

DOORS - 9PM - 2AM / 21YRS + / R.O.A.R

FOR TABLE ENQUIRIES & VIP, PLEASE CONTACT: events@firethornproductions.com

FOR OVERNIGHT PACKAGES, PLEASE CONTACT 01534 720511 THE "ICONIC" OVERNIGHT PACKAGE

Check into The Royal Yacht on the day of the event, enjoy the facilities of the amazing Spa Sirene and prepare yourself for the ultimate night out, courtesy of Firethorn Productions.

At the end of the evening, join us for the exclusive "Residents After Party" or make your way upstairs to your stunning bedroom for the perfect night's sleep. Next morning, enjoy our delicious Sunday breakfast followed by a swim in our beautiful pool.

The overnight package starts from £165 per room for two people staying overnight and includes use of the Spa facilities, tickets for two people to the event, VIP welcome drinks kindly sponsored by Rekorderlig, Beautifully Swedish Cider, late night resident bar access, your overnight experience and full English breakfast. Much more fun than rushing to get ready and queuing for a taxi home at 2am! Overnight packages entitle each guest to one standard ticket each, with upgrades available on request.

For further details please call 720511 to book and quote "ICONIC" to be eligible for this exclusive offer of £165 per room per night on a bed and breakfast basis. OVERNIGHT GUESTS HAVE EXCLUSIVE ACCESS TO THE RESIDENTS AFTER-PARTY - 2AM-6AM

OCTOBER MUSIC & NIGHTLIFE: WHAT'S ON...



FRIDAY 17TH OCTOBER @ HAVANA - VANGUARD PRESENTS KEENO

Vanguard Audio welcome one of the most exciting artists in drum and bass music right now. Keeno at only 20 years of age, has just followed in the footsteps of artists like High Contrast, Krooked and Logistics & Camo, releasing his debut album on Hospital Records. A star in the making! Be sure not to miss his debut show in Jersey this October at Vanguard Audio's new home 'Havana Nightclub'.

(Tickets £7 available from White label)



SATURDAY 18TH OCTOBER @ THE WATERSPLASH -ROTTS AND REGGAE

DJs Nelson and Shakti are reviving the reggae and roots vibe at The Watersplash – keeping the summer sounds spinning in to October. Renowned for their sun drenched sets this summer, Nelson will be pulling out all the stops; this is no doubt one way to keep autumn at bay. (Tickets £10 on the door) 25th October @ RADISSON BLU, The Waterfront



SATURDAY 18TH OCTOBER @ ROJO - SMILE Warren Le Sueur & Simon Gasston 10pm-2am, Entry Free



HOUSETRAP'S HALLOWEEN SPECIAL

With the clocks going back, there's an extra hour of partying! Housetrap are pleased to be bringing back, My Digital Enemy - It's been a busy year for these guys as they continue to produce hit after hit. A number of them have been featured on BBC Radio 1 as world exclusive releases by the likes of Pete Tong, Danny Howard and special guest mixes from Mark Knight and Chuckie. Regulars on the world circuit, there's not many clubs or gigs that haven't witnessed the My Digital Enemy experience and now your Halloween Special will see them bring the soundtrack. In support, Housetrap's Dave Smith and Graham Ling. Not to be missed, this event is supporting two great local charities, Macmillan Cancer Support in Jersey and Jersey Hospice.

(Tickets £22 online or White Label)



SATURDAY 1ST NOVEMBER @ THE GRAND - DECADANCE BURLESQUE PRESENTS...

A night of unadulterated mischief and merriment. This is the fifth birthday of Jersey's first burlesque show and is set to be a night of tassels, teasing and tonnes of fun. The event will start at 8pm for pre drinks in the champagne lounge at The Grand, then on to the Folly Mixtures, with their red lips and wiggling derrieres and add a splash of Ivy Paige as compere and ta dar, a night for all Agents Provocateurs! One of Jersey's finest, DJ Spim will be taking care of the tunes for the after party. (Tickets £35 from White Label)



INN ON THE PARK 2014 'NOT FORGOTTEN' WEEKEND: The BIG Reunion Weekend where old

friends from all over the world come together and swap memories from times gone by...

Part 1 of the IOTP Treble

FRIDAY 10TH OCT @ ROJO, JERSEY Warren Le Sueur, Simon Gasston, Robbie Edwards 9pm-2am Entry Free

Part 2 of the IOTP Treble

SATURDAY 11TH OCT @ GRAND JERSEY

Bassheads (DJ Set) K-Klass (DJ Set) FPI Project (LIVE) Altern-8 (Dj Set) Warren Le Sueur, Simon Gasston, Robbie Edwards 7pm-2am Entry: SOLD OUT In support Of Brighter Futures

Part 3 of the IOTP Treble

SUNDAY 12TH OCT @ THE LITTLE DRIFT, ROYAL YACHT, JERSEY Warren Le Sueur, Simon Gasston, Robbie Edwards *9pm-2am, Entry Free*



SATURDAY 25TH OCTOBER @ THE WATERSPLASH -TOGETHERPARTIES "CLOCKS GO BACK SPECIAL"

SIGMA + MC Justyce plus Local support 10pm-2am + Extra Hour for Clocks going back, advance Tickets £14.50, available from Tib St, Splash, White Label & online: Eventbrite.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



















paparazzi Ballery



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

gallery



















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













163

paparazzi Ballery



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

164 gallery



















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













FULL COLOUR ANNUAL ADVERTISING FROM £46 PER MONTH CALL GALLERY ON 811100



Manna

Manna is a relaxed laid back store that stocks the hard to find fresh designer labels that have been selected for their individuality and fashion forward design including: By Malene Birger, American American Retro, Ba &Sh, American Vintage, 360, Ganni, Velvet and new for 2012: By Zoe, Stop Staring! And Bastyan.

Manna Tel: 619985 7 West's Centre

MANNA



Pebble

A hidden gem packed full with unique furniture, clothes, homeware, gifts and interior accessories as well as our famous chalk paint. Relaxed, welcoming store where you can browse at your leisure or do some serious shopping.

Tel: 736449 www.ilovepebble.com . 12-14 Market Street, St Helier





Rivoli Jewellers

Situated in the heart of King Street, Rivoli Jewellers stocks a wide selection of wedding rings. Whether you are looking for a plain or diamond set ring, in platinum or gold, Rivoli will have the perfect ring for you. A shape to fit service is also available to ensure that your engagement ring fits perfectly against your wedding ring.

Rivoli Jewellers 41/43 King Street, St Helier Tel: 01534 601930 www.rivolijewellers.co.uk





Creme

Welcome to Creme the exclusive ladies' boutique in the heart of St John's village. Creme is the out of town established boutique with plenty of parking. Creme have exclusivity on many brands such as Elisa Cavaletti, Joseph Ribtoff, as well as stocking well known designers such as Gerry Webber, Basler and many more. Our hours of opening are as follows:

Creme 01534 862603 Mon - Saturday 9.30am-5.00pm Wednesday 10.00am-5.00pm Wednesday



Pennyfeathers

Penny and her team welcomes you to Pennyfeathers. Established in 2007 we pride ourselves on highly professional, relaxing beauty treatments that put the treat back in treatment. We use the highly acclaimed Murad Skincare, Mii Make Up, Jessica and Lash Perfect Lashes. We look forward to seeing you.

Pennyfeathers, within Capelli,

La Grande Route de la Cote, St Clement Tel: 867172 / penny@penny-feathers.co.uk www.penny-feathers.co.uk pennyfeathersjersey y pennyfeathers07



Arbonne

Personal care with a Swiss heritage, Arbonne products are packed with the best botanically active ingredients. Pure, safe and beneficial. First developed in Switzerland in 1975, Arbonne's skin care products are now shared throughout the world through a network of independent consultants.

Check out your Channel Islands website for more information and online shop.

www.channelislands.myarbonne.co.uk





Avalon Hair & Beauty Avalon offers a complete portfolio of cutting edge hair and beauty services personalised for the individual. Experienced stylists and therapists deliver a friendly, high quality service making your visit a truly memorable experience. We also exclusively sell Sassoon hair products.

Avalon Hair & Beauty 15 Burrard Street St Helier Tel: 888178

gallery



.A¥ALON

T: 01534 723333 E: www.bellezzajersey.co.uk



A stunning new salon situated in the recently renovated St Brelade's Bay Hotel. We offer a wide range of treatments from essential beauty maintenance to more indulgent body treatments. Indulge yourself with our professional team in luxurious surroundings. Open 7 days a week (including 4 evenings).

BELLEZZA



RIO • HAIR • BEAUTY

Rio conveniently situated in the heart of St Helier, this dynamic salon has something for everyone, quality hairdressing and beauty services in modern contemporary surroundings. A great retail shop for all your hair/skin cleansing and conditioning needs, our knowledgeable staff have the answers.

RIO • HAIR • BEAUTY Tel 734458 55 Halkett Place, St Helier



fashion appetite beauty culture



f

business travel

hardware sport



Centrally situated within Blades Salon, a Beauty Studio specialising in eyelash extensions and offers a wide range of Beauty Treatments: bridal and occasion make-up, tanning, gel nails and waxing. A relaxing and convenient location for all your beauty needs.

Eye Candy Lash & Beauty Studio 3rd Floor Blades Hair and Beauty Salon, 12 Halkett Place, St Helier T: 01534 735919 / M: 07797 786 790 FB: Eye Candy Lash & Beauty Studio www.eyecandyjersey.com



Improving back pain during pregnancy

Struggling with backache, leg or neck pain? Experiencing pubic or pelvic pain? Diagnosed with Pelvic Girdle pain (PGP)? Penny, an experienced Chiropractor and Medical Acupuncturist recommended by many local mums aims to relieve your symptoms and discomfort and improve mobility by combining treatment with advice and gentle exercises. Treatment may include the gentle McTimoney Chiropractic technique, Acupuncture or Massage.

Penny Henderson DC MSc FRCC MMCA T: 617987 Active Chiropractic Clinic, 7 David Place www.activechiropracticjersey.com FB:Activechiropracticclinic



Jersey Thermal Imaging

Thermography is a non-invasive, safe technique for detecting and monitoring many injuries and conditions for both men and women

Invaluable adjunctive method for women to monitor their breast health.

www.jerseythermalimaging.com email: hedigreen@me.com



CranioSacral Therapy

Craniosacral therapy helps to deal with the long-term effects of trauma, whether through accident, surgery, inflammation, birth trauma or emotional trauma and can therefore be life changing because it supports and empowers self-healing. Suitable for young babies up to very elderly people.

Lido Wellness Centre Suite 2.8, Lido Medical Centre, St Saviours Road Tel: 789367 Mob: 07797 742347 www.julieskelley.co.uk



Central Walk-in Location (Wharf Street) ong term established professional company

- NEW 6 month warranty
- Same day or while you wait service
- Huge range of accessories available
- We take great pride in our high level of customer service and repair experience
- FREE pick up and drop off service
- FREE screen protector with Apple
- screen replacements

Phone Doctor

Phone 01534 811 999 Email AandE@phonedoctor.je facebook.com/thephonedoctorje www.PhoneDoctor.je



iQ, your local Apple experts now with iPhone!

The only Apple Authorised Service Provider for iPhone and everything Apple.

Pop in today for iPhone, iPad and all Apple computers. Training, home callouts and full tech support available.

10-14 Beresford Street St Helier, JE2 4WN Tel: 01534 769320 shop@iQJersey.com





Open New Horizons Why not take full advantage of the outdoor space you have. Don't be shut in! Don't be closed off! Folding sliding doors can be used in a whole range of applications, from Terraces to Orangeries. Modern Living at its best.

Affordable Windows Tel: 01534 747858 info@affordablejersey.co.uk www.affordablejersey.co.uk AFFORDABLE JERSEY



McArthur Landscapes A creative and vibrant garden design and construction company. Designs for 21-century living respond to place, complement the local environment, place people at the centre of design, reflecting who they are and what they want from their home or garden.

McArthur Landscapes 07700708080 (Kate) 07700705266 (Paul) www.mcarthurlandscapes.co.uk



Looking for something a bit different ...? The Gooseberry Bush - your one-stop Clothing & Lifestyle store! Clothing collections from Lauren Vidal, Gabrielle Parker with Jewellery, shoes and accessories to compliment. Gifts and Interiors from all over the world. Gorgeous babywear, comforters and keepsakes, including the popular East of India gifts.

The Gooseberry Bush @Rondel's La Rue du Haut de l'Orme, Trinity. Bus Route 25 Tel: 726224

f

FULL COLOUR ANNUAL ADVERTISING FROM £46 PER MONTH CALL GALLERY ON 811100



Complete groundwork solutions JB offer all aspects of ground works including; drainage, excavation, landscaping, slab formation, concrete foundations, brick paving & concrete works. We offer reliable, efficient and affordable machinery hire using the most up to date equipment. For free estimates and competitive rates, call James to discuss your requirements.

JB Groundworks Ltd 01534 482108 07797 818032 james@jbgroundworks.com





Deveau Commercials

Deveau Commercials Ltd are the sole Channel Island agent for Toyota Materials Handling equipment. All types of forklift trucks, pallet trucks and attachments for sale or hire. Spare parts stocked for Toyota Forklifts, and an all makes forklift spare parts service is available.

Deveau Commercials Limited, La Rue de Bechet, Trinity 865940 | 07797 726639 deveauworkshop@gmail.com



Get your garden in order

At CAF we supply the full range of Efco Garden Machinery from Hand Tools to Compact Tractors. We service and repair all makes of garden machinery at our fully equipped Engineering workshop. Our rates are ompetitive, we can collect and deliver, ensuring a fast and efficient service.

C A F Engineering Ltd Lyndale, Augres Trinity Tel: 01534 863900 enquiries@cafengineering.com





REAL Professional Tools

L.C. Pallot & Sons Ltd. carries an extensive range of hand, power and air tools, air drills, sanders, blow guns, spray guns, impact wrenches and sockets, spanner, plier and screwdriver sets, cordless drills, angle and bench grinders and cut off saws! If L.C. Pallot & Sons Ltd. does not have your desired tool in stock, our staff will happily do what it takes to order it in as soon as possible.

Unit 6, Clos du Marais Rue de Bechet, Trinity 01534 863888 www.lcpallot.je



Harbour Gallery

The largest contemporary art and craft gallery in the Channel Islands: exhibiting and selling work of over 800 local exhibitors. Stockists of art and craft materials, textile materials in the shop "Sew and Sew" and knitting yarns and accessories in "Knit Wits". The Harbour Gallery is home to "Evolve" showcasing one off fashion designs from Jersey.

Harbour Gallery

Open 7 days a week 10.30am – 5.30pm Tel: 743044



Curran Photography

Curran Photography offers a very unique, personalised service. Specialising in Portraiture, Weddings & Commercial Photography this family run business is the ideal business to approach in order to capture those special moments.

Curran Photography

07700 368817 curranphotography@gmail.com www.curranphotos.blogspot.com





Paramount Events Whether you are looking for advice, recommendations, or a fully managed service, we can help bring your event to life. We also offer P.A. services for clients who lead busy lives and need assistance with making those personal occasions special.

www.paramounteventsjersey.com info@paramounteventsjersey.com





Jerseyonlineauctions.com Buy & sell online with Jersey's newest online marketplace! From new and used furniture and cars to children's toys, JerseyOnlineAuctions. com is not just another classified website.

Pay with PayPal | Bid or buy | Promotions & giveaways | Customer service 7 days a week | 100% Jersey focused | FREE LISTINGS FOR 2013

Jersey Online Auctions jerseyonlineauctions.com





Brazilian Soccer Schools

Brazilian Soccer Schools exist to give players aged 5-18 years the best start in football. w.partington@braziliansoccerschools.com www.facebook.com/jersey www.facebook.com/praziliansoccerschoolsjersey Mv (07927 299 111

Socatots

Socatots is a soccer specific play programme for children from 6 months to school age. w.partington@socatots.com www.facebook.com/jersey www.facebook.com/socatotsjersey M:07797 799 111

gallery

Hey beautiful! BAREMINERALS FEELUNIQUE @ AU CAPRICE 732380 SWAROVSKI SWAROVSKI 722904 TOM FORD DEGRUCHY 818818 SISLEY VOISINS 837100 CREME DE LA MER DEGRUCHY 818818 BENEFIT VOISINS 837100 DEGRUCHY 818818 GUERLAIN VOISINS 837100 FEELUNIQUE @ AU CAPRICE 732380 AVEDA ELMINA 610082

AROMATHERAPY ASSOCI	ATES
SPA SIRENE	615425
DERMALOGICA	
RIO HAIR AND BEAUTY	734458
BELLEZZA	639393
PERVONIA	
THE BEAUTY HOUSE	789000

Don't forget to tell them you saw them in Gallery! They may give you something extra...

Food for thought



Appetite began when we couldn't find a local restaurant guide that would tell us when all our favourite places were open, and what was on the menu. So we decided to write one ourselves.

The fifth edition of Appetite is out now and has all the key features you love about your food annual – easy to navigate sections, sample menus and clear contact details as well as a few extra tasty tidbits like interviews, features and special offers and giveaways for Appetite readers.

Fancy winning a meal for two at a restaurant of your choice?

Just join our facebook page. www.facebook.com/appetitejersey





WILSONS

766667 www.flatfee.je









The most POWERful pay monthly plan in the Channel Islands

Our pay monthly **Turbo Power Plan** gives you the boost you need to be able to talk, text and surf the web to infinity and beyond, along with loads of great freebees.

Pop in store today for more information

power to you



What's included

- 10,000 minutes*
- 10,000 worldwide texts
- 10GB on island data

