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115
the PAIRS issue



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gallery

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

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#115

[PAIRS]



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edito

A few years ago I found myself at Snowbombing with a rag tag group of 20 odd Jersey folks. For those that haven't been or heard of it, it's a music festival held in the snowy goodness of Mayrhofen, Austria at the end of each Winter season.

I only went with my girlfriend but it's amazing how people from Jersey a; travel so much and b; congregate around the world. Before I knew it we were united with at least four groups of people from the four corners of our grand isle. Some on rollerskates, some in morphsuits, some who got the worst sunburn I've ever seen. It was fantastic. So fantastic in fact that we returned for the following two years.

The reason for my reminiscing is twofold. Firstly it's snow time. For those of a wintersports persuasion there is now snow in Europe and three months of potential enjoyment ahead. The other reason relates to Magnetic Man, who headlined Snowbombing a few years back and performed to a crowded racket club with a set that culminated with Skream, Benga and Artwork thrashing out a pretty epic performance of 'I Need Air'. For some inexplicable reason for us Jersey people that attended that year it became 'I Need Pears' for the rest of the trip. It even came home. It even has a Facebook group. If you know the tune and hum it, you can see how it would stick.

Planning an edition of Gallery this month on the theme of 'Pairs' has therefore meant that tune has been cycling through my head daily. Sadly an edition that was themed around pears wasn't going to fly. Maybe in the future. Instead we undertook a look at pairings rather than fruit. You'll therefore be able to enjoy features ranging from Valentine getaways for you and your chosen significant pairing, fictitious celebrity coupling Grant Runyon style and some real Jersey couples who are greater than the sum of their parts; working together to build their own businesses.

As we go to print the sun is shining and it looks like winter is showing us its good side. Long may it continue. Whether you're off to snowy climes or will be enjoying frosty walks on the beach, enjoy the crisp air goodness and we'll be back for March. I'm off to buy pears.

BD



Just a selection of Jersey's snowbombing contingent.

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

CONTRIBUTE@GALLERY.JE

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

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FEATURES@GALLERY.JE

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

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LOCAL EVENTS

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WWW.GALLERY.JE

WWW.FACEBOOK.COM/GALLERYMAGAZINE

@GALLERYMAG

04.02.15

CANCER SUPPORT GROUP FAIR GENERAL HOSPITAL

£FOC//10.00AM - 3.00PM

The support fair is being held in the main hospital foyer (Parade entrance) to mark World Cancer Day www.worldcancerday.org. The Jersey Association of Cancer Nurses have organised the fair to raise awareness and provide information to everyone, about the various support groups, charities and organisations that are available locally to help cancer sufferers, their families and carers.

04.02.15

OPHELIA JUNK'S TRASHY PUB QUIZ! GREEN ROOSTER

£2// 7.30PM - 11.00PM

A night of cocktails, trivia, music, fun and lip syncing. Teams of 4-5 people will have the opportunity to win some incredibly trashy prizes and if you buy a raffle ticket, some very classy prizes too! All proceeds will go to Liberate to help them continue to educate and inform on a wide range of LGBTQ (Lesbian, Gay, Bisexual, Transgender and Questioning) issues.

05.02.15

HARRY POTTER BOOK NIGHT - WORLDWIDE JERSEY LIBRARY

£FOC// 4.00PM - 5.00PM

Young wizards, witches and muggles will be treated to an evening of games, activities, readings and quizzes at the first ever evening of its kind. It all begins when the Sorting Hat decides who will be in which House, competing for house points throughout the evening's challenges. These will include a Harry Potter fancy dress competition, readings from Harry Potter and the Philosopher's Stone and a fiendish Harry Potter Trivia Challenge! Free tickets for the event are available in advance from the Young Readers Department.

07-08.02.15

JURASSIC ADVENTURES JERSEY OPERA HOUSE

£13.05//VARIOUS TIMES

Jurassic Adventures is a brand new production set on a magical island where a team of explorers are searching for proof that dinosaurs still exist. Get transported to a prehistoric place full of fun and screams. Be amazed by the birth of a baby dinosaur but beware of the T. REX mother who wants her egg back. Brought to the UK by the team behind Disney on Ice, this adventure will leave you in 'pre-hysteries'. A 'dino-mite' family show, suitable for 3+ (and anyone who likes dinosaurs!).



7&14.02.15

KNICKER MAKING WORKSHOP DECADENCE EVENTS

£35PP//CALL 07700 329626

Fancy having a go at making your own knickers from scratch for a special valentine surprise! Learning the tips and tricks to create your very own knickers, chose from a vast selection of printed fabrics and accessories with bows, buttons and lace. Materials and equipment provided, includes light afternoon tea & refreshments served. Only 10 people per workshop. Some sewing experience using a machine necessary. for more information.

13&14.02.15

HEALTHCARE DIY WORKSHOP LIDO WELLNESS CENTRE

CHARITABLE EVENT// VARIOUS TIMES

Would you like access to over 18 practical health tips from a variety of well-respected practitioners, doctors and authors. Then head to this event, in aid of Holidays for Heroes, for practical workshops, seminars and demonstrations of new techniques to shift those extra pounds all of which have been designed for you to take valuable tips from to enable you in achieving your goals immediately. www.lidowellnesscentre.co.uk



14.02.15

JERSEY RFC VS. BEDFORD BLUES JERSEY RUGBY FOOTBALL CLUB

£15 ADULTS, £5 STUDENTS

Looking for something to do this Valentines day, then get yourself down to the rugby club and support your local team as they battle the Bedford Blues. The nearby clubhouse ensures there's plenty of food and drink on supply throughout the evening. It could be a celebratory drink or even drowning your sorrows (if you're a Bedford fan) either way it's set to be a good afternoon for all involved.

14.02.15

GROUP AUTOMOTIVE STARGAZING

NOIRMONT CARPARK

£PRICELESS/10PM - TILL LATE
Looking for an alternative way to spend your valentines night then we have just the thing for you, group stargazing! All you need to do is pack something to nibble on, bring your binoculars and remember to wrap up warm. What better way to enjoy the company of the one you love, in the comfort of your own car waiting to view whatever pops up. Be sure to report to the marshall upon arrival to acquire your viewing guide. Fingers crossed it'll be a clear and dry evening.



22.02.15

DUATHLON - RUN, BIKE, RUN

ST CATHERINES BREAKWATER

£TO BE ADVISED//07.30AM - 11AM
If like us you assumed a duathlon meant you only had to complete two disciplines you're right, but what may not be immediately apparent is you have to do one of them twice: run 5k, bike 22k and then run a final 3k. We're working on the assumption that the swim part of the traditional triathlon event has been ditched due to the time of year and the associated sea temperature?! Head to www.jerseytriclub.com for more information and good luck to all that enter.

23.02.15

SHOWING OF: OMAR

JERSEY ARTS CENTRE

TICKETS £5//8.00PM - 12.00AM
A gripping drama depicting life in the Palestinian West Bank and the impact of the Israeli separation wall. Omar regularly risks death by climbing the wall to contact childhood friends and his sweetheart. After the friends kill an Israeli guard, Omar is tricked into becoming an informant with harsh consequences for all concerned.

26.02.15

CHARITY FASHION SHOW

ST MARY'S AND ST PETERS CHURCH

£4 ADULTS, £2 STUDENTS//6.30PM - 9.00PM
Beaulieu Convent school creative arts department are proud to celebrate the work of their students with a fashion show, highlighting work from year 9 through to year 13. Light refreshments will be available. This event is in aid of both Multiple Sclerosis society of Jersey and Little Miracles. Tickets are on sale from Beaulieu Convent School Reception.



27.02.15

BOUCHARD FINLAYSON WINE DINNER

RADISSON BLU

£69.50PP/7.30PM
Held in conjunction with Dunell's Premier Wines the evening will be hosted by Lia Poveda, the Global Wine Ambassador from Bouchard Finlayson, a boutique vineyard in South Africa. Lia is French, absolute dynamite and loved by all her customers, she was a top sommelier for many years in London and really knows her wines. Enjoy a delicious five course meal and five stunning wines all expertly explained to you by Lia. Call 01534 671 180 to book your place.



28.02.15

DODLINGS: FRUIT BATS

DURRELL WILDLIFE EDUCATION CENTRE

£7 PER SESSION//10.30AM - 12.30PM
Every Saturday, 3-6 year olds and their parents can come along to Durrell's Education Centre to learn about a different animal living at Durrell Wildlife Park. Each session is jam-packed with a whole host of different activities from art and craft activities, games and stories to making food parcels for the animals and touching all sorts of creepy crawlies! You can also visit the animals and find out the answers to all your questions.

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WWW.TRAKDOTLUGGAGE.CO.UK

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▽ Never Run Out of Juice

For those with a fear of running out of storage space or battery life, the Mophie Space Pack boasts a 2 in 1 solution. Designed to seamlessly merge with the iPhone, this hard shell snap on cover comes complete with a handy app. A must have companion for any lengthy voyage.

WWW.MOPHIE.COM

£129.99

○ So you fancy yourself as James Bond...

Self-confessed workaholics listen up! This high-tech watch from Martian boasts a series of voice command-activated controls enabling you to access texts, emails or calls - all whilst on the move. Asides from looking like you've stepped straight off the Bond set, it's the perfect companion for the business minded on vacation!

WWW.MARTIANWATCHES.COM

FROM £349

◇ Sony DEV-50 Digital Recording Binoculars

The Sony DEV-50 ticks all the right boxes when it comes to high-end binoculars - they're water and dust resistance, they boast a 25x optical zoom and come with low-light boost as standard. Their ability to shoot high-resolution photo and video is an added bonus.

STORE.SONY.COM

FROM £1395

○ All about that bass

Scandyna's delightfully shaped Minipods have been gracing us with their Sputnik-style since the 90s. From the swanky midrange to bass driver to the adorable yellow Kevlar cone, every characteristic has a 'precise acoustical rationalisation' that even the most discerning audiophile would lend their ears to. They're also small enough to travel with!

SCANDYNA SPEAKERS

£550

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EXPENSIVE SNEAKERS

From autographed kicks to diamond encrusted soles, we're going to walk you through the top five most expensive sneakers in the world...

One of a Kind

A pair of Air Jordan 1's, signed by the main man himself, raised a massive £40,000 when put up to auction on eBay! WWW.NIKE.COM



Laced Up

Ever fancied owning a pair of custom-made Nike Air Force 1 sneakers embellished with real gold and adorned with 11 carats in diamonds? Big Boi did! The rapper, songwriter and record producer paid an astounding £30,000 for a single pair of sneakers, fashioned by a boutique in Atlanta called Laced Up. [LACED UP, ATLANTA](http://LACEDUP.ATLANTA)



Celebrity Status

Elite celebs such as Rihanna, Madonna and Nicole Richie all own a pair of these Rick Owens 'GeoBasket' sneakers. Created using brown iguana skin - you're certain to turn heads in these limited edition fashion must-haves. WWW.RICKOWENS.EU
FROM £700



Going for Gold

If you're looking for something flashy, gold-dipped Nikes are guaranteed to suffice. Priced at just £3,500 they're a bargain - well at least they are when you compare them to some of our other contenders! WWW.NIKE.COM



A 'unique' edition

Christian Louboutin, a brand synonymous with uber high heels... not any more! These irresistibly stylish shoes hold a price tag of £1500 - the reason behind this? The red snakeskin upper is not the usual faux type; instead, they've been created using real 'python' dip dyed in the designer's signature red hue. WWW.CHRISTIANLOUBOUTIN.COM



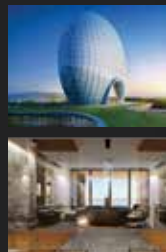
HOTELS

When in doubt, vacation... From impossible architecture to art installations you can sleep in, listed below are some of the most luxury hotels on the planet...

Heart of glass

A surreal fixture looming on the horizon, the soon to be opened Yanqi Lake Kempinski hotel in Beijing is anything but your average sleep. Developed over a 60-day period - with a team of 60 designers from around the world - the 318ft-high structure features 10,000 glass panels, 21 floors, 14 top-notch restaurants and a myriad of indulgent spa facilities. The star attraction - the lobby, a memorising display of curved glass spectrums suspended from stainless steel cables.

YANQI LAKE KEMPINSKI HOTEL IN BEIJING
FROM £150 PER NIGHT WWW.KEMPINSKI.COM



ROOM without a view

Gormley's latest sculpture - a crouching steel man - towers high above the southwest corner of London's garden square. A vision of blocks and angles; it's been described by many critics as a 'metallic Lego man'. The revelation inside: a luxury £2,500 per night hotel room and the ultimate city retreat. ROOM

FROM £2,500 PER NIGHT WWW.THEBEAMONT.COM



Where treetops touch the sky...

Inspired by companionship, designed with genius and made by magic, the Treehotel - a boutique stay in Sweden - allows the young at heart to sleep in an avant-garde designer treehouse, ride husky-drawn sleighs and feast by campfires in the moonlight. Almost completely camouflaged within the forest, the Mirror Cube is just one of the rooms guests can stay in; another resembles a UFO, whilst one looks a lot like a colossal bird nest, concealed by a mesh of twigs and branches. THE TREEHOUSE, SWEDEN

FROM £400 PER NIGHT WWW.TREEHOTEL.SE



Making the impossible possible

With a facade described as 'unbuildable', the Davos Hotel is a stunning, hive-like structure nestled in the Alps. Munich-based architects OIKOS used an astounding 62,000 individual pieces to fashion the unique curved exterior. Said to redefine the Alpine experience, the 216 well-appointed and spacious rooms offer panoramic vistas of the mountains and valleys below. Prepare to discover a new lifestyle 1,600 metres above the sea.

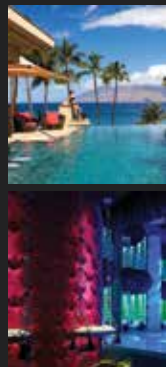
DAVOS HOTEL, THE SWISS ALPS
FROM £119 PER NIGHT WWW.IHG.COM



A life of champagne and caviar

Fabricated by Telman Ismailov, the Russian Billionaire to the tune of \$1.65 billion, the Mardan Palace Hotel is hyped as one of the most elite luxury hotels of its kind. Home to the largest swimming pool in the Mediterranean and a series of scandalously sumptuous suites brandishing jaw-dropping interiors of gold leaf, crystal, and Italian marble, you're guaranteed to sleep like a king or queen. And as if this wasn't enough, the establishment also features ten dining preferences, 17 bars, an extravagant spa and a sunken aquarium overflowing with exotic fish. 24/7 personalised butler service comes as standard.

MARDAN PALACE HOTEL, ANTALYA
FROM £280 PER NIGHT (ALL INCLUSIVE) WWW.MARDANPALACE.COM





NEW NEW YEAR'S RESOLUTIONS RESOLVED

WORDS Grant Runyon
ILLUSTRATION Sarah Gabison

HANDS UP IF YOU MADE ANY NEW YEAR'S RESOLUTIONS.
KEEP THEM UP IF YOU HAVEN'T BROKEN THEM YET, BECAUSE YOU'RE
CLEARLY A STRONGER MAN THAN ME AND ALL I PROMISED WAS
THAT I WASN'T GOING TO PASS OUT ON THE TOILET AGAIN WITH A
CHOCOLATE ORANGE MELTING IN THE POCKET OF MY DRESSING GOWN.

.....

It's said that "the road to hell is paved with good intentions" - never is this more depressingly true than midway through the month of February. It's easy to commit to the idea of a punishing diet when you're collapsed on the couch on December 27th, worrying about whether death by gout will take you down before dad has to use his new power washer to break up a solid mass of mince pie blocking your colon. It's nothing to swear off the drink on January 2nd, when it feels like somebody has been dragging your liver behind a truck, but the idea becomes less attractive the longer you've been back at work. Your liver still looks like an Eastenders villain, but you need the prospect of sweet boozy oblivion to prevent you from throttling your boss with a length of network cable. Don't even get me started on the gym, which seems like a good idea until you realise that the

.....

combination of dreadful music and shirtless meatheads everywhere means that you've just paid £400 for a season ticket to the worst nightclub in Spain.

If you don't want to spend the rest of 2015 feeling like an abject failure, I recommend that you give yourself a do-over and reset your resolutions to something a touch more manageable. Think of it as an investment in your self-confidence. If you can get through 2015 without drinking snakebite every lunchtime or having a bacon heart attack you might stand a better chance of making 2016 your year as a teetotal vegan with more muscles than the rugby club shower.

You promised on January 1st: never to smoke cigarettes again.

Progress in the last month: four smokeless days climbing the walls, barking at family members like a Rottweiler with toothache and enduring vivid hallucinations of 20 Benson crawling across the ceiling like the baby from Trainspotting. Broke down one afternoon, found yourself eating handfuls of nicotine gum and hunting a dirty contact buzz by sucking in the fetid smog that hovers around pub ashtrays.

A more realistic target: aim to switch to an e-cigarette. Either get the supermarket kind, which smashes your addiction to nicotine by costing as much as a packet of fags but breaking after a few hours, or the fancy pro-vaper model from the internet. It destroys the social pleasure of smoking by forcing people to avoid you in case they get another 40 minute lecture about why you went for a pineapple-sprout 12mg blend over one that tastes like bubblegum and causes brain damage in lab rats.

.....

You promised on January 1st: to start that arts & crafts project you dreamed up as a way to prove that years of telly and lager haven't killed off the creative spirit of your younger self.

Progress in the last month: bought a book on knitting/sewing/flower arranging from Amazon, registered accounts on Etsy and Pinterest and started telling people about all the cool stuff you're going to make (them buy). Also purchased some bafflingly expensive craft materials and spent an hour unwrapping a single ball of wool.

A more realistic target: start with drawing moustaches on people in magazines, step up to colouring books and biro desk doodles after a week or two. Instead of upcycling a wedding dress and pricing it at £900 on Etsy, cut the sleeves off a few T shirts and make a puppet out of an old sock.

.....

You promised on January 1st: to read Moby Dick, War and Peace or some other cultural doorstep with more intellectual cred than the Dan Brown novels and TV listings magazines that are your only regular contact with the written word.

Progress in the last month: you bought at least one novel, read five pages before falling asleep and this article is the only thing you've read since that isn't the instructions on a packet of Super Noodles.

A more realistic target: the secret is that nobody really reads War and Peace because it's impossible to remember everybody's names. Moby Dick is available as a pretty decent audiobook, and it's easy to remember the characters because one has a peg leg and another is a whale.

.....

You promised on January 1st: to begin a raw-food, paleo, red carpet detox or some other pseudo-diet made up by Californian hippy con artists.

Progress in the last month: three days of forcing down kale, two moderately satisfying dinners of poached chicken and a lot of sliced carrots. Followed by a weekend of wholemeal pasta without parmesan (salted with your tears) before erupting in grease-starved fury on Monday lunchtime. You ate two Big Macs with extra bacon and a milkshake that you bribed the staff to beef up with runoff from one of the fryers.

A more realistic target: don't fry food at home, drastically cut down on ready meals and save money by eating a lot of vegetables. If you buy an exercise bike, and work out exactly how many miles you have to cycle to burn off a single Twix, you'll see them for the evil caramel-laced bastards they truly are.

.....

You promised on January 1st: to do something vaguely unusual, arduous and probably embarrassing for charity.

Progress in the last month: told everybody at work, registered an annoying website to guilt people into giving you cash and vaguely thought about going for a run to get in shape. The sense of smug self-satisfaction lead you to reward yourself with an 800 calorie bacon sandwich.

A more realistic target: either reschedule your event to take advantage of some wacky corporate charity month later in the year ("Bono-ctober"), or start forging the evidence of your naked run across the Kalahari by going to the sand dunes, sucking in your gut for the camera and borrowing a nativity play donkey to add in some convincing local colour.

.....

You promised on January 1st: to go to the gym every day, because that's the only way you'll get value from the 'premium' gym membership, £90 gym shoes and the impulse purchase of a dustbin full of protein powder.

Progress in the last month: an induction session followed by 20 minutes on a cross trainer. A 30 minute weights workout the next day, then four days feeling like you've been interrogated by the CIA. You've realised that protein powder tastes like ice cream with sand in it, and that you never want to hear 'Rhythm Is A Dancer' again as long as you live.

A more realistic target: get healthier by osmosis by forcing yourself to go to the gym every day, but leaving it optional as to whether you actually do any exercise. Either you get guilted into working out just to pass the time, or the long hours you spend drinking dubious XXXTREME energy drinks and watching Sky News in the recovery room will lead somebody to offer you weightlifting tips, a bespoke action plan for that vibrating toilet chair thing, or possibly just some discount steroids.

.....



I've just finished my 'kiwi, pear, and carrot' smoothie so I'm feeling energised and ready to go! Pears are great – not just the taste, but the texture and the health benefits too. I wouldn't go so far as to say they're my favourite fruit – but I think they're definitely in my top ten.

If I had to choose, I'd probably say blueberries are my number one fruit. My girlfriend and I call them 'bloobs', because it's funny to say 'look at those massive juicy bloobs' when we're at the supermarket – we get some strange looks... Anyway – when I got the call saying this month's issue theme was 'pears' I was a bit surprised – because as delicious as they are, I don't know how we're going to fill a whole magazine with Bartletts, Concordes and Forelles.

Oh.... 'Pairs'? Right.... My bad. This month's theme is pairs.

So, as we realign our course for that thematic line of 'pairs' I'm planning on talking a little bit on romance, couple mentality and doing things with people you love, but first – and I know it's a little overdue – can I just say a bit about New Year's Resolutions please?

Firstly, anyone who says NYRs are dumb is an idiot, because it's so rare in this world that people collectively decide to better themselves. Sure, I've already broken my 'no ale' pact, but at least my intention was to be healthier! Anyway, I drink smoothies now so I'm going to live forever, so shut up and stop judging me. We all break New Year's Resolutions, in fact I don't know anyone who's ever fulfilled one to completion – but it doesn't change the fact that pretty much everyone starts off the New Year with the same good intentions. Because apart from those people who said 'my new year's resolution is to do some terrorism', or 'Happy New Year, I'm going to shoot up a French satirical magazine with my mate', the world goes into a new year with a new positive mentality – which generally amounts to something good. And I like this.

I mention the Paris shootings not for a cheap laugh, but because what I learned personally from that attack is that censorship means defeat. It goes without saying how tragic the situation was, but what I want to draw attention to is the fraternal pair behind it.

What's that? A tenuous link to this month's theme of 'pairs'? Sure – I'll go for that! Not just because I want to make this article seem even vaguely topical, but because I think that if the subject of this pair's actions slips into the realms of taboo it would be a dishonour to the victims' memories and everything they stood for. The afore-

I mention the Paris shootings not for a cheap laugh, but because what I learned personally from that attack is that censorship means defeat.

mentioned pair of murderous extremists were misguided enough to commit such an unforgivable massacre without batting an eyelid, but that's pretty horrible so let me just say this: big respect to the Charlie Hebdo cartoonists who fell victim, and peace and love to the survivors who are fighting back with the latest magazine issue – a truly pure example of why freedom of speech is so important in today's society.

Enough of that, though – along the same main theme, let's talk about the nice things that pairs can do together instead. Like couples, for example... hold your horses though – before you say anything, no I'm not talking about sex. Get your minds out of the gutter. Perverts.

What I read recently (I can't remember where, probably on the internet) was something that promoted the idea that couples who make up their own words or are creative with the ways in which they talk to each other are apparently happier together – it's a communication thing I guess, like a secret code that only the two of you understand. My girlfriend and I are constantly making up words, phrases, and just stupid things in general. You remember the 'bloobs' fiasco from earlier? It's basically more of that, but with the majority of words that come out of our mouths. We find ourselves delving into the world of etymology and completely tearing it apart from the inside. It's nerdy, cute, and actually pretty sickening. N.B. I also do this made-up language thing with my best friend Barney – so I hope this theory isn't strictly reserved for romantic pairs, and counts for platonic life-partners as well.

P.S. Barney, if you're reading this, I'm sorry I just called us 'platonic life-partners'.

P.P.S. Actually, no I'm not.

Regardless of who we do it with though, we enjoy it, and I think if I was to preach a message for this month, I'd like to say this: 'do something you enjoy with someone you love'.... Actually, that still sounds like sex. How about this: 'find someone with whom to do the things you enjoy'. There we go – how's that? We've already had some pretty horrific events happen this year, and a hot topic seems to be the sensationalism of current affairs. We all know that if it bleeds it leads, but it's fairly depressing how news stories aren't just news stories, they're effectively sales pitches for the platform upon which they are being reported.

So if you want some friendly advice to try and drown out the badness... I like the idea of finding someone, platonically or not – so without sounding like too much of a hippy, take somebody's hand and find something positive to enjoy together, as a pair.

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WORDS Grey Goose Girl

'The world needs fantasy, not reality, we have enough reality'

Alexander McQueen

'SO, PRETTY, BLONDE, NOT WEARING A WEDDING RING. WHAT ON EARTH ARE YOU DOING SAT HERE WITH US?'

After a long and rather tortuous day I had just stumbled across a friend on a boy's night out and before I knew it one drink had turned into me being 'token girl' at a lad's curry. I had no intention of playing out, I only knew one of them and it was clear the rest seemed to find it quite entertaining that the random girl in a dress appeared willing to engage in their toilet humour and generally appalling behaviour. Oh and did I mention it was only a Tuesday? Drinking on a school night never ends well.

It was over said curry that the 'no wedding ring' question was asked and suddenly the banter stopped and the whole table turned to look at me. Now I must explain: I usually wear my wedding ring constantly but for some reason that day I hadn't put it back on after a rather vigorous gym session.

I didn't even stop to take a breath (or engage my brain). Before I knew it I'd declared myself single and enjoying everything life threw at me. If you ask me now, in the cold light of day, I still don't know what possessed me. The talent around the table was fairly limited and even if it

had been mind blowing, I had no plans to be someone's 2am or even partake in a drunken taxi queue snog. Not that night anyway.

But, do you know what? The feeling of liberation was quite exhilarating. For the first time in years my conversation (be it drunk) was about me. Not about being Mrs Grey Goose or even Mother Goose. And I rather liked it. My lost identity hadn't exactly been found, but it had been replaced by an alternative me, just for the evening at least. Here I was being able to slightly remould the bits of me that I didn't feel great about and omit the bits I didn't want to share. I wasn't lying exactly just choosing what not to share.

School night drinking is not to be condoned, my head the following morning was somewhat fuzzy and I'm pretty sure I overdosed on Berocca just to get my tired legs to drive me to work. It was not a sparkly day. I'm not sure demonstrating my best dance moves in a very well known Jersey establishment was one of my better decisions that night. (Although according

to '47 of Beyonce's Absolute Best Dance Moves', I think I had number 41 just about perfected).

Sore head and legs aside, I was grinning from ear to ear. I had thoroughly enjoyed my night of being a Miss and it got me thinking about all the times in (many, many) years gone by I had spent the evening as someone else. I don't mean pretending to be Ingrid from Norway - my strong Northern accent and brown eyes would have given that one away. But, the nights when my much younger self along with a partner in crime would go out on the town, sporting a new name and an exotic job. Pretending to be a reporter for MTV was one of my highlights but being a foot model for a fetish magazine had to be my all time favourite.

When I was about 22, I spent a year with a rather gorgeous Scottish fireman called Jeremy. We met at a nightclub hosting an evening for 'uniformed workers.' That night I had decided no-one would resist the lure of my sexy nurse. The most I expected was a quick fumble at the end of the night if I


was lucky. Little did I know that I would meet my next long term squeeze. After a rather steamy last dance and an even steamier kiss we exchanged numbers. The following weekend off we trotted to the local wine bar for a glass of warm chardonnay. It was only when Jeremy asked about my shift pattern did I remember my 'job'.

BLOODY HELL, HE WAS AMAZING AND I HAD STARTED IT ALL WITH A LIE. NOW THE SENSIBLE THING WOULD HAVE BEEN TO COME CLEAN, EXPLAIN THAT I DIDN'T WEAR A NURSES UNIFORM WITH STOCKINGS AND SUSPENDERS EVERY DAY (ISN'T THAT WHAT NURSES DO?) AND THAT BY DAY I WAS REALLY AN ACCOUNTS ASSISTANT AT THE LOCAL WASTE DISPOSAL PLANT. BUT OH NO, I JUST COULDN'T COME OUT WITH IT.

We had a passionate year together, me disappearing 'on shift' regularly and regaling him with stories of sitting with little old ladies in their final moments. To say my parents were less than impressed with my 'job' was an understatement and they threatened on a regular basis to tell sweet Jeremy the truth. Then, one night after a quite a lot of vodka (my taste had matured a little by then) we bumped into some of my real colleagues from work. Whilst I was at the bar, one of them let slip my true job. Needless to say there was a massive show down which involved Jeremy telling the whole pub what a deceitful, manipulative, cold hearted cow I was and that he hoped one day someone would lie to me like I had lied to him. Oops - he's married now, to a nurse of all people.

I vowed there and then never ever to pretend to be someone I wasn't. Knowing first hand that nothing good could ever come of it. But here I was, 15 years later and I had done it again, admittedly only for one night and for very different reasons but I had experienced that same feeling of excitement and naughtiness. I enjoyed being someone I wasn't. That feeling of anonymity intrigued me and it made want more. I don't think I'm after a double life, but maybe a chance every so often to be someone or something else.

I could be as kooky as I wanted without anyone casting their judgement.

So I'm left with a question, would being someone else occasionally help me feel more like I want to be me? Or would being someone else sometimes make me want to be that someone else permanently? Confused? Me too! 

PS Number 41 is *The Sensual Body Roll*, performed by Beyonce, perfected by me!



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WORDS Grace Ryan
ILLUSTRATION Liam Nunn

It's February, and Valentine's day is approaching fast. If anything, it's approaching too fast, and needs to pause, take a deep breath and concentrate on something less sexy, like the mental image of its grandmother tenderising a pork chop.

For lovers Feb 14th promises 24 hours of unbridled passion, but not everybody is lucky enough to come home from work to 13 red roses and a spanking. I'm going to ask you to take a moment out from compiling an R Kelly playlist and ordering furry handcuffs off the internet to think of those people less fortunate than yourselves. I don't mean people suffering through disease or civil war, but the true forgotten victims of Saint Valentine: single celebrities.

It just breaks my heart. They are so beautiful, so talented, but somehow can't find a partner and will probably spend Valentine's day curled up with a copy of 50 Shades and a dented box of Milk Tray chocolates bought from the late night garage. All these lonely superstars have to console themselves is fantastic wealth, the option of never working again and the opportunity to have wanton, no-strings rumpy pumpy with one or more of their millions of adoring fans. It must be awful.

Well, I have a heart, and it bleeds for them. I simply cannot bear to live in a world where a lonely Justin Bieber cries himself to sleep, and so have taken matters into my own hands to nominate a short list of perfect celebrity unions. Perhaps a copy of this magazine will find its way to cupid, the arrows of desire will fly and romance will blossom for these lonely A-listers? If true love fails, there's at least the chance of some pretty steamy sex tapes the next time the North Korean hackers strike.

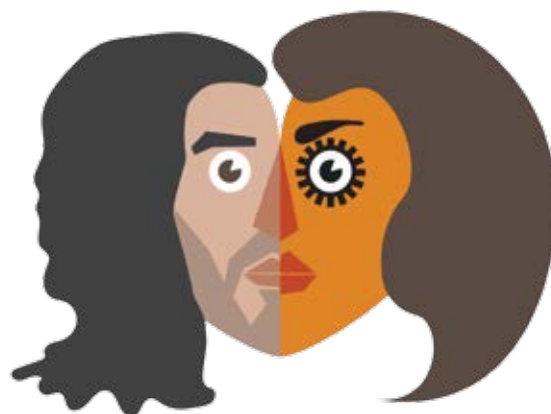
RUSSELL BRAND & KATIE PRICE

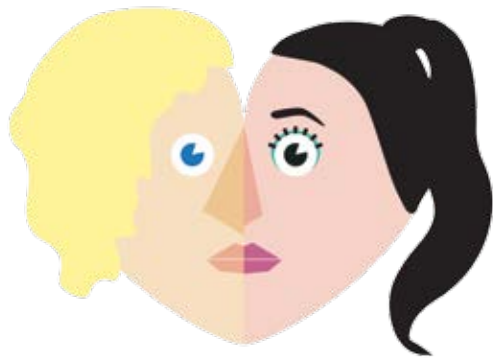
Why haven't they found love? In the time taken for this issue to go to print the lovely Ms Price has probably fallen head-over-spike-heels in love, popped out another two children, fallen out with the father and is at this moment composing a withering all-caps tweet about the size of his Peter Andre. Russell Brand is finding it hard to juggle a new career (speaking out against wealth, soundbites and celebrity) with a crippling addiction to these very same things. Ooh, Mr Winkie!

Why they would be perfect for each other: Both are loud, narcissistic self-publicists with big hair and a love-hate relationship with tabloid newspapers. A mutual history of nudity, partying and an extravagant 'dream wedding' that quickly ended in tears. Although both are successful authors, Katie has read fewer books than she has written and is unlikely to step on hubby's toes in that respect. Based on his previous relationships, Brand should hopefully manage to remember her name and won't need to get new initials engraved on his wedding band.

They would be 2015's: Kim Kardashian (buxom, wealthy, slightly dim, reality/sex tape star) and Kanye West (egocentric, jewellery, messiah complex).

How their kids would turn out: Born with a suntan and their own section in the Sun's gossip column.





BORIS JOHNSON & KATY PERRY

Why haven't they found love? Boris is often accused of being a serial philanderer who succeeds in life through charm and guile rather than commitment or consistency. Katy Perry was married briefly to Russell Brand, who is nothing like Boris whatsoever - because Boris has his own money and can speak latin.

Why they would be perfect for each other: Could share funny stories about grand public entrances gone wrong, wardrobe malfunctions and comedy gaffes. Both like a drink or ten, appearing in front of crowds and bonking a lot.

They would be 2015's: if you asked them, they'd say John F and Jackie Kennedy, but more likely to be Mick Jagger and Jerry Hall.

How their kids would turn out: wild-haired, ambitious, like a firework.



KATIE HOPKINS & THE ALIEN

Why haven't they found love? Both are vicious, spiteful alpha predators incapable of empathy or weakness. Can only be truly stopped by being burned with a flamethrower and then ejected into the cold vacuum of space.

Why they would be perfect for each other: both have blood of acid and wallpaper their nests with the still-living bodies of their prey. The Alien could teach Katie the novel concept that sometimes your goals can be accomplished by simply keeping quiet for a few minutes, and Katie could show The Alien how to sow terror through the medium of Twitter.

They would be 2015's: worst nightmare - a remorseless enemy that either destroys you by pouncing from air vents, or by constantly appearing as a talking head on TV programmes, breaking your will to live with its corrosive opinions.

How their kids would turn out: of a mucus-encrusted egg, and then bursting out of your chest cavity. Nuke the site from orbit, it's the only way to be sure.

BECAUSE QUALITY MATTERS



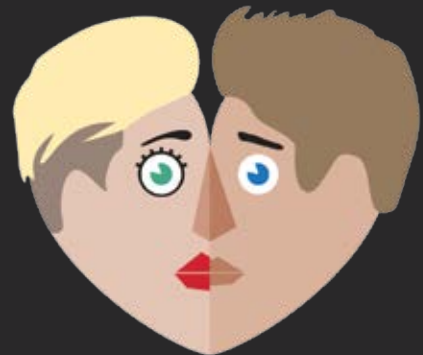
TOM CRUISE & GWYNETH PALTROW

Why haven't they found love? One is the creepy public face of a celebrity lifestyle cult, the other took his shirt off in Top Gun.

Why they would be perfect for each other: Scientology either confuses or bores mentally competent people, but Gwyneth has years of practice in remaining conscious during Coldplay's gigs. There's a distinct possibility that one or both of them was replaced with an android some time in the 1990s and the public haven't noticed.

They would be 2015's: Tom Cruise and Katie Holmes.

How their kids would turn out: leaders of an organically-nourished master race able to suck donations from your bank account with powerful psychic rays. Taller than you because their lawyers have sued your legs away below the knees.



MILEY CYRUS & JUSTIN BIEBER

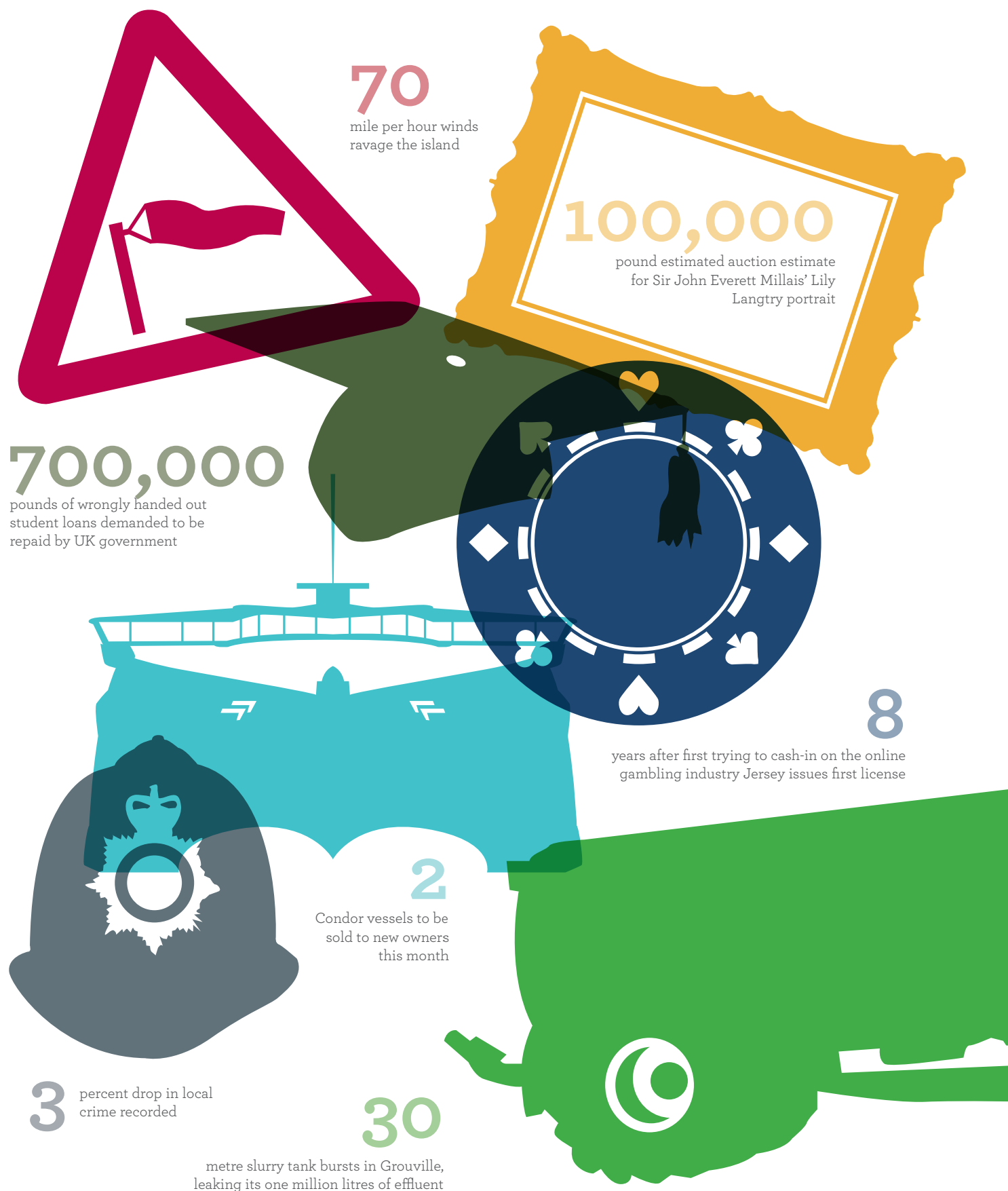
Why haven't they found love? Bred in vats on Disney's facility for new child stars, neither was raised to comprehend basic human morality before being gifted with fantastic wealth and a pet monkey. Each is a modern-day Frankenstein's monster: horrifying, made of spare parts, but desperate only to be loved.

Why they would be perfect for each other: no normal person could possibly understand somebody who had an entourage when most of us were lucky to have a Playmobil garage set, let alone a pet monkey.

They would be 2015's: somewhere between Bonnie and Clyde, Whitney Houston and Bobby Brown or The Krankies.

How their kids would turn out: too frightening to contemplate, although hope exists that Disney deliberately engineered this strain as sterile, like the replicants from Blade Runner.

NEWS IN NUMBERS



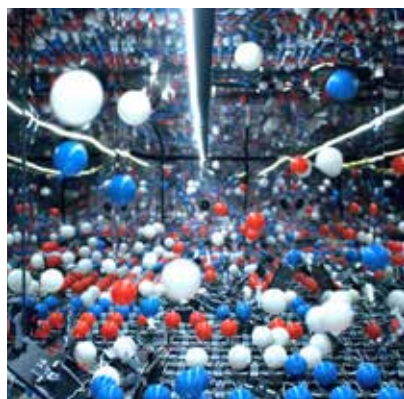
THE RANDOMNESS OF MISC.?



BREAKING BAD RECORDS

With stiff competition such as the NFL up against the finale of Breaking Bad the figures weren't expected to be too astonishing. But when they came in at a whopping 10.3 million viewers, it was obvious the critically acclaimed show was 'breaking' all kinds of records.

When a High School Chemistry teacher, Walter White, finds out he is terminally ill, he sets about doing whatever he can to make sure his family is financially stable after he is gone. Walter teams up with a former student of his, Jesse Pinkman. These two together combine unbelievable chemistry knowledge with the knowledge of the streets and demand for illegal drugs. Pairing these two things together, the duo start production of Crystal Meth in an old RV. This makes Walter and Jesse the most unlikely but formidable partners in crime.



AN EXPLOSIVE GAME

A game of Ping Pong is one that has to be played in pairs, that much is fact. However, soft drink giants Pepsi took it upon themselves to play a very different version of the game to celebrate the new year. Pepsi have released an advert in which 2,014 ping pong balls are placed on mouse traps and one trigger ping pong ball is used to set off the chain reaction (year 2015, 2,015 ping pong balls, get it?). The reactions take place inside a mirrored hallway making the transition of 2014 to 2015 one of incredible visual eruptions.

NOTORIOUS D.O.G.

Most people are familiar with the washing machine eating the odd sock every now and then, but when a family in Oregon noticed more than just the odd sock going missing they realised they had a problem. In total 43 socks went missing from this ordinary family home, where did they go? The dog ate them. No, this isn't a shoddy excuse to why the kids didn't do their homework, this really did happen.

When the family noticed their dog was very unwell they took him to the vets, only to find out the cause of his illness was the washing machines contents in his stomach. Even though the family have got their dogs snacks back there's still one more problem, the family still need to find that missing sock.



RICH AND FAMOUS

Some say that good things come in threes, but in this case the best things come in pairs. After all what's Ant without Dec and the cinema without popcorn. Here's a list of some of the best combinations and pairs we could think of:

- 1 Fish & Chips - let's start as we mean to go on. A brilliant British classic. There isn't much more to say, except... I'm hungry.
- 2 Tom & Jerry - a brilliantly memorable cartoon about a cat and a mouse, which funnily enough shouldn't be a good combo.
- 3 Bonnie & Clyde - Ok, maybe these two aren't known for the best reasons. They are still one of the most well known pairs, even if that is for robbing banks and killing Police officers.
- 4 Batman & Robin - Every bad guy fighting superhero needs a right hand man. In Batman's case it was Robin, and what a perfect combination of batmobile passengers they are.
- 5 Ben & Jerry - Wow. That is all we can say about this beautiful pair of ice cream connoisseurs. They do it perfectly, every time.



2 PINTS OF LAGER AND A PACKET OF... BACON

It's difficult to think of something better than Bacon. What about Beer? But don't worry about choosing between the two, because at BarBacon Restaurant in New York they specialise in combining bacon and beer in a menu of cravings and dreams come true.

Owner Peter Sherman, uses his knowledge of bacon to pair it with the perfect beer blend to complement the flavours in the bacon, saying his menu gives bacon the true recognition that it deserves.

The menu is a mecca of BBQ and grilled bacon encouraging customers to experiment with the tastes of different beers and types of bacon. How quick can I get to New York?

COMMERCIAL COUPLES

Meet four local couples who not only spend their personal life together but their professional life too.

SAM & ALLAN WATTS

Sam and Allan Watts are the brains behind Orchid (www.orchid.je), they, with the help of their creative team, are 'building brilliant brands' for new and established companies.

Have you always worked together?

Sam - No, we joined forces five years ago in business.

Allan - It depends on how you define work! We have been together for 25 years, which is a big chunk of our lives, (more of Sam's than mine!) and every relationship takes work to succeed.

What's the most challenging thing...

Sam - You never switch off! Our children are now bold enough to enforce phone-free meals and email-free periods (they haven't nailed a full 24 hour ban) when we are on holiday.

Allan - Discovering each other's skill sets. When we worked for different organisations we went through the usual husband and wife conversations about our day at work. Now we know how our day is going minute by minute so the challenge is to understand that you are not working just with your wife, but with your business partner, who has skills you don't and vice versa.

And, the best thing?

Sam - There are two that are equally brilliant. Firstly, we are in control of our own destiny. That sounds really corny but you really can't underestimate the value of it. We were asked a few years ago to define our vision for the future. Agreeing 100% what we would love to achieve personally and professionally was probably the best shot in the arm any marriage could have. Secondly, we are totally equal, as professionals and parents. Working together, if one of us is under pressure on a tight work deadline, the other kicks in on the home front. Our children are growing up seeing us both as professionals building something exciting as well as dedicated parents. Sometimes it's a bit of a juggle (understatement) but my God it's worth it.

Allan - renewable respect. I think when most working couples leave the house in the morning they also leave a part of their life behind that only kicks in when they

cross the threshold again that evening. For me I get to see Sam in a professional as well as a private capacity and when you see how she deals with her daily workload, how she handles clients, how she applies her creative brilliance to situations, I cannot help but renew my respect for her every day.

Do you have any advice for couples considering working together?

Sam - Bring different skills to the venture. We work because we have mutual respect for the skills the other brings to the party. Seeing someone add something you are in awe of (and couldn't do yourself) just re-enforces why that person is important, which is really healthy for any relationship.

Allan - I agree with Sam. My advice would be make sure you are absolutely clear on your mutual goal for the business. If you want to take it in different directions, it will tear you and it apart.



RICHARD & SARAH MATLOCK

If you've ever paid a visit to a Genuine Jersey market or event around the island then the faces of Richard and Sarah Matlock will be familiar to you, they're the genius couple behind the well loved La Robeline Cider and Sausages. They are passionate about local produce and they make their "Cidre Bouchee" from local apples and their sausages from 100% pork which they prefer to source locally but when they can't they get it from Freedom Farm raised pork on the South Coast of the UK. Not only is their produce excellent but, they've also worked together for almost 30 years.

Have you always worked together?

In a previous life we had our separate careers but started working together full time about 26 years ago. We have sold and looked after boats for the last 28+ years and have been making cider for the last 10 years. We have another project we are working on which is very exciting and you'll be hearing more about that in the not too distant future, we hope.

What's the most challenging thing...

Not taking work home with you!!! (We're not very good at that sometimes!)

And, the best thing?

There are loads of positives in running a business together if you are suitably matched to do so. We both have the same vision and goal and are absolutely passionate about what we are doing so there is little conflict when it comes to the direction one or other of us wants to take the businesses. Most importantly, we enjoy ourselves – we work most closely in the cider company so, even when we are bottling (the most boring job in the world) or making sausages (which we still eat!) or getting up at 5am to get to a market or event, we have fun! We have quite different strengths and weaknesses so we complement each other well.

Do you have any advice for couples considering working together?

You must have mutual respect for each other, similar goals and LISTEN to what the other is saying. It's important to be professional and to leave work at the back door – not the easiest thing in the world to do! I think part of the reason we have succeeded both in our personal and professional relationship is that we have many things that we do together outside of the work environment, but we also have our own spaces – Richard has a workshop where he tinkers with old things and makes melodeons and I have a shed in the garden where I quilt. That probably helps!

KATY PIERCE & AUSTIN DIX



Katy Pierce and Austin Dix are the power couple who brought healthy eating to the high street, well just off it. Moo, opened its doors in October 2012 and for those that don't know it stands for 'Mostly Organic Origin'. As the name implies, their food is mainly organic or locally grown to ensure they follow an eco friendly policy. They aim to provide health conscious yet appetising delights- from frozen yoghurts & raw juices, to delicious and nutritious salads and soups. If you've not joined the revolution then get yourselves down to 47 New Street and say hello to a new you.

Have you always worked together?

We have worked on this project from beginning to present together and a few years before it opened planning it :) it was always our dream and most of our spare time revolved around making it happen! It was always our aim to supply the best whole grain, plant based food and drink we can get our hands on, using mostly local or organic, bio-seasonal produce! We hope to help, people feel healthy, happy and truly glow from the inside out !

What's the most challenging thing...

Switching off from it at home, having a role in any business can consume your life if you let it, but having one that you run with your

partner is all consuming! One minute we'll be talking about what's happening with the Kardashians and then the next minute it's all about chickpea flour and we both think -WTF how did we get here AGAIN!

And, the best thing?

Being on our journey together, we're not on separate paths and are totally in sync with each other. For example one of us is not munching on kale and green juice, whilst the other one is kicking back necking beers and bacon sarnies! We also being able to create recipes together and then we make them at home we both get to be excited and passionate about what we're doing, which is really great fun and makes it all worthwhile!

Do you have any advice for couples considering working together?

Stick at it - you'll have ups, your downs, your middles, highs and all sorts inbetween, but whatever happens make sure you stick at it and always be yourselves - but the bottom line always has to be that you respect each other and most of all have FUN with it, because after all you're living your dream (wise words from Austin!).



COURTNEY & ANDY HUISMAN FARMER

Courtney Huisman and Andy Farmer run Littlefeet Environmental (www.littlefeet.org.uk), a Jersey registered not for profit organisation working to raise awareness of the importance of marine conservation around the world. Their staff and volunteers meet every week to conduct a shoreline clean-up around the island contributing to a cleaner and safer coastline for both islanders and all the species we share it with, to ensure a healthier ocean for generations to come!

Have you always worked together?

Our friendship blossomed working with Leatherback sea turtles in Costa Rica in 2009. Our love emerged while working with Hawksbills on a beach in Bocas del Toro, Panama in 2012. And here we are today, still being brought together by our love for the sea, travelling between our home countries of Canada and Jersey and creating new memories while researching sea turtles in Mexico. We like turtles, simple as that!

What's the most challenging thing...

Our entire relationship, both love and business has been nothing but hurdles. We are no strangers to adversity or a challenge!

However, our biggest challenge is when Andy hasn't had his coffee.

And, the best thing?

Here's the cliché, working together is the best thing about working together. We get to revel in each other's personal successes and the ones we achieve together.

Do you have any advice for couples considering working together?

Don't do it! But if you really must, every time you have a fabulous idea, somehow convince your partner that it was their fabulous idea. That way they will be fully supportive, ahem... I mean, you will have to be fully supportive of them.

You work beyond the shores of Jersey too?

Yes, across the Atlantic, in Mexico where our organisation has teamed up with local fishermen and universities while bringing together international volunteers from around the world to work on The Costa Maya Turtle Project. The initiative is focused on the in-water research of marine turtles so that we can begin to build a bigger picture of their population and its composition in the southern Mexican Caribbean. *Shameless promotion; we are now recruiting volunteers for 2015!

pet
OF THE
month



Huzar (Father of Vision)

Breed: Polish warmblood.

Age: 17

Likes: Carrots and swimming in the sea.

Hates: Cold baths.

If I was human I would be:

A true gentleman.

Wants: The lawn as my own private paddock.

Interesting facts: I don't wear shoes I am barefoot but have a pair of horse trainers for going on the roads.

Most impressive thing I've ever

done: I am as far as I am aware, I'm the only Jersey based stallion to have competed Grand Prix dressage locally.

Karrie Davies

Breed: Human.

Age: 28

Likes: Lazy Sundays.

Hates: Green vegetables.

If I was an animal I would be: A cat.

Wants: The warm weather to come back!

Interesting facts: I've broken two limbs and a finger in two years, all to do with horses!

Most impressive thing ever done:

Compete at Grand Prix dressage.

Vision (Son of Huzar)

Breed: Polish / Dutch warmblood.

Age: 3

Likes: Fuss and attention.

Hates: Being last out to the field.

If I was a human I would be: An excitable playful child.

Wants: Play time, to be all of the time.

Interesting facts: I broke my leg at 11 months old.

Most impressive thing I've ever

done: I won my very first show at 15 months old.



DO YOU HAVE AN INTERESTING PET?
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Dodolings



DoDo?



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Check out our February and March dates at
www.durrell.org/events or T.860052

Seahorses

words | Deirdre Shirreffs

Seahorses are amongst the most romantic of animals with courtship dances, flirting and loyalty to a single partner. They are also amongst the strangest in that it is the male who becomes pregnant!

The courtship may last for several days during which the pair swim side by side, hold tails, change colour and dance around. Finally the female deposits her eggs in the male's pouch. This is on the front of the male's abdomen like a kangaroo. He fertilizes them and they grow in the pouch for a few weeks. During this time the female visits him every morning and flirts with him for a few minutes. Pregnancy usually coincides with the full moon. The eggs hatch in the pouch and the baby seahorses, numbering on average between 100 and 1000, are ejected by the father into the sea. He even has contractions! After being born, they have to fend for themselves as seahorses, like most fish, do not care for their young. Birth is usually at night and the male will be ready for a new batch of eggs when the female visits the next morning.

Many people think of seahorses living in tropical seas and so would be surprised to know that two species live around the UK and Jersey too. These are the short snouted seahorse and the spiny seahorse. They like to live in beds of seagrass where they can catch the plankton and small crustaceans they feed on. They anchor themselves to the seagrass with their tails. They are protected species and cannot be caught or harmed. It is also illegal to take flash photographs. Unfortunately their habitat is in danger from dredging which removes the seagrass. Seahorses are also endangered by the Chinese medicine trade with up to 20 million seahorses being caught for this trade each year.

The Latin name Hippocampus comes from the Greek words for horse and sea monster. In Greek mythology the hippocampus had the front of a horse and the tail of a sea monster. They were supposed to pull Poseidon's chariot. Sailors consider seahorses to be lucky.



GO ON AN ADVENTURE, AND HELP THIS LITTLE FELLA TOO!

Littlefeet Environmental presents 'The Bean About A Bit Challenge!' The non-flying, non-driving, non-routed, public-transport-loving, potato-smuggling, charity rally and general shenanigans across Europe and Asia!



Littlefeet Environmental is taking BIG steps to reduce your ecological footprint and make your winter escape less dull. They want to get you away from the gloomy weather and pull you away from the computer screen and do something BIG! That's why they've created 'The Bean About A Bit Challenge' to give us all some much needed adventure and to help us raise funds for their marine turtle conservation initiative in Mexico called 'The Costa Maya Turtle Project.'

The Objective: To go over land and sea from Jersey to Turkey in two weeks using only public transportation (No planes, no cars; why not try using boats, trains, buses and maybe even a camel!) The start line will be The Watersplash on April 4th and the finish line is Captain June's Turtle Hut in Dalyan, Turkey on April 18th (...You'll have to ask around to find it!) Their staff are also heading to Turkey for the 35th Annual Sea Turtle Symposium that's being held in Dalaman - they'll join you at the Watersplash for the start and see you again at the finish line, but everything in between is all yours!

They're looking for teams of up to four people to get involved and aim to raise £1,000 for Littlefeet Environmental's projects and take on the travel challenge whilst completing other objectives and blogging their adventures en-route. Curiously, each team will also be equipped with a sack of Jersey Royals and an award will be given to the team for the best use of their spuds. Barter with them, swap them, give them to a children's home or swap them for a lap dance, the choice is yours!

Want to get involved? Send an email to the project coordinator: courtney@littlefeet.org.uk or check out their Facebook page.

GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY

Do something awesome for Autism

It's the time of year when we are all looking to set challenges and Autism Jersey are asking islanders to step forward and 'Do something Awesome for Autism'.

To kick off the initiative the charity have organised a National Three Peaks Challenge, to climb the highest mountains in Scotland, England and Wales in 48 hours including all travel in the UK.

The trek departs from Jersey on Thursday 4th to Sunday 7th June. On the Friday morning at sunrise hikers will climb Ben Nevis, the largest mountain in the UK, standing at 1,344m. The next day hikers will reach Scafell Pike in the Lake District and then complete the challenge on Wales's infamous peak, Snowdon.

If you are interested in doing 'Something Awesome for Autism' or for further for information the challenge please visit www.autismjersey.org. Anyone interested in taking part in the challenge are asked to contact Beth Gallichan, Fundraising Manager on 871188 or email b.gallichan@autismjersey.org.

The Challenge costs just £545, which includes three nights' accommodation, food and all travel in the UK with experienced guides. Flights direct to Liverpool will be paid by the participant separately. A deposit of £100 is required and a commitment to reach a fundraising target of £500 to secure a place.

2015 marks the 10th of Autism Jersey, a charity which provides support and services to both children and adults with autism, their families and carers. Autism is a very complicated and at times a challenging condition; it effects how a person communicates, interacts and understands the world around them. It is currently estimated there are over 1000 people living in Jersey who have a form of autism.

Where there's a wheel, there's a way.

BeachAbility, a local charity providing specially designed beach wheelchairs, free of charge, to both residents and visitors to Jersey, has received £1380 from fantastic fundraising efforts of 25 year old Maddie Fortescue who recently participated in a gruelling half duathlon in London's Richmond Park alongside hundreds of other amateur athletes. A total novice, Maddie completed a 5km run, then a 11 km cycle followed by another 5km run – all in just under an hour and a half, and raised an amazing sum in the process.

Discussing her fundraising efforts Maddie said, "Being aware of the devastating effect limited mobility can have on a person and their family, I really love the fact that BeachAbility are able to give a little bit of freedom back. The ability to access the beach is something most would take for granted, but it is so precious to somebody who normally couldn't. I really believe in what BeachAbility offers and I think it is a fantastic cause, so wanted to do my bit."

"Being aware of the devastating effect limited mobility can have on a person and their family, I really love the fact that BeachAbility are able to give a little bit of freedom back. The ability to access the beach is something most would take for granted, but it is so precious to somebody who normally couldn't"

The funds raised by Maddie will enable the charity to further invest in IT and marketing communications to help raise awareness of the services offered by BeachAbility (www.beachability.org) and increase bookings of its balloon wheeled all terrain chairs.



Home improvements at Durrell, thanks to ABN AMRO Bank Jersey

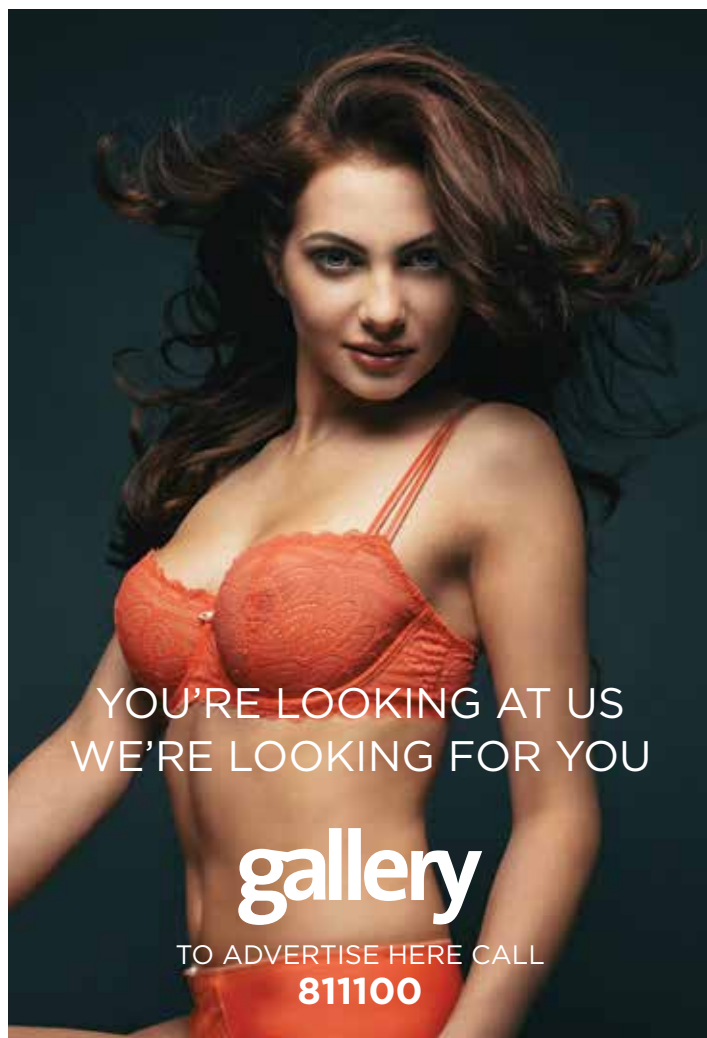
Durrell's resident pair of Andean bears, Quechua and Bahia, will receive two significant upgrades to their enclosure facilities, thanks to sponsorship from ABN AMRO Bank Jersey.

To help mark its 40th anniversary in Jersey, the private bank has been supporting Durrell throughout 2014. The improvements to the Andean 'Cloud Forest' enclosure will round off the year's activities.

The primary aim of the first enhancement, which is now complete, was to provide a suitable isolated den area for the female bear, Bahia, who it is suspected may possibly be in the early stages of pregnancy. The den area will provide a more private space to rear any potential new infants.

In September, ABN AMRO Bank Jersey became the first corporate sponsor of the annual Durrell Conservation Symposium, which provided key members of Durrell and its overseas team with a chance to discuss significant developments and research projects from the previous year. Staff volunteers from ABN AMRO Bank Jersey have also been involved in community volunteer work throughout 2014 to help improve the facilities at Durrell.





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GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Michelin starred chef returns home for charity

Last month saw the Atlantic Hotel's Executive Chef, Mark Jordan invited to join a stellar gathering of the UK's premier chefs for the second time, at the annual Chef's Night Out charity event which took place in Cardiff.

Chefs' Night Out brings together a number of the country's finest chefs to cook for 150 guests. Each chef creates a four-course menu with matched wines, but it is only on the night that guests discover exactly who will be preparing their dinner. Now in its sixth year, the event is held in aid of Tŷ Hafan, one of the UK's leading paediatric palliative care charities and to date, through this initiative, more than £300,000 has been raised for this very worthy cause.

Offering care, comfort and support for life-limited children and young people and committed to improving quality of life for the whole family this is a charity close to Mark's heart as he originally hails from Wales himself. Of the chefs taking part, most are Welsh, have a Welsh connection, or are working in a restaurant in Wales.

Menus are styled exclusively for the night with dishes prepared from local produce and Mark will be creating a bespoke four course menu that will offer an insight into the dining experience at Jersey's Michelin-starred Ocean Restaurant.

Bin there, dumped that?

Is your sofa sitting at Sorel, or your radiators rusting at Rozel? When you asked Dan with his van to come round and take your old furniture away, did you ask him where he's taking it? Or did you just think 'wow that's cheap'?

The fact is, if you don't know and don't ask, you could find yourself an unwitting fly tipper. At best you'll be spoiling the countryside and at worst, you could end up causing harm to people or animals or even find yourself being prosecuted under Jersey's waste management law.

The Department of the Environment has seen an increase in fly tipping, rising from 22 cases in 2013 to 29 cases last year. Items dumped included; toilet seats, fridges, green waste, child car seats, baby walkers, bikes, chairs, whole vehicles, paint and oil.

Visit www.gov.je/recycling to find out what can be recycled and where waste can be taken.

If you see any fly-tipping or pollution please call the 24-hour hotline on 709535 or email: envprotection@gov.je

If you don't want something anymore someone else might so charity shops, car boots sales, selling on-line could be a win win solution. If you produce waste (unwanted items) you are responsible to ensure that it is dealt with appropriately. If this means paying someone else to remove your rubbish you should ensure that you know what they are going to do with it.

If it can be recycled make sure they will separate it for recycling. Some rubbish, like asbestos, must be disposed of by people with specialist licences. Ask to see a copy of the licence.

Perhaps surprising, lots of waste material is traceable so if found dumped illegally you may well be the first port of call and liable to prosecution. It won't wash to tell the investigating officer that it's not your problem because you paid a third party to do something with your rubbish.



Jersey Charity dinner helps fund Orphanage in South Africa

A charity dinner held in Jersey in September has raised funds to modify a property in Cape Town into an orphanage. The £20,000 raised also means that a feeding programme can be extended in one of the poorest townships in South Africa.

The Goal50 Gala dinner saw guests being entertained by Martin Toal, one of the UK's leading tenors. Goal50 is a Channel Islands' charity which raises money for a soccer academy and orphanage for underprivileged children in Cape Town

Goal50 was set up by Channel Islander Nigel Pascoe after he visited the GCU soccer academy which had been set up by Mario Van Niekerk, a former street gang leader.

The charity also helps with a job creation scheme as unemployment is 80% in the area with no benefits system. The scheme is helping to give people some simple skills, which will help individuals and the community.

Since setting up the charity in 2010 Nigel has raised more than £200,000 in the Channel Islands. The Gala Dinner is one of the biggest fundraisers of the year but the charity is looking for other ways to raise money, and anyone interested in helping should contact Nigel on 07781 199374.

For further information about Goal50 visit: www.goal50.com





EVENTS



Gaudin & Co Event

HALKETT STREET

FRIDAY 21ST NOVEMBER

The Partners and staff at Gaudin & Co recently held a drinks reception to celebrate the companies 1st birthday in their spacious new offices in Halkett Street. Gaudin & Co are the leading local general practice estate agency and property managers specialising in both residential and commercial sales,

lettings and property management. The team ethic, environment and commitment sets them apart from the rest and makes them the stand out Jersey estate agent of choice. Gaudin & Co, the home of good property in Jersey.



The Mortgage Shop Drinks Reception

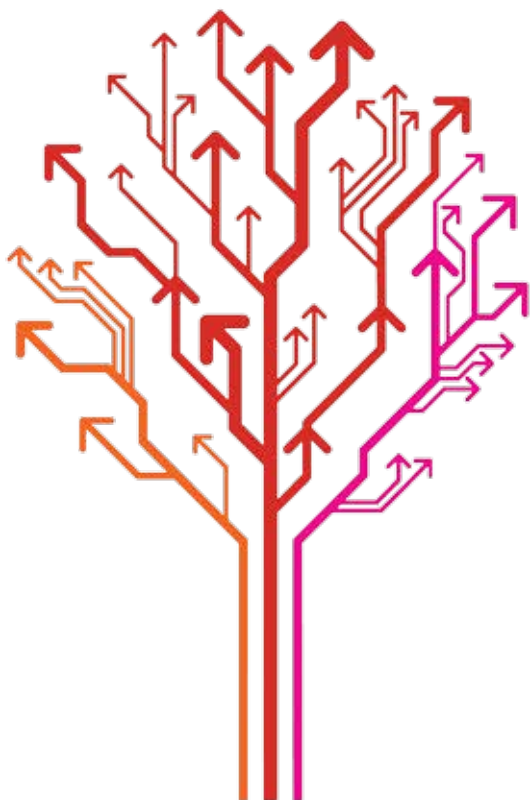
BROAD STREET

FRIDAY 9TH JANUARY

Locally-owned and managed business The Mortgage Shop hosted a successful and very well attended drinks reception at their Broad Street offices.

The event was an opportunity to thank its key customers and business figures in helping the Group achieve another

successful year of activity in 2014, to chat through industry topics and to look forward with optimism to the Jersey market in 2015. 2105 sees The Mortgage Shop Group celebrating 25 years of trading, during which it has arranged mortgages and other financial products for many thousands of local clients.



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Carey Olsen Charity Quiz

MERTON HOTEL

THURSDAY 20TH NOVEMBER

Carey Olsen's inaugural charity quiz, aimed at island-wide businesses, raised an impressive £7,908, which will be split equally between the firm's 2014 charities, Jersey Hospice Care and Jersey Alzheimer's Association.

The quiz night attracted more than 40 teams (240 people) from a range of industries who sought the title Cleverest Staff in Jersey.

The worthy winner was BNP Paribas Securities Services team 'Les Quizerables' who scored 82 points from a possible 100 and was very closely followed by Mourant Ozannes' team 'No Mo-biles' with 81 points. In third place was Coutts & Co Trustees (Jersey) Limited team 'Coutts Royalty' with 75 points.



State Street Winter Wonderland Christmas Event

POMME D'OR HOTEL

FRIDAY 28TH NOVEMBER

Around two hundred State Street employees attended this wonderful annual event. It was a great excuse for staff to dress up and let their hair down.

A highlight of the evening was the delicious three course dinner. It was the perfect way to kick off the holiday season and get into the Christmas spirit.

For more information visit
www.macmillanjersey.com/rowathon

f t

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**The British Red Cross
celebrate '70 Years
Remembered'**

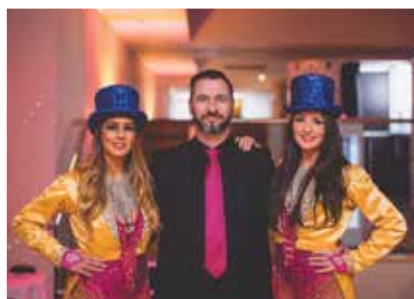
CCA GALLERIES INTERNATIONAL

THURSDAY 15TH JANUARY

Islanders celebrated the 70th anniversary of the liberation of the Channel Islands at CCA Galleries International with an exhibition of war memorabilia supplied by The British Red Cross and sponsored by Nedbank.

The exhibition includes a model of SS Vega, created by the Jersey Model Boat Club with

a selection of poems, artwork, sculpture, jewellery and glasswork submitted by local artists and school children. In addition to this, Aurum have created an edition of 44 limited edition silver models of SS Vega to celebrate the ship arriving in the year 1944.



**Lanique launch party
BOHEMIA**

NOVEMBER 26TH 2014

Lanique - The Liqueur Spirit, a 200-year-old drink, was recently re-launched in the UK. To celebrate the launch, Lanique's new owner - Jersey based Lawrence Huggler - hosted the inaugural Lanique Party at The Club Hotel & Spa with friends and colleagues.

The party included live music with a DJ, numerous cocktails including Lanique & Lime, the signature Lanique drink, as well as entertainment and great food by Steve Smith @ Bohemia.



The Wellness Centre (Castle Quay) Formal Launch CASTLE QUAY

FRIDAY 16TH JANUARY

Adrian and Andrea Luckhurst (Managing Directors and owners) hosted the formal launch event of their beautiful, newly opened Wellness Centre at Castle Quay. Their whole Team of therapists were present at the event to introduce the guests to the wide variety of therapies and services offered at the Centre, ranging from Chiropractic, Medical Aesthetics, Skin Care, Massage, Reflexology,

Nutrition, Psychotherapy, Mindfulness Guidance, Yoga Therapy and Pilates. All esteemed guests were also introduced to the amazing concept of floatation and the first and only *float SPA* in the Channel Islands. The event was attended by a wide range of representatives from Jersey's Health orientated sector, corporate world and Jersey Tourism.



4 York Street Oribe Product Launch Party

4 YORK STREET

THURSDAY 27TH NOVEMBER

The team at 4 York Street Hairdressers held a fun filled night to thank their loyal clients for all their support over the last year and they also had a great reason to celebrate as it was the launch their website www.4yorkstreet.com and their fantastic, exclusive new product line 'Oribe' - which you have to check out! It's a brand with

the most glamorous heritage; used by celebrities the world over. There were demonstrations on clients showcasing the Oribe range and all in all the night was a huge success with clients enjoying the discounts on all products, a live dj and lots of nibbles and fizz!



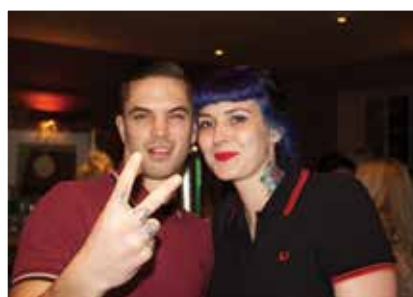
Standard Bank Asscher Event

LOUNGUEVILLE MANOR

THURSDAY 11TH DECEMBER

Longueville Manor played host to this prestigious event for Standard Bank private clients. Hosted by Deon de Klerk, Head of International Private Clients, the event featured guest speaker Mike Asscher, the latest generation of the Asscher

diamond dynasty. It was Joseph Asscher, Mike's grandfather, who created the now internationally famous Asscher cut, and who in the early 1900s was asked to cut the Cullinan diamond – the largest ever found.



Luella Rockerfella Launch

MERCHANT HOUSE, THE MUSEUM

SUNDAY 14TH DECEMBER

Luella Rockerfella, a subcultural vintage online store, collaborated with Silkworth Rehabilitation Centre for their launch of business party in December. Luella

Rockerfella raffled off prizes including £400 of flights from Travel Planet Scotland, Ricky Hatton signed boxing Gloves, Lhorizon Spa Day and many more prizes. £470 was raised!

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A WELCOME DIFFERENCE

Beirut is starting to cool down. The suffocating heat of July and August has given way to a perfect marriage of balmy afternoons and temperate evenings. A mist settles over the surrounding mountains and there's a welcome nip in the air. The coastal city breathes a sigh of relief, leaving its diverse population to enjoy their beers and mezze in comfort. The city pulsates with glistening lights, tinny music and perennially beeping car horns. Traffic lights are ignored and tyres screech through the busy streets. Mosques neighbour churches and clubbers chat with soldiers on Saturday nights as the jewel of the Middle East comes alive.

Having never been to the Middle East, and having absorbed the British media's take on the region my entire life, it's safe to say that there were a few concerns before setting off. After my first weekend in the city almost all those worries had been quelled leaving behind them a sense of excitement and wonder.

It seems that everyone I encounter wants to wish me well or invite me somewhere special or take me out to eat. New acquaintances become old friends in the space of a conversation and that is something I've never experienced to such an extent. Everyone is eager to find out why you chose to come to Lebanon, what are your impressions and are you not afraid? Most have a preconceived notion of how the rest of the world views the region, and each passing conversation, each invitation for a drink, some food or a day out reaffirms the decision to come here; to see the region as it really is.

About the size of Wales with a population of around six million, two million of which are classified as refugees, Lebanon has had its fair share of problems with civil war, Israeli occupation and an incredibly divided political and social system. However, besides the trouble in their past and the current threat from Syria, people just want to get on with their lives and enjoy life without fear.

And for most Beirutis, having a good time is what it's all about. Every Friday and Saturday, the bars are packed full of people from all age groups, from all walks of life. There are the more hip areas like Mar Mikhael where Radio Beirut airs from inside its eponymous bar and then the more upmarket and showy areas of Uruguay Street and Hamra, where cocktails are shaken and glamour fills the air.

Restaurants serve steaming pots of rich shish barak (a yoghurt dumpling dish),

BUSINESS AS USUAL IN BEIRUT

WORDS Johnny Rebours



kafta skewers (spiced lamb), tawouk sandwiches (marinated chicken) and platters of kibbeh (spiced cooked or raw meat) to a full-house most nights. the markets overflow with second hand knock-offs and quality antiques, everyone looking for that bargain.

Beirut has everything you'd expect from a capital city and more. The modern malls are around the corner from ancient mosques and tiny chapels seem to pop-up between houses. Winding alleyways lead onto brightly painted staircases that are lined with posters advertising the array of cultural events on offer each month. Remnants from its difficult past are also everywhere to see, with every other building wearing mortar-blast scars across its chipped façade, bullet holes and shrapnel marks are strewn like flower petals on a spring day.

Being such a small country everywhere is accessible by day trip from Beirut. A few kilometres up the coast is the old Phoenician town of Byblos, birthplace of the first recorded alphabet and now a tourist hub set in desert hues. The Crusader Castle contains ruins from the Romans to the Ottomans and everyone in-between and overlooks the small but unspoilt stretch of beach.

The whole length of coast is a blurred line between deep sea and high mountains. Moving further inland the mountains gorge valleys that lead to the plains of the Bekaa Valley, the bread basket of the Empire as the Romans named it. It's here that world-class wine of all varieties is produced and each estate will gladly give you a guided tour.

Zahle, an hour inland from Beirut, has a French feel from the surrounding vineyards and the shutters on every window. It's dotted with Ottoman buildings and steep lanes that overlook snow-capped mountains to the one side or the vast Bekaa Valley to the other. Further north is Baalbek, where the ancient Temple of Jupiter still stands dwarfing everything around. Looking at the landscape it's not hard to see why people all those years ago felt the need to consecrate the natural beauty of this land with the majestic monument.

There is a wealth of variety up and down the 120km of coast, from the charmingly different old souks of Tripoli and Saida to the Roman hippodrome in Tyre, where sea-turtles arrive on to the city's beaches during the summer months. As winter comes so does the snow and the area simply called The Cedars (the same tree that adorns the flag) has the country's best ski-slopes that trail through the 3,000 year old forest where

Gilgamesh travelled through on his epic journey on the search for immortality.

Many boast that you can ski and lie on the beach within an hour of each other. Although no-one I've encountered has ever achieved this, it's a fitting testament to the diversity of the country as a whole.

On a visit to Byblos in late October, we saw two military choppers racing north overhead. It would be later reported that insurgents associated with ISIS had entrenched themselves in Tripoli's old souks. The choppers were the first time airborne power had been used on Lebanese soil for years and served to remind us that the comfort all around can change in an instant.

“ Most have a preconceived notion of how the rest of the world views the region, and each passing conversation, each invitation for a drink, some food or a day out reaffirms the decision to come here; to see the region as it really is. ”

Just over the eastern mountain range, visible from Zahle, lies Syria and the wanton destruction just a few kilometres away is casting its shadow over Lebanon. Occasional rockets will land outside northern villages, supposedly sent from 'Daesh' (ISIS). However, as my students say, no-one can tell exactly who is sending them. Lebanese army soldiers have been kidnapped and police posts attacked. The threat may not be visible to the casual observer and you can often hear 'Daesh' in off-hand conversation, yet the jokey tone is always undermined by a telling nervous laughter.

Lebanon is dealing with the spill over from the conflict in Syria in more ways than extremist violence. It's now estimated that there are now two million refugees in Lebanon, making up roughly a third of the overall population. Around most towns, especially those in the Bekaa Valley, you see UN High Commission for Refugee 'Informal Settlements' and UNICEF logos





“ Eager to chat and offer their unique insights on anything and everything, it’s the people that really make Lebanon so appealing. ”



adorning the temporary ‘schools’ – large tents divided into classrooms, dug into the ground ready for the coming snowfall. Whilst they may sound depressing, the schools run by organisations such as Beyond Association are a hive of laughter, play and education.

A sad fact is that most of the teenage children have to help their parents in the fields to earn money for their survival and therefore cannot attend conventional Lebanese public school, of which they are accepted, or even attend NGO schools consistently. Money is demanded for the plot of land they live on and cuts are taken from the profits they make. There’s also growing ill-feeling from a large proportion of society, so to say that a refugees life in Lebanon is tough would be an understatement. Yet, it’s encouraging to see the happy faces of the children playing, simply doing what kids do in the safe-haven of the temporary schools.

Each new eruption of violence brings with it fresh tensions that are exacerbated by the difficulties of increased checkpoints along the roads or even entire villages being closed off by the army looking

for extremists. But in the face of these challenges ordinary life must prevail and the extremists cannot be seen to have the upper hand, so life goes on. People are certainly not living in fear as we may perceive it. If there is one thing the collective Lebanese mentality knows it is vigilance, and the people are certainly not willing to give into the fear espoused from the extreme views of a minority over the hills.

The Lebanese people have survived decades of war and indeed many of my students state their first memories being bombs dropping on their school runs. Nevertheless, they still remain hospitable and open to any visitor they encounter. Eager to chat and offer their unique insights on anything and everything, it’s the people that really make Lebanon so appealing. And Lebanon is an incredible country to be a part of. It’s a humbling experience treading through the mountains, a cradle of civilisation that’s made all the more special because of the warmth of the Lebanese people.

Follow Johnny’s journey at:
www.johnnyrebours.co.uk/tales-from-beirut



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PAIRING OFF

WORDS Sarah Cilliers

WE'RE A FICKLE LOT AREN'T WE. WE WANT TRAVEL TO BE EASIER AND MORE AFFORDABLE AND TA-DAH, SOMEONE INVENTS AIRBNB. BUT THEN WE DECIDE THAT AS WELL AS BEING EDGY AND ECLECTIC, WE WANT EVERYTHING TO BE EASY. RELIABLE. SO HOTELS START TURNING OUR HEADS AGAIN.

A brief but intense flirtation with SecretEscapes.com here, a dalliance with a spa hotel there... and as we sink into perfectly laundered plump pillows and stroke our fingers over those fluffy white towels, we realise just how much we'd missed them. Hotels, you've got it going on.

And if you're ready to be reminded of why you fell in love with hotels in the first place, our hot tip to escape to with your significant other is London's gloriously stylish Artist Residence hotel. Open since September, the boutique hideout is the third Artist Residence, with locations already in Brighton and Penzance - and it's already getting top marks from hotel reviewers for its eclectic style and relaxed vibe. It's as if the hotel's co-founders Justin

Salisbury and Charlotte Newey have come up with all the ingredients for your dream home from home, shaken them all up with some carefully sourced antiques and retro accessories and added a hip restaurant and basement cocktail bar. It's perfect. So perfect in fact, you'll want to move in.

The townhouse hotel is five minutes' walk from Victoria station, unmissable in dark grey and striped awnings on the corner of Cambridge Street, a calm tree-lined Regency avenue in Pimlico. The hotel's ten bedrooms each have their own style, curated by Charlotte who has a great eye for a unique piece. So you might find yourself staying in the room with the freestanding bath, a glitter great white shark print and tea crate bedside tables topped with



"In a collaboration with Artist Residence, the ground floor is home to 64 Degrees, the London outpost of a restaurant that's been making waves in Brighton's foodie scene. It's headed up by chef/owner Michael Bremner, who's expanding his social dining concept into London with this experiential eating space that's almost more vintage industrial kitchen than restaurant."



orange Anglepoise lamps. Or the room with the vintage suitcases, original factory pendant light and a cherry red Smeg minibar. Whichever room you end up booking, the beds are faultless, the bathrooms are vintage-tiled and elegant and filled with gorgeous full-size Bramley bath products. Everything's thought about, right down to a tea crate of complimentary tea and coffee-making ingredients - with a cafetiere naturally. It's hard to tear yourself away from your calm room with its kingsize bed, flatscreen TV and retro Roberts radio, but trust us, you won't want to miss what's going on downstairs.

In a collaboration with Artist Residence, the ground floor is home to 64 Degrees, the London outpost of a restaurant that's been making waves in Brighton's foodie scene. It's headed up by chef/owner Michael Bremner, who's expanding his social dining concept into London with this experiential eating space that's almost more vintage industrial kitchen than restaurant. And that's the idea, you sit at the copper-clad 'kitchen pass' and watch the chefs creating your order - a selection of sharing plates, designed to be shared (or fought over) between two or a few of you. The interactive melting pot-style concept is rather charming -

and one reason the restaurant's been attracting a steady stream of diners since it opened. The other reason is the food. Imaginative and well-executed and more impressive than the short descriptions would have you believe, don't leave without trying the chicken wings with kimchi and blue cheese or the meltingly perfect short rib.

And it's not all. Down in the basement you'll find a Chesterfield-filled lounge space where you can have coffee by the fire, a private 12-seater dining room with vintage school chairs, and the underground cocktail bar, which the hotel describes as a 'secret drinking den'. It's a pretty stylish haunt - made even more haunting by the soft light of three antique ship's lanterns - where you can start or finish the night with a expertly mixed cocktail.

Romantic, stylish and with a pulse-raising restaurant experience and cocktail bar thrown in, we say make an excuse for a weekend in London at the Artist Residence before it gets too popular. We're planning to. After all, the welcome pack did say 'please treat the hotel as your second home'. Well if we must...

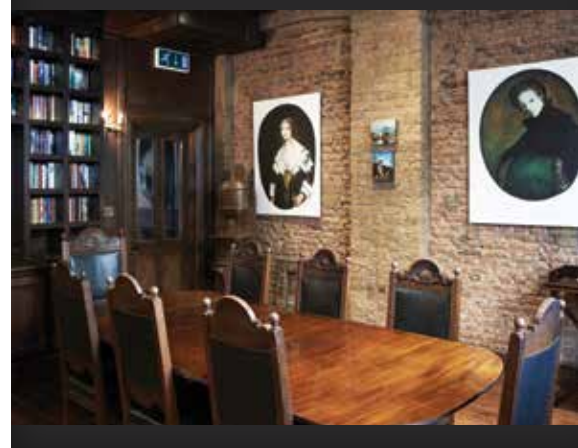
Artist Residence London, 52 Cambridge Street, Pimlico, London, SW1V 4QQ.
Tel: 0207 931 8946. Doubles from £160, room only.
artistresidencelondon.co.uk



AND ALSO...

Need some time out when you're in London? Library on St Martin's Lane is a brand new private members' club and bar for the literary, design and art world - the sort of place where you might run into a philosophy debate upstairs, an impromptu vermouth tasting downstairs, or a literary debate with live music in the bar. Billed as a creative co-working hub and event space with its double mezzanine and meeting rooms, Library has the eclectic decor to match; exposed brickwork, glass ceilings, reclaimed antiques, contemporary art and bar tops set with crushed glass. You can even stay over, the five-storey building doubles as a mini hotel with the penthouse's terrace overlooking the globe of the London Coliseum. Designed by Marc Peridis of 19 Greek Street, Library will add a restaurant and fitness suite in the next few months.

Library, 112 St Martin's Lane, London.
lib-rary.com



DATE ♥ NIGHT

ROMANCE ON A BUDGET VERSUS PUSHING THE BOAT OUT

WORDS Tamarin Marriott-Wilkinson

From the most inspiring places on the planet, to a handful of low-key yet lavish affairs, discover our favourite romantic getaways – from the attainable to the downright excessive!

A WEEKEND OF ROMANCE IN *Paris*

Celebrated as the most romantic city in the world, Paris suits all kinds of lovers, from the supercilious to the undisputable earthy. You'll discover plenty of dreamy pastimes including lunch at the top of the Eiffel Tower to a trip to the Louvre, where you can spend the entire afternoon gazing at the Mona Lisa. When dusk falls, take a stroll along the Champs Elysees. Alternatively, set sail down the River Seine in a private boat, listening to the soft sounds of musicians rendering your favorite song as you sip on a glass of Krug Clos Du Mesnil.

Where to stay...



On a budget:

Hôtel Regyn's Montmartre

Surrounded by steep staircases, a handful of excellent food shops and lively bars, you'll find yourself in the midst of Montmartre. Behind the hotel's white stucco façade, you'll be met by an unpretentious, classic French style featuring themed murals, toile de jouy fabric and kitsh, compact cheerful lodgings. A great location if you wish to leap straight out of bed and into the heart of the Parisian action.

Price: from £64 per night, excluding breakfast

Address: 18 place des Abbesses, 75018



Boutique:

Saint-James Paris

Set in the grounds of what used to be the world's first hot-air balloon field, You'll find it hard pushed to beat the extravagance of this magnificent converted 19th century mansion. The sweeping staircases, individually crafted rooms, mountains of space and private gardens will have you believe you're miles away from civilization, when in fact, you're just a short hop from the Champs-Elysées.

Price: from £245 per night, excluding breakfast

Address: 43 Avenue Bugeaud, 75116

Where to dine...

Even in Paris, the wrong restaurant could scuttle a Valentine's celebration. To ensure victory, we've handpicked our favourite venues for intimate drinks to alluringly lavish dinners. Why? Because the quickest way to the heart is through the stomach

On a budget:

Joséphine, Caves Parisiennes

This speakeasy-style establishment is home to a hoard of sophisticated cocktails, a handful of extraordinary whiskies and a variety of illustrious wines. The décor, although slightly avant-garde (the interior takes inspiration from the American tattoo artist, Joséphine Baker) is incredibly cosy – the perfect place for an intimate, pre-dinner tippie.

Price: from €5-18

Address: 25 Rue Moret, 75011



Pushing the boat out: La Compagnie des Vins Surnaturels

If it's cheap plonk you're after, you won't find it here – La Compagnie des Vins Surnaturels offers nothing but the best. Staff have abandoned their cocktail shakers for over 3,000 bottles of red, white and pink, served with hors d'oeuvres consisting of fine cheeses, truffles and prosciutto al tartufo.

Price: from €20 - €4,000 a bottle

Address: 7 Rue Lobineau, 75006

On a budget: Breizh Café

These are the guys that made the pancake gourmet. Set in a distressed beach hut with clientele consisting of fashionable Marais individuals, the choice of savoury galettes and sweet crepes is endless, ranging from classic completé (cheese, ham and egg) to an array of inventive creations comprising buckwheat and Valrhona chocolate.

Price: under €20

Address: 109 rue Vieille du Temple, 3e



Pushing the boat out: Verjus

Entered via an unmarked iron gate on the Rue de Richelieu, this small, private dining room is home to a well-regarded supper club (the brainchild of American duo Laura Adrian and Braden Perkins). The inventive, eight-course tasting menu (updated monthly) consists of a vivid, citrus-cured curl of fish, smoked potatoes, winter sauerkraut and ambrosial cardamom honey panna cotta. The end result – a combination of elegantly paired, distinctive flavours.

Price: €60 a head without extras

Address: 52 rue de Richelieu, 1e

GETTING THERE: BLUE ISLANDS FLY DIRECT TO SOUTHAMPTON FROM JERSEY, ADD A RETURN TICKET TO LONDON WATERLOO FOR JUST £30, WHERE YOU CAN CATCH THE EUROSTAR TO PARIS FOR AS LITTLE AS £69.

BECAUSE QUALITY MATTERS



The looming limestone karsts that pierce the azure waters of Thailand's Phang Nga Bay provide the perfect backdrop to the Six Senses, indulgent, Yao Noi's two-night Romance Package. The experience begins with a helicopter transfer from Phuket to the resort, where a 50ft yacht awaits your arrival. On board, you'll enjoy an exquisite four-course meal, prepared by Yao Noi's executive chef, before embarking on a tour of the surrounding karsts - which are still to this day associated with Roger Moore's The Man with the Golden Gun. When it all gets too much, simply retire to the glass-ceilinged master bedroom and wake to breakfast served on the beach. The second day includes a series of spa treatments, a private candlelit dinner and a night in a two-storey villa at the Six Senses Resort & Spa.

Price: from £3,800 per person

Address: Six Senses, Phang Nga Bay

With a menu fit for a king, navigating your way to a restaurant outside the realms of the Six Senses probably won't cross your mind, although if it does, you'll find plenty of delectable seafood establishments dotted along the coastline. It's here you'll also be able to enjoy a spot of golf, diving, parasailing, horse riding and if you're brave enough, bungee jumping.



Getting there: fly from London Heathrow to Phuket via Bangkok. Alternatively, avoid travelling through London and jump on a Blue Islands plane to London City, where you can catch a connecting flight straight to Paris and on to Bangkok.

Very British Indeed

Looking for something a bit closer to home? A trip to London's Dukes Hotel in Mayfair is guaranteed to suffice. Begin your trip with an expedition around the famous Hyde Park in none other than a horse-drawn carriage, before returning to the establishment for afternoon tea. If you're planning on a Valentine's Day proposal, the Very British Engagement Indeed package will even throw in a visit from a Boodles expert – there to help you pick out the perfect engagement ring. A congratulatory dinner (providing everything goes to plan) will follow at Thirty Six – the hotel's very own Nigel Mendham restaurant.

Price: £2,750 (ring excluded)

Address: 33 St James's place, London





For those who plan to enjoy the sights and sounds of the capital for a little longer, check out these must-try eateries...

Pushing the boat out: Balthazar

It's notoriously hard to snag a table here...that is unless you opt for a breakfast sitting. This centrally located, glamorous Covent Garden eatery serves brunch from 10am onwards. The menu consists of everything from eggs-every-way to American-style pancakes, and for the health conscious, porridge and granola.

Price: £30 for breakfast for two, service included

Address: 4-6 Russell Street, Covent Garden

On a budget:

Snaps & Rye

After a big night, a delicious brunch is guaranteed to dust the cobwebs away. Scandinavian cooking is proving to be something of a big deal in London – Snaps & Rye not only embodies the cuisine, but also, the nation's design ethos. It's here you'll find a simple yet functional establishment, complete with oodles of old-fashioned charm. Tempt your tastebuds with an array of offerings, cooked up by British chef Tania Steytler, including the likes of frikadeller (meatballs) with roast apple purée, blue cheese croquettes and a crisped slice of heavenly rye or flash-fried smoked eel, smothered in a creamy mustard dressing, served with a slice of delectable ham. If you still have room for more, try the delicate liquorice ice cream – it's to die for – and the perfect finalé to a morish meal.

Price: £30 for two for a meal with hot drinks

Address: 93 Golborne Road, Mayfair

GETTING THERE, BLUE ISLANDS FLY DIRECT TO LONDON CITY FROM JUST £49 – CHOOSE FROM UP TO SIX FLIGHTS PER DAY. LONDON CITY AIRPORT IS THE PERFECT ALTERNATIVE TO AVOID GATWICK AS THE FLIGHT TAKES YOU RIGHT INTO THE HEART OF LONDON.

THE PROPOSAL OF THE CENTURY

Looking for a romantic escape fit for a rock star? You've come to the right place. Some may consider the £61,000 Proposal of the Century package a touch extravagant (available at The Langham Huntington Pasadena hotel in California), although it's certainly one way to set your marriage off with a bang! Asides from spending two nights in the hotel's impressive presidential suite, during your stay, you'll travel to the 100,000-seater Rose Bowl Stadium in luxury – in none other than a Bentley Flying Spur – reserved for your exclusive use. On arrival, proposals are made to the tune of a 40-piece Pasadena Symphony Orchestra.

Price: £61,000

Address: The Langham Huntington Pasadena hotel, California



If you're planning on prolonging your engagement, try these nearby restaurants for style:



On a budget:

AKA Bistro

Located in Old Pasadena, AKA Bistro is the latest concept to come from celebrated restaurateurs Robert and Deborah Simon. Drawing inspiration from organic sources and the surrounding wine country, you can expect a diverse menu, suited to every taste. You'll also find an abundance of handcrafted brews, which are said to pair perfectly with chef Jonathan Wiener's bold flavours.

Price: Under £15

Address: One Colorado, 41 Hugus Alley CA 91105

Pushing the boat out: Sushi Roku

This fine dining establishment has transformed the traditional sushi bar experience into a contemporary affair. The colourful menu comprises an abundance of hot entrees, fresh California sushi, and speciality appetisers, including the likes of sun-dried tomato and queso fresco baby octopus, all washed down with Asian martinis and hot and cold sake.

Price: From £11 per portion

Address: 33 Miller Aly CA 91103



Getting there: from London City, Blue Islands offer excellent connection times to a wide variety of European destinations including Amsterdam, where you can catch a connecting flight direct to California.

CULTURE

What Are We Going To Do With All Our Children!

Brighter Futures and Jersey Arts Centre / Directed by Daniel Austin

Saturday 14 March at 7pm (1 hour)

Written by fifteen extraordinary women from Brighter Futures this tells the true-life stories and experiences of motherhood. Using music, movement and poetry, the play explores the world in which we live today.

Suitable for 12 years +

£6 (£4 children under 17 + students)

Members: £5.10 (£3.40 children under 17 + students)

For more information and to book: 700444

www.artscentre.je

jersey
arts
centre



Brighter Futures

MY NAME IS...

My name is Nicola Fuller
 My job is dog walking

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

My worst habit is ~~biting~~ biting nails

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

The song that best represents the soundtrack to my life is Michel Bolton
Love songs

This is a self-portrait:



My greatest achievement is ~~get~~ certificates
dogs

My biggest inspiration is

In 3 words I am Happy, Lucky, good

My motto / mantra is I have not got one

If I was a superhero I would be Leherdo de caprio

I couldn't live without my mum and dad

The advice I would give my 12 year old self is be happy

Is honesty the best policy? True



taking part *Making Art*

Supporting people
with learning disabilities

EXHIBITIONS

MENDING BROKEN HEARTS AT CCA GALLERIES INTERNATIONAL

CCA Galleries International is proud to present a special 'Breath of Life' portfolio featuring 15 limited edition silkscreen prints by Britain's leading contemporary artists. However, this is no ordinary portfolio; it is part of the Mending Broken Hearts Art Appeal: an ongoing effort to raise awareness and funds for the British Heart Foundation (BHF) through the use of contemporary art. Since the launch in 2011, these images have become icons used by the BHF to promote their activities across the country, harnessing the unique power of art to grab our attention and to move us.

"The project began with each of the artists creating an original artwork based on the theme 'mending broken hearts': a universal theme with endless possibilities that sums up the work of the BHF. Each artist's interpretation is completely unique and the images as a group are as diverse as they are beautiful"



The group of artists involved in this project is a cross-section of all that's best about British contemporary art including: Sir Peter Blake, Maurice Cockrill RA, Brad Faine, Duggie Fields, the late Donald Hamilton Fraser RA, Gerard Hemsworth, Maggi Hambling CBE, John Hoyland RA, Patrick Hughes, Bruce McLean, Antony Micallef, Brendan Neiland, Tom Phillips CBE RA, Barbara Rae CBE RA, and Storm Thorgerson. Breath of Life is unique in bringing together this particular set of artists for the first time - making the portfolio very collectable.

The project began with each of the artists creating an original artwork based on the theme 'mending broken hearts': a universal theme with endless possibilities that sums up the work of the BHF. Each artist's interpretation is completely unique and the images as a group are as diverse as they are beautiful. This diversity is essential to what the BHF is trying to achieve: to put contemporary art into the mainstream public view and to use its power to make people think. Everybody will see different things in a work of art and have a different emotional response to it; this is the beauty of the Mending Broken Hearts Art Appeal. Of these 15 images there will be one or two for everyone that particularly appeal to us or relate to an experience we have been through. In the end, Breath of Life is about the redemptive power of love, about triumph over adversity, about hope and science combining to conquer heart disease. This positive message encapsulates what the BHF are trying to achieve; to find a way to repair damaged hearts and save millions of lives.

All publishers' profits from sales of the Breath of Life portfolio will be donated to the BHF. This money will be used to help fund a programme of medical research into regenerative medicine. The BHF's long term goal is to enable the heart to repair itself once it has been damaged; having a heart attack would therefore become no more serious than breaking an arm. The development of regenerative techniques will help to save millions of lives.

View the portfolio at CCA Galleries International, 10 Hill Street, St Helier. The Gallery is open Monday to Friday (10am to 5pm) and Saturdays (10am to 2pm).



TAKING 'JERSEY' TO PARIS

The artwork of local artist Matt Falle has been selected to feature in an international group exhibition in Paris.

The exhibition is part of the Fete du Graphisme, an international art event dedicated to graphic art, consisting of multi exhibitions of artists from over 80 different countries.

Matt's work, titled 'Jersey Living', will feature in the exhibition titled: 'Ailleurs. Les Alliances françaises s'affichent' - which consists of artists associated with the Alliance Francaise, a French learning & cultural activity centre with branches all over the world - including here in Jersey. To coincide with the festival a special book is also being printed, and will go on sale featuring the artwork of all of the artists involved.

The context of the exhibition is 'graphic cities' - artwork that symbolizes the place you are from. Matt's work opts for the tranquility and wide open space of the sea that surrounds Jersey. Prints of the poster design are for sale, and further information about the festival can be found online at Matt's website, www.mattfalle.com simply follow the link to the 'Fete du Graphisme' official website.

The exhibition runs until 8th February at the Cite International des Arts building, Paris.

CULTURE NEWS

**Moscow City Ballet****Giselle:** 25th & 26th February**Swan Lake:** 27th & 28th February / 1st March

Did you know a three hour ballet performance is roughly equivalent to two back to back 90 minute football games or running 18 miles? Pretty impressive stats which the Moscow City Ballet more than delivers on. Its 45 dancers and principals are all at their best as they return to the island with these two stunning interpretations of Giselle and Swan Lake, accompanied by a full live orchestra. No need to leave the island to see some of the finest ballerinas in the world. Plus Jersey Opera House Members get £10 off their tickets, which are priced between £29.50 - £47.50.

**Aerial Arts**Saturday 28 February + Sunday 1 March
10am - 4pm

Why not spend a weekend learning the basics of Aerial Arts? Taught by expert Hayley Wray at the Old Magistrate's Court, this two-day course will help you experience the physically challenging world of hoop and ribbon work, along with some circus skills, just for fun! Great for fitness or just to pick up a new skill, this brand new course is only £50 for two full days of teaching. Spaces are going fast so call in to the Jersey Arts Centre and book now to avoid disappointment!

**2Faced Dance Company: Dreaming in Code**

Award-winning choreographers Tamsin Fitzgerald and Eddie Kay for Frantic Assembly present *Dreaming in Code* on Wednesday 11 February 8pm at the Jersey Arts Centre. This is an explosive, visceral, brand-new double bill performed by one of the UK's most innovative male dance companies. Featuring a breath-taking collision of kinetically charged dance and theatre, 2Faced Dance explore what the future could look like in this powerful and fearless work. Exhilarating, heart-breaking, devastating and joyful, this is one not to be missed!

"They slam, slide and somersault their way through with a swift determination that rarely falters" The Times

**A Night of Dirty Dancing**

13th & 14th February

Looking for a Valentine's gift they'll love or just trying to avoid the romance altogether with a friends' night out? Look no further than this tribute to the 1987 movie and its epic soundtrack. What could be better than a slickly choreographed production featuring all those classics, and surely witnessing the lift live on stage is enough reason to book your tickets? Which are priced £17.50-£23.50 and you'll get a tree ticket for groups of 10 or more! "Look spaghetti arms...this is my dance space!"

Call for young Jersey artists to take part in Forum des Arts

For a third year running, the Jersey Arts Trust is partnering with Forum des Arts to send a selection of Jersey artists to St. Malo to participate in the city's three-day arts festival and they are inviting Jersey artists, aged between the ages of 15-35, to take part.

The event is coordinated by the city of Saint-Malo and runs via the Service Information Jeunesse et Animation de la Ville. Forum des Arts has been running annually since 2003 and promotes the work of young artists between the ages of 15-35. The Forum des Arts features performances, concerts, workshops and exhibitions, with the historic streets of Saint-Malo as a backdrop. Around 200 - 300 amateur and professional young artists take part every year. The Forum des Arts is an opportunity to

showcase the best young artistic talent that Jersey has to offer. So if you're Jersey-based visual artist and would like to be involved, register your interest by filling out a form, which you can download at www.arts.je, the application needs to include photographs of your work and must be submitted before Friday 20th February 2015.

The organisers of Forum des Arts are also looking for musicians and bands to play throughout the weekend and are keen to hear from Jersey based acts through the Jersey Arts Trust. All travel, accommodation and meals will be taken care of throughout the weekend. The selected artists and musicians will be required to stay on site for the three-day duration of the event and will be responsible for the security of their work.





Talent sought for new art spectacle

The Jersey Arts Trust is delighted to announce the launch of Skipton Art Series (SAS) 2015 and they would like to invite you to join them. Skipton Art Series is the umbrella term that will encompass the Skipton Open Studios, as well as other visual art events throughout the next two years. After overwhelmingly positive feedback from both public and artists, Skipton Open Studios has moved to a biennial event and will take place in 2016. The hope is, the new format will enable artists greater freedom to create a new body of work, develop links and collaborations with other artists as well as having the opportunity to take part in an

enormous (literally) public exhibition at the end of the year.

JAT will be holding development community events throughout 2015, to stimulate and encourage artist collaboration, creativity and support. At the end of the year, they will be staging a high profile exhibition projected onto the walls of Normans, Commercial Buildings, to showcase all the artists involved and the new work. The show will be independently curated and will run over four days, with different exhibitions running each night. There will also be the opportunity for artists to propose solo and artist-curated exhibitions.

Now, the search is on for artists to take part, and those interested are invited to apply. Application forms can be downloaded from the JAT website at: www.arts.je or can email Sasha Gibb at sasha@arts.je you have until February 14th to submit your application.

World Record holding comedian - Patrick Monahan

Random fact: this loveable comedian holds the joint World Record for the "Longest Hug" at a whopping 25 hours 25 minutes! You can expect many a free cuddle at the Iranian / Teessider's new stand up show on Thursday 19th February, along with his usual energetic wit, playful audience participation and charmingly clean family material.

Suitable for 12 years plus and tickets are £17.50.



DON'T BE A NO-SHOW THIS FEBRUARY!



JURASSIC ADVENTURES

7th February 1pm & 5pm

8th February 11am & 4pm

This brand new live family show is 'dino-mite!' Get transported to Professor McCoy's Jurassic Adventures Theme Park in this theatrical production featuring amazing actors, superb scenery and dinosaurs!

Adult: £15.50 Child: £13.50 Family of 4: £49



RSC: LOVE'S LABOUR'S LOST

11th February 7pm

Live Screening

Enjoy the first of Shakespeare's pair of sparkling comedies with this dazzling production, screened live from the RSC. Then catch Much Ado About Nothing in March.

Tickets: £11-£12.50



MET OPERA:

IOLANTA / BLUEBEARD'S CASTLE

15th February 6pm

Encore Screening

This intriguing opera double bill consists of the enchanting fairy tale of Iolanta followed by the erotic psychological thriller Bluebeard's Castle.

Tickets: £15-£17.50



MIMIKA THEATRE: SMALL WORLDS

21st & 22nd February

In the Studio

Step inside a beautiful white tent and experience this intimate, spellbinding show: five interweaving stories, five small worlds and five very different journeys all told with immersive puppetry, animation and miniature landscapes.

Only 30 tickets per show and suitable for 5yrs+.

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

Jason Masterman



Colin Griffiths



Gary Clarke



Gracie Ginnis

Cecilia Szolnoki



Sue Baudains

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

Adam Le Sealleur



Kiah Robinson



Phil Gordon



Mike Dottore



Robbie Dark



Angie Muir



Gavin Le Brun

FAITH, FAMILY, COMMUNITY: Photography Exhibition

2nd February - 28th February



Images supplied by Hautlieu School.

Over 100 post-16 students from nine different colleges studying arts and photography, from both Jersey and Guernsey, have collaborated through a series of workshops led by award winning international photographers.

The Guernsey Photography Festival, being an organisation, which has always been dedicated to education, which has always been behind the initiative, and this year they expanded the project to include students from Jersey for the first time.

The project started over eight months ago with several workshops taking place on both islands. All the students met during the opening weekend of the Guernsey Photography Festival in September, this provided a unique opportunity for the lucky participants to work with internationally renowned contemporary photographers through a series of world-class exhibitions, talks and workshops and

was where they finalised their personal projects based on the theme of the festival: FAITH, FAMILY, COMMUNITY.

The pan-island exhibition represents the best lens-based work from the students that participated and explores how such universal themes manifest themselves locally in different ways, across island identity and culture.

Participating colleges: Guernsey College of Further Education, Elizabeth College, Grammar School, Ladies College, Hautlieu School, Highlands College, Jersey College for Girls and De La Salle College.

This program is organised by the Guernsey Photography Festival in collaboration with Archisle: Jersey Contemporary Photography Program with the support of Mourant Ozannes, Raven Russia, Guernsey Arts Commission and Deutsche Bank. The exhibition is supported by the Christopher Lakeman Arts Foundation and is hosted within the Berni Gallery, Jersey Arts Centre.

BEAUTY & WELLBEING



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Ask in-stores or salons for more details.

BEAUTY NEWS

Great lengths

Ever get the feeling that you just don't have the hair you were supposed to have? So if the real you is supposed to have long, full and beautiful Victoria's Secret style curls, but in real life you can never grow your hair past your shoulders, it might be time for a little assistance...

Stephanie and Holly at Oasis Hair Salon are among the first in the UK to train in a new cutting-edge method to give you long, beautiful, easy to wear extensions that cause the least harm to your natural hair. More fullness, less damage - no wonder it's all the rage in LA where this technique was developed.



PICTURED LEFT TO RIGHT: (1) before (2) hair extensions in and (3) hair extensions styled

The new method uses a smaller number of beads to attach rows of hair instead of the traditional method of beads or bonds and smaller strands. There's none of the glue, tape or heat bonds of normal extensions that can damage or pull on fragile fine hair. And as the technique uses less beads - on average 20 points of contact compared to 200 points of contact with traditional extensions - there's less damage to your own hair. The rows also create a much fuller effect than normal extensions, and because they lie flat against the head, they're easier to conceal. Natural-looking full and beautiful hair that looks seamless - with minimal damage. And with bespoke colouring of your extensions, you can achieve celebrity-style colour effects without having to worry about a lifetime of damage to your own hair. Easy to brush, easy to style into gorgeous waves and you can use your own shampoos and conditioning treatments as normal. And unlike traditional hair extensions that can take all day, this process only takes around three to four hours from start to finish.

“The new method uses a smaller number of beads to attach rows of hair instead of the traditional method of beads or bonds and smaller strands. There's none of the glue, tape or heat bonds of normal extensions that can damage or pull on fragile fine hair. And as the technique uses less beads - on average 20 points of contact compared to 200 points of contact with traditional extensions - there's less damage to your own hair.”

Interested? Phone and make a consultation appointment to find out more about colour matching and customising your extensions to get the perfect natural result for you.

Introductory offer: £350 (normally £500) for the initial placement, colour, cut and finish of your hair extensions - plus the cost of your hair extensions (an extra £200 to £350 depending on volume). The real-hair extensions will last for around 6 months, and top up appointments (£150 - £200) are recommended every 6-8 weeks to adjust the beads as your hair grows.

Oasis Hair Salon, 20 Beresford Street, St Helier: 728200



DATE FOR THE DIARY

Friday 13th (4pm - 7pm) & Saturday 14th (10am - 5pm) February

Healthcare DIY Workshop

Lido Wellness Centre is putting on a charitable event where all proceeds will be donated to Holidays for Heroes Jersey. Holidays for Heroes Jersey is a charity whose aim is to provide a week's holiday on our beautiful island, to any past or present member of our courageous HM Armed Forces that have been injured (either in mind or body), whilst valiantly serving in the line of duty.

Wellness is generally used to mean a healthy balance of the mind, body and spirit that results in an overall feeling of well-being. The fab team at Lido Wellness Centre, whose wonderful motto is 'Your health is our priority', will be giving lifestyle support taking into account movement, dietary, sleep and physical or mental stress patterns to help assist you in setting achievable lifestyle changes and goals, ultimately promoting your wellbeing and health.

Your plan for improved health begins and ends with you and what you get out of it depends on how much (or how little) you choose to put into it. This brilliant Healthcare DIY Workshop will have over 18 practical health tips from a variety of well-respected practitioners, doctors and authors. They will be providing everything from practical workshops and seminars to demonstrating new techniques to shift those extra pounds all of which have been designed for you. You'll leave with a host of valuable tips which will enable you to achieve your goals immediately.

You can find more information about the event on their website www.lidowellnesscentre.co.uk, or call 789367. If you would like to donate or purchase a ticket for this event then you can from www.justgiving.com/lidowellnesscentre



Under new management
Fully refurbished facilities
Relaxed friendly atmosphere

With full membership packages priced at just £65, and the usual £25 joining fee exempt until the end of March, there's no time like the present to kick start your fitness goals for the New year! There's also the option of pool only packages.



TEL: 01534 671185
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Let us help you find the perfect Valentine's gift!

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Smile Design

2015: New year, New You



Why CDG?

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Before

After



British Academy of
Cosmetic Dentistry



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*Full T&Cs apply.



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W: www.jerseysmiles.co.uk

BEAUTY PRODUCTS



Sparkly shadow goes ultra-sophisticated

Add a little (or a lot) of glittery goodness to your eyes this season with Moondust Eyeshadow – a micro fine sparkle that guarantees a lush, 3-D metallic and ‘brilliantly reflective look’.

Can be applied wet or dry.

Urban Decay Moondust Eyeshadow in Cosmic

- available from Feelunique



Better than a bouquet

Inspired by a sumptuous blend of seven of the world's most superb roses, a hint of lemon and crushed violet leaves, who needs flowers this Valentine's Day? Enriched with sweet almond, avocado oils and jojoba seed, it's not only magnificently moisturising, it's the perfect bath time treat.

Jo Malone Red Roses Bath oil - available from Voisins



Hair Do You Do?

Is your mane looking a little lackluster? Try this next-generation frizz-taming duo for size. The rich, restorative properties promise to prolong the life of your dye, whilst improved environmental protection agents keep colour sapping, UV rays at bay. A treat for those who desire glossy, shiny strands. Transforms even the driest, most 'over-it' hair.

Oribe Shampoo and Conditioner for Beautiful Colour

- available from 4 York Street



Thirsty Work

Are you a little thirsty? We may have found your skin saviour! Recapture your complexion's youthful radiance with Bare Minerals' brand new luxurious blend of five carefully curated oils. The end result? A spa-worthy super supple, resilient and replenished complexion!

Bare Minerals Mineralixers 5 oil blend

- available from Feelunique



The pink one

Finally! A lip gloss that is juiced to the max with eight hours of long lasting shine – for girls on the go who want the best of both worlds! This high shine glosswear is proven to work a full shift comforting, moisturising and nourishing your lips. Parched pouts at the ready!

Clinique Long Last Glosswear - available from Feelunique



One for the wilful woman

In the word's of Gwyneth Paltrow 'beauty is about being comfortable in your own skin. That, or a kick-ass red lipstick.' Guaranteed to transform your look from lacklustre to lush in one easy swipe, the crimson lip remains a timeless beauty staple.

Tom Ford Lipstick in Wilful - available from deGruchy

Oasis Hair Lounge

Wow!

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MEET TEAM CDG

Meet the clinical team at The Cosmetic Dental Group (CDG), behind their professional focus on your preventative dental care.

Pictured clockwise from right: Tammy, Jeremy, Jonathan, Jon and Katie

Katie Park RDH

Head of Hygiene and Practice Coordinator

Katie is one of our longest serving members of staff and will be a very familiar face to many. Her laid back attitude to life and sense of fun are infectious and she is liked by both patients and staff. A Jersey girl, Katie grew up in St Mary and even won the title of 'Miss St Mary' in 1996. Katie is passionate about providing periodontal care for those patients that have disease present; helping them address this and return to optimal health. Katie has found that a lot of patients struggle with flossing and so she recommends testing out a variety of flossing tools if it doesn't feel quite right, to find the right solution for you.

Tammy McArdle Bsc

Dental Hygienist & Therapist

Tammy is a bubbly Geordie girl who has settled into Jersey life and at CDG quickly. With her smiley face and 'up for anything' attitude, she lights up any room. Tammy likes to run and has completed the 'Great North Run' and the 'Durrell Dash' too. She is excited about the ongoing Dental Law Consultation Process that is being consulted on in the States of Jersey, as she's hoping for change so that she can use her Dental Hygiene Therapy training fully. (Tammy was trained to undertake hygiene as well as children's dentistry including fillings and extractions, but is not able to practice this in Jersey with the current law from 1961!). Tammy's top tip is to drink through a straw as this limits the contact of any acid present with your teeth, which softens the tooth material and can cause cavities.

Dr Jon Sproson BDS

General & Cosmetic Dentist - Qualified Practice Assessor

Jon is a chirpy chappie with a thirst for knowledge and fact-finding, and a particular interest in history and geology. Having moved to Jersey in 2010 with wife Jayne, he loves island life and walks along the RAMSAR designated area on the south coast. Sharing both Jeremy and Jonathan's passion for cycling, Jon also enjoys biking with his sons Tom and Alex when they visit. Jon has a thriving Six Month Smiles Clinic at CDG that allows patients to address their cosmetic concerns quickly. Jon's dental pointer is to protect your teeth when playing contact sports as it can be the difference between keeping your teeth and emergency dental treatment.

Dr Jonathan Wood BDS

Clinical Director, Partner, General & Cosmetic Dentist

Jonathan is rarely seen without a smile and the team enjoy his cheeky sense of humour and kind nature. An avid cyclist, Jonathan is often observed in full lycra attire at reception, although not for long! Living in a beautiful home he shares with wife Susan in St Ouen, Jonathan enjoys bee-keeping and listening to rock music in his spare time. Jonathan has a popular Orthopaedic Orthodontic Clinic at CDG which focuses on developing the tooth arches and straightening teeth without extractions. If he could recommend anything to his patients it would be to visit your Dentist regularly to ensure that any early signs of decay are treated quickly and efficiently.

Dr Jeremy Willetts BDS, LDS, RCS

Clinical Director, Partner, General & Cosmetic Dentist

Jeremy is full of energy and loves nothing more than surfing, biking and coasteering at St Ouen. Dad to Jamie and Archie, Jeremy and the boys find any 'Monty Python' sketch hilarious and have outdoor adventures together most weekends. Jeremy runs a flourishing Dental Implant Clinic at CDG where he has successfully placed implants for patients of even 78 years and over! His top tip would be to consider all options for missing teeth as there are a host of possibilities to suit every patient's lifestyle and needs which may sometimes be overlooked.

If you would like to meet the team in person and schedule your appointment at CDG, please contact Ashley or Natalie on 731680 or email info@jerseysmiles.co.uk for a free call back.

Why do we hate fat people?

What does fat mean to you? It's a very loaded term but one we deploy with frequency so it must have some collective definition; some meaning that makes sense to most of us. That meaning, of course, is not usually a nice one. When we call someone fat we are not paying them a compliment but generally mean to wound.



So what makes us so angry with people who are overweight? Why do we feel the need to shame them and point out what we see as their shortcomings? Likely the answer lies in a combination of historical representation, collective social response, and our experience of ourselves and those closest to us.

Gluttony is often cited as a sin, a weakness, an inordinate desire to consume more than we need. Dig a little deeper, though, and the sin is more withholding food from the needy and could be interpreted more as selfishness than simple greed. So the historical link is not as clear as it might seem.

“However, in amongst all this projected guilt, misinterpreted teaching and archaic humour is a misunderstanding of why many people eat too much.”

There are good health reasons for watching our weight with doctors linking specific conditions, such as Type 2 Diabetes, with a high BMI. Anything that supports our health saves money for the health service, and ultimately our taxes, and it keeps us alive for longer. Regardless though it does not explain why society wants to wade in and point a critical finger at those who appear to ignore the danger in which they are placing themselves.

Society seems fairly fixed on its view. Fat people are funny, they are the butt of a plethora of gags. Gags we accept in a way that racism and sexism increasingly, and encouragingly, is not.

Considering these influential elements in isolation or combination perhaps goes some way to explain our loathing of fat people. However, in amongst all this projected guilt, misinterpreted teaching and archaic humour is a misunderstanding of why many people eat too much. So many of those we class as fat, those we scowl at as they tuck into a packet of crisps in front of us or ‘flaunt’ their size as they sail past us on motorised scooters, are not eating out of greed. They eat as a form of self-medication and self-soothing due to low self-esteem or any number of behavioural issues. They may do this because of traumatic events in their lives or damaged and cruel childhoods to name only two. They are not filling their faces; they are filling voids and re-enacting learned responses. So often what we hate, we misunderstand or fear in ourselves.

Maybe consider these thoughts the next time you feel that hate welling up inside:

- People are so much more than their weight
- We can all punish ourselves but cope in our own way
- Try seeing past the size to experience the person
- Understanding is harder than condemning but so much more rewarding



Amazing Benefits

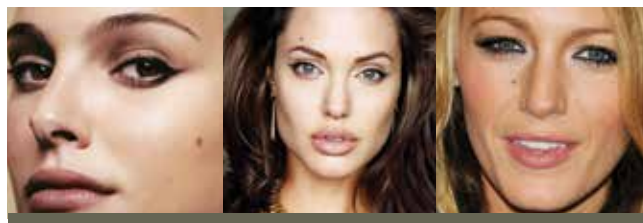
The wonderful folk at Benefit have added a new little beauty to their popular Bathina line. The Bathina “Just Confess, You’re Obsessed” All Over Me Scented Body Mist, which comes in a very glamorous bottle, is great to use after an evening bath. It’s created using the iconic signature sensual Bathina scent that so many fans of Benefit adore. Simply spritz it all over and you don’t need to wear anything else before hopping into bed!



We LOVE...

The Bobbi Brown Art Sticks. This puppy has the lasting power we lust after in a lip colour. Also the range of hues are absolutely amazing. We were brave and tried out their new Hot Orange which is a lovely reddish-orange that was super striking and a great twist on a traditional red lippy. Being a pencil makes it so easy to apply and also to accentuate your Cupid’s bow. They’re gorgeous, creamy and moisturising; all in all they get a huge 10 out of 10 from the girls at Gallery HQ.

The new colours will be available from March.



Spot On

Marilyn Monroe and Cindy Crawford are famous for theirs, but a whole host of the world’s most beautiful women have them; Angelina Jolie, Natalie Portman and Blake Lively.. it’s the one thing they all have in common! The Beauty Spot.

Beauty spots are stunning. Some of you are lucky enough to be born with them, and others can simply achieve them with a carefully placed dot of eyebrow pencil. Try experimenting this evening with placement - they can really enhance your facial features.



NEW YEAR, NEW SKIN

If you've spent the holiday season sleeping too little, indulging in all the wrong foods and celebrating too much, there's a good chance your skin is looking a little worn and lackluster. But once you begin the right skincare routine, you'll start to notice a number of improvements, such as tighter, smoother skin, fewer pores and a glowing, youthful complexion.

With dreams of the perfect complexion in mind, I decide to discuss the latest treatments, technologies and the ins and outs of skin health with Hayley Jordan (an ambassador and clinical educator at the Aesthetic Skin Clinic here in Jersey) who's been working as an aesthetic nurse for 10 years now.

She tells me, 'the most important part of improving your skin is assessing what needs improving'. 'Many patients will book treatments without knowing if it's the right treatment for them.' The Aesthetic Skin Clinic believe it is better to first conduct a thorough analysis of the skin, before recommending a suitable treatment plan and a bespoke treatment package tailored to your individual problems.

A typical consultation with Hayley focuses very much on skin health, and improving the building blocks to achieve beautiful, youthful and glowing skin. 'If your skin is at optimum health, you're going to see results that last longer. One might say you can't make a great cake without using great ingredients; it's very similar with the skin'.

Using Visia Analysis – a tool that is able to capture consistent, repeatable, perfectly registered facial images, allows Hayley to develop more targeted treatment programs, track progress over time, and stay connected with her patients as they consider the possibilities of aesthetic procedures. 'Patients can see how their the skin is improving overtime, which encourages them to continue protecting and promoting the health of their skin.'

On top of being able to offer patients 3D visual tools, the Aesthetic Skin Clinic also use a prescription skincare range called 'Obagi' which really is the platinum standard when it comes to skin health. 'I know from personal experience and I'm very passionate about the results that can be achieved' explains Hayley. 'There are a number of systems allowing us to cater for individual lifestyle needs, budget and

'the most important part of improving your skin is assessing what needs improving'. 'Many patients will book treatments without knowing if it's the right treatment for them.'

targeted skin complaints'. Hayley also schedules regular follow-up appointments with her patients, which allows her to work with them to find the best system for their needs. 'I am committed to improving skin health for every patient and feel great personal satisfaction through eradicating pigmentation which can be devastating for patients, controlling acne and reducing scarring – and ultimately seeing the pleasure on patients faces when they look in the mirror and actually can't believe how magnificent their skin is looking'.

In recent months, there has been a massive drive towards combination treatment, as often in aesthetics one plus one really does make three. There is so much benefit to be gained from combining good skincare with laser treatments. One of the Aesthetic

Skin Clinic's most popular combinations is the Radio Frequency Facial Tightening Combination, which combines thermage with needling radio frequency to target exactly where the tightening is needed. The needling resurfaces and improves the tone and texture of the skin almost immediately, whilst the radio frequency heats and stimulates the deep structures within the skin to make new collagen and tighten existing collagen, contouring and lifting to reveal a more refreshed and youthful appearance.

Hayley often combines this technique with Fraxel Resurfacing to the chest for sun damage and fine lines and IPL skin rejuvenation to reduce any sunspots and broken vessels. Such plans boast maximum improvement and minimal downtime – an asset to those with busy schedules. 'It is important to achieve natural results and this total approach to skin health and tightening achieves exactly that'.

To continue to improve their services, the Aesthetic Skin Clinic is always looking into new treatments and technologies, so as to offer their patients the best treatments available. This year is no exception and they are actively taking on board amazing new technology with extensive clinical data to support effectiveness, but most of all, safety and value.

One such treatment is the new Hydra Facial, which is a medical grade facial that combines lymphatic drainage with deep cleansing and pore extraction, before saturating the skin with treatment serums and finishing with intensive infra red. 'This really is the ultimate red carpet facial experience with no downtime, just glowing results'.

The Aesthetic Skin Clinic are also looking into advancing their hair removal offerings to offer a faster more effective hair removal system, which gives greater results for even finer and lighter hair.

If you too would like to get skin-savvy for 2015, you can make an appointment with the Aesthetic Skin Clinic today by visiting www.askinclinic.co.uk



FASHION

BRAND NEWS

Say 'Yes' with Clogau

Compose your own engagement ring with Clogau. In three simple steps, you can choose from an exquisite variety of diamonds, golds, band styles and designs to create your very own Clogau Engagement Ring.

The giving and receiving of a ring that you can compose together is the ultimate expression of your love, hopes and dreams and a reflection of your life together - unified in a personal heirloom piece.

For further information please visit www.clogau.co.uk/compose or call into Rivoli Jewellers.



This offer has a great **ring** to it!

Rivoli Jewellers will be holding an in store wedding event on Saturday 28th February 2014. They will have in stock, especially for the event, a full range of wedding rings from Brown & Newirth and their experienced team will be on hand to guide you through your purchase and ensure that your rings are a perfect fit.

In addition to a fine collection of handmade wedding rings there will also be some very special offers including up to 20% off wedding rings including 9ct, 18ct gold and platinum rings, a shape to fit service so that however unusual your engagement ring, a wedding ring can be tailor made to sit perfectly with it and as if that wasn't enough they have teamed up with Natalie Mayer Photography to offer everyone who places an order on the day an engagement photoshoot worth £150.00.

See www.rivolijewellers.co.uk for details.



Brand to watch

Charli is a super british brand that has been on our radar for a while now. They produce stunning softly draped knitwear and their 2015 collection maintains an easy-luxe aesthetic at its core. Their jumpers are perfection and we're very excited to see more! Charli is available at Elizabeth Howell

Fab fitting Jeans

Are your old faithful jeans starting to give a bit? Then it's time to treat yourself to new ones! These tight fit tawny jeans, new in at Pebble, are great for achieving a slimline silhouette. Move your black and dark denim jeans to the back of the closet and brighten up your outfit with this great, light and slightly unusual colour, which will go with so much.

Jeans available from Pebble with prices ranging £49-£120



NEW SHOP ALERT - Jersey Silver

Local jewellery brand Jersey Silver has opened their new concept store in the heart of St. Helier. Now running for the past five years in St. Ouen their gorgeous new designs, including the iconic Jersey Granite jewellery collection, are available in their bright and welcoming store at 4 Broad Street. "Our own designs are what makes our collections so desirable" comments new store manager Rebecca Jones, "every element of all our collections are locally inspired and reflect the fun and style of Jersey." From easy to wear everyday silver collections, gifts for gents or their exclusive scented candles, St. Helier now has a beautiful new store that we will all love to shop in.

Featured are the new Jersey Granite and silver 'Cascade' bracelets from £33 and scented candle £21.





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MANNA EXCLUSIVE COLLECTIONS

TREND NEWS

Fashion Insider for 2015

From hippy deluxe to Saturday night fever, to a khaki nod to military accents and a hint of seafaring style, 2015 sees the world's most renowned and promising designers experiment with everything from shapely silhouettes to a fusion of patchwork vintage prints. The end result? A series of must-have, contrasting styles. Stay one step ahead as we present a round up of this year's most sought after runway trends.

Khaki

This timeless fashion classic returns to the runway once more for 2015. Emerging in varying styles for a number of celebrated fashion houses, including Chanel and Marc Jacobs, expect to see everything from suede khaki to sexy, military silhouettes and Out of Africa Safari-style charm.



Kimono

Mirroring the look of a rather sophisticated martial arts champion, the kimono proves to be a muse for a handful of fashion houses this season.



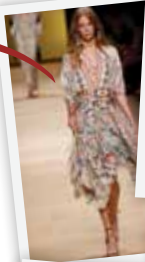
Nautical

From yachting-inspired dresses at Chloé to sailor's uniforms at Marc Jacob's, a sea breeze appears to have swept over 2015's must-have fashion ensembles.



Hippy Deluxe

2015's long, light, flowing luxury bohemian-style dresses appear to have stepped straight from the runway's of Marrakech. Inspired by the iconic hippie-chic style, make kaleidoscope motifs, powder pink silhouettes and luscious lace ensembles your go-to wardrobe essentials for summer 2015.



Saturday Night Fever

Ultra short, one-shoulder lurex ensembles and shiny leopard print numbers are making their way into the wardrobe's of fashionistas around the globe! Guaranteed to gear you up for an all-night party!



Utilitarian

From engineers to fighter pilots, this season's top designers take inspiration from the world of industry. Dior, Ralph Lauren and Pucci inject a couture edge into their all-in-one creations, with statement jewellery, oversized buttons, long zips and leather belts.



Ballerina

Conjuring styles that sit partway between a 'vestal virgin' and prima ballerina, this season's lengthy tutu skirts and elegant tulle dresses deliver a glammed-up twist when teamed with gladiator sandals laced to the knee.



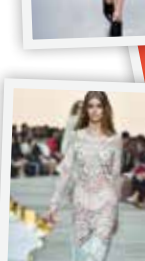
Patchwork Denim

Once again, denim makes its return to the runway. From revamped faded blues to patchwork ensembles and textured effects, choose styles that sway between good-girl conformist and sex siren.



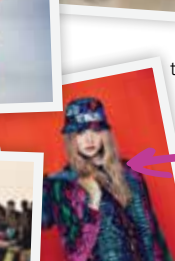
Romantic Lace

As seen at Chloé, Valentino and Louis Vuitton, 2015 is all about embracing your inner romantic heroine by swathing yourself in delicate fabric, ethereal lace and barely-there voile.



Mix and Match

2015's latest runway shows were awash with colourful patchwork prints, creating a series of eclectic and contrasting conceptual silhouettes in an array of silk and cotton fabrics.



Smarten up your act

The faithful staple blazer is a wardrobe must have. It is kind of magic. All you do to look smart, is grab it and put it on... It will pretty much look great over anything it will fit over; old tees, blouses, vests, summer dresses, even winter dresses for that matter! Then you add a quick coat of red lipstick and voila! You're looking good and ready to go. *Blazer pictured available at Pebble £145*

Ahoy there amazing t-shirt!

Well hello there pretty thing. We came across this little Lovely whilst checking out the new stock at Pebble Boutique on Market Street. And it'll do very nicely to sate our stripy tee fetish for a while longer.

Striped tee approx £30-40 at Pebble



Custommade

Easy to wear and easy to love is the best way to describe the look and feel of chic Danish brand Custommade. This is a young fashion brand offering urban essentials appealing to modern-minded, cosmopolitan women who crave simple sophistication. And we're rather addicted to it at gallery HQ. *Stocked in a select few of the best boutiques in the UK including Manna here in Jersey.*



DIAMOND GEEZER

Diamonds are forever, so the song goes. But what is it about this particular gemstone that rocks our world? One person who should know is Mike Asscher, the sixth generation of the Asscher diamond dynasty, who was in Jersey recently to speak about diamonds at a special event for Standard Bank with Hettich Jewellers. Gallery caught up with him to talk conflict diamonds, royal seals of approval and the latest 'non-mined' diamonds.



Mike Asscher, Vice-President of the Royal Asscher Diamond Company

When your great great-grandfather is famous for cutting the largest diamond ever found, the 3,106 carat (no that's not a typo) Cullinan diamond, your father is the president of the World Diamond Council and your family name is immortalised in a famous diamond cut, it's safe to claim you're a gem expert. What is it like working in a 161-year old diamond company? 'There are only a few diamond companies which have such a history in the diamond world, so our heritage is very important to us. But we believe we can't stand still - we have to change our company every 5 or 6 years and introduce new products, new innovation.'

Royal Asscher is known for its signature Asscher cut - a perfectly symmetrical square cut designed to feature the highest number of facets possible to increase the sparkle. It's a favourite with celebrities, and this year will see the launch of two new Asscher cuts, a cushion cut echoing the style of the famous Cullinan diamond and a new brilliant cut design.

'Well 80% of the diamond market are round brilliant cut stones, so we thought it would be interesting if we could improve the cut and make it even more brilliant. We've created the technology where we know that we have the best light performance possible in a round brilliant cut - turning the standard 57 or 58-facet brilliant into a 74-facet gem.'

What's the next big thing in the diamond world? 'Interestingly enough, there's a lot of interest in non-mined diamonds. We're setting up a totally new company to bring something different to the market, and show consumers a natural mined diamond next to a non-mined diamond.' Non-mined diamonds are 'grown' in laboratory conditions rather than a mine and are increasingly becoming a force to be reckoned with for their near flawless clarity. They're also conflict-free, something the Asscher family has always prioritised. The Asscher family were at the fore of establishing the Kimberley Process, the initiative to stamp out the trade in conflict diamonds, and Mike's father Edward Asscher is the President of the World Diamond Council, and renowned as a progressive thinker on how to create a better world for the entire industry. 'For us as a family it's very important to have an ethical approach and therefore it translates to our family business.'

We couldn't resist asking if he ever gets bored of the day job... 'Well you know, I grew up with a passion for the product, and I think that's the most important. I can stare at those stones every single day and enjoy the beauty of them.' So could we...

Royal Asscher diamonds are available at Hettich Jewellers, where there's a long tradition between the two families. 50 years ago, when Mike's grandparents would come to the island each year on holiday, they struck up a friendship with the Chinn family who own Hettich. The relationship between the two family-run businesses has continued to this day, and Hettich is the only jeweller in the Channel Islands where you can see a full selection of beautiful Asscher diamonds.



Royal Asscher diamond and platinum ring, 3.06 ct HVS2 with baguette diamond shoulders (0.70ct)



PHOTOGRAPHY & STYLING
DANNY EVANS

HAIR & MAKE UP BY
DECIA AT KISS & MAKE UP

MODEL
TONI

All bedding by White Company London at Voisins
Bed from Simmons & Co.

Special thanks to Cry Charity shop for the lamp
and Cancer Research UK for the bedside table.



BRIEFS BY CHANTELLE £23.00
BRA BY CHANTELLE £43.25
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BRA BY TRIUMPH **£30.50**
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STOCKINGS BY WOLFORD **£19.00**
ALL FROM **VOISINS**

StyleStalker

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.



Denise

40, Process Excellence

"Funky yet functional for work"

We love the leather jacket teamed with this simple waterfall dress, ("a bargain at just £6 in the River Island sale"), the scarf and bag add the essential splashes of colour to this all black outfit.



Adam

25, FBI Analyst

"I've just brought this new jacket"

This is a great office outfit that could easily transfer to a weekend in the country. This wax jacket is a great staple that will never go out of fashion, we love this look!



Marion

53, Works in Ladbrokes

"I love bright colours, especially in winter"

Marion was a delight to find on a street otherwise full of a sea of black and dark colours. We love her bold colour choice, which brightened up not only her outfit but also our day, thank you Marion!



Jo

28, Make-up Artist, Bobbi Brown

"It's just what I chucked on because it's cold"

Well Jo if this is just something you 'chucked on' we'd love to see you when you're making an effort. We love the colourful jumper paired with the lace mini and don't get us started on the headband, great outfit for this weather!



Azif Ali

30, Product Specialist, Reiss

"It's just something I wore for work"

Azif is obviously a stylish man and the go to for advice on what to wear this season. His use of accessories is what sets him apart from others, the tie pin, pocket square and tie all take this suit to the next level, loving your work.



Monika

21, Fund Administrator

"I love my cape as it goes with everything"

A cape is a must have for this season, worn here as an extra layer over her oversized coat Monika is definitely working the monochrome palette to her advantage. Warm and fashionable, what more could you want!

APPETITE



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SHARING'S CARING

Many of us will be familiar with the romantic scene in Disney's *Lady and the Tramp*, where two dogs share a bowl of spaghetti and meatballs, resulting in a kiss after they 'accidentally' try and eat the same piece of spaghetti, bless! Well in an attempt to emulate this beautiful moment shared between the perfect pair, we looked to the menus of local restaurants to find their best sharing items.

Here are just a few we have chosen that will hopefully whet your appetite, or if your more like Joey from *Friends* and you 'don't share food' then these options can quite easily lend themselves to providing you with the ideal supersized meals.



Relish Delicatessen 22 Halkett Street, St Helier, JE2 4WJ

Nestled on the corner of Market Street and Halkett Street this rather splendid deli come eatery offers up sharing plates which are a cheese and meat lovers dream.

Sharing speciality:

On the Relish menu is an amazing selection of charcuterie, including Serrano ham with caper berries (pictured), a wide range exquisite cheese platters and even a stunning vegetarian platter, all available with portions sizes to share. Finish off with a sweet choice such as a selection of French macarons or artisan Spanish turrón, heaven!



St Aubin's Spice House Bar and Restaurant Le Neuve Route, St Aubin, Jersey, JE3 8BS

Part of the Boat House Group the Spice House re-launched in March 2014. Based in the heart of St. Aubin, they fuse Indian and Thai flavours with the best local Jersey produce and the menu is bursting with flavours for lovers of Eastern cuisine.

Sharing speciality:

This is more for the Joey from *Friends* folks, as this is actually a choice of either an Indian or Thai 'all you can eat buffet'. Ideal for when neither one of you wants to compromise on your curries country of origin, allowing the very best of both spice worlds. Priced at just £15ph or £20 if you want to include a glass of house wine or a pint of Heineken.

The Grill at The Royal Yacht Weighbridge, St Helier, JE2 3NF

The Grill, is the side bar of the Royal Yacht, although now very familiar to most of us it actually is one of the parts of the original building. Here you can take a pew at the bar and order from their predominantly meat based menu. The serve for both lunch and dinner and the Grill is often quieter than the main downstairs restaurant, The Zephyr, where, if you ask you can also order their sharing dish.

Sharing speciality:

We couldn't let this feature pass without mentioning the grand purveyors of one of the best sharing dishes known to man, Chateaubriand. This dish isn't even on the menu on The Grill, but does appear on their specials board (which it never leaves, apparently) this mighty piece of beef is served with your choice of sauce, onion rings, chips, a side salad. A baked onion, tomatoes and mushrooms. Not for the faint hearted and most definitely not for vegetarians. The Chateaubriand is very much a test of your relationship too as you need to agree on how you want it cooked... The cost is a rather splendid £45.





The White Horse Beach Bar and Eatery

The Dicc, St. Saviour, Jersey, JE2 7PD

This well known venue underwent a serious make over, thanks to the guys over at the Liberation Group. They've turned the Harve de Pas local in to a must visit, thanks to their inviting décor and proximity to the beach, the perfect pit stop, whatever the weather.

Sharing speciality:

A whole rotisserie chicken. The succulent mouth-watering chicken is marinated for 24 hours with their special blend of fresh herbs & spices, It's served with your choice of sauce, two sides and a salad garnish all for £17.95. They recommend you wash it down with a bottle of their white Rioja, Marqués de Cáceres, Seco from Spain.

“The Sharing Zombie provides a double helping of this infamous cocktail served in a glass skull. It's also known as the Skull Puncher, not for the faint hearted! A secret recipe of several rums including overproof and fruit juices that deliver a tropical punch in the face all for just £18.”



Rojo

22 Beresford St, St. Helier, Jersey, JE2 4WN

Hailed as Jersey's first boutique Cocktail Lounge, Rojo was the first to bring mixology to the island and from its humble beginnings; Rojo has spurred a wave in cocktail appreciation making it the stuff of legend locally.

Sharing speciality:

Ok so we know these guys also do great tapas, but after all this food we want to talk sharing cocktails! We at Gallery were lucky enough to try out one of their new 'for him and her' cocktails in the last issue, and delightful it was too. But why not also consider; The Sharing Zombie provides a double helping of this infamous cocktail served in a glass skull. It's also known as the Skull Puncher, not for the faint hearted! A secret recipe of several rums including overproof and fruit juices that deliver a tropical punch in the face all for just £18.

The Bastille Brasserie

35 Queen Street, St Helier, Jersey, JE2 4WD

The husband and wife team at the Bastille pride themselves on offering the very best of French cuisine both on their restaurant menu but also in their tapas dishes, which are available all day. Dishes are created by chef Eddie with flair and style but most importantly respect for the ingredients he uses, this is particularly important as they're one of the only true authentic French brasserie's in Jersey.

Sharing speciality:

Their tapas menu is fantastic and you'll further see the French influences creeping in here, with frogs legs and oysters featuring as part of their small plates. A selection of these is ideal for a light lunch or as sharing dishes.



APPETITE NEWS

Chocolates and Valentine's Day go hand in hand.

We've just been marvelling at the new Romance chocolate collection in at Hotel Chocolat, Liberty Wharf. We especially love their brilliant 'nudge-nudge' and 'wink-wink' mini chocolate boxes - ideal for your crush.

For the Romeo in your life their 'After Dark Collection', with a selection of chocolates rounded off with a mini bottle of port, looks great fun to share! They've also got the fail-safe traditional 'Valentines Sleekster' box of chocolates; a selection of 27 heart-shaped chocolates filled with lovingly soft centres, including the caramel dizzy praline, passion fruit truffle, balsamic caramel and a whole host of other tasty variations to try.

Show your love with one of these luxury gifts and there are plenty more varieties to choose from in their stunning boutique shop.

Hotel Chocolat - Liberty Wharf - 780265



Current Celeb Chef Crush

Reasons we heart Tom Kerridge:

- 1) His surname almost spells fridge
- 2) He gave up being a child actor to pursue cooking!
- 3) Never trust a skinny cook
- 4) He seems like such a nice bloke
- 5) His Cheat's Chocolate Tart!

Find out more about the lovely Tom through his cooking books 'Proper Pub Grub' and 'Best Ever Dishes'.



Pretty in pink

The gadget we are lusting after this month is... the blush pink Kitchenaid

This tilt-head stand mixer is from their Artisan Series. The colour is just so perfectly pretty, and would look the bees knees in a simple white kitchen. Easily make your favorite cakes and multiple batches

of cookie dough. It's got 10 speeds and will quickly become your kitchen's culinary centre as you mix, knead and whip ingredients with ease like the domestic goddess we know you are. And if you're feeling adventurous then the power hub fits optional attachments from food grinders to pasta makers and more.



Get in my belly

Biltong is the all round good-guy of the snacking world. It's low in carbohydrates, a great source of protein and free of any nasty chemicals. Biltong is a dried, cured meat originating from South Africa. It is made by marinating fillets of raw meat in a vinegar based solution followed by seasoning with salt and spices before drying.

This is the perfect treat for anyone trying to diet or following a New Years fitness regime. Plus it tastes delicious!

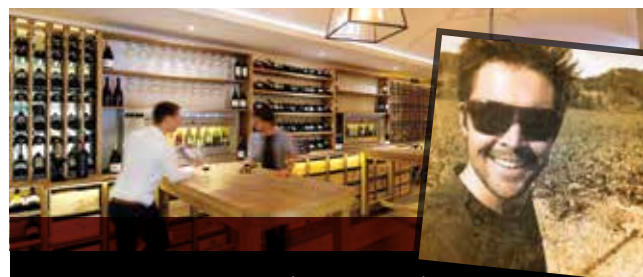
Available from Nostalgia the South Africa Shop (opposite Banjo).



Ice Cool

Embrace the cold snap. When God gives you freezing temperatures... make flowery ice cubes! - Isn't that how the saying goes?

These could not be more simple to create but they look so high impact! You can buy edible flowers online from a host of sweet stores such as greensofdevon.com and maddocksfarmorganics.co.uk. You can also get more creative with them; they make beautiful cake toppers or will instantly brighten up a starter. Start spring early in your home.



BrewDog, a worthy introduction to their Headliner Range.

These Headliners are the beers brewed by BrewDog most frequently. The beer the BrewDog team enjoy most frequently. The beer that die-hard beer geeks come back to time and time again.

No added ingredients or preservatives. No chemicals. No cheap substitutes. Just barley, hops, yeast, water and huge mind-blowing flavour.

...and just for good measure, as this month's Gallery theme is 'Pairs' we have thrown in some interesting food recommendations to try if you think you're brave enough.

Dead Pony CPA

with Goat's Cheese & Black Pepper

Get ready to gun it down the Pacific Coast Highway through a hop-heavy west-coast wonderland. This is a session ale with balls of equine proportions. Laidback, but hop-forward. California dreaming for the craft beer generation.

This.Is.Lager Bohemian Pilsner

with Cheddar Cheese, Honey & Smoked Paprika

Here to reclaim one of the world's classic beer styles in honour of the great German and Bohemian Pilsners of the 19th century. Brewed with 100% malt, ten times the hops of most industrial lagers and cold conditioned for five weeks, this spicy, robust Pilsner is lager reborn.

Punk IPA

with Madras Curry with Lime & Black Onion Seeds

Welcome to a post Punk apocalyptic mother of an ale. This light, golden classic has been subverted with new world hops to create a devastating explosion of flavour. Caramel, incendiary tropical fruit and an all-out riot of grapefruit, pineapple and lychee, before a spiky bitter finish.

5AM Red Hoppy Ale

with Caramel, Pepper & Chilli Pork

5am Red Ale is 5 malts, 5 hops and 5% abv. But that's where the order ends. Jump in and you'll find berry bouncing off marmalade clashing with caramel cosying up to chocolate buzzing off spice sizzling with toast laced with lychee and colliding with biscuit.

Brixton Porter

with Caramel & Espresso Dark Chocolate

The lovechild of the industrial revolution; an 18th Century London original. Updated. This dark handsome brute has flavour and then some. This is beer back ordered. Beer like it was. Beer like it should be. Beer like it will be.

These are beers changing an industry, beers delivering beyond expectations. Beers you'd be happy to take home to the folks... Available from the Boat House, Tiffin, Forum Bar, Sumas, La Belle Gourmand, Tiki Hut, Planet Pool and Love Wine.

Love
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lovewine.je

Beer available online or in store at Longueville Road

Words: William Berresford



• THE • Genuine Articles

This month we bring to you three pairs of Genuine Jersey producers who all work together, but are all from very different industries.



Farm Fresh Organics

Steven and Linda Carter, the husband and wife team behind Farm Fresh Organics.

"Linda and I have been working together since 2002 when we married. Linda left the world of Trusts and Companies and came to work on the farm full time.

The farm is run with the two of us and seven permanent staff so everyone has to be involved when any work is needing done particularly at busy times. We have times when even Linda has been recruited to drive the tractor around a field. We have to work closely together so that we can give our customers up-to-date information on crop availability and to ensure we have continuity of management around the farm.

We both have very separate roles on the farm but find that as a couple and with all the staff having worked on the farm for 20 years or more, it is like one big family working together. Organic farming requires a lot more manual labour with the crops which means everyone has to work so much harder to produce a quality product."



Jersey Delights Photographers

Husband and wife pair, Michael and Marilyn Cook: two budding photographers always on the look out for an unusual photograph around the island.

"Our photography took off in 2007 when we were given the opportunity to launch our products at Holme-Grown. This encouraged us to attend various crafts markets taking place throughout the year. Demand has flourished and our portfolio has grown extensively.

We always have our cameras at the ready so we never have to pass up any opportunities for the perfect picture. Sometimes it is not the camera that you use that gets that amazing shot but just being there, ready and observant for when Mother Nature lets you glimpse her secret world of beauty. The world holds such wonderful sights, if we were only there to catch them all,' says Marilyn.

We have an extensive range of limited edition photographs of Jersey that can be found on their two web sites: www.jerseydelights.com & www.jerseydelightsphotography.com

Fresh Fish Company

Louis Jackson and Vicky Boarder nee Jackson are the brother and sister team behind the incredibly successful Fresh Fish Company.

"Louis and I have always been a team, as youngsters we would go on the beach and check fishing nets or chop down trees, our talents were not shown in the classroom, but more practical and hands on.



We have worked together for 15 years, and both run separate parts of the Fresh Fish Company so we sometimes don't see each other every day. I believe we work well together as we both have jobs that allow our individual talents to shine, we also have enormous respect for each other and an appreciation that hard work has been our backbone.

Our Father died 24 years ago and Louis assumed the role as head of the family, he is like a Father figure to all of us, kind and generous ... At the end of every day we religiously speak to each other on the phone and talk things through ... If I had to say what makes us a successful team I would say empathy..."





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THE BEACH HOUSE

We look inside this stunning seaside
property with views of Green Island

BEDROOM FEATURE

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THE *Perfect Home* FOR AN ACTIVE FAMILY

Surrounded by stunning sea and coastal views, this unique property, which sits just a short hop from the picturesque Green Island Beach, has been beautifully designed and finished throughout.

The aptly named Beach House, with its neutral colour scheme and open-plan configuration, boasts oodles of potential. Spanning a good 4699 sq. ft. it's anything but short of space. In fact, with its extensive basement (currently used as an indoor football pitch, fitness area and spacious workshop) there's plenty of provision for storage of all requirements. Those looking to put their own stamp on this property could easily fashion this space into a state-of-the-art home gym, a contemporary studio or home cinema.

The locality is not only renowned for its beautiful, south facing sandy beach (of which many locals have dubbed their favourite) but also, its ideal position – whereby uninterrupted sea views are accessible from each of the sun-drenched balconies, the terraces and the garden with its charming

beach hut. It's also in close proximity to the number 1 bus route, ample amenities, and sits just a 15-minute drive from a handful of the local schools.

The ground floor, with its impressive entrance hall, is home to an integral flat, comprising a lounge diner, fitted kitchen, and one en-suite bedroom – a perfect place in which to entertain kid's sleepovers, multi-generational living quarters or a fully functional office space – this self-contained accommodation is an asset to homeowners looking for an investment that leaves plenty to the imagination.

Also on the ground floor, you'll find a downstairs restroom complete with shelves fashioned from driftwood found on the local beach – a further nod to the ocean.





Every family home deserves a splendid kitchen; The Beach House has just that. With its charming country style, Cotswold Stone flooring and glass doors leading out onto the patio, it boasts oodles of personality – the perfect place to indulge in home cooked meals, conversation over coffee and alfresco dining. Of course, if you're less of a culinary connoisseur, you can always walk the few steps to the Green Island Restaurant - a popular beachside eatery specialising in delicious, freshly cooked local seafood.

Every family home deserves a splendid kitchen; The Beach House has just that. Of course, if you're less of a culinary connoisseur, you can always walk the few steps to the Green Island Restaurant - a popular beachside eatery specialising in delicious, freshly cooked local seafood.

On the first floor, you're met by a generously proportioned open plan living and dining area, with doors leading out onto a raised sun terrace. From entertaining family and friends, to indulging in summer drinks on the balcony, this is a great spot to spectate a little of Jersey's ever-changing vista, as well the many planes ducking and diving at the Jersey Air Show.

Come winter, snuggle up by the double-sided stove, which has been fitted into the central chimneystack, so that each verge of the hearth is visible. You'll also find the study on this floor, which could easily be transformed into a fifth bedroom if required.





The Beach House

St Clement

Guide Price

£3,900,000

Qualified

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- A well maintained family home, surrounded by beautiful sea views
- South facing
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- Ample storage
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- 4 Bedrooms, 3 ensuite plus study
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- EPC exempt

The bedrooms on the upper level all feature their own private balconies along with contemporary, future-proof, Velux roof windows, which look out onto the beach and beyond. Even on a dull day, there's little need for artificial light.

With its sweeping interiors and doors of glass, this serene residence visually connects to its exterior surroundings. Both the sea views and tropical-style gardens, featuring under lit palms (inspired by many trips to Dubai) can be viewed from almost every room in the household, whilst the open plan interior creates a sense of spaciousness and clarity, further enhanced by the rich quality of natural light.

With its sweeping interiors and doors of glass, this serene residence visually connects to its exterior surroundings.

Aside from the spacious accommodation, The Beach House is the only house in Jersey to offer direct vehicle access from a cobbled slipway, which makes it the perfect investment for seafaring individuals who desire continuous access to the open water.

What was once an old fishing cottage is now a modern, beachside retreat – perfectly suited to active families looking for a contemporary space to call their own. Brimming with potential, this property provides all the ingredients for family leisure.



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Kasia Guzik, Marketing Executive for E&L Insurance Services (Jersey) Ltd



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30-Day Money Detox

Do you know where your money goes each month and are you satisfied that you are getting the best value possible? Now is the perfect time to take a look over your monthly bank statements and scrutinise each payment that goes to cover your life insurance policies, savings plans and pensions.

With the help of a qualified financial adviser you can work through them to ensure the premiums you pay are the most cost-effective available and the terms are market-leading and appropriate for your circumstances. For some this can provide the peace of mind that everything is in order. For others it could result in some changes being necessary to improve your situation and provide better value.

Call Henley Financial on 789830 now for a financial review and detox your finances.

0.5%

The Bank of England Base Rate is still at 0.5% - the British economy is recovering so quickly that the markets are warning that we should prepare for an increase at sometime in the future

Unless you have a high income, don't be tempted by the very low cost tracker rates. Fix for at least 3 years, better still go for a 5 year fixed rate.



At The Mortgage Shop we do not expect local house prices to increase in the immediate future and it is still possible to negotiate on most asking prices

FIXED RATES TRACKER RATES

From the beginning of 2015 the concessions on Stamp Duty currently available from the States of Jersey on purchases up to £450,000 will be reduced to a **lower ceiling of £400,000** for First Time Buyers.

£400,000

THE JERSEY MARKET

In 2014 the local market started to show signs of getting busier and this continued throughout the year with several peaks and troughs, but with none of the dramatic price rises witnessed in parts of the UK. With lower asking prices, reduced interest rates and a good choice of flats and houses available in all sectors of the market, this is a very good time to consider becoming a First Time Buyer or a homemover. To find out more please take a look at our website www.mortgageshop.je, email us on info@mortgageshop.je or call Tracey on reception to book an appointment 789830 - you won't be disappointed!!

FIRST TIME BUYERS

If you are buying a property you need a deposit, although First Time Buyers really do struggle to find the funds needed to provide the minimum of 10% for the deposit and to cover legal fees. Don't worry - a 100% mortgage is now available which means that all you have to do is find the legal fees, although you will need to find a close relative who owns a property in Jersey to act as a guarantor



BASE RATE COUNTDOWN

When will the Bank of England Base Rate start to rise?

Following countless reviews over the past two years, **the Bank is currently expecting the rate to rise from 0.5% in late 2015** - but watch this space!

WE REALLY LIKE THESE MORTGAGE INTEREST RATES!

60%		0.99%
70%	tracker	1.99%
85%	3 year fixed	3.05%
85%	5 year fixed	3.99%
90%	5 year fixed	4.39%
100%	5 year fixed	5.99%

There is a chance that some of these rates will fall even further during the next few weeks.



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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 Offshore Finance Services Ltd, trading as The Mortgage Shop & Henley Financial, is regulated in the conduct of investment business by the Jersey Financial Services Commission.

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BEDROOM DESIGN IDEAS TO PLEASE HIM AND HER

The bedroom can be a tricky space to decorate, especially when trying to please two people. Battling over minimalistic furniture, messy clothes and shades of pink, will be familiar scenarios for many of you. The average male is never going to agree to frills, florals and pastels, just as the average woman is highly unlikely to sanction the arrival of chrome accents and a gigantic plasma screen TV.

Instead of creating a mismatched boudoir, turn your bedroom into a haven of relaxation through the use of clever storage ideas, designed to keep shoes, shirts and socks out of sight, a neutral backdrop, a combination of textures and shapes (men tend to prefer straight lines, whilst women prefer curved) and a series of multi-tasking spaces. Whatever you say, a dressing table will always look decidedly girly, just as a flat screen TV will always look masculine, using sophisticated storage ideas to hide these items when not in use is a great way to avoid any design disagreements.



Sophisticated Space Saving Solutions

From maximising your bedroom space to creating a bespoke storage solution and a stylish focal point, sliding wardrobe doors boast a variety of space saving characteristics, and unlike traditional hinged doors, which can impose on smaller rooms, there's no need to sacrifice an inch of floor or wall space.

Manufactured in Great Britain to the highest of standards, Volante Sliding Doors allow you to achieve a series of desirable interiors without having to compromise on quality. The many sleek and contemporary designs – which include everything from wall-to-wall and stand alone solutions – give style-savvy homeowners free reign when it comes to creating their very own wardrobe configuration. In fact, there are 20 internal carcass colours to choose from.

With a wide choice of available panels, in over 40 stunning finishes, including six colour combinations per door, three different shades of mirror, a variety of beautiful wood grains and an assorted selection of plain vinyl's, there's something to suit all – meaning you can match your new Volante sliding doors to your existing lifestyle and décor.

Asides from offering a variety of uniquely classic and contemporary designs, all of which are individually tailored to the client, each and every Volante system boasts a smooth opening and closing device, with the added option of a sophisticated, built-in soft closing mechanism.

These beautifully bespoke and competitively priced sliding doors are not only made-to-measure, they boast a quick turnaround time too. They also come complete with a complimentary design service.

So why not pop on down to the Beaumont Home Centre today and check out the wide collection of sample sliding doors and internal solutions – all available to view in the showroom this month.

www.beaumonthomecentre.com



Brand watch - A very British bedroom

Colonial Bedrooms are manufactured in the UK using the finest raw materials and fittings. Their bedrooms offer a wide range of sizes to make the best use of space available.

To meet changing tastes they have ranges to suit all, from contemporary to classic and in varying finishes from matt and gloss to painted. We were impressed that all their products are reassuringly covered by a 10 year guarantee. Pop in to the Pentagon Design Studio to find out more.



If you think a bedroom is just about the bed... think again.

We met up with the team from Direct Furniture Supplies to find out more about the initial design process:

"Firstly it's good to have a look at interior magazines and online to get a feel for the sort of bedroom you might like. There are many finishes to choose and we've recently been using some great unusual wooden effects to create quite striking concepts. Together with our main supplier, we can provide our clients, where required, with bespoke sizes of units for that truly inspired and individual look.

Something else to really consider, and to budget for, is lighting. LED lighting, illuminated headboards, overhead lighting, internal cupboard lighting; all of these elements will come together to set the mood of your room. It's important to be able to create a perfectly lit sanctuary for relaxing, but you've got to consider that this is also a space you'll hang out in, read in and even work from! We pride ourselves on being creative when it comes to bedroom design and we'll create a space that meets your needs."

The key to a good night's sleep? It just might be in the mattress!

Whilst a bad mattress can hinder sleep, the perfect mattress can work wonders! Given that the average person spends around one third of his or her life in bed, it's certainly worth investing a little time (and money) in the right one.

Unfortunately, choosing the right sleep set-up can prove somewhat overwhelming - especially when there are so many styles, thicknesses, fabrics and brands to choose

from. Then there are the mixed messages to consider, some will say foam mattresses are the best things to emerge since sliced bread, whilst others are adamant they're the sole reason for their consistent backache. The truth of the matter? Sleep quality is extremely subjective.

When looking for the ideal mattress, it's important to consider a few guidelines. First things first: make comfort your goal,

secondly: replace your existing mattress every eight years, thirdly: look for a mattress that fits your body, and finally: try before you buy!

Innerspring Mattresses

Scoring well for support and durability, innerspring mattresses boast a number of advantageous features, including individually pocketed coils, a choice of gel, memory or latex foam and a long-standing warranty. The benefits: they reduce motion transfer, relieve pressure points and provide a comfortable surface temperature.



Air Mattresses

Featuring adjustable air chambers with electric controls, these bespoke mattresses are available in both natural, plant-based foams and gel-infused memory foam. Their firmness levels can also be customised to fit.



Organic Mattresses

Made from entirely natural and sustainably produced materials - including wool, cotton, latex and metal - organic mattresses boast high levels of comfort and support. Certain styles even come with a separate pillow top, interchangeable layers and customisable features.

Memory Foam Mattresses

Created using foam that conforms to each individual's shape, body temperature and weight, memory foam mattresses offer tailor-made comfort. They also prevent motion transfer - meaning your partner's movements won't affect you!



Latex Foam Mattresses

These competitively priced, yet extremely comfortable mattresses are a popular choice today, especially as they're one of the most durable mattresses on the market. They're also a great choice for the green buyer, as they're available in a variety of 'all natural' options.

INTERIOR NEWS

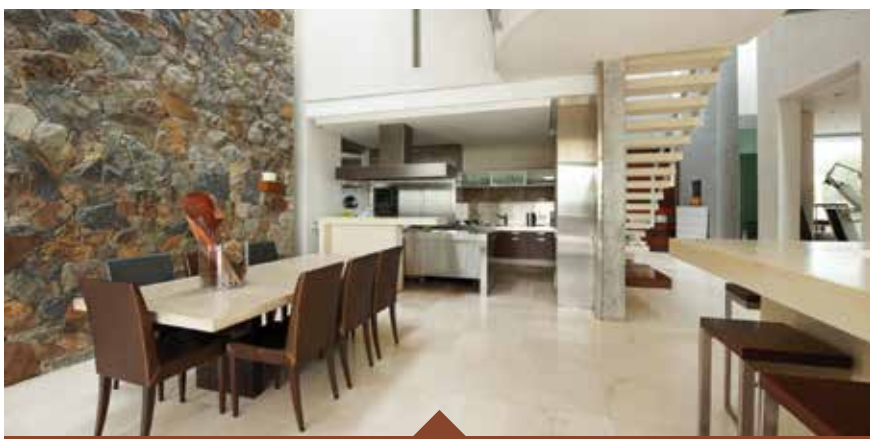


It's heating up in the kitchen

This Christmas did you realise that your kitchen well and truly needs an overhaul? If yes, then head up and see the team at Nspace where they'll guide you through their vast range of kitchens from quirky Pino layouts to the clean lined Impuls range and of course the classic Stoneham designs. In no time you'll be planning your next dinner party to show it all off!

Or maybe it's just a few elements of your kitchen that need updating? New appliances and storage solutions can make your old kitchen work better and look better. We were really impressed with the new AGA City60, it is available in the most amazing range of colours which will brighten up your kitchen in an instant; from British racing green and aubergine to pink and lemon! Just like the traditional AGA, each area is pre-set to different heats however it does this through the use of electric elements, which are built under the hotplate and in the cast iron oven. The radiant heat, which emanates from all four walls of this nifty cast-iron oven, locks moisture, flavour and goodness into food – meaning even if you're an amateur in the kitchen, your culinary creations will suggest otherwise. With a new AGA from Nspace you'll get an updated kitchen and new found culinary skills in one fell swoop.

For kitchen enquiries call Nspace on 883366.



Pictured, example of stunning stonework in the home

New Showroom!

Granite Le Pelley, who specialise in the design and detailing, procurement and installation of natural and cast stone, have a great new showroom. This gives clients the opportunity to see a huge array of beautiful limestones from France, Spain and Morocco to name a few; all perfect for residential and commercial

flooring and wall coverings. They also have some stunning marbles and granites for customers looking to create luxurious bathrooms and kitchens.

This is the perfect place to head if you're looking to start a re-furb project. You'll be inspired by all the different colours and textures of the fantastic range of stone. The large displays allow you to get a real



Roses are red.... or blush, or white, or peach, or cream, or pink! The main thing is I. LOVE. YOU.

So Valentine's day is this month! Hoorah, and equally groan. Valentine's day has become such a double edged sword; lots of people like to chastise it for being so commercial, however all hell will break loose if it is forgotten! So make sure you get your order in now with the lovely folk at The Flowerbox situated in Liberty Wharf.

They'll be selling the usual, traditional dozen red roses, all dressed up and either in a flat bouquet style, or more conveniently already arranged in a hand tied bunch. Or they can do a variety of different colours if you know your missus/mum/secret crush/secretary doesn't like red roses.

They also have beautiful mixed bunches of flowers, in colours of your choice, perhaps to include a single red rose to mark this special occasion, or just go completely off-the-cuff with a spring bouquet of quirky tulips or sweet daffodils.

The Flowerbox for Lucas Bros at Liberty Wharf visit www.flowerbox.je or call 745199

feel for the beautiful tone variation that is a characteristic of natural stone and their technical and design team are there to help with all aspects of choosing the correct type for your projects.

The Granite Le Pelley showroom is by appointment only. Call 01534 832 488 or visit www.granitelepelley.je for more information

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FEATURED SELECTION

St Lawrence £369,000



2 1 ✓

Duplex in a charming granite development
Good sized sitting room & separate dining room
Large communal gardens plus garden shed for storage
Peaceful countryside location
Share Transfer

01534 722227



St Ouen £495,000



2 1 ✓

Rural Granite Retreat Out West
Lovely enclosed garden
Top specification finish throughout
Immaculately presented
Garage plus parking

01534 730341



St Clement £340,000



2 1 ✓

New to market
Stunning sea views
Balcony
Modern interior
18' Living/dining room

01534 620620



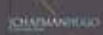
St Brelade £POA



2/3 2 ✓

The Atrium, St Brelade, two 2 bedroom & three 3 bedroom apartments
Ultimate expansive, open plan, modern-day living. Sophisticatedly designed, eco-friendly apartments designed with privacy in mind.
Located in highly desirable setting

07797718230



St John £1,395,000



4 2 ✓

Charming granite farmhouse
Rural location
Large private gardens
Many original features
Circa 1 acre site

01534 877977

WILSONS

St Clement £619,000



3 3 ✓

Luxury Family Home
Eat in kitchen & utility room
Sunny immaculate garden
Garage & parking for 3 cars
Close to beaches & schools

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right direction

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new apartments and houses across the Island...

THE WILLOWS

GOREY VILLAGE

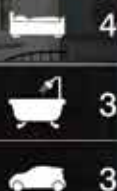
26 The Willows

Detached 4 bedroom, 3 bathroom
home with spacious open plan living

£785,000



- Fantastic master bedroom suite with fitted dressing area and large en-suite
- Single garage with utility room and a further 2 allocated parking spaces
- Good sized garden
- Easy access to the amenities of Gorey Village and walking distance to beach



B613 Castle Quay £705,000

St Helier - Penthouse sea-facing apartment

- Stylish Penthouse show apartment
- 2 bedroom, 2 bathroom
- Castle views from large balcony
- Secure parking for 2 cars



39 Langtry Gardens £495,000

St Saviour's Hill

- Brand new 2 bedroom detached cottage
- Beautiful sunroom
- Ground floor wet room
- Bedroom with direct access to the garden
- Located on a quiet courtyard



56 Belvedere £895,000

St Saviour

- Detached 4 bedroom 3 bathroom house with study and separate utility
- Master bedroom, dressing area, large en-suite
- Garage and 2 allocated parking spaces
- Garden with uninterrupted meadow views



King Street Sales Centre

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Mon - Fri 9.30am to 5.30pm

Sat 10am to 12.30pm

Castle Quay Sales Suite

Open weekly

Mon - Fri 9.30am to 5.30pm

We are also on hand to

accommodate viewings outside

of office hours - Please call

07797 752256



25 The Willows

£545,000

Gorey Village

- 2 double bedroom 2 bathroom cottage + study
- Spacious open plan kitchen/lounge/diner
- Attached single garage with utility
- Additional parking x 1 + good sized garden
- Easy access to the amenities of Gorey Village



2



2



2



9 Georgetown Mews

£485,000

St Clement

- 3 bedroom with master bedroom en suite
- Separate kitchen
- Garage and secure under cover parking
- Separate utility
- Only 5 remaining



3



2



2



8 The Dunlin

£650,000

Portelet Bay

- Fantastic 2 bedroom 2 bathroom apartment
- Large south facing terrace with distant sea views
- Fully fitted kitchen and additional dining space
- Guest W.C plus separate Utility
- 2 designated parking spaces



2



2



2



Ready January 2015

40 Langtry Gardens

£475,000

St Saviour's Hill

- 2 bedroom 2 bathroom detached cottage
- Ground floor wetroom
- Located on a quiet courtyard
- West facing garden
- Sunroom



2



2



1



6 Fulmar

£975,000

Portelet Bay

- Second floor 3 bedroom 3 bathroom show apartment
- Unrivalled views across Portelet Bay
- South facing balconies from lounge + master suite
- High spec fitted kitchen plus separate utility
- Secure basement parking and lift access



3



3



2



Ready March 2015

40 The Willows

£650,000

Gorey Village

- Detached 3 bedroom home
- Open plan kitchen/diner + separate living area
- Master bedroom with en-suite walk in shower and dressing area
- Single Garage plus 2 allocated spaces
- Walking distance to Gorey high street



2



2



3



2 The Willows

£335,000

Gorey Village

- Upper ground floor 2 bedroom 2 bathroom apartment
- Spacious open plan kitchen/lounge/diner
- House bathroom plus en-suite shower room
- Terrace + parking + separate store
- Stone's throw from Gorey Village High Street



2



2



1



B343 Millais House

£880,000

St Helier sea facing apartment

- Fantastic Marina views
- Stylish 3 bedroom 3 bathroom apartment
- Large sunny balcony
- 2 secure parking spaces



3



3



2



Ready Summer 2015

71 Belvedere

£460,000

St Saviour

- 3 bedroom family home
- Fully fitted kitchen and bathroom
- 2 parking spaces + Private garden to rear
- Available to buy off-plan
- Plans available to view



3



1



2

FINISHING TOUCHES



Sequin Cushion
de Gruchy
£34.88

Champagne Flutes
Swarovski
£219.95



Slate Heart Coasters
Set of four, Voisins
£19.80



Ceramic Door Knobs
Pebble
Prices start from £4.50



Heart Cruet Set
Elizabeth Howell
£32



What it all boils down to...

WORDS Nick Crolla
Head of Sales & Marketing
Fuel Supplies CI Limited

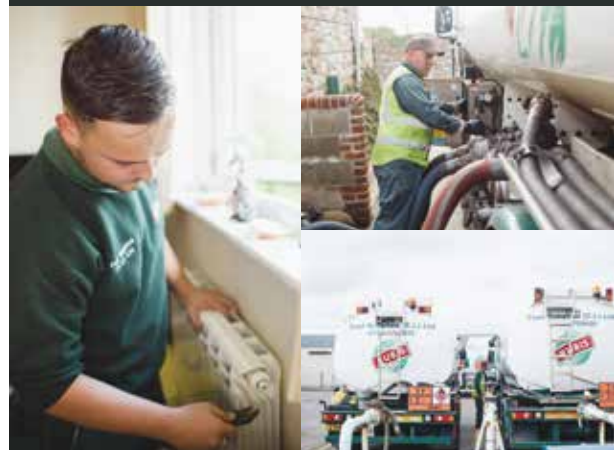
With a cold snap and stormy weather upon us, it's time to look at ways to make sure you are ready for the weather, whatever that might bring and the first place to start is to have your boiler serviced by a professional engineer.

If you're not sure when your boiler was last checked out, call your fuel supplier or boiler engineer and ask them. It's always better to get it checked out by an OFTEC registered engineer at least once a year rather than wait for it to develop a fault.

And if the thermometer does head south, there are lots of other things you can do to stay warm and cosy this winter, and keep the costs down at the same time. Keep your thermostat and radiator valves set at a constant level, because a low level of background heat will be more effective than always turning the heat up or down, making the boiler work unnecessarily.

Bleed your radiators – if you are wondering what that funny looking key hanging on the hook in the kitchen is for, you'll soon discover it can make a marked difference to the efficiency of your system. Once you have bled your radiators (removing excess air that builds up in the system) you will find they work at their optimum and maintain the heat in your rooms more effectively.

So, if you want to stay warm this winter, follow this sensible advice and get your heating system properly prepared for the cold months ahead.





BUSINESS

BUSINESS

Movers&Shakers

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RBS International announces new senior management leadership team

RBS International has announced a new senior management structure for its operations in the Channel Islands, Isle of Man and Gibraltar.

Led by Adrian Gill, Chief Executive Officer, RBS International, the business heads are:

Stephen Reilly, Managing Director, Corporate & Markets, who has responsibility for Institutional, Corporate, Business and Commercial customers across the four jurisdictions. Stephen has worked for the Bank for 28 years.

Steve Camm, Managing Director, Retail & International Personal Banking (IPB) and Coutts Crown Dependencies, who has responsibility for customers within Retail Banking, IPB and Coutts. Steve has been with RBS for 33 years and has been in RBS International for over 18 years.

Victoria McEneaney, Head of Strategy, Business Management and Controls, has responsibility for bringing together key support activities for the Customer facing

businesses including Strategy, Business Controls, Customer Experience, Products, Communications and Marketing. A 29 year career with the Bank, Victoria has most recently been Head of Strategy and Change for RBS International and prior to this, Island Director for RBS International in the Isle of Man.

Tracy Burns, Chief Administrative Officer, leads a new RBS International services team combining Operations, Technology, Property, Procurement and Change. These teams provide the critical technology and processing core services with around the clock delivery of all banking transactions. Tracy was previously Head of Operations in RBS International and has worked for RBS for 21 years in the Coutts, Lombard and RBS businesses.

Rob Girard in Guernsey, Bill Shimmings in the Isle of Man and David Bruce in Gibraltar, are also part of the new senior management team and each remains Country Head in their respective jurisdictions.



New Management for Jersey's Leading Printers

Huggler Print has strengthened its team with the appointment of David Pastor as General Manager. In his new role, David will oversee the whole of the company's operations in Jersey and the UK.

From their printing base in Jersey, Huggler Print supply 82 countries worldwide, making them one of very few manufacturing exporters in the Channel Islands not only still in existence but growing. David will be responsible for maintaining this legacy whilst continuing to grow local business and the overseas market.

David benefits from a long history within the print sector, having worked for Sigma Group and Signtech in Jersey and previously owning his own print company, Pastor Printing. He will now head up the team at Huggler Print, delivering the full spectrum of print deliverables from business cards and letterheads, to perfect bound books and gloss posters.

David was educated at De La Salle College in Jersey and is now married to Fiona with two grown up children Jonathan (27) and Ben (25). Outside of work, he is a keen sportsman who enjoys a game of badminton and holds a qualification as an official F.A. Junior football coach.



New Managing Exec role for Standard Bank International Private Clients

Martin Parry has been appointed to the new role of Managing Executive for the International Private Clients division of Standard Bank. He worked for Standard Bank between 1993 and 2011. For the past few years Martin has been working in the hedge funds industry for mCapital Investment Management Ltd and as Managing Director at Chenavari Investment Managers (HK) Ltd.

Martin will work directly to Deon de Klerk, Head of International Private Clients, who said the new role is an important next step for IPC, 'We have made significant investments in our division over this past year, with improved customer relationship management software and the development of clear strategic targets. Martin is the perfect choice to help lead the team forward and ensure we remain on track with providing a bespoke, holistic wealth management service for all our clients.'

New Corporate & Intermediary Investment Business Development Manager

Standard Bank has appointed David Joshua to represent the Bank's investment capabilities to corporate and intermediary clients in Jersey and Isle of Man.

David joins Standard Bank from Santander Corporate Bank, where he was a Relationship Director working with offshore and onshore investment platforms.

David will be responsible for ensuring that corporate and intermediary clients have full access to Standard Bank's investment offering, utilising the Bank's boutique investment management arm, Melville Douglas.

Head of Standard Bank's Corporate & Business Banking division, Mark Hucker, believes David has the right experience for the role: 'David's background as a relationship and asset manager means he comes to us with extensive experience of meeting the needs of high net worth clients and corporates.'

Melville Douglas established itself as one of the premier investment offerings in South Africa prior to becoming a wholly owned subsidiary of Standard Bank in 2001. It has a long-term track record of delivering consistent and superior investment returns and manages over \$4 billion of client assets.



GoldMoney strengthen their senior team

Jersey based GoldMoney has expanded its senior team with the appointment of Meryl Le Feuvre as Marketing Manager and Paul Woodland, Head of Customer Relations.

Meryl joins GoldMoney from RBS International where she had been PR Manager since returning to Jersey in 2011. Prior to this she worked in a number of marketing management roles within the UK after graduating from the University of Manchester.

Meryl has an MPhil in Business Administration and a BSc (Hons) in International Management with French. In her free time, Meryl supports Young Enterprise as an area board member on behalf of the Chartered Institute of Marketing.

Geoff Turk said Paul's role reflects the importance they place on ensuring their customers are satisfied, 'He is a results driven, energetic and enthusiastic manager and the relationship management team are looking forward to working with him.'

Paul comes to GoldMoney from Sovereign Trust in Guernsey where he was Business Development Manager. He has also been an Area Manager for RBS Private Bank in the UK where he led a team of private bankers whose main responsibility was to acquire new business and build effective relationships with stakeholders.



The Atlantic Hotel appoints new Marketing & Comms. Manager

The Atlantic Hotel has recruited Stephanie Paddock, who is taking up the new position of Marketing and Communications Manager. Reporting directly to hotel owner Patrick Burke, Stephanie will work closely with the reservations and events teams and will manage agency relationships, both on and off island.

Educated at Les Quennevais School, Stephanie Paddock joins The Atlantic Hotel following two years working as Marketing Manager at The Dolan Hotel Group. Stephanie also spent three years at Grand Jersey and prior to this worked at a local marketing communications agency.

Commenting on the appointment Patrick Burke said, "Stephanie has gained invaluable experience working in a number of highly regarded Jersey establishments. Her understanding of the local luxury sector combined with her island knowledge makes Stephanie the ideal choice."

Stephanie Paddock said, "I am really excited about working in a family owned and operated hotel, the only Jersey member of Small Luxury Hotels of the World. The Atlantic Hotel has amazing credentials and I've always been impressed by the awards and accolades that the hotel achieves on such a regular basis. Our 2015 marketing plans will build on the success that the hotel has achieved to date."



Airtel-Vodafone appoints new Business Sales Manager

Mandy Le Feuvre has been appointed as Business Sales Manager at Airtel-Vodafone with responsibility for building and developing existing and new relationships with corporate customers.

"The upcoming launch of 4G means that it is a really exciting time to be in the telecoms industry and I look forward to combining my knowledge of the industry and the islands with a partnership of two of the world's largest mobile companies' said Mandy.

Ian, Campbell, CEO of Airtel-Vodafone said: 'I am delighted to welcome Mandy to our corporate sales team and I have no doubt that her knowledge of the mobile market combined with her proven track record in customer service excellence will be an invaluable addition as we continue to drive innovation, value and choice in the business to business market in 2015.'

In her spare time Mandy is a keen cyclist, completing Cycle Peru, Cycle China and Cycle Land's end to John O'Groats in aid of various charities.

STICK TO YOUR GUNS

Jo Le Couilliard, Director at Park Recruitment talks about why you should not be tempted to accept a counter offer when you resign.

It may seem to be the best of both worlds, you've interviewed and been successful in securing a new role with another organisation and then when you resign your current employer makes you an enticing offer to encourage you to reconsider your resignation. So essentially you have two companies vying to get you on their team which is obviously very flattering, but the truth is, this puts you in a quandary. Do you stay or do you go?

My advice is to not accept the counter offer and here are my reasons why:

Delayed Recognition

You have only received a counter offer because you resigned. If you're worth your increased salary and responsibilities, why hasn't this been recognised before you handed in your notice? Part of your frustration from the outset may be that you feel undervalued and if it takes your resignation for this to be noticed you may be better off with an organisation that is more proactive in helping you fulfil your career ambitions.

It's not all about the money

A counter-offer may not just be about a pay rise, it could aim to address other key motivators like level of responsibility or work/life balance. But unless salary was the sole purpose for looking at new opportunities, counter-offers are rarely the answer. In our experience, most people who accept them find themselves looking for a new job a few months later, when the situation that caused them to explore the market still hasn't been resolved.

Be aware of the wider market

If you do accept a counter-offer that results in a substantial increase in salary, you may end up being overpaid compared to the market rate for your level of experience. This could make an external move in the future challenging, as your remuneration won't accurately reflect your value in the market.

Trust Issues

You have now made your employer aware that you are unhappy. From this day on your commitment to the firm will always be in question therefore you may be overlooked for promotion, or not asked to be involved

in specific projects, as your loyalty is in doubt so there will always be a concern that you will jump ship at any given moment. Despite reassurances you may not be seen as a true member of the team any longer.

You could lose both jobs

On top of all the other potential problems, remember that you could end up losing not just one but both jobs if you push things too far. If you are banking on using an offer from another company just to get more money out of your employer, you're playing a very dangerous game. The same goes for the offering company if they feel you are using a counter offer to get more out of them.

It's really important to think about your reasons for wanting to change jobs prior to commencing your job search. Then have a chat to your manager and air your issues, there may be something they can do or can investigate for you. If your complaints remain unresolved then pursue opportunities outside of your workplace. That way, you have acted professionally and given your employer the opportunity to remedy your frustrations before seeking an alternative position with a new organisation.

“ In our experience, most people who accept counter-offers find themselves looking for a new job a few months later, when the situation that caused them to explore the market still hasn't been resolved. ”

Park
career shapers



Oi appoints two Managing Directors for next phase of growth



Oi

“Having Pip on board will further strengthen our client-focussed approach to delivering the best agency services in the Channel Islands”

International advertising and marketing agency, Oi, has appointed experienced marketer and agency professional Pip Queripel as the Managing Director of its Guernsey operation.

The appointment is part of Oi's next phase of growth across Guernsey, Jersey and London. Jersey Director Heather Townsend has been promoted to Jersey Managing Director.

“I have been really impressed with the structure, people, passion and client service that Oi offers. I have worked both with, and for, a number of top agencies over the past 15 years and truly believe that Oi has combined infrastructure investment with great people to deliver market-changing solutions to its clients. I am really looking forward to joining the agency as it takes the next step towards achieving ambitious growth plans,” said Pip, whose focus will be on managing the Guernsey team and clients as well as Oi's UK client base.

Pip has extensive agency and marketing experience. She moved to Guernsey in 2004 having worked at London agencies for 5 years. Her agency experience encompasses working with an impressive array of blue chip brands including Baileys, Carling, Coca-Cola, Disney, Grolsch, Microsoft, and T-Mobile before she moved to Diageo to manage their creative agencies, working across their extensive portfolio of products. Pip was Head of Marketing and Business Development at a leading international law firm for five years and has been consulting for various Guernsey businesses over the past couple of years.

Founder and owner of Oi, Peter Grange has become Chief Executive Officer with a focus on liaising with the Managing Directors and Ben Clarke, Creative and Digital Director, to develop new business across all markets including the London operation.

“It's important to make this structural change at this stage in Oi's life. We're eleven years old and this is a pinnacle moment I've been looking forward to for a while. I now have my dream management team,” said Peter.

“This new management team structure will enable me to focus on ideas, strategy, leadership and business development to take Oi to the next level. It's going to be good fun.”

Paul Luxon, Oi Chairman, said the agency will continue to look for growth opportunities including acquisitions across Jersey, Guernsey and London in 2015, following a successful 2014.

“Making clients more successful is our priority and we are committed to developing a market-leading agency. Following the acquisition of award-winning Jersey creative agency Arcade in 2014, we are open to discussing acquiring other agencies in the Channel Islands or London that would complement Oi's full-service agency offering,” he added.

Find our more by visiting
www.oi-you.com or call:

Jersey – Heather Townsend
+44 (0) 1534 888186

Guernsey – Pip Queripel
+44 (0) 1481 716606

UK/International – Peter Grange
+44 (0) 7781 108820



Only those in the industry know just how difficult it is to find a home for a new start-up. With Honeycomb, you can choose from a wide range of contemporary and affordable office suites located within sought hubs in the heart of town.

What is the Cambridge Weight Plan?

It comprises a six-step programme, combining an easy to follow and nutritionally balanced eating plan.

Independent Cambridge Consultant, Rebecca Haine, helps clients to achieve and maintain the bodies and confidence they desire. She does this by introducing individuals to a series of practical lifestyle changes and tips for a better relationship with food. 'My role is to support and work out a weight loss and long-term weight management plan to suit my client's lifestyles.'

A day in the life of Rebecca Haine...

Arriving at her Esplanade office, just after the school run, at around 8.45am. Her daily tasks involve managing a stock order for Cambridge products, checking her product cupboard is complete and ensuring both her weighing scales and client records are ready for action. Rebecca meets with a handful of clients throughout the day – weighing and measuring them – talking through their week and supplying them with new products for the following week. Finally, she gets down to responding to emails and voicemails. Before leaving the office at 2.45pm, she'll contact any clients in need of extra support.

Any challenges you've had to overcome along the way?

The challenges I have overcome to get where I am today include losing the weight myself – it's important to understand the programme and emphasise with people who are facing the same challenges.'

All independent Cambridge consultants have achieved a healthy weight through following the plan themselves, and have been trained to assist others in doing the same.

What the future holds

The plans for the future involve continuing to help more and more people achieve and maintain their ideal weight the Cambridge way. 'It's such a great feeling to meet people who are really struggling with their diet, then seeing them achieve their ideal weight, whilst offering support and advice along the way.'

Why you chose 5-6 the Esplanade as your office space?

Whether your start-up is a tried and tested company or a brand new concept, having an easily accessible hub in which to work from is a fail-safe way to build a budding brand and also, the perfect office community. 5-6 Esplanade is just that for Rebecca Haine. Rebecca chose 5-6 the Esplanade as a base

for her business as it's in a great location for both her clients and herself.

The office (suite 9) is the perfect size for my needs. I like that I have free Wi-Fi, heating, lighting and a management team who look after the building on site – on hand to answer any questions or concerns I may have at any time. The kitchen and bathroom services on my floor are an asset to all. It's a private space, where I can shut my door on the rest of the world and focus on giving my clients the one-on-one attention they deserve. It's a great office for businesses like myself.'

Additional benefits to renting one of Honeycomb's suites include the flexible lease – if needed, companies can move to a larger office without breaking their agreement. There's also a kitchen, free online access, individual mailboxes and no service charges – a huge benefit to brands wishing to stick to a specific budget. These offices are anything but four walls; they're a community for savvy business individuals.

Is it important to have an office positioned in the centre of town?

'It was very important for me to have an office based in town, as this allows me to see clients in their lunch hours and after work. They can even nip out of the office for 20 minutes to get weighed and pick up

HONEYCOMB IS AT 3 GREAT LOCATIONS. TAKE ADVANTAGE OF A SPECIAL OFFER AVAILABLE UNTIL 28TH FEBRUARY 2015 GAINING 2 MONTHS' FREE RENT WHEN YOU TAKE A YEARLY LEASE. SINGLE OFFICE SUITES AVAILABLE FROM £395.

“It’s definitely an asset for me to have an office which is accessible 24 hours a day, seven days a week. I work Saturdays and Monday evenings, so to be able to visit my office out of hours is essential.”

more products, which makes it extremely convenient for people who work in town. Sitting adjacent to the bus station and close to the car parks, 5-6 Esplanade boasts a great location.

What does your desk say about you?

‘My desk is full, but tidy and fairly organised – just like myself. With two children, a dog and a husband, I have to be organised both at home and in the office – especially as I have client records to update and stock to order! I’m always prepared for clients dropping by – my desk has to be ready for this too.’

Is it an asset to be able to take advantage of an office space that is open 24 hours a day/seven days a week?

‘It’s definitely an asset for me to have an office which is accessible 24 hours a day, seven days a week. I work Saturdays and Monday evenings, so to be able to visit my office out of hours is essential. I’m also able to come in on Sundays and late nights to do a stock take and catch up on any paperwork. 5-6 Esplanade allows me to do this without having to take my work home with me.’

What do you enjoy about your job?

Rebecca enjoys every aspect of her role and despite working independently; she has the support and knowledge of the Cambridge Weight Plan group behind her.

‘I’m definitely a people person and really

enjoy the variety of my job, which allows me to meet different types of people everyday.

I have met and still meet some lovely people, all with a different story of why they want to achieve a healthier weight, all wishing to achieve the same outcome – to lose weight the healthy way, have a better understanding of portion control and ultimately, to maintain this.’

Your biggest recognition to date?

Rebecca’s biggest recognition to date would have to be – leaving the finance industry and a secure job with a steady wage behind her to start up her very own company.

‘Setting up my own business and making sure it was a successful endeavour was a risk that paid off. I believe if you are passionate about what you do, you’ll make a success of it. I feel the Cambridge Weight Plan speaks for itself with the results people achieve. If you give your clients a great experience, whilst offering a warm and friendly service, it shows you care about their journey. Having made a success of this is both amazing and very fulfilling.’

The Cambridge Weight Plan is a great way to lose weight and maintain it. It’s not just about the products, the shakes, soups, porridge and bars; it’s about having a positive experience with your consultant.

For more information, contact Rebecca on 07797770540, email rebeccahaine@yahoo.co.uk or check out the webpage: www.cambridgeweightplan.com

5-6 ESPLANADE

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 one-year 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.



HONEYCOMB
BUSINESS COMMUNITIES

So what exactly is a consolidation loan?



If you have existing debt perhaps with several different credit and store card providers and loan companies then you'll be paying varied high interest rates. A consolidation loan can repay all of your outstanding debts quickly with minimum fuss and transform your loan repayments into ONE lower monthly repayment which will allow you to free your debt quicker and plan for the future.

If you dread every bill that arrives and find it difficult to pay off your debts regularly then consolidation can be a way for you to save money.

The best way forward is to list all your outstanding debt and the interest rates that you are currently paying and then come and talk to one of our friendly advisors at Close Finance. We are experts in the field of lending; especially debt consolidation so there's no need to be afraid or embarrassed to discuss your finances honestly and openly with us.

If you take out a consolidation loan to settle your existing debts it is important to set yourself a new budget and keep your spending under control with regular reviews of your finances.

By setting up a consolidation loan you can pay off your creditors and set yourself a realistic budget for the rest of your spending.

Adam Dawson
Managing Director

How much can we save you in 2015?

After a roller coaster year we're enjoying life again



Tom & Julie
saved
£6,857

There's still time
for a New Year's
resolution so make
a fresh start...

Simply consolidate all
your debts into **ONE**
Personal Loan

That's a combined
monthly repayment at
ONE fixed rate



Starting a family is so
expensive I needed all
the help I could get

Bruno
saved
£2,728



For more information visit www.closefinanceci.com/2015jersey

QUESTION & ANSWER

The Close Finance team answer your questions

George



Anna



Ben



Bruno is worried about the future and providing for his new family...

My girlfriend and I have just had a baby and he's wonderful but I foresee trouble ahead. It's not the sleep disruption or changing nappies that's causing me the worry, it's just that this little man needs a lot of stuff and what with my girlfriend on maternity leave and not on full pay, the debts are racking up on our credit cards. What can I do?

George knows she can help...

Hi Bruno, congratulations on the birth of your son! As a mother with two young girls I understand that having a family is a huge change, not least on what and how you spend your wages. You explain that you are using your credit cards on everyday expenses and no doubt frequent trips to Boots and Mothercare! Due to the high interest rates charged on most credit cards, they are more commonly used as a means for purchasing larger ticket items like flights or furniture. Nevertheless we understand your situation and are keen to help. By taking out a consolidation loan we can help you clear your credit card balances and settle any other debts you may have such as an overdraft or bank loans. With our solution, you'll pay less interest and with just one monthly repayment you'll also pay less each month, which should give you some disposable income to spend on whatever you like.

Tom and Julie have had a very difficult year when Julie was made redundant...

I was made redundant earlier last year and it has hit our family's finances hard. We've had to buy everyday essentials on our credit cards, because we haven't had the money coming in. I'm now back in work and we want to clear our various debts as soon as we can – how should we go about doing this?

Anna has some good advice...

Well you've come to the right place Julie! We can show you a way of repaying your debts far quicker than if you were to continue making the minimum repayments. I'm pleased to hear that you are back in employment, which I'm sure must make life a little easier. You're now in a great position to apply for a consolidation loan to transform all your credit card debts into one easy to afford personal loan. Many people fall into the habit of making minimum monthly repayments on their credit cards when money's tight, but few realise that they are only reducing their balances by a fraction and as such will take many, many years to clear if they continue paying this way. We understand that talking about your finances can appear daunting and requires confidentiality and trust. That's why when you apply for a loan with us; you'll be appointed a dedicated member of the team who'll help you throughout.

Kerry and Phil face a double financial challenge this year...

Our teenage son hopes to go to university next year and we also have plans in hand to extend our home with a conservatory. What would be the best way for us to meet these expenses?

Ben is happy to help with this...

University funding can cost CI students from £9,000 each year, depending on their chosen course and location. Together with cost of living expenses like rent and flights to and from the UK, helping your child through university is an expensive business. Rather than using your well earned savings or retirement pot, we can provide you with a personal loan to pay your son's university fees and purchase a new conservatory. By providing you with the facility and secured funds for you to take as and when you need them, you'll be in a great position.

CONTACT THE CLOSE FINANCE TEAM

Georgina Diniz dd. (01534) 713703
e. g.diniz@closefinanceci.com

Anna Le Brocq dd. (01534) 713708
e. a.lebrocq@closefinanceci.com

Ben Davis dd. (01534) 713706
e. b.davis@closefinanceci.com

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BUSINESS NEWS

White Collar Coding – helping business leaders think digital



With more people working in technology jobs in the south east of England than in California, and London the ‘app’ capital of Europe, the Channel Islands is ideally placed to take advantage of this growth. However, the digital sector faces a skills gap. The EU estimates that by 2020 there will be up to 1.3 million jobs unfilled due to the lack of relevant skills.

According to Richard Rolfe a former award winning headteacher, ‘our reliance on computers has grown exponentially and so it’s really important that we also understand them. We’re not expecting people to start becoming coding wizards, what we are aiming to do is give business leaders the confidence to make informed strategic decisions about how technology is used in their company and help them understand the business opportunities open to them in the digital economy.’

The first training will take place in February with more dates available in March and April. For further information visit: www.whitecollarcoding.com

KPMG in Jersey & Guernsey have put several staff through training with Richard Rolfe and Jordan Love who have co-founded a digital business called CodexDLD. KPMG Managing Director and former Chairman of the Jersey IOD, Jason Laity, says ‘developing an awareness of areas such as building web-sites or apps gives people the confidence to begin engaging in digital conversations, and also enhances valuable problem solving and logic skills. We have to get people to “think digital” and education and training are a part of that process. Lots of today’s coders are self-taught but the rest of us need teaching’.

The White Collar Coding Challenge, launching this spring, will consist of a team of five participants who, during the course of one day, will learn how to build a web app, style it and then upload it for the world to see. There will be a maximum of ten people per day.

20 business start-ups launched through the Jersey Student Business Challenge

The Jersey Student Business Challenge kicked off last month with a launch event for students from Grainville and JCG. The Challenge, which is supported by corporate partners Barclays, EY and Ogier, sees ten teams of students from each school start-up and run their own businesses with an initial investment of £100.

The launch event was attended by 65 participating students and gave them an overview of the Challenge, as well as a series of talks about different aspects of running their own business. Each team is supported by a mentor from one of the corporate partners, who will help the students equip themselves with skills, which are relevant to the workplace.

Teams have two months to develop their business acumen before facing a final “Dragons’ Den” where they will need to impress the judges with their abilities to run a profitable business and / or benefit the local community.

This year’s contestants will be trading throughout February and March and will be selling healthy snacks, cakes and sweet treats, cards and a range of gifts for Valentine’s day and Mother’s day as they compete to be the Overall Winner of the Jersey Student Business Challenge 2015.



Something’s been brewing.

The Liberation Group has acquired Butcombe Brewery, bringing together two of Britain’s best-known independent brewery and pub companies, which will now have 94 pubs, bars and eateries, two breweries brewing over 30,000 barrels of award winning beer as well as retail and wholesale operations employing more than 750 staff.

Butcombe Brewery was founded in 1978 and is the leading brewer and pub operator in Somerset, Bristol, Bath, the Mendips and the Cotswolds, with 19 managed pubs and the multi-award winning Butcombe Brewery.

The combined business will benefit from stronger buying power and supply opportunities, enabling Liberation Group to sell Butcombe beers in the Channel Islands, while exporting Liberation ales on draught and in bottles into UK pub chains and supermarkets with whom Butcombe already has excellent relationships.

Mark Crowther, Chief Executive of Liberation Group said, “We have been looking for some time for the right UK business to acquire as part of our longer term growth strategy. We are really looking forward to welcoming the Butcombe team into the Liberation Group.”

Guy Newell, Managing Director of Butcombe Brewery added, “We have had significant interest from several UK pub and drinks businesses, but for us Liberation Group was by far the best fit with our business.”

Liberation Group intends to invest in Butcombe Brewery’s existing pubs, seeking brand consistency across the group and planning to refresh the food offering with further local produce and recipes.



A year to remember as Skipton continues to invest in Jersey

2014 was a year to remember for Skipton International in Jersey as its local lending overtook Guernsey where it had been the largest provider of new mortgages for the prior four years. Yet it looks set to be eclipsed by 2015 as the Channel Island bank continues to increase its Jersey mortgage book and becomes an international player.

Last year Skipton employed its first employee in Jersey, a dedicated island based Mortgage Sales Manager, Lorraine McLean. Lorraine's appointment came just before Skipton's gross value of mortgage lending in Jersey overtook its Guernsey lending with the number of new mortgages being offered in Jersey being more than twice that in Guernsey. It's estimated that Skipton is now the second largest provider of new mortgages in the island and is now looking to widen its panel of Jersey surveyors to help with the demand.

Managing Director, Jim Coupe, said it was a record year for the bank, 'We have grown steadily since the launch of Skipton International in 2009, following the amalgamation of Skipton Guernsey and Scarborough Channel Islands. We are recognised for our personal customer service, transparent communications, local expertise and our considered approach to both lending and savings.'

Locally there were other milestones in 2014, not least, Skipton International's 5th anniversary, which saw the bank turn Mont Orgueil purple for a night.



The Atlantic Hotel chosen as best UK hotel in Globalmouse Travel Awards

Leading family travel blog Globalmouse Travels has named The Atlantic Hotel as 'Best UK Hotel' in their annual Travel Awards 2014.

Now in its second year, the Globalmouse Travel Awards were created to celebrate the very best places to travel to with children. As a source of inspiration to thousands of family travellers, this recognition places The Atlantic Hotel firmly on the map for those travelling with children, reinforcing Jersey's reputation as the ideal family destination.

Globalmouse Travels Editor Nichola West said: "The Atlantic Hotel in Jersey is one of those idyllic places that you want to return to year after year. With breathtaking sea views, fantastic food (courtesy of Executive Head Chef Mark Jordan) and an air of relaxed luxury, it has it all."

Commenting on this latest success for The Atlantic Hotel, owner Patrick Burke said, "We are delighted to have received this award recognising our friendly welcome for children and families. Jersey has everything that is great for a family holiday, with a host of adventures for children of all ages."

Globalmouse Travels is a leading family travel blog which currently receives in excess of 12,000 visitors per month.



TOTM Increases UK Market Share

TOTM Limited, the Jersey based female care products company, has recently completed a deal to acquire the customers of online competitor Trinket Women Limited for an undisclosed sum. Trinkets has been active in the UK market for over 4 years and was recently valued at £1.3m. The business will cease trading this year as TOTM take on responsibility for servicing their client base.

TOTM was created to provide a truly 100% pure organic product range and raise the debate over the safety of female sanitary products. TOTM products contain no dioxins, pesticides, chlorine and artificial dyes instead the products are designed with women's health and the environment in mind. The range of items are available online via www.totm.com to offer women a simple, timesaving and discreet solution to purchasing their monthly products.

The business acquisition comes less than six months after TOTM was launched and complements the organic growth in the UK which is testament to the strength of the brand in a very competitive industry.

BUSINESS NEWS

Look after your Pennies

When is a coin not just a coin? When it's a tangible heritage asset that is worth far more than both its face value and its precious metal value. As many of us start penny pinching following our festive spending, there are some who are sitting pretty thanks to investing in rare coins.

The latest issue of the Stanley Gibbons English Coin 200 Index (listed on Bloomberg Professional terminals STGIRCIX) shows a 12.6% growth through 2014; one particular coin showed a stellar performance, up 125% in value. Last year wasn't unusual either, the 10-year growth rate for the index (2005-2015) has notched up gains of 232.1%.

“The best performing coin in the last ten years was a 1663 Charles II, Gold Guinea, which rose in value during the decade, from £6,000 to £45,000”

Last year the most impressive performer, was a William III Silver Crown from 1697, which increased in value from £20,000 at the start of 2014, to £45,000.

The best performing coin in the last ten years was a 1663 Charles II, Gold Guinea, which rose in value during the decade, from £6,000 to £45,000.

The Knight Frank Luxury Index which tracks a basket of alternative luxury investments, including wine, art, classic cars, watches, gold and stamps and coins, rose 6% in the 12 months to June 2014. The index also recorded coins as being the least volatile of all the various assets over the last ten years.

The Stanley Gibbons' English Coin 200 Index tracks the performance of the top 200 investment-grade English coins as detailed in the independent Spink catalogue.



Manage better

Findings from the most recent Chartered Management Institute, (CMI) Future Forecast survey confirm it is increasingly tough for organisations to recruit the talent they need, with 75% of respondents reporting difficulties in finding staff with the right management and leadership skills. Just one in five managers has any sort of recognised management qualification.

Highlands College are able to support individuals at all levels in improving performance and developing the skills and knowledge future managers need. The College offers a range of management and leadership courses from team leader to middle manager level. All courses are delivered to the highest professional standards by industry experts and their tutors not only have up to date experience in their field but also possess extensive teaching experience.

Courses are structured to allow flexibility and for individuals to design their own programme of study, focussing on their own personal priorities.

Team Leading qualifications at level 2 are designed to support the development of the skills required to be a team leader, ensuring the team achieve organisational objectives, and contribute to planning, problem solving and decision making. The course is offered both as an on-line distance learning programme and from September 2015 will also be delivered through evening workshops.

First Line Management qualifications are designed with practising and aspiring junior managers/supervisors in mind. These level 3 courses will provide the communication and motivational skills to help improve operational efficiency. Covering core management skills students will study leadership, change, innovation, communication and managing people and relationships. Delivery is through day time workshops at Highland campus.

Management and leadership qualifications at level 5 are suitable for practicing and aspiring middle managers, helping them to develop knowledge, skills and experience, improve performance and prepare for senior management responsibilities. Key areas covered include working with people, managing yourself and personal skills, providing direction, facilitating innovation and change, achieving results and using resources. Delivery is through day time workshops at Highland campus.

All CMI qualifications have been designed in consultation with employers and are highly valued by them; additionally the qualifications are widely recognised both in the UK and throughout Europe.

CMI is the only management awarding body with chartered status offering qualified managers the opportunity to become Chartered Managers. This is a unique designation offered exclusively through CMI and embodies a professional approach to management through knowledge, competence, professional standards and commitment to continuing professional development.

For more information contact Elaine Egerton at Highlands on 608706 or email elaine.egerton@highlands.ac.uk

The background is a solid green color with a repeating pattern of tennis rackets. The rackets are oriented diagonally and are rendered in a lighter shade of green, creating a subtle texture. In the center, the word "SPORT" is written in a large, bold, white, sans-serif font. The letters are slightly transparent, allowing the racket pattern to be visible through them.

SPORT

SPORTSPERSON OF THE MONTH

LUCY O'SULLIVAN | Age: 24 Sport: Archery

What do you do: I am trying to be a full time athlete - check out my webpage lucyosullivanarchery.webs.com. Unfortunately it doesn't really pay the bills so I work in Jersey. I am a Strength and Conditioning (S&C) Coach at the Jersey Sport Foundation, helping athletes from all sports in the high performance gym in Jersey. I am also an S&C coach at the Jersey Rugby Club.

From February, I am really excited to announce, that I will be a Personal Trainer at Radical Fitness or "Rad Fitness" at the Radisson Blu Jersey. Come by and get one on one training or group training with me there - check out www.facebook.com/LOSPersonalTraining

School attended: FCJ Primary and Beaulieu, I then studied Coaching and Sport Science at Nottingham Trent University.

Favourite ice cream flavour: Ohh that's a hard one! I'm not really supposed to eat ice cream anymore, the whole being an athlete thing is hard, but it's got to be chocolate really, hasn't it!

Favourite animal: Probably dogs, I really want a dog but with all the traveling around the world I do for team GB it wouldn't be fair to leave the dog behind!

Favourite food: Spaghetti Bolognese, but I am really liking quinoa at the moment...

What would you wear to a fancy dress party: Well my university days had me dressing up every Wednesday for the sports socials. I have been the 118 guys, a smurf, a superhero, an army girl, and many, many more.

Favourite archery expression: Umm... I don't know if I really have any unusual ones, but when you hit the very middle of the target, from a distance of 70 - 30 meters away there is a tiny cross on the target face. You call that "hitting the spider".

When did you start competing: I started archery at 10 and by 13 I was on team GB. I think my first ever international trip was at 14 years old, and it has taken me all over the world!

Where has been your favourite place in the world to compete: Korea was pretty cool, and Turkey has always got great weather but I think Mexico in 2013 was great as we were right by Chichen Itza.

Where and when was the favourite moment in your career, so far: I think my favourite moment was winning the Commonwealth Games Test Event in Delhi in 2010, they played the Jersey national anthem. I had just beaten an Indian girl on home soil so that was pretty cool. That or being 3rd in the World was another moment.

What's your favourite distance or discipline? Compound archery is trying to get in the Olympics so we have to shoot at 50 meters most of the time. But my favorite round is the old fashioned FITA 1440 rounds where you shoot 3 dozen arrows at each of the following distances; 70, 60, 50, 30 meters. It's an all day event but really fun.

Like many full time athletes we know that training is your priority, but what else do you do when you aren't training? My training is now shooting during the day, going to the gym or running when I can fit it in. If I'm not training I'm most likely



working. During the summer I am hardly in Jersey, due to the volume of international or national events I compete at. So when I'm home for the winter, my down time is chilling with my friends at the cinema or in town on a Saturday night, the same as most 24 year olds I guess.

Do you have a top tip for aspiring sportspeople? I'm not going to lie, you have to work really hard! Jersey is a bit difficult, as you need to get away to the UK etc. to just compete / practice against people of the right level. I've spent most of my life on the Condor or in planes. But it is sooooo worth it, to even do what you love and are good at, just get out there and do it! Top tip is when you travel be prepared and enjoy every minute!

How can people get involved in archery in Jersey: The Archery Association of Jersey has two clubs in the island. I am part of the Archers of Jersey that was set up years ago and re-booted by my Dad, it is sort of his legacy. Therefore you can find me on the AOJ range at Radier Manor Twin Oaks field, Grouville, in the summer, and in the Fort tunnels / Le Rocquier School in the winter.

www.archersofjersey.co.uk

SPORT NEWS

FANCY A CHALLENGE FOR 2015?

The Standard Chartered Jersey Marathon 2015 will be the 10th anniversary of the event, so this will be a very special race with many new and exciting developments to ensure it's the largest and most memorable event to date!



Image courtesy of the JEP

Islanders are being encouraged to take on the challenge and run alongside hundreds of runners from all over the world. The event will again consist of its three race categories; marathon, relay race and 3k fun run. So whatever your ability, there is a race distance for everyone.

As it's the 10th anniversary, organisers are hoping to welcome even more runners to the Island and continue to raise Jersey's profile as a sporting destination of choice. To help attract more elite athletes to Island, the events prize fund has once again been increased. In addition to this, organisers are pleased to announce an exciting new 'fancy dress' prize category, which will be judged across all three race categories.

For the first time in the event, there will be the introduction of chip timing for individual relay race runners, as well as providing split times for marathon

runners as they pass each relay station. The chip timing around the course and the introduction of a live site that displays runners locations and identities, will greatly assist supporters as they follow and encourage runners around the course.

The official 2015 Standard Chartered Jersey Marathon beneficiaries are The Stroke Association and Seeing is Believing. Runners will now be able to set up their own online fundraising page as they complete their entry into the race. Organisers are hopeful that this new technology will help the fundraising efforts to reach a record-breaking amount for the event in 2015.

So if you're a seasoned pro at the Standard Chartered Jersey Marathon, or have never run it before, then we can guarantee the 10th Anniversary event is a race that you don't want to miss!

Further information and online registration is available at www.jersey-marathon.com

ISLANDERS ENCOURAGED TO GET FIT FOR MACMILLAN JERSEY

Macmillan is encouraging islanders to make a New Year's fitness resolution and sign-up to the charity's annual indoor Rowathon on 25th April at Les Ormes which involves teams of six rowers rowing the equivalent distance from Jersey to Sark (30,000m) on an indoor rowing machine.

Last year sixty teams took part raising £33,000 for the charity! Get your registrations in via their website: www.macmillanjersey.com/rowathon



MUMS THAT GOLF

In these busy days of school runs, home chores and being a taxi driver at the weekends it's easy to feel as if there's no "me time!". The 'Mums that Golf' initiative from the pro's at the Royal Jersey Golf Club aims to not only reverse that but to also get you involved in a game that all the family can play.

The days of arriving at a golf club and seeing a "Men's Only" bar are thankfully a thing of the past. The men's and ladies section of the golf clubs have become a lot more integrated leading to a much more relaxed atmosphere in the clubhouse. More and more people are taking up the game which enable families to spend time together, and at the same time compete against each other.

Andrew Chamberlain PGA Professional at Royal Jersey said "There is no shortage of children taking up the sport, trying to be the next Rory McIlroy, or keen dad's wanting to be him either. It now seems the mum's would like to be involved and this has been the inspiration behind these classes. The Mum's that Golf initiative is an eight week course and afterwards they should be ready to go out and play on the golf course with each other and with their families."

Classes will be taking place during the week day mornings with golf taking place at the driving range at Longueville, followed by coffee at the beautiful Longueville Manor Hotel.

For more information please call Andrew Chamberlain on 01534 852234 or email: acpgapro@gmail.com



New Year, New YOU!

Designed with the needs of individual clients in mind, the newly revamped Rad Fitness, with its calming, luxurious surroundings, guarantees to entice even the most discerning of gym goers.

Enveloped by incredible sea views, the recently refurbished Rad Fitness sits in an ideal location, just a short hop from the centre of town. From leisurely swims to working up a sweat in the studio, the seamless floor to ceiling windows ensure an unspoiled vista of St Helier's ever-changing natural elements.

Now under new management, Rad Fitness boasts a relaxing, friendly atmosphere – more reminiscent of a private health club than your average gym set-up.

Having undergone an entire refurb, the workout studio is now 25% bigger. When you join, you'll gain access to the relaxing confines of the spa, sauna, workout space and swimming pool. You'll also be welcomed into the folds of the stylish Fabriah Hair & Beauty Salon and the Radisson's exclusive onsite Waterfront Restaurant and Terrace – the perfect place to unwind after a training session. You can even indulge in one of the venue's heavenly high teas without feeling too guilty!

Whether you're a gym pro or a newbie, membership will mean access to all of the

latest gym equipment, as well as advice from a number of highly sought after, in house Personal Trainers – including island Games Gold medalist Lucy O'Sullivan (interview on Pg 118 SPOTM).

From the frosted glass dividers that separate the pool from the main workout area, to the privacy windows that showcase indulgent views of the idyllic promenade, to the beauty salon brimming with an array of stylish treatments rooms (stocking prestigious brands such as Elemis, Kerastase and Dermalogica), this is a venue intent on pleasing its members. It's here you can indulge in a post-workout massage or revitalising facial using the latest tailor-made spa technologies; gym members will even be rewarded with a 10% discount off all treatments.

With full membership packages priced at just £65, and the usual £25 joining fee exempt until the end of March, there's no time like the present to kick start your fitness goals for the New year!

Rad Fitness Tel: 01534 671185 Email: JoinUp@RadFitness.je

Full Membership priced at £65, with the option of pool only packages



“From leisurely swims to working up a sweat in the studio, the seamless floor to ceiling windows ensure an unspoilt vista of St Helier's ever-changing natural elements”

HARDWARE



Bring the Beat Back.
Beats headphones and speakers now
available at iQ.

SHARING IS CARING

WORDS Taylor Jones

FEBRUARY. A PERFECTLY GREAT MONTH PLAGUED BY THE ONE EVENT EVERY YEAR THAT IRONICALLY MAKES EVERY SINGLE MAN AND WOMAN FEEL MORE DISPIRITINGLY LONELY THAN SANDRA BULLOCK IN SPACE, OR INDEED ANYBODY THAT INEVITABLY SPENT TWO HOURS ALONE WATCHING GRAVITY IN CINEMAS.

However, it would be too easy for me to project my hatred of others' happiness onto these pages through scathing reviews of gadgets designed specifically for couples; I have instead chosen a different path this month, one of peace and, in the embers of the lingering Christmas spirit, love to all. After spending arduous hours rifling through what you can imagine was a diverse and intriguingly thought-provoking range of the internet's suggestions for "gadgets for couples", I have managed to compile a short list of family-friendly technology that can aid your marital situations, only toying with the idea of sex very briefly (the least subtly veiled side steps of all time). Whilst the relationship-healing qualities of these gadgets

cannot be vouched for, they are more than capable of providing small sparks that might just bring you closer together. Hell, if any of them help you and your loved one to have a more exciting, amorous and altogether close Valentine's day, I've done my job.

So, settle down by the fire with your spouse, girlfriend or pet that is substituting as a human partner for the night and enjoy the revolutionary Hug Shirt, send 'cute' messages with the Digital Fountain Pen or even leave a love note on their toast with the Note Toaster. God, I've sunk low this month.



YANKO DESIGN NOTE TOASTER

It's a worldwide, undisputable fact. There is nothing better than breakfast in bed. Waking up to a plateful of bacon, eggs, sausages and toast, held by your partner who waits anxiously for you to open your eyes and give him/her the gratitude that they slaved away to achieve. There's no way that this can get better, right? Wrong. Imagine that same scene again, only this time, through some sort of wizardry, the toast that was so lazily slapped on the side of the plate, covered in running ketchup and whatever sauce it is that beans come in, is now engraved with a personalized message! Yes, you read that right, this toaster has the ability to 'toast' in whatever words you want, whether it's the morning after an argument and you want to berate, or you just feel like making their day. Keep in mind, however, that when I say 'toast in the words', what I really mean is that your toast will essentially be burnt wherever you draw. This really makes you question whether the extra effort to write the message is really worth the utter effrontery that is providing burnt toast. Really, this isn't a gift. It's more of an underhanded insult.

We are once again dealing with a concept here, so it is not available to the general public. Designed by Sasha Tseng, this one may only be available if you can present a truly compelling argument to Tseng herself in which this toaster could genuinely save your marriage. Although if you think toast can really do that, you need to question either your partner's or your own priorities.



RING ALARM CLOCK

Normally in an article like this, if I were to mention vibrating rings some more conservative heads may be swiftly turned and some rather brash accusations thrown around about the freedom of the media. However, in this case the rings could not be more innocent, or practically helpful in a situation that has cursed couples since the dawn of the alarm clock. This alarm clock provides two rings, that can be individually set up to vibrate just enough to wake you up at different times in the morning. Personally, the biggest advantage to this alarm clock is that I would no longer have to be awoken by noises that closely resemble Cheryl Cole's live performances, only a little more melodic. For people in relationships however, the vibrating, noiseless ring puts an end to the constant crushing feeling that you could have had more time asleep, dreaming of a land without mortgages and the constant pressure to surprise and provide for your spouse, if it had not been for their need to wake up at an hour when even roosters are wiping the sleep from their eyes.

This is, unfortunately, still a concept design by Fandi Meng, and so isn't mass produced yet. However, Meng has already won a myriad of awards for his design, so the logical answer to the problem of differing waking times should be available to the public soon. If only all problems in the morning were that easy to sort!



D:SCRIBE DIGITAL FOUNTAIN PEN

We are in the heart of the digital age. It's undeniable that it controls our lives, from the laptop I'm writing this on to the phone that you'll inevitably tweet #gallerygadgets on later (optimistic I know, but a boy can dream). The question is often then raised as to what role technology can play in a relationship. Even minus the obvious responses to said question, the resounding answer remains that technology and gadgetry can always help. Regardless of technology, nobody can deny that a message between lovers, a declaration of love, will always provide a great way of bonding for couples. The lovers of literature and those with some indescribable need to cling on to the vintage will argue that there is nothing more romantic than a hand-written love letter, whilst the techies among us will argue that a simple text message with some evidence of conscious thought will more than suffice. There is now a way, however, to bring peace to the raging war between these ideologies. Welcome

to the D:Scribe Digital Fountain Pen. This magical writing implement will, using what seems to be the deepest dark magic that even Sauron couldn't offer, transfer whatever you write using the pen into a text message and send it to your partner's phone. Genius? Obviously. An abomination? Absolutely. A tool for salvaging marriages and relationships? At a very long stretch, even if the angered party is one of the rare few that believe technology is 'sexy'

This product is again a concept piece, designed for the Dyson Student Award in Australia by Reuben Png. Png makes up for a distinct lack of vowels in his last name with a remarkable knowledge of design in technology, however he clearly falls flat on his face when it comes to marketing, because this could be an absolute goldmine. Who wouldn't want the ability to write out their texts by hand. Oh...



THE HUG SHIRT

During my extensive time on the web researching the ever-expanding world of gadgets, so that I can provide you with up-to-the-minute commentary and observations, I sometimes come across something that is truly, indescribably, even painstakingly, pathetic. The Hug Shirt is one of those things. Never in my life have I seen something that symbolizes and announces someone's loneliness and desperation for human contact so loudly and distinctly. This shirt (that's actually a hoodie) connects with an app on your iPhone that registers, through sensors in the garment, the touch, strength and duration of a hug, and sends it to another person that is wearing the fashion abomination. Cute in so few ways, terrifying in so many more. An unexpected hug from a hoodie may well spark images of constriction, and falling into the hands of the wrong user, this could genuinely be used as a weapon for what Nacho Libre called the "Anaconda Squeeze". It is fair to say that, whilst aiming for cute and coupley, CuteCircuit designs have shot and hit the target labeled potentially dangerous and definitely creepy.

Amazingly, out of all the gadgets in this issue, this is the one you can actually buy. Head to www.cutecircuit.com and have a browse, where I'm sure you'll find other innovations that will 'revolutionize' the fashion/technology world. Maybe a glove that can be controlled remotely to slap people in the face?

BRING THE BEAT BACK...

When Apple announced that they had taken over the iconic Beats by Dre, we knew that it wouldn't take long for their lovely shiny products to be in Jersey's very own Apple Premium Reseller, iQ.

Endorsed by celebrities the world-around, these iconic pieces of technology are renowned for being designed, shaped and tailored for people who love music in its entirety.

With a number of Beats products available at our local iQ store, we caught up with some of the iQ team to hear their thoughts on the good Dr's work.

Wesley & Zach

Beats Studio Headphones

Our favourite Beats product is the Studio Headphones. Not only do they look great but cup your ears nicely for a comfortable fit. A beautiful balance of audio with the bass and treble, these headphones will bring out the best in your music.

Andrew & Nuno

Beats Pro Headphones

The best of the Beats range when it comes to experiencing the sound. 10/10. Really snug to wear with leather padding and feel built to last. Bass wise these are insane.

Mollie

Powerbeats² Wireless

These earphones are amazing. I can bounce around the house and sing-a-long without any issues of getting tangled. Just pair it up to my iPhone and dance!

Ali

Beats Mixr Headphones

Cool Colours. Durable and suited for travelling with the fold up design. Filthy Bass. What more can I say.

Pop into the iQ Jersey store (10-14 Beresford Street, St Helier) to see them for yourselves.

Beats Studio 2.0 Headphones

£220 | Beats Pro Headphones starting from £295 | Powerbeats² Wireless Headphones £155 | Beats Mixr Headphones starting from £185 at iQ Jersey.







2008: MONACO



2009: BARCELONA



2010: GENEVA



2011: MONACO



2012: ST TROPEZ



2013: BIARRITZ

OVER £150,000 RAISED FOR CHARITY



COMING SUMMER 2015

gallery

GALLERYMAGAZINE.CO.UK

PHONE HOME

Nokia Lumia 830

This is a good-looking handset: the smart aluminium frame is reassuringly solid, as is the Gorilla Glass screen, while the day-glo swappable back gives it a little accent of fun that sets it apart from other black slabs.

Recent improvements to the Windows Phone OS have more or less put Microsoft's mobile offering on an even footing (as far as core features) with the likes of Android and iOS. The latest upgrades to WP8.1 include support for folders on the home screen, more options and languages for the Cortana voice assistant and faster browsing through Internet Explorer.

Unlike other Lumia's it features a physical button to speed up access to the camera, as well as power and volume rockers. At 150g, it feels light but still solid in your hand.

Photography is one of the big selling points of the handset thanks to the 10 megapixel sensor, which can be activated by the physical button on the side or by tapping the live tile.

According to Microsoft, the 830 features the thinnest optical image stabilisation system to date on a Lumia.

Those looking for a solid camera experience at this price range should take a good look. Colours available are Black, Orange or Green.



Smartphone throwback for business people
Jersey's own superstar DJ - and Airtel-Vodafone Brand Ambassador - Hannah Jacques reviews the BlackBerry Classic

As an iPhone girl through and through, you can imagine that asking me to play around with a BlackBerry was a bit of a culture shock. However with a hardware QWERTY keyboard and user friendly navigation buttons, I can imagine that this device will make an impact in the corporate world. A smaller screen size means a more superior physical keyboard nearly identical to the Q10 although if you're a fan of the bigger screen, the spacious keyboard does limit you somewhat.

The guys at Airtel-Vodafone tell me the Classic is powered by a dual-core 1.5GHz Qualcomm 8960 paired with 2GB of RAM offering 16GB storage space. The 8MP camera is adequate and the autofocus works well taking precise shots so I can still take my selfies.

In terms of apps, you are still largely limited to the Amazon Appstore and BlackBerry World app store however, the phone does support Android apps. This device has BlackBerry Assistant, the virtual assistant just like Siri or Google Now. BlackBerry Blend lets you sync contacts, emails, calendars with your device which means more connectivity and flexibility in today's digital world, with high enterprise security. BlackBerry makes up for any software weaknesses with battery life and call quality which are essential when travelling.

I can imagine that BlackBerry fans and corporates are going to love this handset, not sure if I'm going to swap it for my iPhone 6 though!

Price for handset only £312
Price on Pay Monthly contract with Airtel-Vodafone, from £19.40

SOME GREAT NEWS!

Any handset purchased before 31st March comes with a FREE Fitbit Flex!

What are you waiting for? Pop into the JT store today - it's also available on JT Pay Monthly plans.

TIAGO'S TOP TIP FROM AIRTEL-VODAFONE

How to...
Update Apple's system updates easily without using up too much space



A lot of Apple fans have already updated to iOS 8 following the recent release but for those who haven't, these tips will make it easier or keep them handy for next time.

Connect your iOS device to iTunes on your computer and backup your iOS device. Then, if something goes wrong, you won't lose any data or photos

Upgrade via iTunes - this method is more reliable and you won't have to clear out space on your handset to perform the upgrade

New Apple updates aren't always optimised for older devices so it might be worth waiting a few months before you update if you have an older device

Sony Xperia Z3 - Ready for Life in the 4G Fast Lane

Super-sleek and super-fast, that's the run down on the Sony Xperia Z3, which comes ready and raring to go on Sure's soon-to-be-launched 4G network.

The Z3, has so much hidden within its sleek aluminium and glass frame that it's difficult to know where to start. The 5.2 inch screen knocks the spots off the competition with an extremely high resolution 1080 x 1920 (4.6 inches and 720 x 1280 for the compact) crystal clear display.

Combine a screen of such quality with a 20.7 megapixel camera and you'll see the results for yourself in the razor sharp images you capture both above and below the waterline.

Below the waterline? Yes, you read right! The Z3 is both water and dust resistant to such a degree that you can happily take it into the sea so you can share your underwater memories with friends.

Of course, if you're going to buy a 4G enabled phone, then you'll want to know that you're making the most of your new superfast mobile broadband capabilities. The Z3 is built on the Android operating platform - the world's most popular mobile platform - giving you access to hundreds of movies, apps, tunes and games.

Pop into the Sure Store to try a 4G-ready Z3 which is available for free on the SmartUltimate plan.



Jersey Electricity Powerhouse Gadget of the month



Rustic Stone Raclette Grill and Fondue Set

Host the perfect dinner party with the Andrew James luxury Rustic Stone Raclette Grill and Fondue Set.

Raclette grills are traditionally used to cook cheese, however today the grills are perfect for cooking food such as steaks, seafood, chicken, vegetables and anything else you wish to cook. For health conscious people, cooking on the circular stone top provides a really healthy option as no oil or fat is required.

Underneath the stone cooking surface of this electrically powered grill there is room for 8 grilling pans, which can be used to grill individual portions of food at the same time food is being cooked on the stone top and there is a discrete ledge where you can store the pans when they are not in use. Also provided are 8 signature spatulas and a stone scraper for keeping the stone clean.

£112.99

Code: SKUAJ000212



Jersey Electricity Powerhouse : 505460
Don Street : 510010
www.powerhouse.je



TWICE DEAD RECORDS INTRODUCE 'TO THE DEPTHS'

At the beginning of 2014, two music enthusiasts were casually chatting about the local music scene and its lack of diversity when it came to catering for the large alternative music fans in the islands.

They vented their frustrations that there were many local acts that were unable to get the exposure to share their preferred genres and sighed when they discussed the unrealistic costs of being able to attend shows featuring established bands playing in the UK. With Twice Dead Records already in existence as an alternative music production company/independent label, the two decided to grow this into an events organisation and thus 'To the Depths' was born!

Twice Dead Records is run locally by Chris Day and Soraya Zadal, both of whom share a passion for live music. Chris says 'We were really frustrated that there is so much local talent between the islands that just wasn't being heard. We wanted to do something about it!'

Following the closure of some of the last local music venues that openly hosted gigs of a heavy or alternative genre (Live Lounge, Foresters Arms etc), it has become increasingly more difficult to find places for local bands to play. Unfortunately, in addition to this, most of the remaining venue owners and gig organisers believe in the completely unjust stereotype of heavy music generating an air of disturbance, violence and other negative connotations that come with it, making it harder and harder to book shows. Soraya tells us that 'we wanted to be able to help local music acts to get the exposure of their preferred genre that they deserve, as well as giving people a chance to see well established bands come over and play in an intimate, affordable environment'. Chris added 'Currently, if you want to see a band in the UK, although the ticket may only cost £20, you still have to factor in flights, hotels and expenses which just aren't viable to everyone'. The other big issue that the

Twice Dead crew came across, was that there had been little interest from current event organisers to entice established alternative bands to come over and play for the growing fan base. With both Soraya and Chris being fans of heavy music and Chris being the drummer for local band Whitechapel Murders, they shared the frustrations of many fans with having to go off island every time you want to see an established band play, costing literally hundreds of pounds each time. They both agreed that Jersey Live caters extremely well for fans of pop, indie, dance etc, but nothing on the heavier side of the spectrum. This is where To The Depths began to take shape. Soraya said 'Having organised a few gigs between us over the years and having contacts with some big bands and agents in the UK, we figured if we didn't do it, then no one else was going to'.

Taking all this into account, Twice Dead Records hosted their first live gig in November 2014, sponsored by local companies Monster Ink Tattoo and Wilson Nash Recording, as a warm up to their main event due to be held in February at the Town House. The warm up show was a huge success, seeing over 100 people through the door and featuring a multitude of local acts, including Hank Chinaski, Bulletproof, Chaos Theory, Whitechapel Murders and Brunt from Guernsey. With UK caveman battle doom pioneers CONAN headlining the main event in February, it's set to be a gig not to be missed! Supporting Conan

will be Jersey death metallers Masticated, Guernsey doom beard monsters Byzanthian Neckbeard, and Jersey experimental noise/stoner/doom outfit Whitechapel Murders.

Soraya and Chris are really excited about what the future holds for the alternative music scene and are keen to give local bands the chance to experience sharing a stage with large acts such as Conan. Chris says he hopes 'that the bands can learn from Conan and absorb the professional atmosphere. I'm

'We were really frustrated that there is so much local talent between the Islands that just wasn't being heard. We wanted to do something about it!'

hoping that with this first event's success, we will be able to host more of a similar nature and we are already in talks with other bands to come over and play going forward. There is not another event like this in the island and I know from having spoken to people at local gigs and amongst the community, that they would welcome the chance to see more live bands play in Jersey. This would have an overwhelming benefit to the local music scene, and will no doubt increase interest massively.'

Tickets for To The Depths are now on sale for £15 plus booking fee from Monsters Ink Tattoo and Whitelabel Records in Jersey, and Black Star Tattoo in Guernsey. The event takes place on February 28th 2015 at The Town House, Jersey.

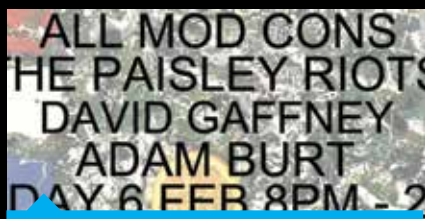
If any local bands are interested in playing at a Twice Dead Records show, or would like to be considered to support an act at future To The Depths shows, please contact Chris or Soraya at the following:

www.twicedeadrecords.co.uk

www.facebook.com/twicedeadrecords

To The Depths is sponsored by Monsters Ink Tattoo & Wilson Nash Recording

FEBRUARY MUSIC & NIGHTLIFE: WHAT'S ON...



FRIDAY 6TH FEBRUARY ALL MOD CONS SPECIAL @ HAVANA

All Mod Cons makes its debut in the main room of Havana with the support of some excellent live music. Local singer/songwriter Adam Burt will be playing a solo acoustic set to kick off the night. Next up will be David Gaffney with another acoustic set. All Mod Cons will continue to provide you with all of your favourite band orientated music from: The Rolling Stones, Arctic Monkeys, The Black Keys, The Stokes, Oasis and everything in between. If you enjoy live music and alternative music this is the perfect opportunity to dispel those January blues. Not to be missed!

Free entry - 7.30pm - 2am

More information on the Facebook page



SATURDAY 14TH FEBRUARY TOGETHERPARTIES PRESENTS SIGMA @ THE WATERSPLASH

A 'VALENTINES' SPLASH SPECIAL from TogetherParties & Warehouse Jersey ... The return of Sigma, UK's no.1 dance act, bringing a night of pure DnB Heaven. This is music St. Ouens was made for. Bringing hit singles to our shoreline such as 'Nobody to Love', and recent chart topper 'Changing' with vocals from Paloma Faith. A night where clubbers come together and celebrate great music, even if you have 'Nobody to Love' this will be one Valentines night you won't forget!

Tickets £17.50//10pm - 2am

Strictly over 18's, ID is essential!



WEDNESDAY 11TH & THURSDAY 12TH FEBRUARY FALL IN LOVE @ CE SOIR

Are you Pof'd out, or has Tinder lost its spark?! Then this could be the night for you. The Speed dating evening (Wednesday 11th) at Ce Soir has been designed with falling in love in mind. The ticket price includes a glass of bubbles on arrival, nibbles and a guest host

Or are you looking for a sweet sugar daddy or a growling cougar to make you purr, then Thursday 12th February's 'Cougars vs Sugar Daddies' promises to be a singles night with a difference.

£30 - 7.30pm on Wednesday 11th

£10 - 7pm on Thursday 12th.



SATURDAY 7TH FEBRUARY JOHN DIGWEED & CRAIG CHARLES @ GRAND HOTEL

TOGETHERPARTIES presents DJs John Digweed and Craig Charles; a double headlining 5 star event packed with 7 hours of quality music across 2 rooms. From global legend & Superstar DJ John Digweed in the Transitions Room and Craig Charles playing in the Funk & Soul Room. Craig is BBC6 Music's 'King Of The Airwaves', who is guaranteed to get the party going. With the 5 Star Hotel, Grand Jersey, being the location for this unique clubbing event it is set to be a top night in every sense of the word.

Tickets from £31 to £277//7pm - 2am

Tickets available online and from White Label Records. Strictly over 18's event! ID essential!



SATURDAY 21ST FEBRUARY LLOYD YATES & CHASING GRACE @ THE DRIFT

Lloyd Yates and his band play their first home show and only their second of the year at The Drift. Lloyd Yates, is a singer-songwriter from our very own Jersey. Along with his band, Mehdi Padidar, Alex Moody, Polo Olivier & Jay 'Sausage' Shaughnessy he has gone on to build a growing fan-base with his emotional performances and songs inspired by Family and the landscapes and cities he's encountered during his journeys around the globe. Chasing Grace are an acoustic four-piece who make you think and dance. They are influenced heavily by contemporary folk music and yet are connected to a litany of urban influencers; they have been described as 'very Mumfords', and yet they have been played on Radio 1Xtra.

Tickets from £10//7pm - 12am



EVERY FRIDAY NIGHT & SUNDAY AFTERNOON; LIVE MUSIC @ THE RADISSON BLU

Head down to the Radisson Blu Waterfront Bar on a Friday evening and Sunday afternoons and be entertained by their live music. A special selection including local musicians Canute, Uno Más, Geraldo Cruz, the Gatsby's and many more.

Also every Friday they serve free nibbles from 5.00pm so what are you waiting for?

£FREE entry. Friday's between 5.30pm and 7.30pm and Sunday's between 2.30pm and 4.30pm.



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





SILENT |sɪlənt|
adjective

- not making or accompanied by any sound

DISCO |diskō|
noun (pl. discos)

- a club or party at which people dance to pop music

gallery
silent disco 





WHY STOP JUST BECAUSE THE NEIGHBOURS SAY SO? **DEFINE YOUR OWN LIMITS**

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paparazzi
gallery



SILENT |sɪlənt|
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- a club or party at which people dance to pop music

gallery
silent disco




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



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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.

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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

RIVOLI
Jewellers & Silversmiths



ChiChi Boutique

ChiChi Boutique is an inspirational fashion boutique in the heart of St Aubins. Stocking Vila a unique brand of fashionable clothing which allows woman to dress with with boutique fashion in mind at affordable prices. We also stock collections by Saint Tropez, Karen by Simonsen and Valour & Valkyrie, plus we've just had a delivery of some beautiful statement jewellery! Pop in and enjoy some retail therapy 7 days a week.

ChiChi, St Aubins, Tel : 490021
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Eye Candy Lash & Beauty Studio

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www.eyecandyjersey.com



Orchids Nail & Beauty Academy

Orchids Academy is a UK based independent training provider that offers exclusive training within the nail and beauty industry in Jersey. We offer training for beginner to therapists that want to update their skills for this fast moving industry.

Contact details:

www.orchidsacademy.co.uk
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natalie@orchidsacademy.co.uk



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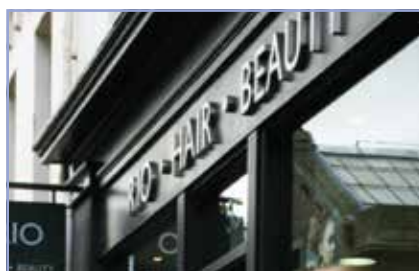
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ChiChi, St Aubins, Tel : 491496
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Don't forget to tell them you saw them in Gallery! They may give you something extra...

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.

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