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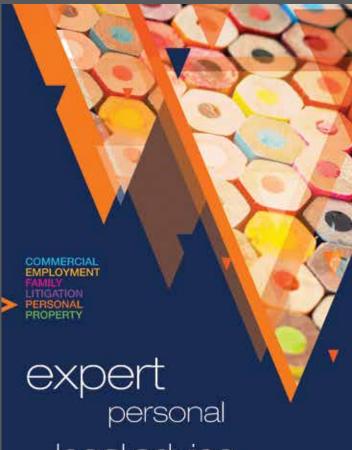
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gallery

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.

WHO WE ARE

PUBLISHER

Ben Davies DD: 870185 ben@gallery.je

SALES / ACCOUNT DIRECTOR

Ceri Baker DD: 870082 M: 07797 744345 ceri@gallery.je

DESIGN DIRECTOR

Russ Atkinson DD: 870268 russ@gallery.je

DISTRIBUTION

DD: 832072 distro@gallery.je

OFFICIAL MASCOT

Beryl Felton sara@gallery.je

ACCOUNTS

DD: 870237
accounts@gallery.je

Other contacts are on the contributors page

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



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#119 [ACTIVE]



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PHOTOGRAPHY & STYLING Danny Evans

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edito

hese days it seems getting time to get out and do things is harder and harder. However, when I first arrived in Jersey I didn't know anyone, had no obligations and pretty much said 'yes' to any invitation. One of the first was an invitation to a birthday party on a new friend's parents' boat. I had been on the water once or twice as a kid but we're talking pedalos, dinghys, ferries and a singular speedboat ride in the Thames estuary. I think it fair to say that surfing was my only real regular form of 'seafaring'.

On this occasion, however, I rocked up at Elizabeth marina not knowing what to expect and boarded a beast - a Princess 54 complete with diving board and significant flybridge. We cruised out and around to St Bredale's Bay and proceeded to enjoy a day of burning around the bay in this and other boats of a similar nature; twin engined RIBs, rapid tenders and all manner of pretty pimping watercraft. As the sun went down, people rowed in for pizza from Pizza Express and bought cigars from the L'Horizon before rounding the corner to St Helier as night fell. I was 22, this was Jersey, and I was impressed. This Jersey place was going to be epic.

I thought that might be the start of my luxury boating lifestyle, but in truth I don't think I went on a boat again for another 5 years. There were invites now and again but I was busy, tides and time were tight and it's so easy to do other things. It's only looking back that I realise I missed many summers of opportunity. I wasn't 'in it' enough to join the leagues of Jersey boat owners and that meant I disregarded getting out and active on the water. Living on an island that seems crazy and lazy.

This month our theme is active and, fuelled by the Jersey Boat Show, we took the opportunity to get out and experience ways you can get out and experience the nautical lifestyle on our doorstep without committing to ownership of a massive floating depreciating asset. We took to the water on the amazing Alfie Buoy, a charter with some serious character; took a ride to Les Écréhous with Jersey Seafaris to experience their new partnership with Love Wine and Sumas for the most entertaining dinner out you can have in Jersey and dodged the Condor Liberation on Jetskis off Corbiere with Jersey Seasports Centre. What we learnt is that there's really no excuse not to get out on the water, no matter whether your activity is wine tasting or wakeboarding. Check out the section on page 143.

With the NatWest Island Games upon us we also meet some of the island's most active types in the final part of our series of features on Jersey's Island Games athletes and also meet some of the people supporting the games. The Jersey Volleyball team also show us how big their hands are with an exclusive shoot to highlight their partnership with Aurum on page XX. If you feel like getting active but don't fancy competing at such a high level but are feeling active and altruistic, why not sign up to The Silkworth Challenge (learn about it on page xx) or, at the very least, the Gallery Dodgeball tournament in July - raising funds for the British Heart Foundation. Visit www.gallery.je/dodgeball to learn more.

BECAUSE QUALITY MATTERS gallery

gallery #119

[ACTIVE]

CONTRIBUTORS

EDITORIAL CONTRIBUTORS

Sara Felton

Freya Richardson

Tamarin Marriott-Wilkinson

Alex Farnham Dierdre Shirreffs Ben Davies Russ Atkinson **Emily Gledhill**

Nanny Mavis Parples Grey Goose Girl Christopher Journeaux

PHOTOGRAPHERS Danny Evans **Emily Stead** John Liot James Carnegie

ILLUSTRATION / DESIGN Russ Atkinson Will Bertram



WE'RE LOOKING FOR LOCAL CREATIVES TO **ILLUSTRATE ARTICLES** EACH MONTH. IF THAT **SOUNDS LIKE YOUR** IDEA OF FUN, EMAIL RUSS@GALLERY.JE FOR MORE INFORMATION

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

WOULD YOU LIKE TO INTERN AT GALLERY, EMAIL INTERN@GALLERY.JE

CONTACT

DISTRIBUTION

832072

delivery@gallery.je

EVENTS

paparazzi 811100

shot@paparazzi.je

CHIT CHAT

811100

hi@gallery.je

DISCO HIRE



disco@gallery.je

ACCOUNTS

or all accounts enquires please call

832072

accounts@factory.je



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BECAUSE QUALITY MATTERS gallery



The galleryrally is an excuse for you and a friend to take part in a four day treasure hunt around Europe. Think of it as a cross between the gumball rally and the telegraph crossword with a bit of Blue Peter thrown in.

We set the course and the clues and you crack them and follow them to beautiful destinations set by our cluemaster, Chip Somers. You'll find yourself wandering through villages and chateaus in search of cryptic clues and hitting beautiful stretches of open road across France.

The evenings are yours to kick back and enjoy in quirky hotels following a (usually lively) dinner with your other ralliers. With 4 clues a day and roughly 60 miles between clues, each day will take you through 250 miles of French countryside. The last night we meet for a gala dinner in our destination city and award some prizes....This year we'll be doing it amidst the bright lights of Paris. See you there?

Sign up now or register for information and to get an invite to the launch on June 4th at

www.galleryrally.com

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IN JERSEY



01-28.06.15

CYCLE CHALLENGE JERSEY

ISLAND WIDE // FOC

The challenger is open to everyone and it's free to register. Workplaces and individuals 'compete' to see who can get the most people cycling. Ride your bike to earn rewards and prizes. On their website you can: track your performance on real time data leader boards, achieve and share virtual badges on social media (Facebook and Twitter). Enter local prize draws throughout the challenge. Find out about local cycling events Head to www.activetravelchallenge.org to sign up and register.

01-13.06.15

DAN BALDWIN 'PESSIMISTIC OPTIMISM'

CCA GALLERIES // £FOC // VARIOUS TIMES // 739900

An exhibition by British artist Dan Baldwin featuring his latest limited edition prints, fresh from his solo show in New York last autumn. His work, in his own words is 'about the themes of life: memory, love, pain, conflict, nature, science, religion, death, innocence and hope - the fine line between the sinister and the beautiful?

13-14.06.15

RJA&HS SUMMER FAIR

RJA & HS ROYAL JERSEY SHOWGROUND // 10.30AM-5PM

All you'd expect from a traditional country fair, packed with family entertainment, music and food. Enjoy fairground fun, the summer flower displays, local produce, the animal marquee, a classic vehicle display and the increasingly popular cake class! The event also hosts the Jersey Rose Show and the Spring Cattle Show.



14/06/15 **FOLKLORE FESTIVAL** VAL DE LA MARE, ST PETER //

12.30-10.30PM

enjoy a diverse and imaginative array of live music under the setting western sun, in the run up to Summer Solstice. Laid-back, relaxed and intimate, Folklore is sure to be the warmest and friendliest this summer. Line-up includes James, Reef, the home grown talent of Nerina Pallot, Dreadzone, Gentlemans Dub Club, Lloyd Yates, The Doors Alive and

21.06.15

OPEN GARDEN

THE GROVE, LE MONT CAMBRAI, ST LAWRENCE// £3, CHILDREN UNDER 12 FREE // 2PM-5PM

Will be open by kind permission of Mr and Mrs Frost in aid of JAYF (Jersey Association of Youth and Friendship). Fabulous cream teas will be available to purchase. There is free parking on site, but please no dogs. Access to the garden will be sign-posted at nearby junctions on the day.

06.05.15

AN AUDIENCE WITH **NICKY STEVENS**

GRAND JERSEY// £20// 7.30PM Jersey Alzheimer's Association are delighted to present "The Road To Eurovision And Beyond" will be an evening of humour, interest and great live music as Nicky describes her journey to worldwide fame with the Brotherhood of Man and more. Do support this great fundraiser, Nicky has kindly donated her time and expenses in support of this great charity.

07.06.15

OPEN GARDEN

LES CHASSES, LA RUE DU CHASSES, ST JOHN// £3, CHILDREN UNDER 12 FREE // 2PM-5PM

.....

Will be open by kind permission of Mr David Roberts in aid of JAYF (Jersey Association of Youth and Friendship). Fabulous cream teas will be available to purchase. There is free parking on site, but please no dogs. Access to the garden will be sign-posted at nearby junctions on the day.

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21.06.15

SUMMER SOLSTICE MUSIC EVENT

THE WATERSPLASH // 12-9PM

Show your support for this event which is raising money for the Joe Strummer Foundation. Jenca music school students and teachers will be performing live, alongside special UK guests. There will also be free taster sessions, fun activities for kids, a raffle and a chance to hangout with Stormtrooper Jersey and Minions in Jersey.

26.06.15 HORSE RACING 'THE EVENING **MEETING**

JERSEY RACE CLUB, LES LANDES// £10 STANDARD

ENTRY, U18'S FREE// FIRST RACE AT 6.30PM
An evening at the races is great fun for all, whether you place a bet or two or just soak up the atmosphere and enjoy the horse racing. You



gallery JERSEY'S STYLE MAGAZINE 14



JUNE - SEPTEMBER

SUMMER CONCERTS

EVERY SAT & SUN// SAT: MARKET SQUARE 12.15PM// SUN: CANDIE GARDENS 3PM// £FREE

This month sees the start of the summer concert series organised by the Town Centre Partnership. Supported by the Ana Leaf Foundation, Guernsey Arts Commission and the Association of Guernsey Charities, performers include the Guernsey Concert Brass, Kate Kelleway and the University of Chichester Orchestra among many others.

09.06.15 - 14.05.15

HERM REAL ALE, CIDER AND **CHAMPAGNE FESTIVAL**

THE MERMAID TAVERN // TO BOOK CALL 01481 750050

There will be over 30 ales and 12 ciders available, many of which have not been seen in the island before. There will also be a wine and Champagne bar with some interesting wine finds from around the world. Sway to live music in the courtyard as you sample alcoholic delights. 9 June sees an opportunity for a boat trip for the opening. Boat departs 7pm from Guernsey, and returns at 10.45pm from Herm.

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19.06.15

HARBOUR CARNIVAL

£PRICELESS // TIME 6PM-10PM

Organised by the Guernsey Round Table and sponsored by RBC Wealth Management, this year's Harbour Carnival will include the Mini Duck Race, Corporate Duck Race, Ladies Dingy Race, Raft Races and the legendary Man Powered Flight. Main beneficiary is Lihou Charitable Trust. A fun-filled family event.



21.06.15

THE GUERNSEY MILK RUN

START: 9.30AM, PERELLE // END: TOWN CENTRE

This fathers day half marathon is a scenic coastal run on a flat, fast course awaits runners in Guernsey's premier long-distance summer road race. Good luck! Enter guernseyathletics.org.gg



01.06-31.08.15 FREE EVENTS IN LONDON

VARIED LOCATIONS // £FREE
This Facebook page will no doubt have been making appearances in your news feed over recent weeks. A nifty idea aimed at highlighting all kinds of free events and activities that are taking place in London during the summer. We're not sure if they started the trend, but other big cities also have similar pages.

07.06.15 **BABY JUMPING FESTIVAL**

NORTH WEST SPAIN // €PRICELESS Grown men dress up in red and yellow costumes and leap over babies. The little-known ritual has taken place in the equally obscure province of Castilla y León since 1620. The idea behind El Colacho is that the jumpers, with their devil costumes, whips and truncheons, are personifications of diabolical evil. When they leap, evil follows them and the babies' souls are cleansed. Only tykes born in the previous 12 months can benefit from this spiritual vacuum cleaning service.

08.06.15 **WORLD OCEANS DAY**

THE WHOLE WORLD // ALL TIMES

The ocean is the heart of our planet. Like your heart pumping blood to every part of your body, the ocean connects people across the Earth, no matter where we live. The United Nations are celebrating World Oceans Day by announcing the winners of their Annual World Oceans Day Oceanic Photo Competition, the theme this year was healthy oceans, healthy planet.

11-14.06.15 **ISLE OF WIGHT FESTIVAL**

ISLE OF WIGHT, UK // £VARIED

The music event on one of Britain's best-known satellites has had a patchy history. In 1968, the only major act on the first bill was Jefferson Airplane (of 'White Rabbit' fame), who played to a crowd of 10,000 on a stage made of two trailers. In 1969 the audience swelled to 150,000, drawn by one Bob Dylan. This year you can expect to see the likes of Blur, Fleetwood Mac and the Prodigy.

3/4/5.07.15 MAIN SQUARE FESTIVAL

ARRAS, FRANCE // £VARIED

Most of the ticketing options for this relatively unknown (by Jersey folks at least) are sold out, so this one is for putting on your radar for next year. Set in the beautiful Citadel of Arras, General De Gaulle's Boulevard, Arras in the Nord – Pas-de-Calais. The festival is located in the heart of the city. Arras is located halfway between Paris, Brussels and London. This years line-up includes the likes of Muse, Lenny Kravitz, Royal Blood, Pharrell, Sam Smith, Hozier, the list goes on and on!

Quiz: do you live an active lifestyle?

ILLUSTRATION Will Bertram

It's the lovely month of June, which means that summer is officially here, even if the British climate doesn't agree and this magazine has just spent twenty minutes shielding you from a hailstorm on the way back to the office. Summer in Jersey means obligatory semi-nudity on the beach, even if you're like me and can only say your body is 'beach ready' in the way that the body of a tired whale is ready to end its days stinking up a sandy bay in Cornwall. Maybe you're prepared: you've spent three hours in the gym each day since October 2014, and are sporting more muscles than a sunken pedalo. Maybe you run to work from St Ouen and have a body so lean that your only visible fat is inside your eyeballs.

What is more likely is that you really don't know if you've been active enough to be the Pamela Anderson of St Brelade's Bay. The question you might be asking yourself is - should you be confident enough to show off on the sand, or should you pay some children to bury you in it? To find out you could just look in the mirror and be happy with what you've got. Or, you could pay £50 for an appointment with a personal trainer and then live on kale smoothies til July. The best option, as ever, is to entrust the decision to the 100% objective approach of one of Gallery's multiple choice quizzes. We asked ten fitness experts to comment, and seven of them agreed that taking our quiz definitely wouldn't make your love handles get any worse. The other three told us to stop calling them at 3AM.

1. Which of these best describes your daily fitness regime?

- **A:** I walk to work when the weather is nice, and try and do a yoga class once a week. I have some hand weights and a Davina McCall aerobics DVD (both unused).
- **B:** I stay active by only taking the lift when I'm going upstairs, and regularly work up a sweat just by loading paper in the photocopier.
- **C:** At least an hour of cardio, either at the gym or through sports. Stretching and muscle toning on alternate days.
- **D:** My regime is harsh and oppressive, like Saudi Arabia but with free weights instead of camels and 200 sit ups before breakfast instead of Sharia law.

2. What's your ideal plan for a sunny weekend?

- **A:** Go for a quick swim, or a nice walk on the beach. Maybe reward myself with a milky coffee and a slice of cake afterwards.
- B: Sunbathing, barbecue and beer on repeat.
- **C:** Depending on the wind direction: surf, kayak, kitesurf, windsurf, paddleboard, swimming.
- **D:** Running around a quarry, barefoot, carrying a bag full of rocks. If you haven't fought off heat exhaustion and thrown up twice, you haven't worked hard enough and I pity you.

3. Which statement best describes your diet?

- A: Not enough vegetables; too much pasta and cheese.
- **B:** Deep-fried, microwaved or take-away; always dripping in delicious sauce.
- C: Steamed vegetables and fish; lean protein and whole grains.
- **D:** raw eggs, steamed chicken, protein shakes and supplement powders I bought from a website in Russia.

4. How do you like to end your day?

- **A:** A glass of wine, an episode of Game of Thrones and something to nibble every time a gory bit comes on.
- **B:** A bottle of wine, four episodes of Game of Thrones and any leftover takeaway within reaching distance.
- C: A decaf tea, some classical music on Radio 3 and a slice of brown toast.
- **D:** Hanging upside down from my pull-up bar, consuming protein via an enema, because I read that inverted digestion boosts muscle gain.

5. What do you like to do on holiday?

- **A:** Take in the sights and go on long walks, especially if they finish at a charming local restaurant.
- **B:** Foam parties, kebabs and a hen party from Bolton.
- C: Run, hike, swim and climb in new places.
- **D:** Endurance races through inhospitable climates, showing off in the hotel gym, possibly some bare-knuckle fighting to earn a bit of spending money.

6. What's your ideal shape?

- $\boldsymbol{A} \boldsymbol{\cdot}$ Slightly slimmer and a bit more toned. I'm not losing any sleep over it.
- **B:** I'm only interested in other people's shape, unless you're talking about a brand of low-fat yoghurt, which you can keep to yourself.
- **C:** This one. I don't want to boast, but I can take my clothes off, stand still and be mistaken for a Renaissance sculpture.
- **D:** So hench that they can spray me green and hire me to play Hulk in the next Avengers movie.

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7. You've worked really hard this week. How do you finally relax?

A: I'm mostly pretty relaxed, but Friday is time for a movie, popcorn and perhaps some ice cream.

B: 18 hours of Red Bull-fuelled Playstation gaming. I like to swear the week away.

C: A small glass of wine and a meal with melted cheese in it. Cheeky!

D: I am physically unable to unclench my muscles, unless my doctor friend Johann makes a house call with 'sleepy gas' and a bottle of Slippery Elm. I can relax when I'm dead.



Mostly As: You should find the time to exercise a bit more often, but you already know this. Sign up for a fitness class, eat fewer carbs and go to the beach anyway. You probably look fine, and your refusal to worry too much is the secret envy of people a lot healthier than you are.

Mostly Bs: You are very lazy, but it is possible that if a heart attack or stroke doesn't take you out you might outlive us due to your Buddah-like disregard for the stresses of this world. Be proud of your beach body, as what it doesn't represent in gym-time it represents in vending machine cash investment. Consider living close to a defibrillator station though.

Mostly Cs: You are super healthy, and are probably reading this quiz whilst you cool down between sets. You are in fantastic shape, so this is your permission to be naughty and eat half a packet of Quavers. You're 100% beach ready, but also 100% likely to make the rest of us feel guilty about that second eclair.

Mostly Ds: You are a fitness fanatic, and have no downtime that isn't taken up by some form of exertion. It's lucky you'd never take the lift, or a captive audience would have to hear you talk about CrossFit / Bikram Yoga / Tough Mudder / how difficult it is to have a poo. You'll die at 43 when fate decides a runaway ice cream van will crush you for the sake of cosmic irony.





B











17

BECAUSE QUALITY MATTERS gallery



It's lunchtime in the office and I've just enjoyed a homemade salad. Does it count as a salad if you've just chucked everything into a Tupperware container and shaken it up a bit? If it doesn't, it should.

I've been on a bit of a 'health-kick' recently, and I'm eaten less but more frequently, but somehow I'm still hungry most of the time... I guess that'll change as I get used to it. By the way, why do they call it a 'health-kick'? Since when has a 'kick' ever been good? Kick-start I guess is where it comes from, but if you think about it there's 'a kick in the teeth', 'a kick up the backside'... you can get 'kicked out' of places. I don't know why, but for some reason, when it comes to health, kick means good... I don't make the rules.

My health-punt doesn't just include eating though; I'm actually being more active of late... which is super lucky, because that's the theme of this month's issue. I wonder when the 'lazy' issue is coming out? I'll be all over that

From grunting my way through sessions in the gym to spluttering up amd down the swimming pool, I just feel like I need to make some sort of effort to take care of myself, both mentally and physically. I'm not interested in huge muscles and staring at myself in the mirror, but I think there's a lot to say for the way increased physical activity makes you feel better.

I've also been climbing for the last three months, and I'm really enjoying it. I like to pretend I'm Spiderman... an over-weight, boring, sweaty Spiderman. There's a climbing wall near where I live and I like to go a few times a week. It honestly is a right old laugh, and I do find that in order to

force myself to be active, it usually has to be doing something that's fun as well.

It got me thinking about Jersey, and how I really didn't take advantage of the amazing playground of an island we have. I remember climbing trees and building dens, but there's so much outdoors to explore, and especially with summer coming up, plenty of opportunities to be active.

Now I don't think Jersey has a climbing wall (pay attention business tycoons!), and

Since cutting massively down on, let's face it, crap food, I'm more awake and productive and just generally more positive. I'm still grumpy from time to time, but that's just me... if I was happy all the time I don't think I'd have the ammo to write these monthly features.

I don't think you need another Farnham telling you how good an Olympic sized swimming pool will be – but I know there's a lot that locals can do to explore the island and discover things they haven't done before. Remember that big rope swing in St Catherine's Woods? Is that still there? That was pretty dangerous.

I know there's an emphasis in the UK on 'Staycations', and I guess that would be

quite a fun thing to do in Jersey – camping, for example. Camping's active, right? I know it's essentially just wrapping yourself in fabric and lying down outside, but there are so many great spots for it in Jersey – I know I'd be looking into it if I still lived here. I remember my friends and I used to sleep outside on the trampoline in the summer, what a bunch of maniacs!

I guess it's pretty difficult to find a definitive reason why it's important to keep active and healthy, and I'd hardly call myself a model example of a healthy

human being, but if I had to say one thing it's that I didn't realise how much what you do physically affects the mind. Since cutting massively down on, let's face it, crap food, I'm more awake and productive and just generally more positive. I'm still grumpy from time to time, but that's just me... if I was happy all the time I don't think I'd have the ammo to write these monthly features.

Oh, also, keeping the mind active is pretty important. In February I started a podcast with my friend Steve. We mainly just chat nonsense and shout swear words at each other whilst talking about movies and video games, but I find it a good creative output. Can I suggest 'exercising the mind' without sounding like a complete tool? Probably not, but I guess it's too late for that...

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Christmas like the ones you used to know...

We know it's still a few weeks away, but we'd like to share our Christmas joiner Party options with you, so you can beat the rush! Our events are perfect for both corporate and leisure bookings, the more the merrier, after all!

Festive Lunches at The Waterfront

Served Friday 4th, 11th and 18th December -12:00 - 14:30
Enjoy a delicious three course festive lunch, followed by tea and coffee, in our relaxed restaurant.

£18.95 per person

Festive Dinners at The Waterfront

Served 4th, 5th, 11th, 12th, 18th and 19th December -19:00 - 22:00
A sumptuous three course dinner with tea and coffee, followed by entertainment from DJ Spencer Davies in the Elizabeth Room.
£27.50 per person

The Blu Snow Ball

Friday 18th December -19:00 - Late!

Our ever popular Blu Snow Ball is back! This year we have a tantalising three course menu, a Blu Snow Ball Quiz and entertainment from Little Big Band and DJ Will until the early hours. Return coaches to town are also included, from 12:15 - 1:15am.

£38.00 per person

To make your booking, call 01534 671 172or email christmas.jersey@radissonblu.com

We reserve the right to change entertainment listings in the event of unforeseen circumstances

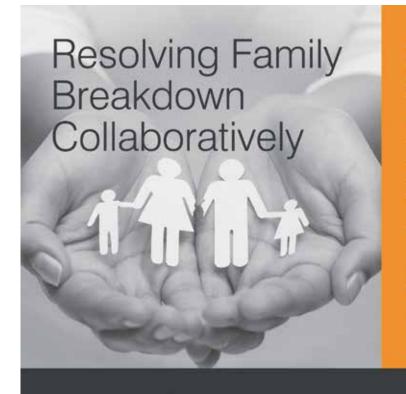


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If you would like to explore the possibilities of the collaborative process please contact Kirsty Thomas, a trained collaborative family practitioner at Baker & Partners.

Phone: 01534 766254 | Email: kirstythomas@bakerandpartners.com

baker&partners

THE VODKA CONFIDENTIAL

WORDS Grey Goose Girl

'TODAY IS YOUR DAY! YOUR MOUNTAIN IS WAITING, SO GET ON YOUR WAY.' DR SEUSS

We've all been on that holiday with a group of mates when some bright spark decides that it would be a fantastic idea to go skinny dipping. Usually fuelled by a litre of San Miguel and a few hundred shots of a fluorescent orange spirit that shall remain nameless.

It had been a fairly tame holiday up until that point, even though we were four young girls on our first escapade requiring a passport. We'd made the fundamental school girl error of booking a family resort that was more bingo round the pool than tequila slamming off belly buttons. If fun was to be had, we really did have to create our own. So when our 'neighbours' appeared on their balcony, we made the appropriate sounds of admiration and said we hoped to see them later on (preferably wearing less clothes). We stalked said lads by the pool and when they disappeared to play some sort of boy sport we decided they may just be the fun we were looking for. Upon their return, I embarrassed myself just a tad by asking how their game of football had gone. They couldn't

have been more Welsh if they had tried and made it very clear real men played rugby. Welsh boys 1: Girls: 0.

The evenings were pretty much what most teenage holidays in the 90s were about, tiny dresses, wedges tall enough to make walking almost impossible and enough lip gloss that made kissing anyone something of a sport in its very own category. Throw in boys, some dodgy tasting alcohol and the occasional pole to dance around, we thought we had hit gold.

After accidentally on purpose bumping into the Welsh neighbours that night, spending an hour pretending to be coy, we finally managed to make some sort of 'adult conversation'. Which really consisted of us all making eyes at one another in a bid to work out who really was going to snog when the music stopped. It had all seemed so simple until someone decided that a swim in the Mediterranean on the way home would be the perfect end to the evening. If my memory serves me correctly it was actually one of the girls, which at the time horrified me even more. Not that I'm being a prude but I've never been able to get so wrecked by alcohol that I; a) don't really care what I do or b) forget my actions the next morning, so as not to be embarrassed by them. I've always been rather proud of myself for these two things but they have at

times held me back from throwing caution (or knickers) to the wind.

The boys of course were very gung ho about getting their kit off, quite happy to have their bits and pieces jiggling around on the now not so warm evening, but as I watched them, a feeling of panic really did fill me. As they abandoned their clothes, I couldn't help but stare. No, not at their white bits but more with intrigue at the carefree way in which they could get naked in front of virtual strangers. The girls all decided to follow suit and I quickly realised I was the only one still fully clothed.

Every horrendous possibility flashed through my mind, much more quickly than the shots I had knocked back earlier but leaving the same sickening taste in my mouth. As I watched the girls trying to elegantly extract themselves from skimpy knickers, I firmly decided I was not about to get seaweed in the very place it should never be. No-one was going to see my full moon. Hold that thought.

'As a grown up, I've listened to so many excruciating stories of stolen clothes and never being able to look friends in the eye again afterwards. I've realised that there are some 'rules' around skinny dipping.'

> Not sure if it's a craze of the noughties, but find me a person who doesn't have a bucket list. It might be written down in a tatty old journal stuffed at the back of a drawer, or just stashed somewhere in the darkest recesses of your mind, only to have a light shone on it when sleep is elusive at 3am.

> It's only as I've become more 'mature' that I started to analyse mine, is it full of things I think I should do because they are things most people would like to in their lifetime? Or are they things I really want to do for me, to make me happy, to fulfil my deepest desires? Watching the sun rise on the Serengeti always features pretty near to the top for me as does spending a year in Japan. Most of them I suppose are easily achievable if I found my dot.com millionaire and little forward planning.

However lots of my bucket list are also totally childish and could be ticked off in the blink of an eye if I had the brass cheek to do them. In my heart I have never really got over the fact that I didn't have the nerve to strip off and frolic in the Mediterranean that night.

As a grown up, I've listened to so many excruciating stories of stolen clothes and never being able to look friends in the eye again afterwards. I've realised that there are some 'rules' around skinny dipping. If I was ever to tick this one off, there are things that need to be considered. The list goes a little like this.

Where on our little Isle is it okay to get naked? St Brelade's on a sunny Saturday afternoon may not do anything to increase the Jersey visitor numbers. Think out of the box, somewhere more secluded is a much better option even if there are a million stairs to walk down and then back up again.

What's the best way to extricate yourself from your Summer best, without falling flat on your face? As you know I have had a little Burlesque success, but I still think sitting down quietly removing outer clothes and quickly removing your underwear as close to the shore is the best policy. Then just leg it! Or submerge first and then remove said

undies with rather loud 'ta da.' (Obviously don't expect to put them on again at end!!).

With friends or without? A solitary naked splash around means that the embarrassment

of entering and exiting the water in front of those who know you well is removed, however is there safety in numbers? What happens if you are alone and some kind 10 year old comes and nabs your clothes? At least in a group if all of your clothes get knicked there's a chance it won't be you who has to go for help.

A million more reasons not to even bother appeared in my mind the afternoon I finally got around to my first (and last) little bit of alfresco nakedness. But, it had come to a bit of a now or never moment. Yes, I found a quiet little spot. No, I didn't take friends. Yes, I stripped on the beach and then ran like a woman possessed into the freezing cold water. It was exhilarating, however the whole experience was overshadowed by the worry of being caught getting out of the water afterwards by a toddler group accompanied by yummy Mummies. I don't regret it but I can't imagine it ever becoming my secret hobby.

Oh and if you see a seagull making a nest out of a rather expensive pair of red lacy knickers – you know where they came from!



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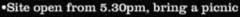


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MISC.



Feeling active? For a couple of months?

The 3100 Mile Race is a unique race – the longest certified race in the world. Competitors seek to complete 3100 miles which involves 5649 laps of a .5488 of a mile course (883 metres) in a timespan of 51 days.

During the 1980s and 1990s, the Sri Chinmoy Marathon Team emerged as one of the leading pioneers of ultra distance running. This included the six and 10 Day Races and the 700, 1,000 and 1,300 mile races.

In 1996, Sri Chinmoy asked for a new race – the 2,700 mile race, which was won by Georgs Jermolajevs in an outstanding time of 40 days. The next year 1997, the race distance was increased to 3100 miles and the race at this distance has been run every year since.

Edward Kelley of California won the inaugural 3100 mile race in a time of 46 days, averaging 65 miles a day. Suprabha Beckjord won the women's event and has been the only runner to complete every year of the race, from 1997 onwards.

The record for the event is currently held by Madhupran Wolfgang Schwerk of Germany. In 2006, Madhupran completed the race in 41 days 8 hours, averaging 75 miles per day. This broke his own previous record of 42 days 13 hours in the 2002 edition of the race.

MONTHLY JOKE

I like the way you're thinking...

A teacher is teaching a class and she sees that Johnny isn't paying attention, so she asks him, "If there are three ducks sitting on a fence, and you shoot one, how many are left?" Johnny says, "None." The teacher asks, "Why?" Johnny says, "Because the shot scared them all off." The teacher says, "No, two, but I like how you're thinking."

Johnny asks the teacher, "If you see three women walking out of an ice cream parlour, one is licking her ice cream, one is sucking her ice cream, and one is biting her ice cream, which one is married?" The teacher says, "The one sucking her ice cream." Johnny says, "No, the one with the wedding ring, but I like how you're thinking!"

Proverb

He who chases car gets exhausted.

WORDS OF WISDOM FROM GALLERY'S ANONYMOUS CORPORATE KINGPIN:

'six out of seven dwarves aren't happy'

Election 2015 results:

THE WEIRD, WONDERFUL AND THE DOWNRIGHT UNEXPECTED

Other stranger parties in this years general election included; 'Cannabis is Safer than Alcohol' whose representative for Brixton was named *Artificial Beast*.

The Monster Raving Loony Party candidate, *Nick the Flying Bricks* main pledge was a 'long-standing campaign for the abolition of gravity'.

David Bishop of The Bus Pass Elvis Party, also known as the 'Militant Elvis Anti-Tesco Popular Front' (MEAT-PF) among others, spent part of the election drawing Nick Cleggs face onto pickled eggs.

TOUJOURS TINGO

Meanings from which the English have no word to describe.

Yuputka (Ulwa)

The phantom sensation, when walking through woods at night of something crawling on your skin.

Bakku-shan

The Japanese word to describe seeing a women from behind that appears pretty, but is not from the front.

'Kummerspeck'

Literally translates as 'grief bacon' and is used to describe the excess weight gained from emotional eating.

Did you know?

Vampire bats will regurgitate blood into the mouth of another hungry bat to keep it alive.

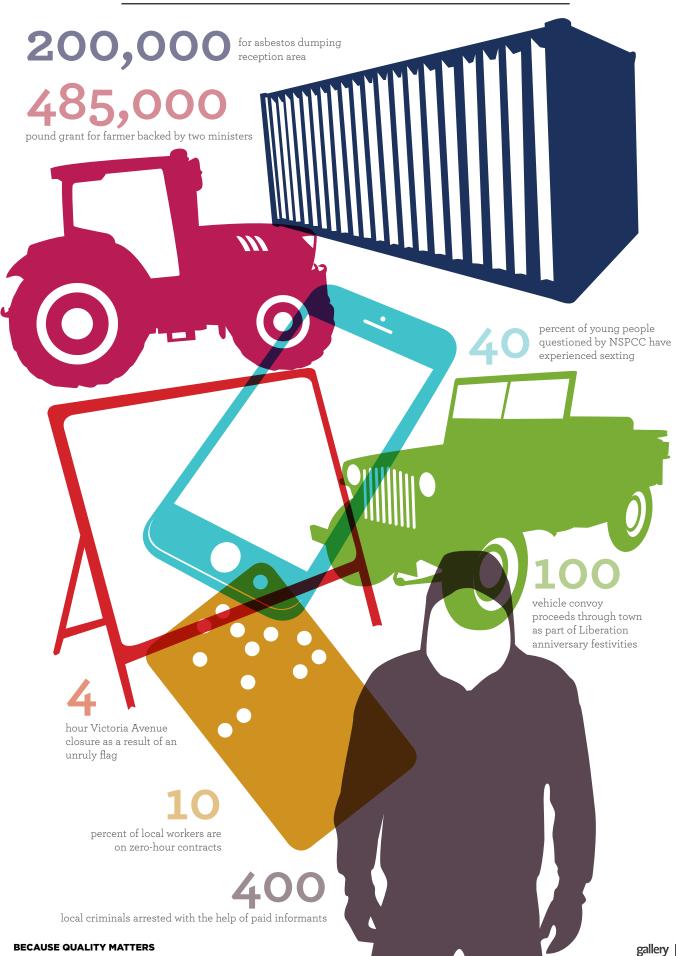
When two white-faced **capuchin monkeys** meet, they stick their fingers up each others noses and sway back and forth in a trance like state for

Bees are responsible for pollinating at least 70% of the crops we eat, but new research also suggests that the venom in bee stings is beneficial. Melittin, a toxin in the bee sting is being researched for use in the prevention of HIV and other bee sting molecules raise anti-inflammatory hormones, easing the pains caused by rheumatoid arthritis.

Ever fancied becoming a bee-keeper? An amazing new design of hive by www.honeyflow.com allows for honey to be collected at the turn of a tap!

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NEWS IN NUMBERS





Wholesome activities for your children: enjoy a sensible summer-time

WORDS Nanny Mavis Parples (Miss.)

Dearest parents,

Summer-time is almost here, and with it comes the vexing question as to how to occupy one's children when the school gates close. Not every household can afford to employ a strict governess who is as adept with the cane as she is with multiplication tables, and workplaces these days look poorly on child labour, even if that means that youngsters miss out on valuable lessons concerning the operation of industrial machinery. Leaving baby with the servants is only to be considered if you wish for your offspring to receive an education in gin-drinking and sailor's tattoos, so it seems that the remaining option is for one parent to supervise the children themselves. The thought of spending the summer months with your shrieking brood may be frightful at first, but if you can occasionally refrain from thrashing their insolent behinds I promise you may learn a great deal, even if this is only that you are possessed of faulty genes and should have joined the priesthood.

A child's mind is soft:

mould it like putty Parents often ask Nanny: how may I occupy the simple mind of a child? There is only so long that one can read aloud from the Old Testament before becoming hoarse of throat, and it is likely to be a fruitless exercise engaging the young in a game of canasta. I regret that today's society looks so unfavourably on parents who dose the child with sleeping medicine - it never harmed any of the 100 children in my care, less than a dozen of whom ended up in debtor's prison or the merchant navy. To soak up the boundless and infuriating energy of the young it is tempting to let them frolic in the outdoors, but without supervision frolicking can be a dangerous road, one that leads ultimately to vice, fornication and a career playing trombone in the music halls of Paris. Perish the thought. Instead, I recommend that one devise a rigorous seven day plan for wholesome activities that keep idle thumbs and sweaty palms from seeking the devil's pernicious trouser-tickling, as the young are wont to do. For your assistance, I have listed choice suggestions. They will fill the child's brain as much as a cook fills a blancmange mould, oozing into hidden corners with a nutritious pudding made of learning, morals and a sense of duty. Eat up, or Nanny will have to hit you with the spoon again.

Forsake the idiot lantern:

instead read a book or periodical

Many parents today are content to park their future heir in front of the glowing box that lurks in the corner of their parlour, spewing great wickedness and adverts for confused. com. There impressionable minds will be swayed by the diabolical adventures of Master SpongeBob Squarepants, and witness firsthand the moral depravity of Hollyoaks, Neighbours and Countdown. It is no wonder that so many grow up addicted to gluesniffing or heavy metal. Instead of perverting young minds with salacious music videos or minor celebrities eating grasshoppers, why not take the opportunity to introduce them to the world of classic literature?

Latin may represent a challenge to younger learners, but there is nothing that will focus attention like the threat of another evening locked in the woodshed. Do not believe the rot that says that a child will only read if it is exposed to the heathen blasphemy of Harry Potter - your youngster is far less likely to grow into a chronic masturbator or leader of a biker gang if they spend their days with a biography of Isambard Kingdom Brunel or the works of Pliny the Elder. As for Twilight, I do not recommend it - it promotes vegetarianism, a river which flows downhill to socialism and bigamy.

Visit a museum.

Learn in hushed silence I consider it a great shame that Jersey Museum has pursued a faddish and modern path of late. I am a home educator of many years standing and I can promise you that children learn very little from fashionable 'interactive exhibits', which merely encourage them to touch things. I am sure I do not need to remind readers of the danger of touching things, whether it be an electrified cattle fence or one's infernal, tumescent nether regions. No, it is an unfashionable truth that the best kind of exhibit for learning is a collection of deceased creatures, either stuffed or pickled in jars. If Jersey Heritage are not willing to educate the younger generation through the quiet contemplation of a lamprey in formaldehyde, then you should do as I do and visit the private collections of distinguished gentlemen in St Lawrence. "Look, child, a dissected sheep's lung. Gaze upon it and wonder." That said, the small museum at Elizabeth Castle does have the most impressive collection of ornamental military snuffboxes, and at high tide a misbehaving boy-child can be suitably punished by being forced to ride home outside the ferry-boat.

Exchange letters

with a pen-friend
The modern child has developed an
unreasonable and wicked expectation
that they be allowed to spend the school
holidays communing with strangers

and vagabonds upon the internet, an activity which will inevitably result in the uptake of gutter humour, the purchase of methamphetamine drugs and exchanging shirtless pictures of the cast of One Direction. I rebuke this in the name of Jesus. As an alternative, perhaps your youthful charges could be encouraged to pursue a stimulating correspondence with other youngsters in the far-flung corners of the globe. Providing the recipients are suitably-vetted attendees of elite, Englishspeaking boarding schools it is a wonderful way to learn about foreign cultures. Did you know that in Liechtenstein poor people are made to live in wicker cottages beneath the bridges, and in Singapore yawning aloud can be punished with a public whipping? "Oh Nanny, let us visit beautiful Singapore one day and see a public whipping with our very own eyes!" It warms my heart to hear it.

Follow the path of Ms.

Marie Curie: conduct home experiments with science With a solid grounding in long division, ancient greek and the theories of phrenology, an older child is at last ready to begin a more active form of learning. At long last, they may be trusted to spend some time each day that does not involve conjugating verbs in silence and taking cold baths. I will leave it up to you as to whether a child's first exposure to science is through taxidermy, basic chemical reagents or amateur brain surgery, but whatever path they take I would advise that a first laboratory be set up in the servants' quarters, where accidental fires are less troublesome and a ready supply of experimental subjects is always available. Yes, some so-called 'childcare experts' would recommend that uranium isotopes are not a suitable plaything for an eight year-old boy, but those people have clearly never nurtured the thirst for knowledge that has resulted in Nanny being presented with a re-animated man-slave sewn together from the grisly pieces of deceased kitchen porters. Truly, I was so proud every single time that happened.

Whatever activities you choose, I wish you success in your endeavours. If your child remains obstinate and noisy even after my advice, there is always boarding school, summer in a bauxite mine or the option of exiling them to the Australian dust-bowl. Good luck.

Yours strictly,

Nanny Parples.



The Greyhound Rescue is run by Malcolm and Gail Hickmott and was established in Jersey in 1995 and is a branch of the Retired Greyhound Trust in the U.K.

10,000 dogs finish racing a year and become 'surplus to requirements'. Most of these dogs are only three to four years old when they are retired and they face years in kennels or are put to sleep when they have a life span of approximately 12 – 14 years.

The majority of these dogs have amazing natures, and for this reason six of the dogs that live with Malcolm and Gail are used as 'Pets as Therapy' and they visit the Silver Springs Residential Home on a weekly basis.

Interested in finding out more? Visit www.greyrescue.co.uk

Monty

Breed: Greyhound

Age: 3

Likes: Running, sleeping and sausages

 $Hates: {\tt The\ cold}$ Wants: My own sofa

Interesting facts: I can sit (unusual for a

greyhound) and I will eat anything.

Most impressive thing you've ever

done: I've completed an obedience course.

Matthew

Breed: Cornish Age: 25

Likes: Dogs, photography and boats.

Hates: Housework

If I was an animal I would be: A

Wants: To save more greyhounds Interesting facts: originally from cornwall, only moved to Jersey two years ago.I take photos of people's dogs to raise money for Greyhound Rescue Jersey.

Luna

Breed: Greyhound

Age: 1

Likes: Running, squeaky toys and playing.

Hates: The hoover

Wants: Attention and cuddles,

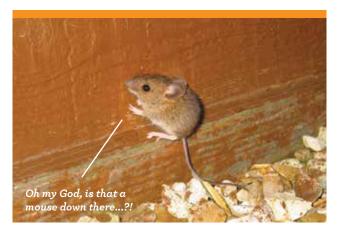
Interesting facts: I never raced as I didn't show enough interest and have a brother in Guernsey.

Most impressive thing you've ever done: Learnt to use the stairs!

gallery JERSEY'S STYLE MAGAZINE

Wood Mice

words | Deirdre Shirreffs



The mouse most commonly spotted in Jersey's countryside is the wood mouse. It can be told apart from the house mouse by the fact that it doesn't smell and also has a longer tail which is about as long or longer than its body.

It is also known as the long-tailed field mouse or simply field mouse. Despite the name, wood mice are not exclusively found in woods but are also common in fields, hedges and gardens. They are common throughout Europe and are also found in North Africa and several Mediterranean islands. There is approximately one wood mouse for every two people in the UK.

They are very active, running and bounding from place to place. Their large hind feet allow them to leap along with their front feet tucked in like tiny kangaroos. They are mostly nocturnal to escape predators but many are caught by cats and owls. Their large eyes and ears help them to find their way around in the dark. They are naturally cautious and rely on their sense of smell to recognise other mice. A mouse may travel a quarter of a mile in a single night hunting for food. They mainly eat seeds, often tree seeds, and insects and snails also form part of their diet. They can climb well and often use an empty bird's nest as a feeding place.

The mice build complex burrows to store food and hide in during the day. Breeding starts in March and the young are born in a nest chamber in the burrow. Each female can have four litters, each of five young, a year. The babies are independent after three weeks. Their lives are short with many only living three months – a year is a good age for a wild wood mouse.

They do not hibernate but in winter they may go into a state of torpor to conserve energy when food is short. When frightened they often sit up and wash themselves.

GREAT (APE) DADS FEEL AT HOME AT DURRELL

Rolling and tumbling down the grassy hillock, three year-old gorilla 'Indigo' rushes the seemingly impenetrable, silver dusted wall of muscle that his father – 15 year-old dominant male – is presenting to a slightly concerned looking crowd, watching from the sides of the famous enclosure.

As he reaches the massive statuesque form before him, Indigo grabs a handful of his father's hair, causing a roar that makes the spectators gasp. Springing to his feet, Badongo begins to beat his chest. Instead of running, Indigo beats his own tiny chest at his father, who turns – as if terrified – and bolts up the hill – all the while looking back to make sure that his son is still 'charging' him, and he's not getting away too quickly.

If your dad built your confidence, and taught you to be who be who you are today, we'll bet you can relate. If you want to thank him, we've got the perfect Father's Day idea; bring him for a day out at Durrell Wildlife Park!

*Check out the Durrell Banner Advert as you can take your Dad to Durrell for free on Father's Day (Sunday 21st June) and he can also get a half price big breakfast and 10% discount in the shop. Such a brilliant way to spend the morning with your main man!



Spoil your Dad this Father's Day

On Sunday 21st June, your Dad can enjoy *FREE admission to Durrell, a half price big breakfast, plus 10% discount in the shop. Our range of gifts for men will surprise you... and your Dad, too!



www.durrell.org/fathers
to print off your Dad's coupon/gift voucher

Free admission for Dad with the purchase of any full-price child or adult's general admission ficket.



Get involved in the 2015 Silkworth Extreme Team Challenge - September 5th 2015

Up to 200 bold volunteers will be coasteering, running, cycling, swimming and running around the Island on 5 September to raise money for the Island's only residential Treatment Centre for those suffering with drug and/or drug addiction.

An expanded Silkworth Extreme Challenge is returning this year, with more teams and tougher challenges facing the Islanders who take it on.

The last event raised more than £10,000 for the charity – and Silkworth are hoping to raise even more now that Rowlands Recruitment have come on board as the main sponsors of the event.

The challenge involves coasteering, running, cycling, kayaking and swimming around the entire island in ten stages.

Half of the 20 team slots have already been filled for the event, and Silkworth already have inquiries from more teams who want to get involved. Chief Executive Officer Jason Wyse told us that they're looking forward to the event.

"The first time we ran the challenge in 2014 was hugely successful, and we want to build on that this year,"

"Aside from raising awareness about drug and alcohol addiction and providing a great day out for people, the £10,000 that was raised makes a huge difference to us and the work that we do to support Islanders struggling with drug and alcohol addiction issues, together with their loved ones and significant others.

"We are absolutely delighted to have the support of the business community too – the sponsorship by Rowlands Recruitment will help us make the most out of this great event. Jeralie Pallot and the team from Rowlands Recruitment have been extremely generous and I look forward to working with her on this challenge and hopefully future challenges also.

"We've also been listening to the feedback from the participants who took part in last year's challenge, and have increased the number of teams that can take part from 15 to a maximum of 20 teams. Each team can have a minimum of five team members and a maximum of ten, which gives each team the opportunity to make it more challenging for themselves if they wish.

We want the participants to get as much out of this as they can – and we hope that the public will continue to get behind it with the kind of generous donations that we saw last year, which really blew us away."

The Silkworth Challenge takes place in all 12 parishes, to reflect the '12 Step' recovery programme used by the charity to help those that suffer with drug and/ or alcohol addiction free themselves from substance dependency as the first step to a life of recovery.

Anyone who wants to put in a team should contact Chief Executive Officer Jason Wyse on 729060.

The closing date for entries to this year's event is 30th June. Once the numbers have been finalised, full competitor packs will be sent out.

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GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY

The Canaccord Corporate Cup is off to a record start

The first race of the 2015 Canaccord Genuity Wealth Management Corporate Cup series saw 47 teams line up to compete for the title. In the first competition of the six race series, the BNP Bullets were first over the finish line in the men's race, with Deloitte Ladies winning the women's competition and Mourant Ozannes taking first place in the mixed race.

Now in its second year, the Corporate Cup is a 5km lunch time race series organised by Run Jersey aimed at all businesses based in Jersey. The best three races of the series will count towards the overall standings, with prizes for individual performances as well as other categories such as the most improved team.

This year the race is also open to individual entrants as well as business teams. All team members are automatically entered to compete for the individual men's and individual ladies cup.

The remaining races in the series will take place on 17 June, 8 July, 19 August and 16 September and start from the Freedom Tree alongside the Radisson Blu at 12:45pm. There is still plenty of time for businesses and individuals to take part.

More information and entry forms can be found at: www.runjersey.co.uk/#/corporate-cup/4583240453



Jersey Hospice Care invited islanders to Talk, Plan, Live

Death and dying isn't something that people are normally comfortable talking about. But Jersey Hospice Care brought it to the fore, with a week of activities for Dying Matters Awareness Week, which ran from 18 – 24 May.

As well as information stands, looked after by the charity's skilled palliative care staff, Jersey Hospice Care also invited secondary school students up to dispel the myths around Palliative and End of Life care and offered islanders an unusual movie night, inviting them up to watch The Bucket List.

The national campaign aimed to encourage people to talk openly about end of life issues. The theme of the week was 'Talk, Plan, Live', encouraging people to spend

a little time talking and planning for their end of life wishes, so they can spend more time enjoying life.

Tracey Fallon, Junior Sister of Day and Out Patient Services, said, 'The week was a great success, prompting lots of discussions around end of life wishes. We were delighted with the response to our range of events, particularly the secondary school students' visit to Jersey Hospice Care and our "sell out" movie night watching The Bucket List. In fact, it was so popular, we had to organise a second night to accommodate everyone.'



Family Nursing & Home Care senior manager retires after 18 years

Clinical governance and information manager at Family Nursing & Home Care (FNHC), Barbara Bell, retired after 18 years at the charity.

Mrs Bell has been in senior management at FNHC since 1997. During her time at the Charity she has overseen a number of instrumental changes to the organisation, including setting up the first FNHC workforce plan and serving on the Jersey Child Protection Committee (JCPC) for 17 years.

Julie Gafoor, chief executive officer at FNHC, commented: Barbara has been a dedicated and committed member of the FNHC management team for the past 18 years. She has taken on every challenge presented to her with courage, professionalism and good humour. She has remained a constant support to staff, managers and the committee.

Barbara's enthusiasm and passion for the Charity and its ethos will be hugely missed and we wish her the very best for a happy retirement.'

Mrs Bell moved to Jersey in 1997 and was appointed as locality manager for the east of the Island, health visiting and the designated nurse for Child Protection Services. She also served on the multi agency JCPC for 17 years, championing the safeguarding of children and adults in Jersey.

Barbara is looking forward to sharing her retirement with her family and two daughters, Ann and Helen. She also hopes to spend more time travelling, sewing and participating in community life in Jersey.

30 | gallery JERSEY'S STYLE MAGAZINE

Carey Olsen raises £16,000 at its celebrity charity dinner

The remarkable sum was raised for Jersey Hospice Care and Jersey Alzheimer's Association at Carey Olsen's inaugural celebrity charity dinner in April.

Twice Michelin-starred chef Atul Kochhar from Benares restaurant in Mayfair and celebrity wine expert Olly Smith, who regularly appear on the BBC's Saturday Kitchen, joined forces to create a feast for over 200 guests at Jersey's Royal Yacht Hotel.

The flagship Carey Olsen event included a Champagne reception followed by a five-course modern Indian dinner prepared by Atul, along with two chefs from Benares supported by Steve Walker, head chef at the Royal Yacht Hotel, and his team.

Carey Olsen chairman, John Kelleher, said: "Having Atul and Olly host a unique fine-dining experience in Jersey was a real coup and we were pleased to be able to extend the opportunity to the wider community for the benefit of our charities. Their enthusiasm ensured a brilliant evening that raised a significant amount of money for two very worthy causes."

Non-executive director, George Baird, who attended with friends said: "A huge thank you must go to Carey Olsen for a fantastic initiative. We enjoyed amazing food, great wine and a wonderful atmosphere. Jersey Hospice Care and Jersey Alzheimer's Association are two charities very close to my heart and the money raised will make a big difference to both."

Owner of the Bastille Brasserie, Georgina Cottini, said: "A top class chef and sommelier in one room and they did not disappoint. Best meal of the year by far!"





Bringing Africa to Jersey

The Head Teacher and a child from a remote school in Uganda visited Jersey in May to meet with island children in the hope of forging links and understanding between the two communities.

The visit was hosted by Standard Bank, sponsors of Mifumi Primary School in eastern Uganda. It was the first time that the Head Teacher of Mifumi, Bernard Onyango, and student Sylivia Adikin had travelled outside of their country.

During the visit they met with children at St Michael's, Grouville, Mont Nicolle, and St Martin's Schools as well as Jersey College for Girls. The children were able to experience life in the island with shopping trips, including a visit to a supermarket, and a pizza night out.

The visit culminated in a Gala Fundraising Dinner at the Pomme d'Or Hotel on Friday 22nd May where guests were entertained by local rat pack singer, Tony Gardiner. A charity raffle and auction was also held, with all funds going to Mifumi School.

Mifumi school gives hope and a future to over 700 children in a remote community and Standard Bank has been sponsoring the charity since 2013, Matt Gorman, Chief Operating Officer of Standard Bank said: 'We've sent our staff over to Uganda for the last two years to get a proper understanding of how we can help the school. This year though, it seemed logical to bring representatives of the school to our island so that as many of our children and staff can meet them as possible. We have started to create the links between our schools and Mifumi through the installation of a satellite system so that Skype calls can now be made, but this really is one large step in building stronger relations between our communities.'

For the past two years Standard Bank staff in Jersey have been raising money and sending donated goods to the school.

Further information visit: www.mifumischool.com

BECAUSE QUALITY MATTERS gallery | 31

GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Be Awesome for Autism raises £20,000

We're sure you didn't miss that April was 'Autism Awareness Month' with local charity Autism Jersey encouraging everyone to 'Be Awesome' for Autism whilst raising awareness of the condition. The total fund raised by the 'Awesome' campaign, which included organised events, challenges and schools, clubs and corporate participation has exceeded £20,000, doubling the previous year's fundraising.

With over 1000 people in Jersey estimated to be on the autism spectrum, it is becoming the most commonly diagnosed developmental disorder. Living with autism can be very challenging; many people participating in the awesome challenges, this year including an abseil at Val de la Mare, Easter marathon and beach walk, set themselves a challenge which pushed them out of their comfort zone. This is something people with autism can struggle with every day of their life. Funds raised will greatly benefit the variety of support and services delivered by the charity, greatly benefiting both children and adults in our community who are affected by autism.

This year Autism Jersey is celebrating their 10th anniversary and are organising an 'Awesome' Charity Ball at The Royal Yacht Hotel on Saturday 10th October. We are also pleased to confirm that Groove de Lecq, the community festival which supports Autism Jersey, will be returning on Saturday 1st August with an increased capacity to 2,500.



Jersey students bag awards at Young Enterprise competition

Young Enterprise company Prometheus were crowned Best Overall Company at a packed Awards Evening held at the Radisson Blu for the finals of the Jersey Young Enterprise Company Programme.

Subject to funding, the team will go on to represent the island at the Company Programme UK South East Regional Final in Guildford this month.

The students' company, Prometheus, developed a publication available in print and online entitled 'Inside View' (http://www. insideviewjersey.com). The company established the magazine to give young people insight on the issues that matter to their age group. The team beat off stiff competition from four other teams to be the overall winners.

Zach Martin, Managing Director, Prometheus said "We are thrilled to win Best Overall Company. It means so much to us and makes the hard work well worth it. We've come such a long way since we started the Company Programme in September last year, and have learned so much creating a magazine that is professional and informative. I am incredibly proud of what we have achieved."

Young Enterprise's Company Programme is aimed at 15 to 19 year olds. Participants from across the island's secondary schools set up and run businesses for an academic year, guided by local mentors.

JCH launch their 'Buy A Tile' Campaign

As part of their Big Splash Pool Appeal, Jersey Cheshire Home are now giving the island community the opportunity to make a small donation but a BIG difference with the renovation of their Hydrotherapy Pool, through their 'Buy A Tile' campaign.

It will be possible to personalise a digital version of your tile(s) with a message, image or a company logo. All personalised tiles will be printed onto a banner which will be hung in the foyer of the new Hydrotherapy Centre and also displayed on the Jersey Cheshire Home website.

This campaign will allow members of the community to donate as little as £1.00 or as much as £20.00 per tile (or multiples of), depending on the size selected.

The tiles, which will be used on the floor and the walls of the new Hydrotherapy Centre, can be bought via the charities website www.jerseycheshirehome.je or by phone on 01534 285858.



Z2 | gallery JERSEY'S STYLE MAGAZINE















BHF Jersey Branch
Committee Launch
CCA GALLERIES INTERNATIONAL
30 APRIL

A special presentation and awards ceremony event was held at the end of April, to celebrate the launch of the BHF Jersey Branch Committee. The event was attended by local supporters, heart patients and the Jersey Hospital cardiology team. Special guests who attended included CEO of BHF, Simon Gillespie will who spoke about the 20:20 vision of BHF to focus

on research, prevention and support and BHF Fundraising Director, Louise Parkes who spoke about the importance of local fundraising support. In addition to this the Lieutenant Governor presented local Heart Hero Award to Carol-Ann Le Boutillier, who saved the life of Kevin Brammer late last year by performing life-saving CPR until the emergency services arrived.













After Breast Cancer Charity Golf Day

LES MIELLES

MONDAY 27TH APRIL

The ABC golf day was organised by Mark Boothright and Alex Rae (JRFC) and brought together 100 golfers, made up of corporate supporters, fellow Jersey Rugby players and committee members. The day on the course, followed by dinner at the rugby club that evening, raised an incredible £16,500, which will enable ABC

to purchase another portable scanner. The day was a great success, the sun shone, the gents all looked fabulous in pink, the Pimms flowed and the money rolled in. Thanks to Jacksons there was also the added motivation of winning a Mercedes, for anyone who successfully potted a hole in one.













Luxury Jersey Hotels
Website Launch
ROYAL YACHT
THURSDAY APRIL 30TH

The new www.LuxuryJerseyHotels.com was unveiled at The Royal Yacht - one of the six hotels behind the consortium which own the website and make up Luxury Jersey Hotels. The site promotes the island's natural beauty as well as our finest bars and restaurants, shops, hotels, and things to do.

Around 60 guests heard the Chairman of Luxury Jersey Hotels, Patrick Burke, explain how the site is promoting Jersey to affluent UK residents, and how businesses wanting to reach that market could get involved.













Barclay's Annual Charity
Boat Show Dinner
THE ROYAL YACHT
FRIDAY 1ST MAY

To launch the 2015 Barclays Jersey Boat Show, Barclays held its annual charity dinner at the Royal Yacht Hotel on Friday 1 May in aid of the show's beneficiary charity the British Red Cross. 70 guests attended the event which included speeches about the work of the Red Cross. The Show took place in and around St Helier Marina from 2-4 May, coinciding with the start of Red Cross Week, the charity's annual fundraising drive. £6,563 was raised for the charity which was boosted by £6000 by Barclays to total just over £12,500.

BECAUSE QUALITY MATTERS gallery













Equiom's Ladies' Lunch LONGUEVILLE MANOR THURSDAY 14TH MAY

Equiom raised more than £12,500 for Cancer Research UK at their fundraising Ladies' Lunch at Longueville Manor. The lunch was attended by 62 ladies and hosted by Equiom's Group Managing Director, Sheila Dean and Equiom (Jersey) Limited's non-Executive Director, Heather Bestwick.

It included an auction and luxury draw with prizes donated by local businesses and individuals. The event was organised as part of Equiom's support of Cancer Research UK during 2016, which also includes sponsorship of Jersey's 'Relay for Life' in July.













Launch of Emilia's Hair Academy

8 BURRARD STREETMONDAY 18TH MAY

Positioned centrally and within walking distance from all the shops, this amazing new salon was full of clients and friends excited for the launch. Emilia, the owner of the new Emilia's Hair Academy, is joined by her partner Esther in this fantastic new venture.

Emilia commented "we would like to thank all of our loyal clients, friends and family for the great show of support at our grand salon opening. We're extending the invitation to everyone who wasn't able to drop by." 8 Burrard Street, St Helier 01536 873561 you can find them on facebook; Emilia's Hair Academy.













Crabtree & Evelyn deGruchy Launch **DEGRUCHY** FRIDAY 15TH MAY

This event was a must in any beauty aficionados' calender! Crabtree and Evelyn will now be nestled within the walls of the department store, which already has an impressive array of beauty brands. Crabtree & Evelyn experts were available on the day to provide complimentary hand treatments and a range of other special treats. Customers had the chance to win a La Source Hamper

worth over £75. Commenting on the move, John Marquis, store director of de Gruchy said: "We are very excited to welcome Crabtree & Evelyn to our store. We are continually looking for opportunities to offer customers new and exciting brands and Crabtree & Evelyn will complement the current ranges that sit within our bustling beauty department."













Jersey Student Business Challenge Awards Ceremony THE RADISSON BLU

14TH MAY

A Purrfect result for Grainville at the Jersey Student Business Challenge. Purrfectly Pawsome Treats from Grainville won the Overall Award for their business selling treats for cats, dogs, birds and humans. Sweet Surprise from JCG was the runner up. The Challenge involved 20 teams of students from JCG

and Grainville working with mentors from sponsors Barclays, EY and Ogier to create and run a business over a two month period. Additional awards were presented for the best use of Social Media, and to teams in both JCG and Grainville for generating the most profit and benefiting the wider community.

BECAUSE QUALITY MATTERS gallery













Dan Baldwin's 'Pessimistic Optimism' Exhibition CCA GALLERIES INTERNATIONAL TUESDAY 19TH MAY

CCA Galleries International hosted a Private View for Dan Baldwin's solo print show 'Pessimistic Optimism' fresh from his solo show in New York. His work, in his own words is 'about the themes of life: memory, love, pain, conflict, nature,

science, religion, death, innocence and hope - the fine line between the sinister and the beautiful.' The exhibition featuring his latest limited edition prints runs at CCA Galleries International until 13 June 2015 and is a must see!













Sunescape Launch Event TONIC SALON ST. HELIER THURSDAY 14TH MAY

Bronzed bodies and big smiles were the order of the evening at Tonic's exclusive Jersey launch of their revolutionary new tanning system Sunescape. Guests were invited to attend an evening filled with bubbles, branded brownies and summer sounds.

Tonic's director, Sam Wade, dedicated the night to the new tanning range and had the full range of products for guests to try. Many opted to have a holiday inspired spray tan on the night and could choose between three shades; A weekend in Bondi, a week in Fiji or a month in Maui.

gallery JERSEY'S STYLE MAGAZINE

TRAVEL





SNORKEL THE OFFSHORE REEFS OF BELIZE

Renowned for its impressive Barrier Reef ecosystem and unspoiled coral reefs, Belize is undoubtedly one of the most sought-after destinations for a tropical snorkeling trip. The clear, warm and welcoming waters of the Caribbean invite budding swimmers to

explore an abundance of pristine snorkel spots and heavenly coves. You can even hire a kayak and journey further a field...a must for those with an interest in the wonders of our oceans.

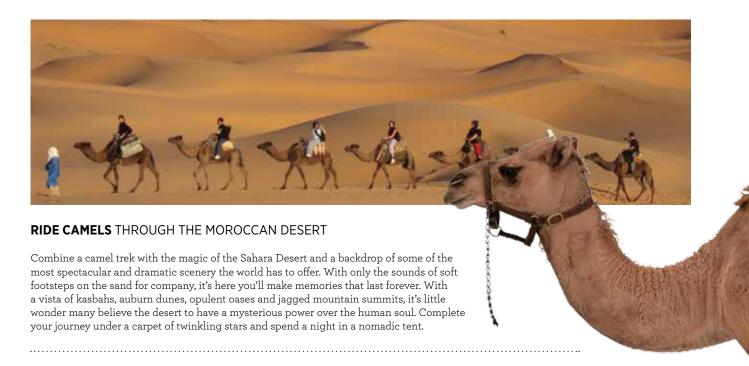
GET YOUR KICKS ON ROUTE 66

Whether you hire a Mustang, a Harley or just a standard 'run-of-the' mill vehicle, exploring the deserted roads of Illinois is an experience that will stay with you forever, but just where do you start?

Spreading from the Great Lakes to the Mason-Dixon Line, Illinois is a typical Midwestern state. Fertile, friendly and a little idiosyncratic, it boasts the perfect mix of small-town charm and cosmopolitan appeal. It's here culture and kitsch go hand in hand in the most pleasurable proportions.

Route 66, one of the most famous roads in the world, is the classic route to take – a rural ribbon of retro gas stations, old school diners and unreal scenery. Spanning an impressive 2451 miles, you'll cross eight states, all brandishing well-trampled paths of the past. Once on the road, you'll leave the monotony behind and venture out into lesser-known, small town America, where you'll find a handful of 'ghost towns', diverse individuals and quirky roadside attractions – some say it's the trip of a lifetime!

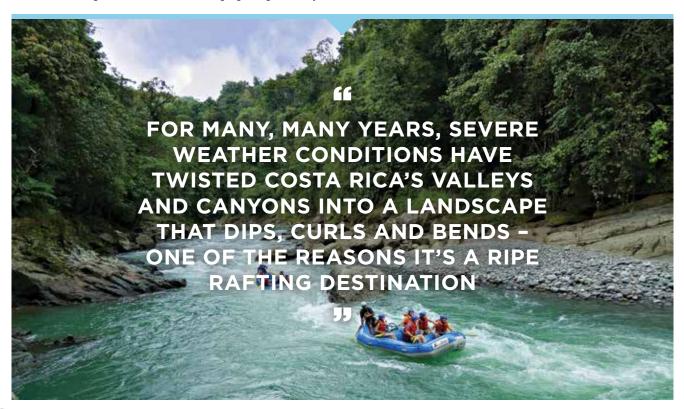




GO RAFTING IN THE WHITE RAPIDS OF COSTA RICA

For many, many years, severe weather conditions have twisted Costa Rica's valleys and canyons into a landscape that dips, curls and bends – one of the reasons it's a ripe rafting destination. It's here you'll stumble upon some of the world's most celebrated rivers – including the Pacuare, Reventazon and Corobici – each of which slice through the dense forests and zigzag along the many

awe-inspiring waterfalls. Regardless of whether you choose to scheme your way through a series of narrow rapids or glide along smooth stretches of open water (the perfect place for a spot of nature watching), there are rafting excursions suited to all ages and abilities.



Whether you choose a sun splattered summer safari or a wild winter escape, levering ourselves from the comfort of the sunbed is certainly worth the effort, as when we do, this is when our true sense of adventure ensues!

BECAUSE QUALITY MATTERS gallery

10000000to 10000to 100 words Emily Gledhill

Emily has recently returned to the island after doing a Masters in Journalism, War and International Human Rights in Lincoln. She has been back and forth to Jersey over the years in between living in London and abroad and hopes to return to the Northern Territory before heading to South America.



Jersey, London and the Northern Territory are just a few of the places I call home. Whether there are 8 million, 100,000 or 100 people, I have been lucky enough to create a new life everywhere I have lived, surrounded by incredible people from all over the world.

I always thought Jersey was tiny but growing up in an island of 100,000 had definite benefits. Jersey was a safe training ground for the inevitable partying of my early years, where hitching, drinking and dancing til dawn were the norm. Having lived in many other places, I cannot imagine a better place as a youngster, to explore the islands nightlife and meet many great people. Nights at the splash in the days of ska, indie and 'foxy lady' and the numerous after parties to choose from were the highlight of my teenage years.

But by the time I turned of legal age it was time to find a new playground, London. As most people who've lived there know, London is so vast and unlimiting; in people to meet and things to do, try and see, that it takes two years just to get to grips with it all. Over five years, I lived across most of north, east and south of London and

entered into a world of punks, anarchists and squatters. Of course I could relay the usual offers of London; incredible nightlife, galleries, museums and events but London for me was quite different.

As the financial crash had left employment options almost non-existent, days were spent at our squatted social centre, Ratstar. Whilst the CVs went out, most of the time was spent helping with the gardens, the

free-shop, bike and printing workshops, the free vegan café, and fundraising gigs, raves and events, like the tattoo circus. Protests - like stopping the forced deportation of Iraqi Kurds to Baghdad, were fairly common and we often went to demonstrations across

Europe, with days on protests, evenings at gigs and nights spent at illegal raves with sound systems the size of lorries. Considering the extreme lack of money, I have never been so busy or travelled so often. Only through meeting such a diverse group of people and being open to previously undared ways of doing things could I have had so many new experiences.

London is the only place on earth where out of a community of about 80 people, only six

were British. Everyone else was from around the world and there was a constant stream of people staying from all over Europe, South America, Australia and New Zealand. For a city of strangers, London truly is a place where every kind of community thrives and a certain freedom comes from the lack of attention paid to any and all the multicultural differences that eight million people can provide.

"Considering the extreme lack of money, I have never been so busy or travelled so often. Only through meeting such a diverse group of people and being open to previously undared ways of doing things could I have had so many new experiences"

The only reason I headed to Australia was because of the people I'd lived with in London. I drunkenly bought a one-way ticket to Melbourne and was quite surprised to find around 30 people who I'd lived with at one time or another, all out the first night I arrived. It didn't take long to know the rest. The only real difference between the London and Melbourne scene were that activists were environmental and spent a considerable time up trees, defending against logging companies, and instead

■ CONTINUED OVERLEAF...

gallery



LONDON CITY NOW UP TO 6 FLIGHTS PER DAY

With up to 6 flights per day, you can now arrive closer to where you need to be at a time that suits you, and allows half day trips to the city!

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...CONTINUED FROM PREVIOUS PAGES I

of a illegal raves after gigs, 90's britpop and cheesy classics blared. The throw away culture of the still wealthy Australia provided us with enough steaks and food to hold BBQs for 40 odd people, which we organised at our home weekly. I loved it, but I had friends in Adelaide to see.

By strange coincidence and a missed freight train, I woke up in a park in Darwin, but by mid morning I had a bar job 100km from the city in a place closely resembling the film 'texas chainsaw massacre'. In a community of around 100, whose trailers and dongas encircled

the pub, I have never met such an incredible number of weird and wonderful characters. Out 'bush', shotgun 'burnout' bogans, helicopter station cowboys, toothless old-boy bikers and pyromaniac firefighters all came to drink at the only pub for 100km in each direction.

For all the vastness of nature and the tranquility of the national parks and wetlands, drama and extremes were as normal as the hot dry heat of the summer season and the cyclonic rains of the wet season. Nights were spent on tray-utes watching the vast bush fires, or shining

torches on the red eyes of crocs whilst drinking in the lagoons, firing off guns and fireworks for no reason at all. Everyday was frankly hysterically weird and I'd live there again in a heartbeat.

Ultimately, you chose who you surround yourself with, whether the population be in the millions or the tens of thousands. Yet living in a rural madscape of 100 people gives you the chance to feel wholly part of a community, perhaps one which would not be initially chosen from the outset, but nevertheless the most insane home I can't wait to return to.

WHO YOU COULD MEET IN A TOWN OF 100

Caveman Caveman had changed his name by deed poll (his second name a legal necessity), and literally wore nothing more than a pair of short shorts and a back brace, he was a walking encyclopedia of dirty jokes.

Woody dressed like a cowboy but wasn't allowed whiskey as he'd once driven the lawn mower into the pub and destroyed the floor.

Ida, originally from Papua New Guinea, played an imaginary trumpet when drunk, and once stole the leftover pig from the spit, greasing up his door so much he couldn't get in, passing out on the floor. He'd also accidentally set fire to his room, and his most constant phrase was "shut the **** up" before he'd let out a cracking laugh. A true gem of a fella.

Chippy had only one tooth, chipped. He'd spent some time in prison after a random stolen car chase with the police had accidentally driven through his field of cannabis.

Colgate had almost no teeth, but was always in a great mood, even though he'd recently lost a large chunk of his backside in a car accident.

Bunta and **Ben** (who laughed like a goat) were best friends, and, as they found out later, were related. Their friend **Shane** made the national news after a neighbour shot up his car and house. Weirdly enough we were on speakerphone with Ben at the time, with shotguns going off in the background, we headed straight over with my paramedic friend after Ben had shouted "he's hit the deck, he's shot him!". All was fine, but the YouTube news report is fun to watch.

Sam, one of the helicopter pilots was perhaps a little bit mental. He had a wardrobe full of fancy dress outfits (think male stripper) and one night forced a Japanese visitor to eat an extremely hot chilli before trying to lock him in a meat fridge. He was alone on a massive station most of the time where he argued with his cat 'Meowsy'.



gallery JERSEY'S STYLE MAGAZINE

CULTURE

One Flew Over the Cuckoo's Nest

by Dale Wasserman / Ken Kesey

Wednesday 24 June - Saturday 27 June at 8pm

Join Jersey Arts Centre's youtheatre in their 30th major production as they present the Ken Kesey classic One Flew Over The Cuckoo's Nest.

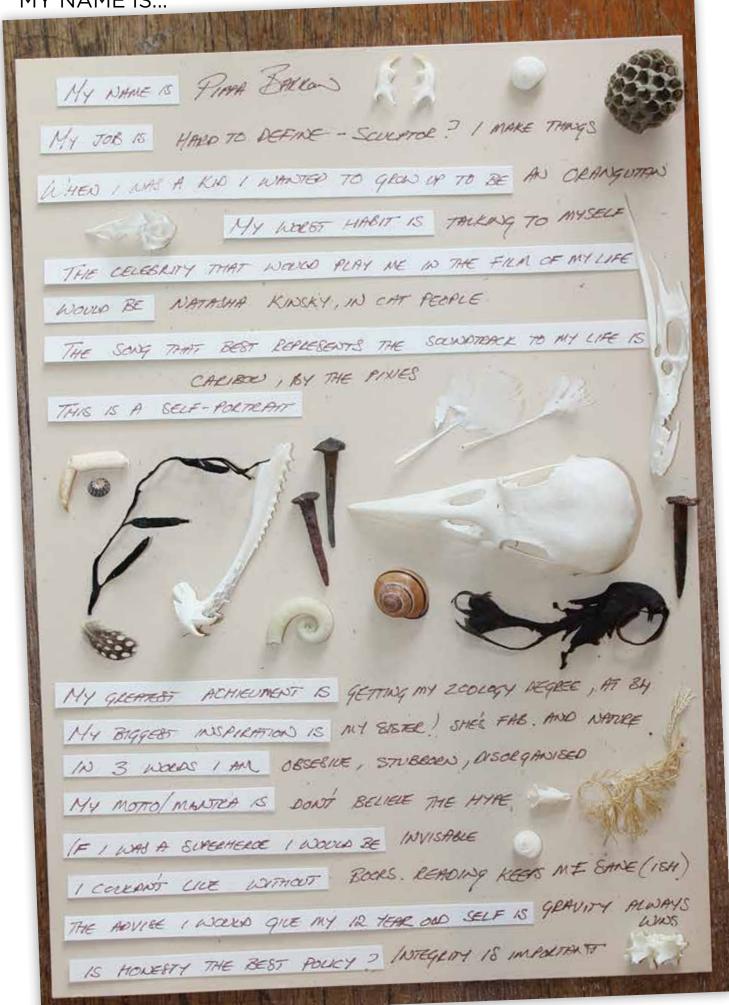
As Nurse Ratched runs her ward with icy efficiency, the arrival of charming rogue Randle P. McMurphy shatters the calm of the Oregon State Mental Institution...

By arrangement with Samuel French Ltd. and supported by Westminster.

For more information and to book: 700444 www.artscentre.je



MY NAME IS...



46 gallery Jersey's Style Magazine



Music aside artistic endeavor is at the very heart of the festival's expression, and partnering artists have been busy creating a timeline of visual art for the day, which will steadily bring the 12 hours of Electronic Music celebration to life.

The IKM crew was approached by Reasons $\,$ to customise the Reasons lettering to pop up at events through the summer, in the run up to the festival. The IKM - Inkramental graffiti artists are a Jersey based crew, consisting of members KidMidnight (James Carter), Bokra (Ben Robertson), Sao (Vince Talcone), On One (Oli Nightingale), Orez (Michael Veloso) and Mole (Ben Misson), Tommy Gun, Panza and Enos. Each artist injected their own personal style onto each letter, which when combined created a hugely spectacular piece. As well as the Reasons letters the crew will also be painting live at the festival. If you see the Reasons lettering, in the run up to the festival be sure to tag them on social media with the tag #themightyIKM. Currently the IKM crew are also undertaking the challenge of adding an injection of colour, culture and creativity to St Helier, by creating a mural based piece on the Hoarding on Halkett street.

Local event director and promoter Beth Gallichan (Jersey Live Teese, Groove de Lecq, Branchage) will be bringing her honest, fun loving line of creativity to proceedings by way organic decoration, structures, installations and surprises.

Continuing with the visual treats, DJ Woody's 'Hip Hop is 40' 90 minute show traverses not only the history of hip hop from inception to date, but incorporates a cinematic element, using archive news reels, footage and historically relevant music videos, bringing the fascinating history of hip hop to life.

"Music aside artistic endeavor is at the very heart of the festival's expression, and partnering artists have been busy creating a timeline of visual art for the day, which will steadily bring the 12 hours of Electronic Music celebration to life"

Alongside the visual elements festival director Ben Newman was very committed to a dedicated spoken word presence at the festival. Bringing a mental imagery aspect to the Reasons experience the three dedicated performers Jersey's Muzzy Foley, Ray Antrobus and Tom Gill are delivering urban-esque material within the hospitality area, but will also be 'on parade' within the nooks and crannies of the site itself.

Muzzy Foley AKA Christian Foley is a spoken word poet, MC, writer and educator working in the East London Hackney Community. Jersey born Christian's work has been praised by Benajmin Zephaniah (for creating "Pictures in the Mind" and MOBO winner Akala. Additionally Rob de Bank from BBC Radio One named Christian as a great introducing artist. Following th success of Christian's debut album "Mr Invisible", described as groundbreaking by Urban Vault Magazine he was shortlisted as a BBC Introducing Artist of the Year 2013 in the urban category. It's not widely enough acknowledged as to how much amazing talent is bred here in the island and Reasons

are delighted to be able to welcome an artist who has achieved great national acclaim and comes home to enable us all celebrate their full circle of success in situ.

Reasons Electronic Music & Arts Festival is not just a musical jollification, but a celebration of sensory art forms this music scene has influenced. Post punkers once proclaimed Fuck Art Lets Dance. Though here it seems there are plenty of Reasons to enjoy both.



BECAUSE QUALITY MATTERS gallery | 47

THE FIGHT

Within five minutes of the opening round, Liam McGeary had done what so many thought impossible; he had won the Bellator MMA light-heavyweight tournament. Along with a giant novelty cheque for \$100,000, the victory had earned Liam a shot at the organisation's light-heavyweight champion, Emanuel Newton.

My name is John Liot, and I'm a photographer. I've been following Liam's fighting career closely, from his professional combat origins in Jersey to performing in front of a television audience of over one million in the United States. I had wanted to travel to America to document his pursuit of becoming Bellator tournament champion, but submitted that it wasn't the right time for me. I had made a promise to myself though that should Liam claim victory in the tournament final then I would be there, (wherever 'there' was) to document his attempt at the world title. A date hadn't been set yet, but Liam informed me that after taking some time off he would be ready to go for his title shot in early 2015.

This was it for me, I'd entered a period where speaking figuratively about the future was no longer applicable; the future was here and I either made it what I said it'd be, or I'd be just another person with hot-air ambitions. Knowing that my student bank balance wasn't facilitating any long-stay trips to America, I needed to source money another way, I needed to appeal to an audience. My subsequent foray

into the world of crowd-funding was one of ups and downs, successes and regrets, self-doubt and a little bit of ego-inflation. In many ways, without the positive growth that crowd-funding had given my 'brand', I would've found the difficult parts of this project even more so. Because the truth is, this project wasn't easy. I was in America for just under a month, shooting every day within the Arctic tundra that is New York City in February. Of course, I should preface what I want to talk about with how incredible this project was, what a life-affirming trip it was for me. I learnt so much about myself, my relationship with photography, my desire to explore the world, to create things for people, to be a 'nice guy'.

The project, titled, 'Liam McGeary: The Fight', was devised to be a fly-on-the-wall style photo-documentary. I aspired to capture the build-up to a world title fight, to create memories of the intense training sessions, of the light-hearted in-between moments, all the drama, the elation and fallout of victory. Mostly, I wanted to do it for Liam. I had established my reasoning







for shooting this project was like how a wedding photographer documents a wedding. It was photography for the sake of preserving memories, in the way that only the silent, still-moment medium can. To be alone with an image that means something to you, to have your brain explore and search for those memories and emotions attached. It's quite a romantic view to have, I suppose. I feel like photography asks more from the viewer than other formats, but for those willing to put the effort in to digesting an image's meanings and story, the pay-out is greater. I craved to do something special and definitive with my final year of University and this project had lined up perfectly.

MY SUBSEQUENT FORAY INTO THE WORLD OF CROWD-FUNDING WAS ONE OF UPS AND DOWNS, SUCCESSES AND REGRETS, SELF-DOUBT AND A LITTLE BIT OF EGO-INFLATION.

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Though I felt like my reasoning for wanting to take on this project was selfless, I didn't want this project to look like something anyone present with a camera could shoot. It mattered to me to make it as much a 'John Liot' story about Liam than just a recounting of an event. Since my time at St. Lawrence primary school I've always had a strong association with telling stories and creative writing, and through my development at Falmouth University I feel like photojournalism has given me a format to continue telling stories. Obviously the juxtaposition between past and present is that my stories now don't feature quite as many mythological beasts or references to the Simpsons.

What I wanted to show in my work were the elements of professional fighting that you rarely see within the glossy promotional videos of top-level shows. This was my first time, as well as Liam's, doing anything like this, so a certain amount of space was afforded. I didn't want to overstep my limits early on in the project and mess up the rest of my time. I also didn't know how close I needed to get to tell the story. This was my project for Liam after-all, he wasn't paying for me to be there, so I needed to respect his space, yet still appease my creative appetite for telling a great story. This project wasn't Tim Hetherington's 'Sleeping Soldiers', but I still aspired to bring in a certain amount of emotion and connection between the audience and Liam's story from seeing

moments of vulnerability and humility. From my perspective I felt that my focus wasn't even so much about the actual fight itself, not about showing it at least. I felt that the fight was the easiest and most transparent aspect of this project to view. Within the confines of the steel cage there would be multiple cameras filming multiple angles of the action, as well as an army of sports photographers capturing the fight in technically superior ways to me. I almost conceded that I would give up the money shots of the fight, but focus my attention and ability to the areas they wouldn't be at. After all, these guys didn't get photos of Liam in deep concentration as his girlfriend nearly beat him at an MMA video game...

BECAUSE QUALITY MATTERS gallery 51

CULTURE NEWS



Motionhouse: Broken

This innovative piece of performance art lures you into a world of shifting perspectives... it's a full on assault on the senses. Audience members who watched the show at Jersey Opera House in 2013 didn't want to leave the theatre they were so mesmerised by what they had seen. Now on its third tour of the UK and Europe, this is a must–see not just for dance and theatre fans, but also for those who are passionate about art, digital imagery, motion graphics, design, and the physical body.

There is a public workshop in the Jersey Opera House studio at 10am on 9th June, workshop & ticket: £19. The performance takes place on Tuesday 9th June at 8pm. Advanced booking required, tickets: £15-£18.

Artists from around the world selected to take part in the Inter-Island Artist Lock-In to coincide with the NatWest Island Games

Following a wide-spread appeal for artists to apply for the Jersey Arts Trust's Inter-Island Artist Lock-in, they are thrilled to announce that 17 artists from the majority of islands competing in the Games have already been selected for the 10 day artistic residency. The artists are from a variety of disciplines and are widely diverse in their backgrounds, artistic mediums and experiences.

Jersey Arts Trust were overwhelmed with the interest and enthusiasm that has been expressed towards the project. So far, artists will be travelling from: Åland, Alderney, Bermuda, Cayman Islands, Faroe Isles, Gibraltar, Greenland, Guernsey, Isle of Man, Isle of Wight, the Western Isles, Shetland Isles, Saint Helena, Saaremaa and Rhodes to participate in the project.

The Lock-in aims to mirror the inclusive and cooperative ethos of the Island Games, with the participating artists spending ten days at the Castle to develop shared work around the theme of 'Islandness'. It is fully residential with no Artist leaving the island of Elizabeth Castle at any point during the process – with the rising tides they will be truly 'locked in'.

Two extremely talented artists from Jersey, visual artist and sculptor Emma Reid and

theatre maker Joanna Johnson, have been selected by the project's facilitator to represent our island at the Artist Lock-in.

The project is being run by the Jersey Arts Trust in association with WildWorks and Jersey Heritage and with funding support from Education Sport and Culture. It will provide artists with time and space to consider new ways of working and collaborating with people of different practices and cultures in a unique and inspiring location.

The selected artists will be in residence at the Castle from Monday 22nd June until Thursday 2nd July. There will be a final showcase of the work that has been created in the evenings of Tuesday 30th June and Wednesday 1st July (more details on this will be released soon).



Read more about the Inter-Island artist Lock-In and all the artists taking part on the Jersey Arts Trust website: www.arts.je

Milton Jones & The Temple of Daft

The one with the whacky shirts and the messed up hair is back for two nights of skilfully sculpted one-liners. You'll have seen him on Mock The Week and Live At The Apollo.

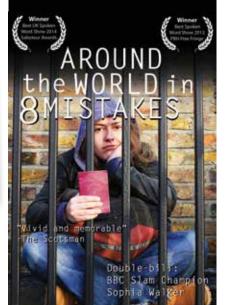
Now see him live at Jersey Opera House, Wednesday 17th & Thursday 18th June at 8pm, for a pun-derful evening of entertainment. Tickets: £24



Around the World in 8 Mistakes

BBC Slam Champion Sophia Walker presents the true story of all the worst reasons you could ever choose to move country. The second half of this double-bill is a feature set from the international touring poet herself. The performance takes place on Friday 3rd July, 8pm in the Jersey Opera House Studio.

Tickets: £12, Members & Concessions: £10



From choral harmonies to foot stomping country, the Sunset Concerts are back!

For many islanders, this event has become a firm favourite in the summer calendar, which Ashburton Investments is proud to sponsor for the seventh year running.

These family-friendly, open-air concerts are held over two evenings, Friday 26th and Saturday 27th June, in the breath-taking setting of Grantez, near the Dolmen and overlooking St. Ouen's Bay. This special live music event is free to attend, with just a small charge for on-site parking, which goes to the National Trust for Jersey.

You can expect the usual format: gather your friends and family and pack a tasty picnic. Don't forget a rug. Make your way up to Grantez any time from 5.30pm when the gates open and find yourself a spot on the hill in the sunshine (we like to be optimistic)! Enjoy your picnic and the music, which starts at 7.15pm. Fingers crossed there will be a stunning sunset too!

A bit more about this year's acts: Friday night - Contempo

modern choral

A new mixed vocal ensemble made up of young local singers. Formed in 2014 by Toby Huelin, they bring something new and exciting to the music scene in Jersey. They will perform a range of songs from the 21st century in a contemporary choral style. It currently counts among its member's scientists, students, accountants and journalists!



Saturday night - The Orange Circus Band

foot-stomping contemporary Americana

A raucous, 'footstompin', full blooded Americana/ bluegrass act from the UK and Virginia in America. Audiences have described their music as "feel good and electrifying". They are a family band concentrating mainly on updating traditional songs taken from the Blue Ridge Mountains in Virginia, as well as their own original compositions. They put on a brilliantly entertaining show - great playing, beautiful harmonies and boundless energy are guaranteed to raise the roof (if we had a roof at Grantez), warm the heart and encourage the biggest of grins.

Dracula

Be warned: this monstrous, disturbing (and completely batty)

tale of dark deeds and the undead will thrill and

seduce you. The award-winning Rabbit Theatre has got its teeth into Bram Stoker's classic with David Mynne bringing Dracula to life in this one-man show being performed in the Jersey Opera House Studio on Friday 19th & Saturday 20th June, 8pm.

Tickets: £12 Members & Concessions: £10







NATIONAL THEATRE LIVE: LONDON ROAD

Encore Screening

Thursday 11th June, 7pm

Starring Tom Hardy, this feature film adaptation of London Road documents the events that shook lpswich in 2006 when the bodies of five women were discovered.

Tickets: £11-£12.50



WESTCOAST

Saturday 13th June, 8pm

Love the music of The Beach Boys? Then you will love this live show dedicated to all their greatest tracks from Good Vibrations to Surfin' Safan. Tickets: £20



A MIDSUMMER NIGHT'S DREAM Encore Screening

Sunday 21st June, 8pm

Homeland's David Harewood stars in this visually breath-taking, humorous, sexy and darkly poetic production from director Julie Taymor (Broadway's The Lion King).

Tickets: £11-£12.50



LOCAL **EXHBITIONS**



Sporting Bodies *Berni Gallery Jersey Arts Centre 22 June - 4 July.*

Once again, five Jersey artists have just 36 hours to produce work straight onto the walls of the Berni Gallery. Each artist will begin work on the Saturday and will present their imaginings on the Monday at 5.30pm.

This year's exhibition, using 'Sporting Bodies' and the NatWest Island Games XVI as a stimulus, will remain for two weeks before disappearing forever...

Previous time-constrained exhibitions have included 5×4 (2006), Self Portrait (2011) and Conflict(pictured, 2014).



Nigel Grieves - Runner

"My photograph of Alice was taken at F.B Fields whilst on a strobist shoot. There is a local Facebook group for amateur photographers, called C.I Strobists, and involves us using portable lights. We meet each month with a different theme. I took this image into Photoshop and cut out Alice placed her on a black background then used lots of adjustment layers and various brushes. I used the pen tool to draw the veins on her body (about four hours processing). I chose this image because the NatWest Island Games are nearing and the image was also appropriate for this months theme in Gallery."

We couldn't agree more Nigel, and although the submission was just too late for our Upload competition this month we wanted to publish it, as we love it!



Highlands College School of Art Exhibitions

Highlands College School of Art will be exhibiting an eclectic mix of exciting new student work from all their art courses this month.

The disciplines covered will be drawing, photography, painting, printmaking, ceramics, costume design, textiles, fashion, glass, illustration, instillation, jewellery sculpture and model making.

One of the best aspects of these courses is the diversity of work the students have the opportunity to create. They are tailored to individual's interests and strengths and they're able to produce dynamic work they feel truly engaged in.

There will be three separate exhibitions that demonstrate the different level of courses they offer;

The Foundation Degree in Art and Design;

Open to the public Tuesday 2nd – Thursday 4th June 9-4:30pm

The Foundation Certificate (1 year course)

Open to the public Thursday 11th& Friday 12th June 9-4:30pm

BTEC Extended National Diploma in Art & Design Level 3 (2 year course) & BTEC First Diploma in Art &Design Level 1/2 (1 year course)

Both these courses will be exhibiting together which will be open to the public on Tuesday 23rd to Thursday 25th June 9 – 4:30pm.

Highlands College School of Art can be found on the old d'Hautrée site, St Saviour's Hill where there is plenty of free parking.

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Claude Cahun & Marcel Moore Exhibition: A Life Defiant

Claude Cahun and Marcel Moore challenged the boundaries of

gender and sexual identity, campaigned against tyranny and resisted Nazi occupiers. They created some of the most startlingly original and enigmatic photographic images of the twentieth century. They were an extraordinary couple who lived, loved and worked together for more than 30 years. For the first time this exhibition examines their history of defiance, from the forming of their lesbian relationship in the early 1900s, through Cahun's exploration of her self-image and multiple personalities in conservative post-war France, her anti-Fascists political protest of the 1930s, to the anti-Nazi resistance activities of the 1940s, this exhibition explores Claude Cahun and Marcel Moore: A Life Defiant.

The exhibition can be seen at the Jersey Museum until 6 September.



Vintage Home, Bluestone Studio St Ouen

Artistic mother and daughter Rosemary and Lucy Blackmore are holding a joint art exhibition of their creative works at the Bluestone Studio in St Ouen.

Rosemary is a local artist, inspired by nature, Jersey cows, the coast, landscape and iconic buildings. She creates paintings and ceramics from her home studio which can be of anything from quirky boats, to fish and birds (puffins and seagulls are a recent addition to her range as is a Corbiere lighthouse wall plaque).

Her ceramic "White House", the familiar St. Ouen's bay landmark is a popular seller, as Rosemary says "all the decorative work on each White House is done by hand and therefore I can only produce two a day, certaInly not a production line! However each one is unique which is the way I like it, especially when I am asked to inscribe a couple's initials and wedding date above the door, a personal memento of a special day."

Aside from being an artist, Lucy is also the art teacher at H.M.P.La Moye and is also a painter and ceramicist. Her work has a wistful, naive quality, and features quirky houses, both as miniature ceramics and paintings. Both artists are currently using recycled wood (some from the Plemont Holdiay Camp) driftwood and slate, the exhibition is called "Vintage Home" and will feature paintings, ceramics, gently distressed furniture and artefacts.

The exhibition will run from 19 to 28 June inclusive, between 11 am and 4pm. Bluestone Studio, Rue de la Croute, St Ouen.



LIBERATION SUCCESS

An outstanding concert took place on Liberation Day with the Berlin Philharmonic Octet and Peter Donoghue (piano) at the Jersey Opera House. A packed house saw original readings dug up from occupation diaries presented to at times a stunned audience and one who responded enthusiastically to the moving events being portrayed through music and words. Narrators Trevor Eve and Sharon Maugham famous for their TV work were well cast giving the voices of islanders whether depicting the hard events or the elated celebrations at the end. The first half featured some fautless ensemble playing in pieces from Dohnanyi to Jersey's own Le Feuvre. The tour de force was undoubtably a mesmerising performance of Schubert's Octet in F in the second half before guests left to enjoy the fireworks to complete the celebrations.



The Octet were in the Channel Islands for the celebrations of the 70th anniversary of the Liberation, and featured as part of Jersey's Liberation International Music Festival. This concert was a highlight of a world-class festival programme and a unique event for concert goers.

The Octet hosted an open rehearsal for music students during the afternoon of Saturday 9th May at the Jersey Opera House. The Octet performed movements from the Schubert Octet and help pupils to understand various elements of performance and musical interpretation. The special events and educational sessions in the Islands were made possible through the collaboration and support of Channel Island businesses Mourant Ozannes and Deutsche Bank.



THE MONTHLY UPLOAD

NEXT MONTH'S THEME IS ACTIVE. EMAIL YOUR PHOTOS (4MB IS A GOOD SIZE) WITH THE SUBJECT 'UPLOAD' TO: UPLOAD@GALLERY.JE BEFORE THE DEADLINE OF 15TH JUNE AND YOU'LL BE IN WITH A CHANCE OF WINNING FREE COFFEE FOR A WHOLE MONTH!

IF YOU'VE WON, VISIT BEAN AROUND THE WORLD TO CLAIM YOUR PRIZE!





Jason Masterman



Mike Dottore





Paul Herbert

Małgorzata Ptak



Ollie Voak



Shannon Webber

Gavin Le Brun

MONTH OF FREE COFFEE (31 FREE DRINKS OF YOUR CHOOSING)

quote of the month from Bean Around the World
See more quotes at www.facebook.com/BATWjersey





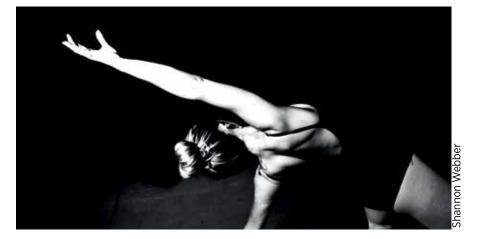






Daniel Drakes





Nigel Grieves

BECAUSE QUALITY MATTERS

gallery



FINDING HIS VOICE

Jersey-born photographer James Carnegie was the perfect person to talk to for our active issue. He's carved an impressive niche in the world of photography. His portfolio includes sporting legends such as Mo Farah, James Cracknell (above) and Jonny Wilkinson as well as celebrity names like, Simon Cowell and Hugh Fearnley-Whittingstall and not forgetting rock legends Kasabian.

He's also worked on brand campaigns for products as diverse as ITV, Timberland, Mastercard and Merrell. Although James and his young family are mainly based in London, give or take the odd transatlantic job (he was about to head off to US when we spoke to him), he makes every effort to come back to visit the island. We grabbed some time with him, post shooting Sean Conway (he's the man with all the facial hair and who recently became the first person in history to complete the Ultimate British Triathlon).

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How would you describe your work and what you do?

I used to think I could sum up what I did as shooting people, with products, in places but it's taken me nearly 15 years to realise that it's really about conveying a mood, emotion or feeling which helps the viewer, or buyer, believe in the product or service.

What was your pathway to getting to this point in your career?

I left Jersey at 19 to study photography in South Africa, somewhat on a whim. The course was an intensive year focused on preparing you for a career in photography rather than exploring the artistic side too heavily. I loved the country and lifestyle so much I stayed a further three years until they booted me out, upon which I decided to return to Jersey. Discovering the market was somewhat smaller than hoped I moved to London and hit the ground running in partnership with another photographer. 15 years later and the journey has taken me from family portraits, children and wedding photography through PR and huge scale events throughout Europe to where I am now.

What defined your specific focus on photographing all things active?

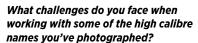
The realisation that unless your heart is fully in something you can never truly give it 100%. Whilst I've been able to blag my way through many things in life/photography, in the field of professional sport and active lifestyle authenticity is key, meaning if you don't know what you're talking about it soon shows through in your imagery.

Not only do you photograph athletes, but you're an ultra athlete yourself, what came first?

I guess an early mid-life crisis that many men face which led me to see how far I could run before collapsing. This introduced me to a whole world of discovery and like minded people that quite conveniently balanced the pressures of work and living in London. I fulfilled a lifelong dream of running the Marathon des Sables in the Sahara last year with two Jersey friends, whilst attempting to document it for a magazine. My camera equipment didn't fare well..







I think the hardest thing has been developing the ability to level with whoever I'm asked to shoot, regardless of title, worth or status, more often than not in a very short space of time. Having agents, assistants, editors and creatives on set pressing you for results and time can make things pretty intense but I suppose that's why people hire me. I've never had trouble communicating with strangers! This and the weather - my biggest adversary, especially in Britain!

Of the shoots/portraits you've worked on, which has been your favourite and why?

Wow - tough question. Probably the shoots where I've been given the complete trust



of the client to interpret something as I see it rather than through a strictly controlled brief. Shooting a climber being led, blindfolded, by his wife 2000m up a vertical mountain wall in the Italian Dolomites for global brand Merrell was pretty special, not least because I had little experience of climbing, let alone hanging from a carabiner with a £2000 camera swinging from my neck! I was commissioned to shoot for Jersey Tourism last year and it was a special point in my career, being hired to promote my home. Bobbing about in the sparkling water of Gorey harbour early one September morning, photographing a journalist water skiing past me I just felt massively fortunate to love what I do and make a living from it, something you're not always led to believe possible leaving school as an 18 year old.

BECAUSE QUALITY MATTERS gallery









Do you have any great career advice for people with an interest in pursuing a career in photography?

It's taken me 15 years to begin to discover my voice so to speak, but this is what people ultimately buy into and commission you for. The only way to develop your style is to shoot, shoot and shoot some more. Explore, create and never let anyone dampen your enthusiasm for what you believe in.

Which photographers have inspired you?

From my time in Southern Africa a landscape photographer called Koos van der Lende, who taught me that patience is a virtue and passion shines through in the end result. He would drive for 3 days to a remote Namibian hillside for one shot, only to postpone it another 3 months until the angle of the sun reflecting off the rocks was right.

My father's photography from a life spent on the seas in and around the Channel Islands and nearby France was a huge influence - my fondest memories are Saturday evenings with siblings spent

looking through my parent's dusty old slides through a projector. The power of photography to evoke emotion is something I'm continually driven by.

Is there someone or something in particular that you'd be happy to forgo your fee to be able to photograph?

What a great question! Although I've been fortunate enough to photograph members of the Royal Family, top sportsmen and super cool musicians I'm always drawn to those who have a real passion for what they do, whatever the industry and I'm a sucker for giving up my time in an attempt to document and capture this.

Although you were brought up on the island, what do you miss about it whilst you're away?

The ever changing coastline, the ability of the seas to reflect and absorb whatever mood I'm in and the pleasure of cycling down over-grown green lanes on a rusty bicycle from my parent's garage on long summer evenings.

What's coming up in the future, anything we should be keeping an eye out for?

I've recently shot some of the biggest advertising assignments of my career around the world for clothing brand Timberland. The images are launched globally this Autumn and I cannot wait to see my photographs reproduced on busstops and advertising hoardings - it'll be another career milestone achieved.

Aside from this a project with local offshore racing sailor Phil Sharp that we're trying to get off the ground this summer, literally it'll involve hanging out of a Cessna at 500ft somewhere around Jersey! On the local front, I begun a personal project five years ago, photographing Jersey personalities that represented, for me, the Island I call home. Not the politicians or instantly recognisable faces but the fishermen who day in and out haul lobster pots or the Madeiran chap opposite our house who for over 20 years has harvested crops from the soil. It has no title as yet but one day I'd love to produce a book from it.

gallery JERSEY'S STYLE MAGAZINE



BEAUTY **NEWS**

Phenomenal results

Phēnom by nail market leader Jessica is a true evolution in polish. It's Fast, it lasts and it shines! Phēnom acts like a gel and removes easily like polish; it dries quickly in natural light, lasts up to 10 days, and gives a gellike shine that becomes brighter without touch ups.

The Phēnom Polish System delivers superior performance and the perfect manicure in three steps. First you apply the Jessica Custom Basecoat, next you choose one of 24 Vivid Colours to apply and to finish you brush on the Finale Shine topcoat.

Phēnom is not designed for touch-ups. It's chip-resistant, long-last technology means the gellike shine manicure lasts up to 10 days which is perfect for girls leading an active lifestyle. Pop into RIO Hair & Beauty to find out more.



Crabtree & Evelyn Opens in deGruchy

Crabtree & Evelyn mastered the art of combining science and nature to produce delicate and beautiful products catering for women of all ages and today provides a wide range of

Heavenly food for your hair!

Offering a complete range of quality products that promise to enhance and maintain the natural beauty of your hair, it's little wonder Athena Hair & Beauty Salon (set in the peaceful realms of St John) are keen to share the must-try Milk_Shake brand!

Inspired by nature, Milk_Shake's philosophy is simple; they use a series of innovative and nourishing ingredients to help hair connoisseurs create great looking hair for all occasions.

With a fantastic portfolio of sweetly scented Direct Colour options – available in over 20 vibrant shades, including pastel pinks, lilacs, bright violet hues and bold blues - all promise to enhance the locks of reds, brunettes and blondes.

Coloured hair is a massive celebrity trend today, so why not embrace it yourself! Look to A-list celebs such as Kylie Jenner, Katy Perry, Jessie J and Beyoncé for inspiration - all appear to be rocking some amazing bright and pastel shades!

Be it for festivals, parties or quite simply, on a day-to-day basis, coloured locks are a big hit for summer! It's a little wild but that's why we (and the team at Athena) love it, especially considering Milk_Shake's high quality pigment products are free from peroxides and ammonia, which means they're able to condition your hair whilst it colours.

They're also temporary, which means you can top up your colour at home or wash it out over a few weeks. You can even try a different colour each time; opt for a few simple yet stylish streaks or several different colour combinations!

This service (with blow dry) is available for just £34. Alternatively, purchase your own direct colour for £27.00.

www.facebook.com/Athenahairandbeauty 4 Temple Court, La Rue du Temple, St John, 01534 867859



Sun Kissed

tanning range enriched

Look great and feel great by getting a Kissed by Mii Spray Tan at RIO Hair & Beauty for £35. Or check out their lovely products when you're next passing. Roll on summer!



ANXIETY: THE ENEMY **WITHIN**



WORDS Christopher Journeaux Therapy Jersey

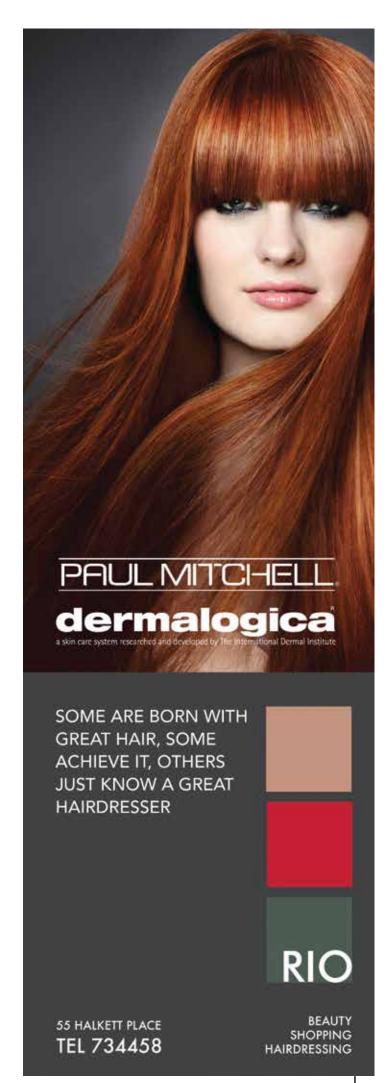
There you are, about to go into a room, waiting for the others around you to move first. This happens every week; same place, same people, same format. You are sometimes expected to speak but if you are there would have been time to prepare. Nothing to fear here then. Yet, you can feel your heart quicken. A slight prickle, perhaps as pin heads of sweat start to gather on your skin. You might begin to feel a little lightheaded, spacy even.

Time to go. You walk to the room door. Then the thoughts come with a clarity that is in stark contrast to increasingly woolly senses. I don't think I can do this. What if the room is full? What if I am expected to speak? Is there a seat near the door? Your breath shortens and the room moves, spins even. There are decisions to be made now. Whilst you still can. Make an excuse, perhaps and avoid the shame of what you know is going to be an anxiety or panic attack.

Panic Attacks are strange things.
They are at once embarrassing, shaming and frequently very scary but to really know them is to have experienced them. Without that experience they are beyond rational explanation.

There are many ways to manage them and many approaches to help us do that. Coping strategies that tell us to accept we have them but find ways around them; to function despite them. That is practical but is it enough? Do we not deserve more than just to cope? Learning why we face panic attacks is often a tough journey that leads us back into the experiences we thought long since locked away and that may not be something we want to face now. However long that journey, though the route to a better way to be is worth every step, when we are ready.

•••••••••••



HOT PRODUCTS!

For the outdoorsey girl on the go it's all about being sun savvy this summer. Make sure you look after your beautiful skin and protect it from harmful UV rays with our monthly pick of new, and really rather exciting, products.



Sisley After Sun Care Tan Extender

exclusively from Voisins

A complete after-sun and anti-aging treatment combining all the benefits of a repairing treatment with a high-performance, anti-aging formula. The end result? Younger, radiant-looking skin.

We'll take two please.



Thalgo Océa Sun Capsules

Carotenoid pigments, derived from algae and plants, give the skin a natural, intense and lasting glow, whilst anti-oxidants 'vitamin E', 'zinc' and 'selenium' help to protect cells from oxidative stress! A must for the sun-savvy.



Dermalogica Protection 50 Sport

available at Rio Hair & Beauty
A sheer solar defence treatment that helps
to protect against prolonged skin damage
from UV light and environmental damage.



Urban Decay Naked Skin Beauty Balm SPF 20

available from Feelunique at AuCaprice
Eliminate pores, banish lines and expel
wrinkles with this lightweight, velvety,
OIL-FREE beauty balm. Skin looks
instantly flawless! The perfect investment
for your summer beauty bag!



Kiehl's Clearly Corrective Dark Circle Perfector SPF 30

exclusively from Voisins

Banish unwanted dark circles with this musthave perfecting treatment from Kiehl's, A
multi-action formula that instantly brightens
the eye area, whilst reducing the appearance
of unruly dark circles.



Creme de la Mer Reparative SkinTint SPF 30

exclusively from deGruchy

A healthy wash of colour that promises to instantly perfect the complexion! Skin is immersed in the healing energies of Creme de la Mer's fabulous Miracle Broth, while potent marine ferments help to smooth, even and replenish the delicate skin. Skin appears healthy, glowing, line-free and luminous.



Sunescape Tan

Sunescape is the latest and most advanced self tanning system to land in Jersey to date. With spray tanning being one of the most efficient ways to get the bronzed glow you want, without the harmful effects of UV sun exposure, this revolutionary new system is sure to be a hit with health conscious Jersey residents. Sunescape was born and formulated in Australia, its lush coconut vanilla scent was developed to conjure thoughts of the perfect tropical escape. With three shades of spray tan to chose from, you could be spending a 'Weekend in Bondi', a 'Week in Fiji', or a 'Month in Maui'. The Sunescape formula offers a long-lasting natural looking tan, with a two hour development time and no smell, what's not to love?'!

Sam Wade, director at Tonic - www. tonicjersey.com, is delighted to be offering this range exclusively to Jersey "all our Sunescape retail products have been extremely popular since we started stocking them. My particular favourite is the Gradual Tan Extender, which acts as a self-tanner, tan extender and moisturiser all in one. Perfect to build up that healthy glow we are all looking for at this time of the year".

Please call the salon on 610848 to be one of the first on the Island to experience the effects of the amazing Sunescape.





TEAM CDG

TREATMENT AT YOUR PACE: NO MORE NERVES

- Call and speak with Ashley or Natalie about your concerns.
- Visit the practice for a warm welcome with Heather and Michelle who will advise you of the ways we can help you including using Hypnorelaxation and Sedation.
- Free Consultation. We understand that at your first appointment you may just want to meet your dentist and so we are happy to offer non-clinical consultations.
- Your New Patient Consultation with Jeremy, Jon or Jonathan - when you feel ready.

BESPOKE TREATMENT TO SUIT YOU

Call Ashley or Natalie on 731680 to find out how we can make your dental journey a more comfortable one



E: info@jerseysmiles.co.uk W: www.jerseysmiles.co.uk











If you're one of the 25% of us who are self-confessed 'Terribly Nervous Patients' or 'TNP' for short then why not visit The Cosmetic Dental Group (CDG). Their 'TNP Journey' takes treatment at your pace and provides the comfort you've been looking for.

Sometimes the hardest step is the very first one - calling to arrange your appointment. This is why CDG have understanding Patient Care Coordinators Ashley and Natalie ready with a sympathetic ear. They will take the time to listen to your needs and know exactly how to make your dentistry more comfortable.

This could be scheduling an initial appointment to meet and get to know your dentist. You'll also be able to decide whether Hypnorelaxation treatment with Jon Sproson, sedation with Jeremy Willetts, or the calm and relaxing manner of Jonathan Wood suits you best.

Natalie and Ashley will greet you when you arrive. Friendly Treatment Coordinators Heather and Michelle will then invite you to relax in their consultation room and talk about your fears away from a clinical setting. This will allow you to get to know the practice a little better before starting your treatment journey at CDG.

Heather and Michelle are highly trained to listen attentively to your previous experiences, discuss your treatment needs and advise you of the kinds of state of the art treatments Jeremy, Jonathan and Jon can offer. The team take the time to really listen to what your fears are, the triggers for your nervous feelings and discuss ways to make you comfortable during treatment.

When you're ready, whether at this or your next appointment, your dentist will carry out your clinical examination.

As with all CDG's examinations, the team will gently check your bite, teeth, gum and soft tissue health, as is best practice and discuss any findings and treatment

recommendations. A member of CDG's friendly nursing team will be on hand throughout your appointment for your support and comfort. You will also have the option of Hypnorelaxation or sedation for any required treatment.

The team pride themselves on giving the best patient experience and were elated to hear Sarah's Ransom's take on her treatment with them as a previously 'Terribly Nervous Patient'...

"Amazing - I was a very nervous patient when it came to dentistry, even for the slightest minor procedure. I would have to have a general anaesthetic and feel terrible afterwards for a couple of days. Which also meant I would need a lift there and back.

I had the most incredible experience. I was hypnotised by Jon Sproson of The Cosmetic Dental Group, the effect was so powerful, and it was more effective than a general anaesthetic. Jon performed a root canal filling and another large filling, while I was in this hypnotic state. I was totally relaxed throughout the whole procedure.

Afterwards I got in my car and drove home. I cannot believe how powerful and well hypnosis works."

-Sarah Ransom

For more about the 'Terribly Nervous Patient' journey at CDG, go to www.jerseysmiles.co.uk or speak to Ashley or Natalie on 731680

∫6 | gallery JERSEY'S STYLE MAGAZINE



BRAND NEWS



George Summer Collection 2015

Whether you're looking for a funky new casual wardrobe, a statement dress to wow on a night out, some on-trend, smart workwear or a jacket to make you stand out from the crowd, their Summer '15 collection has something for everyone.

From Marseille to Marrakech, be a style globetrotter all summer long with beautiful blouses, 70s inspired prints and suede accessories. Palazzo trousers, bold and simply beautiful. Channel California cool in a beautiful intricate crochet dress, they're perfect for a summer wedding. This collection ticks all the key summer trends, from everyday must-haves to fashionled pieces creating a luxe look with a purse-friendly price tag.

George Liberty Wharf, Open Monday - Saturday 9am - 6pm, Sunday 10am - 4pm.

It's building up to a special launch

Rivoli Jewellers is set to launch a very special and local jewellery collection this summer with inspiration taken from the beautiful buildings of St Helier. If like most people you walk down King Street looking straight forward then it's time to

start looking up. The architecture in St Helier really is quite stunning. Whether it is an Art Deco building or ornate castings our town centre is a true treasure trove. The collection will be available in silver and gold with prices starting from £59.00.

Watch this space for more information about the launch!



Shop Jersey, Love Jersey

From local crafts to global brands, Shop Jersey is a one-stop destination for all your shopping needs. Their mission? To promote excellence in local Jersey retailing!

So if you are shopping in Jersey, their social platform is here to help you find out about the latest happenings from the High Street to local crafts and out of town boutiques. Join in the conversation on social media and you can discover anything from a special gift for a loved one, information on new product launches and details on later opening hours, this social media platform has something to suit all super-savvy shoppers!

Shop Jersey is about relaxing and having fun with your friends and experiencing a little of what our beautiful island has to offer and, with late night shopping on a Thursday you'll find getting your retail fix easier than ever.

For more information, visit www.facebook.com/shopinjersey or join the conversation on Twitter @shopinjersey Image by Glen Perotte



Treat your feet

More Than Sport have extended their summer shoe range with the arrival of sweet and comfortable Les P'tites Bombes Sandals, ON running shoes and the legendary Hey Dude Shoes.

Hey Dude was designed and manufactured to be one of the lightest shoes on the market, whilst providing ultimate comfort for your feet. They're ideal for chilling out for the weekend, post sport recovery and they make a great casual option for work.

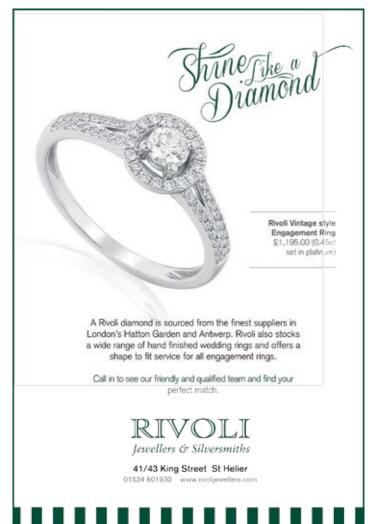
The Swiss engineered ON running shoes are some of the best on the market, developed around the concept of creating a trainer that gives you a cushioned landing and a firm take off, these were created by people who love to run and when you try them you'll understand why they are taking the running world by storm.

What ever you are up to this summer More Than Sport have your feet covered!

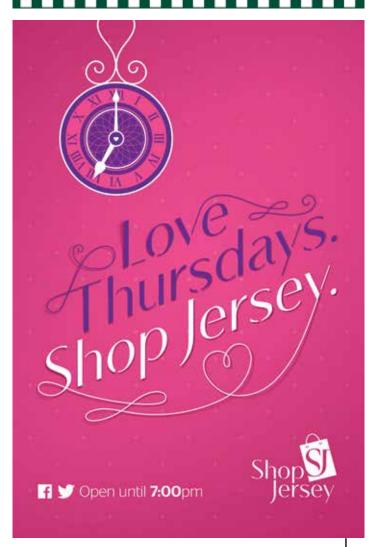
Pop down to the relaxed environment of Liberty Wharf Shopping Centre or shop from the comfort of your home at www.morethansport.co.uk Pictured are Hey Dude Shoes.













1990S GIRL POWER

The 90s are the height of chic this summer, with girls wearing clothes for comfort and fit, and effortless being the main buzz word. Exuding a self-confident style while remaining sensual and chic for a contemporary, fresh, energetic and strong look. American Vintage have hit the nail on the head with their SS15 collection of easy-to-wear oh-so-cool pieces. American Vintage is available from Manna.



CHANEL SUNGLASSES
Kristen Stewart, is looking cool as ever in the latest campaign for Chanel eyewear. Armed with an amazing vintage film camera, and her infamous glare she looks stunning staring out from under some enviable frames. The SS15 collection is made up of delicate metal pilot sunglasses with chain outline, rectangular acetates and butterfly frames with pearl embellishment. Once we've made up our minds which pair we want, all we need is for the sun to stay out.

Chanel Sunglasses are available from Jane Jameson Opticians on Bath Street.

WHAT THE STARS WEAR

Hale Bob dresses modern, fashion forward women in feminine, chic and distinctive clothing. Their clothing is created from the highest quality fabrics and they are recognised for their exclusive, colorful prints. Hale Bob creates the feeling of chic, sexy and free. The collection basks in the limelight of its beautiful fans, Mrs Clooney, Sofia Vergara, Eva Longoria, Heidi Klum, Cameron Diaz, Salma Hayek, Halle Berry and Cindy Crawford are just a few of the celebrities who adore Hale Bob's flirtatious and feminine, yet relaxed style.

NEW BRAND ON THE BLOCK

GAT RIMON is a story of life-long friends, passionate about fashion, who decided to create their own brand. Stéfanie Mardokh, Cynthia Pariente and Yaël Benhini have been sharing their energies and talents since 2003 to design trendy, creative and fashionable collections. Each of them has used their skills to best suit the brand: Stéfanie is the artistic director, Cynthia deals with manufacturing and Yaël with quality.

In an original, timeless and resolutely chic Parisian style, the brand offers essential and trendy items, which are must-haves for our closets.

Gat Rimon is available from Manna





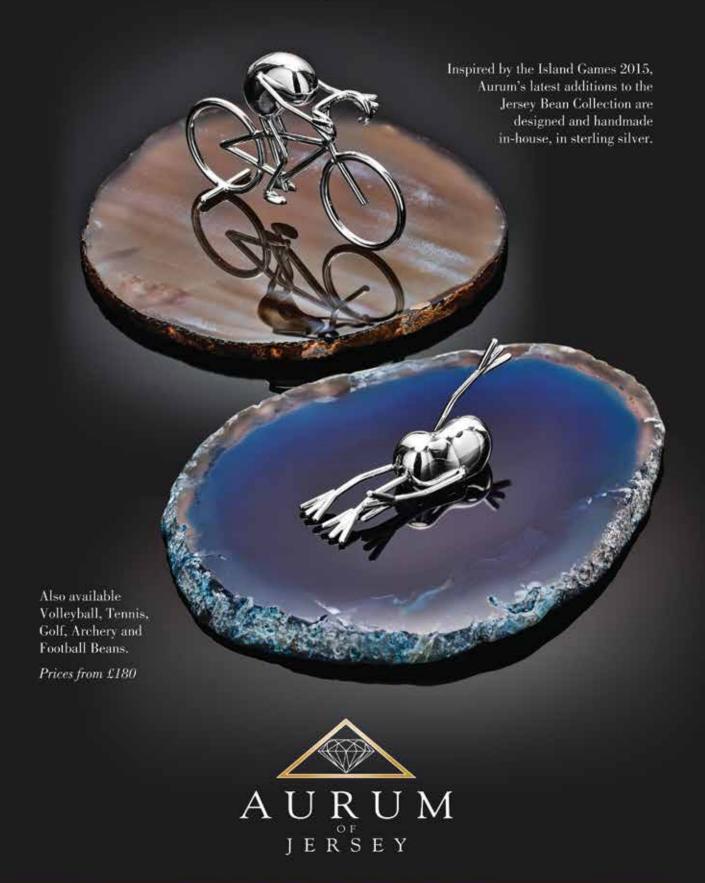
CHARLOTTE OLYMPIA FOOTWEAR

Her 2015 summer Kitty Kat Flats are just as wonderful as her famous black ones that sent the fashionista world cuckoo! However the £525 price tags puts these on the lust list, not the shopping list.

Pictured are her Hyena Ponyskin Smoking Slippers available from www.charlotteolympia.com

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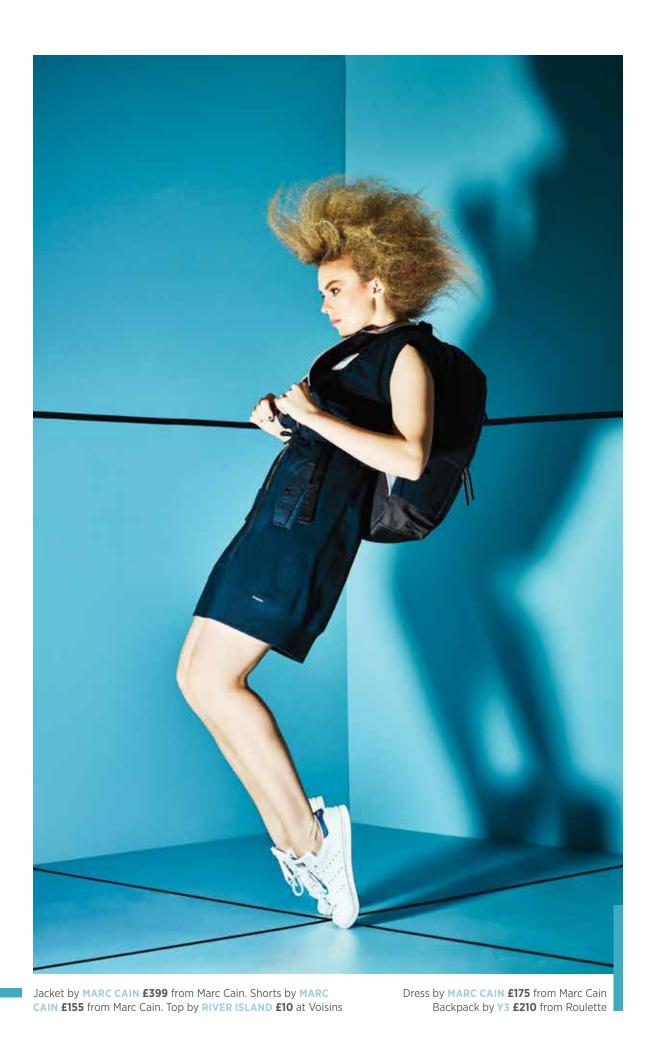
Sporty Beans













Top by RIVER ISLAND £16 at Voisins. Pants £22 by RIVER ISLAND at Voisins. Wristbands By ADIDAS £7.50 from Graeme Le Maistre. Shoes by CARVELA £140 from Kurt Geiger at Voisins. Resistance trainer £22.95 from Graeme Le Maistre

Top by MARC CAIN £125 from Marc Cain. Leggings by PURELIME £34.95 from Graeme Le Maistre. Shoes by CARVELA £140 from Kurt Geiger at Voisins



Tracksuit top by Y3 £235 from Roulette. Top by RIVER ISLAND £10 at Voisins. Pants by MARC CAIN £175 from Marc Cain. Shoes by CARVELA £140 from Kurt Geiger at Voisins



Top by **5PREVIEW £85** from Manna. Leggings by **PURELIME £42.50** from Graeme Le Maistre. Shoes by Y3 **£200** from Roulette



With the Island Games fast approaching, we spoke to Andre – a participant and employee at Aurum Jewellers.

Aurum is extremely proud to sponsor a number of local charities and events and also, any activities that enhance and expose the island whilst helping the local community – the NatWest Island Games are just that to this prestigious brand!

So why the volleyball team? Andre not only works for Aurum; he's a keen volleyball player and one that will be taking part on the big day! Asides from being a little nervous, he's extremely excited and to fuel this passion, he's been training hard with his fellow team members for many months now!

'We've been training constantly over the past year using a combination of conditioning coaching and game situations to build up stamina and endurance – which will help us to tackle up to two games on the day. We're very committed to the sport and despite juggling full time jobs; we've managed to dedicate at least four hours per week to volleyball since starting out!

As well as training on their home ground, Andre and his team have made several trips to the UK to play against other competitive teams. The Saint Malo Volleyball Team has also made an appearance this month – meaning the Jersey team are ready and waiting to tackle anything the NatWest Island Games may throw at them!



Top row left to right:

Daniel Grigoras, position Off-setter and Player-Coach, wearing Chanel J12 Matt Black Superleggera Automatic £4,900
Andre Fortunato, position Middle Blocker Steve Clarke, position Middle Blocker, wearing Chanel J12 Matt Black Automatic £3,259
Middle row left to right:

Stuart Black, position Middle Blocker, *wearing Chanel J12 Chromatic Automatic* **£3,106**

Ruben Vieira, position Outside Power Hitter, wearing Frederique Constant Classics GMT Automatic £1,391

David Cox, position Off-Setter
Mick Toal, position Setter, wearing Frederique
Constant Austin Healey Ltd Ed Automatic £1,995
Ben Kemp, position Outside Power Hitter
Matthew Morel, position Middle Blocker,
Player-Manager and Captain, wearing Ebel
Sport Steel Automatic £1,575

Bottom row left to right:

Paul Gartshore, position Libero, wearing Chanel J12 Collector Automatic with Blue Bezel £2,953
Chris De Rue, position Setter, wearing Ebel Wave Gent Steel Quartz £1,045
Leo Figueira, position Outside Power Hitter, wearing Chanel J12 10th Anniversary Ltd Ed White Phantom Automatic £2,888
Tim Sylvester, position Outside Power Hitter, wearing Frederique Constant Index Automatic £928

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BECAUSE QUALITY MATTERS gallery |

Style**Stalker**

WORDS Tamarin Marriott-Wilkinson





Julie Banker

'Because the sun was shining!'

Julie teams this super suave skirt - boasting abstract monochrome print - with a tailored tee and pretty pumps - simple yet stylish!



Jessica

19, Trainee Administrator
'I love accessories!'

Hot red shoes and a floral scarf transform this sophisticated get-up into an on-trend ensemble – thumbs up from the Gallery style team!



Anna 23, Espirit

'Just something I threw on!'

Anna's hot red jacket adds pizazz to her simple get-up! A perfect pairing for a sunny day!



IsobelRetired

I chose bright colours because the sun is out!"

A canary yellow shift top worn with matching jewelled shoes make this outfit pop – especially when teamed with stylish shades and a white tote! Isobel is ticking all the right boxes for summer suave.



David Hairdresser

'Today I've opted for smart-casual!'

David's distressed denim and retro sneakers add a casual vibe to his sophisticated style – a look that will take him from day to night!



CelineOccupational Physiologist

'I wanted to wear something warm that still felt spring-like!'

Celine teams her super chic camel coat with uber comfy heels...that aren't flat! A perfect ensemble for a showery, spring day!

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The Friday lunch is a thing of beauty. It can happen at lunch time, it can start mid afternoon. Maybe it's with that special someone or perhaps your work colleagues. Either way you've got the afternoon booked off work and are fully committed. What you need is a suitable place to go without being pressured into getting off your table before the evening crowd are due in at 5pm. This month we went to check out a place that provides just the ticket.

We chose the 'team' option and went enmasse from Gallery HQ. If you walk past the Bastille Brasserie as workplaces close you'll no doubt see a buzzing scene as the al fresco area becomes busy with people imbibing a glass or two. If you turn up at 5 you'll no doubt already find a crowd and the smart thinkers are clearly the ones that took the lunch option and got in there early. Sound like a plan? If so you'll have to be

prepared to gorge yourself on either their French inspired tapas, freshly made thin and crispy pizzas or, if you're digging in, the a la carte menu. The menu offers a variety of options and styles.

Whilst Friday and Saturday sees the tapas menu served in the bar all day, we were lucky enough to make it along to place our order before their 2.30pm lunch service cut off, so were seated in the restaurant. This allowed us plenty of space to choose as many dishes as we could fit on the table. Trust us we took full advantage of the space.

Georgie Cottini, not only Front of House but also the owner, was left in charge of our menu choices. 'Who better to ensure we got a really good measure of what the menu has to offer' we thought. Being a review and a precursor to a sociable evening, we were all hungry and keen to sample as many dishes as we could fit on the table, so she went to town.







S4 | gallery JERSEY'S STYLE MAGAZINE

We started with a selection of tapas. which included the delectable Nems, a Vietnamese inspired spring roll, filled with chicken and vegetables and served with a light soy based dipping sauce. Georgie recommends wrapping the mini Nems in the accompanying lettuce and mint leaves, before dipping them in the sauce,. It makes for a fresh and tasty mouthful. If you've been to Vietnam, you'll know all about lettuce wrap goodness. It adds an element of freshness to other South East Asian cuisine. Also sampled were the tempura prawns, scallops and chorizo, salmon tartare, foie gras on toast and a great charcuterie plate, all as delectable as each other. The beauty of the presentation meant there were plenty of dishes to share.

Amazingly, we still had room after the first two courses. If sounds a lot but there were four of us and we'd made sure we'd had a small breakfast. We therefore went for the third course and sampled the dessert plate and cheese platter, both well worth saving room for. The mini dessert selection served with a side of espresso was a great balance of all things sweet and the cheese had a good variety.

The main thing to take away was the length of the lunch. The nature of the food and serving meant that we spent an enjoyable whole afternoon. Whatever the occasion the style of food we had and the venue are the perfect choice for what we had in mind. You could, of course, go lighter and have







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"What should any meal started with tapas be followed with? More tapas, of course. The next course featured freshly made antipasti, courgettes and aubergines thinly sliced and individually grilled, sundried tomatoes, olives and pesto. A gorgeous Mediterranean dish"

What should any meal started with tapas be followed with? More tapas, of course. The next course featured freshly made antipasti, courgettes and aubergines thinly sliced and individually grilled, sundried tomatoes, olives and pesto. A gorgeous Mediterranean dish. We combined it with lamb cutlets with ratatouille, mini steak burgers, Bastille ribs, sea bass fillets, sizzling steak drenched in garlic butter, the Caribbean inspired fish cakes called Acras (served with a really punchy dipping sauce) and, of course, the truly French dish - cuisses de grenouilles (frogs legs). Whilst they may not be to everyone's taste if you're going to try them anywhere, then make it the Bastille...!? Tapas is by its nature an excellent way to dine with friends, you all get to sample things you love and also get the chance to experiment with something new, whilst not committing to a full meal.

a less greedy quick lunch, or head in for drinks during the day or after work. The staff are welcoming and knowledgeable, making us feel comfortable and at ease as soon as we walked through the door. The 'by the glass wine list' is great (be sure to try the Carrignan if you like a very drinkable red) and as their a free-house and not tied to any particular brewery, they're able to be a little more adventurous with their selection of bottled beers and spirits. You can expect to see Brew Dog craft ales in multiple colour varieties and we also timed our trip perfectly to sample the new Pimms Cup Cider. A happy coincidence time wise!

BREW DOG BEER PAIRING EVENING

Keep an eye out for the Bastilles exclusive Brew Dog Beer tasting event, which takes place on 25 June. Patrick Thompson a self professed expert on all things associated with the fabulous craft beer will be coming over to host the evening. He'll be pairing a variety of obscure and exceptional beers with a five course menu cooked and designed by head chef Eddy. During what promises to be an fantastic evening, you'll also be able to sample the strongest beer in the world, at 41% ABV.



BECAUSE QUALITY MATTERS gallery



Rosemary Blackmore, Artist

I am a local artist with a deep passion for all things that make our island special, one of which, the iconic Jersey cow, has provided me with endless subject matter for my paintings.

As an art student studying Fine Art in the 1960s we were trained to study the human skeleton and muscular structure when drawing the human form from life, a discipline which I believe stood me in good stead as I began to study cows and other animals.

I spent many hours just watching them as they grazed, rested and walked around their fields in order to study their expressions and to find poses which allowed me to capture their essence. I have always been careful not to anthropomorphize them although I cannot deny there is sometimes a similarity between a curious heifer and an inquisitive child! They are renowned for their beautiful eyes and I think that is what gives them their personality and is vital to 'get right' in order to bring the animals to life .So it was back in the early 1980s that as well as painting sea and landscapes I began to produce original paintings of Jersey cows as something for the many visitors thronging to the island to take home . I originally made small drawings and watercolours which were bought by locals as well as visitors.

Once we were able to create a bigger studio space for me to work in at home so the scale of my work increased and also allowed me to paint in oils. To celebrate the "Year of the Jersey" in 2001 I was commissioned to paint a large mural in the taxi waiting area of the airport, featuring several life sized cows and a bull. The bull I worked from was owned by Andrew Le Gallais and is the same animal that was used for the west centre bronze statue.

www.rosemaryblackmore.com

La Mare Wine Estate

La Mare Wine Estate and distillery is a unique venue situated in a beautiful countryside setting within St Mary. Established in 1972 by Robert Blayney and purchased by the new owner in 1997 when Mr Blayney retired. Tim Crowley was appointed to manage the estate in January 1998 and is now the managing director.

The estate itself is a fascinating combination of history and tradition. Comprising of historic buildings and beautiful gardens; extensive vineyards and orchards; function rooms, a winery, distillery and estate kitchens which produce a wonderful array of genuine jersey produce.

They not only offer quality weddings and corporate events, but they also conduct tours and tastings and of course produce a wide range of delicious products, which are all made on the estate.

La Mare Estate guided tours will take you around the beautiful vineyards, orchards, the Cognac style distillery and the chocolate production kitchen. Their knowledgeable guides will take you behind the scenes, showing you a year in the life of La Mare.

Your guide will also be on hand to explain the methods of their wine, liqueurs and apple brandy production and then offer you a guided tasting which includes their Jersey Black Butter and luxury chocolates, so you can experience the fruits of their labours! Of course there is also a fully stocked shop on site, so you can buy as much as you can carry home!

www.lamarewineestate.com



FELING PECKISH?

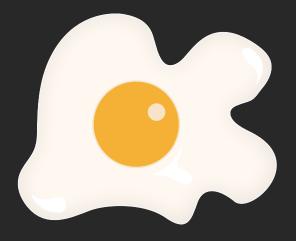


SNAP UP YOUR COPY TODAY!

BRUNCH DECIDE

WORDS Freya Richardson

Who would win a food fight: breakfast or lunch?



Quintessentially British, "Brunch" is a cross between breakfast and lunch. Normally eaten around 11am and can last up to three hours (although I wouldn't like to limit it). Another epic tradition brought to life in the 1800's; a playful meal for the Victorian party animal and adopted by the Americans after World War Two. The anticipation of spending a morning devouring a buffet of all sorts of treats is a highlight of my week. The satisfaction of not having to rush to work with half a slice of dry toast balancing between your teeth and toothpaste on your jumper makes it all the tastier.

However my love for a Saturday morning feast of boiled eggs and soldiers, pancakes, and copious amounts of tea are surprisingly not shared by everyone. A good (Scottish) friend once politely dropped into conversation that brunch should be banned as it "displaced" his morning. He argued we should have three solid meals a day and not one halfway between two. It's safe to say the conversation ended pretty soon after that.

Much like Christmas morning this British tradition tends to differ from family to family. Al fresco, in bed, or with your finest china - if you're too slow to grab your favourite spoon, or mug for your tea, you may as well go hungry.

Almost as important as the meal itself are location and company. A brave uncle attempting to discuss politics and digest a newspaper; as you stare at him blankly, desperately trying to piece together your non-existent memory of the night before, is not enjoyable for either party. The comforts of your own home are great if changing out of your pj's to become socially acceptable is too much of a challenge; but cooking ability might be a determining factor of whether a restaurant would give maximum enjoyment and safety to all.

Layering the meal with three courses to make up for breakfast and lunch should be taken seriously (but not too seriously it is the weekend remember). Start with an artisan combination of fruit, yoghurt and granola - perfect to cleanse the palate and kick-start your morning with a healthy dose of vitamins. There is no place for a bowl of cornflakes here. We all know a balanced diet is best so round off the meal with your choice of a sweet treat: pastries, croissants, muffins or a simple digestive. Don't feel guilty; it's elevenses after all.

The pièce de résistance: main course.

The king of brunch is a full-works fry-up. Any number of components will build your empire and carry you through battle. They may look and smell the same but whether you are English, Scottish, Irish or Welsh, defence barriers will rise on whether haggis or Penclawdd cockles are more suited. The square sausage debate can be left at the Boarders until the next Independence Referendum. From builders to farmers, children to travellers, at the end of the day (or should I say beginning) we all stand together in climbing this mountain of grease.

SS | gallery _______JERSEY'S STYLE MAGAZINE

A simple bacon sandwich may hit the spot, with all additions from sausage and black pudding to a fried egg welcome. Crunchy cos lettuce and some sliced plum tomatoes create a guilt-free BLT- it's just a salad with a twist. I am personally saucy enough but mix and match: ketchup, mayo, hot sauce, brown sauce or even Canadian maple syrup.

You may go upmarket on the sandwich front with smashed avocado on sourdough or rye bread. Get creative tossing pancakes or waffles with limitless toppings of bacon, Nutella, lemon or more maple syrup.

Omelettes are another dish open to your imagination - a useful way to use up leftover cheese lurking at the back on the fridge. One thing we are learning quickly is that bacon can (and should) be added to everything on the menu. You may have 99 problems but bacon could probably solve 98 of them (along with a longer weekend)- unless you are a vegetarian in which case, apologies.

could take a while. Narrow it down to tea and there is still the question of builders or herbal? Earl Grey or Redbush? Let alone the controversy of whether the milk comes before or after the tea itself (of course it's after). Coffee is not much easier either and doesn't stop at black or white; do you use instant, a cafetiere or a machine to make it? Cow's milk or almond milk? You may even enjoy a hazelnut or vanilla twist.

Freshly squeezed orange juice is a prerequisite when you commit to brunch. Not even an amateur would dare to leave it off the list. If you are a domestic goddess this is your cue to whip out the juicer. I for one cannot keep up with the flavours of juice on offer. You may spy vegetables and herbs sneaking into the mix too or if you are a hard-core yoga-junkie a greengoddess made of cucumber, spinach and celery may take your fancy.

"One thing we are learning quickly is that bacon can (and should) be added to everything on the menu. You may have 99 problems but bacon could probably solve 98 of them (along with a longer weekend)- unless you are a vegetarian in which case, apologies."

To take your brunch up a notch create a decadent fishy feast of lobster, oysters or kippers. Kedgeree, eggs Benedict, or simply smoked salmon and scrambled egg. A great treat to celebrate birthdays, Christmas, Weddings or just the fact you managed to survive another week. Do not forget a ton of sea salt and cracked black pepper to spice things up.

Brunch is trending in capital cities. Nightclubs are bearing all in daylight to give us unlimited pizza and Prosecco over midday. Restaurants are serving up anything from sushi to steak, but best of all is the infamous Duck and Waffle - open 24 hours and located on the 40th floor (Heron Tower, London), it is the highest restaurant in the UK - brunch with a view. Is this a short-lived craze we will grow out of? I think not, brunch is an old English tradition that, unlike kale, is here to stay.

Alongside food we have the small question of which drink will wash it all down. If you are as indecisive as me this Last but by no means least let me present to you: Alcohol. It will either make or break your brunch. If you didn't quite have enough last night then leave the celery out of the juice and immerse it into a Bloody Mary - one of the most distinctive rituals to characterise this meal. Tomato juice, vodka, Worcestershire sauce, Tabasco sauce, horseradish, spices and lemon - otherwise known as hair of the dog. Commonly used to help 'reduce' the symptoms of a hangover but really just delays it until you soberup. Champagne would also not go amiss around 11am, adding an air of elegance to the table.

I hope this has raised some questions, prompted your imagination but most of all boosted excitement for the weekend ahead.

P.S. If you're adding beans: beans means Heinz. (Disclaimer: other varieties are available)



BECAUSE QUALITY MATTERS gallery

APPETITE NEWS DAY SPECIAL



Father's Day Beer Festival at The St Mary's Country Inn 19th-21st June

Liberation Brewery & Butcombe Brewery have put together this great event for all the fantastic fathers of Jersey. There will be some unusual guest ales and tasty ciders as well as cool live music and food and snacks will be available throughout the day.

Friday 19th 5pm - 11pm // Saturday 20th 11am - 11pm // Sunday 21st 12pm - 5pm



Beer Can Chicken

This is one for the Dads! Dust off your barbie it's time to welcome the summer with this fun recipe that is easy to make and a firm family favourite.

Ingredients:

70 grams of brown sugar

- 2 tablespoons chili powder
- 2 tablespoons paprika
- 1 teaspoons of whole grain mustard
- 1 teaspoons of dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 a can of beer
- 1 whole medium sized chicken

Method:

Preheat your BBQ for medium-high heat, about 190 degrees C. Mix the brown sugar, chili powder, paprika, dry mustard, salt, and ground black pepper in a small bowl. Place the half-full can of beer in the centre of a plate.

Rinse chicken under cold running water. Fit whole chicken over the can of beer with the

legs on the bottom; keep upright. Sprinkle one teaspoon of the seasoning mix into the top cavity of the chicken. The beer may foam up when the seasonings fall inside the can. Rub the remaining seasoning mix over the entire surface of the chicken.

Place the chicken, standing on the can, directly on the preheated BBQ. Close the lid and barbeque the chicken until no longer pink at the bone and the juices run clear, about 1 hour 15 minutes for a medium sized 3lb chicken. If you've got a snazzy instantread thermometer then when it is inserted into the thickest part of the thigh, near the bone, it should read 82 degrees C. Remove the chicken from the grill and discard the beer can. Cover the chicken with a doubled sheet of aluminum foil, and allow to rest for 10 minutes before slicing.

DAD GIFTS

Here are a few ideas to get your creative juices flowing for Father's Day gift inspo!



1. STAR WARS BBQ TONGS

You can now Flip burgers with the precision of a Sith Lord. These BBQ tongs are styled on Darth Vader's lightsaber complete with the 'sssssvrmmmmm' sound effect too! The handle is made from heatproof plastic and when not in use they have a protective cover completing the lightsaber look.

Available from www.amazon.co.uk, priced at £24.95



2. BLADE SHARPENER

Sharpen blunt kitchen knives, pruners, loppers, sickles and scissors with this handy little Tungsten Sharpener. It's easy, quick and manly to use and comes with an integral oil wipe.

Available from www.presentsformen.co.uk, priced at £7.99



3. PERSONALISED WOODEN BOARD

A lovely designed and unique board ideal for use as a chopping, cheese or antipasti board, made from beautiful olive wood. These boards have been crafted by hand to a very high standard, will last for years, and will only get better with age.

Available from www.notonthehighstreet.com, priced at £29.00



MICHELIN STAR DINING

Tassili is the ultimate Michelin Star, 3AA Rosette restaurant.

Tassili is open every Friday and Saturday for lunch

and Tuesday to Saturday for dinner

Lunch

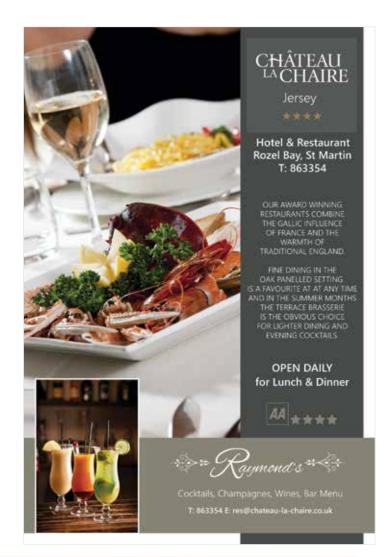
2 Courses £18.95 3 Courses £24.95

Dinner

3 Courses from £52 Tasting Menu's from £67

To book please call reservations on 01534 722301or email on reservations@grandjersey.com





After a fantastic refurbishment by our new management we would like to welcome all old and new customers!

We still do our famous Big Breakfasts and great snack lunches but we also have a tasty new menu, with our set menu now available all day on Sunday.

We've revamped our wine list and have a whole new range of delicious and quality wines for you to enjoy; from a light and bubbly Italian Prosecco and a fruity Sauvignon Blanc to a well rounded Malbec from Argentina, we have something for everyone's taste!

Open everyday for dinner until 9:30pm

Murrayis

www.murraysjersey.co.uk Norton House, A1, St Aubin 01534 747963



WORDS Freya Richardson

BONE BROTH

Thanks to celebrity chefs the Hemsley sisters we should be "boiling our bones" (not literally). The new elixir of youth may as well be worth a try.

BUGS

Edible insects are traditional food in Asia and Latin America. Despite their high protein-content and superfood status I think someone will have to pay me to eat a bag of cricket crisps.

FLAVOURED SALT

Why not try garlic or chilli salt to spice up a dish; Pink Himalayan is meant to be the purest of salts, or if you are feeling adventurous Persian blue salt is a sweet tasting luxury.

CHARCOAL

One day we are juicing our greens and the next we are drinking charcoal and colouring our burger buns with it. But please don't try this one at home, coals off the BBQ, don't quite have the same effect.

FERMENTATION

Not just a savvy way to increase shelf life, apparently great for the gut too. Theoretically it is possible to ferment any food but if you want to give it a go start by pickling your favourite veggies.

MUSTARD

As New York City acquires its first mustard sommelier the little jar of condiment is being produced in small batches as if it were craft beer.

COCONUT YOGHURT

This new addition to the dairy- and soy-free world is a refreshing treat predicted to take over the coconut water trend of 2014. Enjoy with your morning granola or on top of your favourite curry.

TEFF

Move over quinoa, this ancient grain from Ethiopia is packed full of amino acids and an added bonus it's naturally gluten-free too.

CAULIFLOWER

The bland white floret's you pushed around your plate as a child are popping up as an alternative for rice, couscous and even pizza bases. Some even think kales crown may be stolen as top healthy vegetable.

MATCHA

A bright green powder which is made of green tea, thought to be a superfood and a popular flavour for snacks this year. Leave our flapjacks, ice cream and noodles alone please.

SHAVEN ICE

Exactly as it sounds, shaven shards of flavour ice are being served up as culinary genius; however with Jersey being about 5 years behind foodie fashions I don't think it will be sorely missed this year.

Clockwise spiral from top left; mustard seeds, pickled vegetables, coconut yoghurt, flavoured salt, fried silkworm larvae, coconut, matcha, teff, bone broth, fried crickets, charcoal, shaved ice.



92 | gallery JERSEY'S STYLE MAGAZINE



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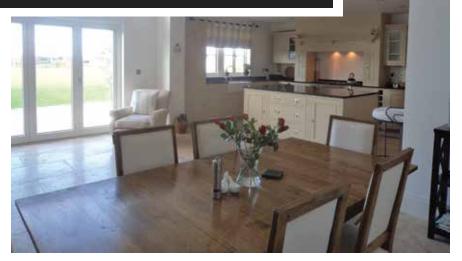


www.jeaa.co.uk



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WORDS Tamarin Marriott-Wilkinson







Tucked away in the corner of a luxury gated development is a hidden gem of a property. Secluded, safe and superior - Oaklands, with its immaculate exterior and equally flawless interior is anything but your average family home.

Boasting an impressive 2,600 sq ft of space and a series of astounding west facing rural views, once inside this impeccable four-bedroom, threebathroom family home, you'd be forgiven for assuming you're in the midst of the countryside. From late evening sunsets to early morning sunrises, every room boasts a panoramic vista of the outside world.

The ground floor, with its large, beautifully styled living room, complete with feature fireplace and country chic styling is perfectly in keeping with the property's location. The spectacular kitchen come dining room is by far the star of Oaklands impressive resume. The farmhouse-style kitchen with its unique vaulted ceiling, tranquil snug, limestone flooring and an abundance of natural light, makes for an impeccable entertainment space, and once inside the realms of this stunning space, it's easy to imagine family breakfasts, al fresco lunches and evening soirees taking place here. Doors leading out onto the sizeable patio and perfectly manicured lawn welcome the outdoors inside, whilst the large picture-perfect windows make the most of idyllic surrounding views.

Open stairs clad with plush cream carpets lead up to the first floor, where you'll find three effortlessly styled double bedrooms (one with ensuite shower) and a modern three-piece Villeroy & Boch house bathroom. With its stylishly tiled walls and floors and sophisticated plantation shutters, it's certainly worthy of spa status. Furthermore, and perhaps the most idyllic room Oaklands has to offer, is the master bedroom - a vision of calm and serenity with its soothing colour scheme, bespoke wardrobes and distinctive windows. In addition to this, you'll find an ensuite bathroom more in keeping with that of a five star hotel.



66 The farmhouse-style kitchen with its unique vaulted ceiling, tranquil snug, limestone flooring andabundance of natural light, makes for an impeccable entertainment space, and once inside the realms of this stunning space, it's easy to imagine family breakfasts, al fresco lunches and evening soirees taking place here. 99

BECAUSE QUALITY MATTERS gallery



Aside from a series of beautifully appointed accommodation, Oaklands also boasts oodles of potential in the shape of an extensive loft with enough space for an additional master suite or two ensuite bedrooms. Alternatively, prospective owners may wish to fashion this 'easy-to-convert' space into a state-of-the-art home gym, a studio, a high-tech media room or an up-to-the-minute office area.

Outside, you'll find plenty of parking in the shape of two rich wood twin garages – making it an ideal investment for those who often have guests to stay and also, larger families in need of ample storage space.

66 This is a property that has been designed as a 'home for life' and one that is perfectly in tune with the needs of modern-day family living! 99

Oaklands, Green Acres, La Grande Route de St Jean, St Helier

Guide Price **£1,295,000**

Enquiries:

Gaudin & Co Estate Agents 01534 670 333 www.gaudin.je

- Immaculate family home
- 2,600 sq. ft of accommodation
- 4 bedrooms
- 3 bathrooms
- Entrance hall
- Living room
- Kitchen
- Dining area
- Separate utility room
- Study
- Cloakroom
- House bathroom; three-piece Villeroy & Boch suite
- Loft, designed for easy conversion to further living accommodation
- Garden, large, southwest facing ideal for alfresco dining
- Twin garages
- · Parking for four cars
- Plenty of storage
- Close to town yet boasts a country, secluded feel
- Services; all mains including gas central heating, underfloor heating
- Fully double glazed
- Wired for satellite
- £45 monthly communal charge covers gardening, cleaning, water and power in the communal gardens

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new apartments and houses across the Island...

THE WILLOWS GOREY VILLAGE

23 The Willows

£525,000





St Helier

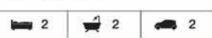
- . Buy off plan with completion Summer 2017
- · Ground floor apartment with terrace
- · Open plan living, kitchen & dining
- · Parking



Ready December 2015 000,0863 Apt 9 Claremont

St Saviour

- · South facing first floor with balcony
- · Meadow views
- · 2 parking spaces, separate store & visitor parking
- · Master bedroom ensuite





3 Curlew

Portelet Bay

- · Views of Portelet Bay & Janvrin's Tomb
- · Spacious open plan living
- · Floor to ceiling glazing in living area
- · 2 parking spaces & visitor spaces

3

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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



St Saviour

- · Spacious semi-detached family home
- · Secure garden with fantastic meadow views.
- · Large living & dining area
- · Garage plus 2 parking spaces & visitor spaces



27 The Willows

2750,000

Gorey Village

- · Spacious detached family home
- · Garage plus 2 allocated parking & visitor spaces
- · Large top floor master bedroom suite
- . In the heart of Gorey village











St Saviour's Hill

- . Exclusively for the over 55's
- . Show cottage with bright & airy sunroom
- · Ground floor wet room
- · Private south & west facing garden





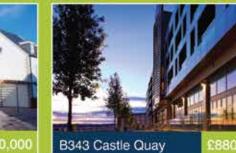
B613 Castle Quay

St Helier waterfront

- · Stylish penthouse show apartment
- · Large south facing balcony
- · Views of the harbour
- · Secure parking for 2 cars







St Helier waterfront

- · Fantastic Marina views
- · Large west facing balcony
- · Fully fitted kitchen with Miele appliances
- · Secure parking for two cars







St Saviour's Hill

- · Exclusively for the over 55's
- Semi-detached cottage
- · Large south facing garden
- Ground floor wet room







Gorey Village

- · Spacious detached family home
- · Garage, 2 allocated spaces & visitor parking
- · Large sunny garden
- · In the heart of Gorey village

3

Ready December 2015 £290,000

Apt 19 Claremont

Belvedere, St Saviour

- · Investment only purchase
- · Guaranteed 5% net return for two years
- · Large open plan living
- · Secure parking, separate store & visitor parking



C507 Westmount

St Helier

- · Buy off plan with completion Summer 2017
- Balcony
- · Open plan kitchen & dining
- Parking





For many of us, the thought of dying or becoming seriously ill is compounded by the thought of the impact it would have on our partners, or children.

Whilst an insurance policy, designed to provide financial support during these times, cannot bring a loved one back, it can prevent a terrible situation from being far worse.

Receiving a lump sum or ongoing income can provide choices; to repay a mortgage early, take time off work, or ensure future education costs can still be met. Mortgage providers used to insist that sufficient cover be in place when a mortgage was arranged. When this requirement was removed, the take up declined. Arranging cover could be one of the most important decisions you make, so if you need to arrange, or review your cover, please contact Hayley Carstairs today.



This remains busy, although restrictions imposed by the UK regulators and credit committees continue to hurt the five main local lenders.

In the past two weeks one lender has significantly changed its lending criteria which will have a big impact, especially on first time buyers, as a 35 year mortgage is now becoming increasingly harder to find.

If you have sought advice on how much you can borrow during the past six months and are now thinking of buying, then it is important that you check to see how the restrictions might affect you, before making an offer.

The overall effect of the current situation is that it is unlikely that property prices will rise in the near future, and that it is still possible to negotiate on all asking prices. It is possible that the current restrictions may be lifted later this year.

FIXED RATE OR TRACKER RATE?

If you have a salary that is large enough to give you a surplus each month, then take a punt on a tracker rate, knowing that it will start to rise at some time in the future. If you are on a fixed income, with little prospect of pay rises in the future, then it would be best to lock into a fixed rate, despite the fact that it will probably cost more from the start of the mortgage.



BASE RATE COUNTDOWN

The general opinion from most experts is that base rate, which is currently 0.50% will rise sometime next year, with predictions ranging from the Spring, to much later in the year.

Once the dust has settled after the General Election, it is possible that these predictions will change and if that is the case, then we should expect to see upward changes to the range of low fixed rates that are currently on offer.

WE REALLY LIKE THESE MORTGAGE INTEREST RATES!

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60% tracker	1.34%
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85% 3 year fixed	2.69%
90% 5 year fixed	3.89%
100% 5 year fixed	5.49%

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Then send a request to be added to our Monthly Mortgage Shop Bulletin emailing list to; *kerrie@mortgageshop.je*

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DISCOVERING THE BOUNDARIES

WORDS Shaun O'Connor - Conveyancing Manager

Why is it necessary for a conveyancing lawyer to go to the property I am purchasing to carry out a site visit?

To ensure that the description in the draft conveyance marries up with what is on site. If the draft conveyance says that the property comprises of a house, garage and garden but the conveyancer finds there is also a swimming pool, the description will need to be amended to reflect this.

To identify if the boundaries claimed in the draft conveyance marry up with what is physically on site. If the draft conveyance says that the property claims the party ownership of a fence on the western boundary, one would expect to see a fence and not a wall.

To check that the boundaries of the surrounding properties stated in the draft conveyance are correct with what is actually on site. If the property joins to two houses on its northern boundary these should be noted in the description.

The conveyancer needs to consider the location of the property in relation to any public highways and determine if appropriate rights are contained in the draft conveyance to enable the purchaser to gain access to the property.

The conveyancer will check if there are any obvious extensions to the house which are not mentioned in the planning search reply.

Once back in the office, the conveyancer will review their notes from the site visit to determine if any issues arise as a result of all of these searches.

More information can be found here http://collascrill.com/o/shaun-o'connor.aspx



T: 01534 601770 E: Shaun.oconnor@collascrill.com 40 Don Street, St Helier

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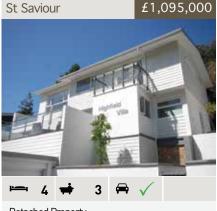
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FEATURED SELECTION



Character seafront fisherman's cottage Additional integral 1 bed basement flat Immaculate condition Front garden & rear courtyard Workshop & single garage



Detached Property High Specification Rural Location Ownership of Adjacent Meadow Detached Office / Gym No Onward Chain



New Build in 2013 Garage & Parking Garden & Roof Terrace High Specification Finish No Onward Chain

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Newly built luxury family home Outstanding rural location Large family kitchen reception plus media room Integral one bedroom apartment Large gardens to front and rear

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4 Bed Detached in Rural St Clement Perfect family home in convenient location Stunning master with dressing room & ensuite Enclosed rear garden with private deck 10 minute stroll to Le Hocq beach and pub

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Rural location on country lane Far reaching country views Heated swimming pool Large flat garden with terrace areas

Picturesque Period Property

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If you want a lot of people to view your home, put it where a lot of people are looking. savills.je

Savills Jersey

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INTERIOR NEWS



The Dream Team at Style Windows

Over the past few months, there have been some changes at the headquarters of Style Windows; expanding and developing the team to ensure that they can provide an excellent service to all their customers.

Tim Coughlan has been brought in as Domestic Contracts Manger, overseeing and coordinating their residential windows, doors and conservatory projects. Tim previously worked for Style Group as a site manager, and after a brief hiatus, has returned to head up this division.

Dominik Olota has been promoted to Installations Manager of the Commercial Division. Dominik joined the company just over three years ago, and since then he has made a rapid progression, from Assistant Fixer, to Lead Fixer, then Site Supervisor and now his new role, managing all the commercial fixing teams.

Sam Huelin is a new addition to the team, employed since October 2014 through the States of Jersey Advance to Work Scheme. Sam has made a successful start to his employment and has brought to the department a young, energetic enthusiasm.

Rob Smith who has been with Style Group for over six years was appointed Operations Director back in 2013. Rob has worked within the industry for over 30 years and is responsible for all on-site activities within the three divisions of Style Windows; commercial, residential and service works. In the past, Rob has worked throughout the UK, Ireland and South Africa on some of the most high profile glazing installations undertaken in these vicinities.

Edward Poynton is Chief Executive of the Style Group in addition to his role as Managing Director of Style Windows. Style Group currently caters for its clients via six separate divisions: Style Windows, Style Homes, Style Office, Style Shopfitting, AC Mauger Small Works and AC Mauger Construction, the major contracts division of Style Group. Edward commented "we have in place a fantastic team at Style Windows, from administration through to installation, who are completely dedicated to giving the best products and a customer service that is second to none. We will work together to ensure that the company continues to grow and undertake more exciting projects for many years to come."

Pictured from the left to right:

Rob Smith, Tim Coughlan, Dominik Olota, Sam Huelin & Edward Poynton



Get Creative

Pebble have just added some fabulous stencils to their extensive range of products by the wonderful Annie Sloan. Comprising 21 unique designs, each stencil can be used as a single design, a repeat or in Annie's signature 'randomly overlapping' style. They make updating your furniture and personalising your home a breeze, and you're left with beautiful unique pieces that you can be really proud of.

Stencils £7-£15 and Stencil brushes £7.95 all available from Pebble Boutique on Market Street.



How does your garden glow?

A thoughtfully designed fire pit that gives plenty of heat, bringing warmth to cool nights and an inviting glow to any occasion. The lid support ring not only holds up the lid, but has a four inch high ring of steel which helps prevent sparks ashes and embers from blowing out of the lower dish. It's great looking and it's rustproof too, so you can leave it out all year long.

Available from Ransoms



Business News

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Moore wins Best Private Equity Administrator of the Year CI

Moore Management has been named Best Private Equity Administrator of the Year – Channel Islands at the 2015 AI International Fund Awards.

The 2015 AI International Fund Awards are designed to recognise and honour outstanding performance and continued excellence within the global finance industry, highlighting not only fund performance, but the firms, departments and people working behind the scenes to successfully form, manage and advise on all aspects of the current market.

Moore Management is an established independent provider of administration and corporate governance services for institutional and corporate clients, ranging from major investment banks to boutique alternative asset managers.

Aztec Group is recognised as Fund Administrator of the Year

Aztec Group have once again been chosen as Fund Administrator of the Year by a judging panel of leading industry experts at the 2015 European Private Equity Awards. The Group has had a remarkably successful year providing outsourcing solutions, with especially prominent growth in Jersey with over 80 brand new vacancies being filled in 2014 alone.

The Private Equity Awards ceremony took place in London to recognise the best of European Private Equity, with the Aztec Group taking the lead over a number of other reputable shortlisted fund and corporate service providers. Giving the reason behind the choice, the judges, a panel of 20 industry experts, were particularly impressed with the Group's exceptional success, "Impressive client growth, adding new onshore offerings and increasing its own staff-base with fresh talent, the judges thought 2014 was a stand-out year for Aztec."



Sure Continues To Attract New Customers

Sure in the Channel Islands and Isle of Man (CIIM) has continued to attract new customers across both its mobile and broadband services, which in turn has helped increase the overall subscriber base of parent company, Batelco Group.

On a year-on-year basis, Sure saw a significant increase of 15% in the number of broadband customers and now has over 29,000 customers across the Channel Islands and Isle of Man. A two percent increase in the number of mobile customers to nearly 94,500 subscribers across the three islands, is an excellent sign of the company's strength in a very competitive market.

Sure's customer growth in the Channel Islands and Isle of Man is a reflection of the customer acquisition success that is being seen across the Batelco Group.

Sure are also looking forward to the opening up of the landline market this month as well the completion of their pan-Channel Island 4G network in the coming weeks and the opening of their new shop in St Helier.

Local property business merger announced

Uniquely Estates has launched a new website following the merger of its existing business arms Uniquely Flats and Uniquely Houses into Uniquely Estates: www. uniquelyestates.com

Shelagh Marett, owner of Uniquely Estates said: "We are pleased to announce the launch of our new website which follows on from the merger of our two successful separate business arms under which we have been trading these last five years. Merging our two separate divisions means that we will be able to offer our clients a broader and more efficient service. The new website includes a number of exciting features to ensure that we can offer a better personal service to our customers old and new."

Uniquely Flats was established in 2010 and Uniquely Houses was launched two years later under the umbrella of Uniquely Sales and Rentals Limited. The company prides itself in the truly personal service it offers to all its clients whether buying, selling or renting.

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JTC assists leading South African firm establish in Jersey

JTC has assisted Digby Wells
Environmental (Jersey) Limited to set up
in Jersey, Channel Islands by providing
company and relocation services. Digby
Wells made the decision to move to
Jersey following a visit to the 2014 Mining
IndabaTM conference in South Africa which
is held annually in February.

JTC has a dedicated Africa team that has been working with clients and their advisors in East, West and Southern Africa for over 25 years. They also work closely with government organisations such as Locate Jersey to guide individuals and companies through the process of moving to and setting up their businesses, themselves and their families to the Channel Islands. Locate Jersey has supported a large number of international exploration and mining operatives moving to the island.

Digby Wells Environmental is a South African company with international expertise in providing environmental and social services to South African and international clients, with the focus predominantly on the mineral resources and energy sectors in Africa. The company's activities are driven by the mission of being the premier environmental and social services provider to the mining and resources industry in Africa.



KPMG Channel Islands wins award for Innovation

Last month Channel Island business men and women attended the first ever White Collar Coding Awards with recognition for innovation, teamwork and design.

Over 40 have attended the White Collar Coding Business Leaders' Challenge course so far this year. The Challenge was launched to help bridge the skills gap in our islands and has been so successful there are now plans to expand the scheme.

Participants learnt computer coding and were able to code an app which they uploaded for people to use. In recognition of their work, the Award for Innovation was given to KPMG, Channel Islands for their e-gaming app designed by Max Hamon in Guernsey.

A team from the States of Jersey won the award for Teamwork, and Elliot Walker, who works in the financial services industry in Guernsey, won the award for best Design.

White Collar Coding (WCC) is the brainchild of Richard Rolfe and Jordan Love of Codex DLD, a tech business that helps adults to make the most of digital opportunities.

WCC's Jordan Love, an EU Codeweek Ambassador and winner of the Jersey IOD's Young Director of the Year award, said it was great to see the change in attitudes, 'When people started the course they were sceptical about whether or not they would be able to do even the basics, but by the end of it they had created their own apps. That's empowering for people and gives them a good introduction to the world of digital, proving it's not as insurmountable as it may seem.'



Elian wins WealthBriefing European 2015 award for best brand launch

Elian has won a top industry award for its rebrand following the management buyout from Ogier.

The administration company beat strong competition to win the WealthBriefing European 2015 award for a brand launch or re-launch. Judges said they were most impressed by the effective nature of Elian's re-launch, its speed in creating brand impact in a short space of time and the level of employee engagement – the name was chosen by a staff member.

Elian's CEO, Paul Willing, said: 'It is a great honour to be recognised in these prestigious awards; our win is testament to the hard work that the team have put in over the last 12 months. The Elian brand has clear values, which are underpinned by a commitment to provide the highest level of client service. We had a strong launch campaign, and we pride ourselves on the great reputation and skills of our team. We are now focusing on building brand recognition across our industry and in all of our jurisdictions.'

Showcasing 'best of breed' providers in the global private banking, wealth management and trusted advisor communities, the awards are designed to recognise companies, teams and individuals. An expert panel of judges from both private banks and trusted advisors, supported by third-party specialists, chose the winners.

Business News



Rossborough continues commitment to raising standards

Rossborough Insurance has continued its commitment to raising standards of practice and upholding its chartered insurance broker status with another employee successfully completing the Advanced Diploma in Insurance and becoming an Associate of the Chartered Insurance Institute (ACII).

Head of private clients at Rossborough, Mark Vautier, recently achieved the coveted ACII status, which is a professional qualification for experienced insurance practitioners. It provides an enhanced understanding of insurance practice, both in terms of technical subject matter and overall application skills. Successful candidates are eligible for chartered status, which demonstrates the holder's commitment to learning, competence and ethical practice.

To achieve the ACII status Mr Vautier was required to complete a number of varied and challenging units, ranging from insurance business and finance to insurance law. He was assessed through a blend of written and multiple-choice examinations, along with coursework modules.



First Names Group Wins Prestigious WealthBriefing Award

First Names Group was crowned Best Independent Trust / Fiduciary Company at the WealthBriefing European Awards 2015 last month. The awards showcase the leading providers in the global private banking, wealth management and trusted advisor communities. The awards were designed to recognise companies, teams and individuals that the prestigious panel of judges deemed to have "demonstrated innovation and excellence during 2014".

Announcing First Names Group as the winner of this category, the judges noted that the Group stood out from the competition for the "strength of their down-to-earth approach" and "focus on family governance and process."

First Names Group is one of the world's largest independent trust, funds and corporate services providers with over 650 'First Names' in 14 strategic locations.



David Benest Law Announces new service lines

The boutique litigation practice is now providing advice in family law matters, particularly on divorce and the financial aspects of family breakdown. David Benest Law has also extended its trusts law offering to institutional clients to provide advice in connection with the establishment, administration, transfer and ending of trust structures.

The new work types complement the range of services already offered by the two year old law firm, including contentious trusts work, acting for defendants in high value professional and medical negligence claims and representing clients in planning and property disputes.

Commenting on the extended range of services provided by the firm, Managing Partner David Benest said: "Following a number of referrals, we have decided to extend our dispute resolution offering to include family law work. Our aim is to tailor our advice to meet individual needs and circumstances and to support our clients through the process. We pride ourselves on our ability to resolve issues through negotiation, but, given our proven litigation background, we will ensure that if matters are not resolved in that manner, our client's case will be presented to the court in the best available way and, importantly, as cost effectively as possible."

Rathbone Investment Management Wins Two Awards At Citywealth Magic Circle Awards

Rathbone Investment Management (Rathbones) is pleased to announce that it won the title of Private Client Asset Manager of the Year – Boutique, as well as the accolade of Charity Investment Manager of the Year, at the tenth Citywealth Magic Circle Awards last week (7th May 2015).

Commenting on the private client award, Jonathan Giles, Managing Director of Rathbones Investment Management International said, "This accolade has particular resonance, as it was voted for by our clients. We have made great strides in developing our private client and charity business, and are delighted that this has been recognised."

This is the third consecutive year that Citywealth has recognised Rathbones' charities team. Rathbones has a history grounded in charitable activity, managing over £3.5 billion of funds for over 1,000 charities (as at 31 March 2015). The company works with not for profit organisations across various sectors, ranging in size, objectives and investment preferences.

OPEN SEASON v SHIVERS OF FEAR: WYATT V VINCE

WORDS Kirsty Thomas

Senior Associate and Collaborative Family Practitioner at Baker and Partners



You are divorced. You thought it was over and then you hear the names "Wyatt" and "Vince"; does a shiver run down your back or do you throw a party and go to see a family lawyer? According to the popular press coverage it depends on whether you are the party with money or not.

This case received prominent press coverage. The couple in question lived a very modest, new-age traveller type existence before they divorced over twenty years ago. After the divorce the ex-husband became a billionaire through developing wind turbines. His ex-wife claimed that she was entitled to a portion of his wealth despite the length of time since their divorce. You would be forgiven for thinking, from the way that the case has been reported, that her claim for a seven figure sum was successful.

Despite the hype in the press what was actually decided by Supreme Court was simply that an application for ancillary relief or financial settlement made some time after a divorce should not be struck out as an abuse of process, as a matter of course. This does not mean the application will be successful just that it will proceed through the court system, with the court looking at issues such as delay and the reasons for it, length of the marriage, contributions to the marriage including looking after the children. It will also consider when the wealth was created, with the court weighing up each factor in making its decision.

To reapply for financial relief would be an abuse of process if a final order had already been made. Normally there would be a copy of any order made however, both Mr Vince and Ms Wyatt did not have a copy of the order made and their recollections as to its contents were at odds. The court record has, it seems, been destroyed or lost. The Supreme Court had nothing before it. The

Supreme Court decided that no lower court would make a clean break order given the financial circumstances of the couple and the fact that there were children.

case of C v D (2013) there is a potential question mark as to the ability of the Court to make a "clean break" order, with some now arguing that the court should only make clean break orders with extreme caution while others believe that the position has not changed. Clearly what is required is further clarification by either the Court or ultimately new legislation.

There is however, a fly in the ointment as

far as Jersey is concerned, following the

"His ex-wife claimed that she was entitled to a portion of his wealth despite the length of time since their divorce. You would be forgiven for thinking, from the way that the case has been reported, that her claim for a seven figure sum was successful."

However, the Supreme Court also said that Ms Wyatt was being overly optimistic in valuing her claim, although it also observed that there had been a window of time when Mr Vince had the financial ability to provide more to his ex-wife to assist her while she looked after the children.

I am often asked whether such a case could arise in Jersey and the answer is, as ever, potentially. There is only one way to ensure that such a situation could not arise which applies to both Jersey and UK cases and that is for there to be a final order filed at court within divorce proceedings even if the order merely records that the husband and wife have no claim against each other or they agree settlement terms. I would consider this to be good practice and this would ensure that no future application could be made if for instance, one party becomes wealthy at a later stage.

There have always been odd cases where a financial settlement is sought sometime after the divorce and these cases are always difficult to pursue. In my view, this case is a procedural footnote and does not indicate anything new in how the courts approach financial orders.

A more full analysis of this case is available on the Baker and Partners website, www.bakerandpartners.com



The fast pace of technological change is especially apparent in the mobile banking world where we continually invest to improve the experience for our customers. Among the new features that we have launched for customers this spring are the following:

Get Cash Limit

Having listened to customer feedback, we have reduced the minimum withdrawal limit to £10 for our Get Cash service. This is the facility where customers can arrange to withdraw cash from a RBS International or NatWest cash machine using a six digit code which is sent to their handset.

Real Time Registration

NatWest customers can now register for the mobile banking app as part of the account opening process; particularly convenient for those signing up for the service in one of our branches.

Viewing regular payments

It is now possible for our customers to view their Standing Orders and Direct Debits in the mobile app making it even easier to manage their accounts on the move.

Blackberry App

Our NatWest app has now also been released for Blackberry 10 devices.

These enhanced features follow on from the recent introduction of 'Touch ID', fingerprint technology for logging into mobile apps. We were the first bank to offer this facility locally which enables customers who have an iPhone 5S, iPhone 6 and iPhone 6 plus to use their fingerprint to log in rather than having to enter a passcode. Once again it was introduced in response to feedback from customers and since this launch we have further improved and simplified the log in process.

We continue to develop our programme of investment which takes into account the increasing popularity of 'on the go' banking services. It is now estimated that more than a third of adults in the UK are using their mobiles for everyday banking and recent findings* suggest 30 million people will be using mobile devices to transfer money in the next five years.

For more information on our services, please pop into the branch or visit www.natwestinternational.com/mobile to get started.

*Fiserv and economic forecasting group the Centre for Economics and Business Research.

MORE IS CONFIDENCE GROWING



Recently we have seen an increase in companies recruiting across sectors but there still remains a real shortage of middle-level candidates in Accountancy, Trust and Funds. With a shortage of supply, there is competition between companies and in order to recruit the best candidates, employers need to act quickly upon receiving applications and ensure they can offer comparable or even greater benefits and career opportunities than their competitors.

As a result of this shortage, we have seen a number of companies willing to be a bit more flexible on the level of candidate they recruit. Taking a pragmatic approach, some employers are willing to offer additional support and training to ensure they can secure the best candidates.

For candidates however, job opportunities are increasing, especially within Fiduciary sectors. For candidates with the relevant experience, skill set and professional qualifications, now is a good time to consider their next career move, as the shortage of applicants within certain fields and the increase in competition among employers ensures there are plenty of opportunities to be seized.

While some would say we are in an applicants market, we have not yet returned to the pre-recession days where candidates could "name their price" and are some years away from this, if it ever returns. Our advice is to not become complacent and to keep up to date with professional training and development or risk falling behind the rest of the market!

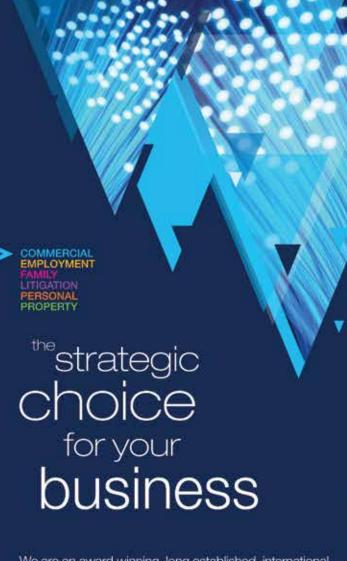
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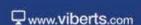
C +44 (0) 1534 888666

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LOCAL. WORLDWIDE.

As a race or event organiser, looking after the entry process, marketing and keeping an eye on fundraising are just two of the many tasks that underpin a successful event. Locally based Race Nation are a small but rapidly expanding team of experts that are willing to take this work off of your hands by cutting through the complexity of race organisation and making your life as a race organiser much, much easier

These are the folks who are helping us look after the entry process for this years Gallery Rall, alongside this and with it being our active issue we wanted to take the opportunity to find out a little more about this small, but rapidly expanding local business, so we met with Andrew Scott-Miller the co-founder & CEO of Race Nation.

Can you tell us what it is that you do?

Race Nation is an online event registration, management and fundraising platform. Our purpose-built technology powers local, national and international sports events and through our Sports Giving platform we make it really easy for entrants to raise loads of money for charity.

What was the motivation behind setting up the site?

I used to work at Durrell and organised the annual Durrell Dash. After 3 years spending the event stood in the rain with a mountain of clipboards and spreadsheets, leaking pens and a queue of runners asking where they came and what their time was, I thought there must be a better way. After a few conversations over coffee with Rob and Gordon (the other co-founders) we made a plan and Race Nation was born.

When did it all start?

The idea was born in late 2013 with Rob and I taking the big leap into the unknown in February last year. We worked out of coffee shops for a couple of months, then our financial advisors allowed us to work from their offices for a few weeks whilst we found some more space. 8 months later we found that space and returned a sense of peace and normality to our accountants office!

How many of you are involved in the race nation team?

We are growing really fast! When does this interview go to print? There are currently 10 of us and we're really proud to say they are all local, although we are beginning to struggle finding more developers. We have an enthusiastic team combining the best business knowledge, technical know-how, fund raising expertise & sports experience!

Based in Jersey, but with an off island reach?

We are all based in Jersey and it provided a great launch bed for us. There are some great events in the islands and some real characters behind them. They provided us with the ability to test the platform and the Collas Crill Island Walk was our first customer. We were taking registrations and donations through our platform before we even had a bank account. The big challenge for us was to break out of the islands where people knew and trusted us. The beginning of the year saw our first event in the UK and we have had great success since then as we have significantly more events in the UK now than the islands and already have international events on our platform.

Any plans for expansion in the pipeline?

We are expanding weekly! We have secured some events from one of the highest profile event brands in the world and are already working with a number of top 100 national charities. The demand is growing and the real challenge is managing it and making sure we don't over promise and under deliver. We are already expanding our technology platform into other areas of sport so we have a very exciting 18 months ahead. We are currently opening a UK office and that should take away some of the pressures of traveling and make it easier to support our UK customers.

"I USED TO WORK AT DURRELL AND ORGANISED THE ANNUAL DURRELL DASH. AFTER 3 YEARS SPENDING THE EVENT STOOD IN THE RAIN WITH A MOUNTAIN OF CLIPBOARDS AND SPREADSHEETS, LEAKING PENS AND A QUEUE OF RUNNERS ASKING WHERE THEY CAME AND WHAT THEIR TIME WAS, I THOUGHT THERE MUST BE A BETTER WAY."

What makes you unique from other competitors?

There are two differentiators for us. Firstly the platform is designed for event organisers - we have a number of tools including timing integration, SMS and management that really save huge amounts of time. And the second is our integrated Sports Giving platform allowing everyone who enters an event to raise money on an automatically created, personalised Sports Giving fundraising page. We are saving event organisers time and money whilst enabling charity events to raise more money. It is a win for everyone.

What should we be looking out for from Race Nation in the future?

We have a couple of big developments planned later in the year that sports clubs in particular will be very excited about! And a couple of medals from our team members that are taking part in the Island Games would be great!

www.race-nation.com

JERSEY'S STYLE MAGAZINE



In the spirit of ideas worth spreading, TEDx is a program of local, self-organised events that bring people together to share a TED-like experience. At the second TEDx event, taking place between 0900-1700hrs at Hautlieu School on Saturday June 6th, you can expect to experience TEDTalks video and live speakers, thcombined information from both channels is set to spark deep discussion and connection within a small group.

This year TEDxStHelier is going to be about technology, entertainment and design, as all TED Talks are, but the focus will be on knowledge and wisdom and building a better future. The aim behind hosting TEDxStHelier at Hautlieu is to enable students from any school (or any age) to help shape the event.

The TEDxStHelier event speaker sessions will be interspersed with TED talk videos from a range of disciplines and cultures and talks from Grainville students focused on education and technology.

Attendees will be encouraged throughout the day to visit the tech fair and take part in

the ideas laboratory. With only 100 tickets available for TEDxStHelier 2015 it is likely the event will be a sell out.

Visit www.tedxsthelier.com for more information.

TEDx Confirmed Speakers:



Professor Russell Cowburn, a Professor of Experimental Physics at the University of Cambridge presents nanotechnology and discusses the ethics and theology of new technology.



Megan Leckie, Co-Founder of BlockBuilders who use Digital Technology to engage young people within their communities makes the link between giving young people the opportunity to voice their ideas to young people growing up with the confidence to make a difference in their communities.



Deanna Rodger, a distinguished poet, actor, teacher of poetry at Brunel University and co-founder of two notable spoken word events.

Joe Dickinson, an IT expert with an interest in medical technology who has previously worked on projects including the development of Cardiac Imaging Detectors with George Charpak (Nobel Laureate) and Cancer Therapy. Most recently Joe was responsible for designing, developing and implementing the Jersey Post Call and Check community service to address the needs of an aging population: an idea so powerful it was recently commended by Joe Biden, Vice President of the United States.



Paul Dunn, three times TED speaker, Senior Fellow in one of the world's leading Think Tanks, one of the first ten people in Hewlett Packard Australia and recently featured alongside Sir Richard Branson in a global news item on "disrupters in business". Paul is Chairman of B1G1: Business for Good, a company that's already enabled businesses to create almost 60 million giving impacts around the world.



Dr Andrea Pennington, a prominent integrative medicine doctor who specializes in longevity, mindbody medicine and positive psychology.

Rory Steel, Assistant Head teacher Beaulieu - Technology and Curriculum at Beaulieu Convent School aims to be at the forefront of technological integration in education.

Garry Stern, Director of EBC Think Limited a company that specialises in advising businesses on Change and Operations. Garry's focus has been on understanding and addressing the changing dynamics of knowledge and wisdom in organisations by developing a culture of life-long learning and capability, through leadership and engagement.

Empowering you to make an extraordinary career move



I have a phenomenal amount of trust jobs on my books with various trust businesses ranging from bank managed to independent, private equity owned, big, small, contemporary to the more traditional. Lets fly out for a coffee to discuss.

🔀 jo@park.je

Jo Le Couilliard
- DIRECTOR -



Give us a call on 01534 871666 or check out our extraordinary opportunities and register at





I'm helping various organisations build new Business Intelligence and Management Information teams. I have temporary and permanent options in this rapidly developing area which I would love to chat through with you. Please call me if you're interested.

™ toni@park.je



Toni Bracken

- DIRECTOR -



I am able to guide fund administrators towards new roles with competitive salaries, no overtime, friendly teams, brand spanking new offices and awesome professional study packages. You're not dreaming, you did hear me right! Email me for more details.

🖾 genma@park.je

CAREER ANGEL
Gemma Rawlings
- RECRUITER -

I've become a master at filling graduate jobs so my clients keep coming back for more. If you've just graduated and want to discuss your options with a graduate recruitment expert, that's me! Give me a call or send me an email to set up a meeting asap!

🖾 carly@park.je



CAREER NINJA

Carly James
- RECRUITER -

RELATIVE VALUES

Mike Newton and Damien Barry are both senior leaders of State Street's private equity and real estate business in Europe. Damien, who is based in London, has worked for State Street for 14 years and is the Head of Private Equity and Real Estate funds services in Europe across five locations. Mike runs the Jersey business and its 300 employees.

State Street is No. 1 in alternative asset servicing globally.* Its Channel Islands business is primarily focused on fund administration services for clients in the private equity and real estate sectors.

*Custody Risk Alternative Fund Administration Survey, September 2014



MIKE NEWTON

DAMIEN BARRY

1970 VW Beetle ·····	Favourite possession	My car
Wanaka, New Zealand	Favourite place in the world	West Cork, Ireland
Green ·····	Favourite colour	Blue
Horses and ostriches - they never bury their head in the sand, contrary to popular belief	····· Favourite animal ·····	·····Elephant
Freshly cut grass	Favourite smell	····· Freshly brewed coffee
Visiting Gorey Castle with my family	···· Favourite way to spend a weekend	City breaks
Greve de Lecq ·····	Favourite Jersey beach	····· Plemont
Locally caught fish,especially sea bass	Favourite food	Steak and chips
Mint	Favourite ice cream flavour	····· Mango
Sumas in Jersey for its good food and intimate setting	Favourite restaurant	Sale E Pepe in London
Trekking, watching local sport, and drinking red wine – in no particular order	Favourite pastime	······ Travelling
The Shawshank Redemption closely followed by Man on Fire	Favourite film	The French Connection
Along Came a Spider by James Patterson, or any other book written by James Patterson	Favourite book	··· The Secret History by Donna Tartt
Something by the Beatles	Favourite song	Wonderwall by Oasis
My wife - she is my soul mate	Favourite person	My children (equally)
Ant and Dec - they are one of the good few modern double acts. I particularly liked their recent "Let's Get Ready to Rhumble" as PJ & Duncan, which proves they don't take themselves too seriously!	. arounte coleanity	Bruce Springsteen
The latest technology because it continually amazes me how technology continues to progress - and I need to try to stay ahead of my children!	······ Favourite things to splurge on ···	······ Holidays
My children being born and Liverpool winning the European Cup in Istanbul		In Thurles on a sunny Sunday ··· afternoon – Cork (a hurling team in Ireland) winning a hurling match

Movers&Shakers

EMAIL YOUR NEWS TO BUSINESS@GALLERY.JI

Elian enhances Caribbean private client capabilities

Elian has appointed a director with over 12 years of trustee experience to its Cayman Islands office.

David Lambotte will have responsibility for Elian Private Wealth's operations in the Caribbean; he will oversee business development, relationship management and fiduciary services in the Cayman Islands and British Virgin Islands. He brings strong expertise in wealth and estate planning services to the role, with proven experience as a trusted advisor to ultra high net worth families across the Americas, Middle East, Asia and the UK.

Jersey-born Mr Lambotte, who is chairman of the Institute of Chartered Secretaries and Administrators in the Cayman Islands, has a wealth of experience gained in Jersey, London and the Caribbean. He joins Elian from RBC Wealth Management where he was head of Caribbean trust business development. He previously held senior roles with Dominion Fiduciary Services Group in London and JTC Group in Jersey.





Viberts celebrates dual achievements within its family law team

Viberts' commitment to delivering legal excellence has been underpinned by two recent success stories. Advocate Alexander English has been promoted to an Associate, while Barbara Littler has qualified as an English Solicitor.

Alexander English is a Court Advocate and experienced lawyer with over 12 years' experience. He qualified as an Advocate of the Royal Court in November 2012 and was called to the Jersey Bar in January 2013. He moved to Viberts in February 2013 and has recently been promoted to an Associate in recognition of his achievements. Alexander's principal areas of expertise are in private family law, children's public law and criminal law.

Barbara Littler qualified as an English Solicitor on 1 April 2015, having undertaken her Training Contract with Viberts and completing her Professional Skills Course at The University of Law. Barbara advises on all areas of family law, including private law children work such as disputes relating to residence, contact and parental responsibility. Already thinking about the next advancement, Barbara is looking to take her Jersey exams to qualify as an Advocate.

Zoe Blomfield, Managing Partner, comments: "We are delighted to recognise the achievements and commitment of the Viberts' team. Alexander has demonstrated legal excellence throughout his two years at Viberts and Barbara deserves to be congratulated on her recent qualification, making her the fifth English solicitor within Viberts."



Close Finance has appointed Claire Dempsey as head of its sales support team.

With over 25 years' experience in financial services, covering a range of business support and supervisory roles, she will be responsible for overseeing all back office administration and customer support services.

Claire began her career with Barclays, and has since managed to combine a career in banking with the likes of Bank America Trust Company, Lloyds and Bank of America whilst indulging a lifelong passion for travel. She subsequently spent over ten years at AIB and AIB Trust, latterly as a relationship manager within their private banking team, having also worked as an assistant manager within their credit and business teams.

In addition to her globetrotting exploits, which have included backpacking around Asia and South America and sleeping on the ice in Antarctica, Claire also runs and plays netball, and she has completed both the New York and Brighton half marathons in the past year.



New Chief Executive Officer at Standard Bank Jersey

Will Thorp has been appointed as the Chief Executive Officer of Standard Bank Jersey. Will takes over the role from Mark Hucker and the change allows Mark to focus on his role as CEO of Standard Bank Offshore Group, encompassing Jersey, Isle of Man and Mauritius.

Will's appointment follows a 14 year career at Standard Bank. During the last decade, he has held a number of roles including Finance Director of the Bank's Russian operation based in Moscow, Global Finance Director – Investment Banking based in both London and Johannesburg, and most recently Chief Financial Officer for the Bank's Offshore Group, based in Jersey. At just 38, Will is the youngest person to take up the island head role.

Mark is confident his successor will be a strong and forward looking leader for the Jersey bank, 'Will's strong career track record speaks for itself. In his previous role he played a significant part in the development of the Offshore Group's strategy and our alignment with the rest of the Standard Bank Group.'

Will, who came to Jersey in 2012, commented 'I am obviously looking forward to my new role and the enhanced responsibilities it entails. Standard Bank is an exciting global operation with its roots in the fastest growing and most dynamic continent in the world."



The Atlantic Hotel welcomes new Manager

Scott Andrews began his role as the Hotel's new Manager last month, with an outstanding track record working in some of the UK's most prestigious establishments, 38 year old Scott relocated to Jersey having been scouted to take up his position.

He joins the team directly from his position as acting general manager at multiple award-winning Gidleigh Park in Devon, renowned for its outstanding food and stunning setting, has attained truly exceptional levels of cuisine under the direction of Chef Michael Caines MBE, and has received two Michelin stars, five AA rosettes and five AA red stars. Prior to this, Scott worked at the world famous Le Manoir aux Quat'Saisons alongside celebrated Chef Raymond Blanc OBE.

Commenting on Scott's appointment, owner and managing director of The Atlantic Hotel, Patrick Burke said "Scott has a highly impressive background, having worked in some of the most renowned hotels in the country."

Scott was born and bred in Devon and with a passion for fine food and wine he studied Food and Beverage Managementat Exeter College, where he later went back to lecture in the subject. He holds the accolade of being a St Julian's Scholar, the scholarship programme of The Master Innholders, thanks to which he benefitted from a unique management training programme at Lausanne in Switzerland.



Senior appointment at Lacey Advocates

Lacey Advocates are pleased to announce the appointment of Jamie Biddle as Managing Associate to the firm's leading Regulatory Team. With over 17 years' experience in resolving serious regulatory issues, most recently as Deputy Director of the Enforcement Division at the Jersey Financial Services Commission, this senior appointment confirms Lacey Advocates' commitment to providing effective solutions for the Island's finance industry.

Jamie moved to Jersey in 1997 when he joined the commercial litigation department of a large Jersey law firm. This was at a time when the Commission was established and the Island's regulatory law regime was undergoing radical changes. For nine years Jamie worked as a legal assistant on serious cases involving regulatory law breaches and money laundering issues. At the Commission, Jamie was instrumental in the development of the Enforcement Division's processes and procedures, including the introduction of settlement provisions under the Commission's important Decision-Making Process.

Jamie commented "I am delighted to join Lacey Advocates and be part of its leading team of regulatory experts. The firm's Regulatory Team has a proven track record in achieving effective outcomes for its clients. I look forward to building on this strong, dynamic team."



C5 Alliance Group Welcomes New Non-Executive Director

Susie Crowder will be joining C5 Alliance as a new Non-Executive Director. Susie will sit on the group board, drawing upon her extensive experience in both the private and public sectors to provide an independent strategic perspective.

Susie established the Channel Island Skills Academy (CISA) where she retains an interest and has extensive experience of operating at Board level across a range of businesses. Her core experience typically includes strategy development, change, human capital planning, leadership, risk, governance, market analysis and reputation monitoring. Susie holds Directorial positions within several organisations across the financial sector and other local Channel Island trading boards, including UBS and GPG Ltd among others.

Identifying and managing stress at work

WORDS Claire Kingham, Senior Associate, Viberts



Stress is one of the most common causes of both short-term and long-term absence from work. Statistics show that in 2014, 10,149 days were lost by States of Jersey employees due to stress. This is the equivalent of 39 employees signed off with stress for one year. Claire Kingham, Senior Associate at Viberts, suggests what warning signs employers should look out for and what steps can be taken to manage the situation.

Every indication is that the incidence of stress is on the increase. Therefore it makes good business sense for employers to consider their approach to managing employee stress. An employer who fails to recognise and deal with the signs of stress will not only fail to obtain the best from their employees, but will also run the risk of failing in their duty to take reasonable care in safeguarding the health of their employees. This may in turn result in stress related personal injury claims or employment law claims, including constructive unfair dismissal.

Identifying stress

Identifying employee stress can be difficult, particularly where the employer is not aware of factors outside of the workplace which may be causing or exacerbating that stress. Signs of stress include declining work performance, loss of control over work, increased time at work, loss of motivation or commitment, lateness, absenteeism, evasiveness, over-reaction to problems, personality clashes, poor employee relationships and temper outbursts.

Where an employee complains of stress or an employer is concerned that an employee may be at risk of stress, then the employer should address the issue immediately.

Where the employee is returning to work following a period of absence, a 'back to work' interview is an effective means of identifying any issues. Alternatively, where the employee is displaying one or more of the symptoms mentioned earlier, the employer should arrange an informal meeting to discuss the matter and to allow

the employee to voice any concerns they may have. The employer may wish to take appropriate legal advice at this early stage.

Dealing with stress

The employer should have policies in place to deal with stress, bullying, capability, grievances and disciplinary. A decision will need to be made as to which policy should be followed and this should be explained to the employee. Where stress is due to poor supervision, the employer should take action to train managers and supervisors.

Whatever the issue, the employer should involve the employee in the process by asking what steps could be taken to alleviate the stress. The two most important points are firstly not to let the issue drift, as this will only serve to exacerbate the situation, and secondly to keep a written record of how the matter has been dealt with.

The employer may also wish to offer the employee external counselling or to engage the services of an occupational health provider to monitor the employee's health. Case law shows that an employer who has

"Identifying employee stress can be difficult, particularly where the employer is not aware of factors outside of the workplace which may be causing or exacerbating that stress."

If allegations are of bullying, harassment or poor management style, the policy is likely to set out a procedure which would commence with commissioning an investigation. A third party is likely to be involved and it may be necessary to decide what further action needs to be taken, for example invoking the disciplinary process.

If the issue is an excessive workload, the procedure is likely to commence with a review of the employee's workload and job description. Where the employee is performing poorly, the employer should discuss this with the employee promptly and explain that they are not performing to an acceptable level.

offered advice, support or counselling is more likely to show that they have not failed in their duty of care, provided they can show that they took reasonable steps to reduce the problem within a reasonable time frame.

A simple way in which an employer can monitor stress levels is to ensure that appraisals are performed to monitor employee performance and progression. This will assist employers in identifying employees who are potentially at risk from stress, allowing the employer to offer help and support at an early stage and ultimately managing the risk of employee absence through stress.

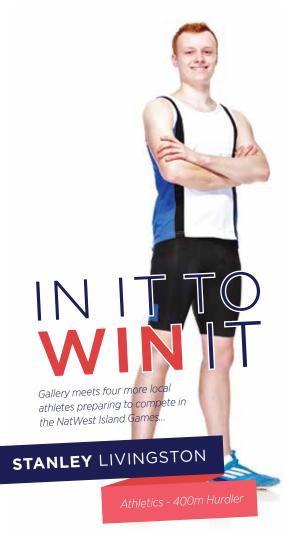




U7s to U14s can register online at www.leicestertigers.com/jersey

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INVESTMENTS





A level student at Victoria College.

How long have you been doing your sport?

Since the age of 11 (past seven years).

How are you preparing for the NatWest Island Games?

Training six days a week which includes track sessions and strength and conditioning sessions in the gym.

Best thing about representing Jersey?

It allows me to show how much I appreciate where I live.

How can you get involved in your sport?

All ages and ability can get involved. For athletes there are weekly track nights at FB Fields, La Grande Route de Saint-Clément on a Tuesday and Thursday (6:30 - 7:30). Minis, (school years 3 - 6) train at the track on Sunday mornings (9:30 - 11:00am). Road Runners: Tuesday 6pm at West Park shelter, meet at the first 1st layby. Contact Dave Woodsford Tel: 07797 889 594. Coaches/officials/ volunteers - contact: info@jerseyspartan.com

What's do you actually do as your day job?

MATTHEW PARKMAN

Assistant Manager of Data Management at the Royal Bank of Canada.

How long have you been doing your sport?

Approximately 17 years.

How are you preparing for the NatWest Island Games?

Other than practice, practice and more practice, I have been working closely with Kit Chamier a top Sports Nutritionist (we featured him in last months magazine), who has tailored my training and performance nutrition. This has had a positive impact on my game and general wellbeing.

Best thing about representing Jersey?

The Jersey team has a great spirit and it is always an honor to represent your island no matter what you do. I take great pride in being an ambassador for my sport and my island.

How can people get involved in your sport?

By contacting any of the golf clubs or professional shops on the island. There are six golf clubs and many societies that would be more than willing to help people get involved in the sport.





What is your actual day job?

I'm a Police Officer.

How long have you been doing your sport?

Football - since I could walk, Basketball - approx 10 years.

How are you preparing for the NatWest Island Games?

Lots and lots of training. Sport specific training. Lots and lots of fitness (including the dreaded sand dunes), then there's recovery work and also strength and conditioning too.

Best thing about representing Jersey?

Everything!! Wearing the badge with pride and celebrating your successes with the rest of the island.

How can you get involved in your sport?

Ladies Football - join one of the local clubs or play for a school team. Most of these teams can be contacted via Facebook or Twitter. Follow @jfawomen on twitter. Ladies Basketball - attend the ladies training on a Thursday evening at Oakfield, join a mixed team in the summer/winter leagues. Visit the Jersey Ladies Basketball Team page on Facebook or follow @jsybasketball on twitter.



What is your actual day job?

Part time student and I also work part time too.

How long have you been doing your sport?

I started playing tennis from the age of seven but only started competing at the age of nine.

How are you preparing for the NatWest Island Games?

Preparation for the Island Games started more than a year ago by playing tennis competitively locally at Caeserean Tennis Club where I won the men's open singles, doubles and mixed doubles at Easter and the Bubble league winning the men's single, doubles and mixed doubles. In conjunction with this during May I have played men's first team matches for St Malo Tennis Club in the French National League. To improve my fitness levels I attend focused fitness sessions twice a week.

Best thing about representing Jersey?

It has to be being able to play on our own home soil, it is such an

How can you get involved in your sport?

You can join a local tennis club and speak to the coaches. This way you can play with players with similar age, strength and ability.

islands together...



AHEAD OF THE GAME(S)

This years Natwest Island Games is taking place on our very own island between 27 June and 3 July 2015. During this time a significant number of competitors and spectators will descend upon the island to take part in 14 different sports looking to win one of the 1,664 medals that are up for grabs. Most of the events will be non ticketed for spectators (aside from the swimming events, due to capacity) so there really is no excuse not to get involved in some way. Here we explain a little about the history of the games, highlight the work of the 400 volunteers recruited to help with the smooth running of the event and also there is still a chance for you to get involved.

Games Makers

In order for the NatWest Island games to be successful more than 400 volunteers will help to aid the smooth running of the event. This team of volunteers will be known as the Waitrose Games Makers. Their roles range from welcoming athletes at the airport and acting as attaches for visiting dignitaries and officials; to managing the media and public at the venues.

Cliff Chipperfield, experienced first hand how important these volunteer roles can be during his time as a Games Maker at the London Olympics, so he was the ideal person to join the Jersey 2015 Organising Committee member and become the Chief Waitrose Games Maker. He explained, "The islanders who have volunteered will not only have a hugely important role in making the NatWest Island Games XVI run smoothly but will also be the key link between the Games and the Island community."

Duncan Langston, branch manager of Waitrose St Saviour, said: "It is fantastic to be able to support such a significant event in Jersey's calendar through the sponsoring of the volunteers and we hope that the whole community gets behind this initiative.

"Waitrose is committed to supporting local events and we are keen to assist the organisers in making this long standing event extra special. The Waitrose Games Makers are a great way of getting Islanders involved in, and passionate about, what looks set to be an unforgettable week of competition, engagement and participation."



Island Games history

The first Island Games were held in the Isle of Man in 1985 as part of the Manx people's Year of Sport.

Approximately 700 competitors from 15 islands took part in seven different sports. Athletes came from as far afield as Iceland and Scandinavia, the Mediterranean, St Helena, and from around the British Isles. The idea was to provide an opportunity for hundreds of young sportsmen and women from small island communities, to compete and enjoy international competition against other islanders with similar standards of performance. Other benefits of such a unique festival of sport were the opportunities for cultural exchange and social interaction with visiting teams, and the chance to establish new friendships with fellow islanders.

The 1985 festival was such a success that it was agreed to continue it every other year and, in 1987, Guernsey hosted the second Island Games. They have subsequently been held in the Faroe Islands, Aland, Isle of Wight, Gibraltar, Jersey, Gotland, Isle of Man, Guernsey, the Shetland Islands, Rhodes, Aland, Isle of Wight and Bermuda. The number of participating islands has grown substantially and there are now 25 islands who are members of the International Island Games Association.

Mascot

The official Natwest Island Games Mascot is called Indigo! He's an infant silverback gorilla who lives at Durrell Wildlife Park in Jersey.

Toy versions of the silverback with the Jersey 2015 logo will be given to medal winners and sold to raise money for Durrell. This is the first time that the NatWest Island Games have had a single living animal representing its spirit and values.



week of sporting events islands participate 36 athletes compening venues are to be used different sports are represented

1,000 officials 67 visiting VIPs medals are up for grabs Waitrose Games Makers big screens will broadcast the sports live during the games

600 tons of sand will be dumped in front of the Royal Yacht to make the Beach Volleyball courts

NatWest has sponsored the event since

Tickets to the opening ceremony sold out in

COULD YOU HELP?

Are you handy with a hammer, strong as an ox, have a great sense of humor and enjoy working as part of a team, oh and do you have some spare time on your hands at the end of this month? If so then it isn't too late to get involved in putting together this historic event, as the organising committee are looking for volunteers to join their "Games Crew".

This specialist group of volunteers will help facilitate the Games infrastructure in the week leading up to the Games, to get all equipment in place and operational ahead of the arrival of just under 3,000 competing athletes. They will also be on hand during Games Week to ensure the smooth running and setup of equipment required.

Steve Bailey, Games Director, told us they are "calling on help from Jersey locals, with experience and expertise across a range of relevant careers including construction, engineering, logistics and plumbing. These folk may not have considered their involvement with the Games before now. We would urge them to consider signing up for this crew and giving any time they can to help us get ready for the Games."

With 36 official sports venues, plus the Games Village at Howard Davis Park there are a great deal of things to do that will need as many hands as possible . An extraordinary effort has been taking place over the last year to get all the plans in place for each venue. Equipment has been agreed and ordered and they are now working on the logistics of how to get all of this kit working, where they need it. The 4Hire Group have committed to the Games as a partner and the organising committee are working with them to shape the crew which will boost their team.

Ideally you will have your own transport, but this is not essential. Trade skills such as plumbing, engineering and construction will all be put to great use. If you feel you can help then please contact the Games Office on 449193 for further information.

f NatWest Island Games **y** @NWIslandGames **o** @NWIslandGames



minutes



COMPETITIVE BY **DESIGN**

With the Island Games looming, we decided to catch up with Michael Waddington, Director and Chartered Architect at Waddington Architects, Interiors and landscape – and the workplace of two of our island participants.

So Mike, what's it like having such talented sports people in the office? 'I certainly didn't set out to employ such fine athletes – who also happen to be architects by nature. To have the ability to juggle both a sporting life, as well as a personal life is something exceptional – especially when Bruno and Tom train six to seven days a week.'

What level of training is involved? 'I should follow a balanced and nutritious diet...but I don't' explains Bruno (who will be running the half marathon on Sunday 28 June) but when you're running as much as I do, surely that's forgiven! Of course there must be some tips and strategies you live by? 'Rest the day before the race and don't eat anything new!' Tom says.

Mike is not only proud of his two employees; he's also extremely excited to be supporting the event as a whole! 'Everyone will be involved – in fact, everything we do in the working environment is locked into the local community, which makes the Island Games something we're more than happy to embrace!' 'Plus, both Tom (who will represent the island in the triathlon, Sunday 28 June) and Bruno are taking part on a Sunday, which means they won't have to request any time off work!'

Bruno tells me 'running is similar to Architecture in that both require months of strategic planning and preparation to ensure you are satisfied with the end result, right down to co-ordinating your laces to match with your team kit...ha ha.'

Tom and Bruno have always been passionate about fitness, exercise helps them to switch off and come back to work with a fresh mind. 'Exercise is part of our lifestyles, which is why it's so easy to juggle – yet despite this, it still requires discipline and great time management.' 'Having an

employer that allows flexibility for training really helps and having Bruno to run with at lunchtime is pretty cool too!' explains Tom.

When I ask them how long they've been training, both reply 'since we were kids.'
Both are so enthusiastic about their sporting lifestyles – something Mike addresses as their 'second life.' Bruno is also taking part in the 'Round The Rock' ultra-marathon, just a month after the Island Games and he's intent on breaking the existing record of six hours, 15 minutes, whilst Tom is set to complete the Jersey Triathlon just three weeks later!

Any final words? 'We all wish Bruno and Tom the very best for the Island Games. The whole team at Waddington's are fully behind them...literally!'



St Andrew's Studio, www.waddington.je



What do you do: Surf, eat, sleep, school, homework, surf..... pretty much! I'm also a Mourant Ozannes team rider for Jersey Surfboard Club, a team rider for Nutz-life, part of the Surf Solutions Grom Squad, a member of Jersey Aquatic Rescue Club oh and I like to go skateboarding with my mates!

School: Victoria College.

Favourite ice cream flavour: Chocolate.

Favourite animal: My dog Barley – she's a leonberger.

Favourite food: Fajitas.

What would you wear to a fancy dress party: Er, probably board shorts!

Favourite surfing expression: Stoked is probably the expression I use most at the moment. There are loads you've only got to go down to the Splash to hear them all!

Favourite thing about Jersey: It's the beaches and the sick surfers we have locally.

Favourite song: At the moment – Majestic Casual Mixtape (chapter one) – DJ BlueSky.

When did you start surfing: Just before I turned eight.

Where has been your favourite place in the world to surf or where would your dream place be: So far, Ribeira Grande in the Azores has been my favourite. My dream place(s) would be Hawaii (especially Jaws) and Indonesia.

You've just won the Under 14's **English Surfing Federations National** Championships. How did you prepare for the competition and what does winning the title mean to you? I've done a lot of training with my UK coach Joel Gray since December and my local coach Matt Chapman. I try and put in to practice everything they teach me, especially when it comes to competition strategy. I got a new board from Ryan Herve, Nutzlife the day before the Nationals, which is longer and has more volume in it. The waves on the day were quite small and I was able to work the board harder. Winning the title was huge for me, something I never believed would happen given the competition I'm up against in my age group.

Where and when was the favourite moment in regards to surfing, so far:

Definitely the English Nationals, a couple of weeks ago in Watergate Bay and last September coming 2nd at the British Nationals in Fistral.

What's coming up on the surfing calendar that we should be looking out for: I've just

done a night surf competition during May Bank Holiday weekend, which was on the UK Pro Surf Tour Calendar. It was held at Fistral, Newquay and the beach was lit up with floodlights. This was a new experience for me and was great be fun. I've also got the Boardmasters in August and the British Nationals in September. I'm really looking forward to these as some of our best surfers in Jersey are also competing.

You're obviously still at school, does surfing feature in your future plans?

Yeah, I'd like to work in the surf industry ideally become a pro! I don't think I could ever be far away from the sea.

Do you have a top tip for aspiring sports people? Yeah - one of my surf instructors (George Solh) wrote on my very first board 'you've got to believe it to achieve it' - he's right! Also train hard - practice, practice, practice, practice...

How can people get involved in surfing in

Jersey: It's really important to learn about beach safety before you go in the water. If you're a grom then join Jersey Surfboard's Club Mourant Ozannes Surf Academy. Also go to one of the surf schools down at St Ouen's Bay – they're all really good, it just depends what part of the beach you like to hang out.





Kitty Brewer

Favourite possession

My surfboard, of course!

Favourite place in the world

I love St Ouens bay but I also love Southern California where my godmother lives.

Favourite colour

Blue.

Favourite animal

My dog Mabel.

Favourite smell

Summer mornings!

Favourite way to spend a weekend

Waking up early for a surf with my brothers then home for pancakes. Hanging out with friends at the beach followed by a barbecue and an evening surf at secrets.

I love paddle boarding around Secrets reef at low tide and skate boarding with friends. I love being outdoors, especially when the suns out, so anything involving that would be a great way to spend a weekend!

Favourite Jersey Beach

Secrets.

Favourite Food

Dried mango.

Favourite Ice cream flavour

Coffee.

Favourite restaurant

El Tico

Favourite Pastime

Surfing with family and friends but I also love snowboarding, skateboarding, wakeboarding and playing netball.

Favourite film

Cheaper by the dozen.

Favourite book

One dollar horse.

Favourite song

That's a hard one, I like all of Jack Johnson's stuff, Ben Howard and I'm actually kind of into Robbie Williams at the moment. Although, Taylor Swift is always going to be a good option for me!

Favourite Person

My family.

Favourite celebrity

John John Florence.

Favourite memory

I have lots but surfing perfect lowers with only a handful of people out last Easter. Going to the Euros with the CI surf team and family holidays in Hossegor are definitely a few of the best ones!

Charlie Rio

Favourite possession

My motorbike.

Favourite place in the world

St Ouens bay (preferably summer).

Favourite colour

Orange.

Favourite animal

Dog.

Favourite smell

Surf wax.

Favourite way to spend a weekend

Surfing all weekend.

Favourite Jersey beach

Greve de Leca.

Favourite food

Pasta and hotdog bits.

Favourite ice cream flavour

Chocolate.

Favourite restaurant

La Napolis (Hossegor).

Favourite pastime

Watching movies.

Favourite film

Endless Summer 2.

Favourite book

Harry Potter.

Favourite song

Hard to concentrate - Red Hot chilli peppers

Favourite person

My mum.

Favourite celebrity

Will Smith.

Favourite memory

My favourite memory has to be when I went to the Açores for the European Juniors. Such a nice place and great waves, especially the last few days we were there.

14 year old Kitty Brewer and 17 year old Charlie Rio are not only both Jersey surfers but they have also both recently been successfully selected as Team Riders for the GB Surfing squad.

They will now both train until September with the UK squad. This means they'll be entered into UK competitions and attend training camps over the next few month. Their ultimate goal will to be selected for the GB team which will go on to compete in The Worlds in California, which take place in October.

WATCH YOUR **STEP**(S)

There are now so many fitness trackers on the market that choosing the best can be difficult. The right activity tracker will be based on your individual needs; whether it's step counting, sleep tracking or 24/7 heart rate tracking, there's something for everyone - it's just about finding the right one for you.

Whilst they vary in style and function fitness trackers are becoming the must have accessory for almost everyone. As this is our active issue we decided to ask four Fitbit users (we appreciate there are different trackers on the market, this was the one that Beryl our mascot has) to record their steps over a seven day period and then share the information with us, along with their reasons for purchasing the tracker in

the first place. This wasn't a competition, although if it was then well done Max, it was merely an interesting feature to see whether or not there was a huge difference between people who work in different careers and have different lifestyles. What it possibly taught us is, if you're going to buy a fitness tracker, then you're probably someone who's pretty keen on keeping fit and keeping track of how much you move!





LIZZIE SNOWDEN

Language Assistant at Beaulieu Convent School and also a WeightWatchers Leader

'I'm a keen runner, having completed three marathons now, but I have to say it is only since June last year when I bought my Fitbit that I have got into my walking in a big way. I now walk to and from work everyday, and if I have a day when I don't achieve my 10,000 steps, it is a bad day! I joke with my members that I am mildly competitive, and it is true to say I will often check each evening how I am getting on in the leader board compared to everyone else...

I love the functions on my Fitbit, I like the weekly emails, love the badges you collect along the way, and love the fact I have bought one for both my parents who are in their 70s, who equally get so much out of having them and are now found out walking most days. This simply wasn't happening before! Amazing, the power of a little bracelet. Truly the way to motivate so many to get out there and walk more and I mention it to my members at all given opportunities!

Total steps

108,764

Daily Average

15,538

Best Day

37,960 (this included a 15 mile walk for the South Coast Challenge)

Total Distance

48.17 miles

Total KCALS burned

18,393

"The biggest contributor to me keeping my steps high each day would have to be my children. I've normally been up and down our stairs at home about a dozen times before I even leave the house in the morning!" - Kevin Stewart

MAX BURNETT Professional photographer

This isn't my first fitness health tracker. I started with the UP24 which is a great starting point for anyone who is still a bit unsure on whether it will benefit their day to day routine. However it didn't last long and the battery soon died just over a year of usage. For me the built in GPS and heart rate monitor add massive benefits to my workouts. I'm active gym goer and a keen summer cyclist. With built in GPS, I no longer have to take my phone out to track my rides, it's all included and recently Fitbit have linked up with Strava so all my runs and rides are automatically uploaded to my Strava feed.

The heart rate monitor lets me easily see how hard I'm working at the gym or on the bike. I As a photographer I am always on the move in between shooting on location and working in the studio. I try to hit my goal of 12,000 steps a day which averages around six miles of walking but with summer being the busiest time of year for me, it's not always achievable.

FITBIT SURGE

Total steps

110,395

Daily average

15,771

Best day

20,225

Total distance

59.75 miles

Total KCALS burned

27,127

BERYL FELTON

Gallery magazine mascot and freelance event manager

I purchased my Fitbit almost a year ago, mainly to try and make myself more accountable after I completed a White Collar Boxing challenge last year. I had been training on a regular basis and knew that once I'd stopped the strict routine it was likely that I was likely to lose the rise in my fitness level if I just sat back and did nothing. So I purchased my Fitbit and haven't looked back. I try my best to make sure I reach my 10,000 steps each day, but find that this isn't always achieved during the weekends, particularly on Sundays when I seem to spend less time moving than during the week!

I would definitely consider upgrading my Fitbit, possibly to the Surge model as it has so many more functions, but I must admit I'm also rather mesmerised by the prospect of an Apple Watch but I think for now I'll remain faithful to my trusty Flex, until it finally gives up and retires.

FITBIT FLEX

Total steps

107,371

Daily Average

15,338

Best Day

20,440

total distance

47.45 miles

Total KCALS burned

20,385

KEVIN STEWART

Operations Director for Zero 1, home automation services company

I first started using my Fitbit around the same time I gave up smoking. It's a great way to motivate me to keep moving whilst I'm working too. We're always busy at Zero 1, working with different clients and often making visits to sites of their houses, which keeps me busy, but there are also times I'm office bound so my Fitbit makes me get up and move around. The biggest contributor to me keeping my steps high each day would have to be my children. I've normally been up and down our stairs at home about a dozen times before I even leave the house in the morning! I also park my car further away from the office by the waterfront each morning and I generally make a point of trying to walk the long way round whenever possible.

I must admit that I'm about to relegate my Fitbit and replace it with an Apple Watch. I'm not sure that I could work within the industry I do and not have one, perhaps there'll be a feature on those next?

FITBIT FLEX

Total steps

94.055

Daily average

13,436

Best day

16,857

Total distance

45.88 miles

Total KCALS burned

133

21,002



id you know that each year Jersey has a Brazilian Festival and Capoeira Expo, complete with international Masters and Instructors from Brazil and beyond? Well, you've missed out. Back for the third time this year, Jersey's Capoeira practitioners are again ready to unleash a blend of Brazilian spirit onto any willing attendees. The weekend will offer open Capoeira, Samba and percussion workshops, a Brazilian flavoured party and beach BBQ.

The event will see the Jersey Capoeira Association opens its doors to residents and visiting students and anyone willing to try something new and exciting. With Brazilian headdress competitions, Capoeira grading ceremony and authentic Brazilian culture, experience a taste of the exotic closer to home. You'll be able to experience typical cultural and sporting activities that Brazil is famous for, whether Samba or Capoeira

music and dance. It is an opportunity to meet new people, find a new passion and celebrate in Brazilian style. It also provides a platform for Jersey Capoeira students to showcase the progress they have made throughout the year at the grading ceremony and to gain a new belt in the art. It is also a great opportunity for visiting masters from Brazil to bring and exchange new ideas with local students and to share their experiences.

The spirit of Capoeira is to bring together people from all walks of life to participate in a fun and exciting art form that derived in Brazil over 500 years ago and brings with it other expressions such as Samba and Brazilian percussion. If you find yourself on a Brazilian beach at dusk you'll often witness groups practicing the dance-come-fight rituals that combine musical appreciation with aerial athleticism.

Originally the activity was a means of expression for slaves taken to Brazil who were forbidden from the practice of any martial art. Hidden in the musical and rhythmical elements of the form, violent kicks were disgusted as passionate dance movements, and its combination of a mixture of West African







The Jersey Capoeira Association is a martial arts group affiliated with Filhos da Bahia. Melbourne under the guidance of Master Val Boa Morte from Bahia. Brazil.

cultures saved it from being identified as an attempt to preserve any specific tradition. As such, Capoeira came to life as a survival tool, not only of self-defence, but also of cultural identity.

Capoeira promotes freedom and helps young and mature people to overcome obstacles in their personal and physical life. Whilst being Brazil's only "truly national sport" it is also a form of play, dance and acrobatics combing music, song and the Portuguese language. 10% of Jersey's population are Portuguese speaking and have responded well to having Capoeira in the community, especially in schools where the students are predominantly Portuguese.

Capoeira is a cohesive activity that encourages adults and children alike to work as a team to ensure the art is performed in a fun yet controlled environment and true to its origins. Why not get down to some of the events and give it a go yourself.

FRIDAY 3RD JULY

6:00pm Les Quennevais Sports Centre

Welcome ceremony "roda" and Capoeira workshop followed by a spar session with spectator viewing.

SATURDAY 4TH JULY

9am - 1pm Les Quennevais Sports Centre

Adult and child Workshops for beginners and advanced students

1-2pm Les Quennevais Sports Centre

Brazilian style lunch

2-5pm Les Quennevais Sports Centre

Brazilian dance and music workshops

from 7:30pm Rojos Roof Terrace **Brazilian Carnival**

SUNDAY 5TH JULY

10-11am Les Quennevais Sports Centre

Kids Capoeira workshops

11am-12pm Les Quennevais Sports Centre

Samba/Makulele (Brazilian dance)

12pm-1pm Les Quennevais Sports Centre

Capoeira grading ceremony

2.30pm Les Quennevais Sports Centre

BBQ and roda at the Watersplash



Mestre Val Boa Morte

The main invitee to the event is the Master of the Capoeira Group named Filhos da Bahia of which the Jersey Capoeira Association is an affiliate. He has been practicing the art of Capoeira for over 40 years, 20 of which he has spent teaching and performing in Melbourne Australia and at international events all over the world.

He is the Master for Jersey Capoeira Association founder Corrine Davey (Monitora Corujinha) and will be coming to oversee the event and grade the local students. Capoeira is a very sophisticated art with many codes of conduct and historic elements that are essential in ensuring it is practiced and taught in the right way.

For this reason Mestre Val's presence is an honour for the group in Jersey as it will be the first time he has visited and will offer some useful insights to the students and Corrine.

The JCA has put in a lot of effort to bring this unique experience to our shores an occasion everyone should enjoy - not one to be missed!



The Brazilian Festival will be held over the weekend of 3rd-5th July 2015 at Les Quennevais Sports Centre, Rojos Roof Terrace and the Watersplash. Jersey Capoeira Association jerseycapoeira@yahoo.co.uk 01534 789234 / 07700334601 www.facebook.com/jersey.capoeir

BECAUSE QUALITY MATTERS

gallery



the people in the know from Active Gyms to help you tone up for summer!

FOR THE GIRLS

Harry Zambon

Personal Trainer, Fort Regent

The perfectly shaped body

The king of all exercises is the squat. Provided you have correct technique, squatting helps you develop your thigh muscles, glutes, spinal muscles and is also one of the best exercises for your core! If you're a beginner, simply get your feet a little wider than shoulder-width apart, place your fingers on the back of your neck, squeeze your shoulder blades together and squat down to an absolute minimum of parallel to the knees. We're always happy to give you pointers, so don't hesitate to ask the staff for tips.

Kate Denny Mallen

Class Instructor, Fort Regent

AM'T (AM Training)

Girls love a weighted training class to tone, strengthen and sculpt the body. AM'T is perfect. This 45 minute early morning workout will tone and sculpt your body leaving you feeling strong, energised, and ready to face the day! (please come early if it's your first time!). Tuesday and Thursday mornings 06.45 - 07.30 at Fort Regent. AM'T is the one stop shop for a leaner, firmer you. You'll be addicted in no time at all!

£7.20 per class / FREE to Active members

Claudia Morena

Zumba Instructor, Springfield

Get movina!

Our Zumba class after work on a Monday (18:00 - 19:00) is the perfect way to get your blood pumping and start your working week on a good foot. If you can fit in three one hour classes of any sort you're fitness and appearance will improve dramatically. It's just making that initial commitment that will set you on a great path to fitness. Zumba is great for burning off loads of calories. There's also a class on Wednesdays (17:45-18.30)

£7.20 per class / FREE to Active members

FOR THE **MEN**

Jane Hall

Personal Trainer at Les Quennevais

Commit to a healthy lifestyle

PT sessions focus on getting the most out of your workout. Free weights and cable work are a superb way of toning the upper and lower body. Core muscle groups are engaged when performing these exercises, stabilising the body during performance while building strength. Commitment and a healthy lifestyle combined with an effective training plan is all you need to be well on your way to seeing great results!

Bilal Hammad

Thai Boxing Trainer, Fort Regent

Get a good level of all round fitness

If you want to learn self-defence and get fit at the same time you could start your journey with the Thai Boxing beginner's class, and begin using your fists, shins, elbows and knees to fight your way back to fitness and a lean body! It's easy to learn and a great full body workout. Sunday mornings at 10.00 at Fort Regent £6 per class.

Adrian Seymour

Class Instructor, Les Quennevais

Push yourself

To make that difference and see the results you're going to need to step out of your comfort zone. Circuits are the perfect way to push yourself and get a great full body workout. Our Tuesday 18:30 and Thursday 18:00 classes at Les Quennevais are social and good fun; but you'll get some great results as we push you to achieve your goals.

£7.20 per class / FREE to Active members

For more information about Active membership call 449888 or visit www.active.je

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Florida Pools and Spas are your local wellness provider. Visit their conveniently located showroom at Five Oaks, with parking right outside, where you can view the complete Genuine Jacuzzi range, saunas, steam rooms, swim spas and swimming pools in their newly refurbished showroom. Talk over all your wellness requirements with their friendly, knowledgeable team.

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Online: www.floridapools.co.uk



FANCY A NEW HOBBY?

Want to try your hand at something new in 2015 – then go and try the second fastest growing watersport today – Kiteboarding.

Windmadness are Jersey's only
Kiteboarding school, with IKO
(International Kiteboarding Organisation).
They have qualified instructors
with hundreds of teaching hours under
their belts. They will have you learning
all you need to know to pursue your new
kiteboarding career. From basic kite flying
lessons, Full kiteboarding courses, advance
tuition and refresher lessons, they can
cover everything!

They use state of the art radio helmets to maximise your learning experience and Jersey has great conditions to learn in.

TO FIND OUT MORE CONTACT:

Email: ben@windmadness.com Phone: 01534 522888

Online: www.windmadness.com





LOOKING FOR ADVENTURE?

Look no further than Jersey Adventures, the longest serving adventure activity provider in the Channel Islands.

For just £60.00pp their awesome foursome day of adventure is an action packed high adrenaline activity day including choices from abseiling or archery, blokarting or bushcraft, coasteering, kayaking or stand up paddle boarding (SUP). Designed for weekend adventurers their qualified staff and guides will leave you in awe of Jersey's stunning natural beauty with everlasting memories.

Fully insured and all specialist equipment provided. AdventureMark approved.

TO FIND OUT MORE CONTACT:

Email: john@jerseyadventures.com Tel: 07797727503

Online: www.jerseyadventures.com







A GREAT WAY TO GET FIT

Come and join in the fun and keep fit with the Windmadness stand up paddle boarding (SUP) fitness and yoga classes this summer. Their 60 minute classes cover the full range of fitness/ yoga class exercises that you'd get in a regular gym class environment – it's a full body workout! But here's the fun part, this is all done, whilst on a paddle board, soaking up the sun, fresh air and beautiful scenery that Jersey's coast line has to offer. Their instructors are passionate and qualified, along with advance personal trainers too.

Windmadness is a SUPfit accredited school and they also provide SUP tours tasters and lessons

TO FIND OUT MORE CONTACT:

Email: ben@windmadness.com Phone: 01534 522888

Online: www.windmadness.com



GET KITTED OUT

GonePaddling are Jersey's paddle sport specialists. Their experienced team have a great local knowledge so the fantastic big brand kayaks and wide range of SUPs that they sell are the ones which are best for local conditions be it surfing, racing, touring, relaxing or exploring.

They also stock all you will need to get out on the water whether you are a novice or experienced paddler. If you love life on the sea give Stuart a ring and head up to GonePaddling.

TO FIND OUT MORE CONTACT:

Email: shop@gonepaddling.com Tel: 07797728040





ACTIVE ESSENTIALS

Here are our picks of some brilliant products perfect for living an action packed active lifestyle. All Available from Laneez.



Robie changing robes £39.99 - £79.99

Avoid those awkward changing moments. Keep covered up, cosy and comfortable whilst you change. Original Robies in a range of colours or the Robie Pro Max - ultralight waterproof & wind proof, great for the outdoor elements.

Go Pro Hero 4 £110.00 - £409.99

The most advanced Go Pro's yet will capture all the action of your activities Great for all sports, water based or land. With stunning image quality and powerful new features.

Choose from Hero 4 black with incredible high resolution 4k30 or Hero 4 silver with high quality video and photo capture with the convenience of a built in touch display. Basic entry level Hero also available.







Xcel Men's Infiniti X2 comp 2mm wetsuit £160.00

A great wetsuit for all summer watersports, thin, flexible, quick dry lining, Vfoam, pressure bonded seams, ultra stretch neoprene & Fusion seam technology.



PT GUINEA PIG

With summer just around the corner I was fortunate enough to head down to the newly launched Rad Fitness, a fantastically positioned light and airy gym, stacked with all the equipment you need for a great work out and all with a cracking view, which would easily help keep you occupied whilst putting in your cardio time.

I wasn't just here to admire the view, I was here to have a 1:1 with one of the Rad Fitness personal trainers, Lucy O'Sullivan. Once I'd filled in the mandatory paperwork Lucy started off by asking me what I was hoping to achieve from my session and going forward, apparently looking like a supermodel by the end of our 30 minutes together wasn't totally achievable, but we'd certainly work on targeting the specific areas I wanted to focus on. In fact she totally tailored the session to my goals.

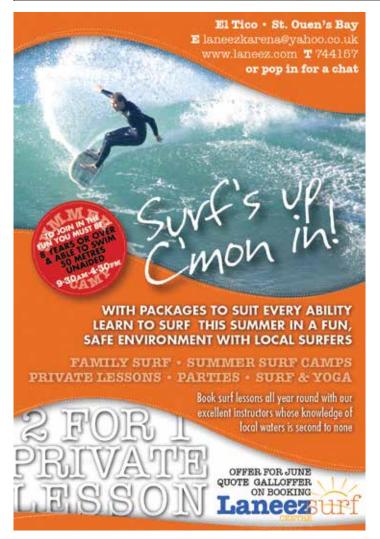
We began by taking my weights and measures, great to have these recorded so that we have a reference point and will be able to see how the sessions have made there mark over the coming weeks. Then it was on to the treadmil for quick warm up and this also gave Lucy the chance to do a biomechanical screening too. The session flew by, Lucy managed to fit so much in to a relatively short time and I was buzzing at the end of it. Not only did I learn something new we also spent time working on my lifting technique too and she certainly made the experience one I want to repeat on a more regular basis.



Because your body is as precious as your time.

For membership opportunities at our new club call 614800 or email info@healthhausexpress.co.uk







SPORT NEWS



WORDS by Glenda Rivoallan,

Founder and Director of the Healthhaus brand

We are delighted to announce the opening of our second Jersey Club with the launch of Healthhaus Express. Like Healthhaus, our express brand provides a boutique style private members club for the discerning, health-conscious individual. The main difference being our express brand is for people who appreciate service and support -values synonymous with our award-winning Healthhaus marque - yet still strive to achieve time-efficient and effective fitness solutions.

The average health club aims to attract people who already enjoy and participate in fitness activities. Healthhaus aspires to attract people who often need it the most, but for many reasons haven't yet engaged in fitness. The corporate community is one such market. These individuals often boast a work-life balance that becomes out of kilter at the expense of their own health, the key worry being a sedentary lifestyle. With this club, there's really no excuse not to join us for a lunch date, an evening class, or simply when taking a screen break.

The foundation of training at Healthhaus Express is the innovative and award winning Milon Circle. You only need to train twice every ten days for 35 minutes to achieve guaranteed results – all with the support of experienced staff – there to encourage, motivate and inspire you. However, it doesn't end there, if you are someone who enjoys variety; then a lunch time circuit class, evening running club (for all levels) or a 1-1 personal coaching session with one of the highly experienced personal coaches is certain to suffice.

The Healthhaus brand aims to educate clients in embracing the notion of lifelong health as opposed to short term fitness. With this in mind, we offer all Healthhaus members a complimentary nutrition course and access to our monthly lifestyle events. We work in partnership with our members to develop their ability to continue their journey with us, but at the same time, make healthy lifestyle choices independently. To ensure this happens, we offer a 360° approach to health. Members are fully supervised and entitled to 'after club hours' complimentary access to our NEW Healthhaus@home online portal – based on the four pillars of health – mind and body, fitness, nutrition and general support.

We endeavour to make each and every experience at Healthhaus Express personal, sociable and immensely enjoyable, which is why our staff are committed to a personal approach.

For more information call us on 614800.



THE BEST WAY TO GET ACTIVE? SET YOURSELF A CHALLENGE!

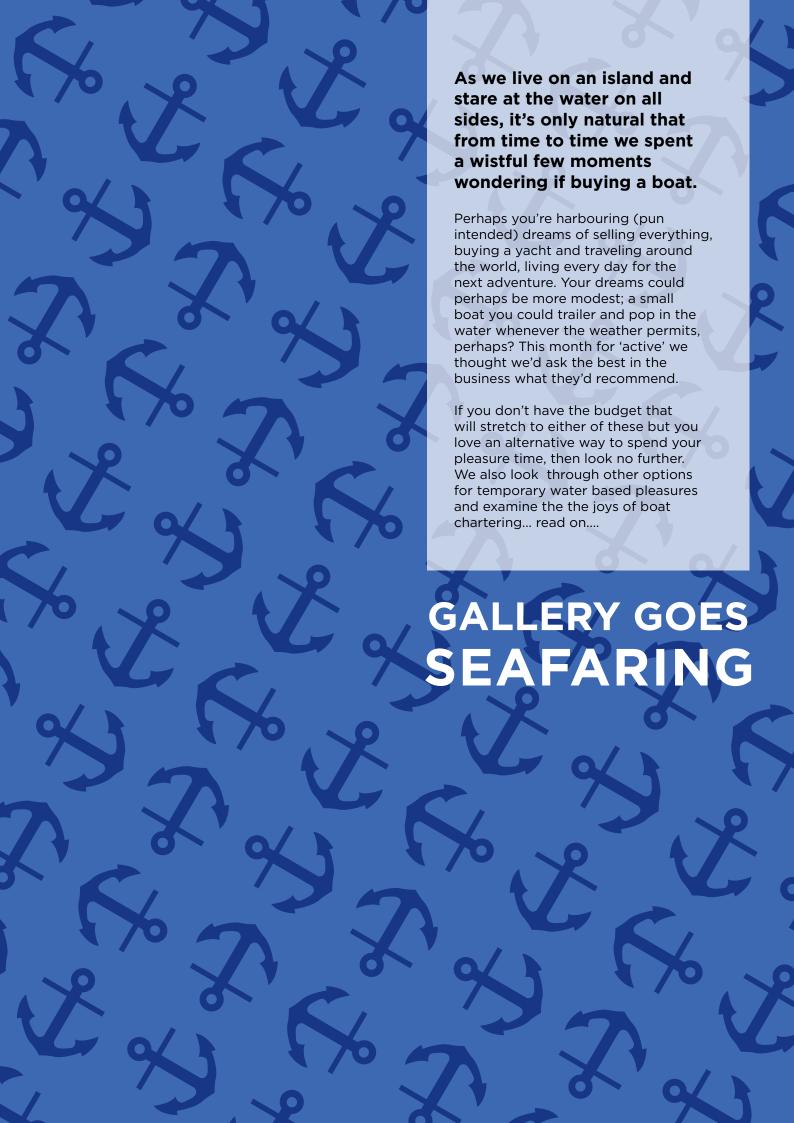
The Standard Chartered Jersey
Marathon takes place on October 4,
2015 and will be the 10th anniversary of
the event, so this will be a very special
race with many new and exciting
developments to ensure it's the largest
and most memorable event to date!

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.

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.

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



THE WATER BOYS

If you'd like to get out there in your own vessel, which do you chose? We spoke to the island's leading authorities on the subject and asked them which boat they'd choose for Jersey waters...

Nick Rice of Quay Boat Sales recommends the...
Princess V39
£262,700 ex tax

The Award winning Princess V39 is the ideal sized Sports Cruiser for CI waters coming in just under 13m and a beamy 3.81m. Thanks to the resin infused hull it gives much more headroom in the below decks accommodation, in particular the aft twin cabin as well as improved seakeeping, performance, economy and it also boast exceptional stowage. Thanks to a large sky light, hatches and port lights you benefit from maximum daylight to the spacious saloon which has a converting dinette for another double berth. From the helm position's twin seats you have panoramic vision through the large screen and windows and the retracting roof gives a large aperture when open. Powered by Volvo Penta D6-330hp stern drives with 38knots top speed. The boat comes with a joystick option to assist docking onto your berth, this also gives great confidence to novices. With prices starting from £262,700 ex tax it's a hard act to follow! In August 2014 Nick Rice and Miles Strong formed a business partnership with the sole purpose of bringing the Princess sub-dealership back home to the Channel Islands.

QUAY BOAT SALES, NEW NORTH QUAY, ST HELIER WWW.PRINCESSYACHTSCI.COM

Nick Wood of South Pier Marine recommends the....

Beneteau Antares 780 £39,995.00 INC GST

Beneteau, the French giant, has been building boats for 130 years, with over 100,000.00 boats built and sailing the seas around the world. Even in the past 12 years, local boat owners have seen the styles naturally move on in design. Today the most popular model range from Beneteau are the Antares outboard boat range. The Antares 780 outboard being the single most successful model in the Channel Islands, with over 15 boats sold during the past 3 years since its launch. Nick Wood one of the MD's of South Pier Marine explains why he believes it's the firm's best seller. 'With the euro exchange rate gradually moving back towards pre-recession highs, the French Beneteau Antares 780 is a perfect starter boat, it can take your family and friends out boating for the day, relax with a picnic, explore offshore reefs and she sleeps a family of 4 comfortably. She offers a small galley, with fridge and a sink. Her very social cockpit seating coverts in to a sun pad, or provides seating for 6/7 people. Her saloon with triple sliding doors creates a very secure environment on those choppy trips home, because you can choose the weather you leave in, but you can't always have the same on the way home, the Antares 780 provides this shelter and comfort. With a starting price at £39,995.00 INC GST with a Honda 150hp, she is a great starting point in to the new boat world, South Pier Marine usually holds stock of the Antares 780 through the course of the season South Pier Marine was established in 1926 and has represented Beneteau boats in Jersey for the past 12 years. Bob and Nick Wood at South Pier Marine have been selling boats for a combined 30 years & know a thing or two about local waters and which boat would best suit your needs.

SOUTH PIER MARINE, SOUTH PIER< ST HELIER WWW.SOUTHPIERMARINE.COM





Paul Caunce of PC Boat Sales Ltd recommends the...

Fairline Targa 38 £248,000.00 ex tax.

In particular the Fairline Targa 38 Open ticks all the boxes for the Channel Island waters. 2 x 300hp Volvo engines power this perfectly equipped motor cruiser. A large opening electric roof, the ability to dry out on your favourite anchorage spot, Portrait windows and high-low platform are just some of the features the Targa 38 Open provides. Flexible accommodation, great residual value and first class after sales service means that this boat provides the couple, family, or friends the ultimate luxury motor boat. The price for a Fairline Targa 38 Open start at £248,000.00 ex tax. PC Boat Sales believe that in the boating world life starts at 38, not 39 or 40. PC Boat Sales Ltd was established in 2012 and was set up to provide a professional buying and selling experience for luxury motor boats. Paul Caunce has represented the Fairline brand since 1999 and believes the product range, quality and service provided by Fairline and his company is market leading.

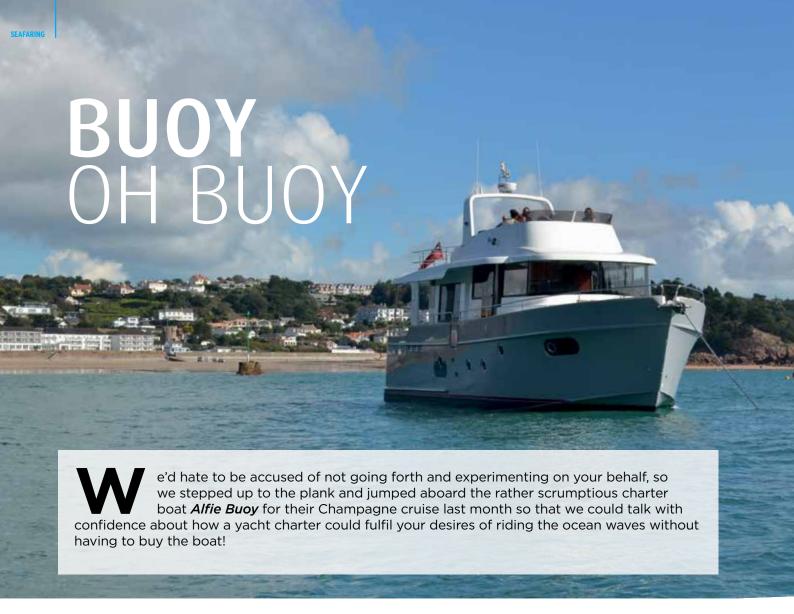
PC BOAT SALES, ST HELIER MARINA, NEW NORTH QUAY WWW.PCBOATSALES.COM

Simon Coward of Sunseeker Channel Islands recommends the...

Sunseeker San Remo 485 £575,000.00 ex tax.

It would have to be the Sunseeker San Remo 485. An IPS powered sports cruiser, the San Remo 485 is simple to navigate and control around the beautiful waters that surround the Channel Islands. The deserving winner of the 2014 'Best Sports cruiser over 45ft' category, the San Remo 485 reflects all that the Sunseeker brand is about. This Sunseeker sleeps 4 guests in 2 ensuite cabins; one full beam master cabin and one twin bow cabin (which can be converted into a double when required). The large saloon area is equipped with a fully-functioning galley and seating/dinette area with a 32' tv as standard. The huge exterior cockpit - covered by a retractable carbon fibre hard top roof - offers space to share a cocktail or two with friends on a Summers evening in a secluded bay. There is also ample space to take advantage of the sun's rays with a large sunbathing area on the bow and to the aft of the cockpit area. To complete this award winning boat there is a garage to the aft with the capacity to fit a Williams 325 tender – allowing you to drop anchor and access your favourite beach side restaurant! Sunseeker Channel Islands is the distributor for new and pre-owned owned Sunseeker yachts. Our friendly and experience team are on hand to provide expert yachting assistance.

SUNSEEKER CHANNEL ISLANDS
UNIT 10 LE CAPELAIN HOUSE, CASTLE QUAY
WWW.SUNSEEKERCHANNELISLANDS.COM



Despite May reminding us that April's high temperatures were an anomaly, the intrepid explorers we invited along didn't let the slightly grey sky stop them from fully embracing boat life. After our safety briefing from Captain Greg Mansell and introduction to the other crew on board (who are there for both our comfort and safety) we set off to maximise use of the boat in the safe haven and sheltered bay of St Brelade.

Before we'd pushed off from the quay in Elizabeth Marina the champagne corks were popping and we were seated on the spacious top deck, where we could admire the view and enjoy an incredibly smooth cruise across the bay, despite the slightly choppy seas. It's wonderful to be able to see our island from the water - you forget that there are parts of our 9 by 5 that you can't appreciate from the land based roads well travelled. Seeing the coast from the luxury of a craft like this is a unique experience.

Once we'd made it around to St Brelade and dropped anchor the real fun began. The sun came out, which upped the enjoyment level significantly. The activity options onboard and on water are endless on Alfie Buoy and the crew are incredibly patient

and accommodating. They spent their time teaching people to wakeboard, mono ski, paddle board and even pilot their rather rapid tender (a Williams Jet Rib) There was something for everyone, including those who just wanted to catch the rays and enjoy the vast array of drinks and snacks on offer.

The whole experience was catered to exactly what each and everyone on board wanted to do as one of our guests agreed:

spacious, which was really important with 12 of us onboard for a good few hours.'

The exceptional service even extended to a quick trip ashore to collect the previously ordered take away Pizza Express, I can't tell you how many times I've seen people doing this and been exceptional envious! Our guests were impressed: 'Sitting in the bay having pizza express delivered to your private yacht is insanely cool'.

'The staff looked fantastic and couldn't have tried harder to make sure we had an epic time. This was a totally bespoke modern service where you're guaranteed to have a brilliant one of a kind experience.'

'The staff looked fantastic and couldn't have tried harder to make sure we had an epic time. This was a totally bespoke modern service where you're guaranteed to have a brilliant one of a kind experience.'

There was no pressure to be involved in the activities available, you could instead just enjoy the seamless stream of refreshments which were supplied, you really did feel like you were just spending the afternoon kicking back on your friends 50ft motor yacht: 'The boat was stunning and really

Did the trip do anything to quell the desire to purchase a boat and run away and sail around the world? No, but it did make the reality feel a little more possible, even if it was just for the four hours we were onboard. For an accessible cost you can get the sort of memories you'd otherwise only dream of. When asked what he thought of the afternoon it was clear it had made an impression on one guest: "I generally felt like a total pimp, but I'm sure that's already been mentioned?"

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WHAT CAN YOU DO?

Considering that you can be at sea with 13 and have 30 aboard when under anchor, it works out at a very reasonable rate.

We sampled the delights of the

SUNSET/CHAMPAGNE CRUISE

which lasts 3-5 hours. That gave us enough time to experience the boat and enjoy all the toys although next time we'd consider a full day! Here are a few of the array of alternative ways to enjoy your time on Alfie Buoy:

PARTY DAYS

Have Alfie Buoy take 14 of your friends to your favourite spot in or around jersey, where you can drop anchor and you can then invite another 13 guests onboard. You can all party the day away making the most of what Alfie Buoy has to offer. Enjoy their Jet Rib, paddle boards or go wake boarding, skiing, knee boarding or have fun on the ringo! Whilst enjoying the amazing array of drinks and food on offer.

(4-9hours)

DAYS OUT

The crew can take up to 13 guests your party all around the Channel Islands in luxury and comfort. Traveling with a personal chef, beauty therapist or your own yoga instructor. You will be looked after by three professional crew taking care of all your needs. The boat always travels with up to eight paddle boards/ surf boards (4-9hours).

WEEKENDS AWAY.

Enjoy an overnight stay on the boat in a marina on the coast of France after enjoying the local culture. Alfie Buoy can sleep 6-9 guests onboard. You can book this trip for anywhere between one and three days.

EXPLORE FURTHER.

Why not plan your personal cruise with the captain going where you normally can't go. Cruise around the Channel Islands or down the coast of France exploring quiet ports and marinas off the beaten track. This kind of trip can be booked for three to ten days, although I'm sure you could book for more if you ask nicely!

WHAT IT COSTS

SUNSET AND CHAMPAGNE CRUISES FROM £1,300 HALF DAY CHARTER FROM £1,500 FULL DAY AND NIGHT CHARTER £2,500

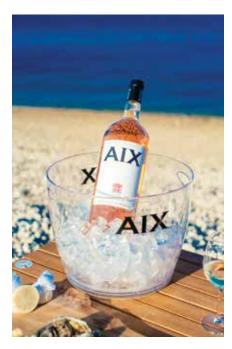
FOOD AND DRINKS PACKAGES CAN BE ARRANGED TO REQUIREMENTS

TO LEARN MORE OR TALK ABOUT YOUR NAUTICAL DESIRES VISIT THE WEBSITE WWW.ALFIEBUOY.COM OR CALL +44 (0)7797 742311





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Ten of us set off from St Catherine's Pier at 17:30 on the brand new Jersey Seafaris Falcon Rib and jetted across the calm sea towards Les Écréhous, only five minutes into our trip we were treated to our first, of what was to be many, incredible moments, as a pod of dolphins joined us and escorted us for the rest of the 15 minute journey, leaping about the bow of the boat - it couldn't have been a better start and we happily all filled our phones with posing porpoise.

The trip was already getting full marks as we got to the islands and were shown some more animal antics with sunbathing seals and cormorants drying their huge wings on nearby rocks. We all took turns with the binoculars as the Jersey Seafaris crew showed us where to look and knowledgeably talked about our new surroundings.

We were only 20 minutes off Jersey but the sea air had worked its magic and it felt as if we were a million miles away. The beauty of Les Écréhous added to the whole sense of being utterly spoilt; you're surrounded by picture perfect huts and turquoise sea; the place has a unique stillness that almost demands you relax.

After landing we made our way to the shingle beach, surrounded on two sides by the sea, where an expert from Love Wine held a one-of-a-kind wine tasting; talking us through five different delicious wines. It was not only fascinating but very entertaining and made a great conversation point to get everyone chatting.

As the sun was setting we moved location to get the best view, the team from Sumas had set up a show stopping spread. It was a luxury picnic to beat all others, with oysters, lobster, crab, hearty potato salads, light leafy greens in an amazing dressing and freshly baked bread. We delightedly devoured it and everyone continued to enjoy the drink and soak in the atmosphere.

Then for the piéce de résistance we were treated to a mouthwatering baked cheesecake. Three hours after starting out, full and very happy, we made our way back to St Catherine's under a bright pink and orange sky.

If you're a foodie you will love this trip. If you enjoy wine, you'll love this trip. And if you're up for a once in a lifetime experience that is right here on our doorstep, then, yes, you will absolutely love this trip.

Ideal for client entertainment, corporate events or special occasions. This trip can also go to The Minquiers or perhaps your own secluded sand bank if you'd prefer?

For the more adventurous you can head swimming, exploring and paddleboarding - the trip will be tailored especially for you. It's also possible to have it as a lunch trip and depending on tides, you could alternatively finish in Gorey or town to carry on the evening.

For an approximately 3hr trip for 10 people with wine tasting by Love Wine and food by Sumas; prices from £1,400.

For more information Call Jersey Seafaris on 07829772222 or email info@jerseyseafaris.com

BECAUSE QUALITY MATTERS gallery

Just as we thought it couldn't get any better with two trips out to sea lined up for our active issue we got a call from Geoff Spencer Tucker at Jersey Seasports Centre. He had a man booked for a jetski adventure at the last minute and asked if we fancied joining him. Of course we did...

JETSKI SAFARI!



've never been much of a motorbike rider. I toyed with a scooter for the summer but never made the leap to 'serious' motorbikes. But there was a great freedom to jumping astride the saddle of a little Yamaha and twisting that handlebar and zoooom.

The immediate feedback of pulling away at the twist of the wrist used to give me a feeling of wellbeing. I'm sure colleagues who have frightened the public with the exhausts of their KTMs would scoff, but there will always be satisfaction on a simple twist and to launch you forward. If you add water to that process...now you're talking.

Jetskiing, with its speed and ability to go pretty fast, jump waves and spin in circles is all the more liberating and enjoyable. It's also mighty accessible with jetski trips available in St Aubin's Bay from just £28. You can blast out around a marked out course in the bay, get rid of your cobwebs and it can almost even be justified as exercise. Kind of.

Gallery used to be based at Beaumont and every summer we'd take the opportunity to use that location to our advantage and go and rent some jetskis on a sunny day and add a bit of flavour to the afternoon.

A quick blast is great but if you'd like to take it to the next level, you can also take a longer trip out with the Seasport Centre. When the tides and times are right, Cap'n Geoff will take you on a JetSki Sarari. Instead of being confined to the circuit you'll head out of the bay and all the way around to Corbiere, stopping off in St Brelade and other bays en route.

At the safety briefing it's clear that safety is a priority and you'll be educated on safe use of the ski, what to do in an emergency and how to respect other people on the trip. When you're out on the water, however, it's just you and your ski and you feel like a veritable pirate. As long as you're a safe distance from your fellow safari trippers you'll be chasing Geoff's wake as he leads you out to view the island from astride your two stroke beast.

A thoroughly enjoyable experience, the jetski adventure will cost you £90 (solo) or £140 (with a passenger) and lasts an hour and a quarter. See more at

WWW.JERSEYSESPORTS.COM



OTHER OPTIONS!

FOR DIVERS

DIVE JERSEY

Dive Jersey is the only company in the Channel Islands to offer year round dive tuition and boat charter on our purpose built R.I.B. They run regular trips to all of the local wrecks and reefs and can offer guided dives to both individuals and groups. Booking essential. (Dive Jersey is a PADI Five Star Instructor Development centre.)

WWW.DIVEJERSEY.CO.UK

FOR BIG GROUPS

SOUTH COAST CRUISES

Step aboard the "SOUTHERN BAY ROSE" a 50ft catamaran and enjoy a nonstop cruise for around 2½ hours along 15 miles of the beautiful south coast of Jersey. Relax & enjoy sights many have not seen. They're also the home to the traditional booze cruise!

WWW.JERSEYCRUISES.COM

FOR SAILERS

JERSEY YACHT CHARTER - GO-SAIL

Full & Half Day Luxury Sailing & Motorboat Trips, Fun Races and Extended Cruises, in and around the Channel Islands & France. Suitable for Adults & Children of all ages. No boating experience necessary, just the spirit for adventure.

WWW.JERSEYYACHTCHARTER.CO.UK

FOR PLAYBOYS

MOJO JERSEY YACHT CHARTERS

Mojo is an awesome 49ft Sunseeker Portofino motor yacht with the capacity to hold up to eight guests with two crew for a memorable day on the water. This luxury private hire vessel can be used to explore nearby beauty spots with the flexibility of your own skipper and crew, the itinerary is your choice. Mojo can also be used for special events.

WWW.MOJOJERSEY.COM

FOR FISHERMEN

TARKA SEA TRIPS

An exhilarating, fun and informative day of fishing with David Nuth. Timing for charters vary according to your needs. Available year round. No age restrictions.

WWW.TARKASEATRIPS.COM

FOR ALL

WETWHEELS JERSEY

Wetwheels is a new catamaran that will allow disabled people in Jersey to experience the sheer thrill of being at sea whilst being on a safe and reliable vessel that can be used for fishing trips, exploring the coast or learning how to pilot the craft. She will bring pleasure to many thousands of wheelchair users and other disabled children and adults.

WWW.WETWHEELS.JE





WORDS Russ Atkinson

Air-cooled Volkswagens are a bit like Marmite. By this, of course, I mean you can usually find a small amount of gloopy black liquid pooling somewhere underneath them, but they have earned themselves a cult status that manages to divide opinion. There's no doubting that each step in their evolution has left behind an iconic design, it's just that some people are content to play that off against the almost undeniable fact that, being old, they're pretty crap to drive.

I fall into the latter category. In fact, I'm often shocked that anybody tolerates them at all each time I get behind the wheel of any air-cooled or early water-cooled T25 Volkswagen van as the dread of the experience that lies ahead of me moves to the forefront of my mind and my blood runs cold. Don't get me wrong, I actually really quite like a challenge and have had both the pleasure and displeasure of driving some brilliantly terrible bikes, cars and trucks but for all of their unmistakable charm I can't help but feel a dose of frustration when I see one rather than just being able to appreciate them entirely.

If you've ever travelled to Glastonbury by car (if you were on a bus no doubt the alcohol flowing will have made you

completely oblivious to anything outside of those vast windows) you'll have experienced the hideous tailbacks that are symptomatic of trying to park 100,000 cars in a field, but have you ever managed to get 30 miles clear of Pilton on the Monday morning following the festival and found yourself in a painfully slow traffic queue to rival the journey there from a few days earlier? Of course you have, and it is invariably because somewhere, most likely out of range of sight, there is somebody in a Type 1 Camper attempting to pass another Type 1 Camper up a mere 3% gradient hill. You can use the traffic as a cover on the way in, but even once all of the beer has been consumed and the van weighs significantly less there's nowhere to hide on the open road. It's just you, your

AA card, a lot of patience and a queue of frustrated motorists in your fiercely vibrating rear view mirror.

Steering play to rival the sloppiest of Series Land Rovers or any Mercedes truck built before 1990, gear linkages that offer less chance of selecting the correct gear (or often any gear at all for that matter) than bagging the Euromillions jackpot this coming Friday, a lack of power that is stunningly laughable and those unmistakable looks. Elegantly curved and well proportioned or boxy, slab-sided workhorses, they do look the part and that overriding appreciation must be what does it for those enthusiasts enthusiastic enough to tinker with and drive them.

gallery JERSEY'S STYLE MAGAZINE



R THE SUMMER

Step into the second generation of water-cooled Transporters, the T4, though and now we're within the realms of reliable workhorses, famously seen up and down the highways and byways of Great Britain in a combination of bright yellow and dark green ready to come to the aid of any ailing Type 1 or 2 Volkswagen at a moment's notice driven by friendly AA men for hundreds of thousands of miles, a testament to German reliability.

Fast forward to today and, especially in Jersey, the sheer volume of T5 vans and camper conversions is staggering. From humble work vans (two of which are parked in the garage here at Gallery HQ) to DIY converted surf-wagons and day vans, converted pop-top campers and top of the range, fully kitted out Volkswagen California factory campers, it seems we just can't get enough of these versatile vans over here right now.

Why, you ask? Surely a combination of their ease of driving, offering car-like handling along with the driving position of an SUV, their staggeringly good fuel economy, pleasant looks and availability of an abundance of factory and aftermarket extras to suit a range of tastes. Maybe the Volkswagen mentality of old translates into modern day Transporter ownership; no rush, no worries. Could that be the perfect recipe? Same easy attitude, newfound performance. What are you waiting for? Saddle up and set off on your own adventure today*.

*Subject to ferry timetables and availability.

6 Steering play to rival the sloppiest of Series Land Rovers or any Mercedes truck built before 1990, gear linkages that offer less chance of selecting the correct gear (or often any gear at all for that matter) than bagging the Euromillions jackpot this coming Friday, a lack of power that is stunningly laughable and those unmistakable looks 9 9

Or could it be our willingness as a nation to travel? Even if the farthest you travel is to St Ouen's bay for a surf or a picnic with the family or friends you can always dream of exploring more exotic destinations. One day. Maybe. Owning one of these vans could just be the key to that dream. Plus you can pop down to the supermarket and there's plenty of space in there for the weekly shop - just next to the cupboard stuffed full of sandy towels, flip-flops and that snorkel that you haven't managed to get around to using yet.

BECAUSE QUALITY MATTERS gallery | 153

#Reasons2iQ

WE'LL GIVE YOU A REASON TO CELEBRATE...

By now you will have heard of Reasons Festival - the new electronic music and art kid on the local festival block - set to explode creativity all over the the Millbrook Park airwaves come Saturday 11th July. If you haven't, brace yourself.

It's no surprise that many Apple and Beats products can be found at the heart of contemporary arts & music production, so as official partners of Reasons Festival 2015, iQ (who happen to be the Channel Islands' only Apple and Beats Premium Resellers) are gearing up to celebrate technology & creativity by offering Islanders a whole host of reasons to celebrate...

As well as a few cheeky exclusives for its lovely loyal customers, iQ has a calendar of creative workshops, competitions and special offers in the pipe-line - but you must stay tuned.

www.iqjersey.com/Reasons2iQ











Beats Studio Over-Ear & Wireless Over-Ear Headphones £220-275 inc GST

Completely redesigned, the Beats Studio over-ear headphones are even lighter, stronger, more comfortable and more precise than the original world-famous design. They deliver powerful, re-engineered sound alone with Adaptive Noise Cancelling, a 20-hour rechargeable battery and remote talk controls.

With the Beats by Dr. Dre Studio Wireless over-ear headphones the music on your iPhone, iPad, or iPod can truly roam free. The Bluetooth stays connected up to 30 feet away so you easily move about and keep the music going. Take calls, skip songs, and change the volume right from the headphone.



gallery JERSEY'S STYLE MAGAZINE



BECAUSE QUALITY MATTERS gallery | 15

#Reasons2iQ

INSTAGRAM COMPETITION THIS JUNE @iQJersev

WIN iQxReasons Prize Bundle!

2 x Reasons Festival Tickets, iPhone 6, Solo2 Beats Headphones, Ltd Edition Reasons T-shirt, Artist memorabilia

How to enter? Firstly - follow @iqJersey on Instagram:

LIGHTS: Take & edit a photo or video of two things that make the perfect partnership - be as creative as you like, be it Chips & Cheese, Gin & Tonic, Happy Couples... that kind of stuff.

CAMERA: Upload to Instagram using the Hashtag #Reasons2iQ + TAG @iQJersey and @ReasonsUK

ACTION: Vote for your favourite entries by 'liking' on Instagram or voting on the iQ Facebook Page.

Who wins? The entry with the most votes as of 12pm on Tuesday 30th June wins a complimentary Reasons Festival ticket. The Ultimate Prize Bundle winner will be chosen by iQ & Reasons team and announced on the iQ social channels.

PLUS your entries will be shown on the BIG SCREEN on the day at Reasons Festival!





Visit the iQ Cocktail Bar

Come 11th July, you need to make sure you find your way to the official iQ cocktail bar for some exclusively non-exclusive iQ cocktails and musical merriment, created by the iQ staff especially for Reasons Festival. We predict this little hub will be quite the haunt you want to find yourself in...

REASONS LINE-UP SO FAR:

The Electronica Stage is dedicated to a spectrum of artists who have either been pivotal in the electronic scene over the years, as well as those who are in throes of carving out cutting edge, innovative nooks for themselves in the scene today.

The Roots Stage is a celebration of those acts who have combined traditional roots vibes alongside electronic production

"We knew that we wanted to support Reasons from the off. The whole vibe and ethos of this new local festival sits perfectly with iQ and our customers; it's all about enabling people to use and enjoy technology to get better connected and creative in day-to-day life. We're really looking forward to bringing this partnership to life and have a host of special offers, boutique events and surprises in the pipe-line. This promises to be a brilliant event and we're proud to be part of it. Bring it on!"

Tim Evans, Director of iQ

elements with sounds fused from, and including, Funk, Hop Hop, Trip Hop and London street sound systems.

The Blkout Stage is a proud collaboration with Jersey's already established Blkout Festival, also celebrating electronic heritage & contemporary production and influences, though with a more 'Urban' leaning. Expect Drum & Bass, Garage and more urban,

sonic surprises on the day. Also expect live elements & hosting duties for the day courtesy of MC Wildee.

The Hospitality Stage offers a wide spectrum of house, techno, tech house, new disco, world, experimental, live electronic performances and spoken word, with these special shows available exclusively to Hospitality ticket holders.

Electronica Stage

Simian Mobile Disco (DJ set) Josh Wink Secondcity Josh Butler Maribou State (DJ set) Jägerverb Space Dimension Controller Tessellate Jobiwan

Roots Stage

Bizarre Ride II - the Pharcyde Jazzie B OBE (Soul II Soul) The Mouse Outift ft Dr Syntax, Sparkz & Thruthos Mufasa Norman Jay MBE Daddy G (Massive Attack) DJ Woody - Hip Hop is 40 Live AV show DJ Shepdog Mo'Matic Danny Booth + More TBC

Blkout Stage

Wilkinson & MC Ad-apt MJ Cole TCTS Logistics Mella Dee Jon1st 99 Souls Mosteph Tharindu Terminal State Spim

Hosted by MC Wildee

Hospitality (Hospitality ticket required)

Horse Meat Disco Justin Robertson (Balearic Set) Aim ft Mikey D.O.N Avalon Emerson Caged Baby Live Raymond Antrobus Just Muz Pete De Momme Carrie Cooper

gallery JERSEY'S STYLE MAGAZINE

PHONE HOME

Are you an alpha male/female?

Jersey's own superstar DJ - and Airtel-Vodafone Brand Ambassador - Hannah Jacques reviews the Samsung Galaxy Alpha

The Samsung Galaxy Alpha's name alone exudes confidence and presence in a market of brilliant handsets of late. The Alpha is a completely new design direction for Samsung and although it's not a flagship device like the recently launched Samsung Galaxy S6, it looks and feels like one of the front runners thanks to the premium look, metal frame and sleek, chic body.

A balanced and easy to use premium phone, this handset fits into the hand very snugly. The design is attractive with a super thin body. The 4.7 inch screen is slightly smaller than the recently launched iPhone and Samsung S6 but it feels just right - offering a clear view of HD video, games and web browsing. The display resolution is 720p and while lower than the newer Samsung's, for its screen size the 720p is perfect and sharp. Thanks to the Super AMOLED technology, colours are bright and striking. Great features include, the finger scanner and fitness apps such as the heart rate monitor and pedometer - great for today's growing number of health and fitness fans.

The camera is 12MP taking excellent snaps with the beauty face extra (for smoothing off those wrinkles and spots). It takes 4K video too. The handset runs on Android 4.4.4 KitKat but newer handsets are due to be updated to the Android 5.0 Lollipop I'm told. Battery performance is standard and you also get the benefits of ultra-power saving mode. Offering 32GB of internal storage is more than enough for most. This handset stands out with its beauty, charm and elegance. Its compact size makes it comfortable and easy to use and it boasts good performance and plenty of power.

Price for handset only £468. Price on Pay Monthly contract with Airtel-Vodafone, from £25.90

Great Style, Great Specs, Great Phone

Break free of the smartphone's style straitjacket by reaching for LG's fantastic new G4. Offered in a range of leather, metallic or ceramic styles, the G4's looks immediately set it apart from the crowd.

Importantly, the G4's beauty runs more than skin deep and offers a superb screen and camera combination that will inspire you to make the most of the handset's multimedia capabilities.

By giving you Ultra HD video, a 16 MP main camera and 8 MP front camera with incredible low light capabilities, the G4 lets you capture the incredible movement and colours of your world, which are then stunningly displayed on the 5.5 inch IPS Quantum Display.

Of course, you're not just looking for camera quality when choosing a phone and with the G4, you get much more than pretty pictures. By running the popular Android Lollipop operating system on a 1.8GHz 64-bit Hexa-Core processor, LG have ensured that you have the power and capabilities to run both your professional and social lives from this fantastic phone.

The LG G4 is available now! Please visit the Sure store to check out the latest offers on our new plans and great data options.



smartphone battery life • Dim the screen brightness - the display consumes battery life.

How to... boost your

TOP TIP FROM AIRTEL-VODAFONE

- Keep the screen timeout/auto-lock short - set it at the minimum, this controls how long your screen stays
- lit after an action a tap/touch. • Turn off Bluetooth when you are not using it.
- Turn off Wi-Fi when you are not using it or are out and about.
- Go easy on location services and GPS
- Don't leave apps running, this also reduces your power consumption. In Android tap multi-tasking button and swipe apps to close. In iOS, double tap the Home button to get multitasking screen then swipe up to close.
- Turn vibrate off, this uses much more power.
- Turn off non-essential notifications: change email settings to fetch mail every so often instead of constantly.
- Use power-saving modes.
- It's worth rebooting your phone from time to time to cure otherwise inexplicable battery draining problems.

LG Leon

Say hello to the all new LG Leon, sporting a comfortable 4.5" display with bright vibrant colours.

The super slick curved back gives the Leon a premium feel, plus with built-in 4G connectivity you can take advantage of faster more reliable mobile data on the go with NEW superfast 4G from JT.

With a 1.2GHz quad-core processor this makes for a great Smartphone to surf the web, stay in the know on Facebook and Tweet to your hearts content.

The LG Leon sports a 5MP camera along with their fun new gesture shot feature, simply activate the phones camera by closing your fist to trigger the timer making for some great group selfies!

Whether it's a holiday in the Bahamas or just a few snaps down the coast of the Island, catch the comfort with the LG Leon..





Active Gadgets words Taylor Jones

June. A month for sea, sand and sun, whether you're staying on island or jetting off to sunnier climes. The beaches are overcrowded, town is nothing but an amalgamation of body odour, awkward shoulder barging and overworked air conditioners, and to top it all off, summer holiday weight has hit you like a flaming tyre from a road accident (this is a generalisation/inspirational opening, please don't assume I'm calling you fat).

I know it seems like it happened a long time ago, in a galaxy far, far away, but try to remember January 1st. Christmas and New Year celebrations are but a blur as you stumble home from whichever party/event you were at until the early hours. You've drunk half your weight in heavily sugared, heavily sweetened and imaginatively named drinks, and you're feeling lethargic at best, if not hungover already. You catch sight of yourself in a mirror whilst finishing the last

of the turkey that can safely be salvaged from the depths of the fridge, and only one thought comes to mind; tomorrow I join the gym.

Pardon the conceit, but it's necessary to convey how little these empty promises mean. Flash forward to the present day. Somehow, miraculously, a small number of pounds have dropped off you since the bleak mid-winter (thanks evolution), but stepping outside into the heat and seeing every other

gym-slave walking around without any respectable form of clothing on still forces a harsh reminder on us all that very rarely occurs. We should have listened to our drunk selves. Fear that you've left it too late for that perfect summer body has probably been and past, however, if you are now living in a warped state of simultaneous acceptance and denial, it's not too late. As always, gadgets and technology can, quite literally, zap that belly fat right off.

WITHINGS SMART BODY ANALYSER

An important part of losing weight is being able to track your progress with the utmost precision. More to the point, it's vital to be able to, at first, shame yourself into losing weight when you tip the scales at 90kg, and secondly to be able to brag on social media about your incredibly incremental progress. Because at the end of the day, if everyone you know online can't appreciate you losing five pounds, who can? What is difficult for the uninitiated is finding the time of day to get on the scales, manually take down your weight, and find a way to positively spin the fact that you've actually gained weight in the past week. But we are initiated, aren't we reader? Welcome to the weight loss game, the Withings Smart Body Analyser. Now, with this highly-tuned scale, you can link your progress directly to your smartphone so that you can easily track all the things that it just takes too long to work out with a pen and pencil, like BMI, body fat index and percentage weight loss. But

these scales aren't just limited to checking your weight. If you're committed to getting active for the summer, or if you're just looking for a way to prove to the world that carbs and carbon dioxide are the enemy, this scale is perfect. Whilst you're being weighed, the scale will take your pulse, as well as providing an air quality screening and giving you a daily weather forecast. That's right, this little machine can actually give you a readout of the air condition in your bedroom, letting you know when there is too much carbon dioxide inside or if it's too hot or cold. After much review, however, I'm yet to find a reason why this is helpful.

As with pretty much everything I review in these pages, your best bet of getting hold of the Withings Smart Body Analyser is from an online store. You can find them from between £110-120, which begs the question, is it really worth knowing what your weight is with one of these if you subsequently can't afford a gym membership?







FINIS NEPTUNE

We're all told that swimming is one of the, if not the, best method for weight loss. It incorporates almost every muscle, tires you out as much as a good run and, above all, is a damned fun way to get active. However, the sport flaunts a couple of quite big flaws. Firstly, for those who may be trying to lose weight to deal with their self-consciousness, swimming's necessity to be barely clothed provides an early hurdle. There are few things more daunting than watching someone that, judging by their physique, swims the channel to get to work each morning exit the pool, only for you to proudly lower your belly into the water sometime between your feet and your knees. Unless you're willing to wear a wetsuit to Les Quennevais, which may lead to more negative consequences

than positives, there's no escaping the need to show some skin. However, this is not the dilemma that the Finis Neptune corrects. This little device deals with what I personally believe is a much bigger issue. The need for music when you're exercising. It's fact that you can't swim without liquid, that liquid usually being water. Unfortunately it is also fact that electronics, such as your iPod, don't necessarily agree with water. So, instead of forking out ridiculous money to waterproof your device and the earphones, why not fork out an even more ridiculous amount of money to buy a whole new device? Yes, that was sarcasm, but in all seriousness there are advantages to the Finis Neptune, although they are mostly superficial. The best feature of the Neptune is the way it makes the sound audible underwater. Rather than going

with the traditional ear bud system, Finis have opted to use a revolutionary Bone Conduction system. That's right, rather than having the music being pumped into your ear, this gadget plays music through your cheekbones into your inner ear! I'm not even going to pretend to understand how that works, but if that's not the most Batman thing you've ever heard you're living a far more exciting life than I.

Unfortunately, for Batman level technology, you pay the price of: 1) looking about as much of a tool as Adam West in the 60s series, and 2) \$160 (£102). Not cheap, granted, and also a whole lot of hassle in setting up a new device, but vibrating cheekbones? Maybe worth it



SENSORIA FITNESS SOCKS

I solemnly swear that this is the only time I will ever subject you, the reader, to a section on socks. Now I know that is not an encouraging opening line, and I don't blame you at all if you want to skip this review, but I implore you to read on and learn, as I have, of the wonder of the Sensoria Fitness Socks. Honestly, I never knew that gadget heads around the world even wore socks in their dungeon labs, let alone paid attention to them, but here we see the coupling of modern technology with possibly the must mundane piece of clothing in an outfit producing a product that could change the way we perform one of the most base and instinctive tasks that man can. Running. These socks pair with your smartphone to provide you with real-time updates on your running technique, your pace and even your risk of injury. By assessing the way your feet land on the floor, the Fitness Socks can warn you where you are most likely to develop an injury, and suggest changes so that you can avoid this risk. It's not quite batman cheekbone vibration, but for a pair of socks, even connecting to another device is progress.

Sounds like there's no downside to these little bundles of wool? Of course there is! Whilst a pair of socks in Primark can cost me roughly £1, for the pleasure of owning these little foot-warmers you'll be paying \$200 (when ordered directly from the Sensoria site). So, it's a question of whether you'd rather store 200 pairs of gym socks, or one pair that will inevitably get holy, as all do, after the first use.





TAKING THE WORLD BY STORM

GALLERY MEETS TALLIA STORM as she moves to Jersey and adds a bit of girl power to Sure's Big Gig in the Park!

Three years ago, the media was abuzz with the story of the 13 year old girl, who managed to get the attention of one of the world's most renowned musicians, Sir Elton John. Three years later, she is rocking red carpets with more fashion statements than Lady Gaga and as much light bulb action as the Beckhams. She writes for The Huffington Post Teen, performs all over the world and is the current face of Paul Frank and ambassador for Chupa Chups Airheads Sweets – aside from that, you can find her jamming with Nile Rodgers and smashing up social media with her amazing new EP.

Ok, Tallia, after managing to hand your demo to David Furnish, what was it like to get a call back from Elton John... Did you expect it?

No not at all. I do believe however, that in order to get something out of life we need to be risk takers, but 'prepared' risk takers - there's a difference between that and a chancer, I would say. I carry my demo and music with me everywhere. If I didn't have that CD on me that particular day it wouldn't have happened. When Sir Elton did call though I have to say he was so down to earth, so inquisitive and genuinely excited, which was surreal in itself. To this day I look back at the concert pictures and think - did that really happen?

Tell us how you've established your own unique style in music and which direction you are headed in, with your new release, 'Social Security'?

Well my roots have always been jazz. My writing partner and mentor is my father who is an incredibly talented musician. He would be playing Coltrane and Dizzy Gillespie on the school runs for us since we were little kids. I would sing Dinah Washington, Ella Fitzgerald, and the great jazz legends then I became influenced by Motown, R&B. I would say my musical style is Amy Winehouse meets Frank Ocean. I love what Frank Ocean, Kendrick Lemar,

John Legend and all these guys are doing. So its safe to say my musical style is ubran with a Tallia twist. 'Social Security' has a garage vibe to it and the other three tracks on the EP have a distinctive R&B feel. There are a few ballads too.

You certainly have a flair for style and fashion – where does this creative streak come from?

My grandmother and my mum for sure. My grandmother, Big Tessa as we called her, despite her petit frame was the most stylish women on the planet. Always glamorous and never without lipstick. My mum works in the fashion industry so she has taught us well I think. Particularly, my sister who styles me. It's really about how you put the look together, not about how much it costs. I love to wear the clothes from up and coming designers and I'm also a brand ambassador for California brand Paul Frank, which is incredible.

So, you recently moved to Jersey from Scotland – have you had much chance to get acquainted with the island?

My family just fell in love with Jersey. We had a difficult two years in Scotland. My nanny passed away which really took its toll on my mum and of course my papa. We moved in with my grandfather and he then got cancer. As lovely as Scotland is, it just

wasn't the same place for my mum and one day she was on a business trip to Jersey with my dad and they literally fell in love with it, came home and said 'we've found our new home'.

How do you feel about supporting Union J and The Vamps at Sure's Big Gig in the Park?

I can't tell you how excited I am about this event. The set up looks insane and I hear the atmosphere in the park is electric. I know some of the boys from Union J so that will be cool to catch up with them and hopefully I can show them around MY new home - Jersey!

If you could play alongside anyone, who would it be?

Well I have jammed on stage alongside Nile Rodgers and that was a 'pinch me' moment. I would love to do a duet with Frank Ocean - his last album was one of my favourite albums of all time, that'd work for me!

What have been your favourite gigs so far?

Well it's hard to beat a football stadium in Scotland playing to 17,000 people with Sir Elton John, but I also sang at the Teen Choice Awards in Los Angeles and I have done several gigs for Eva Longoria's Global Gift Gala. Last October she flew me out to sing at 'White Dubai', which was insane.

TUNE IN TO TALLIA STORM'S BRAND NEW EP, SOCIAL SECURITY... Find her on social media and of course, don't miss her at Sure's Big Gig in the Park on Sunday 5th July! www.biggigjersey.com

160 | gallery JERSEY'S STYLE MAGAZINE

JUNE MUSIC & NIGHTLIFE:

WHAT'S ON...



EVERY SATURDAY NIGHT RETROSPECT @ ROJO

A new night for the crew over at Rojo, Retrospect promises to provide a night of pure 'Ol Skool Grooves'. They" be bringing you the sounds that paved the way to a typical night out in the 70s, 80s, 90s and even the 00s. Artists like Luther Vandross, Chaka Khan, Loose Ends, Soul II Soul will be at the roots of the Retrospect theme but expect them to flip things with unique remixes and Garage Classics from artists like Shola Ama, Artful Dodger, Craig David and much, much more......

Free entry // from 9pm // Rojo



FRIDAY 12 JUNE STANTON WARRIORS

Havana has hosted some huge guest acts over the last 12 months and that streak continues with the legendary breakbeat pioneers the Stanton Warriors on Friday 12th June. The Stantons have a huge fanbase across the globe and are massively popular with the local crowd, this will be their first performance in Jersey for a number of years and with tickets available for only £5 this is guaranteed to be a completely full house. Expect a huge night of breaks and bass music from one of the biggest names in the game, the perfect start to the summer! Support on the night provided by local DJs Spim, Marx and Ben Newman

Tickets: £5 Eventbrite & White Label. £6 on the door before 11.30pm - £8 after // from 10pm // Havana



FRIDAY 12 JUNE TREVOR NELSON @ DRIFT

To celebrate their first birthday since their re-launch, the Drift are throwing an amazing party with one of the UK's most recognised and sought after Djs, Trevor Nelson. Trevor presents the radio show that's too big for just one radio network! He's live from 7-9pm on both Radio 1 and 1Xtra - plus get an extra hour of Trevor on 1Xtra as he stays on until 10pm. Want to reserve a table for the event, there's no cover charge or minimum spend and it guarantees entry on what will be a very busy night.

Contact - james.curtiss@theroyalyalyacht.com

Free entry // over 21's // from 8pm // Drift, Royal Yacht



SATURDAY 20 JUNE PHILOSOPHY OF HOUSE @ ROJO

Philosophy of House is celebrating eight years on the local scene in June and will be hosting a summer birthday party in Rojos. The shindig will commence with a gathering on the roof terrace where we hope to see many of our friends and loyal supporters to enjoy a drink or two and get in the mood for a fun night ahead. To mark the occasions we are also delighted to announce some veterans of the local music scene will joining us to add to your listening pleasure. None of these lads need introductions thus in no particular order we have Jimmy Graham, Justin De Gruchy, Tony Safe & Alan Griffin. This has all the ingredients for a very memorable party...

Free entry // from 7pm on the terrace // Rojo



SATURDAY 20 JUNE ROCKSTEADY & THE MANGO TREE @ THE SPLASH

Local promotion veterans Rocksteady team up with a new lifestyle brand, The Mango Tree, to bring you a double headed party of epic proportions. Following a daytime warm up on the terrace (weather dependant, of course), the 'Splash main room will be rocking to the Reggae, Hip Hop and Ska stylings of The Skints, hot off the back of a massive US tour promoting their third studio album, 'FM'. Room two sees the return of local favourite Evil Nine, who bring their unique blend of house, techno and breakbeat back to Jersey, for what is set to be a particularly lively session. Support in both rooms comes from some of the island's top local talent.

Tickets: White Label Records, The Watersplash and Eventbrite - head to Rocksteady's Facebook page for more info.



BOOK YOUR TICKETS NOW! SATURDAY 11 JULY REASONS MUSIC FESTIVAL

Reasons is a brand new & totally unique festival, launching this July in Coronation Park. The event and will be spread over 4 stages, showcasing 30 artists and representing a wide variety of styles including house, techno, hip-hop, disco, reggae, funk, drum & bass, garage, spoken word and much more besides. The aim of the festival is to celebrate the best in contemporary electronica, its influences and the art forms it influences, in turn. Over 30 acts, many of them travelling from The US and Europe will perform, including Wilkinson, Secondcity, Simian Mobile Disco, Aim, Jazzie B, Josh Wink, The Pharcyde, MJ Cole & Norman Jay. As well as a stellar cast of musicians Reasons promises top quality food and drink, and plenty of quirky attractions.

www.reasonsfestival.com

BECAUSE QUALITY MATTERS gallery

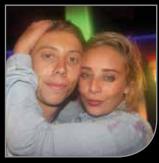
paparazz

















WHY STOP JUST BECAUSE THE NEIGHBOURS SAY SO? **DEFINE YOUR OWN LIMITS**

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JERSEY'S STYLE MAGAZINE

paparazzi

















SILENT |sīlənt| adjective not making or accompanied by any sound

DISCO |diskō| noun (pl. discos)

• a club or party at which people dance to pop music



























BECAUSE QUALITY MATTERS

paparazz

















WHY STOP JUST BECAUSE THE NEIGHBOURS SAY SO? **DEFINE YOUR OWN LIMITS**

SEE GALLERY.JE FOR DETAILS OR CALL 811100 TO MAKE A RESERVATION

























JERSEY'S STYLE MAGAZINE

paparazzi gallery

















SILENT |sīlənt| adjective not making or accompanied by any sound

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• a club or party at which people dance to pop music



























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Rivoli Jewellers

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Rivoli Jewellers 41/43 King Street, St Helier Tel: 01534 601930 www.rivolijewellers.co.uk





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 facebook.com/ChiChiBoutique twitter.com/ChiChiBoutique



MANNA



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John Way provides an complementary approach to getting well & staying well. He believes in taking the time to really get to the root of health issues, and offers the appropriate support for any allergy, sensitivity or intolerance, using the power of plants, herbs and simple techniques that enable the body to rebalance and find its way back to health.

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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 07895490405 natalie@orchidsacademy.co.uk





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beauty	culture	travel	sport



RIO • HAIR • BEAUTY

Rio conveniently situated in the heart of St Helier, this dynamic salon has something for everyone, quality hairdressing and beauty services in modern contemporary surroundings. A great retail shop for all your hair/skin cleansing and conditioning needs, our knowledgeable staff have the answers.

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In its 22nd year Bonita is one of the most beautiful salons on the Island.

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Bonita Hair and Beauty Tel 720081



Jersey Thermal Imaging

Thermography is a non-invasive, diagnostic tool that takes digital images of the body which are analysed by Thermography trained Doctors. This unique technology creates a map of the infrared patterns of the body. These patterns can show early signs of disease, inflammation $% \left(1,0,0,0\right) =0$ or abnormal cell development giving you more time to look at treatment options. Unlike other screening tools, it helps you to see how your body functions..

www.jerseythermalimaging.com email: hedigreen@me.com tel: 07797 718646





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The Club Spa

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Looking for something a bit different...?

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The Gooseberry Bush @Rondel's

Trinity, Bus Route 25 Tel: 726224





ChiChi Home

Our beautiful Home shop in the heart of St Aubins is ideal for finding unusual pieces to make your home stand out. We stock mirrors, frames, lighting, shabby chic pieces, shelving, hooks, baby gifts, candles, stocking fillers, festive decorations, cushions, scrapwood wallpaper by Piet Hein Eek and lots more! Pop in and be inspired.

ChiChi, St Aubins, Tel: 491496

facebook.com/pages/ ChiChi-Home-Gifts twitter.com/ChiChiHomeGift



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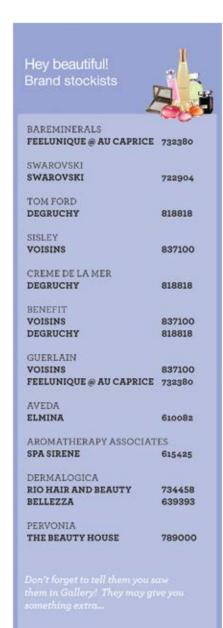
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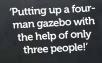
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