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

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published with gusto in Jersey b

factory

## AD SPACE INTENTIONALLY LEFT BLANK



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# edito

whishing is a staccato business. Driven by deadlines, we find ourselves in the office for twelve or fourteen hours some days rushing to get things finished in time, chasing the following days of rest before the cycle starts again. Post deadline days being the bittersweet lemon to the tequila, if you will. Thankfully we publish predominantly monthly titles, those in daily or weekly publishing must be sadists. Or drink a lot of tequila. Or both.

We should all take it slow for a while when we can but often life takes over and we're sucked into the vortex by other tasks. Regardless of profession, our ability to constantly work and be worked seldom abates. If I'm waiting for a file to open, Photoshop to do something or a website to catch up with my demands I'll open another browser window, open Facebook or turn to mobile to complement my laptop's ability to fill the insatiable modern desire for constant information gratification. Maybe it's just me, but I doubt it. I have to stop myself occasionally and think 'relax'.

The ability to virtually inhabit a perpetual workspace is probably why we've seen an explosion in disciplines dedicated to our wellness and relaxation. Just look through the Wellbeing World publication - there are no shortage of people compelling us to go off grid and breathe deeply. I've been telling myself to join a yoga class since the beginning of the year. Who's got the time. Jobs, dogs, children, and connected devices leave little space for such things.

In order to write the intro to the 'slow' issue this month I've come down to the Gunsite cafe to get inspiration and reminded myself of something I read and have been practicing this month. It's called the 4-7-8 breathing technique and you're going to do it now.

1. Exhale completely through your mouth, making a whoosh sound.

2. Close your mouth and inhale quietly through your nose to a mental count of four.

3. Hold your breath for a count of seven.

4. Exhale completely through your mouth, making a whoosh sound to a count of eight.5. This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths

If you've done the above and counted correctly you should have slowed your heart rate and had a moment of mini meditation. In 1975 Harvard University researcher Herbert Benson discovered that short periods of meditation triggers a 'relaxation response' and even alters genes. You're therefore in a relaxed slow state and ready to read our 'slow' issue. Just turn off your phone first, I know how tempting it is.

BD

#### #122 [SLOW]

#### gallery



#### **COVER CREDITS**

PHOTOGRAPHY & STYLING Danny Evans

#### MODEL Shamalie

CLOTHES Jumper by Annette Goertz from Renaissance £379 Leather sleeves by Riani from Renaissance £49 Skirt by River Island £25

#### Social networking shizzle

.....

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GALLERYMAG



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INTRO

# allery #122 [SLOW]

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#### SHAYLA DE GRUCHY, INTERN

Shayla joined us as part of the IOD's placement scheme., which she found out about whilst at school. "I asked if Gallery could be my placement, or a similar business because I've always had an interest in writing, mostly creative fiction and enjoy the idea of writing for magazines. With us for just a week Shalya got an insight in to what we do leading up to the magazines production. "This week has been a good experience - something I'm interested in but never had the opportunity to experience; It was great to get the chance to contribute too." Check our Misc page (pg 20) to read some of Shayla's work.

#### **GET INVOLVED**

#### CONTRIBUTE CONTRIBUTE@GALLERY.JE

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

#### **ADVERTISE** AD@GALLERY.JE

We understand that the medium is the message. The quality of a magazine reflects

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

#### FEATURE

#### FEATURES@GALLERY.JE

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

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The Institute of Carpenters

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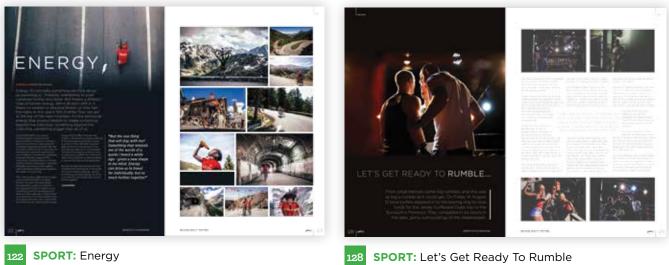
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... is for Measure

goals on which your progress and successes can be measured. with purpose Join associations, committees, groups and attend events to

build your network. Be selective, present, and memorable.

#### ...is for Keep momentum

It's not part time or through bursts of activity. Be consistent by reinforcing and integrating your personal brand into everything you do.

#### ...is for LinkedIn

Linkedin is an ideal multi-facated bersonal branding platform. Lise iff Charly communicate what you do and offer but keep it brief and interasting!

# Branding



#### ... is for Ownership

Your personal brand is your responsibility, Take ownership of it, manage it, nurture it, focus it and defend it.

#### ... is for Profile photo

all platforms.



#### ... is for Quality

The amount of random LinkedIn connections, the number of articles you write or how often you tweet is irrelevant. Don't seek quantity at the expense of quality.

#### ... is for Radiate

with people and be passionate about what you do. No-one has time for a misery guts!



#### ... is for Self awareness

niche expert. Be confident in your ablittes and make yourself indispensable.

#### ...is for Transparency

Be just as ready to admit your failures as well as your successes. People don't relate to the perfection of robots, genuine people make mistakes.



#### ...is for Understand your audience

By attempting to please all, you'll likely please none so focus on your area of expertise and your target market.

#### ... is for Uisibility

Ensure your target audience see your work: Ask for testimonials or endorsements and share your big and small successes, but don't bore, inspire!



#### ...is for Wishy washy

Ditch the notion of universal appeal. Have an opinion, speak up and be oold. Stand up for what you believe in and say it loud and proud

#### ...is for X-Factor

But prepare to repel some people – all strong brands do. Know your message and be willing to stick your neck out.



#### ... is for Your brand

"Your brand is what people say about you when you're not in the room" Jeff Bezos, Founder of Amazon

... is for Zest

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# ON THIS SEPTEMBER...

#### **06, 13, 20 & 27.09.15 ST CATHERINE'S FARM & CRAFTS MARKET** FOC //10AM-4.30PM

Browse a large variety of different local Jersey products, all produced by Genuine Jersey and set up on the stalls in this market situated at the beautiful location of St Catherine's. Also available to visitors will be the guided tour of the turbot farm which sits in an old German bunker, and if that isn't enough, Simon the Sandman will make an appearance and spend his time creating a new sand sculpture for all to view.

#### 12 & 13.09.15 SPICE ARTS AND MUSIC FESTIVAL

#### FOC // 10AM ONWARDS

This free community event has been created by the Spice Arts and Music Festival, who are a non-profit organisation, to allow everyone to come together and appreciate the works of a variety of local artists, small businesses and producers. It will feature sculptors, live art and entertainment from local musicians, plus authentic Genuine Jersey produce, so don't miss out on this lovely, local weekend.

#### 12.09.15 HIDDEN WAYS WITH BOB TOMPKINS

#### CAR PARK OPPOSITE ST. MARTIN'S PRIMARY SCHOOL// £5 ADULTS, NATIONAL TRUST FOR JERSEY MEMBERS FOC//2-5PM

The weather on a September Saturday is more or less always lovely, so if you're feeling up for a guided walk through the hidden lanes and paths of St. Martin, join Bob Tompkins on this 3 hour long wander, soaking up the beauty that is the nature of Jersey.



#### **05 & 06.09.15** JERSEY LIVE FESTIVAL ROYAL JERSEY SHOWGROUND // 11AM-11PM

Attracting people not only locally but nationwide, the festival is best known for its atmosphere, activities, but most of all its line-up. Taking to the main stage this year will be the likes of Rudimental, The Vaccines, Clean Bandit, George Ezra, Circa Waves, Years and Years and many more, all ready to entertain the massive crowds that flock the field over the weekend for what sure is the Channel Islands' biggest live music event. Tickets are available from Eventbrite.

#### **13.09.15 THE GREAT NORTH COAST CHARITY CHALLENGE** ST CATHERINES BREAKWATER// £TBC //8AM/9AM

This annual charity challenge, approximately 19 miles long, gives many islanders the opportunity to join together and walk the north coast of Jersey, beginning at St Catherine's breakwater and finishing round at Grosnez. With checkpoints as you go and spectators welcome to cheer you on, this walk is a good challenge to take part in, with all proceeds sent to the local based charity Hands Around The World Jersey.



Obviously best known for the finale featuring the RAF Red Arrows, Jersey's International Air Display will showcase aerobatic performances from a range of military aircraft, showing off their skills through a variety of solo and team demonstrations, but not without bringing the sky to life with the sights and sounds of this annual occasion.



#### 22 - 27.09.15 HEALTHY LIVING AND DESIGN FESTIVAL

#### ROYAL JERSEY SHOWGROUND// 10AM-5PM // £VARIED

This festival of healthy living and arts and crafts celebrates the best in wellbeing, lifestyle and contemporary design. With over 40 exhibitors from Jersey, the UK or even Europe contributing with their unique products, as well as therapists and palm & tarot readers. This laid back festival also has a variety of children's entertainment including face painting and bouncy castles. All proceeds go to Diabetes Jersey.



#### 26.09.15 DODOLINGS -TAMARIN MONKEYS DURRELL WILDLIFE PARK //

10.30AM-12.30PM // £7

3-6 year olds and their parents can come along to the Education Centre to learn about animals living at Durrell Wildlife Park. Each session is jam-packed with different activities from art and crafts, games and stories to making food parcels for the animals and touching all sorts of creepy crawlies! You can also visit the animals and ask questions of our expert animal staff.

#### **30.09 - 04.10.15** JERSEY FESTIVAL OF WORDS

#### VARIOUS LOCATIONS

A new way to celebrate our love of the written and spoken word, Jersey's first Festival of Words aims to promote literature throughout the community, with a range of bestselling writers, such as Poet Laureate Carol Ann Duffy, children's writer Holly Smale, Simon Barnes and Will Smith. A wide range of readings and presentations, as well as workshops and events for children will be available over the five days, so grab your tickets and don't miss out. www.jerseyfestivalofwords.org



# 05.08.15 - 19.09.15

#### AUTUMN WALKING FESTIVAL

ISLANDWIDE//FOC-£6PP

Amble along roads and lanes in a short walk, or ramble along coastal paths whilst observing the beauty of the island's outdoors. With a variety of different walks offered during this week with a range of experienced guides, make sure you grab your walking boots and don't miss out.

#### 12.09.15 PROMS ON THE PIER ALBERT PIER, ST. PETER PORT//EFREE

This outdoors broadcast Last Night Of The Proms straight from Royal Albert Hall is one of Guernsey's most popular events, in which you can relax whilst listening to the patriotic music of the UK. Soon after the finale, local bands will take to the stage and the sky will be lit up with a fireworks display from Castle Cornet. Free seating, although it's first come first served.

#### 16.09.15 - 20.09.15 GUERNSEY LITERARY FESTIVAL GUERNSEY//ST PETER PORT HARBOUR

This is the fourth Literary Festival, which has already began attracting big name authors such as TV personality Will Self, crime fiction writer Sophie Hannah and Scottish writer A.L. Kennedy. With a range of workshops, exhibitions and family events available, this festival is sure to awaken your love for literature.

#### 18.09.15 - 27.09.15 GUERNSEY INTERNATIONAL FOOD FESTIVAL

#### ISLANDWIDE

Enjoy this 10-day, food-filled festival this September, in which many restaurants, cocktail bars and markets will be offering amazing promotions, plus a variety of interactive events for both the children and grown-ups to get involved in. A fantastic opportunity to experience the local produce of our islands and leaving you hungry for more.



## **ELSEWHERE**



#### INTERNATIONAL ACCORDION FESTIVAL

SAN ANTONIO, TEXAS, USA

Clearly known to be everyone's most favoured instrument out there, the accordion is getting ready for even more appreciation in this festival taking place this September. Join in the fun whilst listening to diverse music styles whilst outdoors and surrounded by many others dancing along and generally having a great time.

INTERNATIONALACCORDIONFESTIVAL.ORG

SEPT 18 - 27, 2015

#### **ROCK IN RIO**

RIO DE JANEIRO, BRAZIL

The first Rock in Rio back in 1985 attracted nearly 1.4 million people, so no wonder 20 years later it's still attracting a huge amount of music lovers. From the very start the event has been headlined by some of the biggest names in music, such as Queen, AC/DC and Guns N' Roses all the way through to the more later dates with act such as Beyonce, David Guetta, Taylor Swift and many more. And if that wasn't enough for you, the event created the project For a Better World in order to motivate people to seek for improvements in life through everyday changes - good music and a good cause!

ROCKINRIO.COM/RIO

SEPT 18 - OCT 31, 2015

#### 2015 RUGBY WORLD CUP

VARIOUS LOCATIONS, ENGLAND This event is pretty self-explanatory - over a month of watching different sportsman from all over the world go head to head (literally, in some cases) against each other in many different

(literally, in some cases) against each other in many different matches, all with the same goal of winning in mind. With 20 different nations all competing against each other, and the fact that it's the World Cup of something, if you're a huge sports fan this is something you don't want to miss out on.

RUGBYWORLDCUP.COM

#### SEPT 19 - 20, 2015 **MEATOP<u>IA</u>**

TOBACCO DOCK. LONDON, ENGLAND

Meatopia is a call to arms for all you judicious lovers of meat, a clarion toot to the perfectionists amongst you who demand the best in taste and provenance. So, pick up your forks, sharpen your knives and ask not what you can do for Meatopia but what Meatopia can do for you. This event looks to provide the best excuse to book a weekend in London during September, other than the World Cup!

MEATOPIA.CO.UK

SEPT 24 - 27, 2015

#### GALWAY INTERNATIONAL OYSTER AND SEAFOOD FESTIVAL

SPANISH ARCH, GALWAY

Ever been interested in attending the oldest oyster festival in the world (which also happens to be the most internationally recognised Irish festival after St. Patrick's Day)? Then look no further than the west coast city of Galway, whose oyster festival is deemed to be one of Europe's longest-running food extravaganzas and features in a huge amount of media worldwide. If your idea of a good time is slurping back a massive amount of seafood with more than 22,000 other visitors, then this festival is for you.

GALWAYOYSTERFEST.COM



**Slow food:** rebranding the British diet

Pity the battered sausage. Figures published this week by scientists at Leicestershire's Pukka University suggest that this delicious, historic combination of pink food colouring and salted sphincters is falling out of favour with today's eaters and risks being relegated to a core audience of pensioners and people from Glasgow.

The battered sausage is not the only national institution under threat, as the modern trend for paleo diets, NutriBullet smoothies and not dying in your late fifties has sounded warning bells for many of Britain's traditional foodstuffs. If we aren't careful all that will remain of our pre-1990s national diet will be ironic 'deconstructed' versions of pie and mash and gastropub landlords who wouldn't recognise a bag of Big D peanuts if their own mother was the woman pictured on the bit of cardboard they were glued to. Something must be done, or our status as "world's fifth fattest nation" is under threat.

#### Fry me to the moon

The obvious solution, as per Jamie Oliver's amazing success in encouraging America to eat vegetables, might be to make our favourite dishes healthier, but that completely misses the point of traditional British food. You simply wouldn't want to eat six Yorkshire puddings and half a kilo of roast beef if the gravy wasn't swimming with dangerous grease from four different animals, and the same rule of thumb applies to fried breakfasts, chip dinners and 95% of the things British people will put in a sandwich when nobody else is looking. We even manage to offset the nutritional value of things that could potentially be healthy, like oats, by enjoying them in the form of flapjacks or HobNob biscuits, enhanced with appalling levels of fat and sugar. It's an essential aspect of our character, a reward for the grim weather and isolation from all the sexy people on the European mainland. In fact, our ever-evolving national cuisine is a powerful argument against those who would stop Britain from welcoming immigrants: whatever Nigel Farage might try and tell you, we are a stronger, better people because we embraced greasy chicken tikka, dangerous Turkish kebabs and whatever chilli-marinated animal I ate at a reggae party in Notting Hill. No, we cannot change the terrible ingredients that make these foods so good. The only thing we can do is rebrand them so that people stop paying attention to their nutritional value and just focus on how good they taste.

#### The first bite is with the eye

Fooling your customers with clever presentation and branding are essential tools of the food trade, dating back to the olden days when a brand like Quaker Oats sold millions to people who just wanted a lower percentage of mouse droppings in their breakfast. People don't eat at McDonalds' because the burgers are the best, but because everything on the menu is consistent and the company has advertised itself into our collective subconscious. Even if you think you're above the big brands, the same principle is at work when you pay twice the price for a cocktail served in a jam jar, or choose the greasemonger who happens to handwrite their menu on a quirky blackboard and leaven your trans-fat consumption with a pretentious side salad. You've let your inherent fluency with the subliminal language of food marketing guide your decisions about taste and nutrition, and they may well be wrong. The jam jar doesn't make the drink tastier, and the salad is only there to fool you into thinking you're eating a balanced meal. This concept is the main reason that parsley continues to exist.

Applying this principle to traditional British foodstuffs isn't particularly difficult, and high end restaurants have been doing it successfully for years. Black pudding is a stalwart of fine dining establishments because it has a fantastic, hearty depth of flavour that is often lost inside the greasy fry up, and the same is true of the wonderful British sausage and our world-beating bacon. They just need to be cooked with a little more care, and served in a strange artistic little pile, on something that is flat but isn't necessarily a plate. The customer will then pay three times as much for the same ingredients, and feel good about doing it.

#### Food that tells a story

If we're going to save the battered sausage we should remember that these presentation tricks don't just apply to upscale restaurants. Imagine if baked beans or mushy peas were marketed in the same way as an Innocent smoothie. The can could have a twee little story on the side, an unthreatening hand-drawn logo and a joke in the list of ingredients. Maybe the peas could have a biography, talking about the small farmer who allegedly grew them, perhaps like he's their dad. A dad who plays a ukulele. Middle class shoppers would lap "deconstructed carpaccio of celeriac, with lobster jus" is no more a marketing exercise than selling "craft" beer and using menus printed in grimy Courier font to trick people into thinking your beef burgers were hand-shaped by the bass player from The Pixies. The customer paid £14, but the burger is just above-average mince, slightly fresher sides and a guarantee to give you heart disease just as quick.

I might put my money where my mouth is and have a go at rebranding something really out of fashion, like tripe, pork faggots or just good honest British liver. "Welcome to Runyon's Authentic Offal Shop. Our intestines are 100% locally sourced from local farmers, and all of our lard and dripping is hand congealed and additive free. Pull up an upcycled church pew and,

"Even if you think you're above the big brands, the same principle is at work when you pay twice the price for a cocktail served in a jam jar, or choose the greasemonger who happens to handwrite their menu on a quirky blackboard and leaven your trans-fat consumption with a pretentious side salad."

it up, even if the food inside is actually quite bad for you, like Innocent's tooth-rotting levels of sugar. For some reason we've decided that food is worth paying more money for if it has a story behind it.

The whole food hipster angle is a particularly effective way to rake in the cash, as it runs the entire gamut from ironically crappy (cereal cafes) to completely bog standard ingredients given a faux-authentic makeover (most London-based burrito chains). People laugh at the language used in fine dining, but prattling on about whilst you wait for your tattooed, bearded server, browse our selection of £6 American beers. Why not finish your meal with one of our ironically-named school dinner desserts?" If that takes off, there's nothing standing in the way of my plan to start a national chain of up-market battered sausage shops modelled on Krispy Kreme. I expect to be both a millionaire and a hero of British cuisine although, given the need to regularly eat my own products, I will probably need to spend most of the money on a series of heart transplants and some replacement teeth.





To celebrate the fact that this month's issue is embracing the theme of 'SLOW', I took it upon myself to take my time sending in my article (shout-out to Russ, who makes my life easier by never telling me off for sending work in late!) Seriously, 'SLOW' as a theme? This is right up my street.

I love everything about it. The word's even onomatopoeic... sort of. Have a go; really draw out the word with a deep voice: ssssllloooowwwwww. Think about it, your life will be twice as long if you do everything half as fast. I mean, sure, you'll get half as much done, but doing things is overrated anyway. Snails seem to enjoy themselves don't they? I'm not suggesting we all lie down and spend hours sliding along on our fronts to have a little nibble on a leaf, but I think slowing down is underrated as an art-form.

#### For me, slowing down

encompasses relaxing, taking a deep breath, and taking time to put things into perspective. More recently than anything else, I slowed down by taking a holiday back to our lovely island to spend some time with my family, drinking and eating and just generally taking it easy. It wasn't until the afore-mentioned Russ brought it to my attention that I realised it wasn't just a holiday; it was a pensioner's holiday. I'm only 25 and it was an OAP's fantasy. I was pretty much a War Tunnels tour and a north coast walk away from being checked in to a care home. We went to Durrell, we watched The Battle of Flowers - it really was quite a slow-paced holiday. I realised then, that I had no problem with this whatsoever. Why do the elderly get to have all the fun? Who says a young, healthy man such as myself can't enjoy a more leisurely and chilled out way of life.

I say healthy... I'm currently on antibiotics for toothache and am awaiting a chiropractic

appointment for my back pains that I contracted from walking up a hill. I've said it before and I'll say it again: 'ladies, form an orderly queue...'

Aside from my geriatric groaning, I thought it would be a good idea to write this article after my trip to Jersey, because it genuinely is a lot more agreeably paced that an England lifestyle. I don't know if everyone's just happy all the time or what (actually, judging by a lot of Jersey's Range Rover drivers, I can tell you now that's not true) but the slightly more European way of

"It was genuinely such a perfect trip back, and it grew my love of Jersey even more because of how much it reminded me that it's got the way of life sussed. I'm by no means saying you're all lazy wasters who lie on the beach drinking Prosecco, well... you do, but not before you've done your work and whatnot!"

> life twinned with an array of 20mph zones makes for a much nicer atmosphere in terms of relaxation and chilling – or 'chillaxation' if you want to be cool about it, which I do by the way.

> It was genuinely such a perfect trip back, and it grew my love of Jersey even more because of how much it reminded me that it's got the way of life sussed. I'm by no means saying you're all lazy wasters who lie on the beach drinking Prosecco, well... you do, but not before you've done your work and whatnot! Basically what I'm trying to

say is that I think the whole 'work hard play hard' thing has been adapted for the Jersey way of life, and is more along the lines of 'work hard, slow down, and play however the hell you like'. And, like the theme of this month's magazine, that's right up my street.

Life can get quite 'full on' for everyone, and a pet peeve of mine is when people assume that their life is any worse than anyone else's. People who run around, trying to fulfil all their obligations in a loud and self-important way... you know the kind of people I mean, the ones who say things like

'oh we must get something in the diary!' or 'we HAVE to catch up soon!'. Now I know we've all done this at some point in our lives, but all these false promises and feigned business are clear signs that people need to slow down.

Don't assume you're life is any more hectic or important than anyone else's you stupid idiot, take a deep breath and relax - go for a beer or something, embrace

an unhurried lifestyle and care a bit less about things that don't matter, at the very least it'll make you live longer. I'm not sure that's medically accurate but I'll ask the chiropractor when I manage to get an appointment. They said they'll get 'back' to me and I laughed manically because I thought it was a pun... it turns out it wasn't and they probably just think I'm weird now. Oh well, I'm embracing the slowness and not caring about the things that don't matter, partly because of the back pain but mainly due to the crucial factor and the point of this typically preachy article: chillaxation.



# NEWS IN NUMBERS

fish daily catch limit proposed for Sea Bass in local waters calls within a three hour period for firefighters during thunderstorm percent pass rate for local A-level students million pound fraudster may have 2.5 used company money to purchase a Ferrari and pay his taxes jetskiers return to Jersey perilously low on fuel following denial of access to Guernsey harbour

rd positio Archery C local arch

rd position in the World Archery Championships for local archer Lucy O'Sullivan

public bins set on fire and a vehicle damaged in recent spate of arson attacks





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MOURANT OZANNES

















Jersey Evening Post

# MISC.2-

## Slowest Marathon

Shizo Kanakuri, an Olympic marathon runner from Japan holds the record for the slowest marathon time ever.

In 1912 when he started this race, it carried on for more than a number of days however - 54 years, 8 months, 6 days, 8 hours, 32 minutes and 20.3 seconds to be exact.

The story is that during the race he felt a little parched, so stopped at house where they gave him orange juice to quench his thirst, he then stayed for a few hours longer than he'd hoped. So instead of returning to the race he hopped on a boat

**Toujours Tingo** 

Pisan zapra (Malay) the time needed to eat a banana

#### teosammul (Estonian)

the speed of a snail

back to Japan after feeling embarrassed to return to the race following his extended break. He remained a missing person until located by a journalist in

However, years later in 1967 he was invited back to Sweden to finish his race. Here's some more maths: as the marathon was 40.2km (around 24.9 miles) and he "ran" for 479,350 hours, his average speed would be approximately 0.00005 mph - which, quite obviously, is way slower than a sloth. (But, although Kanakuri and his time are more well known than the actual marathon winner, it was sadly counted as unofficial.)



Pic: Shizo Kanakuri finally crossing the line.



WORDS OF WISDOM FROM GALLERY'S ANONYMOUS CORPORATE KINGPIN:

'I hate Russian dolls, they're so full of themselves.'

## Do You Remember Dial Up?

Not many of us really know what slow internet is, as gone are the days of the painful and noisy cable fueled dial up - yet these days if something doesn't load within two seconds, we kick off and start flipping tables.

Well consider yourselves lucky you don't live in Libya, as it's the country with the slowest internet, and for those parts of Libya that are lucky enough to have internet connection at all, 52% of their connections are running at under 256 kbps. For those of you who don't know how slow that is, well you'll have to take our word for it, it's slow, basically it's about a fifth of what we deem to be slow here. On average, the slowest speed for a reasonable connection when viewing websites, watching the occasional video clip and sending and receiving e-mails is 1500 kbps.

After researching Libya's connection in comparison to our everyday use of the internet, I'm feeling thankful for my supposedly slow internet at home.





#### Slowest Car

Created by Peel Engineering Company in the sixties, this tiny, three-wheeled automobile is only 56 inches long, making it only just possible for one person to fit inside (barely, though).

Due to its incredibly small size and weight (130 lbs - more likely to be lighter than the actual driver), the maximum speed it can reach is 10 mph.

Many people, including you, know how frustrating it can be to be stuck behind an extremely slow driver, but if you want to be the actual slowest driver in the world, then you know what car to look out for.

#### Proverb:

"Slow and steady wins the race."

#### **Slowest Animals**

they really?

Furthermore, (with the Earth's 31 minutes and 33.24 seconds to walk around it once. That's a little slow if you ask me

is the sloth, with it's average speed being 0.15mph - on average they only

# STUDENT PARCELS

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#### CAN JERSEY GET RICH BY MASTERING TIME AND SPACE?

I was eavesdropping on some creative types at lunch, and apparently the latest chatter amongst those in the know is things Jersey might do to diversify its economy. The fact that this idea is still at the exploration stage in 2015 is a bit worrying, as you don't need a highlyspecialised qualification in offshore trust law to work out that Jersey might just benefit from moves to earn a little coin from somewhere beyond the finance industry.

Those retired Europeans in hiking boots are lovely, but they aren't a viable plan B for my mortgage. Even ignoring the long-term health of offshore wealth management, if for some reason either of those two segments decided to boycott our weekend economy of expensive fried breakfasts and poncy cocktail bars the island would be a few drunken steps away from pre-bailout Greece. We might not have the Acropolis or as much ouzo, but we do have the former Odeon and enough Breda to brain damage a sperm whale. If financial Armageddon does come to pass, hopefully Guernsey would help us out with a cash injection before our way of life is destroyed: St Clement consumed by riots. a shortage of fuel for Porsches and jetskis and unprecedented difficulties in selling a one bedroom flat for three hundred grand.

Greece may be resigned to a future trussed up like some Mediterranean gimp waiting for Angela Merkel to crack the whip across its clammy buttocks, but there's still plenty of time for Jersey to escape a future where our cousins from

the next island over farm us for leather and eat all the books in the library. The challenge is finding ways to diversify our economy into markets that a) can't be taxed by the mainland, b) are contained enough to operate in the island without taking up any green space, and c) make everybody living here extremely rich without needing to attract too many incomers who expect decent housing and reasonable wages. I spent all weekend brainstorming ideas, but there's only so many times you can write 'turn Gorey harbour into mini-Amsterdam??' on a flipchart before running out of steam. I fell asleep to dreams of a nightmare future where Guernseymen rule the parishes like Planet of the Apes, and then I had a eureka moment. The secret to running an economy that guarantees constant growth without overpopulation or high taxation is simple: you just have to develop the ability to break the laws of time and space.

#### **Quantum leapfrog**

You're probably thinking that this is a little extreme, and that rather than basing

our economic future on altering our fundamental temporal reality it might be more sensible to develop a market for winter tourism, build a university, or provide incentives so that people move here to design iPhone apps in St Lawrence. The problem with these ideas is that other places with a lower cost of living have already come up with them, but to the best of my knowledge the only other lowtax jurisdiction attempting to construct a glowing portal into unknown dimensions is the Swiss, and they'll probably just use the cosmic powers of the large Hardon Collider to make limited edition Toblerones out of dark matter. I feel like I say this kind of thing regularly, but we still have the opportunity to steal a march on the land of the cuckoo clock by pouring millions into a

"To the best of my knowledge the only other low-tax jurisdiction attempting to construct a glowing portal into unknown dimensions is the Swiss, and they'll probably just use the cosmic powers of the Large Hardon Collider to make limited edition Toblerones out of dark matter"

> state-of-the-art research facility, gathering and/or kidnapping the cream of the global scientific community and putting them to work until they've come up with a version of the TARDIS that runs on duty free farm diesel. I'm not a dreamer - I well remember the promises of Tomorrow's World, and considering that we already have electric cars and pocket computers I expect that functional time travel must only be years away at best. Yes, virtual reality goggles still make you look like a prick, but even super science has its limits.

### The socio-economic benefits of time travel

Time travel isn't just about giving us the ability to fight the Daleks, it also promises tangible benefits for our community. All those young people struggling to get a foot on the housing ladder can simply enter our offshore time portal and purchase houses in the past, where they are much cheaper. Providing they don't offend the strange politics of our forerunners, our young history dwellers will be able to pay for their mortgages by bringing forward some of the resources that we're busy running out of in the future, such as crude oil, honey bees and new jokes about Donald Trump's hair. Finance workers with specialist qualifications won't need to worry about becoming redundant, as they can take their skills back to the 1980s and compete for work with their younger selves. Jersey's tourism industry will also be instantly revitalised with our quantum tunnelling device, as we can just welcome tourists from the 1960s to holiday in the glittering Jersey of the future, whilst sending retro-minded people from our own timestream into a past when Fort Regent was still the centre of our universe and there was a discotheque on every coast. There are no downsides to this idea, providing we limit dinosaur safaris to weekends and also set up some kind of

time customs to prevent dodgy 80s TV stars from escaping to wreak havoc in the future. It might also be an idea to have rules about how often we assassinate Hitler, just so it doesn't cause problems with the sea defences at Beaumont.

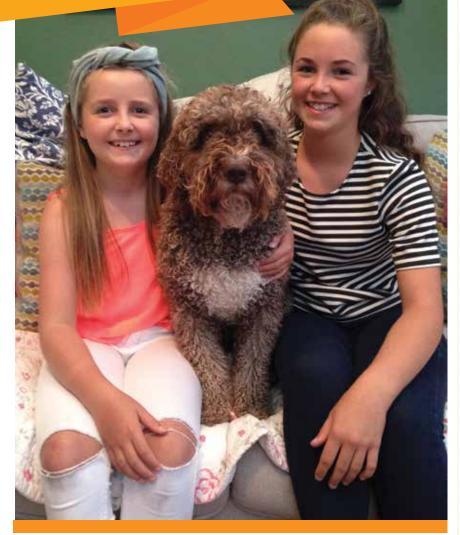
Once we're all impossibly wealthy through betting on horse races, importing

renaissance art and posting tax-free Blu Rays from alternate dimensions, we can turn our attentions to even more creative forms of science. Perhaps time itself can be distilled into a form of ultra botox that will prevent us getting old when our partners inevitably abandon us for younger models from the 1930s. It might even be possible to halt climate change by continually projecting the entire island back in time to a point when sea levels haven't begun to rise, or into a distant future where we can inhabit machine bodies, communicate with other worlds and finally make accurate predictions about whether it will be sunny at the weekend or foggy at the airport.

The past is ours for the taking. As long as we remain vigilant to the risks that our new technology may be abused by intelligent robots, talking monkeys or Bill & Ted there's literally nothing that can go wrong. If it turns out I meet my doom at the hands of robot Hitler, riding a cyborg velociraptor, please make sure you send somebody back to tell me that writing this article was a really bad idea.



month



#### Ruby Butler

#### Breed: Human

Age: 11 Likes: Surfing, Irish Dancing, Baking, Swimming, Photography, Food. Hates: Washing the dishes, having to sit still for ages. If I was an animal I would be: A peacock because it's a beautiful bird and they're unusual. Wants: To be taller and to go to Hungary. Interesting facts: I'm

an Irish Dancer, I do a lot of photography, I love editing my photos and videos, my dad's an artist.

Most impressive thing you've ever done: Danced Solo for the

Eisteddfod Gala show at the Opera House. Swam with dolphins.

#### Otis

#### Breed: Spanish Water Dog Age: 8

Likes: Cheese, being tickled, being talked to, sitting with my dad on the sofa, swimming in the sea, walks on the beach Hates: Baths, hair cuts, large dogs, loud noises. If human I would be: What do you mean I'm not human? Wants: Treate cuddies

Wants: Treats, cuddles, walks on the beach, to be tickled and having my back scratched.

**Interesting facts:** He has webbed feet like ducks, there are not many of my breed in Jersey.

#### Most impressive thing you've ever

done: I cuddle up on the sofa with our rabbit Pepper. We're best friends.

#### Sian Butler

Breed: Human Age: 13

Likes: Beach, swimming in the sea, surfing, penny boarding, spending time with friends & family, music, Pretty Little Liars. Hates: Mushrooms.

Marmite, my frizzy hair, big fair rides.

If I was an animal I would be: A Koala bear because I am calm & quiet and I like to relax.

Wants: Hot holidays, more episodes of Pretty Little Liars.

Interesting facts: I have held & fed a baby Kangaroo in Australia and I swam with Dolphins. Starfish WORDS Deirdre Shirreffs

Most species of starfish (or seastars) are slow moving with average speeds of 15 centimetres a minute although this depends on the surface they are moving over, travelling faster over sand than over coral.

They do not have a head and any one of their arms can take the lead. Most species have five arms around the central disc, but some have seven. The underneath of the legs are covered in tiny tube feet which use a hydraulic system to propel the starfish forward. This is very powerful as the starfish can use them like suckers to pull apart the shells of mussels and other prey. They can be a pest in mussel and oyster beds. Fishermen who caught starfish in the mussel beds would cut them into pieces before throwing them back, little realising that any piece with part of the central disc would grow arms and become a new starfish - so their single starfish would have multiplied and become more of a pest!

They can eat prey much larger than their mouth as their stomach comes out from the underside of the central disc to surround and digest the prey, secreting enzymes to convert it to a liquid, after which the stomach and its contents then pass back into the starfish. They can use scent to find their prey.

In the seas around Jersey the common starfish is found. It is orange or brown in colour, about 5-10 centimetres across although some can grow to 30cm. The red starfish is also found here.

Males and females shed sperm and eggs into the water where fertilization takes place. One female can lay 2.5 million eggs in two hours. The fertilized eggs hatch into tiny larvae that float as plankton for three months before settling on the sea bed to develop. They can live for about seven years. In 2013 thousands of starfish washed up on the east coast of England , possibly due to storms out at sea loosening them from the sea bed. Other mass strandings have occurred in other years. The Legend of the Starfish tells of a young boy throwing stranded starfish back into the sea. A man pointed out the thousands of stranded starfish and asked the boy what difference throwing a few back would make. As the boy threw another one back, he replied " It makes a difference to that one."

Excuse me, coming through..

JERSEY'S STYLE MAGAZINE



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# LIBERATE YOURSELF

Liberate is a pan-island charity that works to educate and inform on a wide range of LGBTQ issues and to support those who identify as LGBTQ, their families and friends; we campaign to reform policies and laws to ensure that LGBTQ people can enjoy the same freedoms as everyone else across the Channel Islands; and, we question social attitudes and behaviours which discriminate against LGBTQ people, and offer advice and help in tackling homophobia, biphobia, transphobia, and the like.

They were formed in February 2014 in Guernsey in order to steer the Channel Islands' response to the change in UK legislation that brought in equal marriage. Since their formation, they have been involved in consultations with the States of Jersey and Guernsey on equal marriage law and, in Jersey, sex discrimination law, ensuring that the islands' LGBTQ voice is heard by its governments. Equal marriage legislation has been approved in Jersey, in principle, and a draft of the law is due in 2016. Guernsey's law is still in consultation and a proposal is due soon.

Together with their partner organisation Trans<sup>\*</sup> Jersey, we have worked to learn from and improve on the UK's Equality Act in Jersey. As a result, our sex discrimination legislation, which passed in June this year, includes recognition of intersex as a protected characteristic and protections for all people who are of non-binary gender, not just those who have transitioned.

In June 2014, Jersey held a rally to press the States of Jersey for equal marriage. Nearly 1,000 islanders took to the streets after a whirlwind Facebook campaign of a few days. The resulting march was more akin to Pride than a political rally. With more time to prepare for this year's event, Liberate hopes to build on these numbers to make the islands' first ever Pride event one to remember.



#### Pictured here, left to right:

Vic Tanner Davy (Treasurer), Natalie le Cornu, Paddy Haversham-Quaid, Prudence Munro (Secretary), Jamie Hooker, Stacey Yates (Vice Chairman), Jay Roulson, John Ttokkallos, Sebastian Kiernicki, Christian May (Chairman), Chantal Sabrina

#### A GUIDE TO CREATING THE 'PRIDE' VIBE

Not sure what to expect at the Channel Islands' first official Pride event on Saturday 12 September 2015? Here's their handy guide to creating your own Pride vibe.

**Pride is for everyone.** It is not just for LGBTQ people. It is for our families, friends, allies, supporters, work colleagues – anyone, in fact, who believes in equality and diversity. Invite friends to join you and plan your Pride vibe together.

**Pride is fun.** It is a day in the year where you get the chance to celebrate being you. Laugh, dance, party and wear whatever "makes you feel like you, but on a really good day"!

**Pride is colourful.** The LGBTQ rainbow is a symbol of the diversity of our community. The more colourful your get up, the more you'll fit in. Expect flags that support all aspects of the rainbow.

**Pride is outrageous.** Dressing up is encouraged. The bigger, the better. Expect to see super heroes, drag queens, club kids – you name it, anything goes.

**Pride is a beach.** If the weather is warm, some of the guys may want to get their abs and pecs out. Expect some flesh on display. But, remember, this is Jersey so no nudity, please! **Pride is noisy.** Everyone is encouraged to make some noise to show their support for equality. Add to your outfit with a drum, hand clapper or whistle.

**Pride is for organisations.** It really is about being proud of what you and your organisation are doing for equality. If your workplace has an equality initiative, come along and carry your organisation's banner in the parade.

**Pride is romantic.** Lots of people come with their partners and lots of people meet their future partners at Pride. Expect gratuitous displays of affection!

**Pride is family friendly.** Old or young, all generations can show their support for equality. Be prepared to carry little ones in the parade (so, at least, they get a good view!).

**Pride has a point.** While we make strides towards equality for all in Britain, not everyone can live as openly. Pride shows the world the liberties we value as a society and reminds us not to take our freedoms for granted. This year's Pride theme is #proudandfree

**Pride is respectful.** We all express ourselves differently. Expect to see diversity in all its rainbow-coloured glory. You may not choose to express yourself in the same way as the person walking next to you but respect their right to do so, as they respect your right to self-expression, too.

**Finally, Pride is popular.** Who doesn't like a party? Expect a lot of people. At points, where the parade route narrows, you may be in close proximity to others. The parade starts at 12.45pm at West's Centre and you should try to get there in plenty of time.

Liberate are looking for volunteers to help with creating the "Pride Vibe" on Saturday 12 September. If you would like to get involved, please email <u>volunteer@liberate.</u> <u>je</u> for more information.

The official Pride shirts shown in the photo are available from the Pride merchandise store, Magic Touch, in Weighbridge Square. GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



#### Youth Gaelic football tournament expands

Over 100 youth Gaelic footballers from Jersey, Guernsey and France competed in the second annual Jersey Irish Gaelic Athletic Association (GAA) 'Youngstars' tournament in July.

ABN AMRO Bank Jersey is the official sponsor of the Junior Jersey and Guernsey Irish GAA teams. As part of the sponsorship the private bank helped to cover the running costs of the tournament, which has doubled in size since its inception in 2014.

Noel McLaughlin, CFO and Head of Product and Product Solutions at ABN AMRO Bank Jersey, commented: 'I am delighted that we are able to support the growth of grassroots Gaelic football in the Channel Islands. It is extremely important that youngsters are given the opportunity to try out new activities as it promotes wellbeing and teaches key life skills such as teamwork and fair play. It was great to see all the teams out there enjoying themselves and I'm sure the tournament will continue to grow in the future.'

13 teams from clubs in Jersey, Guernsey and Liffre, Brest, Fougere and Lorient in France, met at the Airport pitches for the tournament. Each club fielded teams at U10, U12 and U15 level, with each age group playing against each other in a round robin. Jersey and Lorient were joint winners of the U10 category. Liffre 1 took home the U12 title and the U15 trophy was lifted by Jersey.



#### JAYF Cross Country Sponsored Horse Ride

A firm favourite in the equestrian calendar, the JAYF (Jersey Association of Youth and Friendship) Cross Country Sponsored Horse Ride will be held on Sunday 13th September on a course over the west of the island, with the start and finish at Brampton Farm, near The Windmill, St Peter.

Entry night is Tuesday 8th September at Trinity Parish Hall between 6.30-8.30pm. Minimum sponsorship is £35 (late entries on the day £45). Prizes for each class winner including a new class for a family group (3 or more). Why not join them this year for a great couple of hours riding over land not normally open to riders?

Forms will be available from the JFTU Equine Department or contact Rachel Andrews westlynnjersey@gmail.com



#### Get Behind Run4Men 2015!

Run4Men returns for it's fifth year in Jersey on the 13 September 2015, starting at 11am. The event will bring together male participants of all ages to raise funds for research into new ways to prevent, diagnose and treat cancer.

Run4Men was established to provide an event for men that is comparable to the popular and well supported Race For Life for ladies. The event offers a choice of three distances to suit all abilities, with opportunities for 5km, 10km and 15km distances. In previous years the event has raised over £10,000 which has helped to fund valuable support for research projects in Southampton. Santander Corporate & Commercial Banking and Jersey-based direct lending firm Sancus have both committed to being co-sponsors. Fitness First will be supporting the event by providing water for the runners.

It costs just £15 to register for the event and for this registrants will not just be entered for the challenge but will also receive a Run4Men T-shirt. Those quick off the mark, however, will be able to register for the Early Bird offer of just £10.

Individuals wishing to take part in the event can sign up via race-nation.com/run4men-2015 All participants are also encouraged to seek sponsorship for their participation.



#### Swinging success for Durrell's Orangutans

Durrell's resident orangutans have been delighted by some renovations to their enclosure. For the fourth year a team of employees from Standard Bank spent a week helping the global wildlife charity, this time building new equipment and maintaining the existing structures. Chief Executive Officer, Will Thorp joined 45 of his staff in creating eight new netted platforms for the apes to enjoy. Orangutans share 97.6% of their DNA with humans. The Sumatran orangutan is critically endangered, a victim of the heavy de-forestation programme in their native land.

Durrell Wildlife Conservation Trust's Deputy Head of Mammals, Gordon Hunt, said "The orangs were very inquisitive, wanting to know who was in their enclosure and what they were doing. We are very grateful to the staff who volunteered their time to do this and for Standard Bank for supplying funding for the materials.'

Will Thorp, CEO, Standard Bank, Jersey said it was a thoroughly enjoyable experience, 'Knowing that we're helping improve the living conditions of these magnificent animals and so indirectly help in their preservation, was a great incentive for us all. It was also a delight to be so close to them and to see how interested they were in what we were doing. However, watching the video footage that Durrell took of them enjoying the new equipment has really been the icing on the cake.'

The footage is available to view on the Durrell Wildlife Trust's Facebook page: www.facebook.com/DurrellWildlife



#### Islanders invited to share five star Grand memories

A social media campaign has been launched to celebrate the special memories and experiences that people have shared together at Grand Jersey Hotel & Spa.

The hotel is inviting islanders to share their Grand memories on Facebook. Entries will be judged later this year and the winner will receive a new Grand Jersey experience.

Martin Kelly, general manager at Grand Jersey Hotel & Spa, commented, 'Grand Jersey turned 125 in June and we have decided to celebrate its rich history through the collective experiences shared by our guests over the years. We have hosted hundreds of wedding receptions, birthdays, wedding anniversaries and other celebrations during this time. We want to see photos that encapsulate your day, and hear about why the experience was so special to you.'

Islanders can submit their photos via the Grand Memories app on the Grand Jersey Facebook page. Photos should be accompanied by a caption that describes why the event was so exceptional, entries close on 15th September.



# Jersey Alzheimer's Association opens new centre

Jersey Alzheimer's Association have opened a new centre in St Helier- the first of its kind in the island.

Jersey Alzheimer's Association is a local charity that helps those affected by dementia including families, friends and carers. It also plays an active role in providing education and training to raise awareness and provide practical guidance. All money raised in Jersey is used to help Jersey residents.

Association Chairman, Jim Hollywood said: "Historically one of the main barriers when reaching out to people with concerns about dementia has been a low level of general knowledge about the condition. By being based in a prominent location in the heart of St Helier, we are confident that more local people will come to talk to us and we can then signpost them to the services and help that are available."

The Manager of Jersey Alzheimer's Association, Mark Blamey, said: "As well as advising and supporting people living with dementia we also aim to help individuals' families and carers. The wide range of services we provide includes counselling, a carers' Friendship Group, Saturday day care and music therapy."

The centre, which provides a quiet and confidential environment for anyone to discuss dementia, is open Monday to Thursday from 10 am until 1 pm.

For more information on Jersey Alzheimer's Association's services, please visit www.jerseyalzheimers.com VE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



#### **Dancing for Changes**

In April 2015, during a month in Nepal studying yoga, Jersey born dancer Sheri Burt experienced first hand the 7.9M earthquake whilst staying in Pokhara, just 80km east of the epicentre.

Upon her return to Jersey, Sheri began to launch projects and events in order to send funds to the Guernsey based charity Bridge2Nepal and spread awareness of the Nepal earthquake victims. On 25 May - one month after the initial earthquake - Sheri launched 100 Days of Dancing for Nepal. The project raises funds and provides consistent awareness of the Nepal earthquake victims. Sheri has been dancing daily, publishing a short film of each dance on the project's Facebook page. It quickly became clear to Sheri that through creativity, we can create great awareness for important causes.

Dancing for Changes has now been established: Dancing to raise awareness and funds for local and global causes - with Bridge2Nepal being just the first of many causes the initiative will be supporting.

"I am incredibly excited about the future of Dancing for Changes. It has already proved to be an exciting initiative that demonstrates how we can generate positivity and creativity from challenging situations: inspiring and connecting the world through dance and the arts."

On Friday 11 September, 7.30pm at the Frances Le Sueur Centre you can experience Sheri's work first hand at her Dancing for Nepal Performance. The 100 Cards for Nepal collection by Ian Rolls will also be launched here. She is also holding adult & children's dance, yoga and arts classes & workshops running locally.

Visit www.dancingforchanges.com for more information.



## The Importance of Education concerning Dementia

Jersey Alzheimer's Association has a committed focus on public education concerning Alzheimer's and other dementias. In February 2015 the charity appointed a new full time Educator, Michala Graham, to work throughout the Island raising awareness and understanding of dementia.

Michala's role involves promoting the services and activities provided by the charity and offering workshops and training sessions across a variety of settings and workplaces.

With increased knowledge we can all help people living with dementia to play an active part in the Jersey community and to live fulfilled lives.

'It is important to challenge attitudes which reinforce stigma, and raising awareness at any level will help people better understand and appreciate what people living with dementia need.' Michala Graham, Educator.

For further information please contact Michala either by e-mail: michalagrahamjaa@gmail.com or by telephone on: 07700 803756

#### Double-gold for Jersey cider and oak smoked butter

The leading accreditation scheme for artisan and speciality food producers in the British Isles has awarded an unprecedented number of awards to local producers – including two gold stars for a locally made cider and oak smoked butter.

The world's most coveted blind-tasted awards, Great Taste, has just released the Great Taste stars of 2015 and La Robeline Cider Company and La Manche Smokehouse have each been awarded 2-Star Gold. La Robeline Cider Company, based in St Ouen, has been awarded for its Cidre de Jerri (medium) and St Saviour-based La Manche Smokehouse for its Oak Smoked Jersey Butter.

But they are not alone. 1-Star Gold Awards have also been given to La Mare Wine Estate for its Jersey Black Butter Fudge, and Field Farm for its Pure Jersey Cloudy Sparkling Apple Juice.

All of the Genuine Jersey Members and their award-winning produce will be able to carry the gold and black Great Taste label in addition to the distinctive Genuine Jersey mark

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# GETTINGarried?

Then dive right in to our special wedding feature...



## IMPORTANT DATE FOR YOUR DIARY

The Marquee Solutions Wedding Fayre will be on the 18th October 10:30 - 3:30 at the Royal Jersey Showground in Trinity.

This is the BIG one of the year with over 80 exhibitors - showcasing pretty much everything that Jersey has to offer for weddings, from cakes, coaches, catering, cards and cars to dresses, music, rings, make up, photographers and the all important fun finishing touches! The huge showground hall will be filled to the brim with wonderful wedding inspiration for you to peruse at your leisure with your bridal team. This has to be the most fun part of getting married! Make sure you organise to head for a lovely lunch or cocktails afterwards so you can discuss all your favourite bits! All are welcome and entry is free.

## Magic on the beach!

It is hard to imagine a more perfect place for your special day than L'Horizon Beach Hotel & Spa. With its fantastic beach side location and superb views of the shimmering coastline and sandy beach overlooking Jersey's most beautiful bay, St Brelade's.

Every wedding is unique and your day should reflect this. As they only offer one wedding per day you can rest assured that you will be the sole focus of their attention on your special day. Taking care of all the finer details from arrival to your last dance of the evening, their specialist events team will be on hand to ensure your wedding runs effortlessly and seamlessly. They offer the

 ${\it Enjoy}\ the\ following\ benefits\ when\ you\ plan\ your\ wedding\ with\ them:$ 

• Guaranteed to be the only wedding at

- L'Horizon on your chosen date
- Licensed for civil ceremonies and
- partnerships

• The option of a beach ceremony including full set up

• Exclusive use of their Rose Lounge with built-in private bar or the option to upgrade to the terrace, subject to numbers

• Private hire of one of their function suites for your wedding breakfast through to the evening, many with stunning views over St. Brelade's Bay

• Wedding menus prepared by their award winning chefs with the option to create your

beach for your ceremony or drinks reception and stylish rooms for your wedding breakfast or evening reception. They can adapt the layout, set the theme, light the candles and bring your dream to life. Their aim is to make your memories last... **Call one of their specialist wedding coordinators today on 01534 743101 to find out more or to make an appointment.** 

#### own menu

- Complimentary menu tasting for the wedding couple
- Complimentary bedroom on the wedding night for the wedding couple
- Use of the beach for your photographs

• A dedicated wedding coordinator to assist you with all hotel arrangements through to your wedding day

• White table linen, cutlery, crockery, cake stand and knife

• Use of the spa for overnight guests, complete with heated swimming pool, steam room, spa pool, gym and treatment rooms



A wedding ring is the most symbolic piece of jewellery that you will ever own. There are many things to consider when you are buying your ring, how it fits with your engagement ring, the choice of metals and comfort factor.

Rivoli Jewellers have years of experience in fitting, designing and creating bespoke rings, call in store for advice and professional fitting or call 601930

# Tough time thinking of the **perfect venue?**

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

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





#### PERFECTLY PRESERVED Memories ...

Colin Cruickshank will tell the story of your special day by capturing the fun and emotion that makes your wedding such a special occasion. His unique approach of reportage and creative photography together with an unobtrusive and relaxed style will provide you with stunning images for you to treasure for a lifetime.

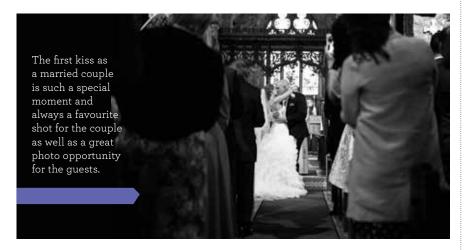
#### Key Moment words Colin Cruickshank



Bridal preparations are always a great opportunity to capture smiles and laughter between the bride and her bridesmaids as the girls get ready and see the bride in her wedding dress for the first time. These are important moments to capture for the groom so the whole story of the wedding day can be told.



Many will know groom Ben Evans as he was a player and coach at the rugby club and it was this connection that brought them back to Jersey to get married. This shot shows the amazing connection between the couple and there were many light hearted moments during the day which made it such a pleasure.





Please see my website to view some of my latest work www.ccpimages.co.uk or email colin@ccpimages.co.uk or call me on 07797717583

The first dance is a special moment.

I like to capture the expressions of the guests watching the couple, especially the parents during the dance.





**Details,** details! The finishing touches will make your wedding all the more special.

We met up with the talented Bella Matthews from event decor company As You Wish, to get the low down on her top wedding tips:

**1. Go artificial** There are some beautiful artificial silk flowers available these days. They are cost efficient and what's even better is you get to keep them afterwards to brighten up your house!

**2. Lots of candles** One of my favourite ways to add light, atmosphere and ambience!

**3. Colours** Pick one or two to add touches of colour, rather than a rainbow. Always try to tie in Groomsmen's cravats or Bridesmaid's accessories for a high impact look. A uniformed wedding works wonders for beautiful wedding photographs.

**4. Hire** A budget friendly way of having all of the little extras you've dreamed of but without a house full of clutter.

**5. Wishing Wells or Post Boxes** A perfect way to collect all of your wedding cards in one place. They make a lovely feature for an empty space too.

As You Wish is a local business, specialising in wedding and event decor to hire. They provide anything from chair covers, handcrafted wishing wells, table plans, centre-pieces and ceremony arches to wedding favours and room props. Choose from one of their magical themes; Beautiful Beach, Classic Vintage, Romantic, Whimsical Woodland, Winter Wonderland or you can tailor your own package. They pride themselves on authenticity and aim to be budget friendly. All of their hire prices include delivery, set-up and collection so there are no hidden costs to worry about.

Also we love that the company has recently expanded and now handcrafts wedding gifts and homeware such as dog beds, lanterns, dinner trays, personalised garden directions posts and potting benches.

To arrange an appointment or receive a quote contact them on 01534 867144 or by emailing asyouwish@hotmail.co.uk

# ANDY LE GRESLEY

We were lucky enough to take a sneak peek at some of the most gorgeous local weddings of the summer, shot by the oh-so-talented Andy Le Gresley. Let these stunning snaps be inspiration for you; start jotting down all the pictures you'd like of your big day and think about where you will be heading for those special pictures of just the two of you.





TOP HALF Amy & Paul, 6th June 2015, St Brelades Church and La Mare Wine Estate











BOTTOM HALF Danielle & Ben, 25th July 2015, St Ouen's Manor

To find out more about Andy Le Gresley or to enquire about booking him for your wedding call 07797 787128 or visit www.andylegresley.com

THIS PAGE Emily & Pete, 29th May 2015, Samares Manor









# Making every occasion special



#### At Marquee Solutions we turn your ideas into reality.

Tel: 01534 861005 yourevent@marqueesolutions.je www.marqueesolutions.je



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



RIVOLI Jewellers & Silversmiths 41/43 King Street St Helier

01534 601930

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# The diary of A JERSEY BRIDE TO BE!

Over the next few months we'll be following the progress of a Jersey bride, detailing her journey, the companies she discovers and the people she meets along the way.

#### Very Exciting Beginnings

"Wow – so the venue is booked! Does that give me leave to be officially more excited than I already am?

Since our engagement a couple of months ago we've scoured the island looking for the 'perfect' place and now I truly believe we've found it – La Mare Wine Estate.

Much like many 'new engagees' - is that a real term I wonder? We did the usual: rocked up at the wedding fayres, some members of the party slightly more enthusiastic than others I have to say..... We toured the island, visiting our favourite places and re-living pre diamond happy times. We toured the internet too, trawling through sites which informed us we must do 'this', it's absolutely essential to have 'that' and that no wedding is any where near complete without 'the other.'

I surreptitiously bought far more expensive glossy wedding magazines that I care to mention, but then, what newly engaged girl wouldn't when the cover shots promise to deliver every girl's dream wedding in six easy steps.

Eventually having considered a range of venues including the run of the mill hotels, along with a couple more quirky, but actually wholly impractical options, we are thrilled to have finally secured a Saturday ceremony and reception at the stunning La Mare Wine Estate in the country parish of St Mary. No mean feat as bookings, it seems, are made one or two years in advance, something we didn't appreciate before embarking on this wedding planning malarkey. But for those of you who are looking to tie the knot sooner rather than later, don't panic, I have it on good authority that there are currently a couple of Saturday dates still available and they also offer Friday and Sunday ceremonies too.

The idea of having exclusive use of the whole estate is just phenomenal. We haven't quite decided where within the Estate to hold the ceremony yet; should we opt for outdoor? Indoor? Small and intimate in the Elms Farmhouse? Or large and lavish in the fabulous Winery?

One element we are certain of is a champagne reception on the beautiful lawned gardens, what better way for all our friends and family to meet and mingle, I can hear the clink of glasses, popping of corks and amiable chatter already!

The team at La Mare has been so helpful so far, helping us to focus, listening carefully, taking into account our individual personalities, how it's important to us that these shine through on the day, and advising appropriately.

So what's next? More excitement as we plan the décor, select the menus, and think about hen and stag parties too!



Found this lovely room decoration inspiration do I go simple or bring the outdoors in?



Eek this will be me soon!



Just love this idea for a picture

Follow me next month to find out more, and in the meantime start planning your own perfect day by visiting www.lamarewineetstate.com/weddings









# Exclusive, beautiful, elegant.

Choice of 4 idyllic ceremony locations Wedding receptions for up to 150 guests Beautiful gardens, orchards and vineyards Estate made chocolate wedding favours Bespoke wedding packages

For more information please call 481178 or visit www.lamarewineestate.com/weddings ST MARY, JERSEY



For any couple who want a wedding that has Jersey at its heart – with every element lovingly crafted and made in the island – then they have to visit the first Genuine Jersey Wedding Fayre on Sunday 27 September at the Harbour Gallery in St Aubin.

The Fayre will showcase some of the finest products and services that the island has to offer, from handcrafted stationery, cupcakes and decorations to talented photographers, caterers and entertainers.

Many exhibitors - but not all – are members of Genuine Jersey, an association of producers whose goods have to be caught, reared, grown or made in Jersey. The distinctive Genuine Jersey logo is the guarantee of local provenance.

Exhibitors at the Fayre include:

#### Lauren Radley

Understanding that every couple is different, Genuine Jersey Member Lauren offers a bespoke design service to tailor make wedding stationery that is perfectly suited to each couples style and needs. She also offers styling services for the big day, including hand painted signs, wedding favours, and beautiful props and decorations. Lauren loves to work closely with couples to make sure that she can help to bring every element of their dream day to life.

#### LuLu's Ice Cream

Louise Booth would love to be part of any wedding special day by bringing her own mobile ice cream parlour, which is built on a tricycle. She offers friendly, uniformed service and serves quality Jersey ice cream as a novel alternative to dessert. She can also serve candyfloss for children and the young at heart.

#### Wilde Thyme

Clara Barthorp creates innovative, original and striking flowers, styling and accessories. A Genuine Jersey Member, Clara only uses seasonal flowers in any style, be it pared-down elegance, natural or wild opulence.

#### MaisieMooDesigns MMD

MaisieMooDesigns MMD is a small, local stationery business creating bespoke and unique paper products for weddings and other special occasions. Fiona Tregoning-Luff founded the company a few years ago to make cards for family and friends and it has grown ever since. All products are designed

"The Fayre will showcase some of the finest products and services that the island has to offer, from handcrafted stationery, cupcakes and decorations to talented photographers, caterers and entertainers."

#### As You Wish

Bella Matthew creates beautiful handcrafted wishing wells and post boxes, along with stunning themed decor for any wedding or event. She also specialises in handcrafted bespoke gifts using recycled materials.

#### Once Upon A Wedding Photography

Gary Power wants to make every couple's wedding photography unique, relaxed, fun, individual and memorable. The experience starts off with a personalised engagement shoot then, if possible, Gary will photograph the stag and hen nights to produce the complete story from day one to last dance and beyond. and handmade, incorporating the wedding couple's ideas, requirements and budget.

#### The Genuine Jersey Wedding Fayre will also feature marquee-providers, table decorators, favour-makers, cake decorators, dress-makers, a toastmaster and lots of other 'homegrown' services.

Wedding Fayre organiser Pat Robson said: "Jersey has so much talent and creativity and I just wanted to bring it together. Couples getting married here can harness those amazing skills and hold a wedding that is quintessentially Jersey, from the invites and favours to the food and photos. Why should you look outside of the island for inspiration when there is so much here already?"



YOUR BEACH FRONT WEDDING DURING 2016 WE ARE OFFERING A SPECIAL WEDDING PACKAGE AT A COST OF £4,950 BASED ON 50 GUESTS

Book by 31st October 2015 and choose one from the following complimentary gifts to enhance your wedding day in 2016:

- One flower arrangement per table
- Chair covers and bows for 50 guests
- Deluxe sea view room for the Bride and Groom the night of the wedding Hand PICKED
- £450 behind the bar
- · Civil Ceremony room hire

For further information please contact us on 01534 742101 or visit our website handpickedhotels.co.uk

WEDDING FAYRE AT L'HORIZON ON SUNDAY, 11TH OCTOBER 13.00PM - 16.30PM



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



www.andylegresley.com



# WELCOME TO OUR

The next few pages are full of fantastic advice from some of Jersey's top lawyers covering a few of the tricker topics in life.

# KEEP IT SEPARATE, **KEEP IT SAFE?**

**WORDS** Advocate Victoria Myerson, Partner & Head of Family Law at Appleby



It is natural to think that the inheritance you received is yours alone, or that the shares in the business you owned before you married will always be ring-fenced just for you. But if your marriage was to fail, it may come as a surprise that the Court could have a different view.

Everyone knows legal disputes can be expensive. One of the most common (and therefore potentially costly) sticking points between divorcing parties is how such assets are to be dealt with. In the context of divorce proceedings the Court will draw a distinction between assets which a couple worked together to accumulate (matrimonial property) and assets which, for example, one party has brought into the marriage, or has acquired by way of inheritance or gift during the marriage (nonmatrimonial property).

In the majority of divorce cases, when it comes to the division of family property the focus is upon providing for the needs of the parties for accommodation and income. If the matrimonial assets are insufficient to meet those needs, the Court will look to any non-matrimonial property to make up the deficit. In short, needs trump any other considerations. But if the parties' needs can be met from matrimonial property there is a stronger argument for excluding assets (such as an inheritance) from the overall asset pot to be divided. In these cases, the Court will consider the type of property involved, its origins, and how that property was dealt with during the parties' marriage.

Non-matrimonial property may therefore be wholly or partly excluded from the division of the assets on divorce because it represents a contribution made by one party which is unmatched by an equivalent contribution by the other. This is particularly so in the case of a short marriage, where fairness may dictate

There is no guarantee that non-matrimonial property can be saved from scrutiny and dissection in the event of divorce proceedings but to increase one's chances of keeping hold of (for instance) a cherished inheritance, it may be prudent to keep it separate from the family finances.

> that one party should not be entitled to a share of their spouse's pre-marital or post separation industry or windfall. But as the years pass the parties are more likely to intermingle non-matrimonial with matrimonial assets (i.e. by using the proceeds of an inheritance to pay off the mortgage on the family home). It then becomes easier to argue that the contributor of the non-matrimonial property in effect agrees to share it with their spouse, and harder (though not impossible) to argue that it should be excluded.

There is no magic formula to apply to the division of finances on divorce. How the Court will deal with non-matrimonial property differs greatly depending on the facts of each case. If such an asset is kept in a bank account in one parties' name without being used to supplement the family expenses, it may assist in

> supporting the argument that it has maintained its "non-matrimonial" status. Alternatively, a pre-nuptial agreement may be a useful mechanism to evidence the parties' intention that certain property be ring-fenced from the division of the parties' assets on divorce, and ultimately limit both parties' legal costs should their marriage fail.

There is no guarantee that non-matrimonial property can be saved from scrutiny and dissection in the event of divorce proceedings but to increase one's chances of keeping hold of (for instance) a cherished inheritance, it may be prudent to keep it separate from the family finances.

For advice or for further information please contact Advocate Victoria Myerson Partner | Head of Family Law on 01534 818 357 or vmyerson@appleby.com

# th MAINTENANCE

WORDS Claire Davies, Partner at Davies & Ingram

Throughout this century divorcing "bread-winners" have emerged from their lawyer's office depressed, and with a sense of injustice.

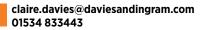
They will have asked for advice as to how the capital will be divided and what financial provision they will have to make. As a rule they are happy to maintain their children; but they are less happy to be told they will pay maintenance, sometimes for the rest of their life, to someone they no longer love. That is a difficult pill to swallow. It is unsurprising that the law has attracted criticism, seen by many to be unfair to breadwinners and overly generous to spouses, generally women, who do not want to work but who expect to be maintained in the manner to which they had become accustomed. A series of court cases in England suggest that tide may be turning and that fewer homemakers will be able to rely on spousal maintenance for their lifetime.

Will that be fair? Every divorce is unique. Undeniably such spouses could do more to make themselves financially independent; and could adjust their household budgets to a sensible level. But we shouldn't forget that many professionals pursue their work addiction with the support of a long term partner who works equally hard at home caring for children and providing emotional and practical support. Those men and women will find it hard to return to the job market in a meaningful way they may have no pension provision. It is sometimes impossible to predict when and whether a homemaker will be able to fend for themselves in the future. Whether you are a breadwinner or not choose a calm, objective hand to guide you through what is a changeable legal landscape.



"A divorce is like an amputation: you survive it but there's less of you."

Margaret Atwood







## SEPARATED PARENTS GUIDE TO CHRISTMAS

#### WORDS Rob Gygax, English Solicitor at Benest & Syvret

Christmas, for many of us, is a joyous time when families come together to celebrate the festive season. Sadly, the season of goodwill can also be an extremely unhappy time for separated families, particularly in circumstances were the parents' separation remains tinted with acrimony and bad feeling.

It is extremely important for separated parents to take on board the well-recognised fact that, in the vast majority of cases, their children will benefit from spending time with each parent and their respective extended families over the festive season. To this end it is important that consideration be given in plenty of time to the issue of how the children's time will be divided. This will not only avoid the potential for a last minute "tussle" over such arrangements but will very likely have the added benefit of providing certainty – and thus harmony – to the family as a whole.

Sadly, some parents are unable to agree arrangements for the children and in such circumstances sometimes there is no other option but for the parties to seek the assistance of the Court in resolving such disputes. For those parents who find themselves involved in litigation over their children invariably find them stressful and nearly always costly. Perhaps most significantly, however, parties involved in such hearings find themselves subject to an order which neither of them find particularly satisfactory. It is surely far better, then, for parents to reach a compromise between themselves, thereby at least retaining some control over Christmas contact arrangements.

Here are some tips which parents may find useful in order to avoid – or at least limit – unhappiness and stress at this time of year:-Even if it proves to be impossible for both parents to see the children on Christmas Day itself, many separated parents make alternative arrangements. Some parents, for example, may alternate Christmas Day year on year, so that in year 1 the children spend Christmas Day with one parent and in year two Christmas Day is spent with the other parent and so on. In the event that the children are not spending Christmas Day with you this year, perhaps they could spend Christmas Eve, Boxing Day or New Year with you instead thereby enjoying a "second" Christmas Day. On such occasions it has If it proves impossible for one parent to see the children on Christmas Day every effort must be made to ensure that the children should speak to the absent parent at some point during that day.

If verbal communication between the parents is not possible for any reason then consideration should perhaps be given to whether a shared diary arrangement can be

"Perhaps most significantly, however, parties involved in such hearings find themselves subject to an order which neither of them find particularly satisfactory. It is surely far better, then, for parents to reach a compromise between themselves, thereby at least retaining some control over Christmas contact arrangements."

been known for Father Christmas to make an exception to the general rule that presents will only be delivered in the early hours of Christmas Day!

It is important, particularly in the case of younger children, to avoid both parents buying identical gifts for your child or children, dialogue between the parents is clearly very important in this respect. It is similarly important that parents do not adopt a "competition" mentality when purchasing gifts. Children can be very astute at recognising that they can capitalise on such a situation which can often lead to feelings of resentment. put in place or alternatively, if the parties are able, arrangements can sometimes be made by way of email exchange as long as this can be cordial.

Most importantly of all, parents will do well to remember that at one time they thought enough of each other to take the massive step of bringing their children into this world. As such, parents should not see themselves as people who are in conflict with one another but rather as two people who both love their children unconditionally. With this in mind, if an olive branch is ever going to be extended by one parent to the other surely now is the time to do it?

For further details please visit www.benestsyvret.com

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# IN THE DARK ABOUT DIVORCE?

WORDS Advocate Jamie Orchard, Viberts Family Law Team



Statistics show that the average person who initiates divorce proceedings in the UK will spend over a year considering whether to divorce their spouse before they proceed. This is completely understandable given what a serious decision divorce actually is. Aside from the obvious emotional trauma, people can also be intimidated or put off by the unknown of the legal process. This often prevents someone in an unhappy marriage from doing anything about it. Here we shed light on the most common concerns that are useful starting points for anyone who is contemplating divorce but is unsure what to do next.

The questions below relate to the "ancillary relief" part of the divorce process (i.e. the division of the assets), and payment of any maintenance which can be dealt with without needing to go to court.

#### What will happen to our assets?

When dealing with ancillary relief, the court's primary concern is to do "fairness" as between the parties. As a spouse, you have a legal right to a share in all the matrimonial assets. What share each spouse receives will be different from case to case as the facts of every case vary. An experienced lawyer should be able to guide you as to the likely outcome, however, this will usually be dependent on the provision of full and frank disclosure of both parties' finances.

## My husband controls the finances, will I be protected?

If your spouse controls the finances, the court has the ability to order him/her to make such payments to you as it believes to be fair. This can be done on an interim basis pending the finalisation of the division of the assets. Therefore if you are worried that your spouse will not let you have enough money to get by whilst the finances are sorted out, the court can make orders to help you. The court can, in the final division of assets, also make final orders regarding the marital home.

## I am worried that the children won't be provided for, how can I protect them?

The welfare of the children is one of the court's primary concerns. Both parents have

a legal and moral obligation to support their children. The court can make orders for one spouse to make financial payments to the other in order to help support the children (this is the case even if the parties are simply separated). as to how much each stage of the process would cost as you go along. At each stage those fees can be reviewed and reassessed so that you know where your money has gone, where it has got you and where it is going. Assistance can be sought from your spouse to help you with your fees if you are unable to afford them.

"Whether you should divorce is a purely personal decision which should be made absent the concerns surrounding the divorce or ancillary relief process. Lawyers are there to guide you through the legal processes."

#### How will the legal fees be paid?

Legal fees are often a big concern for parties who are seeking a divorce. Unfortunately, there is rarely a case where an accurate figure can be given for a client's total divorce and ancillary relief costs. The actual divorce process is relatively straight forward and should be fairly predictable. You are well within your rights to ask your lawyer for an estimate Whether you should divorce is a purely personal decision which should be made absent of the concerns surrounding the divorce or ancillary relief process. Lawyers are there to guide you through the legal processes. It should not be the fear of the legal process which decides whether you do or do not stay together.

> jamie.orchard@viberts.com 01534 632267

# **EVENTS**







This September we mark World Alzheimer's Day

To find out more visit www.jerseyalzheimers.com









Man from U.N.C.L.E premiere #CavilConservation CINEWORLD THURSDAY 13TH AUGUST





We were lucky enough to be amongst the select few to watch the exclusive European premiere of The Man from U.N.C.L.E. The special screening held at Cineworld and starring Durrell's famous Ambassador Henry Cavil – with all proceeds going to #CavillConservation. Guests were treated to a short video clip of the films star thanking them for attending the screening





and supporting the cause which is so important to him. They were also given goodie bags, which included a signed photograph of the man himself.

Thanks to both Durrell Wildlife Conservation Trust and Charge Point for the invitation.





Christmas Down Under Party RADISSON BLU WATERFRONT HOTEL THURSDAY 23RD JULY



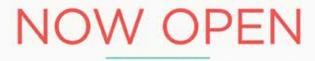


Lucky guests enjoyed the Radisson Blu's annual summer Christmas party. This year it was themed Christmas Down Under and the whole venue was transformed by their talented team into a fun filled Aussie Bash. The event is always a great reminder for





corporate clients to start looking into their Christmas Party plans. The Rosé was flowing and beach balls were bouncing about the place as guests donned santa hats and enjoyed the views over the harbour. For more information about booking your christmas do call their events team on 671100.



37 QUEEN STREET WOMENSWEAR & CHILDRENSWEAR STORE



ASHWORTH & BIRD

WOMENSWEAR

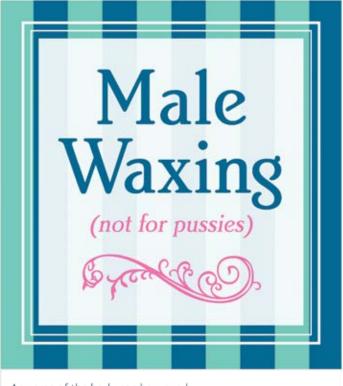
AUTUMN CASHMERE BARBOUR BETTY BARCLAY BOSS BLACK LABEL CALVIN KLEIN CANADA GOOSE DENIM & SUPPLY FRENCH CONNECTION MAISON SCOTCH MICHAEL KORS POLO RALPH LAUREN SAMSØE & SAMSØE TED BAKER WEEKEND MAX MARA WHISTLES 7 FOR ALL MANKIND

CHILDRENSWEAR

DIESEL MAMAS & PAPAS PETIT BATEAU RALPH LAUREN SCOTCH R'BELLE SCOTCH SHRUNK TOMMY HILFIGER

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Ashworth & Bird Store Opening Event 37 QUEEN STREET WEDNESDAY 19TH AUGUST





This wonderful event was full of loyal customers keen to see the stunning new womenswear and childrenswear store. The champagne was flowing and delighted guests enjoyed seeing all the latest collections from top designers as well as the huge childrenswear floor full of adorable





pieces. Some lucky guests were treated to Betty Barclay goodie bags and others opted for Urban Decay or Chanel make overs by the team from Feel Unique. It was a brilliant party and a fantastic excuse to go shopping! Make sure you check the store out when you're next passing.





Zen Hair & Beauty Party 73 NEW STREET MONDAY 3RD AUGUST





This fantastic event was filled with family, friends and clients of the popular Zen Hair and Beauty. Within Zen there is salon owner and creative stylist Julie McLagan, colour specialist and hair stylist Lorna Hanby who runs the Lorna Hair Boutique, junior stylist Talia Inglis who specialises in colour and hair ups and then, to complete the team, beautician Mireia Peacock who specialises in nails,





waxing, fx lashes and St Tropez tanning works in the same space under Mireia's Beauty. These are the guys to go to if you want to be pampered from head to toe. The whole place has a lovely therapeutic atmosphere and the friendly staff are always welcoming. They offer late nights and flexible hours. Check them out on facebook or call 758896 for hair or 07700321428 for beauty appointments.

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#### Christmas like the ones you used to know...

Beat the rush and book your perfect Christmas event for clients or family, now!

#### Festive Lunches at The Waterfront

Served Friday 4th, I I th 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 671 172 or email christmas.jersey@radissonblu.com

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







Quints of Jersey New Studio Launch 2ND FLOOR, 45 HALKETT PLACE FRIDAY 31ST JULY





An exciting graphic design business called Quints of Jersey recently celebrated their two year anniversary and opening of their new studio which is located in the heart of Helier at 45 Halkett Place. The evening was filled with great acoustics by Beau and celebrated with family and friends.





Quints of Jersey are specialists in Business Branding and Event Stationery design. The new studio provides an inspiring creative environment to meet, design and brainstorm with clients. To check out the new studio & portfolio please visit www. quintsofjersey.com





Luella Rockerfella Pop Up Shop MIMOSA THURSDAY 20TH AUGUST





The upstairs terrace at Mimosa played host to Luella Rockerfella, the online clothing retailer, and their latest pop up shop. This time the event was to celebrate the launch of their latest brand discovery FRNCH, a parisian brand offering fabulous separates and beautiful dresses which





would work well for the wedding season or even the office. Guests were treated to live music from David Keenan and a promo bar sponsored by Lanique. If you've not discovered Luella Rockerfella yet, be sure to look them up on Facebook or visit their website www.luellarockerfella.com



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  - Reassurance with worldwide accident
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 Confidence - in a professional, experienced team who are passionate about preventative dental care

To join our Dental HealthPlan and start enjoying the benefits, call Ashley or Natalie today

\*Don't wait - Call us on 01534 731680 for more details or go online at www.jerseysmiles.co.uk

\*For full terms and conditions please ask our Patient Care Coordinators



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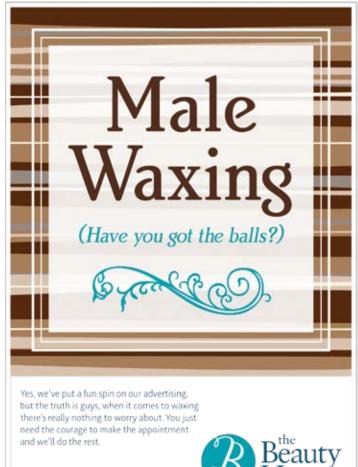
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Mind Jersey Fashion Show DRIFT BAR, ROYAL YACHT THURSDAY 20TH AUGUST







Mind Jersey hosted their second charity fashion show to a sell out crowd. The Drift bar at the Royal Yacht Hotel was transformed to provide the models with the perfect catwalk to show their quality evening wear, all sourced from the Mind Jersey nearly new shop on New Street. The







models were also wearing pieces from the new Swarovski jewellery Autumn/Winter collection. Guests could bid for the items of clothing seen on the models in an auction held after the show, all proceeds of which went to this fantastic local charity.

JERSEY'S STYLE MAGAZINE

# TRAVEL



an in the

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!

Arriving in the heart of London is now even more convenient





# Slow Travel Now Doesn't This Sound Relaxing?

WORDS Tamarin Marriott-Wilkinson

For most of us, squeezing a holiday into our 9-5 has become a sacred affair, yet fighting the Friday rush and escaping an unrelenting workload has made the odd weekend away a necessity! With the gathering speed of society, slow travel is a godsend! It's time to abandon the itinerary and escape the rat race. Read on to discover our top picks for an invigoratingly slow getaway.

#### Surf Camp Marrakech Yoga Retreat

Combine two relaxing nights in a lavish boutique Riad and spa in the ancient city of Marrakech with three heavenly evenings in an Eco Beach Camp retreat, where you'll wake up to nothing but the sweet sounds of the ocean. Practice salutations on a secluded bay, learn to horse-ride, surf, ride a camel and cook in the traditional Moroccan way. 5 nights from £549pp – For more information visit www.fixers.travel/store/surf-camp





#### Buttertubs Pass The Yorkshire Dales The Best Driving Roads in Europe

Sometimes flying is overrated – especially when the UK is home to a variety of striking panoramic views. What better way to explore Britain's nooks and crannies than in a classic car? Buttertubs Pass is home to a series of stunning steep cliffs, curious inclines and magnificent declines. With more bends than the Monaco Grand Prix, you'll want to take your time when touring this five mile stretch. Thankfully, the Yorkshire Dales are renowned for their many tearooms, which means you can always stop for a cup of Yorkshire's finest along the way.

#### Whistler Route Canadian Rockies

A Journey of Exhilarating Contrasts

Glacier-fed lakes, ferocious rivers, majestic mountains and snowcapped peaks are just a few of the sights that will have you nose pressed to the window when exploring the Canadian Rockies by steam train. A journey of exhilarating contrasts, regardless of the route you choose. Feed your eyes with sightings of bears, bald eagles and mountain goats.

Slow down the pace even more and combine your Canadian Rockies rail journey with an Alaskan cruise, where award-winning service, fine dining and sophistication await you onboard your floating home!

For routes visit www.rockymountaineer.com





**Climb, walk & Spa Dolomites** *Spa & Wellness Retreat*  Spend seven idyllic nights in a 5 star mountain hotel with a spectacular vista of the Dolomites. Spend your days discovering local scenery and your nights in a culinary dreamland, where local cheeses, traditional pasta dishes and regional beers and wines flow freely. 7 nights from £599pp - For more information visit www.alpinodolomites.it



#### Hidden Hampshire South Downs National Park

A World of Unspoilt Beauty

Although one of England's newest national parks, South Downs is home to a wonderful world of unspoilt beauty. Even the accommodation leans itself towards nature. Surrounded by woodland and nestled into a hillside on a road that doesn't register on the satnav – inside, you'll find all manner of hangers, knobs, toggles and bowls. A secret sanctuary with a rich and varied landscape make this the perfect spot for those wishing to escape the daily grind.

Whilst in Hampshire, a visit to Selborne Hanger is a must – once home to the 18th century naturalist Gilbert White, it's here you'll find an abundance of gardens brimming with verdant borders and vegetable plots that sit alongside ha-ha's and revolving seats with views of the 20-acre parkland. From here a zig-zag path (although a hike) leads to the National Trust-owned Selborne Common, where views of the Hampshire, Surrey and Sussex Downs are in plentiful supply. Reward your trek with a pot of tea at the Wakes' Tea Parlour, where waitresses in white pinnies serve refreshments in bone china teacups.

To book a stay at the Woodshed, visit www.southdowns.gov.uk





#### **Noirmoutier France** *A Little Island on the Vendée Coast*

Separated by a causeway and accessible only at low tide, if you're looking for escapism, journeying to this idyllic land is a must. With its dunes, salt marshes and many meandering canals, Noirmoutier is a haven for bird life. The beaches are endless pockets of white sand, the surrounding roofs terracotta and the grass pink-tinged. The neighbouring villages are home to a handful of unspoilt haunts, rocky coves, the occasional windmill and markets selling fresh fruit, vegetables, flowers and cheese. If you're hankering after a slower pace of life, you've come to the right place.

Getting there: Condor Ferries offer a wide selection of ferry crossings. Central Vendee is just a three-hour drive from St Malo.



Ibiza The Balearics Going against the norm Despite being one of the most sought after places to party, Ibiza is also one of the coolest places to chill. Swap the super clubs for supper clubs for a more creative style of hedonism. The likes of Heart – a completely new dining concept – designed by Cirque du Soleil and former El Bulli founders Ferran and Albert Adrià is a great option for those wishing to indulge in the finer things in life.

The White Isle is also developing a rep for wellness retreats. Avoid the concrete stretch of San Antonio and instead pamper the mind and soul with sun downer Pilates and sunrise yoga, you'll even find a selection of stand-up paddle boarding and nutrition camps. For more information, visit thirtyeightdegreesnorth. com - they run a large selection of courses at the Aguas de Ibiza hotel. A great option for those wishing to wake up to the smell of almond blossoms and freshly bakes croissants - as opposed to a raging hangover! Where to stay: If you're in need of a little TLC,

check into a luxury Agroturismo hotel like Cas Gasi (www.casgasi.com) or The Giri (www.thegiri.com) CULTURE



## Charlie Siem

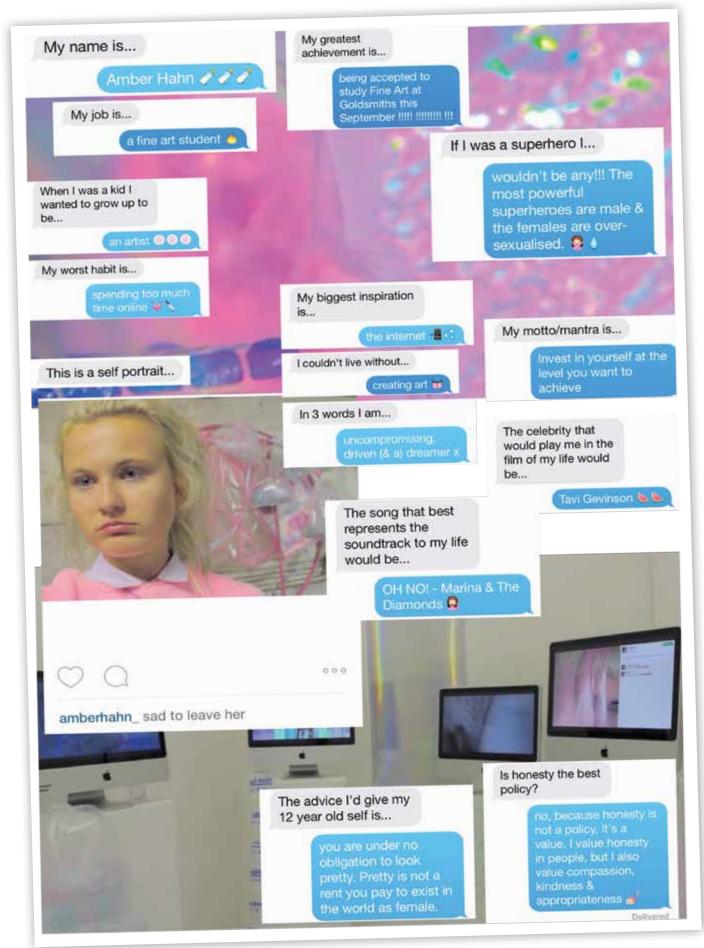
Born in London, Charlie Siem is one of the brightest young stars in classical music. His recent touring activity includes a recital tour to Norway with renowned pianist Itamar Golan and performances in Holland with the North Netherlands Symphony Orchestra. Charlie has revived the age-old violinistic tradition of composing virtuosic variations of popular themes, which he has done alongside artists including Bryan Adams, Jamie Cullum and The Who.

17 (£11 students) | Members: £14.45 (£9.35 students)

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



## MY NAME IS ...





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

Discover works by famous established artists and printmakers including Sir Peter Blake, Sir Terry Frost, John Piper, Damien Hirst, Barbara Rae CBE RA, Bruce McLean, Dan Baldwin and Edy Ferguson as well as young emerging artist Lucy Farley.

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

#### Find out more at www.ccagalleriesinternational.com



Stroud Low Moon' by Lucy Farley

originaldynamiccollectablerenowned





**Royal Court Chambers** 10 Hill Street | St Helier | Jersey | JE2 4UA **Opening Hours:** 10am to 5pm Monday - Friday 10am to 2pm Saturday For more details about exhibited works and

future events please call 739900 or email enquiries@ccagalleriesinternational.com

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#### CULTURE NEWS

# MEET THE TEAM ...

We met up with some of the team from the Jersey Arts Centre to find out more about who they are, what they do and what their top tips for shows are over the next few months.

#### **Nicole Twinam**

Press and Marketing Assistant

Years working for JAC: 3 and a half years. What do you love about your job? I love the fact that I get to be creative everyday and work for an organisation that I'm so passionate about. I am also a co-director of Jersey Arts Centre's youtheatre and enjoy this immensely! What upcoming shows are you looking forward to and why? I'm looking forward to our 11th Human Rights Festival in November. This year, the week of film screenings follows a theme of Women and Human Rights and the films that have been chosen are a real mixture of both shocking and uplifting stories.



Education & Outreach Coordinator

Years working for JAC: Just over 1. What do you love about your job? Working with lots of different people in the community. From meeting with prospective tutors for courses or working with schools and other organisations within to create outreach opportunities. What upcoming shows are you looking forward to and why? It's hard to choose! Really looking forward to Solitudes by Kalunka Teatro as I've not seen their theatre before but I love mask work and there theatre looks really engaging and moving. Also looking forward to Meadowlark which is a People's Choice event. I've listened to some of their music already and it's great.

#### Michelle Parker Marketing Manager and Fundraiser

Years working for JAC: 7 and a half years. What do you love about your job? It's great to be able to combine my love of design, marketing and fundraising with my love of theatre. Plus it's so much fun to be able to dance and sing in the office and appear totally normal! What upcoming shows are you looking forward to and why? I'm really looking forward to the Fox Open Art Exhibition which takes place from 28 September - 17 October. I love seeing the variation of artwork produced by Channel Island artists. I also can't wait to see local singer Jordan Burrows perform on Tuesday 27 October, as he was suggested by me for 'People's Choice'. I saw him perform over dinner at Grand Jersey and totally fell in love with his voice.

#### SPICE, Arts & Music Festival

Spice Arts & Music Festival is a unique and free community event that brings together a variety of local artists, makers, producers and small businesses. It also features musicians and therapists all within the unique setting of handmade yurts on the stunning grounds of Grouville Common on Saturday 12th September and Sunday 13th September from 10am-7pm.

Spice, now in its fifth year, has become a well-established event. Throughout the weekend talented makers will be creating and selling their work, alongside them there will also be established sculptors, workshops and demonstrations from artists, entertainment, poetry, therapists offering treatments, performances from Jersey Capoeira, Sita Circus Skills and De Mond Gymnastics Academy.

There will be lots to entertain the children too, including Love Theatre who provide imaginative children's drama workshops. For younger children there are storytellers from Jersey Festival of Words, kids yoga with Yoga box and interactive graffiti art with United Elemenz. For the more active kids there will be Capoeira, Circus skills, slack lining and Break Dancing workshops on offer. For the creative kids there will also be lots to get involved in and there is a fantastic music line up too.

Spice would not have been able to flourish without the continued support of Jersey Arts Trust, Genuine Jersey, Signtech and The Meridian Clinic. Spice is a registered charity and a non-profit organisation, it is a community event therefore whilst they do not charge an entrance fee, in order for them to continue the events growth Spice do kindly ask for a small voluntary donation on entrance. **www.spicejsy.com** 





#### DON'T BE A NO-SHOW THIS SEPTEMBER!



#### How to Change the World

This new insightful and moving documentary tells the story of the Greenpeace movement's earliest years using rare, hitherto unseen footage, private journals and interviews. The pioneers of Greenpeace captured their gripping actions on a range of film cameras and Greenpeace granted access to this vivid archive to make this thrilling, sometimes terrifying film. The screening is Wednesday 9 September at Jersey Opera House and will be followed by a Q&A with a panel including the film's director Jerry Rothwell, Vivienne Westwood, and other special guests. Tickets are priced £12 and members can enjoy £2 off.

#### Josh Widdicombe: What do I know...

Most well known for his curly hair and co-hosting Channel 4's The Last Leg, Josh Widdicombe is back on the road with a brand new tour. While he's been away from stand-up he's found rather a lot of minor things to get annoyed about, and now he has a chance to talk about them on stage.

Head to Jersey Opera House on Saturday 26 September at 8pm to find out exactly what they are, tickets are priced £16.50





#### AL Murray, the Pub Landlord

Prepare to laugh. Twenty years ago Britain's favourite publican (and politician) Al Murray, The Pub Landlord, embarked on his one man mission as the King Cnut of Common Sense, holding back a tide of bottled beer and ninny state nonsense. To celebrate this milestone, join this icon at Jersey Opera House for one night only on Wednesday 16 September, on his twice extended sell-out tour One Man, One Guvnor.

Tickets are priced £25.50

#### FRANKLY SINATRA 10TH-11TH SEPTEMBER, 8PM

Celebrate the centenary of the greatest singer of the 20th century with the world's No. 1 Sinatra, Stephen Triffitt. Backed by a full live orchestra, prepare to be dazzled by all the classics; Fly Me To The Moon, New York, New York, My Way and many more

TICKETS: £27.50-£30.50, MEMBERS £5 OFF



#### EVERY BRILLIANT THING

12TH SEPTEMBER, 8PM IN THE STUDIO Based on true and untrue stories, this is a new play about depression and the lengths we will go to for those we love, TICKETS: £12, MEMBERS £2 OFF



#### AIDA ON SYDNEY HARBOUR

15th SEPTEMBER, 7:45PM SCREENING In Aida, Verdi masterfully puts the intimate affairs of the heart against the grandeur of the universe. where kingdoms rise and fall and the sands of time grind onwards TICKETS: £15, MEMBERS £2 OFF



#### BAROQUE BY CANDLELIGHT 25TH SEPTEMBER, 8PM

From the producers of Magical Mozart, this in the music of some of the world's greatest romantic composers; Vivaldi, Handel and Bach. TICKETS: £16.50-£22.50, MEMBERS £3 OFF

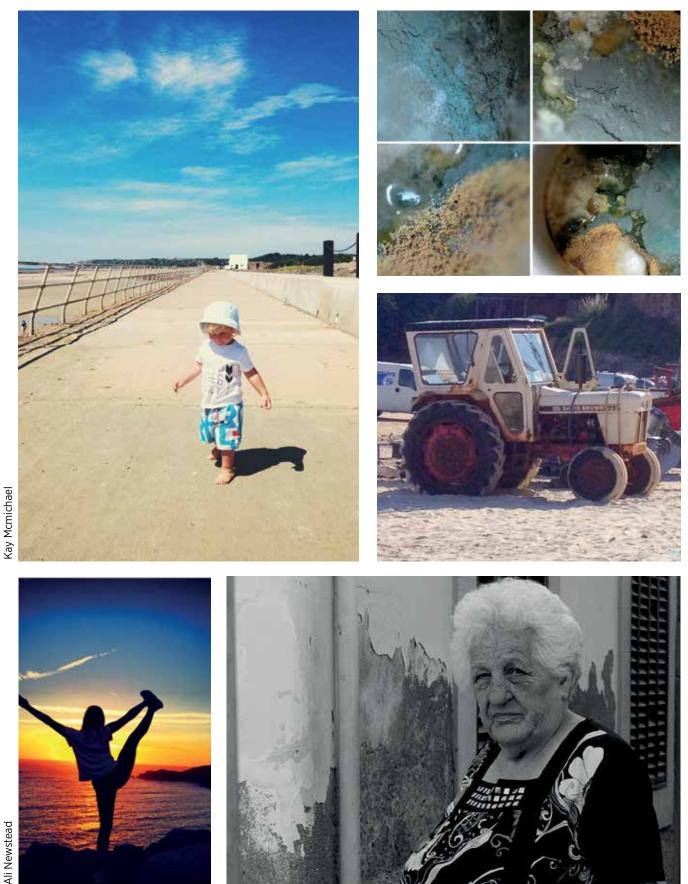


OH! BOOK BREAKFAST, LUNCH & PRE-SHOW DINNER (01534) 511 106

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# THE MONTHLY UPLOAD

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



Joanna Malyszko.

Layla Arthur





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









AROUND

COFFEE

2

## 'BORROWED TIME' EXHIBITION BY LUCY FARLEY

CCA Galleries International is delighted to introduce a painting and print show titled 'Borrowed Time' by painter and print maker, Lucy Farley. The exhibition which is sponsored by Rathbone Investment Management International officially opens on Friday 25th September 2015 and runs until Saturday 24th October 2015.

This exhibition brings together artwork inspired by Lucy's time spent in France, Denmark, the Caribbean, Spain and London since 2006. Lucy maps her journey from the roots of pure observational drawing land and seascapes which form the basis of all her finished paintings and prints to the psychologically charged abstract works.

Since her birth in 1982, Lucy has lived and worked in London. She studied at Central St. Martins graduating in 2005, and has an MA in printmaking from the Royal College of Art (2009), followed by a two-year Fellowship at the Royal Academy. Exhibitions in London have included the 'Originals' Printmaking show at the Mall Galleries in London, as well as each year at the Royal Academy's Summer Show.

Lucy's work has consistently remained rooted in the observation and documentation of her immediate landscape and a need to project 'particular emotional states' upon her surroundings depicting through the use of specific imagery both organic and man-made elements in nature. In her own words;

"Painting, drawing and printmaking are all part of my practice. I am interested in depicting places that I have a personal connection with or a history that inspires me. My work aims to build up a record of time, spirit of place and changing feelings which occur through travel, my existence in the city and a connection with nature and the landscape.

The fragments of memory, past sensations and experiences, that are associated with a particular urban or natural landscape, form the basis of my work. The landscape in a way acts as a 'stage set' in which my own cast of characters are built up to project a personal ongoing narrative, which aims to question, describe and unravel certain aspects of the human condition, which I am dealing with at a given time."

On the sponsorship, Vaughan Rimeur, Director at Rathbones, comments; "Rathbones has a proud history of supporting the arts and we are absolutely delighted to assist CCA Galleries International in continuing to bring new and interesting artists to the island. We are excited to sponsor this latest exhibition which showcases Lucy Farley's stunning contemporary work."

Gallery opening times: 10am to 5pm (Monday - Friday) 10am to 2pm (Saturday) CCA Galleries International Royal Court Chambers, 10 Hill Street, St Helier JE2 4UA

#### Glass Artist Exhibition

Angela Simoncelli is a glass artist, having studied for a degree in Art and Design at Highlands College through Plymouth University she has now set up her own studio at home. "My passion is for working with kiln formed glass because of its clarity of colour and light. My work is about enjoying myself and hoping that I make viewers feel their spirits are lifted. I have developed my own techniques which involves firing little balls of glass to add texture to my work as everyone likes to touch glass. So far I have cut, cleaned and fired over 5000 little balls of coloured glass." Her big influences are Klimt, Chagall and Mattisse and her work reflects her love of colour, pattern and texture, if you'd like to see more of her work then head to The Link Gallery at Jersey Museum & Art Gallery to view her exhibition between 12 September to 4 October.



"My work aims to build up a record of time, spirit of place and changing feelings which occur through travel, my existence in the city and a connection with nature and the landscape"



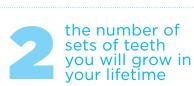
# **BEAUTY & WELLBEING**

## Beauty News

#### **TEETH BY NUMBERS**

6

the average age that you lose your first tooth



Between 4 and months of age your first tooth will come through

Over **23,000** litres: the amount of saliva your mouth will produce in your life





days spent brushing your teeth over your life





the average number of teeth in your adult mouth

Quote 'Gallery September' when booking.

Now you know the facts about your teeth, what

about that examination you've been thinking of

booking? Call the friendly team at The Cosmetic

Group on 731680 to book your New Patient

Consultation with a 30% discount.

#### PERMANENT PERFECTION

This September The Beauty House launches their dedicated new treatment room solely for permanent makeup. Technician Sharon Coote has over 10 years experience and is trained to the highest standards at one of the UK's top facilities. Permanent makeup is a great way to enhance your natural features and isn't as scary as it sounds. A full consultation takes you through the process, allowing you to monitor every step of the way to ensure you are comfortable and happy with the results. Although called 'permanent' the colour does fade away over time. *Find more information, and to dispel any myths about this treatment visit www.thebeautyhouse.je* 





## **Pink Pineapple Supplies:**

Don't Put off Being Creative Offering more than quality beauty products alone, Pink Pineapple Supplies are the first Jersey-based company to provide salon enthusiasts with beauty supplies and training here on the island – after all, there's little use in investing in the latest products without embracing the latest techniques. Everything they stock they offer tuition in – and you can rest assured, they'll never buy into a brand they don't wholly believe in, just as they'll never sell to any one less than a qualified professional.

Having established themselves just a year to date, these beauty conscious buyers have gone from strength to strength. In fact, they've already doubled their product range due to popular demand. They now stock leading brands such as ORLY, Smart Polish, Gigi Wax and UV Polish, Orly Epix as well as Hi-Brow, LashFX, IBD, Rock Hard Acrylics and the Dadi Oil Organic cuticle care range. On top of this, they offer a range of salon essential items, including beauty must-haves such as lint free pads, gel removers and files to name just a few – all delivered direct to your door.

With the tag line 'don't put off being creative' it's here you'll fine a different style of training, including a range of conversion courses, run by Orchids Nail and Beauty Academy, which is now in its sixth year.

Offering everything from beginner workshops to diplomas, Orchids Nail and Beauty Academy has something to suit all salon connoisseurs. Visit www.orchidsacademy.co.uk for more information.

To check out the range of products available and the latest news, visit Pineapple Beauty Supplies at www. facebook.com/pages/Pink-Pineapple-Supplies-Jersey-Cl or email them at pinkpineapplesupplies@yahoo.co.uk

PICTURED: Co-Owners Michelle Le Verdier and Natalie Thompson

## How fast is fast enough?

WORDS Christopher Journeaux, Therapy Jersey

Have you noticed just how fast everything has got? Post a picture on Facebook and within seconds friends are liking and commenting. So how fast could really be said to be fast enough for us?

I was flying back from England recently with EasyJet. In the past queuing has involved a scrum for good seats for all but the very young and Speedy-boarders. Despite allocated seating now this throng of passengers around the gate persists. Strange because we all had a seat number. Why rush? I tried to resist the urge to surge forward when called but eventually joined the pushing.

We reached the stairway to the tarmac in an orderly queue. I realised that the couple in front of me were elderly and struggling a little with the stairs. My heart rate now back to normal I paused at the top to give them space to make their way down. It was then I felt the first nudge in my back. Then a second followed by an insistent third clearly trying to push me on.

"My heart rate now back to normal I paused at the top to give them space to make their way down. It was then I felt the first followed by an insistent third clearly trying to push me on"

The craziness of this situation suddenly struck me; EasyJet don't require passengers to board whilst the airplane is taxiing so we were not going to miss the flight. The seats were allocated so any chance at scoring the 'magic' seat were also not possible; so why the rush?

In truth the need to be fast is often pointless and actually part of a wider context of living that no longer values patience. We want everything now and in trying to get it we find ourselves walking over or through others, physically but also emotionally. We may not know why we must move quickly; we just feel we must. In that, we miss others and their needs.





41/43 King Street St Helier 01534 601930

set in platinum)

## **BEAUTY** PRODUCTS: Anti Ageing Special

Growing old gracefully is all well and good but so is growing old disgracefully. We've rounded up a few of the latest and greatest products which will SLOW the visible signs of ageing.



#### <sup>Aveda</sup> Smooth Infusion Nourishing Styling Crème

At the slightest hint of humidity does your hair frizz? Fight the frizz with this nourishing styling creme, designed to smooth loose waves, straight and curly styles. Powered by botanicals brimming with moreish shea butters and cupuacu, this is a perfect product for those wishing to tame unruly locks.



#### Goldfaden MD Lifting Neck Cream

The beauty Gurus at SpaceNK have been stocking this range for a long time. This must-try, breakthrough formula combines powerful hydrating agents with skin strengthening remedies and advanced plant extracts to reveal a younger looking complexion – free from fine lines, creases and sagging.



#### Urban Decay Anti-ageing Eyeshadow Primer Potion

Feelunique @ Au Caprice As you get older your make up stops staying put, it works its way south, stopping at the nearest wrinkle. Fear not, you just need to get savvy with primers. This anti-ageing potion promises a smoother application, all-day colour and crease-free shadow.



#### Benefit Gimme Brow Brow-Volumising Fibre Gel

Youthful over plucking may have left your brows sparse. Bring back your brows with this volumising gel – for eyebrows that look noticeably fuller, darker and full of sass.



#### Dermalogica Age Reversal Eye Complex RIO Hair & Beauty

Are your sweet smile lines swiftly becoming crow's feet? Say goodbye to puffiness, dark circles and wrinkles with this nifty retinol treatment, designed to work in harmony with the delicate eye area.



#### Thalgo Silicium Cream for Wrinkle Correction and Lifting

Rich in marine minerals and plant extracts, this rich daily cream will smooth out any unwanted wrinkles, whilst enhancing the contours of your face and neck.



#### Crème de la Mer The Moisturizing Soft Cream

Available exclusively from deGruchy It's important to invest in a few treats as the years go by. Boasting a supple new texture, this luxurious cream promises to deliver legendary results. Use this nutrient-rich

Miracle Broth for glowing skin that looks and feels effortlessly renewed and energised.



#### Dermalogica Overnight Retinol Repair RIO Hair & Beauty

This powerful treatment cream accelerates skin renewal to slow down the ageing process- all whilst you sleep. Banish uneven skin tone and dis-colouration to reveal an enviably toned and hydrated complexion.



#### Benefit Porefessional balm to minimise the appearance of pores

Minimise the appearance of fine lines and perceptible pores in a jiffy with this silky, lightweight balm. The translucent oil-free formula not only complements all skin tones, it protects the skin from free radicals.

# New & Exclusive:

# New & Exclusive: ULTRACEL

It is a revolutionary, no-downtime, triple facelifting technology, which uses the powerful but gentle ultrasound, focused radio-frequency and fractionalized microneedling radio-frequency. These three techniques combine to lift, not just the skin, but the deep muscle layer underneath, called SMAS, which was previously only reached by surgical facelifts. Together they create the most complete non-surgical facelifting technology: The Ultra-lift.

#### Dr John Curran FBCAM, Mr Nick Percival FRCS

Tel: 01534 625090, Lido Medical Centre, Hotel De France, St Saviour's Road, St Helier, Jersey JE2 7LA

One of the UK's Top 30 Cosmetic Surgeons and Doctors as listed by Tatler's Beauty & Cosmetic Surgery Guide 2014





The British Association of Aesthetic Plastic Surgeon





1'ODÉAL

# GHTS, CAMERA, ACTION!

You can now enhance the beauty of your skin with an array of safe and effective treatments. 'Ultra-lift', the latest triple lift technology, exclusively available at the Aesthetic Skin Clinic here in Jersey, boasts to be the latest, safest and most effective combination skin-tightening program available - proven to lift, contour and rejuvenate all layers of the skin. So how does it work? I catch up with aesthetic nurse practitioner Hayley Jordan to learn a little more about the ins and outs of this must-try treatment.

#### What is unique about the new Ultralift, procedure?

We are really excited about Ultracel, as it is the most advanced Skin tightening available and our patients are raving about the results. It combines three cutting edge skin-tightening technologies; High intensity focused ultrasound HIFU, fractional micro needling and radio frequency. The HIFU specifically targets the deep fibrous layer below the skin called the SMAS. Tightening of this layer has previously only been addressed by cosmetic surgery. Now true laxity can be managed without cutting or disrupting the surface of the skin. Results are further enhanced at dermal level by fractional micro needling which boosts the collagen in the dermis, creating transformational changes in the quality of the skin and RF, which causes superficial tightening. Combining these technologies in the Ultralift has created the most comprehensive non-surgical up-lift currently available.

It's perfect for tightening and lifting the skin on the neck, under the chin, the jaw line, the brow, around the eyes, and treating wrinkling and sagging on the décolletage and body.

#### What's the latest buzz in skincare?

When it comes to skin care, according to Hayley, patients are becoming much more discerning and want proven, evidencebased treatments that will successfully rejuvenate the skin and address issues, such as large pores, oiliness, pigmentation and fine lines.

ASC's most popular formula is the World's no1 prescription strength, Obagi Medical Skin Care System. This heavily researchbased product is scientifically proven to transform skin at a cellular level. No two patients are exactly the same and as such our medical team help create bespoke regimes within the Obagi range of treatments tailored to the individual patient's concerns. From acne to severe sun damage and pigmentation, a programme can be adapted to fit the patient's exact lifestyle and skin care needs, whilst follow-up appointments ensure results are effectively achieved and sustained.

Skin Health For Life is our philosophy; not just improving the appearance of skin, but actually restoring youthful, healthy skin. The recently introduced Hydrafacial has added another dimension to maintenance therapy.

Often referred to as the 'red carpet facial', HydraFacial is THE hot celebrity-favourite from the USA to get star quality skin. Many high profile celebrities are known to be regular HydraFacial devotees. From Kate Winslet to Beyonce, Matthew McConaughey to

Ethan Hawke, the HydraFacial is a must have treatment to ensure that their skin is always HD ready.

By combining cleansing; exfoliation, extraction, hydration, antioxidant protection and red LED light therapy all in one, it is no wonder that the skin is left leaving looking and feeling intensely hydrated, plumped and glowing!"

#### So what does the future hold for the Aesthetic Skin Clinic?

All of our treatments are extensively researched and Dr Curran will spend months of due diligence to find the most effective and safest cutting edge technology on the market before introducing the treatment to the clinic. This is why his patients trust him' explains Hayley. 'Future plans focus on fat management and reduction. Dr Curran is evaluating the most advanced medical technology for noninvasive fat reduction to complement the practice, so watch this space...

#### www.askinclinic.co.uk

FASHION



#### ASHWORTH & BIRD OPEN THEIR NEW QUEEN ST STORE

With their on-trend vibe, heritage and personal touch, Ashworth & Bird have cemented their position as one of the most upto-date and exclusive, independent department stores on the island. Forever at the forefront of fashion retail, they've chosen this time to progress to exciting new premises – a collaboration of womenswear & childrenswear under the same roof.

Their new site at 37 Queen St is infused with modern elements more befitting of a London department store. Flattering lighting, eclectic furnishings and walls adorned in stylish prints, as well as a generous footfall, will have you queuing at the doors to peruse the sartorial wares on offer.

The new premises offer a concoction of bespoke and ready-to-wear clothing, tailored to all tastes, including pieces from prestigious brands such as Whistles, Ted Baker, Max Mara Weekend, Hugo Boss, Polo Ralph Lauren Polo Ralph Lauren, Michael Kors, French Connection and much more. The children's store, which is situated on the first floor houses a range of styles from various designers including Mamas & Papas, Tommy Hilfiger, Ralph Lauren and Scotch & Shrunk. For a full brand list, visit www.ashworthandbird.com

However, it's not just the wares on offer that guarantee to turn heads, it's the personable

approach and the knowledge behind each in-house ensemble (all staff are passionate about the brands available). From personal shopping experiences to charity events, to enlisting the help of one of their style spend, and for every 500 points you earn, £25 worth of credit to spend in store! You'll also be the first to hear about exclusive promotions, events and brand news. So which new season trends do we need to know about this month? Dawn Bale, Ashworth & Bird's in-house buyer gives us the lowdown. 'Expect to see lots of layering and textures, including the likes of silk blouses paired with chunky knits. Swap blacks for plums and navies this winter, with grey as your staple. Culottes are a

you'll receive one point for every£1 you

"And if you're simply too busy to shop, they're more than happy to bring a selection of the hottest seasonal trends to you – be it at your office or home – all chosen to complement your individual style."

savvy connoisseurs to pick out a capsule wardrobe for an upcoming holiday – Ashworth & Bird are the quintessence of great customer service. And if you're simply too busy to shop, they're more than happy to bring a selection of the hottest seasonal trends to you – be it at your office or home – all chosen to complement your individual style.

Another benefit to shopping with Ashworth & Bird is their loyalty scheme. Sign up and

huge trend this season...make the transition to the winter with the addition of tights and a heel (for a feminine edge) or a boot. Hats are big on the agenda when it comes to accessories, as is a fur collar.'

The opening of the store marks a new chapter in the ever-evolving world of Ashworth & Bird. We can't wait to see what they have planned next...

### TREND NEWS



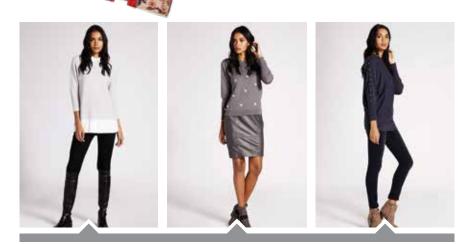
#### PSST.. ALL SET TO BE THE NEXT BIG THING

Set Clothing is a brand that has been stocked by Manna for over five years and we've just heard that Harrods, and a host of other top stores worldwide, are now falling over themselves to get the new Set A/W range in. Those clever buyers from Manna know a good thing when they see it. So if you like to stay ahead of the curve, don't spend hours searching through Net-A-Porter or LOVE magazine, just pop into Manna where they've done all the hard work for you. They've got the best up and coming brands as well as the coolest collections out there, all conveniently here on-island. Thank you Manna for being so marvellous!

#### WINTER IS COMING

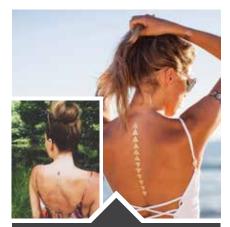
So it is time to invest in a beautiful new coat. We are head-over-heels for these stunning M Missoni coats now in store at Renaissance. They would be the icing on the cake for any outfit and will look just as good out to lunch with the girls as they would strolling on St Ouen's Beach.

The pretty pops of red will brighten up a winter's day and the cut and fit is just to die for! Go and fall in love with one of them now upstairs at Renaissance on Hillgrove Street.



#### AUTUMN CASUAL-CHIC SORTED

We've been loving the latest collection from Mint Velvet. Their tops and jumpers are perfect for the ever changing transitional weather. Their pretty patterns and flattering long cuts make them instant wardrobe staples. We'd quite like our winter wardrobe to be entirely their brand! *Mint Velvet is available from DeGruchy* 



SHINE IN THE SUNSHINE; METALLIC TATTOOS

You'll have seen these pretty gold and silver temporary tattoos adorning some of the prettiest people on the planet this summer, from Beyoncé and Vanessa Hudgens to Millie Mac and Rosie Huntington-Whiteley. They're so easy to use and instantly up the glam-factor of any outfit. Check out the cool Tatts & Plaits pop up shop at Jersey Live where you can have your festival hair done and tattoos put on with prices starting at £15 for the package - to book your space email: info@island-threads.com

Available for just £6.99 from. www.island-threads.com



RUN AND GET SOME The Runway Legging from True Religion are the ultimate legging. More jean than legging, but so much more than a jegging, you need (we repeat n-e-e-d) a pair of these in your life. They hold you in, slim you down and, are without doubt, the comfiest jeans you'll ever buy. They'll never go baggy at the knee like leggings do nor wear thin. In short; We heart Runway Leggings. They're currently flying off the shelves at Manna, but more are being ordered to keep up with the high demand so pop in and try some on today.



**WORDS** Lauren Burnett

Last month Lauren Burnett, from online retailer Luella Rockerfella, was once again on hand to offer us her stylish eye, this time taking our style stalker feature to Groove De Lecg Festival.



Klaudia Zasadna, 27 I think I inspire myself! If I was to think of a fashion icon, I love women with curves, I like Beyoncé and in particular I love Marilyn Monroe.

Klaudia certainly caught my eye, her bright neon floral dress really flattered her figure, complexion and hair colouring. Klaudia accessorised perfectly with a complementary lipstick shade and nails to match, along with the perfect summer accessory, her favourite silver jewellery.



#### Lucy Cooper, 22

I went to Ibiza this summer so drew a lot of inspiration whilst there, I also loved your blog on Ibiza trends! I love the festival look at the moment and I really like Cara Delevingne's look and style.

Lucy wore high waisted black denim hot pants, with a vintage plaid shirt tied around her waist, this shirt is a wardrobe staple, it can take a simple outfit to 90s grunge instantly. Lucy brought the blue out in her eyes and shirt by teaming it with an electric blue crop top. Accessorised with black strap sandals and black tasseled bag.



#### Cisco Netto, 44

I love anything weird and wonderful. I would definitely describe myself as a nonconformist in regards to both fashion and life! I love glitter it attracts the eye!

Cisco's zest for life was expressed through his fashion choices and accessories. I really feel he dressed the way he felt. He had found this outfit early on in the charity dress-up yurt for Autism and ditched the clothes he arrived in. Cisco accessorised with a glitter flash tat from Flash ur Tatts, a popular festival stall this season. Cisco definitely got the memo that the 70s are making a comeback!



#### Sarah Mant, 18

#### I really enjoy 90s vintage sportswear, like old school Adidas and reebok. If I had to say I admire anyone, style wise, I would have to say Imogen Poots she's grunge chic yet relaxed with it.

I absolutely loved Sarah's outfit there was something about her style essence that spoke to me. Her black t-shirt dress with with white and pink print, which spelt "criminal damage" really reminded me of what Moschino did with their barbie print t-shirts and what the brand Wildfox are doing now. She matched perfectly with old school black Reebok Classics, bringing a touch of vintage urban to Groove.



#### Lauren Gisler, 22

To be honest it is whatever is clean that day! I do love velvet and a grunge look, I would have to say I love PJ Harvey's look.

I loved Lauren's rock grunge essence. The boots and holes in her fishnet tights reminded me of Nancy, in the Sid and Nancy movie (Sex Pistols movie) I even felt a Courtney Love vibe coming through. Velvet hot pants teamed with a subtle gold tone metallic vest, under which peaked through her burgundy bra for extra allure. Accessorised perfectly with a crystal pendant and flower crown! Festival grunge at its best.



#### Abbie Jenkins, 20

I like vintage style, I like mixing it up but finding great vintage pieces. If I had to think of someone I like style wise it would have to be Ruby Rose, from "Orange is the New Black" the Netflix series.

Abbie is definitely channelling Ruby Roses' grunge chic look. The traditional army jacket, which happens to be her dad's, is vintage revival at its best and Abbie wears it brilliantly. Under the heavy camouflage jacket Abbie is hiding a wonderful body-con black dress to add femininity, topped off with this season's mirrored framed sunglasses.



#### Bleue Tilstone, 20

My favourite shop is Urban Outfitters and I love shopping vintage, from vintage online or trying to find my own pieces. I love it when clothes have a story.

Bleue was rocking this season's palm print in a buttoned up tea dress with belt detail to enhance her slim waistline. Bleue wore a summer staple silver necklace with round framed sunglasses and trainers. The colours from her dress matched perfectly with her hair colouring and natural complexion.



#### Tulia Policarpo, 35

Everything! I find inspiration from everything all around me, I enjoy all genres and times of fashion excluding none. I like to express myself and have fun with it.

Tulia is certainly creative with her fashion choices and I loved that. She reminded me of a 50s pin up girl, one that you'd perhaps see in a Jazz bar in Brooklyn. The quiff and hair scarf are very on point and totally complements her cloud print blue tulle skirt and electric blue pumps for style and comfort! Accessorised with a yellow pearl style necklace to tie the fusion of colours together.



#### **Casey Jade Nutley,** 19 I love 90s urban style but I don't stick to one

genre I like to mix it up. I draw inspiration from social media apps such as Instagram.

Casey reminded me of an eclectic mix of the Jenner sisters style. Casey's old school white cut off "mom jeans" with light crocheted white top, vintage denim jacket. Accessorised perfectly with urban feel desert boots and black vintage belt, black bumbag with tassels, collaborating the two trends and old school Ray Ban "club master" framed sunglasses. Casey has a very current look whilst wearing vintage.



#### Steph Sharman, 32

I always wear dark colours especially black, I'm loving black and white, love black leather skirts, dogtooth prints. Autumn is going to be gothic and dramatic, I can't wait.

Steph bought her Motel Rocks smock tie-dye dress from my online shop, Luella Rockerfella. It was a best-seller and an almost instant sell-out. Looseness for comfort, whilst the cut out detail on the shoulders adds sassiness. Steph teamed the Savannah dress perfectly with silver metallic chunky sandals and a suede tasselled tan brown bag, tassels are a trend that will be going into Autumn as well.



#### Rae-Anne Gouyette, 19

Today I have got a get up and shake style! I find I draw a lot of my inspiration from social media apps such as Tumblr. A trend I am feeling is the 90s trend.

From Rae-Anne's choker necklace and pendants to her daisy printed romper jumpsuit with tasselled features, she certainly embodied a 90s style with a 60s remembrance. The romper playsuit reminded me of something you would have seen in Tammy Girl/Etam in 1994. Topped off with a see-through blue floral print kimono and Nike trainers.

75





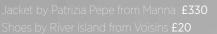
Photography & styling Danny Evans Model Shamalie

Leather Jacket by SET from manna **£420** 

Jumper by Annette Goertz from Renaissance **£379** Leather sleeves by Riani from Renaissance **£49** Skirt by River Island **£25** 



Coat by Annette Goertz from Renaissance  ${\bf \pounds465}$ 







Dress by Annette Goertz from Renaissance **£185** Shoes by River Island from Voisins **£20** 

Top by Maison Scotch from Manna **£100** Leggings by Marc Cain from Marc Cain **£195** Shoes by River Island from Voisins **£20** 





Playsuit by American Vintage from Manna **£120** 

# APPETITE

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#### WORDS Freya Richardson

How much slower is home-grown, home-cooked food than convenience? And is it worth the wait? Is it a myth that we have been brainwashed into believing the speediest way to cook is a ready meal? There is a trade-off between time spent in the kitchen and spending time with family and friends. You get home from work, starving, and the last thing on your mind is chopping an onion or grinding spices. Making a Fabergé egg would seem less effort to most.

Over the past 50 years it seems many factors have contributed to the devolution of home cooking. Women's rights are ever increasing; women are working more, meaning they are not only found with a wooden spoon in the kitchen. The invention of the microwave and subsequently, ready meals, have led to a nation obsessed with meals ready in a 'ding'. Supermarket expansion has meant shopping patterns have changed; it is rare people will

make the effort to buy their meat from a butcher and their veg from the local market.

Vegetable foams and everything Heston Blumenthal would beg to differ, cooking has undoubtedly evolved rather than devolved in the restaurant sector. Not all hope is lost though; there are still people who enjoy the satisfaction of cooking their meals, and even growing their own food, on a regular

basis. But cooking is no longer a necessity for living. Unless you want to be the next Masterchef or Great British Bake-Off champ, why bother?

Home cooking may be slower, but it is more nutritious, saves you pounds and enlightens your taste buds. You may also get the satisfaction of photographing your food and Instagraming it!

#### The six degrees of home-cooked meals from slowest to fastest:

1. Everything home-grown, home-made and home-cooked. 'The Good Life' still trade with produce instead of money and is a full time job.

2. A mixture of shop bought and home-grown. Food is mostly made from scratch.

3. All shop bought (farmers market to support the local economy if possible), mainly home-cooked but jam/pastry/butter can be excused- life is too short.

4. Ready made sauces, pasta and curry paste. An element of cooking involved but really just mixing all ready-made elements together.

5. Nothing home-made, no need for an oven as all food is cooked in microwave or comes out of plastic packaging.

6. Not even a kitchen is required, only restaurant meals and takeaways allowed.

Number 1 is obviously extreme with supporters of this method few and far between. Numbers 5 and 6 are not only costing you a fortune but are not a healthy way of life. Of course everyone is allowed a treat once in a while but somewhere between 2-4 are best depending on what works for you. Time is a commodity and the trade-off for some does lean towards working hard and socialising, rather than cooking. If this is you, my advice is when you do take the time to cook a batch of bolognaise or Thai green curry, even if with a ready made sauce, double or even triple the quantities and freeze the remaining in individual bags. This is especially good if you live on your own as motivation to cook a single meal is tough.

#### Take-Away Test

It has been proven (unscientifically) that it is quicker to cook your cuisine of choice than having it delivered.



#### Tricks of the trade that will change your life for good:

Peel ginger with a spoon
Boil root veg and blanch leafy veg

Use egg shell to remove unwanted pieces of shell

Leave the root on an onion to prevent crying (or wear swimming goggles)

Store potatoes in a dry dark place

Microwave lemons and limes for 10 seconds before squeezing

Freeze leftover curry paste in an ice cube tray

Dip an ice cream scoop in boiling water before use

Do not keep bananas in the fruit bowl (unless you need to speed up the ripening of other fruits)

Rinse rice at least three times before cooking to remove excess starch

# IF YOU GO DOWN TO TASSILI TODAY YOU'RE SURE OF A BIG SURPRISE



It may seem that all we do here at Gallery HQ is swan around living the highlife, which whilst on a few occasions is true, it isn't always the case, especially not at 1am when we're working hard to put the most recent issue to bed, like a small child it is sometimes reluctant to comply!

So, when an email drops into our collective inbox and requests the company of one of us to come along and be the guinea pig for a new surprise seven course tasting menu, with wine paring, out comes the hat and in go our names. In this instance I was the name lucky enough to be drawn, so off I and a partner in crime went to Tassili at Grand Jersey one Friday night last month.

The evening started with us enjoying a drink on the beautifully refurbished Terrace, listening to the resident DJ spinning fitting tunes for a Friday night. We were introduced to Oana, who would be our host and sommelier for the evening and escorted into the small and intimate dining room, with a table with views over to Elizabeth Castle.

As this was a surprise tasting experience we weren't greeted by a menu, instead it was explained that executive chef Nicolas Valmagna, who joined the Michelin starred Tassili at Grand Jersey in January, had chosen his favourite dishes from previous menus, to create the delights we would be eating. The theme of the menu was one of land and sea and each course would alternate between the two, and would be fittingly paired with a wine chosen to complement each dish.

Now the tricky thing is, as this concept is a break from the normal approach to a tasting

menu, I don't want to spoil the surprise element, although we have been told that the menu changes every day. So instead let me talk you through just a few dishes, so that you can get an idea of how your evening might shape up.

To begin with the seven courses were preceded by not one, but two delightful amuse bouche, one to cleanse the palette and the other to start us off on our journey, an excellent piece of delicately smoked salmon topped with roe and complemented with flavours of watercress. Next came the first of the starters, a zesty and zingy crab dish, both light and delicately flavoured with a kick that came from the yuzu gel that sat alongside it, this was paired with a light and crisp 'White Blend', 2010, A.A. Badenhorst, Swartland, which complemented the flavours perfectly.

Of the two main course dishes the one I'll focus on was simply named Pork, 'Classic Herd' pork belly was cooked to perfection and accompanied by braised cheek, black pudding and an incredible compressed apple "cracker", which on first glance looked like something you'd not be surprised to see at a Chinese restaurant, but its delicate texture melted in the mouth and tasted exactly as it was described, there was also a cheeky bit of summer truffle. Served on a bold red plate this one of my favourites. The dessert was the stuff of a sweet lovers' dreams. Chocolate and orange are two flavours that marry together beautifully in most guises, but this was a whole other level. The homemade cardamom popping candy, a literal flavour explosion, was my highlight of the dish which was paired with a Pedro Ximénez 'Don Pedro' Gran Reserva, 1983, Toro Albalá, Montilla Moriles. The final course of the night was a delightful return to the savoury, but I'll not ruin that for you, but lets just say it came rounded off the meal perfectly and came with a glass of exceptional Port.

Having never been to Tassili before this really was a lovely way to spend a Friday evening, the service was smooth and the atmosphere within the small dining room, once it filled up with more diners, was relaxed and the right side of informal.

The successful wine pairing was perhaps the most notable part of the evening, but that will come as no surprise to most of those who know me, all of those chosen really did complement each dish brilliantly.

The surprise tasting menu changes daily and costs £87 for the seven course menu only and £130 with the wine flight. Tassili is open, Tuesday to Saturday.



Rich Howell of Pain du Famille has been a member of Genuine Jersey since early 2014 thanks to the baking of his phenomenally good sourdough bread. Rich talks us through this gloriously slow process, the almost 24 hours it takes to bake each loaf is what gives the bread the flavour and texture which makes it irresistible to eat on sight.

#### Making bread isn't your full time job, so what sparked your passion to bake

In the summer of 2010 I had the pleasure of hanging out with some amazing folks in Wales at the Do Lectures (www.thedolectures.com) Here amongst other things I met Tom Herbert a fifth generation baker from the Cotswolds and baked bread on a camp fire at a workshop he was running. This really caught my imagination and I went on to take another of Tom's workshops this time at his bakery in the Cotswolds. Tom gave me some of the starter his family have been baking with for the last 56 years and from there I caught the sourdough bug and haven't stopped baking it since. I've been a member of Genuine Jersey since early 2014 and I'm also a member of the campaign for Real Bread.

#### The making of sourdough can't be rushed, could you talk us through the process from start to finish? The process starts when I feed my sourdough starter flour and water

- this is the wild yeast engine of my bread baking. This is left for 11-12 hours to ferment.

Once the starter is ready I start the process of making the loaves - this involves mixing the sourdough starter with water, flour and salt - the ingredients may be minimal but are the best I can find; stoneground organic flour and the organic sea salt.

I don't knead the dough in a frenzy of activity but use an old world technique which involves folding the dough over five hours to help it develop in to a dough that's ready to use.

This is then weighed out into loaf size pieces, shaped and left to proof in a fridge for around 16 hours until they're ready to bake. To make great bread you need time but unfortunately most bread is fast, made in just a couple of hours, my extended process helps the bread to develop it's distinctive flavour and texture.

#### How often do you bake?

I had been baking every day but have now slowed my schedule down to only Saturdays so I can focus on making better bread.

#### What makes it different from conventional bread?

The main difference is the time taken and the minimal amount of ingredients used in my bread. Conventional loaves are baked using the Chorleywood process which mixes and bakes a loaf of bread in around two hours, my loaves take at least 24 hours and only include four ingredients. Take a look at the ingredients on a bag of conventional bread and you'll be amazed at how long the list is.

#### Are there any particular health benefits to eating sourdough over conventional bread?

There's no particular benefits that I'm aware of but if the sourdough loaf uses a long fermentation technique, a lot of evidence points to it being easier to digest than conventional bread causing less bloating that is associated with gluten intolerance.

#### Where can we buy your loaves?

Currently my bread is only available through my community subscription bakery. Subscribers take a predetermined amount of loaves each week which they prepay for at the start of the month and collect from my house every Saturday.

What's your preferred way of eating your bread? There's so many ways, but if I had to choose it would be fresh from the oven, just cooled enough to cut and slathered with butter and maybe a sprinkling of sea salt.

#### How easy is it to make your own sourdough starter, any top tips for aspiring bakers?

There's no great mystery to making sourdough. It just takes practice and a lot of patience. There are many ways to make a starter but try this as recommended by the Real Bread campaign...

#### Do you bake anything else?

Pain au Levain is the only loaf I make for sale at present but I'm currently experimenting with Danish rye loaves and morning buns.

For further information or to contact Rich visit www.paindefamille.com

#### Bake your own sourdough bread

The following is both simple and effective. Rye grains apparently host very large microbe populations and certainly, testing this recipe has produced a very active starter that's made a mess of my kitchen worktop more than once. As the yeasts live on the outside of the grain, your chances improve when using wholemeal flour, preferably from organic farms where they will have used less or no fungicide.

A plastic container with a lid is convenient for storage and if your starter gets lively, the lid will simply pop off, where a glass jar with a screwtop or metal clip seal could crack or shatter.

Day two

As day two.

Mix in another 30g of flour and 30g of

water and leave for another 24 hours.

Once it's bubbling up nicely, you can

use some of the starter straight away

to bake a loaf of Real Bread, or keep in

Days three, four, five and six

the fridge until needed.

#### Day one

*Ingredients:* 30g rye flour 30g water (at about 20°c)

Mix together and leave at room temperature (again about 20°C) for 24 hours.

#### A couple of notes

For the first few days, the mixture might seem lifeless and could smell a bit iffy. Don't worry about this as by the end of the first week - perhaps even by day four or five - it should start bubbling and the smell will develop into something yeasty, slightly acidic and maybe even floral. If your starter is a bit lethargic (it will take longer in a cooler room and some flour will have lower amounts of, repeat the refreshment for another day or two until it comes to life.

Don't worry if the flour settles out and you end up with a layer of brownish liquid. This is normal. Either stir it back into your starter or pour it off. If your starter hasn't been used for a while, the second option is probably better as the liquid (sometimes known as hooch) will have started to become alcoholic, which can slow the starter down and also may lead to less desirable flavours in your bread.

For a bread recipe I'd recommend getting hold of Dan Lepard's book 'The Handmade Loaf' and Chad Robertson's 'Tartine'.

### THREE THINGS YOU DIDN'T KNOW YOU COULD DO WITH A SLOW COOKER

(It's not just for bean crock...)



#### Baking

From a plain white loaf to a red velvet cake or self-saucing chocolate pudding; experiment by making all kinds of bread and cakes without an oven or bread maker. Some doughs will still require a rise or two first and won't have the golden crust an oven gives, but the texture promises to be softer than average.

#### Jam/chutney/curd

Don't waste left over fruit and veg, get delicious condiments with minimal effort. Gone are the W.I. days of sweating over a boiling pan. The internet has endless recipes- after chopping the ingredients you can leave the slow cooker to work its magic. This is a quick and impressive way to make homemade gifts for friends and family.

#### Porridge

Wake up to a warming, ready-to-eat creamy bowl of oats. Simply put half a cup of oats per serving, with one cup of milk and one cup of water, into the slow cooker on its lowest setting. After a good stir in the morning, just add your topping of choice and you are ready to attack the day.





Sheila Birch Photographer

Sheila has always lived here in Jersey and since retiring from normal working life when several years were spent working as a freelance portrait and wedding photographer she has found success and enjoyment in pursuing her lifelong interest in photography.

"One thing for me that business IS NOT - is SLOW and yet – the process of producing my descriptive images of Jersey is definitely quite a time-consuming process.

I do know what came first and that was the desire to remember and to be able to recall the lights and shades of Jersey scenery as the sun rises, warms the land and then sets at the end of the day.

So the camera came first with often many hours being spent waiting for that special light on the subject before pressing the shutter. Then the computer and software to be able to convert those RAW files into visions of moments that have passed.

A quality printer followed using pigment inks to reproduce the work on acid-free art paper came next. Finally an off white textured board to mount the images on and a cover of cellophane to protect the work for you to take home to either give as a gift or have framed to grace your own walls."

Sheila's work can be found at the Harbour Gallery at St Aubin and other island outlets that include The War Tunnels and Samares Manor. She very much enjoys meeting friends and visitors to her craft stall at the many local farmers markets and other similar events which take place on Jersey throughout the year.

#### Hans van Oordt Heritage Jersey Apple Trees & Jersey Apple Juice

Some five years ago, Hans van Oordt started a small tree nursery propagating old Jersey apple varieties. Today, Heritage Jersey Apple Trees provides apple trees and advice to a growing number of enthusiasts and craft cider makers.

One of the joys of the traditional Jersey apples are their names; Douces Dames, Nier Binet, Gros Romeril, Belles Filles, Tetard, Cotard, Gros Pigeonnet, Museau d'Boeuf, Gras Binet - names which hark back to a time when the island was famous for its cider...and a time when not much English was spoken!

Hans began planting his own orchard in St John five years ago. It is slowly maturing and the trees are now producing a crop. Last year Hans started pressing the apples and launched his brand new pressed apple juice product.

Hans makes three types of apple juice; Early Season, Mid-Season and Late Season.

They are all different in taste and colour. As the season unfolds, different apple varieties strike different notes of sweetness, acidity and flavour. Hans has succeeded in capturing this and bottling it.

For trees or apple juice email Hans at jerseyappletrees@gmail.com

When not grafting apple trees or pressing apples, Hans van Oordt designs gardens in Jersey and further afield.



gallery

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With breathtaking views over St Ouen's Bay, the Michelin-starred Ocean Restaurant is a sublime blend of classic and contemporary, the perfect backdrop for the innovative modern cuisine of Executive Head Chef Mark Jordan, featuring the very best of Jersey's world class produce.



ONE MICHELIN STAR

# READY, STEADY, COOK!

There is no better way to illustrate rivalry (yes this is a hangover from last month) than to add a competitive element to any past time. In this instance we wanted to hark back to the golden era of daytime television and set about reviving a Ready, Steady, Cook style feature, minus the actual competition and without the eccentric host and his giant pepper mill...

So what do you need to make this genius idea become a reality at Gallery HQ, an incredibly willing partner in crime, in the form of Jamie Racjan, owner of Fungi Delecti, who you set the task of choosing a bunch of intriguing ingredients and the head chefs of three fine dining establishments.

The result of this cooking experiment is illustrated here in the photographs they supplied us of their finished dish. Sadly we were unable to find a suitable television audience and enough cardboard pictures of green peppers and red tomatoes, but we will allow you to be the judge of which dish you think came out top.

Their brief, cook us one main course from the ingredients supplied, they didn't have to use everything and they were able to use their store cupboards to pull the dish together, and photograph it. **Fungi Delecti** are family owned and run, they have a real passion for finding the greatest quality produce and provide all foodies whether you are a home cook, Michelin star chef or somewhere in between the ingredients to inspire great dishes.

Located in Trinity on the North coast of Jersey, they are farm based and mainly grow herbs and baby salad, they cultivate traditional log grown shii-take and keep free range hens for eggs.

Jamie and his hardworking crew firmly believe in supporting local producers and during Jersey's various seasons they hand pick the best of them to provide our customers with the great delights Jersey has right on our doorstep.

www.fungidelecti.com

#### **INGREDIENTS SUPPLIED**

Squab Pigeon Broad Beans (Jersey) Fresh Peas (Jersey) Afilla Cress Tendril Peashoots Golden Beetroot (Jersey) Candy Beetroot (Jersey) Parsnip Pomegranate Fregula

(a type of pasta from Sardinia. It is similar to North African Berkoukes and Israeli couscous).





#### Bastille Brasserie Eddy Cottini

An authentic family run French brasserie and wine bar situated in the heart of St Helier. Established for nearly 40 years the Bastille is currently headed up classically trained Swiss born head chef Eddy and Georgie who runs front of house. It is a popular destination for both locals and tourists.

*Eddy served:* Whole roasted de boned Squab stuffed with Fregula on a nest of crispy golden beetroot.

Served with honey glazed carrots, peas and broad beans a la Francaise, roasted parsnip mash and a squab and pomegranate jus.



#### La Chaire Restaurant, Château Le Chaire Marcin Ciechomski

Good home cooked food in a relaxed atmosphere has made 'la Chaire' a favourite for local diners for many years. The restaurant is a great spot for a romantic occasion, family celebration or a relaxed dinner. High quality local produce, cooked creatively and well is at the heart of what they do at La Chaire.

*Marcin served:* Roasted breast of squab pigeon with braised aromatic leg, stuffed wing, fregula, parsnip, summer vegetables, pickled beetroot & pomegranate using 100 ml orange juice, 100 ml port, a few sprigs of thyme, rosemary, 2 cloves of garlic, 200g fregula, pickled beetroot, 100 ml white wine vinegar, 50g honey and 25g sugar.

#### La Cantina

Trevor Howard

Since 2010 La Cantina has been the only restaurant member of Genuine Jersey, the team work very closely with fellow members to rear and source the finest local ingredients. Trevor joined The Calvani Group in 2015 after 12 years as second chef at the much televised, Jamie Oliver owned, Fifteen in London.

**Trevor served:** Pan fried breast of pigeon with parsnip 3 ways (crisps, sautéed salad, roasted ketchup), pomegranate & brown butter

**Pictured right:** Jamie Racjan of Fungi Delecti proudly displaying his goods!



### APPETITE NEWS

#### CONSIDERING A CAREER IN A KITCHEN?

We met up with El Tico Co-Owner Natalie Duffy to find out what it's really like behind the scenes.

The kitchen team at El Tico are just about to push on into the autumn season having served no less than 75,000 hungry customers for breakfast, lunch and dinner so far this year.

A major part of El Tico's success since its re-opening in 2009 is down to the commitment of the kitchen team, who along with the dedicated front of house team, are at the heart of the business. They operate seven days a week, closing only for a quick refresh in November and three days over the festive season. The machine is relentless.

Natalie commented "The driving force behind our kitchen team is Chris Lister, coached and supported by Damon Duffy (who also oversees operations at its sister kitchen The Salty Dog). It takes charisma, balls of steel, camaraderie, physical strength, mental strength and a sense of humour to handle this job, but ultimately what makes the difference is passion. It's true that a highly skilled and well trained chef can deliver what is required in the most formidable establishments, but without passion the flavours will simply not transpose to the plate especially in high-volume high-pressure kitchens such as El Tico."



*"if you can't stand the heat get out of the kitchen" Top row left to right:* Thelmo Camacho, Kitchen Porter | Chris Lister, Head Chef | Scott Taylor, Senior Sous Chef | Dario Camacho, Chef De Partie | Justin Morris, Sous Chef *Bottom row left to right:* Stanley Neagu, Chef De Partie | Ellie Dubars, Trident Student | Florin Neagu, Kitchen Porter | Paulo Ribeiro, Senior Sous Chef

Hats off to these guys, they may have the most glorious of views, but their endurance in one of the busiest kitchens on the island has to be admired. Their passion for food shines through and the evidence lies in all those thousands of empty plates wiped clean by satisfied customers.

It's a very rewarding job, with customers loving the food you produce and it's brilliant to be part of a fast paced team. So if you're considering a career in this industry know that you'll need determination to get you through, but most of all you'll need to really love what you do.



#### FOOD ON THE MOVE

M&S Home in Liberty Wharf now has the most brilliant mini foodhall. It's the perfect place for grabbing your lunch. Alongside all their lunchtime savoury favourites such as tasty sandwiches, salads and pastas they've got a huge selection of tempting treats, biscuits and snacks. Plus, very handily, they stock wine and champagne; it is so useful to be able to grab a bottle if you're heading out in the evening and need to bring a present. This takes convenience to a whole new level and we love it. Pop by on your next lunch break - if it's sunny go there then head to the harbour for some lunchtime relaxation. Perfect.



#### LA CRÉMIÈRE DE LA CREME

At La Crémière, Annie and Shelly make artisan food using Jersey cream and butter – the ultimate good-mood foods! Their first product La Crémière Salted Caramel Sauce is out of this world, and we should know as we have been fighting over a bottle of it since it arrived in the office. It has a sublime taste and colour that could only come from Jersey cow's and is handmade using their own artisanal recipe and even includes Jersey sea salt (more on this soon).

You can currently buy it at local markets and in La Belle Gourmande, the Fresh Fish Company, Midland Stores, Gorey Village Fruit Shop, Relish, Dunell's at Beaumont and La Cave, Cocorico in Broad Street and the Central Market, and Fungi Delecti.

If you've not already tried this product then find some quick, and pour it over absolutely anything you can think of, you won't regret it!



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### THE GOOD LIFE

EOA choice

Traditional bravura meets Contemporary style in this charming granite farmhouse, sited in the heart of St Martin



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# THE GOOD LIFE

**WORDS** Tamarin Marriott-Wilkinson

Traditional quality meets contemporary style in this charming granite farmhouse, sited in the heart of St Martin's Parish. Nestled between lush landscaped gardens and a large plot of agricultural land, Keepers boasts an enchanting appeal – it's the perfect property for families looking to indulge in the country life.

Keepers encompasses all that is great about the 'good life' - spacious, bright and contemporary, but still oozing with charm and character – whereby original beams and stable blocks have been re-used when possible to revamp this stunning family home. Along with its expansive entrance way (which is often used as a third dining room) and wellappointed bedrooms, the property is situated in a magnificent location. Despite being just a stones throw away from a handful of the island's reputable secondary schools and the town of St Helier, you're guaranteed to feel miles away from civilisation upon stepping inside this delightful establishment, and instead, amidst an idyllic country retreat.

With a private drive that winds past the stream, leading up to the main house, and surrounding land boasting a wilderness of natural beauty, Keepers is the perfect playground for inquisitive children, the equestrian-minded and green-fingered connoisseurs alike. Other nearby attractions include an abundance of picturesque island hotspots comprising the breakwater at St Catherine's and the beautiful bay of Rozel.

Designed by a local architect, in-tune with the traditional Jersey farmhouse style and refurbished in 2002, Keepers requires little work other than your personal flair. Inside, you're met by a series of impressive living spaces throughout, with a large kitchen and breakfast room (the star of Keeper's show). An Aga, imposing glass windows on both sides and sliding doors leading out onto the garden, make this space the perfect set-up for a spot of alfresco dining. Stylish black tiles and a contemporary breakfast bar complement exposed stonewalls and trendy farmhouse-style flooring. This area also boasts a downstairs shower room, which can be accessed via the utility room - the perfect place to hose down muddy animals and free children of mud-spattered boots!

Other attractions include a striking vaulted ceiling; which has been decorated with original beams. Two reception rooms, both with traditional granite fireplaces and wood burning stoves, a modern 'light-filled' conservatory and a large central hall that leads upstairs to a minstrels gallery. It's here you'll find four bedrooms (the master has its own ensuite), three bathrooms and a walk in attic space. This area is currently used as a play area but has the potential to be fashioned into a home gym, a stateof-the-art media room or even, a further bedroom. Keeper's is certainly not short of space; you'll even find an additional attic that can be accessed via a drop-down ladder.

The property has the added advantage of a delightfully, country-chic one bedroom granite cottage, with its own entrance way and a perfectly maintained outdoor patio and BBQ area. Potential buyers have the option to re-instate this into the main house, thus creating an even larger living space, or

**Keepers** 

La Rue des Cabarettes, St. Martin

**£1,395,000** (guide price)

#### Covilla lor

#### Savills, Jersey www.savills.je 01534 722 227

- 4 bedrooms
- 3 bathrooms
- 2 reception rooms
- Conservatory
- Large eat in kitchen with vaulted ceiling
- Walk in attic storage
- Additional 1 bedroom cottage
- Generous gardens, plentiful parking & agricultural land
- All mains excluding gas.
- Oil fired central heating.
- Under floor heating.
- Bore hole water

• Fully double-glazed and wired for the Internet, Sky multi room. Bose sound system wired for sitting room, conservatory, vaulted reception and master bedroom.

• The cottage is on metre for oil.

alternatively, continue to rent it to generate an extra income. It would also make excellent accommodation for elderly relatives and older children.

Asides from the large plot of agricultural land (which is included in the price but comes with the option of renting the fields back to the current owners), outside you'll find a double garage and ample parking, as well as several outer buildings – all of which have scope to be converted into additional garages, stables or further accommodation.

This characterful granite farmhouse offers a contemporary style of living with all the charm of a more traditional property combined. If you crave the 'Good Life', then this is the property for you. Nestled quietly along a country lane, enjoying a generous sized plot of both domestic curtilage and agricultural land, this granite semi detached home exudes an abundance of charm and charisma – which makes it an ideal family home.



**66** With a private drive that winds past the stream, leading up to the main house, and surrounding land boasting a wilderness of natural beauty, Keepers is the perfect playground for inquisitive children, the equestrian-minded and green-fingered connoisseurs alike.**99** 



## PLANNING PERMISSION **PAIN OR PLEASURE?**

Is the planning process actually slow? Or is it, as with most things, just a matter of whose point of view you take?

Think, for example, of everything that goes into determining a planning application. There are certain priorities that are both absolutely necessary and, yes, perhaps a little time-consuming. But can we do without them?

The most obvious of these is the planning department's main priority: to work in a way that is both open and transparent. This is a cornerstone of the planning process. Every application is advertised and anyone can comment on it. All comments must be considered when an application is determined. All decisions, and how they are arrived at, are made public. In short, every aspect of any given planning application is publicly available on the planning register (www.gov.je/planningregister).

This openness has been enshrined in a legal process, which requires every application for planning permission to be advertised in the local gazette and by site notice display for a minimum of 21 days. This is considered a reasonable length of time for neighbours, and anyone else who may be affected by an application, to view it, consider it and comment on it.

However, an unavoidable consequence of this transparency is that by law, planning applications cannot be determined faster than 21 days after they have been advertised. We spoke to Kelly Whitehead, a senior planner who has been working for the Department of the Environment for nearly 10 years to find out about all things planning.

#### So how long does it take in practice?

So far in 2015, 52% of householder and minor commercial developments have been determined in four to six weeks, and 97% have been determined in less than eight weeks. Householder and minor commercial development accounts for two thirds of the total number of applications determined annually.

Major schemes take a little longer, due to their complexity. Such schemes would include things like new dwellings, residential schemes, office and commercial developments, and agricultural buildings. So far in 2015, 85% of major schemes, which account for one third of all planning applications, have been determined in less than 13 weeks.

#### And what do you do in that time?

Considering a planning application must be done after the statutory three-week advertising period. As well as considering any comments that come in, each planning application is:

- checked for sufficient information to consider the proposal
- scanned and uploaded to the website for people to view
- site-visited by a planning officer
- discussed with other States of Jersey Departments
- negotiated where necessary, possibly resulting in amended plans
- assessed in the form of written report
- determined and all parties notified
- decisions and officer reports uploaded to the website for people to view

Can the process be completed any faster?

There is always room to improve but, by law, the process can never be faster than 22 days. We can, however, make the planning process easier and more convenient. This is why we are working on delivering all our services online, including the submission of planning applications.

The Planning and Environment Minister, Deputy Steve Luce, believes that more can be done to help householders and businesses:

"By the end of this year, I will have reduced regulation for people who want to make small changes to their home and business. This, coupled with more services online, will make it easier for people to improve their homes and businesses."

Being able to do more to your home or business without planning permission means you won't need to worry about how long an application will take.

If you do need to make a planning application, we hope that by making the planning process more convenient and accessible, we can improve the overall quality of our service for you, rather than just the speed.

But remember that the legal 21-day advertising period means that neighbours, and others who are affected by an application, also have the opportunity to have their views heard as part of the process. Giving everyone the opportunity to be heard is why the planning process takes the time that it does. And we think that is a good reason.

They'd like to hear your views - what level of service do you want from Planning & Building? Email: planning@gov.je Facebook: StatesofJersey Twitter: @StatesofJersey #Y50Jersey





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For more information contact Hayley at Henley Financial on 01534 789830, or Hayley@henleyfinancial.je

## JERSEY PROPERTY MARKET

Since last month, the market has suddenly picked up and everybody has become extremely busy. There are plenty of properties on the market and there seem to be some very good deals being achieved by determined purchasers, especially in the First Time Buyer range from £350,000 to £410,000. With mortgage lending still tight, it is unlikely that house prices will start to increase any time soon. However, with prices at the lowest they are likely to be and interest rates still the best that anybody will see in their lifetimes, now has to be the ultimate sweet spot for buyers and borrowers.

#### JERSEY LENDING MARKET

With a restricted number of residential mortgage lenders to choose from, it remains a struggle for borrowers shopping around for a mortgage, especially when they find that they might have to wait six weeks for an appointment with some banks!

At The Mortgage Shop we have not been this busy since the first part of 2008, as more and more new clients turn to us to organise their mortgage. The two most frequent comments that we hear are; "I never knew I could borrow so much" and "The interest rate you have achieved for us is much lower than we had expected".

WANT TO BE **KEPT UP TO DATE** WITH WHAT'S GOING ON? Then send a request to be added to our Monthly Mortgage Shop Bulletin emailing list to; *kerrie@mortgageshop.je* 

## BASE RATE COUNTDOWN

The Bank of England has just announced the results of its latest strategy meeting and it looks as though the first signal has been given that rates might start to rise at some time in the future. We've been saying that this won't happen until June next year, but that deadline might now have to be brought forward. With base rate increases more likely than before, fixed rate mortgages are likely to start rising. *Don't panic* yet, as any rises are likely to be quite small.

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\* Quote from a client - April 2015.



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### INTERIOR NEWS

# A STAIRCASE FOR YOUR TASTE

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#### **Candle Obsessed?**

What's not to love? The gentle glow, the heavenly scents, the packaging! We're hook line and sinker for candles, here are our top three favourite candle brands incase you've not tried them all out:



#### **True Grace**

available at Mark Howe These candles will lightly fragrance a whole room, even when not lit. We love that the pattern on the glass, which creates wonderful shadows when the candle is lit.



#### Jo Malone available at Voisins This great British brand keeps on going

from strength to strength. Their simple classic look and high impact packaging, which comes with branded matches, make their candles such a treat.



#### Black and white rugs

That hint of cool monochrome can really bring a room together. Stripes, zig-zag, spots, or patterned it all looks good, well, as long as you're avoiding a large zebra print!



#### Diptyque

available at SpaceNK.com They're expensive, but the packaging and glass are just so pretty. Also the product is amazing, it will burn for 60 hours and intensely fill a room with the amazing scent of your choice. This Parisian brand have a huge range of unusual scent options and they make wonderful gifts if you're staying with friends.

# BUSINESS

# RELATIVE VALUES

Darragh Hare is a Senior Private Banker for Nedbank. He has responsibility for their private bankers and works very closely with Andrew and his team. Darragh's primary role is to support each member of their talented team, so they maintain focus on delivering an exceptional customer service experience to both their private and intermediary client base. Andrew Robins is Head of Business Development, Channel Islands for Nedbank. It is his responsibility to drive new business initiatives in the local market. Through their Focus platform, they deliver banking, lending and asset management solutions to private clients and intermediaries - primarily local trust companies.

DARRAGH HARE (on the left)		<b>ANDREW</b> ROBINS (on the right)
My iPod, it contains an eclectic mix of music, collected over the years.	——— Favourite possession ———	My 1970 Morris Minor Convertible
While so many to choose from, I'd say Lough Dan in the Dublin Mountains.	— Favourite place in the world —	The Maldives
Red	——— Favourite colour ———	Blue (German Silver - our corporate colour!)
Dogs, we have two As a result, I'm even further down the pecking order at home.	——— Favourite animal ———	Badongo, we spent a lot of time watching him at Durrell when my son was younger.
Those encountered on early morning walks with the dogs.	Favourite smell	The sea and freshly ground coffee
With my wife Zoe (always)the 4 kids & 2 dogs (most of the time).	Favourite way to spend a weekend	On a Jersey beach with my son Cameron (and wife Sarah of course!).
Plemont	—— Favourite Jersey Beach ——	I can't choose between Greve de Lecq and St Brelade.
Seafood	Favourite Food	Italian, I'm a big fan of a good risotto
Plain old vanilla	— Favourite Ice cream flavour —	Mint choc chip
The Botanist	Favourite restaurant	The Oyster Box
Mountain walking	— Favourite Pastime — Favourite Pastime	Spending time with my wife and son.
Cinema Paradiso (1988)	Favourite film	Midnight Cowboy.
To Kill a Mockingbird	Favourite book	Catcher in the Rye
Danny Boy	Favourite song	Neighbourhood #1 (Tunnels), Arcade Fire.
Zoe	Favourite Person	My wife Sarah (and my son Cameron).
Billy Connolly	——— Favourite celebrity ———	Neil Young
Our kids	— Favourite things to splurge on —	Family holidays.
Having money before kids	Favourite memory	The birth of my son.



# Movers&Shakers



#### Moore strengthens European leadership team

Global fund services provider Moore Management, a First Names Group Company, has strengthened its leadership team with the senior appointment of Andrew Maiden as a Director.

Andrew will be working closely with Jon Trigg, Head of European Fund Services and Mark Douglas, Head of Guernsey Fund Services, to support the organisation's long-term strategic objectives and to continue to grow Moore's current European client base. In his new role, Andrew will split his working week between Moore's head office in Jersey and their Guernsey operation where he will be based.

Prior to joining Moore, Andrew carved out a highly successful career with Northern Trust in Guernsey.

### Hawksford appointment of an associate director

Hawksford has appointed Moira Ashby as an associate director, bringing strength in depth to the company's corporate team.

Dr Ashby will be part of the team responsible for defining, building and growing Hawksford's corporate business. A tax specialist, she has had extensive exposure to a large variety of corporate clients including trading businesses, banks and life assurers. Over the past nine years she has been involved with complex engagements ranging from UK and Jersey tax compliance through to structuring advice, transactions, due diligence and FATCA/CRS advisory.

Dr Ashby joins Hawksford from Ernst & Young in Jersey where she worked for four years in the financial services tax team. Prior to this, she worked in the tax team for KPMG in Bristol.



# InfrasoftTech appoints technology expert

The former head of technology at RBSI, Ian Goddard, has joined Fintech firm InfrasoftTech as its new Head of Crown Dependencies.

Mr Goddard took up his post at the beginning of August and leads a team of over 50 staff, the vast majority of which are based in Jersey but the company also has a presence in Guernsey and is actively exploring opportunities in other jurisdictions.

InfrasoftTech provides software solutions, professional and managed services for the finance, legal, insurance and public sectors to assist them in gaining a sustainable competitive advantage and internal efficiencies.

The new Head of Crown Dependencies has been given a remit to significantly grow the size of the business within three years and it is expected that much of that growth will be achieved through enhanced local services and solution development.

'I am looking forward to working with the talented team at Infrasoft and taking the business forward,' he said.







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#### Movers&Shakers EMAIL YOUR NEWS TO BUSINESS@GALLERY.JE



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Hawksford appoints regulatory, compliance and risk director

Hawksford has appointed Jackie McLaughlin as group regulatory, compliance and risk director.

Ms McLaughlin's role, which covers Hawksford's international operations, will support the business strategy by managing regulatory, co4mpliance and risk frameworks, governing committees, working groups and policy management. She will also act as a director of Hawksford, ensuring that the group's agreed objectives are promptly and properly implemented, applying robust governance. Ms McLaughlin, who has more than 20 years' experience within the sector, particularly in analysing and solving difficult business and regulatory issues, joins Hawksford from another financial services provider where she was head of compliance and risk. Prior to that, she spent six years as a senior regulatory consultant at Sator Regulatory Consultants where she gained invaluable experience across a wide range of regulated financial services businesses, and also worked as a senior financial analyst for the Jersey Financial Services Commission.



#### Radisson Blu appoints two managers

Nicoleta Avarvare, who has worked for the hotel for two years, has been promoted to bar manager. In her new role, Nicoleta will oversee the coordination and development of 10 bar staff, ensuring the team provides an exceptional experience for customers, she has a BA in marketing from the Romanian-American University in Bucharest and has six years' experience in the hospitality industry.

Alexandru Dragan has been appointed meeting and events manager. Alexandru leads a team of five employees with responsibility for delivering bespoke, creative and professional events for customers. Mr Dragan, who joined Radisson Blu Waterfront Hotel for four years and worked in banking before joining the hotel, holds a management and marketing degree from the Romanian-American University.



Julia Hoskinson joins Elian Corporate Services as associate director

An accountant with 10 years' industry experience has joined Elian Corporate Services as an associate director.

#### Julia Hoskinson has an extensive

background in offshore financial services experience. She has advised on diverse matters such as GST, EUSTD, tax planning for high net worth individuals moving to Jersey and due diligences exercises as part of wider mergers and acquisitions activity.

Ms Hoskinson joins Elian having spent five years as a senior manager in the tax team at KPMG in Jersey. She trained in audit with Deloitte in the Isle of Man, where she worked for three years servicing major financial institutions. She also spent two years with KPMG in the UK before moving to Jersey. Her role in Jersey saw her providing compliance and advisory services to complex offshore structures, often coordinating multi jurisdictional projects for these clients.



#### Ravenscroft welcomes new compliance officer

With more than 25 years' experience, Amanda Reilly has held several compliance roles in the banking industry and brings considerable regulatory experience to the position. She will be responsible for all aspects of compliance and anti-money laundering controls within Ravenscroft's Jersey office. Mrs Reilly will also be the primary contact for the Jersey Financial Services Commission and provide Ravenscroft's board with robust guidance regarding Jersey laws, regulations and codes of practice.

'In my new role I am looking forward to learning the mechanics of trading, as this will greatly enhance how I can ensure Ravenscroft is at the forefront regarding legislation and regulation, through which I hope to make a real contribution to on-going success of the company,' said Mrs Reilly.

Mrs Reilly, who joins Ravenscroft from SG Hambros, has held senior compliance positions at Santander and Pershing (Channel Islands); she also previously worked at Barclays where she spent 12 years and formerly held positions at Bank of Scotland International.



# W www.bromleysanders.je

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Toni O'Flaherty, Director, Select Recruitment

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# Movers&Shakers



#### New Director appointments at recently expanded GoldMoney

The new roles come following the companies recent acquisition by BitGold Canada, which sets the framework for the first global, full-reserve and gold-based financial services business.

Katy Millington has been appointed Director of GoldMoney's Jerseybased entities and General Counsel of GoldMoney Group, which includes both the BitGold and GoldMoney subsidiaries respectively.

Previously, Katy held the role of Legal Counsel and Head of Compliance for GoldMoney, since she joined the company in 2013. Katy says the new GoldMoney Group is good for customers, Jersey and staff. Kerry Sharman has also been appointed Director of GoldMoney's Jersey-based entities and Head of Operations for the Jersey-based business. He was formerly Head of Finance and Risk with GoldMoney, but his new role will also encompass dealing, settlements, and information technology.

Katy enjoys travelling, learning Japanese, collecting and drinking whisky, and writing her food blog.

Kerry was raised in Jersey and lives here with his wife and two sons. In his spare time Kerry enjoys motorsports, watersports and rugby.

#### Marbral Advisory Appoints Jackie Hankin as Senior Consultant

Marbral Advisory have recently appointed Jackie Hankin as a Senior Consultant. Jackie is an experienced human resources professional specialising in the "people" side of change and has particular strengths in talent management and acquisition, performance management and coaching, employee engagement and transformation, and learning and development.

Jackie's previous role at Ernst & Young involved the development and delivery of a talent management and acquisition strategy, both for experienced and graduate hire; the development of a partnership with a professional body, which led to the delivery of on Island training, and the design of several learning and development initiatives. In addition, Jackie was an active coach for various levels of employees and coached managers on performance management.

Over the past 18 months Jackie has worked in the UK gaining experience in both the government and higher education sector. During this period, Jackie has led some significant change projects, including the implementation of various systems and has driven the transformation of an employee services and recruitment team.

#### Jane Pearce joins Vistra Jersey as Managing Director

As Managing Director, Jane will lead the corporate, fund administration and private client trust business on the island.

Jane brings to Vistra a wealth of corporate and fund knowledge, gained through a long and successful career in which she has held several senior positions.

Just before joining Vistra, Jane worked with the States of Jersey Chief Ministers Department, where she was part of a team consulting on the proposed changes to Jersey's regulatory environment for the funds industry.

Jane Pearce replaces Chris Burton as Managing Director of Vistra Jersey. Chris successfully led the Jersey office for five years and has now moved to Vistra's Singapore office, where he will take up the position of Managing Director.







### CAST YOUR VOTE!

Nominations for this year's TravelSolutions Customer Service Awards are flooding in. Over 10,000 were received from the public last year, and it looks as though that will be exceeded for 2015.

This year sees a new headline sponsor, TravelSolutions, who have committed to the awards for a three-year period. Previous headline sponsors have included HSBC and Jersey Post, both of whom continue to remain firmly involved.

Voting takes place until Monday 14th September, so there is still plenty of time for you to complete your entry.

Awards founder Julie Todd, is encouraging everyone to keep voting: 'We have all experienced good and bad service in Jersey. Social media makes it easier than ever for us to complain when things go wrong. The awards give the Jersey public the opportunity to redress the balance and recognise and reward those who do a fabulous job. It is free to nominate a team or individual, and you could really make someone's day by doing so.

I'd also like to personally thank our sponsors. We receive no financial support so rely entirely on the goodwill of local business - without them, the awards just couldn't take place.'

#### There are two simple ways of making your vote:

Online at www.thecustomerserviceawards.com;

By completing a nomination form to be found island-wide at outlets including:

TravelSolutions (West Centre), All branches of Lloyds Bank, JT, All branches of the Co-Op, BHS, New Look, Airtel Vodafone, Jersey Post, The Bus Station, De Gruchy, Sure, Voisins, Waitrose, Channel 103

A Customer Service breakfast seminar is taking place on Monday 14th September at the Pomme D'Or Hotel, with guest speakers Kate Cousins (Lloyds Bank); Daphne East (Town Centre Manager); Mike Huston (Channel 103 station controller) and Amanda Eulenkamp (Travel Solutions). Tickets for this are priced at just £20 and can be bought via the website from Wednesday 19th August.

The gala 'afternoon tea' Awards ceremony for 2015 takes place on Wednesday 7th October, at The Pomme D'Or Hotel, and full details of how to attend this will be announced very soon.

#### For further information on the awards, please contact Julie Todd. Email: contact@thecustomerserviceawards.com

**Pictured above:** Mandy Eulenkamp, director of TravelSolutions and Julie Todd, Founder of the awards and Director of Collaborate Communications.



# HOW FITTING IS YOUR CULTURAL FIT?

**WORDS** Jeralie Pallot Managing Director of Rowlands Recruitment

Culture is at the heart of any business. It defines the values, behaviours and attitudes that give a business its identity. Cultivating a strong culture will have a huge impact on the workplace, employees will feel happy at work, which will in turn have a positive effect on their productivity and ability to work together. On the other side, a weak culture will have an equally negative impact, with staff feeling less motivated, insecure and more likely to leave.

Most employers will have an idea of behaviours and personality traits that they believe are 'right' for their business and will often employ new staff accordingly, in order to build on their idea of cultural fit. While this may seem right on a surface level, when looking at the bigger picture, it may be detrimental to your workplace. If you take this attitude to every interview, your business will end up lacking diversity, distinctive personalities and fresh ideas. A candidate may be chosen because their personality is corporate, or casual, or anything in-between, which may fit with your idea of the ideal employee, but they may not necessarily be the best person for the job. Another candidate, who on paper might not be an obvious choice, may have goals and ambitions that identify with your overall vision and could perform better in a particular role. Personality should not be the determining factor.

From a candidate perspective, they might experience a business culture that is just not right for them at some point in their career journey. It's important to remember that there are many businesses within the same sector that each have their own ideas of what culture should be like, so people need to consider whether it is actually the work they disliked, or the environment they were working in.

A workplace can feature diverse and strong personalities that are still united by their passions, values, goals and vision despite their differences. Look at it this way and it becomes clear that true cultural fit will go beyond the superficial.

# \_IFE AFTER GRADUATION

#### It's a daunting prospect: you have graduated after three or four years' hard toil and it's time to go forth into the world and, dare we say it, find a proper job.

The question now is, where do you start? We sought advice from Geraldine Keane and Edward Le Gallais who are specialist consultants in the Junior Level Candidate Placements team at executive search and recruitment firm Thomas & Dessain.

### What challenges do graduates face when they return to Jersey?

RECRUITMENT

*Edward*: Through most of their life they will have had structure – at home, at school and at university. When they first come back to the island they have to start making some big decisions for themselves, finding a new structure and carve a future for themselves.

*Geraldine*: You have to grow up very quickly. There are so many companies that might be interested in what you have to offer but it is really important to find the right fit. It is not just about matching your academic skillset so you need help to pick the right path for you.

#### How do you help graduates?

*Geraldine*: First and foremost we talk to them and listen. We find out as much about them as we can, so that we can advise them which of our clients might suit them best. We can give them a lot of practical help, for example coaching in interview technique, sharpening their CV and outlining the professional qualifications they might need to take to progress their chosen career.

*Edward:* I agree, finding the right fit is essential and it is not always just about having a strong academic grounding. If a candidate hasn't achieved the grades they would have liked, that doesn't mean to say they are off the market. Many clients are looking for a more rounded candidate with good people skills. We can help tease that personality out of graduates and help them identify their strengths. Often vocational experience and good communication skills are as important to the client as academic under-pinning.

#### What are your top guidelines for graduates?

*Edward:* Gain some professional advice. Seek guidance from people who can help you. It will make your search more targeted and rewarding in the longer term.

Document what you have learned at university. As I said earlier quite often a client wants to know what life skills you have gained that could be a useful resource in your career.

*Geraldine*: Don't write off any industry just because it isn't what you had in mind when you started your degree. Have an open mind and see the possibilities and opportunities. Don't rush into the first thing that comes along and don't chase the money. Think about the longer term and choose carefully.

Get as much interview practice as you can. The first time many graduates find

themselves in front of an interview panel they can be very rigid. I remember my first job interview and I completely froze.

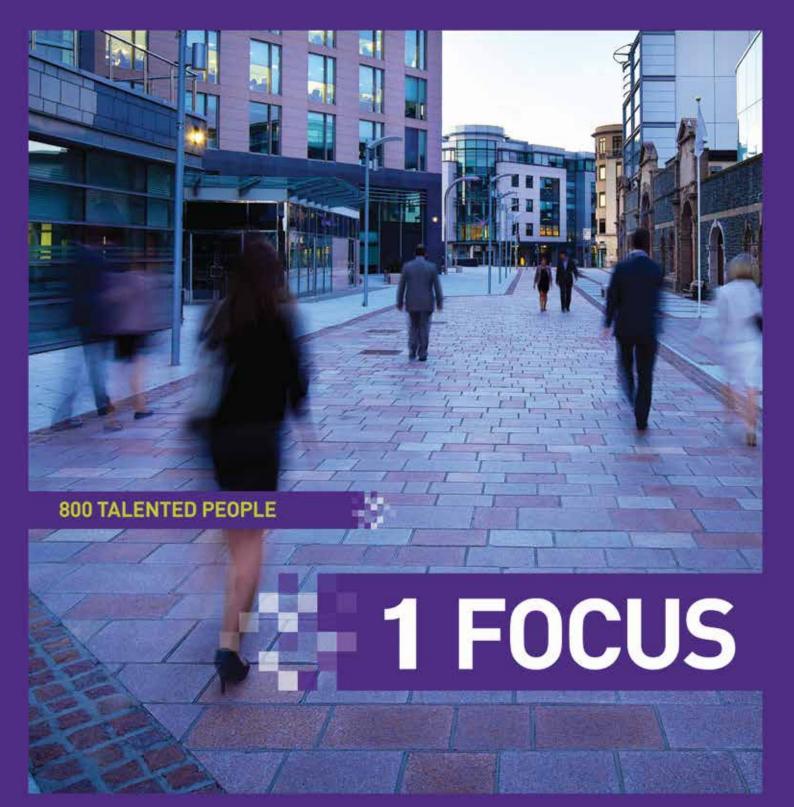
*Edward:* And don't forget to ask as many questions at interview as you like. It is about finding the right match and it is important for you to know as much as possible about the role and the client, as it is for them to find about you.

#### Should you audit your social media accounts?

Edward: Yes, definitely. We're not saying you cannot have a social life but employers do look at what you are posting in public. The client wants to have confidence that as well as being able to do the job, you are not going to embarrass them or damage their brand or reputation. I would always recommend setting up a LinkedIn profile but make sure it looks professional. We can help with that also.

*Geraldine*: At the very least put your settings to private. Social media is a representation of yourself, it is a digital business card so think very carefully about how you want people to see you.

To learn more about the opportunities at Thomas & Dessain, please contact Geraldine and Edward on 01534 888345



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# Sanne welcome 30 new trainees into their 2015 professional training programme

Sanne, welcomes 30 new trainees into the firm's annual professional training programme. Their professional training programme, which was launched in 2005, offers graduates and A-level students wishing to undertake a career in finance services a full financial and study support programme which results in a ACCA, ICAEW or ICSA qualification.

Each year the programme is over subscribed and successful applicants often demonstrate a strong intellectual background and a focused and driven approach to work and study. At the end of the three year programme and having qualified, successful trainees will have an opportunity to continue to build on what they have learnt by continuing to further their career with Sanne.

Stephen Prosser a trainee who started his professional training programme with Sanne in Jersey in 2009 and later qualified in 2012 with the ACCA qualification at the end of the three year programme, said 'The professional training programme at Sanne is great. It enabled me to gain an industry respected and appropriate qualifaction for a career in financial services, given me practical hands-on administration experience and fantastic opportunities to build a career with a growing business and strong brand name'. Stephen is now a Manager in Sanne's Private Debt & Capital Markets division.

#### AP Group celebrates its 25th year anniversary

AP Group, one of the world's leading offshore recruitment firms, is celebrating its 25th year anniversary this month. Since its inception as a recruitment provider to financial and commercial companies in Guernsey in 1990, AP Group has emerged as a leader in its field and expanded to Jersey, Nicosia, Limassol, London, Geneva, Zurich and Singapore.

AP Group has earned the title of being the largest Channel Island recruitment firm, recognised across the globe for its confidential approach and technical expertise. The vision of the company was conceived by founder and CEO, Gina Le Prevost, a professionally qualified and experienced recruitment specialist.

Gina Le Prevost said: "Reaching this massive milestone of 25 years hasn't been without much laughter but also with many tears too along the way. For AP Group to still be operational is truly a major achievement by AP Group's directors and staff and for that I thank them for their loyal support, hard work and having had their wits about them during the difficult economic downturn."

#### National Coding Week 2015

During the week commencing 21st September, participants will be able to take advantage of daily free activities across the UK and Channel Islands, as part of the week dedicated to all things coding, sponsored by JT for the second year

The week of events is organised by Richard Rolfe and Jordan Love, co-founders of National Coding Week. They aim is to inspire people to learn coding and other digital skills during the week.

If you'd be interested to participate then be sure to look out for opportunities to learn coding and pick up some information, to find events visit www.codingweek.org



# Keep Calm and carry on homebuying

Leading local mortgage lender, Skipton International is telling potential home owners to stay calm amid talk of rising interest rates. Director of Lending, Nigel Pascoe, says, 'Expectations of a rate rise are now back into 2016, but we've been here before and it's been pushed back several times. Even when rates do rise they will be gradual so as not to damage the economy. 'At Skipton International we always insist people are very careful when it comes to affordability and allow some flexibility for the inevitable rate rise. That message hasn't changed and with economies and the housing market picking up we are still helping plenty of newcomers onto the housing ladder.'

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New Law Firm Launched

Livingstones, a new law firm opened at the start of July with offices in Sand Street. The firm has two lawyers: Advocate Philip Livingstone and Michelle Palmer, a Jersey Solicitor. Livingstones deal with a wide range of private client work and the firm's strength is that clients always have direct contact with a qualified Jersey Lawyer, thus ensuring specialist advice. Contact Livingstones by phone on 747037, by email at info@livingstones.je, or view their website www.livingstones.je

Pictured are Philip Livingstone and Michelle Palmer at the firm's launch party.



#### Guernsey-based businessman trebles stake in Ravenscroft

The co-founder of the financial services company Hargreaves Lansdown, Stephen Lansdown, has trebled his shareholding in Ravenscroft Limited.

Pula Investments Limited, Mr Lansdown's family office has increased its shareholding in Ravenscroft, the Channel Islands only independent stockbroking and investment management firm, from 9.36% to 27.86% at a cost of more than £9m.

Mr Lansdown previously owned 1,050,000 shares in Ravenscroft however, has now agreed to purchase an additional 2,650,000 shares at 350 pence per share from existing shareholders. 'The team here at Ravenscroft are delighted that we have undertaken such a monumental transaction with Pula.' said Jonathan Ravenscroft, group chief executive officer.

The changes in share capital have been approved by the Guernsey Financial Services Commission, the Jersey Financial Services Commission and the United Kingdom Financial Conduct Authority.



#### Liquid's Managing Director becoms the Magnum of UK PR

Jason MacKenzie, who is a Chartered Marketer and Fellow of both the Chartered Institute of Marketing (CIM) and the Chartered Institute of Public Relations (CIPR), is the 51st person to receive the accolade of chartered PR Practitioner status.

Jason is a visiting lecturer in public relations at Birmingham City University and a consultant, trainer and judge of national awards, including the CIPR Excellence Awards and the PRWeek Awards. He is also a CIPR executive board director, council member and chairman of its Professional Practices Committee.

After serving as the first Channel Islands chairman of the CIPR, Mr MacKenzie relocated from Jersey to the Midlands, where Liquid also has an office, in 2013.

Jason said: 'I am honoured to be awarded such a highly regarded status – it's something I have worked hard towards. Our industry must become more professional and continuing professional development, qualifications and accreditations are key components of this journey.'



ENERGY

#### WORDS & IMAGES Max Burnett

Energy. It's normally something we think about as powering us. Tirelessly, relentlessly to push ourselves further and faster. But there's a different type of human energy. We're all born with it. It bears no relation to physical fitness, or how fast the riders in this year's 15th Fireflies Tour can get to the top of the next mountain. It's the emotional energy that powers people to create something beyond the individual, something beyond the collective, something bigger than all of us.

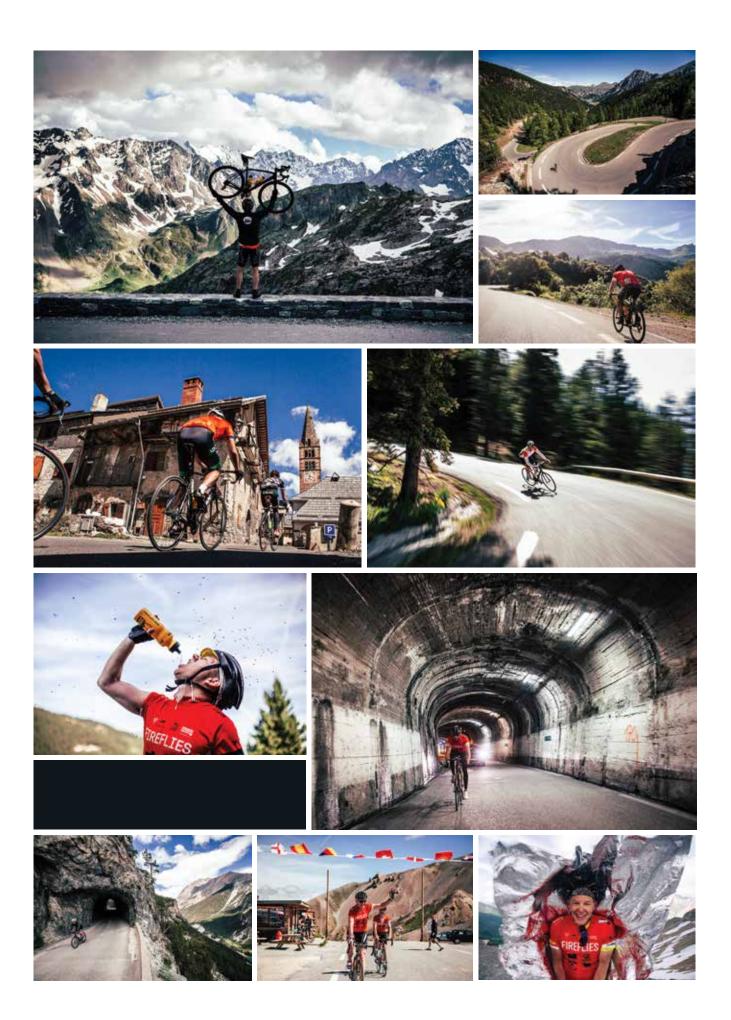
And it's that belief in the power of something greater that has set this group of riders in motion, on a journey to their limits and back, to raise money for Leukaemia Lymphoma research that's had some affect within the life of each rider. I'm travelling with a group of creatives from over 12 different countries who understand the power of human energy and the connections it builds between us. It's their vocation. They're collaborators - producers, filmmakers and directors who together create experiences, feelings and dialogues that speak to our emotions.

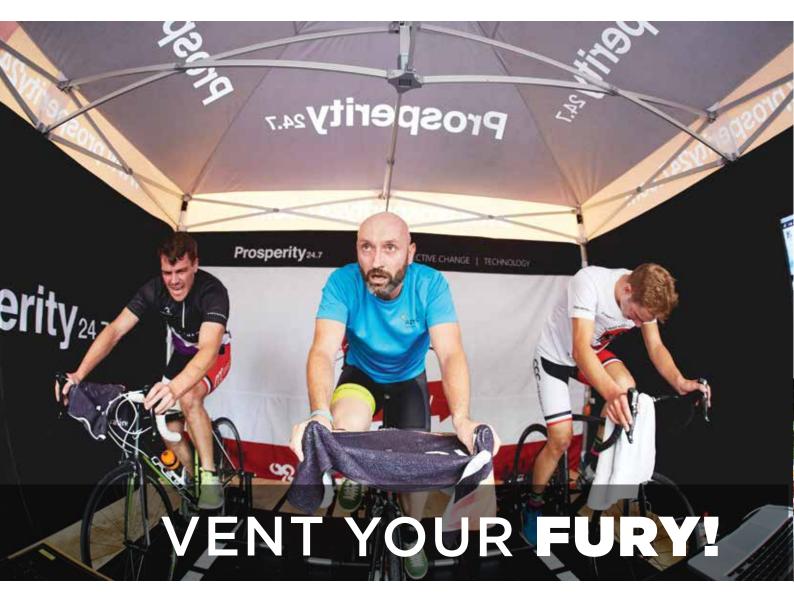
This week has been different. From highs and lows, fast downhills to winding ascents, the power of human energy has inspired us, taught us, pushed us and ultimately forged us together on an incredible journey for something we all believe in. This eight day, 1,055 kilometre cycle ride hasn't been easy, tackling some of toughest and most iconic climbs of the Tour de France. But capturing that human energy of the Fireflies Tour, from the ecstasy to the emotional crashes, reflected in the awe-inspiring landscape around us and lit by clear relentless mountain light, has been its own journey for me. One that has taken me to my own highs and lows, from hanging out of car boots, to capturing the perfect shot of the eerie calm of the mountains at sunrise, waiting to capture the riders as they speed past.

But the one thing that will stay with me? Something that reminds me of the words of a quote I heard a while ago - given a new shape in my mind. Energy can drive us to travel far individually, but so much further together.

@maximillius

"But the one thing that will stay with me? Something that reminds me of the words of a quote I heard a while ago - given a new shape in my mind. Energy can drive us to travel far individually, but so much further together"





# Channel Islands' first ever 'Prosperity Day' unleashed corporate rivalry, pedal pandemonium and resounding determination for charity

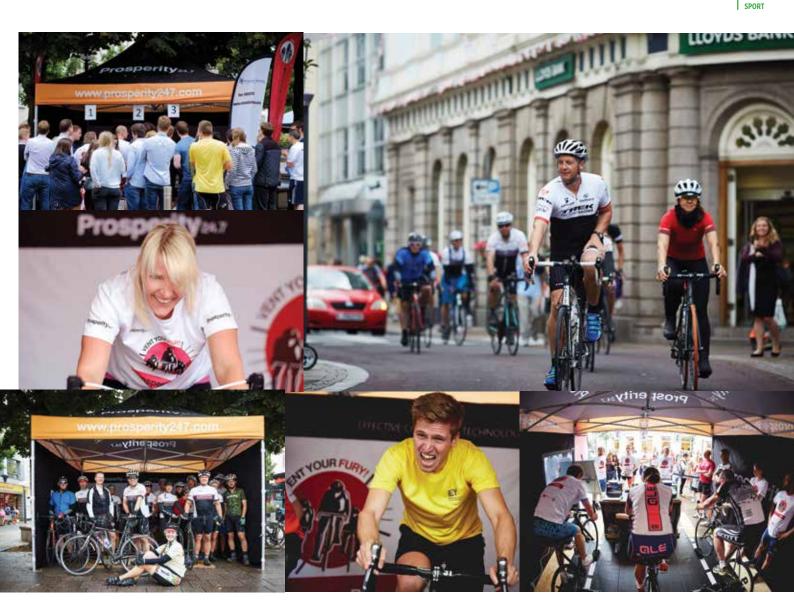
For the first time ever, the Channel Islands have celebrated 'Prosperity Day'. Created by technology company Prosperity 24.7, the event saw participants 'vent their fury' in not one, but two cycling extravaganzas.

On Friday 24 July the wet weather was no match for 22 keen cyclists from Guernsey who launched the panisland event at 5:00am with a 160km 'Figure of Gr8' bike ride, around the circumference of both Guernsey and Jersey.

While cyclists were whizzing their way round the islands, the Constable of St Helier, Simon Crowcroft, unleashed

corporate rivalry at the static cycle event in Broad Street, Jersey. Fifteen local firms went 'Head to Head to Head' on a resistance trainer relay doing a virtual stage of the Tour de France. State of the art technology ensured that as the course got tougher resistance changed and the race became more challenging.

The antics didn't stop there! At 3:30pm, the three top firms from all of the heats had to re-live the pain as they raced for glory in the final. A brilliant effort from Jack Rebours pushed the Bedell Group to victory with Aztec Group and First Names Group following in second and third place respectively.



With an outstanding distance of 3,690km cycled during the 12-hour event, Prosperity Day was a brilliant team achievement, driven by determination, a little corporate rivalry, but most importantly a mission for charity. With points from the race only contributing to half of the score for each team, the remaining points were determined by their fundraising efforts. Raising an outstanding £17,247 on the day, with more money still coming in, it was important for everyone that Jersey Autism, Guernsey Autism and Mind Jersey were the real champions of the day.

### Chris Clark, event organiser and CEO of Prosperity 24.7, says:

'We wanted to come up with something different... very different in order to raise money for brilliant and important causes. We don't do CSR just to tick boxes; we do it because it's in the DNA of our organisation. Combine this with innovative technology, add a little corporate fury and Prosperity Day was born. Next year we aim to come back bigger and better – if the teams are up for the challenge then so are we!' Rob Vaudin, Senior Consultant, Prosperity 24.7, who led 22 riders from The Guernsey Rouleurs Cycling Club in the figure of Gr8, adds:

Despite the wet weather and a couple of mechanical setbacks along the way, the warm reception and the important causes at the heart of Prosperity Day were a great motivation for our 'Figure of Gr8' bike ride. Completing the circuit in six hours, we are really grateful for the enthusiasm from everyone taking part. It was a truly wonderful pan-island event.'

Organisers would like to say thank you for the involvement of Big Maggys, BKool, Barannes, Sure, JT and Race Nation for their help and encouragement with making Prosperity Day possible.

You can see all the results from Prosperity Day on the Prosperity 24.7 website, Facebook and Twitter. Even though Prosperity Day 2015 has now come to an end, you can still make a positive contribution and donate through Race Nation: race-nation.com/donate/88

# SPORTSPERSON OF THE MONTH

# JOSHUA TROY

#### Age: 12

**Sport:** Anything on two wheels, which includes, sand racing, motorcycle trials, quarter mile sprint, mountain biking, and the latest addition is hill climbs.

What do you do: I'm still at school.

Which school do you attend: Le Rocquier

Favourite ice cream flavour: Strawberry

Favourite animal: Cat

Favourite food: Burritos

What would you wear to a fancy dress party: I'd go dressed up as Toni Bou (a world champion trials rider).

Favourite trials bike expression: Feet up.

Favourite song: Trap queen by Fetty Wap

When and what did you start riding: At the age of seven I started riding an electric Oset trials bike.

What inspired you to start riding: My dad was involved in motorsports when he was younger and the bug just hit me. I also have great support at the sand racing events and the sprint with my uncle Norman Le Lai, who in his day, competed in both too.. Where has been your favourite place in the world to ride so far: Bourbriac Brittany France

#### Where and when was your favourite

**moment in your career so far:** It would have to be winning the Yeovale two day trial Youth C Route. And recently breaking the up to 85cc quarter mile sprint record with a time of 15.10 on my first sprint event as you need to be 12 to do these I've only just started competing. championships, I would also like to help train other youngsters.

#### Do you participate in any other sports:

No, unless you count mountain biking, but that's for fun!

How often do you compete and what competitions have you recently participated in: There's a trial biking competition once a week from September to April, then there are six to seven sand

#### "[I recently broke] the up to 85cc quarter mile sprint record with a time of 15.10 on my first sprint event as you need to be 12 to do these"

#### How can people get involved in trials

**biking in Jersey:** The youth starting point is The Jersey Classic and Modern Trials Club and then as you improve you can move onto the Jersey Motorcycle & Light Car Club.

You're still at school, how do you fit in practicing with your school work: With difficulty, I would practice full time if I could. I'm really lucky as I've had a training partner for the last 18 months, his name is Adam Le Cheminant, he's taught me a lot.

#### Does trial biking feature in your future

**plans after school:** Yes it does, it's tough but I would love to be a World Champion competing in both outdoor and indoor racing events from April to September with the JMCLCC, then added to that are my newest events, now I'm 12, the sprint and hillclimb. Plus we look for trial events in the summer months. My latest off island events have been Bourbriac trial in June and Yeovale two day trial in July, August sees me in to sand racing and the quarter mile sprint.

What's next: My first hill climb was at the end of August at Bouley Bay and I'm hoping to do the Brittany trials championships next year, so watch this space.

Do you have a top tip for aspiring sports people: Yes, don't give up!







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Autumn is such a good time to head to the gym to keep up the natural fitness that comes with being outside over the summer.

Hit the gym to maintain summer figures and look your best for the upcoming party season and be ready to indulge at Christmas! The Personal Trainers at Rad Fitness are ready and raring to go to help get you looking your best.

Full Membership is £65.00 per month and includes use of the gym, heated 10 metre swimming pool, sauna and steam room and also entitles you to discount in Fabriah Hair and Beauty salon at the Radisson Blu.





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# LET'S GET READY TO **RUMBLE...**

From small tremors come big rumbles, and this was as big a rumble as it could get. On Friday 14 August 12 local surfers stepped in to the boxing ring to raise funds for the Jersey Surfboard Clubs trip to the Eurosurf in Morocco. They competed in six bouts in the dark, grimy surroundings of the Watersplash.





The event is organised by Roley McMichael and was a sequel to the Royal Rumble which took place last year for the first time. We spoke to Roley about the event and the training involved.

"Surfers boxing at the beach was obviously something people were desperate to see as tickets sold out almost immediately and could have sold three times over but the venue is part of what made this event so good. Even the boxing fraternity were saying the same. In some ways "Ticke it's too small but, absolutely perfect at the same time.

Initially the event came from SO needing funds for the JSC sending a team to the Azores for the previous Euros in 2013 and was just going to be a one off event. I had never put on any form of event so threw myself in at the deep end and decided to create something that had never been done at the Splash and was totally out of my comfort zone. Ben Murray had put on a white collar event or two and I got a few pointers from him.

The original Royal Rumble was such a success that it just wouldn't go away. So when we needed money for our next trip, it

was easy to know what to do, but it meant another lot of hard work putting it together.

Chris McBernie, Mark Trench and Luke Kilwin were my boxing experts and along with Tom Wilkinson who fought originally, they trained the fighters twice a week for 10 weeks solid. I trained with them too so saw how much it meant to every single one of them and how hardcore the training is too.

"Tickets sold out almost immediately and could have sold three times over but the venue is part of what made this event so good. In some ways it's too small but, absolutely perfect at the same time."

> The fights were all evenly matched, with only two fights ending in draws, they were those between Ford Ramsden versus Alex Romeril and Aaron Rowe versus Alex Vibert. The other four saw, Lucas Baillaiche beating Nathan Fogg, Jared Delap won his fight against Clint Loake, Kevin Davies, beat his best friend Simon Goode and the much talked about Manners versus Harben fight saw James Manners narrowly beating his body boarding counterpart Scott Harben, in what was, the fight of the

night and brutal beyond belief. Apparently anyway. I can't watch.

Everybody is "definitely fighting in the next one". Or so I heard 300 times afterwards. We'll see about that when it comes to signing up... At the moment there are no plans for a third event, although the chances are it will happen but will only be in 2017. Just in time to fund the next senior Eurosurf.

> The night ended with more surfers, as DJs this time, downstairs with Brad Ferguson, Steve Ferbrache, Ryan Herve and Sam George finishing it all off perfectly."

The money raised from ticket sales and the sponsorship Roley

was able to secure for each individual boxer will cover the cost of their upcoming trip and they also have two further sponsors in Breda and El Tico, which means they're all set to make their trip.

Local photographers, and of course surfers, Matt Porteous and Dave Ferfuson were on hand to document the night, and it's their photos you can see here, thank you to them for letting us use their photos so that we could bring you a taster of the evening.







At Bontour we're a playful crowd and we love a bit of competition. With years of experience booking golfing breaks from Jersey, challenge us to be your one stop shop for all your playing needs and find you the best golfing break in Brittany or beyond. To get the ball rolling, these are some of our favourite courses in Brittany that are all above par and only a short drive away.

#### Dinard - 18 holes: 5,870 yds, par 68.

The second oldest course in France and although not the longest it firmly upholds golf's history and traditions offering rolling fairways, classic pot bunkering, well-kept greens and the additional amazing sea views. A firm favourite a short hop from home. Where to stay: Hotel Royal Emeraude, Dinard

#### Pleneuf-Val-Andre - 18 holes: 6,538 yds, par 72.

Frequently featuring in the world's top 100 courses for good reason. A test of golf with a huge variety of holes, some narrow fairways, big rolling greens and some serious elevation changes. With a stunning cliff top location this not to be missed. Where to stay: Escale Oceania, St Malo

#### Le Tronchet - 18 holes: 6,700 yds, par 72.

With an upmarket feel and on-site hotel, Saint Malo Golf is of the new generation of French golf clubs. Surrounded by forest, the course has a lake and a river and is thought to be Brittany's largest course as well as one of the region's most varied. Where to stay: Saint Malo Golf Resort, Le Tronchet

#### La Baule - 18 holes: 6,621 yds. Par 72

The Golf International Barriere is built around an expansive lake and offers 3 courses to choose from with 45 holes. This is a rich selection, with the Red Course having hosted the French Open, offering mature trees, water hazards, tight fairways and elevated tees and greens.

Where to stay: Hotel L'Hermitage Barriere, la Baule

# STANDARD CHARTERED JERSEY MARATHON

The Standard Chartered Jersey Marathon is celebrating its 10th Anniversary event on Sunday 4 October and organisers are promising a fantastic sporting and fundraising spectacle for the island, with what is likely to be the events fastest, biggest and most memorable race to date!

Flying in to Jersey to support the event and 'Seeing is Believing', which is a global initiative set up to tackle avoidable blindness, will be Jonathan Edwards and Noel Thatcher MBE.

Jonathan is a former World, Commonwealth and European triple jump champion and has held the world record since 1995 with an amazing jump of 18.29m. He won Gold at the Sydney Olympics in 2000. Noel is a former World Champion, Paralympian distance runner who ran in six Paralympics between 1984 and 2004, winning five gold medals. Noel is a visually impaired, registered blind athlete who competed in 5,000 metres and 10,000 metres distances and will run the Jersey Marathon this year. Local runners can expect to run alongside over 600 runners who are traveling to the island with their friends and families from 19 different countries around the world. Organisers are also delighted to welcome a large group of experienced runners from the 'Marathon Globetrotters Club', a worldwide member running club, who have chosen the Jersey Marathon to host their annual club meeting in 2015.

With this added competition, organisers are again expecting a strong challenge on the course records, which currently stand at 2:18:32 male and 2:44:33 female. So whether you are taking part as a runner or supporting as a spectator, make sure you don't miss out.

Online entry for all three races (Marathon, Relay Race and 3K Fun Run) is open at www.jersey-marathon. com. Should you prefer the oldfashioned paper copy entry, then you can download the manual entry form from the website, and send to organisers at contact@jersey-marathon.com



HARDWARE

# **Relaxing** Gadgets

WORDS Taylor Jones

∧ Thync

A recurring theme in the Gadgets section of this magazine is that the internet searches, that practically write the articles for me each month, are usually the catalyst for the reaction that allows me to be so blatantly rude and offensive about companies that realistically make all our lives so much easier and more efficient. However, this month posed an issue that I did not foresee when I took on the challenge of writing a technology-centric piece. This challenge is not one for the faint-hearted, or the mentally weak. This challenge, my friends and dear readers, is the labyrinthine maze of gadget help forums.

As you can imagine, searching "Slow Gadgets" on any given search engine will not, as I had hoped, provide you with results concerning tech that will perhaps move slowly (on purpose), or create slow motion video. Instead, I found myself on pages so crammed with the lexicon and syntax of the computer age that I (ironically) tried and failed to use Google Chrome's translate function. One website aptly named tech4nerds perfectly summed up every page that appeared from this search with its tagline "tech support for the people that actually want their tech to work". As you can probably tell from my writing each month, I am neither technologically savvy nor willing to do enough research to give actual advice on the gadgets I write about, and so I'm sure you will understand when I say that reading just a small number of the pages online that I saw not only put me off writing about faulty electronics but made me question the very reasons I'm actually employed to write a section on technology.

However, after a short time questioning my boss' (and my own) decisions, I realised that I'm not here to confuse you guys and sell you on tech that won't really make any difference to you. I'm here for the everyday buyer, the person that walks into the Apple store to write funny messages on the display iPads rather than to complain to the employees that my custom-built Macbook isn't running at optimal speed. So, I picked myself up, brushed off my own insecurities and sat down to write you the article you're reading now. One that deals with theme of "Slow" in gadgetry in a way that we can all relate to. Relaxation (before anyone complains, I realise I've actually done this before but read above for the explanation). In this modern age of fast food, fast work and a need for an even faster pace of life, it's vital that we dedicate ourselves to making sure we can find time to relax and forget about the growing stresses in our lives (I'm writing this at the time of GCSE results so yes teenagers I'm talking to you too). When the older generations

think about relaxing, technology is rarely an image that comes to mind, however I'm here to change that by showing everyone that slowing down doesn't always necessarily mean stopping altogether. In a lesson I learnt from none other than Peter Griffin, it's all about moderation.

#### Pplkpr

One of the biggest causes of stress in everyone's lives is the company we keep. No matter how "genuine" or "honest" people claim to be, there's a bitch hidden under the skin of all of us. We can hug each other, buy each other hangover breakfasts or even, in the case of every female under the age of 26, post constant pictures with each other claiming that we'll "never forget my best friend" or that "my best friend is better than yours", but these empty gestures are merely a thin veil for the boiling hatred that we all conceal for others on a daily basis (I'm not lonely I swear). The technology age has made it even more difficult to avoid these stress triggers, with instant messaging and even video calling meaning that we literally cannot get away, and in the case of "Read Receipts" on iMessage or "Seen" on Facebook Messenger, we can't even ignore people anymore. The problem that we face given these issues is that, with so

"By connecting to a small heart rate monitor you can wear under your shirt, this app tracks the change in your heart rate when talking to different contacts in your Facebook friends in real life, showing you the individuals that cause you the most stress when talking to you."

> many people constantly popping up either in person or on your phone, the people that cause you the most stress seem to blend into one, meaning that they may be causing you (figuratively) life-threatening levels of anguish without you even knowing. Thank God Pplkpr, the new app for smartphones, is here to (figuratively) save your life. By connecting to a small heart rate monitor you can wear under your shirt, this app tracks the change in your heart rate when talking to different contacts in your Facebook friends in real life, showing you



the individuals that cause you the most stress when talking to you. Genius, yes? Well, in a way. Yes, this exposes the 'friends' in your group that are the reason you always have an underlying need to cause grievous bodily harm to others, and yes less stress is best in all cases, however I question whether we really need another excuse to hate? The need to harm others can remain underlying if we don't know the cause, and is a less extreme blanket hatred not better than a scathing direct one? These are very philosophical questions to ask in a gadgets section of a small, island-wide magazine, but nonetheless they are important ones.

This app can be downloaded free in the iTunes store, however as anyone that has read this page before knows, heart monitors do not come cheap (refer back to any of the previous months in which I have talked about stress). Unfortunately the monitor you need is specific to the app (according to reviews) and thus it takes a bit of time searching online (read above as to why I don't do this part), and so you'll probably have to fork out a fair bit in order to eliminate your own friends. Worth it? Yeah

#### Thync

Anybody who has watched Futurama quite as avidly as it should have been watched knows that headwear can play a phenomenally important role in an animal's life (Monkey. Hat. If you know, you know). Not only can a good piece of roofing finish off your look immaculately, but with the help of Thync, it can also reduce your levels of stress. The startup company from Los Gatos have produced a headset to go alongside an app for smartphones that allows the user to take advantage of small electrical impulses that stimulate certain areas of the brain inducing either excitement or calm. For the purpose of this article I'll focus mainly on the calm, obviously, although in my opinion any company that are using electricity to

stimulate our brains in any kind of way is one that deserves a whole lot of spotlight.

Electronic stimulation has been used for a long time to stimulate brain activity, although admittedly this practice has been primarily resorted to in very, very oldschool mental institutions. With the focus on technology as a method of self-help in the new age, there's no reason this relatively primitive method of mental remoulding can be transferred to common calming gadgets. I don't do this often, mainly because I'm far too proud, but here I am going to use the experience of one reviewer who actually got to try this out. In his own words, Kyle Russell describes the experience like this:

"In use, you get a wavy, tingly feeling on your upper forehead and the front of your scalp. It's not unpleasant, but it would definitely take a few uses before it stops feeling weird. While I was warned that Thync might not work the first time, a few minutes into my first session (using the calm setting) I felt a wave of sluggishness pass over me. I had some difficulty putting words into a coherent question for [CEO] Goldwasser, and felt a strong urge to take a nap that lasted until I get home"

I'm not quite sure what's in the air at the Thync HQ, but it sounds like there may have been a fair bit more than oxygen and electrical stimulation going around that day.

According to Russell, if you're after an alternative to a good cup of tea, this is not it. However if knocking yourself out with a heavy object is your preferred method of forcing yourself to relax, this \$299 system may be the one for you. Short of a prescription-level sedative, this is the best way of forcing your body into a coma-like state of inactivity. Probably not good for you, definitely not cost effective.

#### **Crazy Aaron's Thinking Putty**

If the name of this product didn't entice you enough already, this section probably isn't for you. As mentioned earlier, I am no technology wizard, and if nothing else my dedication to putty (dedication enough to include it here I might add) doesn't prove that, I don't know what will. Also mentioned earlier was the importance of my Google searching when it comes to this article each month, and that has led me to Crazy Aaron's Thinking Putty. This product, the brainchild of a mysterious 'Aaron', encapsulates the very essence of my writing; fun and simplicity. It's all well and good me attempting to hurt the CEOs of great companies like Apple and Microsoft each month with sharp wit and subtle insults, but as I've mentioned in previous months, when I find a product that I truly respect, I say so. And Aaron, wherever and whoever you are, you've earned that respect. Nothing will ever relieve stress better than a stress ball (forget everything I've mentioned about technology before), and this putty is the perfect form of that. Although it is branded as 'Thinking Putty', it's obvious from the moment you see it that this is meant to be beaten, battered and thrown in the name of stress relief, and as anyone that has owned Play-Doh in the past will know, putty and clay are the ideal substance to use for this purpose.

There's not a whole lot to mention about this product, as it simply is a tin of putty, but in all honesty, off all the products I have reviewed in the past (and that's quite a number), this may be the most worthwhile purchase I can advise my readers on. Visit www.puttyworld.com to see the immense range that Aaron has created. For the love of god, never, ever take my advice on actual electronics, but please listen to me when it comes to putty.

# PHONE HOME

#### Feeling nostalgic?

Jersey's own superstar DJ - and Airtel-Vodafone Brand Ambassador - Hannah Jacques reviews the HTC One M9

The HTC One M9 is a beautiful, stylish Android handset worthy of being in the lineup for 2015, and if you were a fan of the HTC One M8 and are feeling a bit nostalgic – the M9 is definitely for you. This is HTC's premium handset with the same luxurious design as its predecessor while also including some notable improvements. The most noteworthy improvements are the state-of-the-art processor and the upgraded camera.

It has an all-metal body and a 5-inch display with full HD resolution - similar to the M8 but the edges are now angular and there are some great new colour variations which I always fancy. Images are crisp and photos bright and vibrant. HTC has used audio specialist Dolby to help them provide better sound in their BoomSound speakers so you can imagine, the musician in me can't get enough of this.

A great feature is that the M9 accepts SD cards up to 128GB in size supporting expandable storage unlike others. For the technical

bits I'm advised by the experts at Airtel-Vodafone that the M9 has the latest Android 5.0 Lollipop software worthy of its premium status. With a superfast Qualcomm 64-bit, octa-core processor, the Snapdragon 810 plus 3GB of RAM gives this handset some status in the power department.

The M9 camera sits at a whopping 20MP with updated software so that you can now shoot in RAW format and delivers extra sharp resolution. For my beloved selfies - the wider angle of view allows you to fit more in.

HTC has kept all the popular, luxurious design bits of the M8 backed by some nifty and important improvements to make the M9 firmly position itself as a frontrunner in 2015's battle of the smartphones.

Price for handset only £492 Price on Pay Monthly contract with Airtel-Vodafone, from £26.90



#### **Power in Your Pocket**

Excellent value and superb power can be difficult to find in a smartphone but if they're the qualities you're after, then you'll find both embodied within Microsoft's Nokia Lumia 635.

Driven by the easy-to-use Windows Phone 8.1, the Lumia 635 is both a powerful workplace tool and a multimedia hub that keeps you close to your family and friends.

At work, you'll find you have a new personal assistant in the shape of Cortana who will make sure you are never late for an appointment or forget anyone's birthday. As you use the phone, she will learn more about your specific interests, giving you the information you need to stay on top of the job and living your life to the full.

As Cortana assists you, so Microsoft Office will make sure you have the tools you need to do the job and are able to keep everything together by constantly synching all of your devices with OneDrive. Every file is just a click away.

Packing a 5Mp camera and a 4.5" screen, the Lumia 635 takes quality photos and videos that you'll want to share with friends.

As for the value? It's incredible to know that you can get all of this from just £35 per month at the Sure Store.



The ZTE Blade S6, from JT Introducing the ZTE Blade S6, the premium handset with a striking design that doesn't have a premium price-tag.

This stylish smartphone is perfect for the business commuter or the jetsetter, bringing together features such as a superb 13MP camera, a 1.5GHz Quad Core processor and dual SIM functionality, allowing you to stay connected and multi-task effortlessly wherever you are.

This ZTE is 4G ready, meaning you will be able to take advantage of JT's superfast 4G network across the island, and never have to miss a beat, even on the go.

Get your hands on the ZTE Blade S6 from just £10 p/m on JT Pay Monthly. Pop in store today for more details.



PICTURED: Phone Doctor Director, Sarah Burns at their new Beresford Street Premises

### WHAT'S WRONG WITH YOUR DEVICE?

When it comes to cracked screens, sticky home buttons and frustrating hardware issues, it's important to invest in the help of a company you can trust. Offering a reputable and affordable service here on the island, phonedoctor.je are just that. Boasting the highest quality repairs in the shortest amount of time (they can do a same day service on most repairs) – using original (where possible) or high end quality parts only and the expertise of professional technicians – they promise to fix an array of devices including smartphones, laptops, desktops and consoles. They even offer a four-month guarantee, and a no fix no fee.

Other impressive services include in house training to help you get the most out of your smart devices, a loan phone service, free delivery and collection from town addresses and technicians available on tap.

Visit www.phonedoctor.je or call into their brilliant new walk in Beresford Street store to book an appointment today. Alternatively, stay up to date with Phone Doctor's latest news and offers by signing up to their newsletter.

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#### MEGAN'S TOP TIP FROM AIRTEL-VODAFONE

#### **How to...** manage your 4G data usage Does 4G use more data?

Technically no, but data is consumed a lot quicker on 4G depending on what you are doing online. For example downloads, uploads and streaming use more data than social media browsing. Turning off things like push notifications and automatic updates can avoid high amounts of data usage. Speed tests are heavy on data usage and the faster the speed, the more data will be used. With 4G, your experience will be quicker so you will do more in less time, but that does mean that you could be consuming more data than you would have done on the older 3G networks.

If you have a monthly contract, make sure you understand what your data allowance is and if you are concerned about going over your allowance, ask your provider about data bolt-on options.





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# Chap Hop Don't Stop

Mr B The Gentleman Rhymer is one of the most unique artists performing at this year's Jersey Live. Marrying his love of hip hop with his fondness for the finer things in life like tweed, moustache wax and cricket, he's made a name for himself as the original and finest purveyor of the Chap-Hop genre. We caught up with him ahead of his Hospitality Stage appearance...

#### Will this be your first visit to our island? Will it be a flying visit or will you have a chance to explore?

It will indeed be my first visit. With any luck I'll get a bit of time to explore. Being a flaneur I tend to just wander and see what happens. Mont Orgueil looks rather nice for starters.

#### For those not in the know, would you care to briefly explain what Chap-Hop is and what it involves?

I am reconnecting hip-hop and its ilk to manners and the Queen's English. That sort of thing.

#### You're a dapper chap, that's for sure, but how do you go about preserving that air of elegance mid-festival?

Running out of moustache wax in a muddy field must be the stuff of nightmares for you...It is a tricky business and no mistake. Linen works well in the summer, as you can actively embrace the creases. Aside from that, decent corduroy trousers and a hip-flask full of single malt will at least make one feel a little better.

#### What have been your favourite festival experiences, as a performer, and as a paying punter?

As a punter I rather enjoyed Public Enemy at Reading '92. Always bemused me when people complained about rap artists headlining Glastonbury. Public Enemy headlined Reading and it was one of the best shows I've ever done. Playing-wise there are many favourites. My Bestival Swamp Shack show a couple of years ago was amazing though. A small outdoor stage in front of a few thousand people. It was lovely.

#### Let's talk about heroes: who is a) your Hip Hop hero? And b) your Chap hero?

a) Kool Herc I suppose. He started the whole thing. b) Ronald Frankau, 1930s music hall comedian, recording artist and film star. And a very, very funny man.

# What's the most gentlemanly thing you've done today?

I did carry my wife's bag. I think it was a Vivienne Westwood. I looked just super.

#### And, for the sake of balance, what's the least gentlemanly? After all, you're only human...

I let my wife's delicious lunch get the better of me and let off a little tommysqueaker on the settee.

#### Any last words for the audience ahead of your Jersey Live appearance? Be prepared for gentrification! But in a good way.

'Always bemused me when people complained about rap artists headlining Glastonbury. Public Enemy headlined Reading and it was one of the best shows I've ever done.'

### SEPTEMBER MUSIC & NIGHTLIFE: WHAT'S ON...



#### SATURDAY 5 & SUNDAY 6 JERSEY LIVE WEEKENDER

Indie DJ Stephen Orr's All Mod Cons will be on both nights, after Jersey Live at the Chili Bar in Havana, which means you've got at least two opportunities to go bonkers on the dance floor to some of the best bands you have heard at Jersey Live over the years. As well as The Rolling Stones, Arctic Monkeys, The Libertines, The Strokes, The Doors, The Black Keys, T-Rex, The Stone Roses, David Bowie, The Jam, The Who, James etc. If you want to carry on the festival atmosphere, you wont go far wrong with All Mod Cons. Keep up with future events at Facebook: AllModConsJersey, and get yourself along to the Chili Bar this month to see what all the fuss is about.

Tickets: Free entry // from 10.30pm Chili Bar in Havana



#### FRIDAY 11 SEPTEMBER PRIDE 2015 THE SEX SHELLS @ THE GREEN ROOSTER

Channel Islands Pride 2015 starts here! Warm up for tomorrow's main event with a comedy night courtesy of London comedy troupe The Sex Shells. Made up of Jersey boy Adam Perchard and London lovelies, Callum Mac and James Egan. Stand-up comedian Thanyia Moore will guide you through The Sex Shells' all-singing, all-dancing comic hall of mirrors. Fast becoming one of the hottest tickets in alternative comedy in London, The Sex Shells are unpredictable, irreverent, hilarious, sexy and shell-like! Full of surprises, expect the unexpected when The Sex Shells perform.

Tickets: Eventbrite // from 8pm-11pm The Green Rooster



#### SATURDAY 12 SEPTEMBER PRIDE 2015 SHAMELESS @ CE SOIR #PROUDANDFREE

Featuring pop and performance artists Bother, this will be an eclectic evening of original music, film, fashion, performance, comedy, puppetry, and operatic spectacle to round off Pride 2015. Performing across London in galleries, 'art happenings', bars and nightclubs, Bother move seamlessly and seamily from art world to underworld, and host one of East London's hottest nights, TheMenWhoFellToEarth. Joining Bother will be their very own Haus of Liberate DJs and performers. (Warning: Adult content).

Tickets: Eventbrite // from 8pm-11pm Ce Soir

# ARE WE MISSING SOMETHING?

#### IF YOU'VE GOT A NIGHTLIFE EVENT TO SHOUT ABOUT WE WANT TO SHOUT ABOUT IT FOR YOU.

Just tell us a few things about it and send along a nice representative image too and we'll do our best to get it listed here. Don't forget to include all of the important details.

Just email it all to *hi@gallery.je* 



#### SATURDAY 26 SEPTEMBER DJ HYPE // ANNIX // MC FUNSTA @ SPLASH

Vanguard team up with the legendary Playaz camp for a end of summer sizzler at the Splash bringing you once again another double header event welcoming Fabric's longest running and most successful night 'Playaz' in which they invite head honcho and pioneer/ legend DJ HYPE alongside up and coming stars ANNIX hosted by MC FUNSTA. HYPE is a multi award winning producer, DJ and radio host on KISS FM and one of Drum and Bass's key figures and pioneers. Also expect some of the islands finest Bands/DJs/MCs on the night. Expect an unforgettable show at Jersey's No.1 Nightclub.

Tickets: Eventbrite ,White Label Records // from 10pm //The Watersplash



#### BOOK YOUR TICKETS NOW! 9/10/11th OCTOBER INN ON THE PARK WEEKENDER

So here we are, three years on with another opportunity to look ahead into the past. After two hugely memorable I.O.T.P reunions, where friends came together from around the globe after many years to rekindle lost friendships and relive the glory days. The team are extremely excited to announce IOTP #3, but with a twist, now they bring you the 'Official Weekender'. Being the older sister and closest neighbour, Grand Jersey will once again play host to the event and once again it allows for a program of three rooms of musical bliss in a 5<sup>\*</sup> setting.

Tickets: Eventbrite // various Grand Jersey

#### paparazzi Ballery



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JERSEY'S STYLE MAGAZINE

138





paparazzi gallery





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### paparazzi



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JERSEY'S STYLE MAGAZINE



















SILENT |sīlənt| *adjective* • not making or accompanied by any sound

DISCO |diskō| noun (pl. discos) • a club or party at which people dance to pop music















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gallery <u>141</u>

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#### **ChiChi Boutique**

ChiChi Boutique is an inspirational fashion boutique in the heart of St Aubins. Stocking Vila a unique brand of fashionable clothing which allows woman to dress with with boutique fashion in mind at affordable prices. We also stock collections by Saint Tropez, Karen by Simonsen and Valour & Valkyrie, plus we've just had a delivery of some beautiful statement jewellery! Pop in and enjoy some retail therapy 7 days a week.

ChiChi, St Aubins, Tel : 490021

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#### Contact details:

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The Club Spa

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Don't forget to tell them you saw them in Gallery! They may give you something extra...

### Food for thought



Appetite began when we couldn't find a local restaurant guide that would tell us when all our favourite places were open, and what was on the menu. So we decided to write one ourselves.

The seventh edition of Appetite is out now and has all the key features you love about your food annual - easy to navigate sections, samples menus and clear contact details as well as a few extra tasty tidbits like interviews, features and special offers and giveaways for Appetite readers.

#### Fancy winning a meal for two at a restaurant of your choice?

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Artist's impression of the College Gardens development.

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