galery

123 the ALTERNATIVE issue HHHHHH



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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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edito

very generation wants to present a hallmark of rebellion in some way, brandish a sense of non-conformity, to provide an alternative to what has gone before. OK, so re-reading that sentence it sounds like the start of Star Trek, but you get my point. Every human is looking to take things in their own direction in order to be, in their own way, alternative.

Applying this desire to fashion, style and music is quite easy. As many head to university this month, it provides a jumping off point to re-style themselves as whatever they see fit. You often see people return home after a first term with new clothes, attitudes and even accents. Looking for an alternative, to find themselves, to find a tribe. I guess it's natural to seek an alternative, particularly to the overwhelming conservative overtones in Jersey.

The trouble is it's getting harder and harder to be different. You can be tattooed neck to toe, pierced, gender neutral and slack line between skyscrapers in your spare time but thanks to the breadth of media and knowledge... it's sort of been... done. We have so many iterations of individuality presenting in the thousands of things we look at each day that the mainstream is so wide it's trickier and trickier to break out. Even choosing to go 'normcore' and rebel against individual trends became a trend in its own right, as synonymous with the 2010s as hipsters and snapchat. Emo, goth, indie, chav, preppy, hipster, punk. There's just nothing different.

When we started to discuss what was 'alternative' this month we therefore had trouble getting a visual theme for our fashion shoot. What's alternative to the range of alternatives that have become the norm? A dog, that's what Jersey. When was the last time you saw a dog in our fashion shoot. That's right - never. It's the alternative issue so you get a dog on the cover. And inside. And in clothes. Take that. There's loads of other content around our alternative theme too, including a great Agenda edition feature alternative income sources and a great article on body recomposition as an alternative to dieting.

You can always seek alternatives, even if it's hard to be alternative. Unless you're a dog in clothes. Woof.

В

#123 [ALTERNATIVE]



COVER CREDITS

PHOTOGRAPHY & STYLING Danny Evans

> MODEL Plato

CLOTHES Overcoat by by River Island £110



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gallery #123 [ALTERNATIVE]

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ANNA OSSENKOPP, FROM GERMANY

I came to Jersey this year for the third time to do a placement, to get to know different kind of jobs and to improve my English language skills before I start university in Bochum, Germany. I'm going to study 'Management and Economics'. I went to Jersey the first time in 2013 with one of my friends and we went to a language school and stayed with a really nice host family that I've stayed with every time I came to Jersey. When we came to Jersey the second time we were on holiday and enjoyed the beautiful landscapes once more. To come back to writing... I've always been interested in writing so I wrote articles for school and for the sailing club. Furthermore I like photography.

The opportunity to write the articles for the Misc page and the event listings for 'elsewhere' was really great. I liked doing research for Gallery very much and the fact that the things I wrote are now published and read by so many readers is very exciting.

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

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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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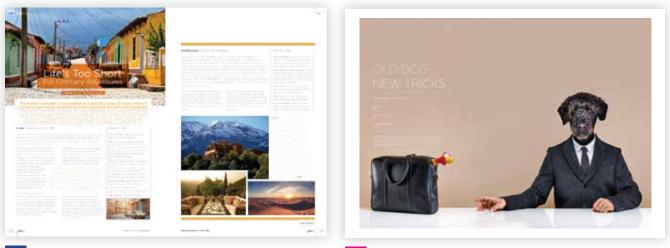


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ON THIS OCTOBER... **IN JERSEY**

01.10.15 - 11.11.15 TENNERFEST

VARIOUS £ //VARIOUS TIMES// VARIOUS LOCATIONS

The Channel Islands can look forward to six weeks of great meals at fixed prices. Across Guernsey and Jersey, over 180 restaurants will be taking part, meaning diners are once again guaranteed to find outstanding menus and meals created from the wealth of good food available in the islands. Restaurateurs on both islands are offering menus starting at £10 with £12.50, £15.00, £17.50 and now £20 options.

04.10.15 **STANDARD CHARTERED** JERSEY MARATHON FOC // 9AM ONWARDS

.....

You may be a little late to sign up and join the race, but that doesn't mean you can't be one of the thousands of supporters willing on the runners at various stages around the island. A recent runner said 'The Jersey Marathon is a small race with a very big atmosphere'. The event starts and finishes in the 'Weighbridge' area, in the heart of St Helier and this is a great place to soak up the atmosphere and be part of the large crowds waiting to welcome the runners across the finish line after completing their 26.2 miles.

09.10.15 **CONCORDIA CHOIR** CONCERT

ST OUEN'S PARISH HALL//8PM // FOC WITH A RETIRING COLLECTION Concordia women's choir are having a 21st birthday concert party; wine, cake and song! And they're welcoming you to come and join in the fun. Retiring collection in aid of the Jersey Brain Tumour Support and Concordia.



17.10.15 SAND STORM **ADVENTURE RACE** SIMON SAND & GRAVEL

QUARRY, ST OUEN // 9AM Sand Storm is Jersey's definitive adventure race, open to everyone old enough and brave enough to have a go. Competitors will need to overcome the terrain and beat the obstacles as they throw themselves over walls, crawl under barbwire, scramble up and fling themselves down sand dunes and plough through water obstacles to be the first over the line! Online entry closes on 15 October. www.sandstormjersey.com

.....

10.10.15 JERSEY FARM AND **CRAFTS MARKET** ROYAL SQUARE // 10AM

There will be local produce and wares on display, including goods from farmers, producers and craft workers in Jersey. All goods sold by Genuine Jersey Members will have been grown, reared, caught, brewed, pickled, baked, smoked or processed by the stallholder, so head along and soak up the atmosphere while celebrating Jersey's finest.

22,23&24.10.15 BLACK BUTTER MAKING

BLACK BUTTER MAKING THE ELMS // VARIOUS TIMES//FOC On Thursday you can help with Apple Peeling from 2pm. Friday, there's more peeling to be done from 10am. Stirring commence mid-morning on Friday. In the evening there w food and live entertainment for volunteers. Saturday is me day from 10am, there'll be pumpkin carving, music and me importantly jar filling and then buying hot, fresh black but volunteer to stir, peel, jar up, bake a cake or make a bean of for Friday evening, please call Donna Le Marrec on 483193



11.10.15 PLÉMONT RESTORATION **PROGRESS WALK**

LES LANDES CAR PARK // 11AM // **£VARIED**

Plémont revisited is an opportunity to walk the freshly landscaped former Holiday camp site. Learn about the work being carried out by the National Trust to restore the site to nature and get to know the new pathways and viewing areas. The walk will take three hours, is free for Trust members and £5 for non-members



23.10.15 JERSEY RUGBY CLUB **NIGHT GAME**

JRFC, ST PETER // 7.45PM // TICKETS FROM £6

A chance for rugby fans to experience 'Friday night lights'. The Championship game against Nottingham will be the first-ever evening kick-off - at 7.45pm - for a league match at St Peter, following last Plymouth Albion. The home side will Green-and-Whites of Nottingham.

.....

24.10.15 **CYCLOCROSS CHAMPIONSHIP**

LES QUENNEVAIS CYCLE TRACK //11AM//£10 PER ENTRY

Cyclocross returns with a six round Championship. It doesn't matter whether you are a racing regular or a Cyclocross rookie, come and join the fun. The Under 12's race will kick things off at 11:00. This will be Followed by the Ladies/Fun race at 11:45. Next up is the Under 16's at 12:45, with the final event being the Men's race at 13:30. Dancing and fancy dress is advised (Superhero theme please). The event will be raising money for Macmillan Cancer Support.



09 - 11.10.15 STAR TREK SARK//EVARIOUS

Sark Trek is a new stargazing weekend break on Sark, the world's first Dark Sky Island. It is designed to make the most of the island's incredible night skies and has been specifically created to appeal to as wide an audience as possible. No prior knowledge of astronomy is needed; they'll bring you the best of the night sky in a way that is fun and easily understandable. Sark Trek is a two-day astronomical voyage of discovery, with approximately 14 hours of learning and stargazing activities delivered by their expert astronomers. For more information visit www.sastros.sark.gg

10 - 18.09.15 AUTUMN FLORAL FESTIVAL

ISLANDWIDE//£VARIOUS

.....

Talks and walks plus workshops suitable for beginners and experienced gardeners. Detailed programme available from the Guernsey Information Centre.

17.10 - 31.12.15 WILDLIFE PHOTOGRAPHER OF THE YEAR 2015

GUERNSEY MUSEUM AT CANDIE//£VARIOUS

The popular annual exhibition returns with a stunning display of wildlife photography from around the world. It features winning images from the 2014 Wildlife Photographer of the Year Competition. Experience this new selection of spectacular wildlife photography in this popular international touring exhibition.

12.10.15 - 31.10.15 ALDERNEY FOOD FESTIVAL

ISLANDWIDE

Join in the festivities on the Channel Island's most northern isle and find out more about their fabulous food offering. This is the festival's third year and features the very best local produce from its locallygrown fruit and vegetables, to its dairy produce, delicious homereared meat and exceptional seafood caught or dived for in island waters.



ELSEWHERE

SEPT 18 - OCT 31, 2015 2015 RUGBY WORLD CUP

VARIOUS LOCATIONS, ENGLAND

This event is so good we couldn't avoid mentioning it again this month as there is still four weeks remaining of the tournament. It's pretty self-explanatory - your chance to watch different sportsman from all over the world go head to head (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. If you didn't catch it live, then make sure to watch the highlights of the Japan vs. South Africa game...

RUGBYWORLDCUP.COM

SEPT 19 - OCT 04, 2015 MUNICH OKTOBERFEST "WIESN"

GERMANY

Oktoberfest is originally a German beer festival that is now also celebrated in many other countries around the world like Canada, Australia, USA, Russia, China or Brazil. Wherever you celebrate Oktoberfest, it's a great chance to don your lederhosen and drink copious amounts of beer, and probably some bratwurst too!

OKTOBERFEST.DE/EN/

OCT 03 - 10 OCT, 2015

AUSTRALIAN MASTERS GAMES ADELAIDE, SOUTH AUSTRALIA

The Masters Games is a biennial sporting event that is regarded as one of the premier and largest participation sporting events on the Australian sporting landscape. In 2015 the 15th edition of the Games will be hosted in Adelaide, South Australia. It is expected over 10,000 participants will compete across approximately 60 different sports. The event is open to anyone. The only criteria to compete in the Australian Masters Games is that you must meet the minimum age requirement, which in most sports is 30+ years.

AUSTRALIANMASTERSGAMES.COM

OCT 03 - 10 OCT, 2015

BRIDGE DAY

DAYETTE COUNTY, WEST VIRGINIA (WV), USA Bridge Day, one of the largest extreme sports events in the world, is held annually. Hundreds of BASE jumpers and nearly 80,000 spectators are expected to attend the event. The 876ft tall New River Gorge Bridge, serves as the launch point for six hours (gam-3pm EST) of safe, legal BASE jumps. This is the only day of the year that traffic is shut down and spectators can safely and legally walk across the world's second longest single arch bridge.

OFFICIALBRIDGEDAY.COM

OCT 31, 2015

HALLOWEEN

DAYETTE COUNTY, WEST VIRGINIA (WV), USA Whilst this is a day we're all familiar with in some form or another, no one does this holiday better than the folks across the pond in the US of A. So why not jump on a plane and head to the night parade in New York City, USA, where more than two million people will watch the gang of giant puppets sway through Manhattan, they don't do things by halves. Be sure to pack your finest fancy dress outfit too.

HALLOWEEN-NYC.COM

The healing world of *alternative medicine*

Namaste! Om! Guten abend! Shabba! Whatever language you speak I'd like to give you a loving welcome to this gateway to alternative medicine, opened by me, Mary Mulabandha - qualified massage therapist, ordained Wiccan priestess and fifth plateau angel healer. I've dedicated my life (at least in this incarnation) to spreading the word about good health for the body and the mind, and through the medium of interpretative dance I was able to persuade the wonderful people who publish this magazine to devote a few pages to sharing my wisdom with you, the lovely readers.

It's too often that alternative medicine is dismissed by the mainstream media, which is pedantically obsessed with things like "proof", when in reality we can offer something that science, logic and conventional medicine cannot. I don't mean the ability to survive on lentils without getting diarrhoea, but the possibility of healing not just your body, but your eternal soul. You won't get that from your fancy paracetamol, whooping cough vaccines and kidney dialysis.

Yes, the biased media would like to dismiss people who don't use conventional medicine as cult members who worship tofu and have sexual feelings for dolphins. Although this is true of me, there are plenty of more "normal" people who also put their faith in alternative medicine, like Prince Charles and David Bellamy. The likes of Gwyneth Paltrow and Madonna are just as cynical as I am about what the doctor tells them, so crystal healing is for normal people too, not just for those of us who live in a vurt and sleep standing up. I hope that eventually the world will see sense and there will be as much room at the hospital for homeopathy and past life regression therapy as there is for MRI scans and stitches. Until that happy day, you're welcome to come to me instead of your GP. This first bit of advice is free, but my general rates are a very reasonable £80 for a half hour Om!

Nutrition is the foundation of all healthy lives

One of the biggest weaknesses of conventional medicine is that it is so obsessed with pushing pharmaceutical and surgical solutions that it ignores how easy it is to stop the majority of diseases with just a few (hundred) changes to your daily diet. In olden days, before food was full of chemicals, people didn't need orthopaedic surgery or Prozac because they had lifestyles that flowed in harmony with nature. Our tribal ancestors regularly lived to 200 years old, never got flu, and could speak with the whales. This was all lost as soon as modern society developed, which is why there aren't any written records of this golden age, just folk songs and cave

art depicting recipes for brown rice. Even without written history, and despite the efforts of "big pharma" to suppress it, nutritional wisdom is still available to us all - I attended an (online) university for an entire month, learned all about superfoods, and can now call myself a Dr. in China, Nigeria and twelve US states. Did you know that a kale enema every morning can reverse heart disease and make you look 20 years younger? I bet you weren't aware that no society with a gluten-free diet has ever launched a nuclear weapon, or that artificial sweeteners were invented by Nazi Germany. The first step to immortality is to put down that hamburger and pick up a handful of organic wheatgrass - you can get this a lot of places now but the variety sold by my clinic is also guaranteed to have 200% of your daily serving of antioxidants. Only £8 a box.

One of the biggest weaknesses of conventional medicine is that it is so obsessed with pushing pharmaceutical and surgical solutions that it ignores how easy it is to stop the majority of diseases with just a few (hundred) changes to your daily diet.

Mother nature is our wisest teacher

The great miracle of Gaia is that the planet produces so much healing that we could all live in disease-free harmony if our bodies weren't corrupted by negative thoughts and selfish behaviours. I am sad to say that this definitely applies to the people who reported my mail-order supplement business to the Trading Standards Bureau - your bitterness is your own burden, and it will accompany you to an early grave, before you will be reborn very low down the karmic cycle, probably as slugs or beetles. You'll never be happy. Anyway, I don't have the time to dwell on negativity - because I am nourished by the love I feel from all the plants and animals that surround me, even stinging nettles and the one-legged pigeons that live in St Helier. The birds of the air and the beasts of the field show us that it is possible to live a healthy, harmonious life without disruptive technology like petrol

engines or pacemakers. They are all friends together, singing the beautiful song of the universe. Except when they fight each other, go extinct, or are grizzly bears who tried to eat me even though I had only joined their community to teach them yoga. I should have stayed with the dolphins, but their possessiveness was stifling and a barrier to my personal growth.

We are bound by hidden currents of powerful energy

Any person who studies the subject will come to understand the universal truth that the ancient people of the earth possessed great wisdom that modern societies simply do not. It wasn't just that they avoided the dangers of gluten and dairy - they were wise enough to understand how hidden currents of energy connect all things. This energy really does power everything, from the moon angels that cause women's

monthly cycle to the spirit vortex that lets me speak with Cecil the Lion. Yet we must be cautious - if not used with proper training, it can be deadly, so just as advanced yogis can nourish themselves from pure solar rays it is also true that sunbeds and fluorescent office lights cause our DNA to go mouldy. This is why wireless internet is a health hazard, even though you can't actually see it without a special pendant (available

from my website for £39.99). Luckily, I can train you not just to see this energy, but to harness it for the power of your own health. A great tribal elder by the name of Yoda once said "luminous beings we are, not this crude matter" - these are words I live by every day.

This article has been too brief, but I hope it has opened your third eye to some divine and powerful truths. These words come to you with love, and they are so full of positive energy that you'll be able to cure minor illnesses simply by standing out in the beautiful sunshine and rubbing the magazine hard against your face for 20 minutes. If you're still feeling out of cosmic balance, then call my clinic for an appointment. Just check with the girl on the desk that I'm not snowboarding or in Ibiza that week. Namaste!





Being alternative, or 'taking part in activities that depart from or challenge traditional norms' is, I think, important to everyone. We are all a bunch of unique, strange, ugly looking creatures - and I can prove it by telling you all to put your phones to the front camera whilst you're lying down.

Well, truth be told I can't speak for anyone else, but when I open my camera and it's in 'selfie mode' it makes me wish I'd never been born. It looks like somebody ran over a fart in a tractor. I'm not showing you a photo, you'll just have to trust me, we are an odd bunch. The subject of being alternative interests me, because it implies the existence of 'normality'. I don't really care for the word 'weird' as an adjective, because I don't think it means anything. For example when people see a movie and come out saying 'that was so weird', I just don't understand what they mean? Weird compared to what? A normal movie? What's a normal movie and in what way does that sound like something anyone would want to watch?

I guess there are social norms that we all adhere to, like getting dressed, eating, covering our mouth when we cough, sighing and talking about how bad your life is just because it's Wednesday... you know, that sort of thing. I've noticed that there are certain 'rituals of normality' that we follow that, when looked at out of context, seem extremely bizarre:

Shaking hands

What the hell's this all about? "Lovely to meet you, Sir... Let's hold hands and move them up and down, together."

Scaring people when they get hiccups

'BOO!' Jesus... leave these people alone, they've got enough on their plate without you making them jump then taking the credit for curing their ailment.

Kissing

"I like you. Before we have sex, let's put our lips together and exchange mouth juice."

Yawning

"I'm tired, look down my throat."

Applauding

A lot of hand stuff goes on in the world of social normality. "I appreciate your talent; let me slap some of my skin together to show it."

Smiling

"These are my teeth. Don't worry, it's a good thing."

Everything that we take for granted as normal can be construed as 'weird' if you look at it from a different angle. I - which I really like. It's pretty similar to alternative I think. For us it means, don't just do what's expected, look at things from another point of view and find its uniqueness. I've been here a year now and the ability to be unconventional is one of the main reasons I love it so much. It doesn't mean 'be weird' or 'do things in an odd way just for the sake of it', but rather it's more of a focus on how to think outside the box and see everything slightly differently.

I think it works for life in general as well. I guess it's a more evolved 'glass is half full' thing. If you don't confine your judgement to yin and yang, normal and weird, you can

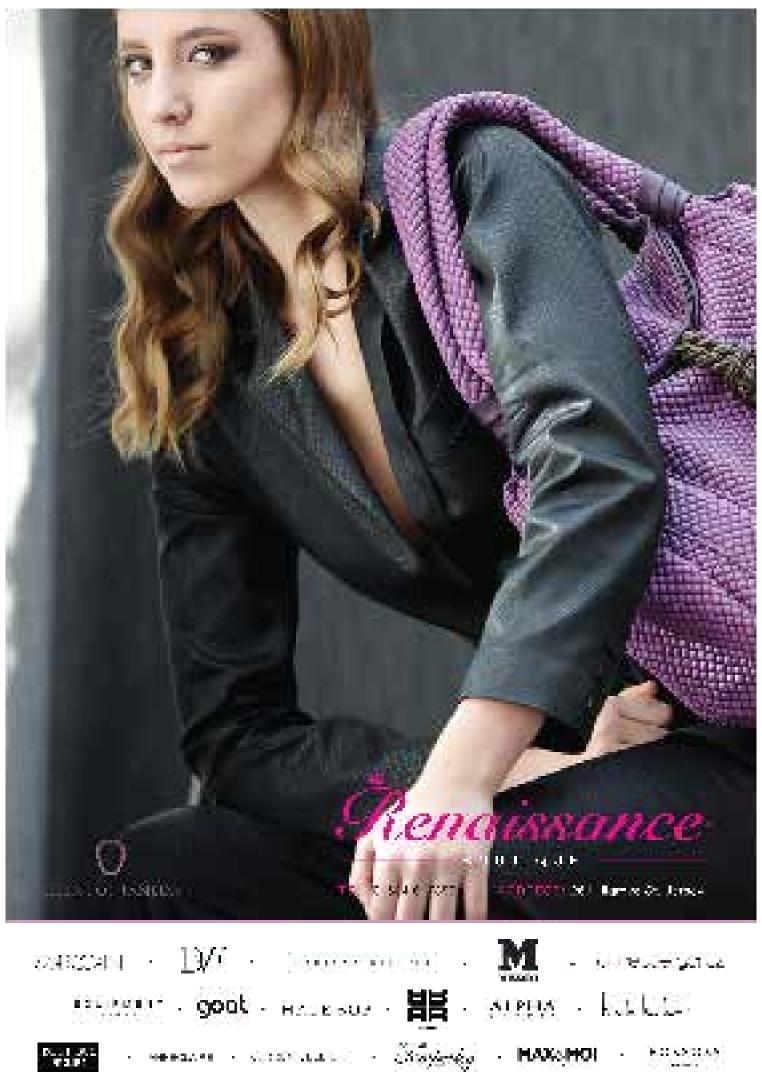
"Everything that we take for granted as normal can be construed as 'weird' if you look at it from a different angle. I think that's my problem with it – if you think of the world in terms of normal and weird, usual and unusual, you first have to establish the former – but what if you treat everything you do as unusual?"

think that's my problem with it - if you think of the world in terms of normal and weird, usual and unusual, you first have to establish the former - but what if you treat everything you do as unusual? I think a big part of opening one's mind is learning to see things from a different angle (hopefully not the lying down selfie angle) and appreciating the oddities in normality. Do you ever get that thing where you say a certain word lots of times and it ends up sounding like it doesn't make sense? I love it when that happens. I love it when that happens. I had it with yoghurt the other day. Yoghurt. Yoghurt, yoghurt, yoghurt. Cool.

At my place of work we have a set of 'core values', and one of them is 'unconventional'

appreciate the unconventional and, like I did previously, appreciate, love how bloody ridiculous we all are. Think about this magazine for example... who's idea was it to gather a bunch of people together, to gather a bunch of words in a specific order to tell you all about things and stuff? How weird is it that 'flicking through magazines' is just a normal thing to do. All other animals just seem to be happy with eating, sleeping and shagging, but for us it's different... well, I guess these things are pretty crucial, but where has all this other nonsense come from? Why don't we see horses shaking hands, and why don't giraffes cover their mouths when they cough*? Also, I don't know about any of you, but I've never received a round of applause from a goose.

*I just worked this one out: it's because they have really, really long necks.



6.352,356

WORDS Anna Ossenkopp

Alternative...

... energy

Have you ever thought of alternatives to fossil fuels like wind, solar, hydro or other renewable energy? These are perhaps the most conventional methods people think of when considering alternative energy and of course these are both sustainable and good for the environment. But there are other more unusual ways out there too...

What about using the power generated by underground subway tunnels and electric substations to heat someone's house? Mayor Boris Johnson has suggested for London, he's a one isn't he!

What about converting the methane produced by dog waste to power lights?

Or that body heat of people standing in a crowded subway can heat water running through pipes that will be pumped through a building's ventilation system? That is what happens in Stockholm's Central Station.

Light shows in the Club Watt in Rotterdam are caused by the people dancing. Floor vibrations are captured by so called "piezoelectric" materials and are then converted into a light show.

Even bacteria could one day provide fuel for transportation. Or Sugar. It might provide a drive that is pollutant-free and odourless.



Some of these options are still some way away, there are many people doing research on them to help the environment. Some already succeeded like the projects in Stockholm or Rotterdam. Winning energy from actions that were so usual, people haven't perhaps considered them before. Or even sourcing energy from things that are so unusual that we need to keep on researching them.

... Sport

Have you ever heard of Bossaball? No?! It is a ball game that combines volleyball, football, gymnastics AND Capoeira. You play in a team with two to five players against another team on a big air cushion. Sounds like a child's birthday? Even if it does, the most important thing is to exercise and have fun doing it! It is played in an "inflatable court featuring a trampoline on each side of the net". Filip Eyckmans thought of this great way to unite these disciplines and create a new kind of sport in Spain in 2004.



Toujours Tingo

ad-hoc-Bildungen

(German) making up a new word on the spot in a moment of need



Saying yes or no? The alternative: Say Mhm mmm it can mean both!

> mhm (Lithuanian) = yes > mmm (Pulawat (Micronesia)) = no

Quote:

"Ageing's alright, better than the alternative, which is not being here." George H. W. Bush

Alternative CV

Laura Dekker likes the alternative.

Instead of going to school Laura started her circumnavigation of the globe at 14 – single-handed! This made her famous because she is the youngest sailor to sail solo around the globe. She started her maiden voyage from Gibraltar, reached St. Maarten for the first time on January 2011 and came back about one year later after sailing 27,000 miles alone.

During that year she lived on her boat Guppy and it became the only place in the world where she really felt at home. Not a country, a house or a city but a boat called Guppy.

She was born in New Zealand, spent her first five years at sea on a sailing trip with her parents, then moved to Holland and lived there until her voyage. After completing her circumnavigation of the globe in 2012 she moved to New Zealand. Now 20-years old Laura still lives aboard Guppy in the Whangarei harbour doing yacht deliveries and preparing for her Yachtmaster Ocean certificate.

She still sails on her boat and lives her dream of her own life; regardless of the opinion of other people.

www.lauradekker.nl/English/About_Laura.html

NEWS IN NUMBERS

20 pence per litre higher pre-tax cost of fuel in Jersey compared to UK prices

1,000 new homes by 2020, States promise may not be achieved

5

km free to join 'Parkrun' initiative comes to Les Quennevais on Saturdays

2,3

hours of sunshine recorded at Fort Regent over the past year making Jersey still the sunniest part of the British Isles

182

people took part in this year's Silkworth Challenge

2,000

pairs of flip-flops handed out by local street pastors as an appeal is launched to re-gift them

month old Cocker Spaniel rescued from north coast by firefighters



LOST TRIBES:

Jersey's vanished scenes of alternative music

WORDS Grant Runyon ILLUSTRATION Laura Syvret

There are many things I love about my island home but if I had to draw up a list I don't think "thriving cultural hotspot" would make the top 50, instead weighing in somewhere between #51 - "good place to look at migratory birds" and #100 - "statistically unlikely to be buried in molten lava". The various festivals make a good attempt at injecting some much-needed rowdiness, but there's something about the possibility of bumping into my mum, boss and former PE teacher in the moshpit that stops me from letting what remains of my hair down.

Far too many Jersey people likes their music culture the same way they like TV dinners: reheated, served in disposable packaging and without any ingredients that are going to upset a sensitive digestion. As a result we're a haven for dad-rock and slipper jazz, partial to polyester disco and soft house. We live in the sort of place where the Macarena caused a moral panic. If we had rappers, they'd be boasting about having a third parking space and threatening to mess up their rivals lawns. The genuinely, passionately alternative people are in a minority, forced to indulge their pleasures in darkened rooms and out of the way venues, like members of a Scrabble club, but with more piercings. Today I choose to salute them, to reminisce about their efforts to deviate from the straight and narrow, and ask what on earth happened to all the goths.

Who were they?

Mods & rockers

Straight-laced Sixties Britain was scandalised by these two contrasting youth tribes, the denim-clad, motorbike riding rockers and the sharp-suited, soul-loving mods. Most of the British public would probably just have been bemused by the groups' haircuts if not for their unfortunate habit of beating the p*ss out of each other via mass brawls in random seaside towns. Jersey had a small contingent of both scenes, but avoided any large-scale dust ups by dint of total infiltration of mods and rockers alike by the undercover wing of the honorary police. Some former honoraries from St Peter remain deep undercover as Paul Weller's roadies.

What happened to them all? They turned into cool dads, or possibly mutated into hippies if they were still young enough. If you've got a dad of a certain age with a collection of seven inch soul records, a dusty scooter and a framed picture of Roger Daltrey then he was probably a mod. If Dad still wears Brylcreem and knows how to fix an Enfield motorcycle, he's probably a rocker.

Who were they?

Hippies

Over on the mainland, the long-haired flower children were protesting against war, experimenting with free love and expanding their minds with a variety of illicit chemicals. There wasn't much point protesting against war in Jersey, and we already had several Parishes that tolerated "unconventional" attitudes to sexual morality. However, growing your hair was and still is a reliable way to scandalise the grandparents, and mind expansion could be achieved by the burning of joss sticks, stolen horse tranquillisers and the odd afternoon stroll around Mourier valley.

What happened to them all? If you were a proper hippy, you either joined a cult that lived in a pants-free compound in Arizona, or went to California to become an unscrupulous capitalist millionaire in the nascent IT industry. In Jersey you eventually got a haircut, trained as an accountant/lawyer and waited til you could bore your kids with stories about Jefferson Airplane and the time you tried to put on a version of Woodstock in St Catherine's woods. Some hippies remained true to the dream, and have been forever quarantined in yoga studios and St Ouen's bay.

Who were they?

Punks

Punks rejected polite society, spat in the face of authority and terrified grandmothers with their fuschia Mohicans and bondage trousers. They nurtured a still-influential DIY aesthetic that meant you were encouraged to try forming a band before you'd learned to play an instrument. A perfect fit for Jersey, where most forms of culture are already DIY because if you don't do it yourself nobody else will.

What happened to them? Those punks who survived the pitfalls of septicaemia from home piercings and were smart enough not to get tattoos on their face have blended into the background of the society they used to despise. Like studded butterflies they only emerge when the time is right - i.e. when punk music comes back into fashion for the eighth time and they need to lecture teenagers about why they should be listening to Crass instead of Green Day.

Who were they? Goths / metal fans

Technically these are two different subcultures, but Jersey is so small that they have traditionally observed a truce based on a shared love of black clothing, graveyards and cider. They do both like music with guitars, but in larger communities there's a deep schism between goths and metalheads over whether the lyrics should be about Satan or vampires.

What happened to them?

Even if you think you haven't seen anybody with a Slayer T-shirt recently, heavy metal will outlast all other products of human civilisation, even in Jersey. The last man alive in St Ouen will probably be listening to Black Sabbath and Pantera before the mutant cockroaches take him down. Goths, on the other hand, are deeply sensitive and require careful protection. After years struggling to breed goths in captivity, Durrell plans to open a nocturnal habitat where their pale, beautiful faces can be observed in a candle-lit natural environment, decorated with ornamental skulls and Sisters of Mercy posters.

Who were they?

Hipsters

These insufferable, sockless, Noah-bearded know-it-alls appeared out of nowhere a few years ago and have infected coffee shops and university campuses everywhere with their ironic tattoos and pretentious retro lifestyles. Jersey is no different, even though it's impossible to pretend you were "into that band before they were cool" when the island is tiny and everybody remembers that you used to be an emo kid or dress like a member of Limp Bizkit.

What happened to them? No solution has been found. For every Jersey hipster who goes to art college or moves to Brighton to open a shop selling unicycles and vintage tweed, one more rises in their place, like a mushroom that only listens to music on vinyl. The government is considering a cull, achieved by distributing poisoned beard wax and exploding ukuleles. The stragglers will be mopped up by hipster traps disguised as poetry workshops or craft beer appreciation groups.





Herbie

Breed: Female tortoise

Age: 60 years old

Likes: Roaming the garden freely in the sunshine munching leisurely on living plants – perfect for my diet!!

Hates / Dislikes: Cold, wet weather and will shelter in her house until nice weather again! If Herbie was human she would be: An athlete for sure! It's not true what they say about tortoises being slow, I have a good power walk sussed and i'm very active for my age. Wants: I have a fairly easy life.

Interesting facts: I've spent most of my life with people thinking I was a boy, that was until I made an escape from my garden, walked the grand distance from La Moye to Le Quennevais in two days. When the local vet checked me over he discovered I'm actually a female.

Most impressive thing Herbie has

done: Probably climbing a couple of steps, I'm very determined when I want to get somewhere!

Carrie Cummins

Breed: Human

Age: 34 years old

Likes: Shopping, spending time with family and friends, keeping active and fit so that I can enjoy eating out! Nutella hot chocolates from Coffee Republic are the best ever!

Hates / Dislikes: Sausages, birds and Jersey traffic jams!

If I were an animal I would be: an Emperor Penguin! They are truly amazing animals, although they are birds they are flightless while other birds have wings for flying, penguins have adapted flippers to help them swim in water, therefore they can spend half their time in water and the other half on land.

Wants: To visit the Maldives one day soon! Interesting facts: I qualified in reflexology to overcome my dislike of feet, it has helped to some degree.

Most impressive thing you have ever done: Completing a Prince's Trust Challenge which involved hiking, biking and white water rafting 286km in seven days, two of the planets ten highest mountains formed the backdrop to the challenge; Dhaulagiri and Annapurna 1, both over 8,000m high.

Durrell Dash 2015 Sunday 18th October

The 13k and 6k Dash in and around Durrell Wildlife Park







Canine Costumes

Hallowe'en is coming, so get creative and dress up your pooch this year. Here is some inspiration to get you going:

Chewbacca

If your pooch is a dead ringer for someone, or something, famous then play to their strengths and roll with that!

Fluffy the three headed dog from Harry Potter

Take one dog harness, add some chicken wire and cover with synthetic fur in a colour that matches your dog, paint some cardboard teeth and add a felt tongue and a snazzy dog cape to cover the joins; voila a three headed monster - it is essential to dress up as Harry Potter or Hagrid to accompany your dog trick or treating.

Spider Dog

Have you seen the youtube video? If not, look it up now, it's hysterical and terrifying! This one works well for black dogs. The costume may look funny now, but as the sun sets all people will see is a giant spider running riot. Make sure you cover yourself in fake cobwebs too.

Present Pup

Are you heading to a Halloween party? Then make sure you bring a present! This costume will take some work to create but the effect is brilliant. You'll get top points for effort.

Super Heroes, Ready!

Got an adorable child? Dressing them up as superheroes is cute right, you might have thought it couldn't get any cuter... until you realised that you can dress your dog up as their crime fighting sidekick!



Greenfly

WORDS Deirdre Shirreffs

Greenfly, that most hated of garden pests, have a very alternative lifestyle, managing to reproduce without males at all for much of the year! The females give birth to minute live greenfly which are identical to their mother, in fact they are clones of her. One female can give birth to 50 female offspring which mature and breed in little over a week in warm weather.

In a month over a million greenfly can be produced from one mother and her descendants. Sometimes the unborn aphid, to give it its correct name, is itself already pregnant with more babies. It is no wonder that they multiply so quickly on your roses! Sometimes winged young are produced to fly to infest new plants.

As winter approaches, the females produce male offspring. After mating with these males, the females lay eggs on trees which will overwinter and hatch out in the spring. Some adults also hibernate and survive the winter.

The reason that aphids are such pests is that they suck the sugary sap from young shoots using sharp mouthparts like a straw which pierces the plant stem or leaf. This weakens the plant and leaves it vulnerable to attack from viruses. The aphid exudes a sugary liquid called honeydew from its bottom which can coat the stem or leaves of the plant - this often becomes infected with a fungus which is black and sooty and prevents the plant photosynthesising, which further weakens it. Ants love this honeydew and will often stroke the aphids with their antennae to make them produce more so that they can collect it, like milking a cow. Some ants even "farm" the greenfly, herding them and protecting them from predators. Some ant species collect the eggs and keep them safe in their underground nests through the winter, carrying the newly hatched aphids back to their food plants in the spring.

Greenfly have many predators, including lacewings and birds but the most voracious of these are ladybirds and their larvae which munch their way through many of these pests and are truly the gardeners' friend.

Go **** yourself!

Might as well, it is summer after all...



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



Ducking, **dodging** & diving for BHF!

We've long been fans of Ben Stiller's amazing 'Dodgeball' film. In 2008 we chose to embrace the duck, dive, dodge and duck and hold a dodgeball tournament at Fort Regent in aid of Cancer Research, Jersey. We were amazed at the response and effort people took to dress up and get involved. Handing over a cheque to the charity on the day felt fantastic and we were converted to Dodgeball.

The dust settled and we meant to do another event but time went on, we lost track and the dodgeball Championships was resigned to some dodgeballs in our warehouse and a glimmer of hip movement and nostalgia. However, one of the most energetic teams that took part that year was lucky enough to have Summer Parkin in their ranks who last year took on the role of Fundraising Manager for British Heart Foundation's Jersey branch. When she came to us and asked if we'd like to do it again, in aid of BHF Jersey we couldn't wait.

So the scene was set and on the 25th July this year we staged the second Gallery Dodgeball Championships at Les Ormes' indoor football dome. Once again Jersey's up-for-it crowd came out in support, in addition to the amazing support of BHF's network of volunteers who made the event go amazingly well. In a round robin contest that saw a team of Hulk Hogans playing actual Wrestlers and members of Kiss facing off against the cast of Star Wars, we were stoked to see so many turn out in support of the event and the amazing cause.



The eventual victors were the last minute entry of Ben Murray's BoxinBusiness who swapped trading punches for trading balls to triumph, taking the crown of Dodgeball Champions 2015.

The party continued after the event in amazing sunshine outside the 'Splash' where towers and buckets of beer were suitable refreshment for the athletes who wound down to the smooth sounds of Steve Ferbrache on the terrace. Teams bonded, rubbed shoulders and traded memories of a great event. Look out for another one coming soon and get your chance to dodge next time.

Check back at: www.gallery.je/dodgeball

"In a round robin contest that saw a team of Hulk Hogans playing actual Wrestlers and members of Kiss facing off against the cast of Star Wars, we were stoked to see so many turn out in support of the event and the amazing cause." **GIVE** COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Jersey Calais Refugee Aid Group

Jersey Calais Refugee Aid Group, JCRAG, began its life as a conversation between friends, but quickly developed into a movement that has galvanised community spirit amongst many islanders. That initial conversation was about how an island like Jersey can be so close to a refugee camp such as 'The Jungle' in Calais, and turn a blind eye.

Some 4,000 refugees currently reside in the confines of a patch of land beneath an underpass, with little access to running water and shelter made out of barely weatherproof materials. With winter well on its way we're going to see conditions get even worse within the camp.

JCRAG is a grassroots movement that decided to open that blind eye. It has appealed to the generosity of islanders to donate items needed in the camp, their time in sorting and administering the donations, money to help provide shelters within the camp as well as giving their goodwill to challenge the idea that this crisis 'is not our problem'.

The appeal has paid dividends, with the kind and generous spirit of Jersey coming fully to fruition with bursting vans full of donations, schools involving their students in donation drives and awareness events, as well as fundraising events such as K Hair Studio who kindly donated their days takings to JCRAG – a whopping £403!

Last month the second JCRAG aid trip saw six voluntary members of the team traveling to Calais in two vans full of aid to meet with the group L'Auberge Des Migrants, who have been doing their best to coordinate the donations arriving from across Europe. With JCRAG's strong relationship with this group on the ground islanders can be assured that their donations are in good hands, and will get to the people who most need it.

There will be plenty more to come from JCRAG over the coming months, and there is no short-term solution to this crisis. Yet, islanders know that through this group their kindness and efforts can make a difference.

If you'd like to find out more then you can find the group on Facebook.

New Chairperson at Jersey Hospice Care

After 13 years as a Trustee and Chairman of Jersey Hospice Care, Dr Gari Purcell-Jones MBE has decided that the time has come to retire as a member of their Council.

Whilst Gari was Chairman, he oversaw the redevelopment of the hospice and the expansion of their services so that they are now able to provide specialist palliative care to the people of Jersey with any life limiting condition. Earlier this year, Dr Purcell-Jones was awarded an MBE in the Queen's Birthday Honours in recognition of his contribution to charity.

Sanne cyclists raise almost £11,500 for Children in Crisis

Cyclists from Sanne smashed their £5,000 target when they took part in the recent RideLondon-Surrey 100 event.

Matthew Morel, Peter Mossop and Ross Crick raised £11,485 for Children in Crisis when they rode the 100-mile route from the Olympic Park, through central London to Surrey and back again.

The trio raised £6,485 through their Virgin Money Giving and Just Giving pages, as well as receiving a £5,000 donation to Children in Crisis from one of Sanne's partners.

'We are absolutely thrilled by the response we had. It's a tough ride but to more than double what we were hoping to raise made every one of those 100 miles worth it,' said Matthew Morel, Sanne's head of marketing.

'Sanne is passionate about the work Children in Crisis does in Liberia. This year we are supporting a water, health and hygiene project and we know that this money will go some way towards countering and preventing a whole range of diseases.'

Inspired by the Jersey team's efforts, 10 members of staff from Sanne's London office are in training for the Nuts Challenge in September. The team, which hopes to raise £3,000, will take on a 14km assault course in London, again raising money for the firm's charitable partner, Children in Crisis.



He has been succeeded by Emelita Robbins who is taking over as Chair, supported by Stewart Rowney as Vice Chair, as well as the other Trustees. Emelita Robbins is a lawyer and has been a trustee with Jersey Hospice Care for two years. She is delighted with her new role for the charity. She said, 'I am passionate about Jersey Hospice and the care it provides. I am delighted to accept the role of Chair and believe, together with a strong Council of Trustees, we are well placed to address issues of future strategy and development at Jersey Hospice Care. 'I would like to take this opportunity to thank Gari for his considerable contribution to Jersey Hospice Care over the last 13 years.



Major conference on mental health and wellbeing

Spotting the signs of mental illness and creating a positive approach to mental wellbeing in the workplace will be discussed at a major conference in Jersey on Thursday 8 October.

The Jersey Employment Trust's biennial conference, which is being held in partnership with MIND Jersey and sponsored by RBC Wealth Management, will focus on 'Managing Wellbeing and Mental Health in the Workplace'.

The conference is being held as close as possible to World Mental Health Day, which is on 10 October every year. The day, which is overseen by the World Health Organisation, has the objective of raising awareness of mental health issues around the world and mobilising efforts in support of mental health. This year's theme is 'Dignity in mental health'.

Keynote speaker at the Hotel de France conference will be Clarke Carlisle, a former professional footballer who has fought a very public battle with depression. Clarke played for a number of top-flight clubs and was chairman of the Professional Footballers' Association. Last December, he was hit by a truck on a major A-road in North Yorkshire and airlifted to hospital with serious injuries. In February this year he admitted that he had been trying to kill himself. He continues to battle with mental illness and recently told the media that the scars he still bears from his suicide attempt are a 'constant reminder' of his good fortune in surviving.

Other speakers at the conference include Chief Minister Ian Gorst, who will speak about the States' approach to mental health; Emma Mamo, who is responsible for policy practice and development at MIND in the UK; MIND Jersey Ambassador Beth Moore, who will share her own story of recovery from mental illness.

James Le Feuvre, Executive Director of Mind Jersey, said: "This conference comes at a really important time as Mind Jersey continues to tackle stigma and campaign for increased awareness and improved understanding about mental health.

"The workplace is often cited as the environment that is the most stressful factor in people's lives. The promotion of good mental health and wellbeing should, therefore, become core business for all employers. Open and supportive workplaces benefit everyone – employees, employers and also the bottom line."



2015 Charity Award winners

A glorious Sunday afternoon garden party in the stunning grounds of Government House was the setting for the 2015 Jersey Charity Awards, where 180 guests from across the island's voluntary sector, as well as His Excellency Sir John McColl, Lady McColl and Chief Minister Ian Gorst, saw nine Jersey charities announced as winners within three categories at the third bi-annual Jersey Charity Awards.

The Awards, which were created by the Association of Jersey Charities (AJC) and are currently sponsored by Jersey Finance, STEP Jersey and the Ana Leaf Foundation, aim to highlight local excellence within the charitable sector.

The shortlisted finalists and winners of each Award category were as follows:

Small Charity of the Year:

After Breast Cancer Jersey - *winner* Shopmobility Jersey - *2nd place* Silkworth Lodge - *3rd place*

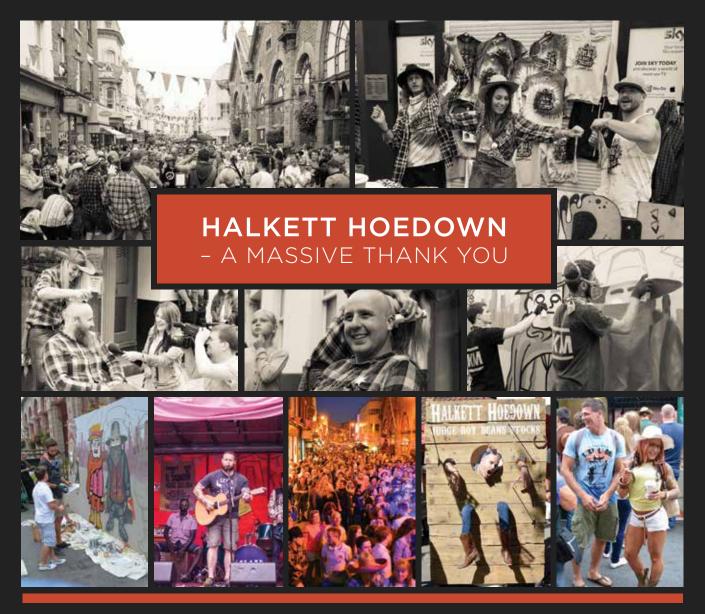
Medium Charity of the Year:

Jersey Foster Carers Association – *winner* Autism Jersey – *2nd place* Brighter Futures – *3rd place*

Large Charity of the Year:

Les Amis – *winner* Age Concern Jersey – *2nd place* Jersey Citizen's Advice Bureau – *3rd place*

Each category had up to five shortlisted entrants and for the first time prizes were given not only to the winner of each category (£5,000), but also the first placed runner up (£1,000) and the third placed winner (£500). The extension of prizes to 1st, 2nd and 3rd placed winners was made possible by the generous support of Jersey Finance and STEP Jersey.



Sunday 30 August saw The Halkett Hoedown return to the streets of St. Helier and saw an estimated 5,000 visit the event throughout the day. After a successful first year in 2014 the organisers more than doubled the size of the event for 2015 with the addition of a second stage from Youth Arts Jersey and a new 'Family Friendly Zone' sponsored by Jersey Mutual Insurance.

The Paul Davis Freight Company once again provided the main stage by virtue of one of their curtain sided trailers which was dressed in gingham to create that 'country feel'. Connetablé Simon Crowcroft opened the event just before a performance by the Hoedown's very own band, The Hoedown Superstars.

The event would not have been possible without the sponsors and supporters. Jersey Mutual Insurance, The Parish of St Helier, Jersey Arts Trust, Le Masurier, MyMemory, Bean Around the World, JS Livingston Architects and Alex Picot Group provided sponsorship along with Dunell's who operated the two 'Dunell's Saloon' bars with 100% of profits benefitting Headway Jersey. Organisers Louise Stirling, David Stokes and Niall Macfurbisigh were delighted with the positive response from local businesses who really got onboard to make the event a great success.

The event was once again held in aid of Headway Jersey – a local charity providing support and services for islanders affected by brain injury. Funds raised from the event to date are in the region of £25,000.... and rising! Peas and Glove also benefited from the event raising £2500 through merchandise sales. This new foundation has set up in up in aid of Olly Newman who was left in critical care following a car accident. "Funds raised from the event to date are in the region of £25,000.... and rising!"

The organisers would like to take this opportunity say thank you to everyone involved in the event, all who attended and to Ben Young and Fenby Miskin for allowing them to use their photos from the event too.

EVENTS





Standard Bank Mark of Excellence Awards THE CHART ROOM, CASTLE QUAY SEPTEMBER 18TH





Standard Bank employees spent the evening of September 18th at the Chart Room, Castle Quay, for the Mark of Excellence Awards. The awards recognised outstanding performance and winners were nominated by their managers or colleagues.

Winners received a cash prize and awards were presented across three themes:





Innovation, Profitability and Living our Values. Will Thorp, Chief Executive Officer, Standard Bank Jersey Ltd said: "We strive to recognise the dedication and professionalism of our people throughout the year, but we've chosen to hold this special event to collectively celebrate the stand out achievements across our business."





JB's Ping Pong Gastro-Bar 4 WHARF STREET THURSDAY 3 SEPTEMBER





JB's Ping Pong Gastro-Bar opened its doors last month and already has a solid clientele of fans who love the mix of excellent food, craft beer and of course, table tennis. Their opening evening gave people the chance





to sample the excellent range of food and beverages on offer whilst also getting to grips with the art of table tennis on the many tables that occupy the venue.



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Chanel Boy.Friend Watch Launch AURUM, JERSEY WEDNESDAY 16TH SEPTEMBER







CHANEL and Aurum of Jersey had an exclusive three day event in the Aurum showroom for the launch of the new Boy. Friend watch and showcase a selection of the exceptional Mademoiselle Prive watches.







Guests were invited to enjoy an exclusive viewing evening, to see first hand the latest in the beautiful Chanel range of watches, whilst being treated to champagne and canapes. A goodie bag on departure meant this was a truly fabulous event for those lucky enough to attend.





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Luella Rockerfella Charity Fashion Show CCA GALLERIES THURSDAY 10TH SEPTEMBER





Luella Rockerfella's fashion show, in aid of The Silkworth Charity Group saw them take the catwalk to the beautiful surroundings of CCA Gallery, where models mingled with the artwork. Alongside viewing Luella Rockerfella's latest brands guests were also able to take part in a model scouting campaign with Sapphire Model





Management and FMS magazine, where aspiring models were able to upload their pictures to social media and use hashtags to have them reviewed by both the agency and magazine and potential candidates were then contacted within the week. Physique Transformations sponsored the event and Moo provided the catering!





La Place Hotel Opening Party ROUTE DU COIN, ST BRELADE 10TH SEPTEMBER 2015





Sixty guests enjoyed a champagne reception at La Place Hotel, St Brelades. The final phase of the completed refurbishment of the hotel was opened by singing legend, John Neild "The Big Ginge", who had flown over especially from





Liverpool. The celebrations continued on the terrace of the sister hotel, La Haule Manor where delighted guests were treated to amazing view of the bay and Battle of Britain Air Show.



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07

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Christmas like the ones you used to know...

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

Saturday 12th December - 19:00 Friday 18th December - 19:00 - last few places available! Our ever popular Blu Snow Ball is back! Inclusive of a 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 included, from 12:15 - 1:15am. £38.00 per person

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

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



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, Barbara Rae CBE RA, Bruce McLean, Dan Baldwin, Edy Ferguson, Lucy Farley and Damien Hirst. Also including works from the archives by Sir Terry Frost, Sandra Blow, John Piper and John Hoyland.

FUTURE EXHIBITION // 21 to 31 October 2015

Showcasing the latest paintings and prints by New York based artist, Edy Ferguson.



"Sleeping Beauty (Kate with Pines)" by Edy Ferguson

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



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

10am to 5pm Monday - Friday & 10am to 2pm Saturday For more details about exhibited works and

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

originaldynamiccollectablerenowned



Jersey Live Festival Weekend ROYAL JERSEY SHOWGROUND SUNDAY 6TH SEPTEMBER

We certainly enjoyed ourselves at what was another triumphant Jersey Live weekend, we hope you did too. Even the little bit of drizzle didn't dampen the spirits of eager festival goers who packed out the area infront of the main stage to enjoy the likes

of Clean Bandits and The Vaccines. The sun shone on the Sunday, so we took the chance to get out our Gallery camera to get some snaps of you beautiful people, before getting on down to the amazing headliners, Rudimental. Roll on next year!

TRAVEL

London City NOW FROM £29

W FROM

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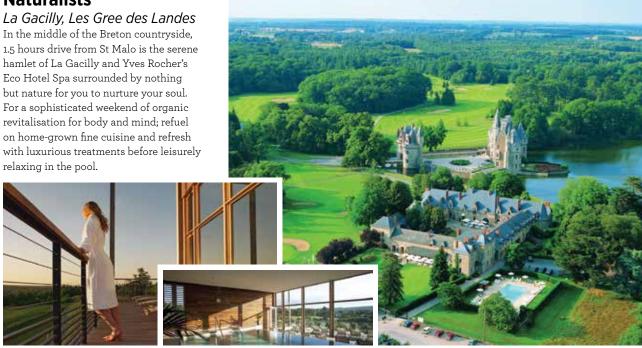
Sometimes the Rock feels like the small place it is, you want to broaden your horizons, sip wine overlooking new horizons and be brought to the horizon. You want to simply get away; something short, easy, accessible, affordable but still lets you and your imagination run wild and gives you a little bit of what you fancy. Let us take you there, at Bontour we work hard so you can play hard relaxed knowing that we've got the local expertise to deliver the best solution for you from personal recommendations and special locally negotiated deals.

From 45 square miles of Jersey you only need to cross the water to step foot in a country of nearly 400,000 square miles of cheese, wine and romance. It can be a heady mix leaving you overwhelmed by where to start. With a French team at Bontour, short breaks are our Piece de Resistance, we have something to tickle your French fancy from fine French wines to flirty French kissing.

Whether it's to clear your mind, refresh your body or challenge both we have something for you from our collection of carefully selected hotels, destinations and tours. Here's our little amuse-bouche of the crème de la crème of French weekends away and all within three hours of St Malo.

Naturalists

In the middle of the Breton countryside, 1.5 hours drive from St Malo is the serene hamlet of La Gacilly and Yves Rocher's Eco Hotel Spa surrounded by nothing but nature for you to nurture your soul. For a sophisticated weekend of organic revitalisation for body and mind; refuel on home-grown fine cuisine and refresh with luxurious treatments before leisurely relaxing in the pool.





Fast Lovers St Malo, Oceania Hotel

The classic - close to home, beautifully French and easy for a quick weekend straight off the ferry. But this is St Malo with a bit of exclusive Bontour sparkle; met by a glass of champagne on arrival you'll spend your day at leisure and then luxuriate the morning after the night before with a lazy breakfast in bed and a cheeky late check-out.

Foodies

Honfleur, Auberge de la Source Honfleur is enchanting; a pretty Normandy seaport teeming with history, galleries, boutique shops and

restaurants 2.5 hours drive from St Malo. It is also the perfect place to warm your soul with l'eau de vie in the heart of the Calvados region. Indulge in our package to leave you tippled pink! A beautiful country residence, Calvados at every soiree, French cuisine and a pass to the city's museums.



Star Gazers Dinan. Domaine Arvor

Close to Dinan is a perfectly unique and secretly hidden domaine that offers a romantic retreat to practice the language of love. From a cosy igloo complete with hanging bed and wood burner to snuggle up after a dip in your private Jacuzzi to your own 'Popcorn Bubble' where you can lie back in the secluded maize maze and star gaze from your bed.



BONTOUR

ST MALO IN STYLE WITH CHAMPAGNE ARRIVAL & SEXY LATE CHECK OUT

Arrive in style with a glass of champagne at the seafront Oceania Hotel, wake up to a lazy breakfast in bed and an indulgent late check-out. Package includes return ferry. Valid until 30.12.15 subject to availability.

01534 496686 | bontour.co.uk

Life's Too Short For Ordinary Adventures

WORDS Tamarin Marriott-Wilkinson

The modern jetsetter is exposed to a dazzling array of choice when it comes to alternative travel ideas. From exploring the wild and wonderful cultures of Nihiwatu, to tempting your tastebuds with offerings from an urban mixologist to finding yourself amidst a 'spur-of-the-moment street fiesta – in today's frenzied world, we crave a place that is out of the ordinary, immersed in ethnicity and most importantly...oodles of fun!

CUBA: HAVANA GOOD TIME

With its vibrant buildings, impromptu street fiestas and vintage cars, the delightfully quaint Cuba is the alternative traveller's perfect match. And with a number of dramatic changes set to take place in the very near future, now is the time to visit!

If you're wishing to venture to a world devoid of the fast food chain's famous golden arches, contemporary cars and US exports, then Havana will be right up your street! In fact, Cuba is a paradise for 'pedant' travellers. With fiestas galore,

it's incredibly atmospheric, upbeat and yet still, positively behind the times. However, with the floodgates set to open to American trading, Havana's cobbled streets, boutique hotels and one-off eateries may soon become a thing of the past.

From learning to salsa (you'll discover venues playing live music every day of week) to tantalising your tastebuds with rum cocktails, burgers big enough to split between two, ginger cookies and the famous Malta mocktail – Havana is renowned for its food and drink (the latter being a little more popular!) During the days, top up your tan against a backdrop of azure blue waters and idyllic white sands, head to one of the local markets, explore the Cuban capital (havanatourcompany.com offer full or half day tours from just £25) or escape

If you're wishing to venture to a world devoid of the fast food chain's famous golden arches, contemporary cars and US exports, then Havana will be right up your street!

> the crowds with a trip to Las Terrazas (an area renowned for its beauty and sustainable eco-community, situated just 90 minutes from Havana). It's here you'll discover crystal clear lagoons, zip lines and enchanting forest trails. Visit now and you'll discover a culture as invigorating as the rum it's notorious for!

TRAVEL TIPS

and the second

Getting there: Flights from London Heathrow start from £485pp.

Stay: You have two accommodation options – live like an A-lister or a local. Rooms in one of the local hotels start at £45 per night. Living it up? Stay at the luxury Saratoga, where Habana suites start from £450 per night!

Pack: Your dancing shoes - Cubans enjoy a fiesta at any time of the day or night!

Fact: You can't buy currency outside of Cuba; Pounds and Euros can be exchanged at one of the bigger hotels. Whatever you do, don't take US Dollars!

Brush shoulders with: Beyoncé (she's a fan of this part of the world) and a number of local party people.

Visit: The Romeo Y Julieta cigar factory.

High season: November to April.



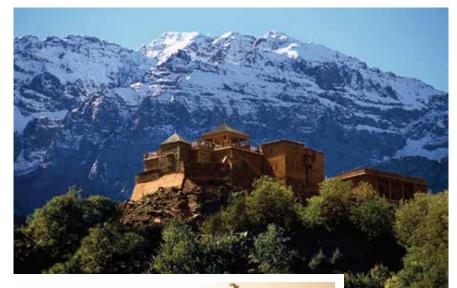
TRAVEL

ERLUS

MARRAKESH: ROCK THE KASBAH

If you're a fan of epic scenery, look no further than the deserts' of Marrakesh and the historic town of Ait Benhaddou. The backdrop is so impressive, it's set the scene for many a blockbuster movie, including Babel, The Mummy and Gladiator. Travel to a luxe camp in true Moroccan style by camel before venturing further a field to the spectacular Atlas Mountains where you'll be welcomed into a luxury Kasbah retreat in the perfectly peaceful Berber village of Imlil. Activities include learning to cook with fresh, local ingredients in the traditional Moroccan way, guided hikes in the mountains and massage treatments at any one of the native relaxing Hammam spas.

Whilst in the area, explore the Medina's bustling souks brimming with colourful spices, more mint tea than you can ask for and trinkets galore, whet your whistle at one of the city's hidden cocktail joints and sample the best street food Morocco has to offer. Venturing to the world's most original, remote and extravagant places often means we're to bend our bank balances a little. However, as the saying goes 'travel is the only thing you can buy guaranteed to make you richer!' So what are you waiting for...





TRAVEL TIPS

Getting there: Blue Islands fly direct to London City, cutting out the hustle and bustle of other major airports. You can catch a flight to Agadir from there.

Alternative accommodation: Forget the hotel and stay in a boutique B&B Riad in the UNESCO town of Ait Benhaddou, a Sahara Desert camp or a luxury mountain sanctuary in the Kasbah!

Don't miss: A puff on a shisha pipe – there are more shisha cafes in Morocco than you can shake a stick at!

Fact: Morocco is only eight miles from Europe, across the strait of Gibraltar.

Brush shoulders with: A number of famous surfers, Taghazout, north of Agadir is renowned for its epic waves.

66 The backdrop is so impressive, it's set the scene for many a blockbuster movie, including Babel, The Mummy and Gladiator. Travel to a luxe camp in true Moroccan style by camel before venturing further a field to the spectacular Atlas Mountains where you'll be welcomed into a luxury Kasbah retreat in the perfectly peaceful Berber village of Imlil. **99**



...CONTINUED

NIHIWATU: ON THE EDGE OF WILDNESS

Just a short hop from Nihiwatu is the Indonesian island of Sumba, where grandiose hotel pillow menus' and Michelin Star eateries are simply out of the question. This tiny expanse of land, home to some 650,000 people and over 200 species of bird, boasts a world immersed in forgotten cultures and legendary games of past. Headhunting has not entirely died out, megalithic burials occur on a regular basis and the mythical game of Pasola is still in existence.



Nihiwatu on the other hand possesses a certain untainted luxury. The hobbyhorse of consummate hotel expert James McBride and American financier Chris Burch, it's here you'll find an impeccable resort with the wildest backdrop imaginable – stunning accommodation, exquisite culinary delights and service that is second to none. Unlike the majority of world-class resorts, every penny made is reinvested back into the community through the resort's non-profit arm – the Sumba Foundation.

The concept is quite simple. By taking advantage of one of the most celebrated surf spots, the founders are able to massively improve the local's lifestyles. Aside from generating better living conditions, they've even created 200 job opportunities.

If it's an unstructured escape you're after, then add Nihiwatu to your bucket list. Interested in a little scuba diving? Just ask, a five star dive boat will appear out of nowhere, eager to take you to the Magic Mountain – a colossal limestone pinnacle, hidden by the ocean and located just a mile from shore. If surfing is more your kettle of fish, meander down to the boathouse where an instructor will be only too happy to give you a lesson in riding the waves. And if you're here to relax, a morning yoga session is a must. Perform twists and Bandha techniques against a backdrop of waterfalls, exotic flowers and a five-mile private beach, before riding back to the resort bareback.

TRAVEL TIPS

Getting there: Qatar Airways fly direct to Bali from London Heathrow, where you can catch an internal flight to Sumba.

Price: Seven nights (including flights, airport transfers and all meals) is £4,394 in peak season.

Don't miss: A guided mini expedition around the island to see the incredible work of the Sumba Foundation, you'll even help serve up lunch in a local school! Fact: Nihiwatu is home to world-class photographer Suki, who has a number of National Geographic cover shots to his credit.

Brush shoulders with: A number of A-list celebrities, affluent travellers, captains of industry and of course, a variety of enthralling individuals from the local 'Guru Village'.



NEW BLUE ISLANDS LOUNGES IN GUERNSEY AND JERSEY

Blue Islands passengers can now relax in its newly refurbished lounges before departure in Guernsey and Jersey Airports.

Rob Veron, Blue Islands MD said "Our complimentary lounges are one part of our welcome difference and complement other elements of our service such as no charges for baggage and free ticket changes. There has been significant investment in furniture, flooring, serving areas and decoration across all three lounges in Guernsey and Jersey Airports for the benefit of our passengers. The dedicated inter-island lounge at Gate 6 in Jersey Airport has seen a complete transformation ensuring all Blue Islands passengers enjoy a truly enhanced Blue Islands experience in each of our lounges. When we launched Blue Islands in 2006 we carried a modest 63,000 passengers per year, now with over 330,000 passengers choosing to fly Blue Islands each year, we're looking forward to welcoming more people than ever through our new lounges."

In addition to free WiFi, passengers can choose from a selection of complimentary herbal and fruit teas, fresh coffee, juices and a selection of biscuits together with local newspapers. The lounges now feature artwork from local photographers, currently Steve Wellum in Jersey and Chris George in Guernsey.

Mr Veron added "Airports can be busy so we wanted create an environment where our passengers can relax with a drink and catch up on emails or the latest local news before a flight."

The new lounges in Jersey Airport and Guernsey Airport are now open for all Blue Islands passengers.



CULTURE

SKIPTON ART SERIES WAS LAUNCHED THIS YEAR BY JERSEY ARTS TRUST TO ENCOMPASS THE SKIPTON OPEN STUDIOS, AS WELL AS ADDITIONAL VISUAL ART EVENTS THROUGHOUT THE YEAR.

Over 15 collaborative art projects are taking place throughout the year, including Les P'tits Faltchieaux at La Hougue Bie, Ian Rolls' Dazzle ship, a Pop-Up Gallery with National Trust for Jersey and a public gallery in November.

Skipton Art Series is a community art lead programme, with schools and community groups involved in projects throughout the year.

PROJECTION GALLERY

A huge public projection gallery is planned as a finale to the year's Skipton Art Series events, making the best of Jersey's art accessible to all.

The façade of Normans will be turned into an enormous public exhibition from 5.30pm daily, Tuesday 10th November to Saturday 14th November.



For more information www.arts.je www.facebook.com/skiptonartseries



SECRETS BENEATH, **REVEALED.**

WORDS Rick Jones

Nestled amongst fields and farm sheds out in rural St. Mary, there's a team of people capable of creating an totally immersive alternative reality, entirely from scratch.

Before you start thinking that we're describing some sort of illicit laboratory, we have to point out that stepping through the massive hangar doors of what Chris Colin, managing director of Secrets Beneath, describes as "a one-stop shop for dynamic event creation', the first thing you'll see at the moment is what looks like a massive timber-framed fantasy house. "That's just the entrance", Chris tells us, "to Narnia; our Winter Wonderland... it's going to be incredible". We've been sworn to secrecy on the details (see end of this feature for their gradual Facebook reveal), but we can only say that he's putting it mildly.

If finding a fairytale building inside the mysterious (and noisy) farm shed wasn't impressive enough, chatting to Chris would reveal that this was not only the base for a revolving team of builders, but the studio for entirely bespoke sound and music production – and scriptwriting – a rehearsal space for entire casts of actors and the office from which global negotiations are happening, as hotels as far-afield as the middle-east are looking to import their unique, 'made in Jersey' pop-up events. "If they want it, we'll ship it – our only rule is that the Jersey audience always get our best stuff first!".

Speaking of this new-found worldwide acclaim, Chris says "it's all happened so fast", and goes on to describe how the whole thing started with "a dare from the management team at Alton Towers", who told Chris to try out his idea for an immersive 'scare (horror-themed) event' in Jersey and see what happened.

42 gallery



To Chris, who had been down several seemingly disparate career paths, including (but not limited to) fisherman, sound engineer, professional musician and bodyshop owner, it seemed "worth a shot", and in 2012 the first event "The Awakening" scared the bejesus out of around 1,000 visitors to the National Trust's Le Cotil Farm. "It was tiny, with a tiny budget, but we had an incredible team of actors and a great script – and it made me think, alright then, there is a market for this kind of event here; if we build it, people will come!".

"The next year we came back with Psychosis – a much bigger event, held at Classic Herd Farm in St. Peter, and we had about 3,500 people through the door".

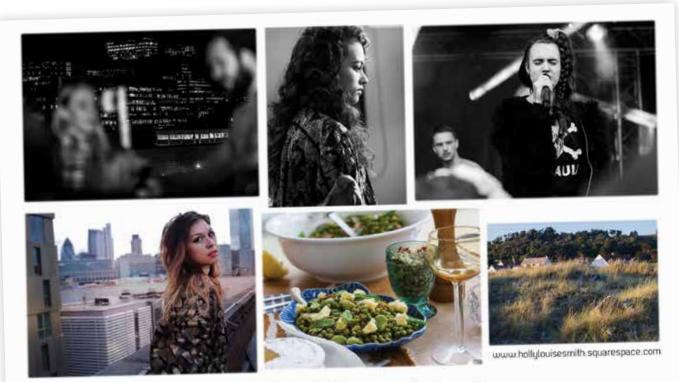
Psychosis, it transpired, began to attract attention from scare-event enthusiasts in the UK, and brought both UK tourists and reviews from specialist groups like The Scar Awards and Scare Tour. This spurred Chris and the team to "go big or go home" on their next event, and 2014's Torment, held on the Waterfront, would scoop two awards and even landed Chris the job of managing truly massive Halloween events at Shocktoberfest in the UK.

For Chris, this 'alternative' career is worth more than any amount of financial compensation. "I love it. I'm also extremely fortunate to have built a team around me who live for this as much as I do. Many of them have other jobs, and start here on a 'late shift', and it's not uncommon for any of us to put in a seven-day week of up to 15 hour days, but it's totally worth it to see the finished product in motion, and people's reactions". The Secrets Beneath team have even been looking after dinosaurs! Earlier in the year, they created the much talked-about Tamba Park animatronic T-rex float, and escorted it down Victoria Avenue in full-uniform during the Battle of Flowers parades!

"For Chris, this 'alternative' career is worth more than any amount of financial compensation. "I love it. I'm also extremely fortunate to have built a team around me who live for this as much as I do."

Although the move from horror themes and dinosaurs to Christmas may seem a stretch, Chris tells us "the scare stuff is my heart and soul, but I looked at some of the grottos last Christmas with my sons, and thought I could bring more care and transfer the immersive experience to something for entire families". But that's not to say that they haven't got the upcoming Halloween period covered too... check out Facebook / secretsbeneath for details of Helloween – and prepare to be transported to an alternative world – right here in Jersey – care of Secrets Beneath – Jersey's ultimate fantasy workshop.

CULTURE



My name is Holly Smith and I'm a photographer

When I was a kid I wanted to grow up to be a dancer. The celebrity that would play me in a film about my life would be Lena Dunham. My worst habit is worrying about everything too much. My greatest achievement is the friends I've found. My biggest inspiration would be, again my best friends. They constantly inspire me everyday without realising In 3 words I am 'ready for adventure'.

The soundtrack to my life would be 'The less I know the better - Tame Impala'

If I was a superhero I would be useless. I'm scared of running downhill or anything downhill.

My motto is 'love is the little things we do for each other', reminds me of my Mum,

I couldn't live without my Dad.

The advice I would give my 12 year old self is 'You'll grow into your front teeth, don't worry about it. Then you'll get one knocked out anyway when you're 23. So again don't worry about it....'







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CULTURE NEWS

DAVE GORMAN: GET STRAIGHT TO THE POINT*

(*THE POWERPOINT)

The innovative comedy mind behind Modern Life Is Goodish (Dave TV), Are You Dave Gorman? and Googlewhack Adventure is back with a brand new live show that promises more of his unique blend of standup comedy and visual story-telling as Dave Gorman Gets Straight To The Point*... (*The PowerPoint). Yes. That's right. It's a PowerPoint presentation. We know what you're thinking. But don't worry... You won't need to take notes and you almost certainly won't be tested on it later.

On for one night only, Friday 23 October at Jersey Opera House. Tickets are priced at £24.

THE SELFISH GIANT

Music in Action is delighted to present the World premier of "The Selfish Giant" composed by BAFTA and EMMY award winning composer Howard Goodall, who has just launched Bend it like Beckham in the West End and is the National Ambassador for Singing. The concert will take place on Saturday 10 October 2015 at the Jersey Opera House.

This special treat includes a world premiere of Howard Goodall's revised version of Oscar Wilde's The Selfish Giant with narrator Baroness Floella Benjamin (perhaps most well remembered for her work on 80's classic kids show, Play School). The work is based on a setting of Oscar Wilde's tale. The piece was originally commissioned by The Brighton Festival and is being revised as a world premiere for Jersey for narrator, children's choir which will feature the rebranded Singcredibles (formerly the Island Games Choir) with members from the choirs of Jersey College for Girls and Victoria Prep. In addition to the 8pm evening concert there will be a 2.30pm matinee performance.

Tickets are now on sale from the Jersey Opera House Box Office Tel: 01534 511115 or jerseyoperahouse.co.uk





JORDAN BURROWS -PEOPLE'S CHOICE

Jordan Burrows is a 20 year old acoustic singer-songwriter from Jersey. Often likened to Ed Sheeran, he has played many shows in Jersey and the UK, including the past two Jersey Live Festivals. Jordan is played regularly on the Best of British Unsigned Radio station, which broadcasts on over 80 stations across 15 countries. In 2014 Jordan was awarded 'Best British Unsigned Male' by public vote. He was the choice of Michelle Parker in this years People's Choice festival, a series of performances scheduled after suggestions are made by patrons of the Jersey Art Centre, where Jordan will be performing on 27 October at 8pm.



BUDDY HOLLY & THE CRICKETERS

This breathtaking live show has rock 'n' rolled audiences across the globe from Cardiff to California, Barking to Bangkok, Swindon to Sweden. Guaranteed to have audiences singing along and dancing in the aisles, it stars some of the UK's finest actor-musicians whose combined West End credits include Buddy, Lennon, Forbidden Planet and Jailhouse Rock. Endorsed as Britain's most popular Buddy Holly by BBC's The One & Only, hosted by Graham Norton, you, like thousands of fans the world, won't believe it's not Buddy! Head to Jersey Opera House on Saturday 24 October at 8pm. Tickets are priced £20.

I BELIEVE IN UNICORNS

A family show suitable for children from six years upwards and everyone who loves stories.

Adapted from Michael Morpurgo's story, this intimate show is set in a library full of books that hold more than stories within their pages. It is a tale of the power of books and the bravery of a young boy called Tomas. Tomas hates reading and school, but his world is turned upside down the day he meets the Unicorn Lady... An enchanting and interactive production, I Believe in Unicorns sparks imagination in both young and old. We challenge you not to believe in unicorns after joining Tomas' spellbinding journey. Family show on Tuesday 6 October at 6.30pm and Schools matinée on Wednesday 7 October at 10am at Jersey Opera House. Tickets are priced £14.50-£15.50,

Concessions £2 off. Family Ticket Stalls: £48, Family Ticket Dress Circle: £52 (2 adults & 2 children / 1 Adult & 3 children) Wednesday School Matinée: £5





SOLITUDES

Their second mask show after the successful 'André and Dorine', Kalunka Teatro presents a touching story about solitude, about the bitterness of being misunderstood, and the bitterness of understanding too late. A story that puts forward the everlasting dilemma about "if it is ever too late". Uplifting and thought-provoking, this piece explores important themes with warmth and humour, creating a thoroughly contemporary piece of mask theatre that transcends language barriers. They are performing at the Jersey Arts Centre on 22 and 23 October at 8pm.

DON'T BE A NO-SHOW THIS OCTOBER!

THE JERSEY PROJECTION GALLERY A PUBLIC NATIONAL GALLERY FOR JERSEY



The Jersey Projection Gallery is the final event in Jersey Arts Trust's Skipton Art Series 2015. The series was developed after the success of the Skipton Open Studios, which returns next year as a biennial event. Skipton Art Series has involved visual art organisations, professional and amateur artists, community groups, schools and the general public. The series has nurtured artist's creativity and collaboration, and has included workshops from Street Wisdom, Archilse and pop up exhibitions with National Trust for Jersey.

The Projection Gallery allows some of Jersey's most important work to be shown, together, for free, for the first time. The exhibition includes work from Jersey Heritage, Societe Jersiaise, Archilse and CCA Collections, Skipton Art Series artists, Elektra's Dazzle Camouflage, Les P'tits Faîtcheaux and the Island Games. There will also be an exhibition of Remembrance on November 11th.

From 5:30pm daily, beginning on Tuesday 10th November - Saturday 14th November, the yellow façade of Normans Commercial Buildings will be transformed into an enormous public gallery. Viewing will be from the Steam Clock, where Coco Rico will be selling crepes and hot drinks, and the Elektra Dazzle Ship will be open to the public. The exhibition will also be shown at Jersey Museum 10am – 4pm daily.

The exhibition looks back on the year-long Les P'tits Faîtcheaux ('The Little People') project, where over 5,000 figures made from Jersey clay by artists, schools and the public, were exhibited in the dolmen at La Hougue Bie. The public has since placed Jersey's 'Little People' at various sites in countries all around the world. A world map, illustrated by graphic artist Bobby Newall, showing the international cultural connections that have been made throughout the project, will also be shown.

Project Manager of the Skipton Art Series, Sasha Gibb, said: "you are not expected to like everything you see. However, I hope by making this work public, more people than ever can debate, discuss and enjoy Jersey's visual arts culture."

The Jersey Projection Gallery runs daily from Tuesday 10th November – Saturday 14th November, 5.30pm at Normans, Commercial Buildings. Viewing area from Steam Clock, New North Quay, St Helier.

Projection Gallery catalogues are available from Jersey Library, Jersey Museum and Jersey Arts Trust. Visit: www.arts.je or email: holly@arts.je for more information.

MISS BEHAVE'S GAME SHOW

Starring the Olivier Award winning hostess with the mostess and West End Star of La Clique & La Soiree, the oh so naughty Miss Behave delivers a roller-coaster ride of comedy, music, games, dance, superb guest acts, fun, more fun and...... Harriet! The audience is split into teams: iPhones vs. others...let the games and chaos commence and don't forget to bring, briiiing your phones! Join Miss Behave for one fun night at Jersey Opera House on Friday 16 October. Tickets are priced £19.50



NT LIVE: HAMLET 15th OCTOBER, 7PM LIVE SCREENING As a country arms itself for war, a family tears that for war, a family tears

itself apart. Forced to average his father's death but paralysed by the task ahead. Hamlet rages against the impossibility of his predicament, threatening both his sanity and the security of the state. TICKETS: £13.50, CONCESSIONS £12.



THE BOGUS WOMAN

16th - 17th OCTOBER, 8PM IN THE STUDIO An African woman arrives in a strange country fleeing for her life, seeking safety and asylum. Despite having committed no crime she is indefinitely confined, interrogated, humiliated and abused. This strange country is England. Performed by Krissi Bohn (Jenna, Coronation Street) TICKETS: £12, CONCESSIONS £10.



RSC: HENRY V

21st OCTOBER, 7PM LIVE SCREENING Performed in the 600th anniversary year of the Battle of Agincourt, Alex Hassell stars as Henry V in Shakespeare's historical play. Henry IV is dead and Hal is King. With England in a state of unrest, he must leave his rebellious youth behind, striving to gain the respect of his nobility and people. TICKETS: £12.50, CONCESSIONS £11,



THE ADVENTURES OF ROBIN HOOD 28th - 29th OCTOBER, 11AM & 2PM Riverbank Productions transports audiences back to the days of legends and heroes with this family friendly adaptation of the classic English folklore. ADULT £10.50, CHILD: £8.50, FAMILY TICKET: £33 (2 adults & 2 children / 1 adult & 3 children)



PRE-SHOW DINNER (01534) 511 106

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

THE MONTHLY UPLOAD

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







Layla Arthur

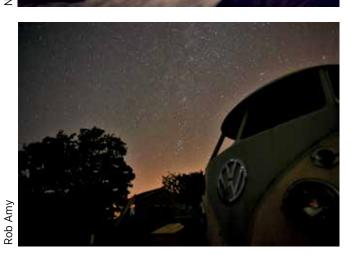


Michael Dottore





Nigel Grieves







CULTURE EXHIBITIONS



Eclectic Cuts: Portraits fashioned after Alexander McQueen Exhibition by Edy Ferguson

CCA Galleries International is pleased to announce an exhibition entitled 'Eclectic Cuts: Portraits fashioned after Alexander McQueen' by American artist Edy Ferguson. The exhibition which is sponsored by Offshore International Recruitment Agency, Thomas & Dessain runs from Wednesday 21 October to Saturday 31st October 2015.

In this exhibition, Edy will showcase a series of cut collage, small scale models for monumental sculptures, furniture, drawings, paintings, photographs and a video installation inspired by the cutting process of the late fashion designer, Alexander McQueen. The basis of McQueen's art was founded on his training as a traditional cutter of patterns for men's clothing. Edy's early artistic training was equally based on traditional modes of composition making in painting and drawing. As well as fashion, Edy draws references from cinema iconography, literature, and the world of rock music. She raises important and critical questions on the role of emotions in artistic creations, on the liberating power emitted by images and music and the coexistence of multiple and contradictory views in our experiences of reality.

Speaking about the exhibition, Edy Ferguson says:

"I'm so tired of the widget-making, cookie cutter approach of the art market today. A mind is a terrible thing to waste. I've been making portraits throughout my life; through the story of others I learn about myself and it's the reason I make art. I like exploring what a portrait can be without even showing a face or just including a fragment of a body, embedded in so many different settings in every possible medium. I'm showing portrait as a video, as graffiti on a found object, as a study for a monument, as a drawing, a painting, as a collage.

Everyone I'm interested in deserves a form that suits. I do lots of research and I celebrate this diversity. I draw my references from the worlds of music, fashion, drama, film, the street, the poverty, the excess, the irony, the tragedy and the success. And why shouldn't I? Not because I think the public can't keep up, I wouldn't insult them in this way. Instead of moderating art into a fashion brand, I really think we need to continue elevating fashion into art."

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 Image: 'Valentino Yellow' by Edy Ferguson



Kate Denton Sculpture Exhibition

Kate Denton will be exhibiting her sculptures and drawings at The Trinity Showground from 17 to 25 October. Kate grew up in Jersey and has been exhibiting on the island regularly for some 30 years. Her public sculptures on the island include "Gina" the life sized Orangutan outside the visitor centre at Durrells and the bust of Lord Coutanche in The Royal Square.

This exhibition will include some 60 bronze sculptures and 30 drawings. Since her last exhibition in 2013 Kate has added over 20 new sculptures to her portfolio – all of which will be shown on the island for the first time. Many of these derive from the two, partially overlapping, dominant themes of recent work: The Arctic and Flight.

The sculptures are complemented by Kate's drawings which reaffirm her love of the form and movement of her subjects and, with the sculptures, make this a vibrant exciting and life affirming exhibition from one of the most talented artistic talents to come from Jersey.



50 | gallery

BEAUTY & WELLBEING

Beauty News

Winter is coming.

WORDS Jess McGovern, Health & Wellness Consultant

The change in weather will effect your skin so you may need to invest in some new products to help protect it. With dropping temperatures outside and central heating cranked up to the max, chapped lips, sore red patches and flaky skin could become a daily occurrence. When it's very cold, there is less moisture in the environment, this, paired with heating, can totally dry out skin.

Lips are often the first part of the face to show an adverse reaction to cold weather, so use them as your early warning system. If your lips feel dry and damaged, treat them - and start preventative measures for the rest of your face.

I recommend the Arbonne RE9 Extra Moisture Restorative Day Creme with SPF 20. It's an ultra-hydrating crème for drier skin that moisturises deeply, supports collagen and protects skin's youthful appearance. This product is ideal to help your skin cope with the transition to winter.

For more information about Arbonne products or to purchase visit: jessicamcgovern.arbonneinternational.co.uk

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8

The skin around your eyes is very thin, and when the air is cold and dry, you might well see an increase in fine lines in this area. To combat this try the Arbonne Calm Soothing Eye Gel and say hello to hydration! This gentle, ophthalmologisttested eye gel glides on with a cooling roller ball applicator for an instantly refreshing feel.

> The Bobbi Brown Intensive Skin Serum Corrector. Gives weightless coverage, this silky hybrid formula treats your skin to prevent and heal under eye discolouration as well as hiding it! Eyes look fresher, brighter, and more rejuvenated. For those who work hard and play hard.



Are you missing the most vital ingredient to your make up kit?_____

If you ask any make-up artist what their most prized product is 90% of them will tell you it's their brushes. So, this means it's time for you to leave the finger painting to the kids and graduate past relying on the foam wands included in many eyeshadow compacts. Having the right tools for the job make the finished product look better and with party season just around the corner it's time to become a master of make up - all your favourite products you've carefully selected over the years will all benefit from the correct application.

Investing in, and using, the right makeup brushes and tools will not only help give you a flawless make up look, but you'll actually save money in the long run as you'll use less product and your make-up will last longer as bacteria won't get near if you keep your hands out of your colours and formulas.

But with so many different shapes and materials of brushes, it can be difficult to know which ones you actually need and which should be left in a makeup artist's case. You definitely don't need to tote around an arsenal of brushes in every shape and size known to womankind in order to achieve a gorgeous makeup look.

We love the Lili Burton set which has all the essentials you need to get started: Powder brush, Blush brush, Foundation brush, Concealer brush, Eyeshadow crease, Eyeshadow blender, Precise crease, Eyeliner brush, Kabuki brush and a latex free blending sponge. At £23 the kit won't break the bank, but they are very high quality and will make all the difference to your make up application.

Lili Burton is available on Amazon.





Healing from the heart

WORDS Christopher Journeaux, Therapy Jersey

The Dalai Lama has been speaking to me. A lot. He finds me through Facebook, Twitter, motivational cards, event posters and the occasional comment from a friend. He certainly has a good deal to say to me but always delivered with a chirpy smile on his face. The very epitome of grace and simplicity.

You may well know the kind of posts and cards I mean: 'When you wake each morning know the day will be a good day and banish those negative thoughts'; 'Trust in yourself and let the light shine into the darkest places of your life'. Nice.

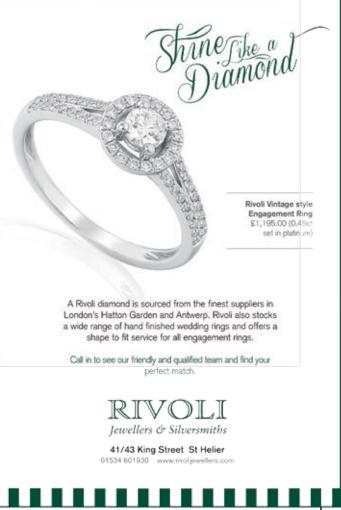
But I have a problem with these. In part I have a suspicion that the Dalai Lama didn't say most of these things. Rather someone hopes the words are made powerful because they are attached to someone respected for their spirituality. My main problem is that the words seem empty. Working with a client in the depths of depression or anxiety I wonder how helpful it can be for anyone to suggest that all they need is to think happy to be happy. It belittles the challenges they face, sometimes just to get out of bed.

"In part I have a suspicion that the Dalai Lama didn't say most of these things. Rather someone hopes the words are made powerful because they are attached to someone respected for their spirituality. My main problem is that the words seem empty."

Friends surely mean well but I feel the power to shame in those words. Implicit in them all is that happiness is the responsibility of the individual. If you cannot cheer up you can only blame yourself for not trying hard enough, for not thinking yourself to happiness.

Perhaps, rather than sharing the supposed thoughts of the famous we just try to find our own. To know those emotions when we are with friends in pain, and to share them, straight from our hearts to their hearts. Tough, for sure, but real and real is often the most healing.





BEAUTY PRODUCTS: Serum Special

All parts are not created equal when it comes to skincare; areas of your routine require more of your time, effort and investment. Serums should be right up there as a priority. These super charged products allow for key ingredients to penetrate deeper and target specific concerns and conditions.



BEST FOR SCARRING: S5 Skincare Replenish Serum

This hi-tech serum is great for treating scarring or dry patches. Add a few drops to your moisturiser during winter months. Oils of sea buckthorn, pomegranate and rosehip mean that this product is packed full of omegas and antioxidants - yes, get excited!



BEST FOR HYDRATION: Perricone MD Chia Serum

You're probably used to sprinkling this in your smoothie but why stop there!? Jumping on the chia bandwagon this serum uses the beneficial fatty acids found in chia and infuses it with a cocktail of vitamins. This is a lightweight serum that your skin will just drink up and quickly absorb delivering it lots of hydration.



BEST FOR ANTI AGEING: Skin Ceuticals C E Ferulic

A respected, potent serum that will help defend your skin during the day against free radicals. This serum combines 15% vitamin C (L-ascorbic acid), vitamin E and Ferulic acid. Avoid if your skin is sensitive or you suffer from rosacea as this product does pack a punch!



BEST FOR LIFTING & SCULPTING: Creme de la Mer The Lifting Contour Serum

If you are a fan of this brand then this serum looks to sculpt and contour the face and neck. The refreshing gel gives an instant tightening feel and awakens a more youthful definition. Strong jawline selfie alert!



THE ALL ROUND WINNER: Sisley Sisleya Radiance Anti-Ageing Concentrate

A real splurge product for those that want true indulgence and luxury. This one contains the wonder product retinol (Vitamin A) which will boost cellular renewal and it will also help diminish brown spots due to hyperpigmentation. Dreamy, velvety application on the skin.

BEST FOR SENSITIVE SKIN: Darphin Intral Redness Relief Soothing Serum

For skin that is prone to irritation and redness, this thin water based serum could offer the calming solution you need with several anti-inflammatory ingredients. It also has a gorgeous, delicate, subtle smell.



BEST FOR CONGESTED SKIN: Balance Me Congested Skin Serum

A cooling and calming gel that has antibacterial properties and aims to reduce angry, inflamed skin. Great for treating existing blemishes and to prevent future breakouts on skin types prone to congestion.



BEST FOR MATURE SKIN: Origins Three Part Harmony Serum

One half of the range Origins has designed for the over 50s to quench dried out skin and bring back luminosity. This oil infused serum delivers a creamy moisture deep in to the skin. It absorbs quickly leaving a dewy complexion.



BEST FOR REPAIR: Thalgo Bio-Repair Serum

Prep your skin ahead of seasonal changes with this enriched serum to repair and strengthen your skin. If your skin becomes temperamental and dry during the harsh winter months, with bitter winds and central heating, your skin needs lots of TLC. This one is for you!



gallery

We were fortunate enough to get Beauty Guru, Sarah Aliker, from GLOW to give you lucky lot product advice this month. For a world of skincare and beauty advice, or to book one of her incredible facials visit: www.sarahalikerglow.com

LOOKING FOR SOMETHING **FRESH?**



PAUL MITCHELL

dermalogica a skin care system researched and developed by The international Dermal Institute

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



RIO

55 HALKETT PLACE

BEAUTY SHOPPING HAIRDRESSING



From dismal dentures, tartar-teeth, angry abscesses, crumbling crowns to muddled molars, the team at The Cosmetic Dental Group (CDG) have seen a whole host of dental dilemmas and along the way it's taught them that it takes more than excellent clinical expertise to banish your fear of the dentist.

Friendly Team

The CDG team have come together from different walks of life. From starting as Dental Nurses and working in UK dental hospitals, Hygienists Katie and Tammy start each hygiene appointment the same way - by chatting and putting you at ease. Dentists Jonathan, Jeremy and Jon may be renowned for their clinical excellence but it's their laid back and easy going nature that will make your appointment enjoyable. The clinical team are friendly, open and able to talk you through your treatment in a way that you're able to really engage with and understand.

No Hidden Fees

With estimates given at the end of each examination or consultation, CDG are able to banish scary bills and help you plan your treatment affordably. The practice also offer finance options to allow you to spread the cost and find the right monthly payment that suits you.

We're patients too!

The team at CDG, just like you, have also spent time thinking about their treatment options. Heather and Jasmine are currently undergoing Orthopaedic Orthodontics. Jonathan finished his orthodontic treatment last year, Michelle has completed Inman Aligner Treatment and Tammy had a dental implant with Jeremy too. They know what your patient journey means and are happy to share their experiences so that you know what to expect and how to feel your best every step of the way.

I'm too embarrassed!

Sometimes having not been to the dentist for a long time, the thought of showing your teeth to someone else can be overwhelming. Here's the big secret though...no one has perfect teeth. Not even your dentist! Jeremy, Jon and Jonathan are most certainly dental experts and are able to offer you the best advice to keep you healthy, but are just like you and love a nice cup of coffee to start their day. When examining your teeth they are looking for any signs of decay, wear or distress which may cause you discomfort and don't expect to see perfect, white teeth with no plaque, (a lthough this is good too!) Their aim is clear - to ensure that you have a healthy smile you are happy with and that allows you eat and drink with comfort.

Oh and remember the old adage - 'be kind to your dentist, he has fillings too!'

If you think it's time to banish your fear forever then why not call CDG on 731680 or book online through www. jerseysmiles.co.uk FASHION

Brand News

ONE TO WATCH

Cult watch brands come in different shapes and sizes, but the undisputed 'spot it across the room' position has to go to Panerai, arriving exclusively at Hettich this month. Minimal military-inspired Italian styling, handsome leather straps, bold proportions and high performance Swiss engineering mark Panerai out as one of the most recognisable watch brands out there, despite the relative rarity of the watches. Designed for the Italian Navy in the 40s and built with innovative tech, Panerai certainly has pedigree, but its pure blend of brawn and beauty is where the watch brand truly excels - super covetable sleek designs matched with a profile that means business.

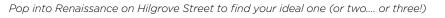
Available exclusively in the Channel Islands at Hettich Jewellers from 1st October, Panerai watches start at £3,238. Hettich, 1 King Street, St Helier, tel: 734491 or www.hettich.co.uk



The ultimate LBD by DVF

With party season approaching it's time to arm your wardrobe with some stunning LBDs (little black dresses) that you can whip on at the drop of a hat to look effortlessly beautiful and feel amazing in. The latest offerings from the Godmother of fashion, DVF, will have fellow party-goers jaws-to-the-floor wowed by their show-stopping elegance.

There is, of course, an option in the DVF trademark 'wrap' style (read 'awesomely flattering'). It has a mix of sheer and lined lace with charming detail, and if you feel the cold then you're sure to be cozy in this warm sweater dress. They also have a sparkly number which, teamed with a jacket, can be worn to work - then simply add some high heels and bright lipstick and you'll be the belle of any after work do! There are sleek jumpsuits and gorgeous colourful options in sexy red lace and ones with pops of electric blue. They are all just perfect. DVF truly have Christmas parties all wrapped up for you.



"So excited to have champagne on the lawn just like this"



The Diary of a Jersey Bride *continued...*

"It's not so long since we left summer, and the little sunshine that we had, behind but I am already starting to panic ever so slightly at how fast time is flying and how soon spring and our wedding day will be upon us!

I am so glad that I managed to get my Saturday date secured, though for any of you hoping for a 2016 wedding at La Mare Wine Estate you'll be pleased to know that they still have some Friday and Sunday dates available.

Wedding planning has now commenced in earnest, myself and my fiancé (I do love saying that), spend most of our evenings pouring over sample menus, scrolling over endless websites and weighing up the pros and cons of a live band versus a DJ, when it comes to entertainment.

Champagne on the lawn is a definite, but for the reception do we go for the stunning, oak beamed Vineyard Restaurant overlooking the picturesque vines or the newly refurbished Winery, a perfect blank canvas for us to create a really special and personal wedding atmosphere... decisions, decisions.

Next months to do list includes thinking about how we can add really special and unique 'Jersey' touches and I will be sure to keep you posted.

In the meantime start planning your own perfect day by visiting www. lamarewineetstate.com/weddings"

TREND NEWS



A SUIT FOR THE SEASON

Moss Bros at Liberty Wharf have edited down the latest trends and re interpreted them in wearable collections for every occasion.

Trend One

The three piece is prevalent this season as we sharpen up our wardrobes. Inherently cool, it is also very versatile as each piece is able to be worn as a separate item.

Trend Two

Checks have been updated by using muted patterns and monochrome tones. The quintessentially English check is a way you can make a statement with your tailoring.

Trend Three

Black and Grey are the colours of the moment, they're versatile and easy to wear. From silver to charcoal. Many of us will already own pieces in these colours so it is simply a case of updating your outfit with a few selective additions.

Trend Four

Classic blue features as an underline base to the checks or as a vibrant hue to stand out from the winter crowd.

WHEN IN JERSEY... Grab yourself a Jersey dress!

This striped one from The White Company in Voisins is comfy, stylish and warm; ideal for winter.



WE WANT!



1) New Balance trainers in PINK! They are about as classic as a running shoe can get. With heritage credentials stemming right back to the 1900s, New Balance owe their popularity to word-of-mouth marketing and some grass roots trail-blazing. From the iconic 574 to the super slim 410, these are kicks that look just as good teamed with a trouser as they do trackside. £55



2) Georgia May Jagger, Mulberry muse and poster girl for the British rock 'n' roll lifestyle, has teamed up with Mulberry to create a Biker Pouch to go with her new London Cool Biker Jacket. Ever practical, Georgia May dreamt up a small leather pouch on a biker chain that can wrap around the wrist or sit across the body on the go, with your essentials zipped safely inside. £395

Q. DO YOU KNOW WHAT YOU NEED IN YOUR LIFE THIS WINTER? A. HIGHLY POLISHED BLACK LEATHER BOOTS.

They are just so cool. High impact black boots will make any outfit bang on trend. They give the perfect amount of edginess to an outfit, and teamed with a leather jacket and some socks they'll transform summer dresses to winterwear.

The pictured boots are from Pebble, they're designed in England and produced in Spain with meticulous attention to detail, the soft leather moulds to your feet making them instantly comfortable.

High Shine Black Ankle Boots, £155, Pebble.





3) Monica Vinader Wear Your Letter Collection. Spell out secret messages or wear your partner or children's initials around your neck. They make the most thoughtful present! Pictured C & F pendants in 18ct Gold Plated Vermeil on Sterling Silver. £62.50 each.

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WORDS Lauren Burnett



This month Lauren Burnett, of Luella Rockerfella, hit not one, but two summer festivals. She spent some time checking out the stylish folks enjoying the Sunday sunshine of another triumphant Jersey Live and she also popped over to Rock en Seine Festival in Paris. For those of you who may not have heard of it Rock en Seine is one of the biggest festivals in France. The line up consisted of The Chemical Brothers, The Libertines, The Offspring, Kasabian, Stereophonics, Hot Chip, Alt J, Jungle, John Butler Trio and many more.



Akanksha Sharma, 24

I am a fashion designer from Delhi, India so I find inspiration very important and luckily can draw inspiration from all around me. I love Paris for their chic simplicity. I also am a major fan of black and flattering cuts.

I spotted Akanksha from quite a walk away she looked very cool yet very simple and comfortable. I loved her hair style, it gives a new spin on the 90s throwback that is massive right now. Akanksha made the dress she was wearing, the V front and back, wide necked and longer length sleeves are flattering to Akanksha figure. Akanksha reminded me of Bjork, but from Delhi.



Joelle Wallser, 32

I guess my style is relaxed, comfortable, simple and sporty. I am always on the go doing various activities so need to be comfortable. If I had to say a style icon it would be Kate Hudson, she always looks so stylish yet comfortable and I love her range for Fabletics.

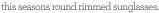
Joelle totally got the Parisian vibe of simple yet chic. I seen many Parisians walking to work with their black Nike trainers on yet they looked chic. They're dominating Pintrest with their smart clothes mixed with trainers. Joelle wore a white tasseled bat-winged kimono with embroidered shoulder detail the white kimono flatters the white in Joelle's bubble print peddle pushers. Total black and white marvellous match.



Tim and Audrey, 25 & 27

We are both inspired by the fashion of both London and Paris. Tim is Australian and I'm (Audrey) from Switzerland yet we travel a lot so we are inspired by the countries we visit and we inspire each other. Also as you can probably tell we love the colour black!

I absolutely love a "coolple" - a cool couple. There is a whole brand dedicated to them "Koolples" which is very popular in both London and Paris. Audrey's total black out dress in crepe material, drawn in at the waist to flatter the figure and a knee length split and biker boots. Tim was simple yet effectively complimenting Audrey in black turned up skinny jeans and round neck black tee with longer sleeves and chunky brown boots. Both top off look with this access round rismed a uncleased





Katy Pierce, 32

I just like what I like really, whatever feels comfortable. Although I do follow a few people on Instagram like @audreylombard as she uses the same pieces and mixes it up super well and that's awesome.

Katy mixed her black lace bra-let with high waisted wet look leggings and Chelsea boot wellies for an alternative style to the traditional wellington boot a staple amongst festival goers. Finished with an aztec tribal printed kimono and another festival favourite the bum-bag. Accessorised with silver jewellery with turquoise stone to compliment the colours in the bum-bag.

gallery



Emma Hamon, 37

Both bohemian and rock influence what I wear, I take into consideration what type of event I'm going to. I love a site called Free People.

Emma is totally channeling her influences of rock and bohemian superbly. Her dip dyed waved locks to petite floral crowned pink mirrored sunglasses give the bohemian look but add in the Regal Rose septum ring for the rock edge. Along with her faded black vest tee, rolled up denim shorts and funky laced red boots, Emma nailed the rock Coachella look!



Helen Rose, 35

I love vintage icons from bygone years, I really love Marilyn Monroe's look and demeanour. Today though I'm feeling festival bohemian but it is always important to me to be individual.

Helen reminded me of a rocked up Ariel from My Little Mermaid. The tasseled Van Halen faded rock tee teamed with turned up skinny jeans with a pair of flip flops which show Helens matching nails to hair combination. Topped of with the signature bohemian look, a flower in her hair. I feel a melting pot of Bettie Page, Alison Mosshart and Ariel! What an eclectic combination.



James Dolan, 37

I play in the band "Vagus" and I think music is a major influence in all areas of my life including fashion.

I really loved James eclectic and individual outfit. I was once told that the braces on a skinheads outfit is a statement, the slimmer the brace lead the more authentic the skinhead, which reminded me of James's slim look braces. The red of his braces is an amazing colour contrast to the yellow vintage rocker style vest tee. With skinny turn up jeans and wayfarer shaped sunglasses and sharp trim, James rocked this look!



Laura Brocken, 32

I tend to wear what I like and what is comfortable for a festival rather than following fashion trends. I'm a huge fan of all things 90's and the character Lol from This Is England is currently my style favourite.

Laura's half denim, half floral dungaree style with open side detail dress is from Superdry, teamed with a pale pink lace cropped bra-let. Accessorised with ankle rock style studded black leather boots. She finished off the look with rounded mirrored sunglasses, the shape of the season and red lipstick. Very festival chic.



Aina Roxx, 28

Style wise my main priority is to be comfortable... I love brands like Koza and Religion, I also like shopping in vintage and second hand shops for random pieces. I like to have fun with fashion and tend to dress for the occasion... like a chameleon. In terms of genres/subculture I love the 80's, shoulder pads and funky shirts.

I noticed Aina walking through the crowd and just thought she looked very cool. I didn't immediately realise I'd just been watching her killing it on the main stage with the Stereo MC's! Aina's laid back energy in attitude and fashion was very apparent. I was feeling a late 80s to early 90s hip hop vibe with Aina's old school bomber jacket. Aina rocked the relaxed off stage festival look, whilst staying true to her influences



Rob Birch, 55

I have to go on stage and be comfortable in what I am wearing. I don't take myself too seriously and tend to wear what I feel that day.

I noticed that it was Rob straight away, the lead singer from the Stereo MCs. Rob was super relaxed and approachable, which I think is reflected in his laid-back style. His fashion style really reflected his genre of music. 90s Hip-Hop is so current right now and is truly making a massive comeback. From Rob's camo jacket to his old school style Air Jordans he radiated the laid back cool character that he is!

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OLD DOG. NEW TRICKS.

PHOTOGRAPHY AND STYLING Danny Evans

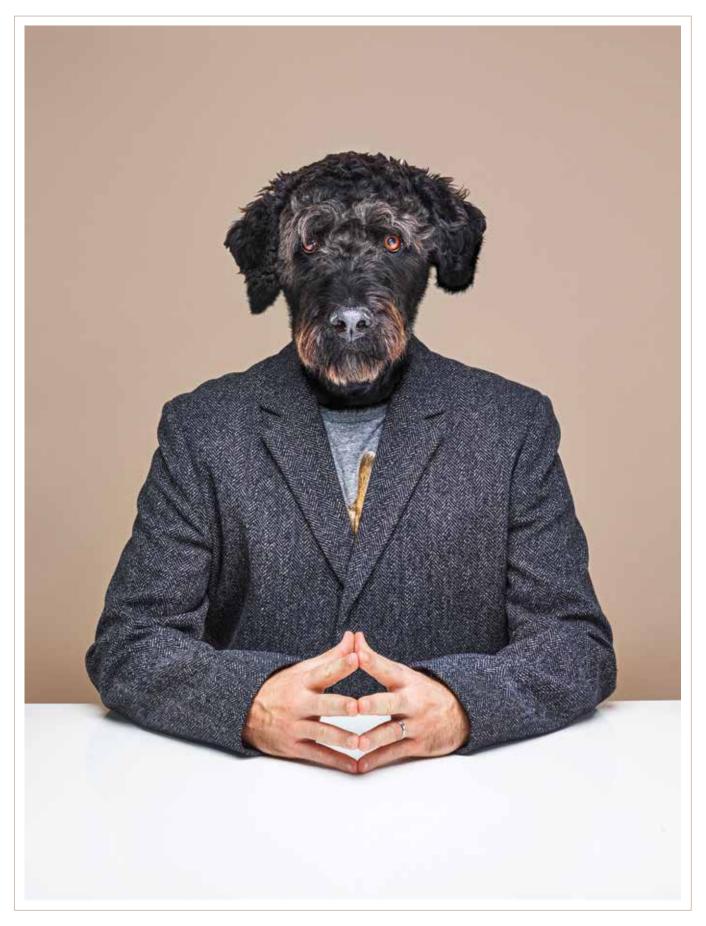
MODEL Plato

BODY DOUBLE Ben

DOG WRANGLER Russ

OVERCOAT by Paul Smith £445 from Roulette clothing, SHIRT by River Island £28 from River Island, TIE by Tiger of Sweden £65 from Roulette clothing, BAG by Paul Smith £485 from Roulette clothing, SQUEAKY CHICKEN model's own





OVERCOAT by River Island £95 from River Island



JACKET £90 and JUMPER £26 from River Island, CHAMPAGNE BOTTLE CHEW TOY by Silly Squeakers £8 from RAW Jersey Natural Pets (www.rawjersey.co)





JACKET by J Lindeberg £295 from Roulette clothing, SHIRT by River Island £28 from River Island, ANTLER DOG CHEW by Green & Wild's £12.95 from RAW Jersey Natural Pets (www.rawjersey.co)



OVERCOAT by Selected £185 from Roulette clothing, SHIRT by River Island £35 & HAT by River Island £35 from River Island



LEATHER JACKET by River Island £70, T-SHIRT by River Island £15 from River Island, SQUEAKY CHICKEN model's own

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EATING THE **SEASONS**

WORDS Freya Richardson

Traditionally, meal planning revolved around seasonal fruit and veg, but does this delicious structure to the cook's calendar still exist?

A variety of recent UK surveys would suggest not. It seems more than one in ten Brits are oblivious to what foods are in season. This means the majority of us don't know what crops grow in the UK and when, let alone the schedule of imported produce produced around the rest of the world.

But whose fault is it and does

it matter anymore?

Any respectable cookbook, food magazine or blog uses seasons to shape its content. We have all seen the charts and tables that give us a monthly guide of what is at its peak. Eating local seasonal food is tastier, reduces food-miles and supports the local economy, but then most of us shop at supermarkets that have grown to be obsessed with stocking every fruit and vegetable on the planet, every day of the year. Instead of being presented with an ever-changing array of harvest it seems the selection is the same 365 days a year - not only that, we have grown to complain when something out of season is not available.

Strawberries for Christmas dinner, asparagus from Peru

and Dutch tomatoes. Of 2000 people polled only 5% could say when blackberries are juiciest and yet 78% claim to shop seasonally - this doesn't quite add up. Apples, celeriac and leeks are all plentiful this time of year but unless you shop at farm shops, markets or stop at an honesty box on your way home from work, how would you know?

Even if you do choose to shop seasonally you have to keep your wits about you. Supermarkets' sly marketing is constantly at work to increase their profit margins. In May, many stores will promote asparagus as seasonal with a delightful display of Peruvian asparagus at the end of the aisle, while tucking a few bunches of local crop in the back corner.

To be fair there are other forces of nature at work. Our unpredictable weather has shifted our seasons over the past few years making the lives of farmers harder and harder. Milder winters means crop starts to grow earlier and are further prone to mould and pests due to not having the protective cold barrier.

In order to prevent this, many growers have been pushed to cultivate crops under protection. This modern method uses hi-tech glasshouses with controlled environments. As well as protecting the farmer's income, it extends seasons because of the ability to manipulate the growing conditions. Is this man made method progress? Obviously we do have to move with modern times, it is a joy to eat late summer strawberries in autumn but growing asparagus under plastic just so we can enjoy it a few weeks earlier? I think I would rather wait.

"Even if you do choose" to shop seasonally you have to keep your wits about you. Supermarkets' sly marketing is constantly at work to increase their profit margins. In May, many stores will promote asparagus as seasonal with a delightful display of Peruvian asparagus at the end of the aisle. while tucking a few bunches of local crop in the back corner."

We should know from our world famous Jersey Royals that eating seasonally does pay off - both in taste and support for the local economy, and contrary to common opinion it doesn't necessarily mean frugal. Unless you are after blood oranges or pineapple, buying seasonally is a sure way to get the ripest, freshest and tastiest pick of the crop. This guiding principle is as relevant as it has ever been. Yes it may also be harder than ever to make the distinction, but it is definitely worth the effort. HEALTHY ALTERNATIVES

EVERYDAY ESSENTIALS

Cow's Milk? Try Almond milk

With its naturally low fat content and rich source of antioxidants it should not be saved for vegans and those avoiding lactose. Made by blending roasted almonds with water it has a subtly nutty taste and makes a tasty replacement in cereal, coffee and smoothies.

Fruit Juice? Try Infused Water

You may think freshly squeezed juice is a healthier alternative to fizzy drinks however, it is incredibly high in sugar. Sugar has been hitting the headlines in recent months as a high factor in the rising levels of obesity, diabetes and tooth decay, especially in children. Infuse water with herbs and citrus fruits to create different flavour combinations high in vitamins.

Processed Cereal? Try Oats

It doesn't take a genius to know chocolate pops are not the healthiest start to your day but even granola and muesli that is branded as 'healthy' is high in sugar, fat and additives. As well as being 100% natural, plain old-fashioned oats are filling and energising. Make porridge in the morning and add a topping of your choice to make it more exciting.

Pasta? Try Courgetti

The biggest food revolution this century - if you don't have a spiralizer use a peeler to create thicker strips of 'pasta'. This swap will half the calories of your dish and no cooking required, just top with a hot sauce of your choice and you will barely notice a difference.

Potato? Try Sweet potato or butternut squash

These can both be used in all the same ways as normal spuds - tasty roasted, mashed, baked or topping your Shepherd's pie. Don't be put off by the orange colour!

Bread? Try Lettuce

Definitely not as satisfying as a big white roll but crunchy iceberg lettuce is a refreshingly healthy alternative. Works well wrapped round a chicken breast or burgers.

Butter? Try Avocado or banana

Depending if you are after a sweet or savoury snack, mash or puree these alternatives and spread on sandwiches, toast or even substitute in baking.

Red meat? Try Lean poultry or fish

It is recommended we eat just one portion of red meat a week. Try making your midweek favourites such as bolognaise or chilli con carne with turkey mince. Some vegetables such as aubergine or mushrooms have a meaty texture to bulk out stews and if you can cope with the mockery even replace a juicy steak.

Biscuits? Try Oatcakes

Low sugar, high in fibre and less additives - oatcakes are an energising midafternoon pick-me-up. Different flavours are available but black pepper is great with cheese, or top plain ones with nut butter and jam.

Crisps? Try Seaweed

No this is not a joke.. satisfyingly salty, crispy and pretty much zero calories.

gallery

AUTUMN VEG CAKE **RECIPES**

WORDS Freya Richardson



With the Great British Bake Off at an end autumn is fully underway. Here are some inspirational ways to use up your glut of seasonal veg that will perk up your afternoon tea:

Courgette Lemon Cake:

Ingredients:

- 250g pack unsalted butter, very soft, plus extra for the tin
- 3 unwaxed lemons
- 200g golden caster sugar
- 3 eggs
- 300g courgettes, coarsely grated
- 1 tbsp poppy seed, plus extra to decorate

Method:

Preheat the oven to 180C

Butter 2 sandwich tins and line the bases with baking paper.

Zest 2 lemons and squeeze the juice into a separate bowl.

Put 200g butter, the caster sugar, eggs, courgettes, poppy seeds, vanilla and lemon zest into a mixing bowl. Beat to a creamy batter. Stir in 1 tbsp lemon juice, the flours, baking powder and ¼ tsp salt.

Spoon the mixture evenly between the tins and bake for 25 mins

Make a drizzle by mixing another tbsp lemon juice with 25g icing sugar. Put the remaining icing sugar and butter into a bowl, add the soft cheese, remaining lemon juice and grate in the final lemon's zest. Beat to make a creamy, smooth frosting

- 1 tsp vanilla extract
- 100g self-raising flour
- 100g plain wholemeal flour
- 1 tsp baking powder
- 100g icing sugar
- 200g pack full-fat soft cheese
- 5 tbsp lemon curd

Prick the cool sponges and spoon over the drizzle.

Transfer one sponge to a serving plate, spoon on half the frosting and top with the lemon curd. Place the second sponge on top and cover with the remaining frosting. Sprinkle with poppy seeds and enjoy.



Apple Scones:

Ingredients:

- 225g self-raising flour, plus extra for dusting
 - 50g butter
 - 4 tbsp golden caster sugar
 - 1 apple, peeled, cored and diced
 - 125ml milk, plus extra for brushing
 - ______

Method:

Heat oven to 220C/200C fan/gas 7.

Tip flour into a large bowl with butter; rub in using fingers until it resembles fine crumbs. Stir in sugar and apple. Mix well.

Pour in milk and stir it in quickly, then fold dough over 2-3 times until it's a little smoother. Tip onto a lightly floured surface; pat into a round about 3cm deep.

Dip a 6cm cutter into some flour then cut out scones. Brush tops with a little milk then place on to a lightly floured baking sheet and bake for 20 mins until risen and golden. Allow to cool.

Serve with your choice of butter, cream and jam.





Sweet Potato Brownies:

Ingredients:

- 600g sweet potatoes
- 100g ground almonds
- 100g brown rice flour
- 15 medjool dates
- 75g walnuts
- 5 tbsp. cacao powder
- 4 tbsp. maple syrup
- 1 tsp. baking powder
- a pinch of salt

Method:

Preheat the oven 180C

Peel and cut the sweet potato into chunks and steam until really soft

Blend the soft sweet potato with the dates until smooth and creamy

Mix the date combo with the remaining ingredients and stir well

Transfer to a lined baking dish and cook for 20 minutes or until a skewer comes out dry. Leave to cool before cutting.



Spiced Pumpkin Cupcakes:

Sponge ingredients:

- 225g self-raising flour
- 1 tsp. bicarbonate of soda
- 1 tsp. ground ginger
- 1 tsp. ground cinnamon1 tsp. mixed spice
- 150ml sunflower oil
- 150ml soured cream
- 225g light muscovado sugar
- 2 large eggs
- 125g piece pumpkin, coarsely grated
- 75g walnut pieces, chopped
- 175g sultanas

Icing ingredients:

- 50g butter, softened200g cream cheese
- 100g icing sugar
- ¼ tsp vanilla extract
- Pinch of ground cinnamon
- *Method:* Preheat the oven to 200C. Line a cupcake tray with cases

Put the flour, bicarbonate of soda and spices in a bowl. Pour the oil into a jug with the soured cream, sugar and eggs - beat with a fork until blended. Pour the wet ingredients into the dry, then add the pumpkin, walnuts and sultanas and stir well.

Spoon into the paper cases and bake for 15-20 minutes, until well risen and firm. Leave to cool.

For the frosting, beat together the butter and cream cheese until softened and combined. Stir in the icing sugar, vanilla and cinnamon until smooth. Spread over the tops of the cooled muffins.

(Children can decorate with Halloween sweets).



75

RISINGTAR

Daz's Dough started life as a hobby, with Darren Wallser baking artisan bread at home for simple enjoyment. But a challenge set by his wife one rainy afternoon to see how many loaves he could bake in six hours. What he didn't know was she'd booked him a stall at the St Brelade's car boot sale the next day. He got carried away, baked around forty loaves and by half past nine the next day he was back at home having sold them all. After a few weeks of people asking if he was coming back to sell more bread he realised there might be something to it and quit his day job.

Darren's passion is for sourdough, which is made from flour, water and salt, which rises naturally. The magic ingredients are the wild yeasts, acids and friendly bacteria naturally present in all flour, as well as the air itself. Sourdough bread is generally regarded as healthier than factory-produced bread because the fermentation process is complete before baking. His top tip for keeping your sourdough fresh at home is standing the loaves on end once cut. Daz says they'll last for nearly a week without going off this way.

His talents don't stop at sourdough, he makes a whole range of breads, which include: soda bread, farmhouse and granary loaves, focaccia with various toppings and granary party breads, all of which he blends the flours for himself, rather than just sticking with the staples you can buy off the shelf...

Whilst he's a self-taught baker he has recently completed a course in the UK on running a micro-bakery making sourdough. In the future he would love to open his own bakery and also learn how to bake traditional Jersey bread, so watch this space.

Darren was kind enough to bring some bread in to Gallery HQ, which we of course devoured almost instantly. Personally, when we tried the farmhouse loaf (any loaf baked in a tin that protrudes from the top as defined, bit of bread trivia for you there) everyone's first reaction was that it tasted nostalgic, which is exactly what Darren said he's been trying to achieve. Basically, it tastes like the sort of thing your nan would make when you were small.

He now supplies the Fresh Fish Company with sourdough loaves and mini baguettes and his breads are also used by Relish on their deli boards, the Bastille Brasserie and Flavour.je who he makes a signature loaf especially for. He will soon sell some of his produce at St Peter's Indoor Market on Wednesdays and hopes to return to carboot sales in the not-too-distant future.





"His talents don't stop at sourdough, he makes a whole range of breads, which include: soda bread, farmhouse and granary loaves, focaccia with various toppings and granary party breads, all of which he blends the flours for himself, rather than just sticking with the staples you can buy off the shelf..."



JERSEY MAINTAINS ITS MICHELIN SHINE

Three island eateries have maintained their positions on the list of 169 Michelin starred restaurants in the prestigious guide. Formed more than a hundred years ago the Michelin Guide was the brainchild of two French brothers wanting to promote their tyre business by encouraging people to get out on the road to visit great places to eat, the guide is now considered the most prestigious list of quality restaurants in the world.

The island's three Michelin-starred restaurants are Ocean, at the Atlantic Hotel in La Pulente, under Head Chef Mark Jordan, Bohemia, in Green Street, under Head Chef Steve Smith and Ormer, in Don Street, under Chef Proprietor Shaun Rankin.

The Atlantic Hotel's Ocean Restaurant has retained its coveted Michelin star for the tenth consecutive year. Sister restaurant Mark Jordan at the Beach was also re-awarded the Michelin Bib Gourmand, which signifies good quality, good value cooking.

Mark Jordan said: "I am really proud of the brigades at Ocean Restaurant and Mark Jordan at the Beach, who work tirelessly to deliver the impeccable standards required to impress the Michelin inspectors every year. We are committed to using the freshest local ingredients to produce exciting dining experiences for our guests, and we hope to build on this success in the future."

Bohemia Head Chef Steve Smith was one of the youngest chefs in the country to achieve a Michelin star over 15 years ago, at the age of just 24. He said:

"We are delighted that our passion and commitment for offering the highest quality cuisine has been recognised once again. Our whole kitchen brigade has worked day and night over the past year to retain this accolade and I am overjoyed at Michelin's decision."

Ormer have retained their Michelin star for the third year running Shaun Rankin said: "Our team have worked really hard for this achievement. It's not been an easy year for Jersey hospitality with a skills shortage hitting the entire industry. We move forward positively with new ambitions set out by Visit Jersey to strengthen the visitor economy, up skill local talent and use food tourism to attract new markets. I have great ambitions for Ormer this year and my time spent in London is providing new culinary inspiration for our creations."

Sadly Tassili at the Grand Hotel has lost its Michelin Star in the latest version of the guide, which is now available to purchase.



BACON ART

Lattice

The best way to make a bacon sandwich: Create a weave with six strips of streaky bacon: three long ways and three the other, crossing over alternately. Grill until crispy.

Cups

Turn a cupcake tray upside down; layer each mound by crossing over strips of bacon until all covered. Once baked, turn the tray out (be careful it will be hot). Stuff the cups with a filling of your choice.

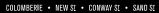


Wraps

Create a flavour sensation by using bacon to wrap onion rings, asparagus, burgers and even dates.









Lucie Marie Holt

Artist

I love to draw. I love colour. I love old and juxtaposing new. I love clashing colours and flashing colours and shiny next to dull. I read Evelyn Waugh and hang out with Hemmingway and Dali in Parisian cafés I'm completely delusional... but that's where I'm at when it comes to my artwork. I draw to capture all these passions into metaphorical glass jars.

So much inspires me, before every drawing I have my own personal brainstorming session and write nonsensical lists, but some of the things that crop up every time are the Victorian Era, Salvador Dali and the novel by Patrick Suskind entitled 'The Pigeon'. I carry a clipboard and paper with me all the time as I often have a spontaneous urge to draw. I draw in pen as I find the commitment motivates me more than pencil does.

Since graduating from highlands college in 2012 I have been known for my mono biro drawings of 'The Pigeon People', of which I continue to sell online, mainly to the Americas. Lately I have been working with colour, the first project 'Fleur du Mal' features abstract flower bouquets and 1920s silent movie actresses based on the little book of poetry by Charles Baudlaire.

I currently sell my work through Etsy and Boutique Jersey. Recently I have joined 'The Art Rooms' at 10 Payn Street, a base where anyone can come and visit me in my studio by appointment and see what I'm up to, buy prints and cards, or talk about commission requests.

Classic Herd

Food producer & retailer

The Classic Herd farm in St Peter, owned by the Quénault family, has been producing great quality milk for over 40 years.

In 2005 we challenged the Jersey Milk Marketing Laws and with the introduction of the Competition Law we took the opportunity to process our own milk from 2007.

Our focus has always been to produce as natural and tasty produce as possible. We are the only cheese makers in Jersey. The farm also has a stock of 50 plus Angus and Belgian Blue crosses for meat, free range chickens (both for eggs and meat production) and 20 breeding sows and followers for our pork produce.

By keeping our processes as simple as possible we are able to produce healthier, tastier dairy produce and top quality meat. The farm supplies many of Jersey's top restaurants, including two of the Michelin star restaurants.

The Classic Herd farm shop, with its two butchers, (Ben Le Main and Aaron Hamon) is on La Route du Manoir near St Peter's village. We sell our own dairy and meat products as well as other quality produce from local farmers. The shop is open Monday – Saturday 8.30 – 5.30. The Classic Herd cafe is also based at the farm and serves fresh food and drinks from 10.00 – 5.00 Monday to Friday and 9.00 – 5.00 Saturday.





ALTERNATIVE CHRISTMAS PARTY VENUES

Ransoms Tearooms

Are you looking for an out-of-town venue for your Christmas party? One with masses of free parking and a bus stop right outside for the wine-fuelled return journey?

Ransoms could be the venue for you. If you want to start the celebrations at lunch-time, they can cater for any number of diners from four to eighty (excluding Saturdays) and, if you would like to hold a private evening party for 50 or more guests, you can be as rowdy as you like!

The menu at £17.95 for two courses, including coffee and mince pies is hard to beat. You can choose starter and main or main and dessert – what a great idea. If you would like a quotation for three courses, give them a call and they'll be happy to accommodate you.

Booking is very advisable and the party season at Ransoms starts on 16th November! Telephone 853668 and get in the mood right away.





FRESHLY HOMEMADE SOUP OF THE DAY Served with rustic bread & Jersey butter

HOME-PRESSED HAM HOCK TERRINE Ham hock with roasted peppers, piccalilli & toasted multi-grain cereal

> **CRISPY DUCK & REDCURRANT PARCELS** Crispy duck in filo pastry with a red cabbage compôte

POACHED SALMON & PRAWN TIAN

Flaked salmon and Atlantic prawns with an avocado mousse & cucumber dressing

GOATS CHEESE & RISOTTO CAKE

Lightly bread-crumbed risotto rice & goats cheese on a red pepper coulis with baby watercress

ROAST TURKEY CROWN

Chestnut & cranberry stuffing, sausage & bacon, roast potatoes & winter vegetables

PAN-FRIED FILLET OF SEA BREAM

Served with Puy lentils and smoked pancetta, confit celeriac & baby capers

MEDALLIONS OF PORK

Pork fillet with confit potatoes, root vegetable purée & a mustard grain reduction

RIB-EYE STEAK GARNI (£4.50 supplement)

80z rib-eye, sautéed mushrooms, crispy onions & hand-cut chips (sauces optional)

PUMPKIN RAVIOLI

Roasted pumpkin in a Parmesan cream with spinach & baby shallots Ransoms homemade Christmas pudding with Brandy cream Banoffee pie with cream or ice-cream Selection of Jersey ice-creams or sorbets Selection of desserts from our counter (£2 supplement)

FILTER COFFEE & MINI MINCE PIE

Two courses £17.95 incl coffee



THE GREEN OLIVE HAS CHRISTMAS ALL WRAPPED UP

This award winning restaurant, which is set to be included in The Good Food Guide 2015, can put on a wonderful (and very delicious!) Christmas spread. From delectable starters such as Moules steamed with wine and finished with Thai Green Coconut Cream or Ham Hock Terrine served with pickled vegetables, pomegranate dressing and a quails scotch egg to tempting mains like their Asian Spiced 48 Hour Pork served with Wasabi Mash, Apple Pearls & Carrot, Coriander & Ginger Slaw, or how about an Oven Baked Samosa filled Curried Sweet Potato, Sun Blushed Tomato and Spinach served on Split Pea Dahl finished with Turmeric Cream - doesn't it make your mouth water? The Green Olive is the ideal place for your staff party as their menu caters for all different culinary preferences from Vegetarian to pescatarian and simple dishes to all out wow factor meaty mains for the carnivores in the office!

Call 728198 to book.

The Green Olive will be closing for this year on the 19th December and reopening mid January.



As soon as you set foot inside the world-renowned restaurant, the chic design immediately gives a sense of occasion befitting the world class-Michelin star cuisine being created in the kitchens.

Bohemia Bar & Restaurant boasts a stellar reputation for its cuisine, placing it firmly on the gastronomic map as a food-lover's destination. It was recently named as one of the 'The Best Value Michelin Star Menus in the UK' as Monday to Friday guests can indulge in a lavish three-course set lunch for £24.95 per person or for just £19.95 per person on Saturday. The set lunch includes sumptuous dishes such as Duck Egg with Garlic Cassonade and Wild Mushroom Tea; and Sea Bass with Roast Cauliflower, Razor Clams and Seaweed Emulsion. For the more daring, there is an indulgent six-course Surprise Tasting Menu available from £45 per person.

Head Chef Steve Smith has devised four distinctive tasting menus and a la carte menu which combine seasonal, earthy ingredients with refined presentation. Exquisite dishes include: Foie Gras Cream with Rhubarb, topped with Duck Salad and Walnut; Turbot with Mussel, Cauliflower, Raisin.

Jersey's most celebrated Head Chef Steve Smith at Bohemia is going from strength to strength having won a host of accolades during the past year. Steve was awarded the highly sought after 'Chef of the Year' in the prestigious Catey Awards and received a glowing score of 7 in the Waitrose Good Food Guide 2016, the highest score in the Channel Islands.

Steve Smith has taken Bohemia to new levels since joining over two years ago. He has created a truly outstanding dining in raising the culinary bar even higher for the restaurant, the owners of Bohemia felt compelled to revitalise the interior design to match and recently revealed a sophisticated and elegant new design.

The vibrant bar stocks a wide range of whisky and cognacs, and serves unique cocktails such as the Mexican Rose and Cosmique featuring one of Bohemia's best selling drinks, Lanique Rose Petal Liqueur. For the wine connoisseurs there is the Grand Formats wine list, which is believed to be one of the largest in the UK with over 30 different large bottle wines.

Within the past year Steve has retained Bohemia's Michelin Star, been awarded 4AA Rosettes, as well as being listed in The Sunday Times Top 100 Restaurants, with special praise being given to Bohemia's desserts which were listed '6th Best in the UK'.

experience with his ingredient and flavour driven tasting menus. Within the past year Steve has retained Bohemia's Michelin Star, been awarded 4AA Rosettes, as well as being listed in The Sunday Times Top 100 Restaurants, with special praise being given to Bohemia's desserts which were listed '6th Best in the UK'. Bohemia is the highest rated Michelin Starred restaurant and the only restaurant in the Channel Islands to be featured in the guide's Top 50 Restaurants. Following Steve's extraordinary success



The restaurant is open from Monday to Saturday, Noon until 2.30pm for lunch, and 6.30pm until 11pm for dinner. Bohemia Bar & Restaurant, Green Street, St. Helier, Jersey JE2 4UH, Channel Islands For reservations please call: 01534 880 588 or visit www.bohemiajersey.com Bohemia Restaurant Raled 21st Best Restaurant in Britain in the 2016 Good Food Guide

Festivities 2015 at The Club Hotel & Spa & Bohemia Restaurant



DRINK & CANAPÉ OFFERS 5 canapés & a glass of house wine £9.50 per person



OFFICE MEAL SPECIAL OFFER Ideal for that midweek office lunch or dinner gathering

£19.95 per person





BOHEMIA FESTIVE LUNCH 3 Courses £25 per person





BOHEMIA FESTIVE DINNER 5 Courses £35 per person



BOHEMIA BAR FOOD

Bohemia Bar can cater for a relaxed Christmas Bar lunch or dinner for groups up to 16 people



PRIVATE ROOMS Finger buffet £19.95 per person



PRIVATE ROOMS Fork buffet £24.95 per person



PRIVATE ROOMS Hot Fork buffet £27.95 per person



PRIVATE ROOMS Christmas Party menu £29.95 per person



FESTIVE AFTERNOON TEAS A relaxed way to contemplate the forthcoming festive season

£19.95 per person



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TURNING THE TABLES ON FOOD, DRINK & SPORT

JB's Ping Pong Gastro-Bar opened its doors last month and already has a solid clientele of fans who love the mix of excellent food, craft beer and of course, table tennis. Whilst it's situated on Wharf Street in what was formerly Champions, or B Bar for those of you that can remember that far back, JB's is a million miles away from anything that has occupied this site before.

It may seem like a novelty, a bar and eatery filled with table tennis tables, but it is far from that. This new establishment has all the hallmarks of an excellent place to go, whatever the occasion. We popped along on a Friday lunchtime, for a quick bite to eat and mini table tennis tournament, under the watchful eye of island table tennis legend Josh Band. Josh and Marcus Calvani, of The Calvani Group, well known for his work at La Cantina amongst other new venues, have worked together on this new venture to create not only an excellent looking venue (the table tennis theme being Josh's idea), finished off with only the best fixtures and fittings, but also an insanely excellent menu and a back bar (which is down to Marcus and his team) like none other you're currently likely to see in Jersey.

They've also installed nine large HD screens, making it the perfect place to kick back and indulge in the Rugby World Cup games over the next month and all other sports including F1, Cricket, Golf, Tennis and yes, the Football too.

So a little more about that back bar, you can choose from a selection of 60 different international craft beers from brewers such as Brewdog, who are responsible for the aptly named 'Sink the Bismark' a beer which is a staggering 41% and comes in at £10 for a 25ml serving, definitely one to try for beer lovers, but not for the faint hearted. You'll also find makers such as Beavertown, Curious, Flying Dog, Backyard, Shipyard, Innis & Gunns and local brewers Liberation too. They've also got 8 different



Butterfit



and no less than 12 rum's too. They also have a great wine and champagne list too, which means there really is something to suit every taste. We had a little dabble, as it was lunchtime it really was only a little dabble. Trying not only some of the craft beers, but also the excellent range of ciders and spirits on offer. Even our secret Smirnoff ice lover (honestly) was found a great alternative, a Chase Marmalade Mule, made by the well known English producer's perfect blend of flavours all served in a can!

So the table tennis tables couldn't be avoided forever as they are at the heart of JB's, so off to the Wimblepong area we went. This is a private table which offers groups the chance to host their own mini tournament. It was rather a good job it was more private as it would appear that I literally can't play table tennis, not one to be put off by failure I kept trying, but was truly horrendous, but... I haven't laughed that hard for sometime. I moved out of the way and let those that don't have the arms of a Tyrannosaurus Rex and they got stuck in to some much more competitive play.

Next up was the JB's 'Dirty cow' burger, holy cow is perhaps a more appropriate way to describe the delight that was laid before us. Made with 100% aged Jersey Beef, from Woodlands Farm, served in a brioche bun and topped with a, fried mac 'n' cheese patty, we kid you not, add in crispy bacon, sun-dried ketchup and a bucket of chips and you are going to be in burger heaven, or a mild food coma, whichever comes first! This was chased by a 'chilli weiner', something I've only ever heard of thanks to the watching of copious amounts of American films. Another triumph, up comes that brioche bun again, this time filled with a 11" smoked hotdog, & housemade Jersey beef chili, cheddar cheese, onion, fresh tomato and a side of chips.

If you've got room for pudding then be sure to try the white chocolate cheesecake. This is a hybrid of Marcus' classic NYC cheesecake layered with Josh's mum's recipe for white chocolate cheesecake and a popping candy biscuit base. Or the drunken raisin carrot cake, served with sweetened mascarpone cream and Dogfish DNA soaked raisins. Ask the guys

"[We sampled] the most decadent mac 'n' cheese you'll ever taste; a bowl of creamy white truffle (that's right truffle) baked pasta, topped with parmesan, breadcrumbs and rocket had me reaching for my fork to stab the hands of my fellow Gallery team members to get them away from the dish."

So enough of that, on to the food... I am rather partial to being supplied with a bounty of delicious dishes, rather than having to peruse a menu, and JB's did not disappoint in this respect. The team, including manager Ross Michalski and head chef Matt Gordon, picked a selection of their most popular dishes for us to share. These included the most decadent mac 'n' cheese you'll ever taste; a bowl of creamy white truffle (that's right truffle) baked pasta, topped with parmesan, breadcrumbs and rocket had me reaching for my fork to stab the hands of my fellow Gallery team members to get them away from the dish. Oh and the chicken wings, which were easily described with just one word by all, EPIC! Apparently you'll be hard pushed to find better this side of the pond, meaning you'll need to go stateside to beat them, and even then you'll struggle. The base of the sauce is the world famous Franks Red Hot Sauce imported from America, which gives it a suitably feisty kick.

for a suitable choice of beer or liquor to pair with any one of your course, but in particular pudding. Their warm choc and nut brownie with salt caramel popcorn and vanilla icecream not only pairs perfectly with Beavertown's Smog Rocket smoked porter, but the guys at JB's also donate £1 to PinkPong cancer charity for each one sold.

It would be remiss of us not to tell you about the lighter options being offered too, these come in the form of stone-oven flatbreads topped off with a variety of tasty ingredients, perfect if you're not quite up to taking on one of the divine burgers or a plate of piled high nachos, but who are we kidding, does anyone really want to opt for the lighter option when you're faced with so many other mouthwatering options. Whilst I could wax lyrical about most things food related for as long as you'll read for, the best thing for you to do is get yourself down to JB's and try it all for yourselves.













APPETITE NEWS

CHEF'S CORNER

Joseph Baker Catering provides flawless and original catering. Joseph is a young, local chef who is restaurant trained with experience in France, Spain & Australia. Most recently with two years as Sous chef of top London restaurants Polpo and The Abbeville Kitchen. This experience culminates in a distinct style that focuses on well-sourced, seasonal produce cooked with care and authenticity. Joseph Baker Catering offers a genuinely unique catering experience that considers every detail with a sense of style.

For any enquiries or to receive a quote, whether it is a dinner party, canapes or simply a sublime autumn feast with friends, visit www.josephbakercatering.com

Joseph's delicious Autumn dish: A fresh starter of Salmorejo,

chicory & smoked anchovies

Ingredients:

500g ripe top quality tomatoes 100g old white bread 1 clove garlic crushed Good quality extra virgin olive oil 1 yellow pepper 4 yellow chicory 1 tin smoked or other good quality anchovies flat leaf parsley salt & pepper

Method:

Roughly chop the tomatoes and yellow pepper and place in a bowl with the garlic, a generous couple of glugs of olive oil, the torn bread, and a little water. Cover and leave to rest in the fridge for an hour. Take out the tomato mixture and blitz in a blender adding 50ml more olive oil whilst doing so. Check seasoning and pass through a sieve.

Quarter your chicory heads and season with olive oil and salt. Between four plates divide out the Salmorejo and place four quarters of chicory on top. Put half an anchovy on each piece of chicory, drizzle with more olive oil and freshly chopped flat leaf parsley. Enjoy!

VTR SALTED CARAMEL SAUCE

For the past seven months local foodie, Laura Rosser, has been making a sumptuous salted caramel sauce that's got everyone talking. Laura commented "I used to make it all the time for friends and family, they loved the taste and my production line grew, that's where it began."

Packaged in sweet mini vintage milk bottles the tasty sauce is stocked at Lucas Brothers, Classic Herd, Homefield, Rondels and the new ice cream parlour Inside Scoop. In the name of research we've tried it over brownies and it's delightful!









Top chefs unite for inaugural Eat Jersey Food Festival

Acclaimed chefs from across the British Isles and France will join Executive Head Chef, Mark Jordan, for the three-day Eat Jersey Food Festival this November. There will be an array of opportunities to taste the island's fantastic produce at its very best through the talent of some of today's most renowned chefs.

Over the course of the weekend, guests will be able to attend one of two gastronomic evenings at the Michelin starred Ocean Restaurant with an all-day dining event at Mark Jordan at the Beach.

The renowned chefs joining Mark Jordan are:

Russell Brown, chef consultant, formerly of Sienna (One Michelin Star, Three AA Rosettes)

Philippe Hardy, Restaurant Le Mascaret, Basse-Normandie (One Michelin Star)

Simon McKenzie, The Brasserie Restaurant at The Old Government House Hotel & Spa, Guernsey (Two AA Rosettes)

Steve Smith, Bohemia at The Club Hotel & Spa, Jersey (One Michelin Star, Four AA Rosettes)

Eric Chavot, Brasserie Chavot (One Michelin Star, Three AA Rosettes)

Pascal Proyart, One-O-One (Three AA Rosettes)

Adam Smith, The Burlington Restaurant at the Devonshire Arms Hotel and Spa (Four Rosettes)

Michael Wignall, The Latymer, Pennyhill Park (Two Michelin Stars, Five AA Rosettes)

Food Festival tickets are priced at £175 on Thursday 5 November, £250 on Friday 6 November and £45 on Saturday 7 November. For more information or to make a reservation, please call 01534 744101 or email reservations@theatlantichotel.com



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17







contemporary twist

classi

WORDS Sara Feltor

This impressive four bedroom, high quality, converted granite farmhouse has been lovingly renovated and extended. The developers behind the project have not only paid attention to all of the up to date modern details you'd want from a property like Holly Lodge, but they've also retained the original Oak beams, which complement the modern theme of this vast property.

The exterior of the property boasts the original date stone, you'll also see dotted around the salvaged beams and the horseshoes which would have been nailed in by the original owners for good luck.

Located only a short drive to village amenities and five minutes by car to your choice of two of the islands finest beaches and with rural views over unspoilt agricultural land in St Ouen. This is a perfectly situated property for those who long to be away from the hustle and bustle of island life. It is close to all the amenities of St Quen's village and on a regular bus route, whilst town is just a 25 minute drive away for those commuting to work.

The development work has been carried out using only the finest materials to make this a truly one off stunning, low maintenance, high efficiency family home in the country. As soon as you walk through the front door you are struck by the peaceful environment the property provides, the soft feel underfoot of the porcelain tiling in the entrance hall



m



is welcoming and the light installation suspended from the third floor really is a feature in itself, each glass orb has been handcrafted and is individually strung, adding a real wow factor as you enter Holly Lodge.

Off to the right you have the crown jewel in this property, a kitchen / dining room that would keep any home, or professional, chef happy for hours. The kitchen was designed and installed by La Haute Cuisine and has been created with entertainment in mind. You won't find a single wasted space amongst the endless supply of cupboards and draws, all hand finished and soft closing. Even the softly rounded corner cabinets are functional, making this a real dream come true for those who love to cook. There is also space to house

a significantly sized dining table, meaning that your guests won't be far away from you, or the under counter wine fridge. Even the fridge is a delight, this and the other high quality appliances, are top of the range and have functionality you may only ever have dreamed of before.

With double doors leading on to the south facing patio area you really do have the most incredible flexible entertaining space within this property. The patio provides a great al fresco dining option and is wired for electrics and home to the date stone and archway of the original property, which have both been lit to provide a spectacular feature when the sun sets. Just off the kitchen diner is the spacious lounge area, a light and airy room perfect for relaxing in once you're finished entertaining in the kitchen. The downstairs also has a further reception room which would lend itself to many uses, perhaps a playroom, a formal dining room, or even a gym, the choice is very much yours.

On the second of the three floors you'll further discover just how flexible the living accommodation is within this property. Firstly the impressive Master suite and dressing room, fitted with a vast selection of built in wardrobes, a luxury en suite, incorporating a large walk in shower, his and hers wash basins set in Silestone worktops, enough space to tango in, if you would wish to. A further double room, with another beautifully finished en suite bathroom and a further two rooms, one which would make an excellent cinema room or man den for the tech savvy homeowners and a smaller room, which would make an excellent home office, nursery or even a craft room.

Moving up to the third floor you really get to experience just how well the space within this property has been used. There are a further two double bedrooms, both with en suites. One of which could easily provide a self contained option, for those with growing

"The development work has been carried out using only the finest materials to make this a truly one off stunning, low maintenance, high efficiency family home in the country."

> children wanting a little bit of privacy. This larger bedroom, has a Juliet balcony with beautiful rural views, light flooding in from the Velux windows and room for a walk in wardrobe that would be the envy of many. This floor also hides a further door, which leads in to a large floored storage area, perfect for all those essentials you need, but don't want to see on a daily basis. To the exterior there is also a good sized level lawned garden, separate patio areas around the house, a double integral garage, and generous parking facilities.

> Holly Lodge offers a truly exceptional opportunity to purchase a traditional granite barn conversion, with all the benefits a modern property provides, set in a fabulous location.





Holly Lodge Le Puits De Leoville, La Route De Vinchelez, St Ouen

£1,795,000 (guide price)

Savills, Jersey www.savills.je 01534 722 227

• 3900 sq ft/362.32sq m

- 4 bedrooms
- 4 bathrooms
- 3 reception rooms
- Large kitchen/dining room
- Walk in roof storage
- Haute Cuisine Kitchen
- Original Features

All mains except gas, fully double glazed throughout, wired for digital TV and Fibre Optic.

Wet electric under floor heating through out the ground floor, radiators on the 1st and 2nd floor.

Small communal charge agreed between the 3 other houses on this small exclusive development of $\pounds 250$ per annum for gardening services of the communal areas and the driveway.

87



Stylish new town offices, a personal approach and latest technology will have you thinking Hunt Estates are the new kids on the block; when in fact, these impressive premises are the brainchild of one of Jersey's most admired estate agents, Gill Hunt.

Whether you're buying, selling, letting or renting, it's here you'll find a team of reassuringly experienced negotiators, eager to help you in the search for your dream home. With professionally produced video reviews of homes capturing what the stills camera can't, to the latest window display technology and well connected for finance, mortgages, developers, surveyors and lawyers- Gill and her team guarantee to go the extra mile for you. With access to respected associate companies, PBS Mortgages and PBS Insurance - both based in the same office - they're your one-stop shop for all your property endeavours.

As a member of the Jersey Estate Agents Association and a Fellow member of the National Association of Estate Agents, you can be guaranteed an honest and reliable service every time. With over 15 years' experience in local property transactions, most recently as a founding partner with another local estate agency, Gill knows the local market and now she's decided to instil her expertise into this new and exciting venture – located at 9 New Street, just off the busy King Street in the heart of St. Helier.

Hunt Estates guarantee to provide an efficient service, refreshing response and the straightforward honesty you long for. Call by or contact Hunt Estates for an initial discussion today.

www.huntestates.co / T: 01534 860 650
Pictured: Gill Hunt

The new offices are distinctive in their own right, boasting equal amounts of classic charm and contemporary technology as well as large floor-to-ceiling windows featuring digital video displays of the island's most sought-after properties – an asset to those with little time to spare when it comes to searching for a new home.

If you're in the market to sell an existing property, Hunt Estate's bespoke packages comprise an expertly created film of your home, professional property brochures, distinctive, refined 'For Sale' boards and national and international advertising by arrangement. They'll even upload content to property portals to ensure maximum exposure.

Equally, if you're looking to buy, you can begin your search online. Hunt Estate's user-friendly website at www.huntestates. co boasts the latest estate agency software to create the perfect buyer-seller match complete with high-resolution images, property recordings and floor plans you can zoom in on!



MEET THE TEAM

Gill Hunt *Director*

With a passion for art history, travel, culture and cooking – Gill enjoys entertaining at home and visiting countries to understand their culture. . Professionally, Gill holds a Certificate in Practice of Estate Agency and she's also a committee member of the Whiteley Ladies Association, for senior professional businesswomen here in Jersey.

Gary Bryant

Office Manager Gary has been in the property industry for 15 years and boasts a wealth of experience. His recent move to Hunt Estates allows him to showcase his core values of professionalism, transparency and good customer service on a day-today basis.

Angela Radford

Senior Negotiator Having been a property negotiator for 12 years, Angela fully understands the needs of her clients which helps her to match each and every buyer to his or her perfect home. She specialises in developments and properties of unique characters.



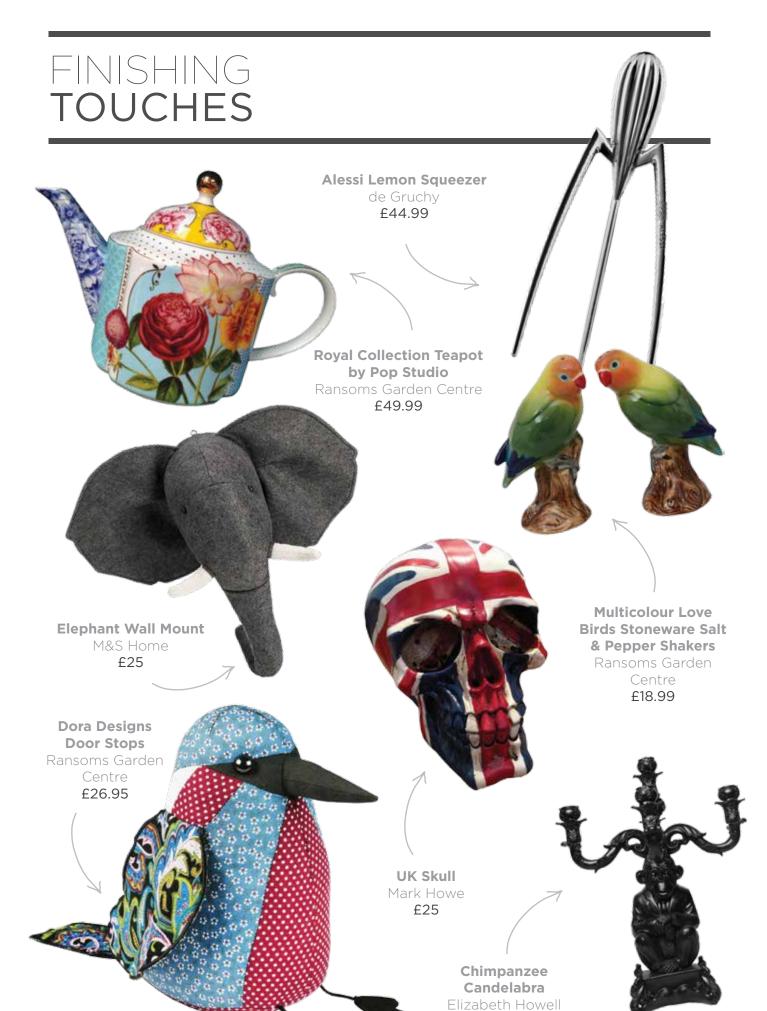


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01534 670333





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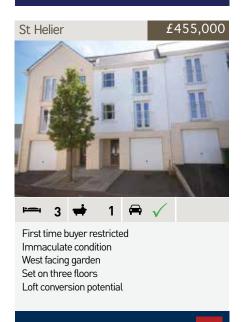
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11 URE

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THE ILLUSIVE HIGH RETURN, LOW RISK INVESTMENT

If I had a pound for every time a client enquired about an investment option that would provide a high return, for little or no risk I would be a very wealthy woman!

Because of the low interest rates available currently, it is indeed a great time for people to be securing loans and mortgages. The same cannot be said for those who hold large amounts of money in cash deposits. With interest rates so low, inflation is eroding the real value of their money over time. their money over time. their money over time.

Savers are always keen to try and get their money to work harder for them and most want to try and keep pace, if not beat inflation. A really important part of choosing a suitable investment is obtaining and understanding your choices.

Deciding to invest some of your money is a big decision and it is important to do so with an adviser and a plan that you trust. Ideally you should seek independent, qualified investment advice, to ensure the adviser makes the recommendation best suited for your needs, rather than just the best their firm can offer.

When looking for a better return than cash, most advisers will recommend a portfolio with some exposure to equities. This is because when investing over a longer period,

JERSEY PROPERTY MARKET

The Mortgage Shop last saw this amount of footfall coming through our doors in Broad Street in the first half of 2008, at a time when property prices peaked. This is quite unusual for this time of the year, with estate agents, lawyers, surveyors and lenders all telling us just how busy they are. Don't expect property prices to start going up just yet – there is a lot of stock available from all agents and it may still be possible to negotiate a modest reduction on many purchase prices. Do remember to find out how much you can borrow before you start looking at property too closely – there is nothing more disappointing than finding that the property you have mentally moved in to is beyond your means!



tly, it is indeed a great time for people to be be said for those who hold large amounts of history has repeatedly shown that exposure to equities grows faster than cash. With this type of investment comes a change from an interest-producing account, to an investment that will change in value over time. This will result in both rises and falls in value over the investment period and for this reason you will be encouraged to invest for a period of 5 years or more.

Whilst you would generally have access to your funds during this time, with no penalties, the recommended timescale is to ensure you benefit from the best average return and avoid, where possible, withdrawing less than you invested.

If you would like to talk to Hayley about investment options available, please contact her on Tel: 789830 or email: Hayley@henleyfinancial.je

BASE RATE COUNTDOWN

The latest predictions are that base rate will now not start to rise until September 2016 then slowly rising to 3% by 2025. These are projections only and are based on the current economic climate which seems to be changing dramatically from one week to the next. If you can afford a series of small rate rises on your mortgage over the next few years, then consider a tracker rate – if not, then choose a fixed rate.

WE REALLY LIKE THESE MORTGAGE INTEREST RATES!

60% LTV discount	0.99%
60% LTV tracker	1.39%
60% LTV 5 year fixed	2.39 %
75% LTV 3 year fixed	2.69 %
85% LTV 3 year fixed	3.14%
90% LTV 5 year fixed	3.49 %

JERSEY LENDING MARKET

Interest rates on some products keep on falling! This situation can't go on forever, although it does cause a bit of extra excitement for applicants finding that they can in fact access an even lower rate of interest than we had previously told them!

The best rates are where a deposit of up to 40% can be put down, although even 90% mortgages can still access rates as low as 2.48%. Catch these while you can and remember that these exceptionally low cost mortgages are also available for anybody wishing to remortgage from one lender to another.

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*

> Tel: **789830** www.mortgageshop.je



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TURN

A blinding architectural faux pas

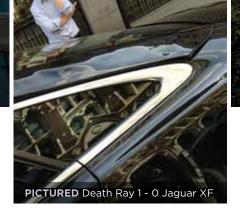
WORDS Russ Atkinson

Embracing innovative, vibrant and off-the-wall design cues when it comes to architecture to contrast and complement the existing constructed history of a capital city can enable it to reap vast and valuable social and economic benefits from the resulting trade and tourism.

But despite being advanced enough as a race to have a constant presence in space with humans occupying the International Space Station it seems that our mathematical abilities are still not quite up to scratch when it comes to engineering down here on terra firma. If you're reading this from the ISS I'd like to apologise for any panic that I may have just induced.

As if it wasn't already mortifying enough that the general public had likened Rafael Viñoly's architectural masterpiece at 20 Fenchurch Street to a 'Walkie Talkie', its mass of concave glass just had to take things one step further and add to its notoriety by coming together to form what has been commonly referred to as a death ray, capable of melting Jaguars* with ease come midafternoon during the summer. Was that not on the blueprints? I swear I had pencilled in a solar energy farm *somewhere...*

Visually striking, the 20 Fenchurch Street building is a stunning expanse of airy glazed dining, relaxation and that allimportant office floorspace spread over 34 floors. It even incorporates a garden on the uppermost floor filled with lush greenery, presumably so that when it's finished burning the rest of London down using the harnessed solar energy of even a typical gloomy London day akin to some sort of skyscraper equivalent of a crazed Decepticon bursting with malevolence for reasons that nobody even remembers, the remainder of London's upper-middle class population can thrive comfortably behind



Viñoly has allegedly since created plans for a building in China that uses a shape reminiscent of a bowl to focus rays of light harnessed from the sun directly onto an obelisk light energy receptor which currently remains unbuilt. I'm unsure as to whether the film Stargate was widely acclaimed in China but there's a chance that

"SUN LOUVRES REMOVED FROM THE ORIGINAL DESIGN DURING A ROUND OF COST-CUTTING MEASURES BY THE DEVELOPERS WERE INTENDED TO PREVENT THE SKYSCRAPER FROM TORCHING TOUPÉS AND SCALDING THE SCALPS OF PASSERS-BY"

its glazed frontage for years to come. Sun louvres removed from the original design during a round of cost-cutting measures by the developers were intended to prevent the skyscraper from torching toupés and scalding the scalps of passersby following a previous design penned by Viñoly four years prior in Las Vegas where he managed to inadvertendly create a hotel that projected the sun directly toward the outside area housing the swimming pool. The cost advantage of solar pool water heating compared to conventional methods must have been phenomenal though. a popular translated version exists and the people of the People's Republic aren't willing to take the risk. Either that or Kubrick's 2001: A Space Odyssey really resonated with them and they're scared of obelisks. Either way, third time lucky, maybe?

*To my knowledge, no large cats were harmed following the construction of the building, only an executive saloon car produced by an ailing British vehicle manufacturer.

Looking for a new place?

If you're looking for a place in Jersey you've got a lot of options. We've been dedicated to listing Jersey's property for sale and rent online and in print for over 5 years. With lots of bold claims from other providers we thought we'd see how we're faring...





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INTERIOR NEWS



Dog Beds

Why on earth are most of the world's dog beds seriously garish? Where are all the simple grey ones? The sleek blacks? We wouldn't even be opposed to the odd dog bone shape... just not in purple or lime green!? Well, after scouring the net for weeks we've come across Mungo & Maud Dog and Cat Outfitters. Hallelujah! Finally a brand that makes beautiful beds, ones that you'd not only mind having in your living room, but they can actually enhance the look of your living space. They are quite expensive, but they'll last for years and to clean them you just pop them in the washing machine. We've ordered two! **www.mungoandmaud.com**



Style Spot

We popped into Pebble on Market Street to find out their top recommendations for the ideal interior finishing touches as we move into winter.

Clare Clark, owner, commented "As the cold weather moves in it's all about cool blues and uplifting whites. This colour palette is very clean and works well in both country and seaside homes. Our favourite rocking chair has just come back in stock, and if you pair that with a Mongolian lambs fur cushion then all you'll need is a good book and hot cocoa and you'll have created your own little winter sanctuary!"

PICTURED: Star Mugs £7.50, Star Plate £25, Blue Lamp £95, Blue Cushion With Words £30, Mongolian Lambs Fur Baby Blue Cushion £90, Winter Blue Plates £16, Winter Blue Mugs £6.95, Cutlery Set £39, Rocking Chair £185 - all available from Pebble.



The Monochrome Alternative

WORDS by James Haslam, Paul Haslam Furniture

When Autumn's golden leaves turn to brown, things can begin to look a little grey outside. All the more reason to brighten things up indoors. It's not so easy to make occasional palette changes in the kitchen; cabinetry, worktops and appliances are permanent fixtures and need to see us through the whole year, so accessories and flora are a great way to introduce a bit of seasonal colour to the heart of the home. That said, increasingly we are seeing bold choices for cabinetry, flooring and worktops.

They are not decisions to be taken lightly, as changing these key components can be expensive, but staying safe can be just as regrettable as choosing something voguish. So, when you're considering a new kitchen or re-painting your existing one, why not throw caution to the wind and get a bit creative with colour. We recommend picking up a Little Greene chart and painting up a few samples cards to get a feel for what might work. We currently like Atomic Red, Deep Space Blue, and Yellow-Pink. Or you could go for something really alternative, like Purpleheart! *Photos by Andy Le Gresley*



O EURO

EXT EXP 3003

agenda

ON THE AGENDA THIS EDITION: WEALTH & INVESTMENT

EKP 2002

We speak to key figures locally, to find out what they pack into their suitcases , grab lunch on the go and profile people and their industry.

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

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Rathbone Investment Management International is regulated by the Jersey Financial Services Commission.

Welcome



Welcome to the latest Agenda, which this issue focuses on the wealth and investment industry in the island. For companies and company heads operating in an increasingly competitive and globally-focused business landscape, a stable, business-friendly platform has never been more desirable, and Jersey is ticking the right boxes in this regard.

There has been a noticeable increase in enquiries from businesses wishing to establish a presence in Jersey in recent years. In 2014, 43 new inward investment business licenses were approved via Locate Jersey, an increase of 48% on 2013, with particular activity in the natural resources, digital, fin-tech, and fund management sectors.

There is good reason for this success. Business heads find Jersey a welcoming, sophisticated, friendly jurisdiction where everything is geared up to enable their internationally-focused businesses to prosper,some of which you'll read about within the pages of this supplement.

As well as being able to offer one of the most attractive corporate and personal tax regimes in Europe, Jersey also offers a well-established financial and professional services infrastructure, a highly experienced network of professional services firms, and a business-focussed government.

Of course, relocating a business often means the people who head up that business – and their families – moving too. New 'High Value Residency'policymean that there is now a much greater focus on those relocating contributing actively to Jersey's economy. As a result, we are witnessinga significant increase in HNWIs looking to relocate. By successfully blending the benefits of being a high quality business centre and a fantastic place to live, Locate Jersey's efforts are resulting in a diverse, vibrant and rich social and commercial environment.

Enjoy reading this issue of Agenda.

Wayne

Wayne Gallichan Director, Inward Investment, Locate Jersey

Demand for NavOne drives Touchstone expansion

Since its launch in May 2014, NavOne, the Touchstone-developed Microsoft Dynamics business solution for Trust and Company Administration organisations, is fast becoming the system of choice for fiduciary companies. Specialist focus on this demanding market has allowed Touchstone to develop a best-of-breed product. The rapidlygrowing business is recruiting to meet client demand for NavOne consultancy, deployment and support as well as ongoing product development.

Clients, from small family office firms to large international financial organisations, reference NavOne's flexibility, power and ease of use as key selection factors and are pleased by its cost of implementation compared to other alternatives. The solution is an effective replacement for diverse legacy systems. Demand for NavOne is further boosted because it's built on Microsoft Dynamics NAV, which benefits from Microsoft's significant R&D spend. Our clients appreciate the flexibility of deployment on their own IT infrastructure (on-premise) or via a centrally hosted facility (Azure Cloud).

Peter Le Brocq Managing Director Touchstone

The speed of implementation and cost advantage of a cloud-based solution are often critical factors for smaller family office firms. One such client describes how they were able to take advantage of NavOne's benefits in a basic technology environment and pay for their system on a low-cost monthly-basis. The Senior Partner comments, "We don't really have an existing system to replace nor have any dedicated IT personnel to help us implement and maintain a new system. Fortunately, NavOne is available on-line and has a stylised small family office system for us to road-test at any time of day or night. We could quickly see the benefits of using the system and went live within weeks of signing up."

The Touchstone team has witnessed a significant adoption of NavOne technology by clients who are migrating from solutions such as Viewpoint, Jobstream, and Microgen products.



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SEAMLESS INTEGRATION



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BETTER SERVICE DELIVERY



SUPPORTED BUSINESS GROWTH



Superior features, market expertise and trusted Microsoft platform are a winning combination.

We engaged independent advisors to help us select a new system and shortlisted 5Series, NavOne and ViewPoint, NavOne was selected as being best in class. Being a mainstream Microsoft business product used by many thousands of businesses around the world certainly helped with our final decision.

NavOne Customer Guernsey

NavOne has been developed by a team of talented professionals based in Jersey and Australia. Their experience and expertise come together to deliver a highly specified solution that is customised to fit demanding clients' requirements perfectly. Touchstone's systems are installed in jurisdictions around the world, and this market expertise is recognised and valued by clients.

The chief executive of a medium-sized Jersey trust business selected NavOne to replace their Unity system. He says, "The size and talent of the NavOne team really impressed. They have an encyclopaedic knowledge of the sector and impressive client references. This was critical to our decision in selecting NavOne and we have been delighted by the quality of the NavOne team and their willingness to go that extra mile."

Touchstone recently won the prestigious "Technology Vendor of the Year" title for the second successive year at the CityWealth Magic Circle Awards ceremony, and Microsoft recently announced Touchstone as 2015 UK Finalist in the Microsoft Dynamics Regional Partner of the Year Award.

All this, along with investment in product, staff and markets has resulted in dramatic growth in the Touchstone and NavOne business. The business has doubled in size over the last four years both in turnover and team headcount and Touchstone expects this growth to continue, as fiduciary clients continue

to recognise the clear advantages of the solution. It is intent on building its team in Jersey, Australia and the UK mainland. Skilled applicants should contact Peter Le Brocq, Managing Director, to apply.

Touchstone is a Microsoft Gold Partner, with competencies in Enterprise Resource Planning and Customer Relationship Management. Our relationship with Microsoft means that our clients benefit from the highest level of innovation and a deep understanding of the Microsoft roadmap, as well as the support of Microsoft's considerable Research & Development commitment to future-proof technology.

With offices in Jersey, the Channel Islands, and Sydney, Australia, we are the wealth management division and a wholly owned subsidiary of the Touchstone Group, one of the largest suppliers of business software and consultancy services to mid-sized UK organisations.

For more information please call us. visit our website, or follow us on Twitter.



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dandara

Relative Values

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Jenna McCabe is a Cornish-born Business Development Associate Director. She relocated to Jersey earlier this year, to undertake Quilter Cheviot's business development within the local, European and Latin American markets.

She holds the Chartered Institute of Marketing (CIM) qualifications and is Level 4 Investment qualified with the CFA UK. Within the office, Jenna is known as the 'jetsetter' and much like her favourite animal (Lion) will rarely be seen in her natural habitat (her desk). Michael Bull is a Jersey-born Investment Manager who has worked for Quilter Cheviot for over eight years. He is currently spearheading the management of the company's growing South African client base and regularly makes trips there.

He manages portfolios for private clients, trusts, curatorships and charities and is a fellow of the Chartered Institute for Securities and Investments. Within the office Michael is known as a 'safe pair of hands', but seeing him on the golf course may not convince you of that.. yet!

They both report to Tim Childe who heads up the Jersey office and has also recently been appointed as Head of International for the company.

Jenna		Mike
My property in Cornwall —	Favourite possession	My bike
Sennen Cove, Cornwall, but my favourite place to travel so far has been Sri Lanka	Favourite place	Hawaii
Turquoise —	Favourite colour	Green
Lion – but I quite like ducks too –	Favourite animal	Fonzie, my parents' dog
Rose	Favourite smell	Baking bread
In the sea and sun —	 Favourite way to spend a weekend 	Doing something outside on a hot, sunny day
Thai	Favourite food	Pizza
So bad for you, but, Häagen-Dazs® Pralines and Cream	Favourite ice cream flavour	I tried a pretty amazing one the other day with chunks of peanut butter and chocolate in it.
Nopi, Soho – it's Yottam Ottolenghi's flagship restaurant yum!	Favourite restaurant	I think the Oyster Box is always very good
Pilates —	Favourite pastime	At the moment it's golf. I'm not very good at all but am aiming for a big improvement over the winter months
A Knight's Tale —	Favourite film	Goodfellas
Stone Junction by Jim Dodge —	Favourite book	Shantaram by Gregory David Roberts.
Since Jersey Live I can't get Come Over by Clean Bandit out of my head —	Favourite song	Move on up by Curtis Mayfield.
William, my gorgeous 8 year-old half-brother —	Favourite person	My beautiful girlfriend, Gersende
Chris Hemsworth (because who doesn't love Thor?!)	Favourite celebrity	Has to be Roger Federer.
New places and new experiences —	Favourite things to splurge on	Holidays
The day my boss asked me whether I would relocate to Jersey! —	Favourite memory	A ski season in France about 8 years ago.



Financial services: Breadth and increasing depth

This issue our focus piece comes from Jonathan Giles, managing director of Rathbone Investment Management International, he manages a range of private client, trust and charity portfolios and for the past five years has been included in the Citywealth Honours List, which recognises professionals in the private wealth management industry who have 'technical expertise, trusted status, integrity and reputation'. He joined Rathbone Investment Management International in January 2006.

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Recent meetings with undergraduates from the Jersey International Business School, studying for the BSc (Hons) degree in Financial Services, showed me just how bright and passionate our locally based students are regarding the finance industry. I was asked my opinion on Jersey as a starting point for a career in finance versus say London or another city and the direct questioning made me reflect on the Jersey proposition. Not so much living and playing on our beautiful island but career opportunities.

Whist initially a challenging question, especially when you don't want to be labelled as parochial, there are obvious and diverse opportunities.For example; accountancy, banking, investments, wealth management, law, business administration, technology, compliance and marketing are all building blocks across the finance industry, offering young career minded professionals of all abilities an increasing breadth and depth of opportunity. Twenty years ago you'd move to London or further afield to play in more sophisticated areas. Not now; hedge funds, tick. Private equity, tick. Biotech venture cap, tick. Alongside these higher profile additions it seems we now also need more qualified accountants in fund administration, private bankers to service the growing global wealth overseen from Jersey, and investment and hedge fund managers are crying out for mathematicians. It seems maths is very popular at A-level but few take it further.

If I'm looking for a career what does the future look like? Today bank deposits are in excess of £130bn and funds under management and administration are nearing £250bn. This is a picture of continued longer term growth and opportunity. Jersey's overall unemployment is once again falling, the lowest since the end of LVCR. Global trust companies and banks are consolidating their private client wealth management platforms into Jersey, moving from other less attractive jurisdictions. Why? Jersey is politically stable, internationally transparent and skills focused. This is further supported by the efforts of Locate Jersey, bringing new entrepreneurial businesses and opportunities to the island, part of the States' bigger and more integrated growth strategy, which now includes a very positive digital emphasis.

In such a growth market how does an employer attract and retain talented people? We focus on incentivising the

Global trust companies and banks are consolidating their private client wealth management platforms into Jersey, moving from other less attractive jurisdictions. Why? Jersey is politically stable, internationally transparent and skills focused.

individual and team, motivating through training, professional development and a defined career path, recognition of achievements through shared publicity and ultimately remuneration. We value our clients so we must value our employees and the growth in the Jersey proposition offers significant scope to achieve this. Looking at Rathbones we've grown our assets under management four fold over recent years and continue to win significant performance and business awards. We've attracted both experienced professionals and those just starting off a career across operations, compliance, marketing and investment management. Recognising the next generation's aspirations we've further tasked our younger professionals, those in and around their mid-twenties to thirties, to be more involved in the business, to grow their opportunity through both consistent performance and excellent service.

Given this growth could financial services have peaked? A diversified industry allows for different skill sets and opportunities to thrive alongside each other. Over the past 30-years I've seen significant change in the type and size of clients advised through Jersey. What was a high volume and lower valued client has become fewer in number but with much more significant size. Different skills and services are required and these have evolved, such as family offices. Furthermore, Jersey Finance's clear message has resonated with global clients and their advisors and the industry now better articulates its skills and value to the wider world. Jersey offers a robust, modern and sophisticated legal framework with an ever improving infrastructure and for example offers the largest branch of STEP globally with over 1,200 local members.

Global wealth has grown exponentially over the past 30-years. According to Capgemini's 2013 World Wealth Report one million individuals joined the global High Net Worth population, which reached 12 million, reflecting an

increase of almost 10% and it's estimated by PwC that the global asset management industry will grow to in excess of US\$100 trillion over the next few years. Jersey is well placed to benefit from such growth and offer an increasingnumber oflocally basedbut internationally exposed careersbased on;a welcoming business environment, leading regulation, an increasingly skilled and adept workforce and connectivity. The breadth of opportunity is deepening.

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agenda

Friendly Faces

Affinity Private Wealth is a young Jersey based business. Now in their fifth year, they employ nineteen staff looking after the wealth of people based in over 12 countries, including many Islanders. Services range from managing or advising on families' investments to acting as trustees or company directors, however, the real difference comes in the overall guidance and counsel the team offer. Many families approach Affinity for advice on matters relating to young person financial wellbeing, mid life changes and latter life executorships. Clients have been known to refer to them as their 'financial family'; so to get to know them better we asked Julia Warrander and Russell Waite a few questions.

What is the best piece of career advice you were given?

RW To ignore the school career advice which suggested I become a vicar or a chiropodist. **JW** Always ask questions and seek others opinions.

What is keeping you awake at the moment?

JW The oil price and my eight year old son.RW Emerging markets and my teenage daughter.

What is the most rewarding part of your job?

JW Being entrepreneurial and growing our business.RW Making investment decisions that prove to be right.

What is the most challenging part of your job?

JW Managing information overload and identifying what really matters.
 RW Knowing that statistically, 40% of my investment decisions will likely be wrong.

What is the aspect of the industry you would like to change?

JW Empowering more women to attain senior investment roles.RW Reforming the attitude to continued professional development to ensure it becomes more relevant.

What is your favourite holiday memory?

JW Cycling in Lucca, diving in the Maldives, sighting seeing in Hanoi (Vietman).
 RW Relaxing in Isle de Rey, safari in Kenya, bodysurfing in California.



Looking for a job in the industry?

Here is a round up of some great opportunities from Select Recruitment

Corporate Funds Officer - Great opportunity to join the investor services team of a global financial services provider. You will be part of a team responsible for key technical support issues in providing services to complex fund structures, the establishment of fund structures and the operation of the company's corporate entities.

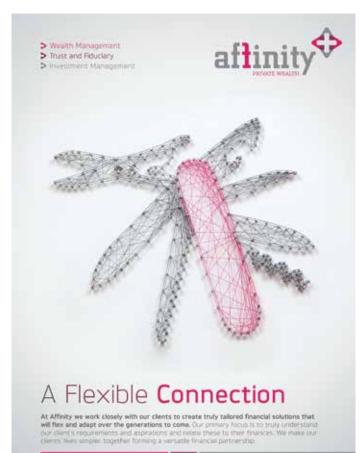
Portfolio Administration Support – challenging role for a professionally qualified individual to provide administrative support to a team of Discretionary Wealth Managers. You will be responsible for the provision of technical performance, analytical client portfolio and fund data – back office support experience in an investments business is essential.

Fund Manager required to manage, supervise and develop a team of administrators to ensure the provision of a professional and first class service to team clients, often involving complex multijurisdictional structures. You will have strong technical skills, attention to detail and be used to working to tight deadlines.

Senior Fund Administrator – we are seeking a Senior Fund Administrator to carry out routine day-to-day administration of funds and management companies under the direction of a Manager. Applicants need relevant industry experience and preferably hold or be studying towards the ICSA Diploma.

Fund Administrator required to join the Real Estate team of our dynamic and growing fiduciary client. If you're seeking a new challenge then this could be the role for you! Applicants must have excellent academics, be studying towards a relevant professional qualification and have experience from a similar role.

Call Select on 888866 for more information.



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MAY CONTAIN SATIRE

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Cash under the mattress: a guide to alternative investments

Words Marcus Halberstam **Illustration** Josh Bale

NEX COLEDI

If you have the capital, there are many reasons why alternative investments might offer something to your portfolio that publicly-traded stocks, bonds and mutual funds do not. As an experienced investment manager you may have the key ability to precisely assess increased risk against potentially higher returns, or perhaps you have a greater sensitivity to the market and can afford to place significant funds in vehicles attached to less regulated investments, such as real estate or venture capital.

Alternatively, you might just be a normal member of the public with a financial advisor like me, who wears cowboy boots to client meetings and likes to treat every investment like a high-stakes roll at the craps table in Vegas. Yes, I've been bankrupt five times, but I've also made so much money that I own several African governments and have Rupert Murdoch on speed dial. I haven't got this far by sticking to vanilla stocks that even your grandmother knows will bring in 8.5%. I like to live life on the edge - the edge of being investigated by the Financial Services Authority. If you've got what it takes to join me at the poker table, then why not up the ante by chucking a few million into some of these riskier investments? They might not offer a guaranteed return, but they do guarantee 100% financial adventure.

Californian startups -

the new gold rush

Much like the original old west, there's a crazy panic right now to invest in a new kind of frontiersman: the silicon valley lifestyle startup. For those of you too old to comprehend the point of an app that pays somebody to pick up your dry cleaning, it's important to understand that entrepreneurs in San Francisco are so busy coming up with bold new ideas that there's money to be made both funding those bold ideas and the mundane services these brainboxes need just to keep up with the idea having. Too busy to date because you're at meetings all night? Use Tinder. Can't be bothered to call a cab to get home? There's Uber for that. Too young to understand that washing machines and launderettes exist? Introducing Washio. As soon as a service takes off with this influential demographic, normal people start using it too - countless investors have already made millions off these simple ideas, and I've only listed the halfway good ones, missing out on apps that arrange for people to Skype your neglected pets or send a clown to your business rival. The important thing is that money is buzzing around like flies in a festival toilet, and if you're lucky you can invest in something that might smell bad, but that sticks to the wall long enough to bring in a return. The risk? By investing in a startup you're essentially handing your pension fund to people who may be geniuses but haven't yet developed the life skills to avoid running out of toilet paper.

Precious metals and rare earths the ultimate non-ethical investment

Companies like Apple, Google and Microsoft are safe investment bets - they deliver innovative products, treat their key people well and give reasonable proportions of their income to noble causes in their communities. Of course, what the sharp investor knows is that building mobile phones and server farms also relies on a chain of physical production that doesn't necessarily require the same moral scruples as your office in Washington, with its fruit buffets and breastfeeding rooms. If you can hold your nose you might find a greater return on your capital by linking up with the corporations in China who build those iPhones using dubious labour, or who are partners with the African dictators that control the supply of the rare earth minerals that are essential to your shiny new laptop. You can even cut out the entire manufacturing chain and follow the investment advice of people who think Obama is a lizard - stockpile gold and ammo in your personal bunker to ensure big returns when society collapses. The risk? Microsoft might be boring, but they are probably less likely to run away with your money than an African warlord, the Chinese communist party or somebody who thinks the moon landings were faked by John F Kennedy

Virtual currencies for those times when breaking the

law in dollars just won't do There's been a lot of talk in the financial press recently about cryptocurrencies, although with proportionately less explanation of how they work and what their intended use is. In a nutshell, Bitcoin and its more obscure competitors are digital currencies backed by unique strings of data. These are generated by an open source computer network, but are finite and therefore subject to most of the usual rules of investment and exchange. In a smaller nutshell, Bitcoins don't physically exist, but there's guaranteed to be a limited number of them and so their "value" is likely to increase. What the financial press then need to pussyfoot around is what many users actually spend them on - they aren't taxable, or traceable, so in any unmonitored space with internet access they've become the default mechanism of

exchange for services you might not want the government to know about. This might just be because your government is corrupt and keeps stealing your money, but might equally be because you don't want people to know you're buying drugs, pirated software, pornography or the services of an assassin. All of those things represent a fairly consistent spending pattern, so there's always likely to be a percentage return on enabling the means to buy them. The risk? A non-physical currency designed by advanced computer hackers to circumvent the law - what could possibly go wrong?

Political capital -

profiting from global uncertainty

If the underlying principle of traditional investments is to place your capital in areas that offer predictable growth, then the more exciting flipside to this idea is the principle that savvy investors can capitalise on political uncertainty and destabilised markets. For example, capital generally moves away from places like Russia or Iraq, and towards the blue chip bedrock of the London property market. Some of us might like to swim against the tide to feast on neglected riches upstream, and the only thing to worry about is whether Vladimir Putin is also waiting at the mouth of the river, fishing with an assault rifle. Assets in areas bordering Russia are currently going for bargain prices, and there are a number of "wobbly" Middle Eastern countries just crying out for investment right now. If you're bothered by the possibility that this is illegal as well as immoral, you could also chance big profits by investing in areas that capitalise on extreme national moods solid investments would be those that profit from Greek misery (ouzo production), Germanic smugness (red ink for final loan demands) or whatever crazy-juice people are drinking to consider voting for Donald Trump (guns, wigs, cousin marriage). The risk? A small amount of instability is good for brave investors, but beyond a certain point it becomes quite difficult to do business beyond selling cooked dog and running a black market in stolen cabbages. If Donald Trump really is elected president, the only safe investments will be in nuclear bunkers and rockets used to run away from planet Earth and colonise the moon.

On the Case: Tom Lovell

Rathbone Investment Management International has considerable experience delivering specialist investment services to the offshore and international private client and professional investor community.

Tom Lovell is an Investment Manager at Rathbones and a Chartered Wealth Manager. He is responsible for managing investment portfolios for a broad range of private client, trusts and charities having worked in the offshore finance industry for over 10 years.

Part of an investment manager's role is offering a bespoke service to clients and this often means

travelling to meet with them and their advisors around the world often at short notice.

I like to travel with a wheeled suit bag rather than a traditional suitcase as I find it helps to keep my shirts and suits looking fresh as first impressions do matter and it is also compact enough to be taken as hand luggage.

What's in his case?

Currency cash & cards – I have currency bank accounts so I can always rely on these without having to worry too much about exchange rates and charges but I always make sure I have some local currency cash on me when I travel for taxis etc.

Priority Pass Card – perfect when hit with those unexpected delays (especially when you are stuck at Gatwick travelling back to Jersey on a wintry night).

My own and work iPhones – an absolute essential piece of the travel kit. They give me quick access to emails and my schedule on the move plus a "Map App" which when you are in a new city is always helpful.

Bluetooth keyboard & remote access – links into my iPad and is great for working on the go. The remote access allows me to get secure access to all of my work systems so I can keep up to date on investment markets and emails whilst on the go.

iPad & earphones – my way of switching off and a great way to pass the time on the long haul flights. It allows me to put a movie on through SkyGo or Netflix (WiFi dependant) otherwise I make sure I have a few titles downloaded and ready to play.

"When I am travelling I find the battery life on all my devices seems to cut in half so making sure I can keep them topped up is really important wherever I am."

International plug converter & chargers – when I am travelling I find the battery life on all my devices seems to cut in half so making sure I can keep them topped up is really important wherever I am.

Sunglasses - always hopeful!!

Business cards – wherever you are you never know when an opportunity can present itself, it is really important to be prepared and at the very least leave them with a business card.



Are you looking at the wider picture when it comes to investing? **Consider India**.



Words Simon Finch Investment Manager, India Equity Opportunities Fund at Ashburton

INVESTMENT ADVICE

Life in India proceeds across the country despite the monsoon rains, which are merely an inconvenience to those not well suited to the climate and conditions, at least to those not in a wet suit and flippers. One army of workers that continue to defy the laws of physics are the motorbike delivery boys, zipping through imperceptible gaps in traffic in driving rain, whilst delivering pizzas, trainers or the latest smartphone. E-commerce has arrived in India with a Bang. Private companies Flipkart and Snapdeal along with Amazon are the three largest players in this rapidly growing market, supplying clothing and electronic goods as well as quality fresh food.

The buzz around the big three e-commerce companies increases every year as they seek to outdo each other with bonanza sales and deals, particularly during festive seasons. The shift in consumer behaviour has changed rapidly, and is primarily facilitated by India's smartphone penetration at 32%, albeit substantially below that of the US (91%) and China (94%). 3G, never mind 4G, has barely taken off, yet consumers have embraced the e-commerce revolution voraciously. Companies have had to adapt to the intricacies of the Indian consumer, and this has been enabled due to India's incredible entrepreneurial spirit. For example, when buying the latest Nike trainers, the delivery person may turn up with the colour and size ordered, plus a few other colours and sizes to try. It could be argued this is the ultimate shopping experience; the shop is brought direct to your home.

With Flipkart and Snapdeal privately held, at least for now, one has to be a little more indirect in how to gain access to this burgeoning market. The logistics sector is one way to gain exposure with significant investment recently in sea ports, railways and road networks across India. By 2018, the western line of the Dedicated Freight Corridor will be operational between Mumbai; India's largest port, and the capital, Delhi. Along the route are manufacturing hubs serving the domestic, as well as export, markets. Visiting logistics operators in Gujarat state, it is evident that one previous obstacle to the movement of goods is slowly being overcome.

The container freight companies, that are expanding rapidly, do not necessarily have the connection to the retailer or to the ultimate end customer. Blue Dart Express, which is 75% owned by DHL, with five aircraft criss-crossing the segments will be listed on the stock market. These are exciting times in India, especially with the development of this sector, which will undoubtedly contribute to the continued upward trajectory of the Indian equity market.

"With more than one million new hopefuls joining the quest for employment every month, India's demographic trend will be a huge contributing factor to GDP growth and the corresponding rise of the e-commerce sector."

country daily and vast fleets of vans and motorbikes doing door to door deliveries, is one listed company that is gaining market share in what is a relatively unorganised part of the supply chain.

With more than one million new hopefuls joining the quest for employment every month, India's demographic trend will be a huge contributing factor to GDP growth and the corresponding rise of the e-commerce sector. With the disposable income of the 20-40 year old segment growing, it can be expected that this tech-savvy group will drive the e-commerce boom, as well as other associated sectors in the coming years.

By the end of 2016 it can realistically be expected that a number of the privately held companies in the e-commerce and m-commerce (mobile-commerce) For now, individual foreign investors are precluded from investing in direct Indian equities, hence funds such as Ashburton's India Equity Opportunities Fund is one way to gain access. Other funds and India Exchange Traded Funds (ETFs) are also entry routes for those wishing to invest in exciting growth potential that India has to offer.

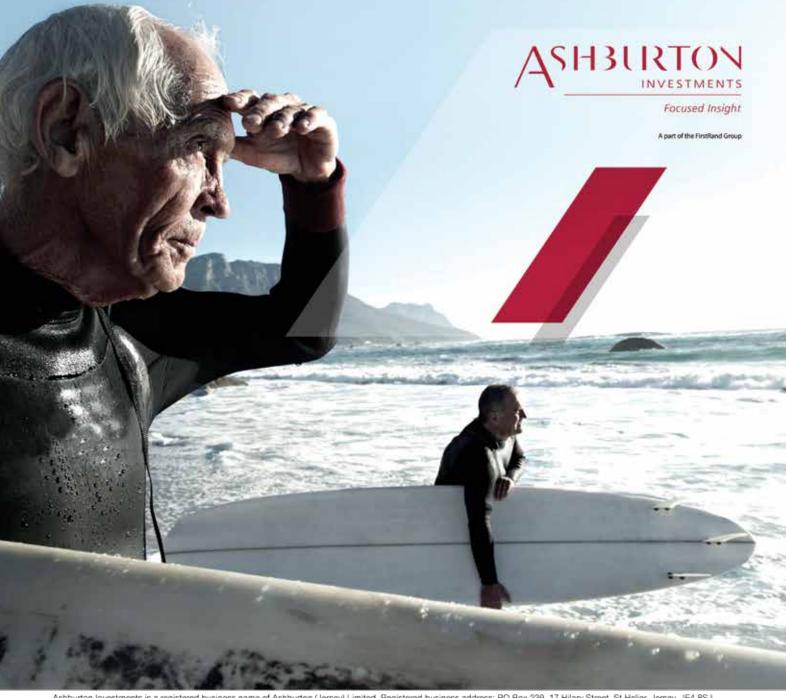
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WORDS Sara Felton

We caught up with Peter Bourne, Managing Director of Ashburton Investments, for a quick coffee. He is responsible for Ashburton Investments' International operations. Peter has extensive experience in the asset management industry, having worked as an investment professional in both private client and institutional businesses within the FirstRand Group since 1987. Prior to moving to Jersey from South Africa in 2007, Peter was responsible for the Portfolio Management division of the FirstRand Group's Wealth Segment.

What does Investment management mean? It means a lot of different things to different people, but the essential aspect for us here at Ashburton is how we look after client money. So with that comes a focus on risk management, making sure you're doing the right thing in protecting clients' assets and then, of course, there's meeting the growth expectations of our clients. It's a very competitive market, so you've got to focus on doing the right things and doing those things well.

How does an average day look for you? I try and get in before 8am, so that I can prepare and catch up ahead of my day. It's also a good time to link in with South Africa as they're one or to two hours ahead of us.

A key part of my role is one of facilitation and providing strategic direction, which makes it interesting as I get involved in lots of things. It really is quite varied. I also can have a diary which is typically back-to-back with meetings, often combined with some travelling.

Sometimes, which is less frequent unfortunately, it can be quite open, providing time to think, which is a luxury but important.

The day normally finishes around 6-7pm and then I cycle back to my home in Trinity, which I try and do most days. The cycling that is.

You've worked within the group for almost 30 years, what notable changes within the company stand out for you? I started working for Barclays back in the 80's before they left South Africa, and that company is now FirstRand. I've actually been really lucky, as I've moved across four or five businesses within the Group in my career, which means it doesn't really feel like I've been with just one company for that time. That included the formation of FirstRand in 1998 and the change from a banking to a broader financial services environment. Of course, there was a point in the late nineties when you didn't really boast about the length of time you'd spent in one company, but that has gone full circle now and longevity is something to be celebrated.

As far as investment management is concerned the principles haven't changed, but the big difference now is you have a lot more ways in which you can access and package returns for clients.

Clearly technology and innovation have transformed the financial services industry. Our sister company FNB, have been big innovators in the banking space and we've seen the benefits of this in the Group over a number of years. It's great to be a part of an innovative and entrenepeurial culture like FirstRand.

And what you discover over time is the culture and the values of a company are really what makes it work, and within FirstRand the same principles permeate right through the organisation and our people, which has a hugely positive impact. So even though you work with 40,000 people in FirstRand, we here at Ashburton in Jersey, an office of 70, have the same values and approach, which is really helpful.

Although 2008 seems a long time ago, do the effects of the crash still resonate in your industry?

It was such a significant event, that we are still dealing with the fallout. There have been many subsequent issues, such as the European crisis, quantitative easing and now what we're seeing in China and elsewhere. Investor confidence can be fragile as a result. While things are slowly normalising, it may take a long time before it feels like it is behind us. We are not pessimistic but it does pay to be realistic about the challenges facing markets.

I rather unfairly wanted to know from Peter does he have a preference, Jersey or South Africa?

I really can't answer that easily. Although our roots are in Africa, my

Is being the managing director of Ashburton a 9-5 job?

No, but I guess that's the same for lots of people. Information and news flow 24/7 now, which means that you are always

"Information and news flow 24/7 now, which means that you are always aware of things happening around the world that can have an impact on our investments. This can be both challenging and energising thought, and I think a lot of jobs may not offer that."

family and I love the lifestyle here in Jersey and feel really privileged to live here. It's really not dissimilar to South Africa, as it's very sporty, social and people like being outdoors. Of course, the island has amazing beaches and once you've worked out that it's ok to get into the sea wearing a wetsuit, it took us a while, then it is also great being close to the sea. We genuinely have a fantastic time here. aware of things happening around the world that may have an impact on our investments. This can be both challenging and energising though, and I think a lot of jobs may not offer that.

Whilst it might be nice to switch off at 5pm, it isn't always that easy, but I think that's what you accept when you work in the investment world.

Our clients said: "I must congratulate your team on how brilliant they are at customer service. A wonderful thing today!"^{*}

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* Quote from a client - April 2015.



UNITED ARAB EMIRATES

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JERSEY



Alternative Income Sources

Words Rick Jones Illustration Abbie Morton

Times are undoubtedly hard. Costs are rising all around, and wages are notoriously slow to follow suit. But have no fear, because we're in the middle of the connection revolution and developing a side-hustle (or several) has never been easier... you probably just haven't realised it yet. So, ever the public service provider, here's the Gallery guide to getting those alternative income streams flowing.

1. Selling yourself; You.Inc

Charlie Munger – a US business magnate and friend and confidant of billionaire Warren Buffet – advises would be entrepreneurs to "work for (yourself) for an hour every day", even if you have a full-time occupation. But where do you start?

Here's the thing, to develop a sideincome, you need to spend some time thinking about what makes you, well, you. There's bound to be something – an ability, an interest, some kind of seemingly irrelevant knowledge that you've amassed or critically; a passion – that is 'yours'. The more seemingly niche 'your thing' is, the better; and here's why: you aren't alone. Thanks to the internet, you'll be able to find a crowd that share your interest or passion, and there is where you'll find the audience and the marketplace for You.Inc.

2. What YOU can offer

So you don't think that you have an ultra-developed skill, or a talent? Well, guess what?

A) You're probably wrong, and even if you aren't B) it really doesn't matter.

Perhaps you unwind by digitally doodling on photos, creating caricatures or you have an talent for mimicking mannerisms. Maybe you like dressing up (we aren't asking). Perhaps you just have a strong set of opinions, or know when you feel something is just 'right'. There's a market for all of these things, and with about 3003000000 internet users globally, the chances of you knowing any of your eventual audience 'knowing you' are slim indeed – so drop the shyness and get yourself out there. Get on a site like fiverr.com and offer your services (we won't waste space explaining how it works). Your doodles, drawings, logo or slogan skills, penchant for dressing up or anything else are all wanted, by someone, somewhere, and you can charge for it. We mentioned opinions for a good reason; you can write reviews. So you don't have good grammar, or even English? To some marketers browsing the likes of fiverr.com, that's even better; your reviews will read like a real person's (because you are one – we hope) and that's what they want.

3. 'Say it', whatever it is

Again, your opinions and passions can be monetised, and not just with reviews. Get blogging and/or vlogging – you have our permission. To make money blogging, you first need to build your audience, and encourage people to spend time on

your site. It may take time, but once you have an audience for your free writing, then you know you have a market for an e-book or similar. In the case of vlogging (especially via YouTube), the more views your videos get, the more advertisers will pay you to appear on your channel.

4. Be the middle-man (or woman)

If there's a product that you use, tell people – and tell them why on your blog. Shopping sites like Amazon will give you a small commission if you sign up as an 'affiliate' and someone reading your site clicks through a link in your text, and purchases said product. This could be a book, a blender or a type of boot polish. It doesn't cost the customer anything and you get a cool kick back – just be transparent about it – tell people "this is an affiliate link, using it gets me paid". If your audience is like you, they won't mind helping you make some cash.

5. Offer a service

Can you read a ten-page ebook on formatting writing for Kindle? If so, you could offer the service to a busy or technologically-challenged author afterwards. Can you convert movie or

"The more seemingly niche 'your thing' is, the better; and here's why: you aren't alone. Thanks to the internet, you'll be able to find a crowd that share your interest or passion, and there is where you'll find the audience and the marketplace for You.Inc."

> audio files into another format (there are loads of free online converters you can use)? If so, people will pay you for it – not everyone has the knowledge or time to look for themselves. These are just a few examples. Use your imagination and you'll find that anything you can do has value to someone. The world is literally your lobster!

So get up, get online and (responsibly) get hustling... in this day and age, there's plenty of scope for alternative income generation!



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Standard Bank Offshore appoints new Chief Financial Officer

Standard Bank has appointed Jonathan Peake to the role of Chief Financial Officer with responsibility for the Finance and Treasury teams across the group's offshore business in Jersey, Isle of Man and Mauritius.Jonathan replaces Will Thorp and has been promoted from the position of Head of Risk, which he has held since joining Standard Bank in July 2013.

Mark Hucker, CEO of the Offshore Group said: 'Since joining us Jonathan has made a real difference in the risk role and I've no doubt that he is going to add further value in his new position as CFO.'

In his role as CFO (which is subject to regulatory approval) Jonathan is looking forward to the challenge and increased responsibility, 'Having been working at Standard Bank for the last two years I know that I'm going to be heading up a team of dedicated professionals. This is an exciting time for the Bank with its renewed focus on Africa and the tremendous growth potential and challenges of this incredibly dynamic continent.'



New Partner for International Private Client Team

Nancy Chien has been appointed a partner of Bedell Cristin in Jersey. A member of the international private client team, Nancy is a founding committee member of the Jersey Pensions Association and has also represented the legal industry on a government led pensions working group and has helped shape policy affecting Jersey pensions. She was recently acknowledged for 'spearheading a group of Jersey trustees in agreeing the wording for the FATCA guidance notes for Jersey.'

A fluent Mandarin and Taiwanese speaker, Nancy joined Bedell in 2012 from Ashurst in London where she was a senior associate. She gained her trust law experience in Jersey and New Zealand. Qualified as an advocate in Jersey, a solicitor in England & Wales, a barrister in New Zealand and most recently as a solicitor in the BVI, Nancy has been a key figure in the firm's drive into Asian markets. She has been described as 'a proactive adviser who impresses with appropriate legal advice that comes with high service levels' and 'gives real value to her clients'.



Last month we mistakenly mixed up the two ladies from Hawksford on the announcement of their new roles. In the green jacket is Jackie McLaughlin and in the grey is Moira Ashby. We presume the image size differential is down to cropping.



Aztec Group strengthens its senior team Aztec Group have announced the senior promotions and a senior appointment to further strengthen its client-centric teams across Group's onshore and offshore jurisdictions.

Evidencing strong organic growth across its European jurisdictional footprint, the hands-on senior team has been expanded through a number of internal promotions and a new senior appointment to ensure the Group continues to deliver its unrivalled service offering.

Anke Jager has been promoted to Director in the Group's Luxembourg office, James Whittingham has been promoted to Director in the UK office, Chris McErlane has been promoted to Associate Director in the Guernsey office and James Pledger has been appointed as an Associate Director in the Jersey office.

James Pledger brings over 30 years' experience in accounting, audit, risk and compliance, James joined the Group's Jersey office in 2015 to lead a relationship with one of the most renowned European Private Equity fund managers.

Edward Moore, Chief Executive Officer at the Aztec Group, commented, "I am thrilled to announce the welldeserved promotions and new appointment at the Group. Our alternative approach and reputation in the marketplace is driven by the unwavering passion of our people and their commitment to service excellence. Our recent additions to the senior team will strengthen our comprehensive suite of outsourcing solutions delivered from key onshore and offshore jurisdictions."



Physiotherapist Verity Simon joins The Jersey Sports & Spinal Clinic

Jersey-born Verity Simon has joined The Jersey Sports & Spinal Clinic as a Physiotherapist, having recently returned to the island having worked and studied in London for the past six years. As well as working as a physiotherapist for some leading NHS trusts, Verity has recently completed an internship with the National Institute For Health Care Research, studying research methods within the field of physiotherapy, specifically regarding the shoulder and knee.

In keeping with the clinic's long association with local rugby, Verity has also just been appointed Physiotherapist for Jersey Athletic – the second XV at the Jersey Rugby Club. The Jersey Sports and Spinal Clinic will also support National Netball Premier League II side Team Jets with their match preparation and rehabilitation for the season ahead and Verity will form part of the clinic's team.

Nigel Mann, co-founder and director of The Jersey Sports & Spinal Clinic, said: "In Verity, we have appointed another Physiotherapist with superb diagnostic and treatment skills. She has a passion for incorporating the very latest thinking into her work and I know she will make a real difference to our clients."



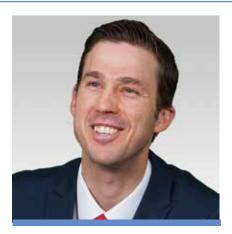
Liquid Strengthens Team

Liquid has strengthened its team in Jersey with the appointment of a designer with more than 10 years' experience.

James Underwood, who was previously the graphic designer for the Durrell Wildlife Conservation Trust, is working towards a diploma in digital advertising.

Liquid's creative director, Glen Smith, said: 'It's great news for our clients that we have further strengthened our studio and our Jersey team. We are working on interesting projects across the Channel Island and the UK and we anticipate that this period of growth will continue.'

In addition to James' appointment, Leah Dunford has been promoted to senior account manager. Leah holds the Chartered Institute of Public Relations (CIPR) postgraduate diploma and is a committee member for the CIPR Channel Islands regional group.



Ashburton Investments bolsters team

Ashburton Investments has bolstered its Distribution Team in the Channel Islands by appointing Timothy Townsend as Intermediary Distribution Executive.

Tim's focus will be on working with the intermediary and fiduciary markets in Jersey and Guernsey to open up access to Ashburton's range of investment opportunities. His appointment bolsters Ashburton's local distribution team, which is responsible for developing new and maintaining existing trust company and other intermediary business.

He brings with him over seven years' experience in the international banking and wealth management industry with particular expertise in investment and portfolio management.



Carey Olsen welcomes new senior hire

Carey Olsen's Jersey office has appointed Paul Burton as a senior associate of the firm's expanding corporate practice.

Mr Burton specialises in corporate, finance and capital market transactions and has acted for a number of local fiduciary service providers and their clients. He also provides advice on regulatory, corporate and acquisition structuring and re-structuring matters as well as equity and debt fund raising.

Prior to joining Carey Olsen, Mr Burton qualified as an Australian solicitor in 2003 and an English solicitor in 2008. Upon moving to the Channel Islands he was called to the Jersey Bar in 2010 while practising at another large offshore law firm.

Business News

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Atlantic Hotel beat off competition

Jersey's Atlantic Hotel has been recognised as the 'Best International Hotel' at the prestigious Food and Travel Reader Awards 2015.

Highly respected throughout the industry, the Food and Travel Reader Awards recognise the exemplary food and travel experiences enjoyed across the world by the public over the past year, rewarding those responsible for delivering and driving excellence.

The Atlantic Hotel was the only hotel from the British Isles to be shortlisted for 'Best International Hotel'. They beat off competition from 137 Pillars and the Aleenta in Thailand, The Lowell in New York, The Norman in Tel Aviv and The Yeatman in Portugal.

Owner of The Atlantic Hotel, Patrick Burke, said: 'The Food and Travel Reader Awards are a true indicator of public perception, and we are thrilled that The Atlantic Hotel has been recognised on a global stage. This is testament to the commitment of the entire team at The Atlantic Hotel to ensuring that each and every guest has an exemplary experience from the moment they step through the door.'

Channel Island PR professional runs for national CIPR president Jason MacKenzie FCIPR, managing director and co-owner of South of England and Channel Island public relations consultancy of the year, Liquid, which has offices in Jersey, Guernsey and the UK, is running in this year's election to become president of the Chartered Institute of Public Relations.

The CIPR is the professional body for public relations practitioners in the UK. With over 10,000 members involved in all aspects of public relations, it is the largest body of its type in Europe. Jason was the first Channel Island regional group chairman - and is currently chairman of its Professional Practices Committee, an executive board director and council member.



Bedell has three named in industry rising stars list

Bedell is the only offshore firm to have three practitioners featured in the list of the 'Top 35 Under 35' published this week by the leading private wealth publishing group, eprivateclient. com (Private Client Practitioner).

The three, who have all been included on the list previously, are Samantha Symons, a Director and Amy Collins, an Associate Director at Bedell Trust and Henry Wickham, Senior Associate at Bedell Cristin.

Samantha, who was promoted to her new role during the last 12 months, leads an experienced team of administrators. She has over 15 years' experience managing clients' requirements and has risen through the ranks quickly, having joined Bedell Trust as an assistant manager in 2007.

Amy, who has also been promoted since joining Bedell Family Office at the start of the year, has quickly become an integral member of the team. A chartered accountant and chartered tax adviser, she has ten years' experience providing tax advisory services.

Henry, a trust law specialist in Bedell Cristin's International Private Client team, has taken a lead role supporting the work of STEP, mentoring younger lawyers and helping to lead the process that led to Bedell being awarded 'STEP Training Partner' and 'Gold Training Partner' accreditation. Only a handful of firms across the world have this accreditation.

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Business News EMAIL YOUR NEWS TO BUSINESS@GALLERY.JE

JobsFest to return for a third year

Following two years of JobsFest success in getting islanders into employment, Back to Work's eight-week autumn initiative is to return.

JobsFest will run from Monday 5 October to Sunday 29 November and will again include an employer incentive and a series of training events designed to support people into work.

Under the JobsFest Employer Incentive, the wages and Social Security contributions, worth up to £2,000 are paid during the eight week period to businesses hiring eligible jobseekers. It enables anyone who has been unemployed throughout 2015 to be hired for this period at no financial cost to the business.

Last year 80 new vacancies were filled using the JobsFest Employer Incentive, and over 60% of those were kept on by their employer after the incentive ended.

As well as the incentive for employers, all registered jobseekers will soon receive a diary of JobsFest events which are all designed to help registered jobseekers gain new skills and fresh inspiration. The detailed programme of events are being run from 5 October to 27 November.



Ogier is named International Legal Team of the Year by STEP

The Presiding Judges commented: 'Ogier displayed all-round strength and expertise in all their locations, with a range of cross-border work in mature and emerging markets. They have a great team on the forefront of some key cases and have been successful in pushing the limits of legal development.'

Ogier's head of private client services Sally Edwards said: "The strength of our team is in the quality and breadth of experience of our lawyers. Ogier's Trusts Advisory Group draws together experts from different disciplines and locations enabling us to provide a seamless contentious and non-contentious advisory service which also includes relevant corporate support. "Winning a STEP Private Client Award is recognised as a clear mark of excellence as entries go through a rigorous, practitioner-led judging process to be selected as the best in the industry.

"It's particularly pleasing to note the recognition of our team in our first year as an independent law firm. It reflects the skill and commitment of our team across all locations."

Held by STEP, the worldwide professional association for those advising families across generations, the annual Awards are held in the highest regard across the private client world.



Elian associate director listed in eprivateclient's Top 35 Under 35

Elian associate director Laura Nevitt has been named one of eprivateclient's Top 35 Under 35.

The annual list of private client practitioners is designed to identify, recognise, promote and introduce the rising stars of the industry.

'I'm absolutely thrilled to have received a place on this list, it's a real honour; not just for me but for my team as well. At Elian we are committed to ensuring our clients' needs and expectations are met and having a fantastic team around me has certainly helped to make my job easier and more rewarding,' said Mrs Nevitt.

Philip Le Cornu, group director with global responsibility for Elian Private Wealth, added: 'Laura is a real asset to Elian. Her commitment and drive filters throughout the team and I'm delighted that her hard work has been recognised in this way.'

Mrs Nevitt is responsible for a team of nine people who provide bespoke administration and company secretarial services to one of the world's most wealthy and prestigious families.

Jobs for Extraordinary People

CAREER ANGEL

Gemma Rawlings





Client Services Officer

We have a great opportunity for someone with relevant experience supporting a busy Private Banker; ideally you will be keen to study and develop strong client relationships.

Wealth Administrator

To assist and support Wealth Consultants by providing an efficient and accurate day-to-day administrative service to a portfolio of clients, this is a great opportunity for someone with alleast 2 years' similar experience.

Corporate Administration Officer

A rapidly growing fiduciary business seeks an administrator with 2-4 years' experience working with corporate & institutional clients and structures.

Accounting Services

Officer, funds We need an experienced Fund Bookkeeper to join a leading client and support their continued growth.

Compliance Assistant/ Administrator

A highly organised and efficient Administrator holding at least 12 months' experience in the compliance field is required by this booming business.

Payroll Administrator

We need a candidate with strong attention to detail and at least 12 months' experience in the processing of payroll to join a busy client for a period of 12 months.

Company Secretarial Administrator

Our client requires a Co Sec Administrator to join a small team and maintain all statutory records ensuring that regulatory, filing, listing and other formalities are met. Candidates must hold 2 years' prior experience.

Graduate Trainee

A 2:1 graduate with top notch academics and some work experience is needed by a dynamic and progressive funds business.

Real Estate Administrator

We need candidates with at least 12 months' experience in Corporate, Fund or Trust administration to join the busy Real Estate team of this fantastic company.

Temporary On-Boarding

Officer (x2) Experience in reviewing client due diligence documentation is required by our global client. These are on-going temporary roles.

Junior Bookkeeper

We have a great opportunity for a Junior Bookkeeper to join a growing business. Candidates should have at least 12 months' experience and be willing to study towards relevant qualifications.

Customer Services Officer, Telephony (x3)

Fab opportunity for a foot in the door of a major global player! For these junior banking roles we need candidates with customer service or sales experience, the role provides excellent training opportunities.

School Leaver Trainee

This independent trust company are looking for recent school leavers (A Level/IB/BTEC) with good academics to support various busy administration teams.

Trainee Administrator

A bright school leaver or graduate with strong academics will have a fantastic opportunity if they join this small company. CAREER NINJA

Carly James

🖾 carly@park.je



CAREER BUILDER

Toni Bracken

🔀 toni@park.je



Senior Compliance

Administrator

3 years' experience and ideally International Compliance Association certificate level qualified individual is sought to join the department of this growing family office.

Compliance Specialist, funds

A generalist compliance professional is required, preferably with experience in funds, to join this newly created team.

Assistant Trust Manager

We need a qualified, experienced administrator to support the Manager of this team. A great chance to develop management and leadership skills within a supportive environment.

candidate.

Senior Trust Administrator

4-6 years' expirience administering a portfolio of private client relationships is required with a professional qualification at diploma level.

Bookheepers

Client

bookkeepers are required to complete a 12 month project working with the reputable trust business of this global company.

Senior Fund Accountant

An ACA / ACCA qualified individual is needed by our client, a growing fund business. The ideal candidate will have experience preparing financial statements for a portfolio of Private Equity Funds.

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Reviewer (Contract)

A large trust company is looking for

a File Reviewer on a contract basis

for approximately 3 months'. Flexible

hours will be considered for the right



Business News

Le Masurier acquires Greencore Food To Go Limited UK HQ building

C Le Masurier Limited has recently expanded its property portfolio in the UK. The latest acquisition is another freehold modern distribution warehouse, extending to 107,990 sq ft, on the Manton Wood Business Park near Sheffield which is also home to B&Qs UK distribution warehouse.

The tenant, Greencore Food To-Go Ltd, is the largest sandwich maker in the UK, producing over 350 million sandwiches / wraps each year. They have recently undertaken significant fitting out works, costing over £3.5m, to complete their UK HQ.

Le Masurier paid £5.7 million, equating to an initial yield of 6.25%. The vendor Emerald SV Ltd, a Jersey based asset management company, was advised by JLL with AHBN advising Le Masurier.



Local businesses focus on their future leaders

Senior business leaders from three local finance firms in Jersey have come together to mentor and develop the future business leaders of tomorrow.

Barclays, Carey Olsen and KPMG invited local businesses to identify their leaders of the future for Jersey's inaugural 'Future Leaders Programme' aimed at providing a forum for learning skills that will stand them in good stead for leadership roles within business. The individuals put forward as aspiring leaders come from a wide range of sectors and industries and the programme is designed to give them the opportunity to develop their leadership skills and network.

The programme was successfully run in Guernsey last year and has been

extended to Jersey, the Isle of Man, London, Cyprus and Gibraltar this year.

Six fortnightly sessions have been designed to cover both the softer human side and the more practical elements of leadership. The sessions alternate between the offices of the three host firms and have a two-part structure involving interactive discussion on the theme of the session followed by networking.

The programme started in September and the first session, which was hosted by Barclays and presented by Debora Weston, a communication consultant, ran an interactive session which focused on personal brand and networking.





Bedell Trust acquires a majority stake in Singapore Trust Company Pte Ltd.

Bedell Trust has expanded its international presence through the acquisition of a majority stake in Singapore Trust Company Pte Ltd (STC), a well-established fiduciary and corporate services business in Singapore.

STC which was incorporated in 1996, was the first trust company in Singapore to be licensed under the Trust Companies Act in 2006. The company has grown significantly under the guidance of its Chairman, Robert Meggy and Managing Director, Rudy Tan. Following the acquisition, Rudy Tan will remain as Managing Director and be supported by the existing team. Robert Meggy will retire after a long and accomplished career in the international trust industry.

Enhancing the management of the company, Michael Richardson, Executive Chairman of Bedell Trust, will (subject to Monetary Authority of Singapore consent) be appointed as the new Chairman of STC and Nick Cawley, CEO of Bedell Trust, will also join the board.

Rudy Tan, Managing Director of STC commented: "Joining Bedell Trust is an exciting move for us. It immediately broadens the range of our fiduciary services across key international locations. Having worked with Bedell Trust for a number of years, I have every confidence the expertise which they will bring to our business will be in the interest of our clients."

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Charlie Rio, talented Jersey surfer and Team GB squad rider, is sponsored by Rathbones.

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Body recomposition; an alternative to weight-loss

WORDS Rick Jones



These days you can barely log onto social media without a sponsored ad from one of the ever-growing number of personal training (PT) providers popping up on your timeline and offering you a total transformation in X amount of time.

Many of these ads contain a 'before and after' picture of an existing client, complete with testimonial and many focus on the amount of weight lost, and the (usually short) amount of time it took to achieve this reduced poundage.

Striving for weight loss is commendable, especially in this age of convenient calories and 'walk-deprivation', but often, removing the excess intake (usually starting with sugar) and furiously stepping up the activity for a prescribed amount of time doesn't really constitute a transformation; rather it's a temporary period of calorie deficit that can't fail to show on the scales, but hasn't addressed the opportunity for long-term life-improvements that the arrival of a ready and willing client presents. You see, in biological terms we humans are generalist animals – survival machines – that have populated almost every part of our world. We're so successful as a species partly because we have amazing bodies honed (by evolution) for homeostasis – the inbuilt mechanism to control internal variables and keep our systems stable.

Let's explain it this way; when you've held a certain bodyweight for a constant period – particularly 12 weeks or longer – this weight has become your 'set point'. You've had time to grow all the extra nerves, lymph and capillaries (blood supply) to carry this new tissue (fat or otherwise). On the average weight-loss program, you'll restrict calories in, less food (less calorie-dense food such as carbs and fats) and increase calories out (via exercise). This cannot fail to force your survivalmachine (body) to use your stored fat and glycogen (an energy source held in muscles and the liver) to preserve your criticallyimportant and energy-costly functions, such as breathing and digestion, and you'll lose weight.

However, your 'set point' is your previous weight. This explains why so many people who undergo rapid weight-loss simply rebound when they revert from a the intensive, PT-guided programme to what they hope will be an easier maintenance routine. But, there's an alternative – body recomposition – and it offers not only an improved appearance but health, longevity and lifestyle benefits far beyond fitting into a wedding or holiday outfit for a while.

SPORT

Non-injured human tissue is mostly regenerative – for example; every cell in any one of your bones will be totally replaced over a decade, and your skin cells over two weeks. This incredible capability comes with a caveat though... it's truly 'use it or lose it'.

Sedentary lifestyles and sitting-down jobs offer little opportunity to use the body as it was evolved to be used. We all know that muscles grow when (reasonably and consistently) over-used, and shrink when under-utilised. The same is true for tendons, ligaments, our lymph and blood delivery and conditioning programme, particularly one that involves compound resistance exercises involving the prime movers of your body; your hips, your thighs and your back and shoulder musculature.

You won't 'bulk up' (unless you really try to), but you'll change. You probably won't see dramatic weight loss on the scales, as the increases in muscle and bone (which weigh more than the equivalent volume of fatty tissue) will level this out. What you will see will definitely 'outweigh' this, however. Having more muscle, and the

"Sedentary lifestyles and sitting-down jobs offer little opportunity to use the body as it was evolved to be used. We all know that muscles grow when (reasonably and consistently) over-used, and shrink when underutilised. The same is true for tendons, ligaments, our lymph and blood delivery networks and even the parts of our brain and nervous system that 'tell' the muscles to move. Losing this tissue is known as atrophy, and atrophy is a characteristic of aging"

networks and even the parts of our brain and nervous system that 'tell' the muscles to move. Losing this tissue is known as atrophy, and atrophy is a characteristic of aging.

So, in this age of MRI scans and scientific research, we know that exercise causes the above tissues and functions to increase, and that when they begin to decrease, we age. What's more, bone and especially muscle (and to a lesser extent ligaments and tendons) are metabolically active – that is, they require energy to maintain – and our energy comes from the food we eat; calories in.

So, by regularly demanding slightly more of our muscles, bones, ligaments, tendons, brains and nervous systems, we can force them to up-regulate and thus upgrade ourselves. The best way to do this – regardless of who you may be, or what you may do – is to begin a strength support systems for it, can allow you to burn more calories 'at rest', meaning less restrictions in your diet.

You'll also find that your 'set point' changes. Reawakening the need to produce collagen (to build stronger tendons and ligaments) in your body will improve the function across the board – skin usually improves on well-designed strength programmes. Mental function and balance improve as your body learns new movements and responds accordingly. Last but not least, the movement of blood around the body improves health generally, mood and heart function.

So if you want to make a true transformation, don't think 'weight loss', think 'body recomposition', and go and become the strongest version of yourself. You'll find it's the healthiest, best 'you' you've ever known, we guarantee it.

If you'd like some help with the above here in Jersey, make a start by speaking to these people:

Strength and conditioning coaches:

Rai 'El Toro' Garcia-Singh www.facebook.com/El.Torro.Fitness R.A.W. Strength and Fitness www.facebook.com/Fusionfightfit

Nutrition advice:

Total Nutrition see facebook.com/Total-Nutrition

Gyms:

Bodyrox www.facebook.com/bodyroxje LH Fitness Studio www.facebook.com/pages/LH-Fitness-Studio

SPORTSPERSON OF THE MONTH

Age: 28.

Sport: Aerial Arts.

av

What do you do: Airport Firefighter.

8

Which school did you attend: Hautlieu after moving over from Bolton.

Favourite ice cream: White Chocolate and Raspberry... that new Jersey Dairy one!

Favourite animal: Dog for sure.

with the padded blue bum!

Favourite food: Can't possibly narrow it down. I love a lot of food!

What would you wear to a fancy dress party: Any performer loves a good dressup. I once went to a Disney themed party dressed in a home-made Rafiki costume. I still have it and would wear it again... along Favourite aerial expression: A few aerial styles have quite interesting names such as the "wedgie." However, if my regular aerial goers were to answer this they would say my favourite phrase is "suck it up!" Some of the moves in aerial can pinch in some quite uncomfortable places. When anyone at my class grimaces or expresses pain I tend to respond with "suck it up" (with a smile)... because if it hurts then chances are it looks great!

Favourite song: "You're My Best Friend" by Queen. It was played for my parents first dance at their wedding and Queen has always been a family favourite.

When did you start aerial: 2009. I literally ran away to join the circus.

How often do you train: Not as much as I'd like to! I have two weekly classes indoors so I get to train on my equipment at least

twice a week. My business Aerialantics has two outdoor portable rigs so whenever the weather is dry we can set up and train outside. I try to train general strength and flexibility every day as this is absolutely vital to aerial arts.

Do you need to have a head for heights:

Not necessarily. People come to beginner workshops and daren't get more than two feet off the floor. Then after a few sessions they find their skills and confidence improving and want to climb higher and try the more complex moves. We never have a class without crash mats and spotters, so anyone attending a class is in safe hands. My regular performers will tell you I'm very strict when it comes to height and put restrictions on certain pieces of equipment until I am confident that they can control their moves at height.







"My regular performers will tell you I'm very strict when it comes to height and put restrictions on certain pieces of equipment until I am confident that they can control their moves at height"

Favourite Place to Perform: New York was where it all started for me and I really cherish the memories I made out there with like-minded circus folk. However, since bringing aerial back to Jersey with me it's the local shows I have enjoyed so much more. I performed at the Codfish Ball for the most recent Branchage Festival which was awesome. I performed above the audience who were all dressed up to the nines and were all so friendly and supportive. Another main performance was for the closing ceremony at the NatWest Island Games, where the atmosphere was fantastic.

Favourite Moment so far: When I realised there was such a lovely group of people here in Jersey that were so keen to train with me and perform for Aerialantics. Aerial Arts is liberating for me and I love that I have such a wonderful group of people to teach and share my passion with. It's fantastic to see them develop skills, flexibility and strength while enjoying every minute of it.

How can people get involved in aerial

arts: All details of my regular classes are posted on my Facebook page "Aerialantics" and on the notice boards at Elim Rock Community Centre. We can also host hen/ stag do's, birthday parties for ages seven and up, private workshops for a group of friends, 1:1 sessions and supply performers for private and corporate events.

Any workshop and performance will need to be booked well in advance to ensure the hall can be booked, my email address for enquiries is aerialanticsjersey@gmail.com

Have you ever competed in aerial arts:

While it is physically demanding and requires a great deal of strength training, aerial is not a competitive sport. For me, the competition is the next performance or show.

What's coming up on the aerial calendar:

Christmas is coming and I am still taking bookings for private events, parties and corporate events. I would love to get involved with the traditional festivals and parades that Jersey holds during the festive season and now, with the outdoor, portable rigs it makes it easier to perform at almost any venue as well as outside.

Aerialantics will hold it's first charity event in January to showcase some performer's skills and demonstrate how far they have come in just a year. This will be a ticketed event and details will follow closer to Christmas.

Do you have a top tip for aspiring

sportspeople: My first circus boss, Mike used to always say "Practice make almost perfect." This has stuck with me not only in aerial but any fitness or sports goals I have had.

SPORT NEWS



ROXY **GIRLS' DAY**

This brilliant women only event involved a SUP race round Rocco Tower, a 3km run and a yoga session led by guest Roxy Ambassador Lucy Foster-Perkins.

Prizes included a SUP, won by Libby Gardner-Hillman for her excellent time in the SUP race and a £250 Freedom Voucher won by Claire Wilson for her fantastic running. The event was sponsored by Freedom Surf Shop and hosted by Jersey Surf School at Le Braye. The weather stayed good and the girls all had a great time!

TO A TEE

Bontour Travel Agency are a playful crowd and they love a bit of competition. With years of experience booking golfing breaks to Brittany and beyond, challenge them to be your one stop shop for all your playing needs and find you the perfect golfing break. For larger groups or just to get the latest special offers, let them pitch the best locally negotiated deals and 'putt' together the perfect package leaving you to just enjoy the game. From unlimited green fees, to free buggies, 10% off food and drink or 'free beer' for two hours there is always a new offer so keep your eye on the ball. Visit www.bontour.co.uk for more information.



YOUNG SURFERS SELECTED FOR TEAM GB

Two of Jersey Surfboard Club's team riders from the Mourant Ozannes Junior Academy have made the final selection for Team GB.

Both 14 year old Kitty Brewer and 16 year old Charlie Rio are no strangers to Gallery magazine having featured on our pages before, will be part of the team competing at The Vissla ISA World Junior Surf Championships in California this month.

Charlie and Kitty will travel out to America on the 5 October with the Team for pre competition training . The competition takes place in Oceanside on the 11 of October . This competition is considered the Olympics of junior surfing and will attract all the best junior surfers from all over the world. Charlie will be competing in the Under 18's Boys category and Kitty the Under 16's Girls, both doing well to gain places against UK surfers older than themselves.

Dave Ferguson President of The JSC said "we were super stoked to get three of our team riders into the long squad to have got two in the final team is an amazing achievement for the club. We have, with the support of Mourant Ozannes, invested hard in some top class training this year and along with the talent and dedication of these surfers the training has paid off. We send them with our best wishes, they will experience some top class surfers out there, we ask they do their best and wave the Jersey and Great Britain flag with pride."

HARDWARE

GALLERY MAGAZINE V2.10 A:\

THE DIGITAL DARK SIDE OF THE VIRTUAL VEGETABLE >WORDS RICK JONES

It's a small world, and getting smaller by the day. There are currently 7.4 billion (and rising) human beings occupying this watery blue-and-green rock we call Earth, and we're undoubtedly running out of room.

However, these days at least 42.9% of the population (according to internetworldstats. com) are spending larger and larger amounts of time in an alternative world, where time and space appear to present no obstacles or boundaries. We're talking, of course, about the virtual world; the internet.

But here's the interesting part; the internet is a) a far, far bigger 'place' than you possibly realise, and b) has an almost entirely hidden alternative 'world' accessible through a back door that's confusingly named after a root-vegetable.

Firstly, let's get the less-interesting stuff out of the way, and address the beginning of

the above statement. When most of us log on to the internet, unless we're checking our social media, shopping or going to a frequently visited site (we aren't asking any questions, btw), we probably rely on Google or another popular search engine to tell us where to find what we're looking for. Websites that are indexed by the search engines form the 'surface web' that we all know and love. Below this we find the 'deep web' – sometimes known as the undernet – and it's truly massive.

All of those pages that we pass through on our virtual journeys have a url or address, but search engines are set up to (hopefully) deliver relevant content to users, and so indexing dynamic pages (filled-in forms, information caches, libraries of images used in pages and websites never intended to be available to everyone) would be a massively complex – and for the most part, fruitless – task. This kind of content is thought to occupy a virtual area thousands of times larger than the surface web. Picture the internet as an iceberg; what you see sticking out above the surface has been pared down by external forces, whereas the truly Titanic-bothering tonnage lies hidden below.

For the most part, diving into the deep-web is the domain of statistic-collectors, and more interestingly, the current crop of spies,

gallery

private detectives and perhaps borderline criminal types who realise that if you can find what the search engines can't, you have information that no-one else does. However, although there is an entire 'open-source intelligence' training industry based around the deep web, there's so much 'noise' that striking even a speck of germane gold means sifting through monstrous piles of meaningless muck.

But, here's where it really does get (perhaps morbidly) fascinating; for those willing to dive into the murkier depths, deeper yet than the deep web, there's an entirely alternative internet yet, and one that's probably the underpinnings of the biggest news stories that we hear after-the-fact; The Dark Web - the home of .onion urls.

(For you conspiracy theorists out there, when George 'Dubya' Bush spoke of "rumours on the internets" back in the year 2000, maybe he knew something we didn't? We doubt it too!)

The Dark Web is where users deliberately remain in the shadows and bury information beyond the reach of prying search-bots and even the authorities. Usually utilising a piece of software known as The Onion Router (TOR), users and websites can maintain a surprising level of anonymity, and make sure that they are only found by those who are already aware of them.

TOR was originally developed for the US intelligence community, but was soon co-opted by private individuals wishing to remain, well, private. It works (and derives it's onion moniker) from the way that it 'layers' the source of user and website IP addresses; routing them hundreds of times through other points on the network until observers can't tell where the information starts or ends.

Predictably, it's become a haven for nefarious activities and those who enjoy them; indeed the recently busted 'Silk Road' was a dark-web marketplace where visitors could buy guns, drugs and even order 'a hit' on someone, mafioso style, almost as simply as shopping on a well known online auction site. Even more predictably (given the popularity of pornography on 'the surface'), it's where the worst kind of perverts attempt to evade detection. By utilising the online currency known as Bitcoin, even payments can be anonymous, and where there's muck there's money, as you are likely aware.

But, all of this said, it's not just a hang-out for human garbage; a growing number of privacy-concerned individuals, including those hacked-off with invasive market research and activity-analysing algorithms watching their every move on social media et al, are beginning to utilise TOR and similar software, to go online without giving away their life and lifestyle choices. Facebook and YouTube have even launched .onion sites for those concerned with freedom and censorship.

So, how do you find that which is hidden? We'll tell you, but first, please note that you are entirely responsible for your own actions from here on out, and in the unlikely event that a black van full of men in SWAT gear arrive at your house, then you didn't hear this from us.

Most of the information required to access The Dark Web can be discovered by going to thehiddenwiki.org. If you fancy a glimpse without the risk of accessing something you'd rather avoid, then have a look at this video: https://youtu.be/wMgqTWdk3tw.

So if you do decide to step into the onion patch, be careful how you tread, and good luck on your alternative internet journey.





A CLEVER LITTLE PACKAGE

The compact crossover market has grown exponentially over the past few years with sales from many manufacturers outstripping the rest of their range and when you consider their diminuitive size yet extensive levels of practicality it's no surprise.

Comparing the interior and exterior dimensions of Honda's HR-V just doesn't seem to add up. It's like the modern automotive equivalent of a Tardis but minus the time-travel capabilities, which admittedly would be handy when you're stuck in school traffic.

Thanks to its lower profile fuel tank and 'Magic Seats' you can reconfigure the rear to allow an impressive 4" vertical height and 1026 litres of space. That's hard to visualise, so let me assist: if you poured the contents of 3,109 cans of your little ones' favourite fizzy drink in there, it'd fit. It would also make a mess though so I wouldn't recommend it even though I'm sure they'll give it a go anyway.

On a more serious note though, the 2015 Honda HR-V has been offering class leading leg, shoulder and headroom throughout since it was revealed at this year's Geneva Motor Show and is also packed with clever electronic safety features and Honda's Connect touchscreen which runs an Android OS, bringing the familiar smarthphone-esque gestures you've grown accustomed to into your

TOP OF THE CLASS

Mitsubishi L200s. They're absolutely everywhere. There are nearly as many Mitsubishi L200 pickups on Jersey's roads than there are Volkswagen T5 vans. What does this tell you, the motoring public? It tells you that they're a dependable choice.

Brand new for 2015 and now in its fifth generation the L200 has managed to scoop itself a host of accolades already, including best in its class for; fuel efficiency, emissions, performance, manoeuvrability and load capacity so it seems that you can have your pickup and, well, drive it too.

With its four-wheel drive drivetrain and all-aluminium turbocharged 178bhp MIVEC diesel engine providing the weight yin to its high-tensile steel cargo bed yang the 2015 L200 is not only lightweight but strong, capable of towing an impressive 4.1 tonne load if the need arises whilst also having the largest cargo bed in its class so no matter what it is you're planning on carrying the chances are it'll probably fit. I actually witnessed a chap over here securing and successfully transporting no less than 10 4.5m floor joists to the previous generation L200 which was something that seemed so audacious at the time I couldn't resist watching, just in case it was an absolute disaster. It wasn't, and so if you're reading this, I salute you sir.

"I actually witnessed a chap over here securing and successfully transporting no less than 10 4.5m floor joists to the previous generation L200 which was something that seemed so audacious at the time I couldn't resist watching, just in case it was an absolute disaster. It wasn't, and so if you're reading this, I salute you sir."



car. Available in both an efficient 130PS petrol engined version as well as a 120PS diesel variant you can take your pick from manual or automatic transmissions with paddleshift available on some models.

As the bestselling Honda model across their entire range in 2015 so far (and let's admit it, there'll be festive ads on telly in no time at all so this year is as good as over already) if I were the manufacturer of that other compact Japanese crossover, you know, the one with the impossible to spell name that was a former UK bestseller, I'd be getting very concerned.

The Honda HR-V is available from Derek Warwick Honda at Longueville



DEREK WARWICK

£17,644



Honda's eagerly awaited small compact 5 door SUV, ideally suited to Jersey driving conditions. The new HR-V has already won 2015 What Car Readers Award. Demand for the new HR-V is gathering pace in the UK and this is your opportunity not to miss out.



With air conditioning that is now 30% more efficient at cooling the cabin from a sweltering 50 degrees to a far more comfortable 20 degrees and memory foam in the front seats it's no wonder Mitsubishi have managed to create an environment that offers SUV levels of comfort for up to five people in such a utilitarian package. It's no wonder they're such a popular choice.

The 2015 Mitsubishi L200 is available from the Mansell Mitsubishi on La Route St Aubin by First Tower.



La Route St Aubin, St Helier, Jersey JE2 3SD 01534 880606 www.mansell-mitsubishi.co.uk

1. List price shown excludes GST, VED and First Registration Fee and is for an L200 Series 5 Double Cab 4Life manual. Metallic paint extra. Model shown is an L200 Series 5 Double Cab Barbarian Manual with metallic paint at C24,229 (excludes GST, VED and First Registration Fee). On the road prices range from E23,979 to C31,035 and include VAT, VED and first registration fee. Prices correct at time of going to print. 2, All new L200 variants come with a 5 year/52,500 mile warranty (whichever occurs first). For more information please visit www.mitsubishi-cars.co.uk/warranty.



For anyone that has read this section of the magazine before, I know exactly what you'll be thinking right about now. You'll have seen the theme for this month and instantly assumed that I would take this opportunity to, once again, vent my frustrations at the modern world of alternative fashion and behaviour. Usually, my friends, you'd be right.

I'd love nothing more than to use these pages to spread my usual messages of conformity and conservatism, utilising this monthly epigram of mine to make sure you all learn the dangers of the "hipster" life. But this month, in this strangely sunny September (I know it'll be October when you're reading this, but kids one day you'll learn that nearly everything is either written or recorded long in advance *shakes fist in a distinct rage at Big Brother for shattering childhood dreams of live comedy*), I am going to change the often satirical, but more often juvenile, pages of the Gadgets section. That's right you alternative types, you can rest easy for the next 30-odd days, safe in the knowledge that I will not be attempting (unsuccessfully) to convert all of my readers to the life of the herd-following sheep. This is not to say I'll be advocating your lifestyle, oh no far from it, however I will not be taking every liberty I can in a family magazine and completely ignoring the implication of serious technological reporting given by the title of this article. That said, please don't assume that you will actually learn anything whilst reading the next 1500 words, no matter how hard I try I will never have the patience to actually research these products properly. A fact that I'm oddly proud of. Take from that what you will.

This month, I have chosen to actually earn my wage and try to bring you gadgets that stick to the theme of the magazine. We'll be celebrating, still in an unmistakably sarcastic tone, the gadgets out there that seemingly offer us absolutely nothing but an alternative to the norm. That's right, these products, including Lord Alan Sugar's Amstrad E-m@ailer and the once-fabled TV Remote Gun, are symbols of the efforts made by those who truly have no sense of originality. Those who simply see a well-established gadget that has changed the world around them, and have the astounding selfbelief (more accurately, Lear's hubris) to think that they can change them for the better, providing the adoring public with, in an ideal world, a new design that will not only change the market, but the lives of the masses. In reality, as you'll see here, on the whole we end up with pretty useless shit.

YourBell USB Doorbell

I'm going to assume here that, because we live on an island of culture and at least relative class, we've all seen Ferris Bueller's Day Off. Given this fact, I will also assume that we all remember the scene in which Ferris cleverly uses a system of tape recorders and technology that a high-school teen simply wouldn't have been able to master in the short time his parents were out of the house to fool Ed Rooney into believing that the hero (or if your beliefs align with mine the antagonist) is indeed sick in bed. Now, don't try and tell me that the first time you saw that movie, you didn't see the potential behind this trick. Pah! Fooling your head teacher into believing you're ill is nothing compared to what could be accomplished. Try to imagine the look of intense joy on the faces of all when they ring your bell, expecting the sultry old "dingdong" that has become such a quintessential sign of the British household, only to have your voice bellow out, shouting words of your choosing at them (what they are very much depends on what kind of person you are, no judgments here). Now, the novelty bell has been around for some time, but it is only now that we are able to load our own MP3 files to a USB drive and upload whatever kind of sound we choose to be the first greeting that guests receive at your home. I kind of ran out of things to say about this after the Ferris Bueller reference, simply because I can only question what you can say? A not so subtly sarcastic congratulations to those who, in their infantile mind, decide to upload themselves telling people to "F@!k off!" loudly down the receiver (would you look at that, judgment after all), and I dread the day I turn up at someone's house only to be instantly disgusted enough to turn and leave the moment I hear the latest House music song being blasted at me (I understand the "irony" you buffoon, and I hate you for it...lots of judgment, what else did you expect?). All in all then, as with most of the products here, I struggle to find the point in this. Nobody gains much other than a few cheap laughs and an awkward entrance into your house, and the thing costs \$90.00.

If you must subject your "friends" to this, try the YourBell (come on) website www.bcsideas.com/yourbell.php.

TV Remote Control Gun

Gun crime is not funny. Pretending to lay prone behind your sofa fighting the enemy using your TV remote as a gun is. Don't look at the page (and subsequently me) like that, we've all done it. At least all the guys reading have, gender stereotypes aside it just happens when you're young. The biggest problem facing our youth today is not obesity, human trafficking or poverty, it's that remote controls do not provide an adequate grip for situations which require immediate evasive action in your own living room. We've all seen the pictures of controls that have gone through screens or smashed light bulbs (you haven't? You don't spend enough time on the internet my friend), and only the manufacturers of meager controllers that cannot handle an extreme warzone can be blamed for these damages, not a child's imagination. Luckily we don't live in the U.S.A, and it's actually pretty difficult for a child to get their hands on a gun, however the country's death toll's gain is often our imagination's loss (please don't read into that, I'm not advocating anything untoward), Thank god, then, for the Sharp Shootin' Remote Control Gun. Whilst I'm not entirely sure whether that is an ingenious marketing ploy by Sharp the electronics company, the product itself is one that, although useless and offering an alternative to changing channels that is actually a step backwards from the standard remote (it can only change one channel up or down), the technical details of this

Apprentice, actual children can accomplish. All whilst he sits in a glass office gently petting and polishing his God complex, whilst getting rid of the only man that the nation has collectively loved on a competitive television show, Nick Hewer (however the new and improved Countdown with him as host is perhaps some of the finest programming ever seen on Channel 4). Anyway, enough about my incredibly confusing feelings towards Lord Sugar, it's time to focus on one of the unmitigated disasters that he has successfully managed to sweep under the carpet when it comes to our generation, that dastardly genius.

As we all know, email is a relatively modern method of communication in the grand scheme of things. Yes, it started early, but it didn't really kick off outside of businesses for a number of years, and really since the introduction of the system onto smartphones it wasn't used to its full potential. So, as with

"Gun crime is not funny. Pretending to lay prone behind your sofa fighting the enemy using your TV remote as a gun is. Don't look at the page (and subsequently me) like that, we've all done it."

gadget matter not when it allows us to realise our greatest and most animalistic childhood dreams. That's right, our generation's memories revolve around TV, have fun with that psychology students.

This must have item is available in a few places online, but I'd try Firebox. I can only find the Euro price, but with the market how it is, 20 can't translate to anything too scary.

Amstrad E-m@iler

There once was a very deep schism within my soul that tore at me daily. I lost hair, sleep and, at times, complete control over my body because of it. The crux of the problem was one man (this isn't me coming out in Gallery), one symbol of the wealth and entrepreneurial talent that every part of me wants, and yet one incomprehensible clown that constantly, and seemingly purposefully, made me hate him to his very core. This man, this legend, this intolerable thorn in my side is the one and only Alan Sugar. The man who, using a business acumen that is the envy of all who believe in the foundations of capitalism and, minus the negative connotations produced by almost every Hollywood film in the last century, the American Dream, built an empire on the back of his first company Amstrad. And then somehow managed to turn economic success (he's still worth £1.04 billion) into a television show that pits complete wastes of oxygen against each other in business tasks that, as proven by the BBC's Young

any relatively low-key application or method of communication, it seems logical that it should be initiated into larger systems like the computer first, allowing its popularity to build until it became a widespread phenomenon and required its own products to perform all the necessary functions that it could (this is the days of early computers, so slow processing speeds meant that if you were sending anything larger than an RSVP you were better off writing and delivering it by hand). However, Sir Alan and the good men at Amstrad saw this as an opportunity to cash in on the market early, and thus the Amstrad E-m@ailer was born. It's not enough that typing that name is one of the most infuriating things on earth (the number of times I've seen E-m"iler in the last 10 minutes could turn a good man turn bad, to borrow a phrase from Morrisey), but the design of this monstrosity was so unappealing to the eye it made the earsplitting tintinnabulation of the fax machine seem like a warm hug. All in all, to use a phrase that the Cockney Prince of London would understand, Sugar really cocked up. This wasn't a machine offering an alternative to something great, it was a mediocre effort to join a race that had already started. You can still get these on the Amstrad website, so just Google it. I can't see a price but if it's anything more than £15 it should be considered a hate crime.

And I bet you were expecting a "You're Fired" joke. You should know me better.



Downsize and Upgrade – the brilliant Sony Xperia Z3 Plus Sony has upgraded the popular Xperia Z3 with a 'Plus' version that offers faster processing and download speeds (up to 50% faster) and fits all of the features that wowed Z3 users into a smaller frame.

The Sony Xperia Z₃ Plus is light and thin, weighing in at 144g and just 6.9mm thick but keeping the smooth style of the Z₃ design with its 5.2 inch screen, smooth edges and metallic sheen. By taking a minimalist approach, Sony has created a phone that's as attractive as it is immensely practical.

Strange as it sounds, practicality is what makes the Z3 Plus truly stand out from the crowd. Whilst making a statement with its looks, the phone is both waterproof and dust resistant so it can be used almost anywhere and unlike virtually every other handset on the market, it is easy to clean because you can let water splash all over it.

Powered by a battery that lasts for two days between charges, the Z3 Plus and its 20.7MP camera deliver a brilliant multimedia experience that lets you seamlessly switch your gaming from your PS4 to you phone or 'throw' your pictures and videos onto your TV with just one touch.

Try out the Sony Xperia Z3 Plus at the Sure Store today.

The only thing that's changed is everything.

JT are here to provide all the information you need to know about Apple's new iPhone 6s release. Apple's brand new, elegant smartphone comes with features both recognisable and completely new to Apple users.

One of the features we are extremely excited about is the new 3D Touch. Apple have upgraded from the familiar Multi-Touch gestures such as tap, swipe and pinch, to 3D Touch which includes the new Peek and Pop features. Peek and Pop allows you to preview any content without having to open it first. For example, your email; a light press of an email gives you a brief Peek, press deeper and it'll then fully Pop open. Another feature, Quick Actions, allows you to do what you love most on your phone, faster. Open up your camera for a quick selfie, call one of your favourite contacts or get directions back home instantly, straight from your home screen.

Although the exterior of the phone may look the same as the iPhone 6 and 6 Plus, it's very different. The shell is made out of the strongest alloy Apple has ever used; 7000 Series aluminium. Not only this, but they've included a Retina HD display made of super strong cover glass, using a dual ion-exchange process. There is no change in the size of the devices, the iPhone 6s comes with a 4.7" display and a 5.5" display for the iPhone 6s Plus. However, there is a new colour available. You still have a choice of the classic space grey, silver and gold as well as the new stylish rose gold.

If you love taking the odd snap on your phone, you'll love the new iPhone 6s camera. The iSight camera allows you to capture 12-megapixel images and 5-megapixel front facing shots, for all those selfies. When it comes to recording, your movies will be filmed in a resolution that is four times greater than an HD video, making stunning 4K videos. There's also a brand new camera function, which we're getting very excited to try out, the Live Photos! Not only can you take a beautiful 12-megapixel photograph, you can now bring it to life. This function captures the moment just before and just after so you can relive the memory over and over again. Not only this, but you can set these Live Photos as your lock screen and view them on your other Apple devices as well.

The iPhone 6s and 6s Plus will be coming soon to JT and will be available on our NEW superfast 4G network. Visit www.jtglobal.com/iPhone to find out more.



How to... Manage your 4G data usage.

What type of activities use a lot of data?

Downloads, uploads and streaming use more data that social media browsing for example. Turning off things like push notifications can avoid unnecessary data usage. Speed tests are heavy on data usage and the faster the speed, the more data will be used. and updates such as new software can consume a lot of data. Turning off automatic updates and notifications in your settings means you will be asked when a new update is available, and how much data it will use, thus allowing you to make the choice. On an iPhone for example, go to your settings, scroll down to iTunes and App store and turn Updates off.

Inside your new Apple iPhone 6s you'll be running on an A9 chip, making your device not only faster but better. This improves the overall CPU performance and boosts the graphic performance to 90% in comparison to previous models. Within your A9 chip, you have an M9 motion coprocessor, which provides you with greater performance and battery life. Due to the M9, you can now measure your pace, steps and distance as well as allowing Siri to constantly be on, waiting for a simple "Hey Siri" to activate. Also, don't worry, Touch ID is still available, and is faster than ever. The iPhone 6s and 6s Plus comes in a choice of three capacities; 16GB, 64GB and 128GB.



Next for Sony

Jersey's own superstar DJ - and Airtel-Vodafone Brand Ambassador - Hannah Jacques reviews the Sony Xperia Z4



We recently reviewed the Sony Z3+ and this month Sony is taking centre stage again with the new Sony Xperia Z4. The Z4 is taking the world by storm with new features, state of the art technology, cutting edge design and more.

Wrapped in a metal frame and protected by Corning Gorilla Glass 3 this handset is very light and continues with the stylish Xperia design. Although slimmer and thinner, on first appearance the Z4 looks similar to the Z3 but beneath the surface this is an impressive upgrade.



The phone is safe to use around water or damp areas because of the high waterproofing standards and also has a waterproof USB terminal. The Z4 is one of the only if not the only smartphone with this kind of waterproof protection. The phone also has a fingerprint sensor cleverly placed on the side of the phone with the volume buttons.

It doesn't just have high quality audio but comes with Sony's in house, Bluetooth sound boosting tech – music to my ears! The handset boasts a wide angle 20.7MP camera and HD video capability. An advanced blur correction function ensures those action shots are not missed. The display is the same size as its predecessor at 5.2 inches portraying life like crystal clear imagines on screen.

With some help from the tech team at Airtel-Vodafone, here are some of the specs - the handset works on a Qualcomm Snapdragon 810, 64 bit octa-core processor and features Android's Lollipop 5.0 operating system and comes with 32GB memory plus a MicroSD card slot.

The battery is efficient and the handset features a range of new features and useful tools. Coming in four colours, white, black, copper and aqua green I'll be taking my pick. This handset places itself firmly in the premium smartphone market. A handset that combines functionality and design – what's not to love?

Price for handset only £528 Price on Pay Monthly contract with Airtel-Vodafone, from £28.40



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FROM YOUR LIVING ROOM

If you love live music (and why wouldn't you), you'll probably agree that attending a gig by your favourite musician(s) – local or otherwise – can be something of a gamble. Whilst venues such as the Opera House or Jersey Arts Centre can offer a fairly intimate experience, usually complete with fantastic sound and a suitably attentive audience, attending many of the pubs and music venues can often seem to be more of a drinking-mission for fellow audience members.

Although many non-musicians may never consider it, combining an often less-thanadequate PA system with a rowdy crowd leads to something of a circular problem; the louder the performers play to get over the crowd noise, the louder the crowd gets. Volume wars are never pretty – particularly for acoustic artists, and your experience is dictated as much by who's on the town as how the artist is playing that night. Speaking from personal experience, the former can really affect the latter, and vice-versa.

Fear not, however, because we have an alternative for you, and speaking again from experience, it's a brilliant solution for musicians and music lovers alike.

Why not ask your favourite artist to 'play house'? We mean literally, in your home. 'Living room gigs' are nothing new – as far back as 2005 a visiting blues legend by the name of 'Catfish Keith' told his Arts Centre audience to "get (him) on MySpace and I'll play for you and your friends anytime". Nowadays, social media makes connecting and communicating with up-and-coming musicians as easy as picking up your smartphone. So here's how you'd go about it:

Let's say that you and your friends have been loving a certain artist - sharing videos and songs and looking at gig dates.

WHY NOT ASK YOUR FAVOURITE ARTIST TO 'PLAY HOUSE'? WE MEAN LITERALLY, IN YOUR HOME. 'LIVING ROOM GIGS' ARE NOTHING NEW -AS FAR BACK AS 2005 A VISITING BLUES LEGEND BY THE NAME OF 'CATFISH KEITH' TOLD HIS ARTS CENTRE AUDIENCE TO "GET (HIM) ON MYSPACE AND I'LL PLAY FOR YOU AND YOUR FRIENDS ANYTIME".

> Choose a venue (one of your homes) and decide how many of you, and guests would fit. Contact the musician(s) via Twitter and propose that they come and play to a guaranteed audience, who are guaranteed to be appreciative, quiet during songs and

attentive – for a guaranteed fee. You've already given them more incentives than all but the best venues.

Try to cover the cost of their travel between you – the more attendees the better for this – or, approach some of the local venues

> to get them a second, paid gig the following night to help cover costs. You still get the exclusive, personal gig, and they get another audience and a chance to do what they love a second time.

> The chances are, you'll get to know them personally, you'll get to stay in touch and you'll have some of the best live music experiences - creating the best memories - of your life.

Of course, as with any good idea, someone's already begun to offer it as a service! Check out www.sofarsounds. com to see how the 'pro' setup works, but trust us, you can do this yourselves, and it will most likely be amazing.

Happy listening!





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RED ALERT RED ALERT

Basement Jaxx are on top of the world. It's a view these inveterate musical explorers have long embraced, ever since minting, at the turn of the millennium, the currently voguish, airwave-dominating pop-house sound. But as they prepare to release their earth-shaking, hip-shaking new album, that view is taking on added meaning.

From Simon Ratcliffe and Felix Buxton's new studio in north London – in a business-y space that's now the biggest music hub in the city – they can see the transformation of Kings Cross down below. They can hear it too: the clank and whirr of hard-hatted workers toiling to transform these acres of onetime railway yards into a new travel hub, new town-within-a-city, new gateway to Europe. Right now, there's no place they'd rather be and, unlike their last studio, near Brixton, this one has windows. Let there be light, and tunes that hark back to the jumparound, era-defining likes of Where's Your Head At, Red Alert and Romeo.

Junto is the duo's seventh studio album. Two years in the making, it's the first since they set out on their own after the completion of their decade-plus contract with XL. Now they're working with Coop/ PIAS to release via their own long-running imprint Atlantic Jaxx. So it's the sound of freedom (not that XL kept them chained in a cellar and made them churn out sweatshop sing-alongs).

And it's the sound of ambition (not that the Glastonbury-headlining, three-millionalbum-selling, Brit- and Grammy-winning maestros of global dancetronica have ever lacked ambition).

And it's the sound of Simon and Felix diving back into sunshine and the spotlight (not that they've been wintering in idleness and obscurity – they've written two film scores, produced an orchestral album and last year they released two singles, "just to dip our toes in the water". They're not on the new album. Basement Jaxx, blessed with collaborators and ideas, had too many other crackers competing for slots on the tracklisting).

The spirit of the album is there in the title. Junto means together in Spanish. It's definitely not to be confused with the name for a despotic Latin American regime. And Simon and Felix wear their heart on their record sleeve: the cover of Junto features a new logo based on "clouds and nature and sacred geometry", which was created by the winner of a design competition the duo ran a couple of years ago.

"With this album we wanted to do something that felt more at one with the world," says Felix. "Which is partly to do with my awakening after I saw a UFO from the studio..."

But let's not go there. Not today at least. ("He talks about the UFO every day!" exclaims Simon, his long-term partner, halfsceptical, half-believing "He's evangelical about it!") Let's talk instead about the album's most hardcore dance song, the heavy, grinding, throbbing Buffalo.

"In the car I was listening to some jungle on a pirate station," says Felix by way of explaining

the track's genesis, "and I was thinking, 'wow, this sound really fresh again..."

"And we were partly inspired by Harlem Shake," adds Simon. The pair are as much the enthusiastic students of dance music's ever-evolving shapes and genres as they ever were. "So we thought it would be a good idea to do a drum and bass trap song."

Vocals are by transgender rapper Mykki Blanco. Well, some of them are. "He's pretty out there," nods Felix, and this is truer than they initially imagined. Blanco vanished before they could finish the track with him – he's currently, they think, really out there, in the desert.

It all adds to the cheerfully inventive, explosively enjoyable vibe of an album written and finessed over the last couple of years. As they've always been, Basement Facebook friends from around the world that I've met over the years – from India to Indonesia – are going to be doing different versions of the song. It's a very universal song, and it's about how we're all connected, chaos theory and all that."

Watch this space for the big reveal: Basement Jaxx were hoping to unveil their multiple-participant iterations of P2TP on International Day of Peace on 21 September.

So, make love not war. It's a sentiment echoed on Mermaid Of Salinas. Already released as a 12-inch in Japan – the Jaxx global family of fans are always hungry for tunes – the carnival-conjuring song was inspired by a friend's experience getting amorous with a complete stranger in the waters off Ibiza's chicest beach.

And there's more on a vividly colourful

"We're developing an internet machine, powertothepeople.fm," explains Felix. "And Facebook friends from around the world that I've met over the years – from India to Indonesia – are going to be doing different versions of the song. It's a very universal song, and it's about how we're all connected, chaos theory and all that."

Jaxx are both diligent and instinctive, forever alert to the creative possibilities offered by new talent. Forget this-or-that Big Name Guest Star – what can a fresh voice bring to the party?

So "Junto" features walk-on vocals from singers they met in the car park of their studio (Niara, big-lunged singer of Power To The People), on the street at the Edinburgh Festival (Scottish rapper Patricia Panther, who's on the sexually gobby Summer Dem), and from amidst the ranks of their carny-style "Jaxx family" touring party (Shakka, who toplines the World Cup samba-party vibes of Rock This Road).

Opening the album after an intro fanfare is Power To The People. The celestial strum of harp ushers in an anthem of global togetherness. Without getting all barefoot hippy and fluffbrained dippy, Power To The People is a call to peaceful arms. Niara's clarion vocal is backed by a kids' chorus, 5000 fans recorded on Basement Jaxx's last tour, and The Recycled Orchestra of Catuera in Paraguay. It's big on melody and even bigger on aspiration.

"We're developing an internet machine, powertothepeople.fm," explains Felix. "And album that bustles and bursts with robustly peacenik atmos. The closing song, Love Is At Your Side, a hymn to Simon's young daughter, is sung by folkie Sam Brookes, and is like Bon Iver taking the mic at Café Del Mar. It's a suntan for the soul, and it's glorious.

The first single, meanwhile, is the euphoric Never Say Never, a scorcher-in-waiting. It's not so much radio-friendly as radio-frisky, supremely joyous and irresistibly feelgood. Sung by south London school-leaver sensation ETML, flecked with strings and studded with piano, it's youthful British soul-house at its ear-tingling best. You might say that Never Say Never joins the dots between all the big club/chart crossover tunes of the past year, then creates a whole new, next-level tune. From the guys who invented the sound, we'd expect no less.

And that's about, oh, half the tracks and only a fraction of the guests and players and ideas on this bold, boisterous, brilliant album. Summer is almost here, and the Jaxx are back. Let's get this party started. Let's get junto.

HI FI Sushi makes a comeback at ROJO this October!

Hiya! Calling all media, music lovers and all of Jersey's party people - Jersey's renowned eclectic house music makers, HI FI Sushi are BACK! DJ's and producers, Justin De Gruchy and Colin Moore are steadfast in the scene in Jersey and their top class nights of pure party anthems date way back to the era of Rhumba raves and Elizabeth Castle all nighters... Who remembers Madisons? (If you remember Maddies, then you'll know HI FI Sushi!)

ROJO is excited to be bringing back the boys from HI FI Sushi and being that Rhumba pioneer, JP Anquetil is now the proprietor of ROJO, he too will be taking to the decks to bring back the vibes from a time in Jersey's electronic music scene that has yet to be rivaled!

The HI FI Sushi Reunion is set to take place on Saturday 17th October and is FREE to all! The night kicks off at 10pm and ends at 2am...

A quick recap of HI FI Sushi success stories include nights featuring the likes of Utah Saints, ASkillz, Rob Birch (Stereo MCs), Tom Wainwright, Mark Knight and Morcheeba (DJ set) to name but a few...

Blazing a trail back in 2001, HI FI Sushi saw success in production too, with tracks hitting tops of charts and being picked up by an array of DJs off island. Justin De Gruchy and Colin Moore are looking forward to picking up where they left off back in 2008 and take great pleasure in inviting you to their first night back as masters of ceremonies for your Saturday night on 17 October!

BASEMENT JAXX – Dj Set TOGETHERNESS / SAT 7TH NOVEMBER 2015 / THE ROYAL YACHT

REASONS TO BE

Following on from their well received festival in July, the Reasons team have a Halloween event of epic proportions lined up for us, dubbed 'Reasons to be Fearful' (subject to the kind permission of the Bailiff, of course).

With a theme based on an isolated community – once vibrant and well visited, but now firmly in decline and populated by more than a few odd characters (sound familiar?) – the team have vowed to transform a large section of Fort Regent into an interactive playground for grown ups. Expect a variety of areas (some of them hidden), including an 1800 capacity 'town hall', cinema, curry house, salon (hosted by Liberate) and much more.

The lineup picks up the baton from the summer event, offering a wider variety of top quality electronica and roots music with a stellar cast of headliners, including the evergreen 2manydjs, technical wizard James Zabiela, turntable masters The Scratch Perverts, deep house hero Huxley, and the winning combo of Uk hop-hop hero Rodney P and Nice Up! records head honcho DJ Shepdog.

The event is also one of Austrian ski/ snowboard/full on rave-up festival Snowbombing's official launch parties – one of just a handful taking place in some of Europe's hottest cities. This is a genuine coup for Jersey clubbing, and further proof that we can compete in this field on a wider level.

2manydjs and their band, Soulwax, have been active since the mid 90's, but it was their 2002 mixtape "as heard on Radio Soulwax pt 2" that thrust them in to the public consciousness. A roller-coaster ride of party tracks that shouldn't work together but somehow do (Dolly Parton vs Royksopp anyone?) it's scientifically proven that it's impossible to avoid smiling whilst listening to it. Obviously, we made that up, but you catch our drift. Whilst their sound is much more of a streamlined electro/techno hybrid these days, they are still renowned for their energetic sets – which always throw up a surprise or two. James Zabiela is equally known for his unmatched technical prowess and unbounded enthusiasm for his art, always smiling and enjoying himself as much – if not more than – the audience he is playing to. Another sonic chameleon, James plays across a broad range of styles including house, techno, breakbeat and drum & bass – always with a forward thinking, progressive edge.

Huxley is part of the new school of British house producers. He manages to just about stay within the confines of house and techno, always pushing the limits – whether it be with skippy garage influenced drum programming or low down wobble that owes more to drum & bass or dubstep. His productions are always on point and he has proven himself as a DJ of repute, having played all over the world over the last few years.

The Scratch Perverts have been at the forefront of turntablism for nearly 20 years, cutting and scratching their way through more or less every genre of club music imaginable. Their Beatdown residency at Fabric brought together the best acts from a wide range of British music styles, and their sets are very much a reflection of this. Recently they've shown a fondness for sleek and deep house and will play two sets at Reasons; a classic hip-hop throw-down as well as a more refined house warm up in the main room.

Shepdog and Rodney P will perform together on the night, despite being better known as individual performers in their own right. Their set will take the shape of an exclusive performance in the back room. A match made in heaven – Shepdog's party-starting selections will provide a bed for one of the lyrical content of one of UK's most longstanding and important MCs. We can't wait to see what they have in store!



Saturday 31 October, Fort Regent 9pm - 4am

Advance tickets on sale now priced £32.50 plus b/fee through eventbrite



OCTOBER MUSIC & NIGHTLIFE: WHAT'S ON...



FRIDAY 2 OCTOBER CARL BARÂT (DJ SET) @ HAVANA

Ooooh it's the beginning of the month, it probably means you've got money to burn and are looking for something fun to do post payday, so why not head on down to Havana and get your groove on! All Mod Cons Proudly Presents Carl Barât (DJ Set) (The Libertines / Dirty Pretty Things / Carl Barât & the Jackals). With Llve music from: Joe Young and the Bandits, The Paisley Riots, David Keenan and Adam Burt. DJ support from: Stephen Orr

Tickets: Eventbrite // Havana//from 7.30pm



INN ON THE PARK WEEKENDER @ GRAND JERSEY

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^{*} setting.

Tickets: Eventbrite // £various// Grand Jersey



HOT SINCE 82 @ THE SPLASH

Bio-Rhythm present Hot since 82. Born and raised on Athersley South council estate in Barnsley, Daley was pretty much schooled for DJ success from birth. Growing up with four brothers and sisters meant an eclectic barrage of different genres in every room of the house. His dad also helped prepare Daley for house music stardom (or at least a high tolerance for punishing bass), inviting Daley to spend weekends at his workshop where he refurbishes VW Beetles... and fits them with monster sound systems. "Me and my brother always wanted to be in the garage, blasting out the music."

Tickets: Eventbrite // from 10pm // The Splash

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*



RONI SIZE @ THE SPLASH

One for the history books - Vanguard are claiming to be delivering the biggest lineup ever seen at the Watersplash in Jersey for the only 3AM (clocks go back special) in 2015 - Tickets are limited to 700 so if you wish to attend they're recommending that you act quickly so you can be part of history..... Roni will be fresh from his Live Reprazent show at The Roundhouse, London. A gigantic weekend. He'll be joined by Loadstar, who uphold regimented production standards and Etherwood, who's eagerly-anticipated second album "Blue Leaves" was released last month.

Tickets: Eventbrite // from 10pm // The Splash

FRIDAY 30 OCTOBER



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DISCO |diskō| noun (pl. discos) • a club or party at which people dance to pop music















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